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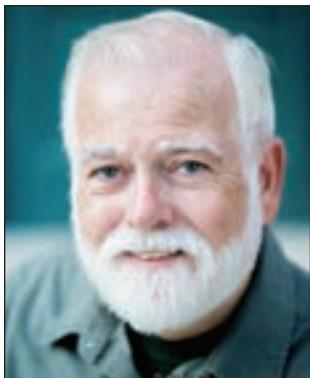
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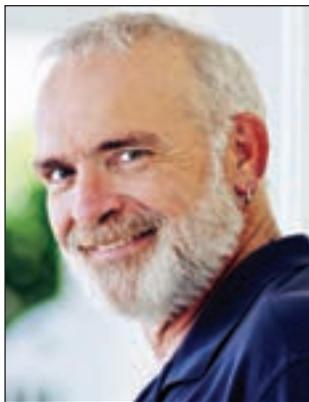
SANIBEL & CAPTIVA ISLANDS, FLORIDA

JANUARY 22, 2016

JANUARY SUNRISE/SUNSET: 22 7:17 • 6:02 23 7:17 • 6:03 24 7:17 • 6:04 25 7:16 • 6:05 26 7:16 • 6:05 27 7:16 • 6:06 28 7:15 • 6:07



Skip Corris
photo by Gregory Pendolino



Robert Summers



Galloway Stevens

A Unique Camping Trip At BIG ARTS' Strauss Theater

by Di Saggau

It's a known fact that in the summer of 1921, Henry Ford, Thomas Alva Edison and Harvey S. Firestone went on a camping trip. It was an annual custom. This time they invited President Warren G. Harding to join them. Harding was a very popular president, but shortly after his death in 1923, he was thoroughly disgraced. Playwright Mark St. Germain's *Camping With Henry and Tom*, now playing at The Strauss Theater, is a satirical work, witty, elegant and very entertaining. For some reason, he left Firestone out of the cast. That's OK because there's enough exploration of friendship, politics and leadership with these three movers and shakers. Ford (Robert Summers) is 58 at the time of the camping trip. His success with the Ford Motor Company has left him with something of a messiah complex. He desperately wants to be the 30th president

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Bourbon Street Comes To Sanibel



Chris Heidrick of Heidrick & Company Insurance and Risk Management hands a sponsorship check to Mardi Gras co-chair Melissa Rice while volunteers work on a colorful Bourbon Street facade

Dedicated work crews have been gathering props and building facades that will line a lively boulevard on the event grounds at The Dunes Golf and Tennis Club. Thanks to the efforts of energetic and hardworking volunteers, Sanibel will be getting a touch of the Mardi Gras Bourbon Street experience at Community Housing and Resources' festive Mardi Gras fundraiser on Saturday, February 6.

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Documentary On History Of The Community House To Debut

by Jeff Lysiak

Last week, local filmmaker Rusty Farst posed a very provocative scenario: "Try to imagine what this community would look like if this building hadn't been built," said Farst, whose latest project – *The Sanibel Community House: Birthplace Of The City, Heartbeat Of Its People* – documents its storied history. "Almost every organization on the island, from BIG ARTS to the fire department to the library and local Audubon Society, got their start here."

The 88-year-old structure has hosted shell festivals and spaghetti dinners, miniature golf tournaments and pancake breakfasts as well as dances, concerts, fundraisers and community meetings too many to count.

And now, the legendary building has been immortalized on film.

Farst's 45-minute movie, subtitled *Our Story Of The Sanibel Community Association*, will debut on Wednesday, January 27 at the Island Cinema, located in the Bailey's Shopping Center. Tickets to the premiere gala, with funds raised going towards the association's capital campaign to raise funds for renovation, are \$125. Seating is limited.

According to Farst, The Community House was built shortly after the hurricane of 1928 struck the islands. Construction crews had been hired to re-build the badly damaged Bailey's General Store, located at the end of what is now Bailey Road.

The idea of building such a structure was conceived by Curtis Perry, a part-time Captiva resident artist. After walking the length of both islands, Perry convinced residents that a community center was needed. Going door-to-door, he not only got them to believe in the idea, he asked them to contribute money, labor and materials to make the center a reality.

Francis Bailey, Sr. donated money and materials for The Community House to be built on a parcel of land donated by Letitia Nutt. Construction began in 1927 and the facility was opened the following year.

"The citizens of Sanibel have always seen the value of The Community House," said Farst. "It's been islanders who built it, who have been stewards for it, and who will secure its future."

The documentary includes vintage footage of events held there – from shell fairs and square dances to memorial services and fundraisers – along with a re-creation of Perry's

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Filmmaker Rusty Farst stands next to a pair of doors with the original door handles from The Community House, which will be featured at the premiere of his 45-minute documentary next Wednesday at Island Cinema

photos courtesy of Rusty Farst



Longtime island resident Milena Eskew, who passed away in 2015 at the age of 103, is depicted in the film focused on the history of The Community House

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Sanibel Captiva 5K Heart Walk
Sunday, January 31st | 1:00 pm
To Benefit The American Heart Association



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Looking Back:

On The Carter Homestead



Visit the History Gallery to learn more about the unique and diverse history of Captiva. Interpretive panels and touch screen access to historic photos are featured. Step aboard a wooden replica of the Old Mailboat, 'Santiva', to capture the spirit of the island. The History Gallery is accessed through the Captiva Memorial Library, located on Chapin Lane on Captiva. Open during library hours. This week's image is On the Carter Homestead. The Carter family farmed land at the north end of Captiva from 1898 to the early 1900s. The History Gallery, developed by the Captiva Island Historical Society, features many photos like this. All ages are welcome to visit The History Gallery and learn through graphic and video panels about the combination of historical events and people that shaped Captiva. The Gallery is accessed through the Captiva Memorial Library, located on Chapin Lane in Captiva. Open during Library hours.

photo archives of the Captiva Island Historical Society

American Legion Post 123

On Sunday, January 24, American Legion Post 123 will serve barbecued ribs and chicken from 1 to 8 p.m. Cost is \$12 to \$14. On Sunday, January 31, corned beef and cabbage will be on the menu.

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

Every Tuesday, tacos are served all day and on Fridays, it's a six-ounce ribeye steak sandwich. There are daily

specials as well as the popular half-pound burgers. Food is served from 11 a.m. to 8 p.m. The public is welcome.

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

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

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

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

Evening Benefit For Cayo Costa

The 4th annual Cayo Costa...An Evening for the Island will take place on January 28 from 6 to 9 p.m. at Tarpon Lodge, 13771 Waterfront Drive, Pineland. The evening includes dinner, cash bar, silent auction and park update and is sponsored by Friends of Cayo Costa State Park.

Elaine McLaughlin, silent auction chair, and her committee have secured one-of-a-kind items including a Smokey Mountain cabin getaway; artwork; a private shelling adventure on Cayo Costa with Pam Rambo of iLoveShelling, and Captiva Cruises; and two-night stays at Bella Sera Naples Hotel, The Plantation on Crystal River or 'Tween Waters Inn on Captiva.

Tickets are \$65 per person and are available at www.friendsofcayocosta.org or by calling 941-527-7865.*



Free ice scrapers from Sanibel Arms Condominiums

Snow And Ice On Sanibel?

Sanibel Arms Condominiums loves to take care of its winter guests even after they go back into the "cold north!" Along with their assortment of novelty shirts, bags, cozies and beach towels for sale, they now offer free ice scrapers to their guests.

While some laugh and think it's a joke, others appreciate the gift and they love using it during the early winter months while thinking of the warmth of Sanibel. Sanibel Arms also offers winter guests continental breakfast Monday, Wednesday and every other Friday, with a hot dog picnic on alternating Fridays, all free of charge just because they love their Sanibel Snowbirds.

For visitors here now, Sanibel Arms Condominiums welcomes their sand sculpting pictures using the ice scrapers.*

Arts & Crafts Fair

Saturday, February 6
9am - 2pm

Handcrafted items by 40 vendors

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

Center 4 Life

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

What's Happening At The House In 2016

Events

Historical Video Premiere

Wed., Jan 27 6 pm
Island Cinema \$125/person
Includes food and beverage

Rat Pack Tribute Dinner Club And Dance

Sat., Feb 20 \$75 /person

Cooking With The Island Stars

Wed., Feb 24 6 pm \$100

LECTURE SERIES

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Sanibel Captiva Trust Company

Nutrition

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

Shredding

Sat., Jan 30 9-Noon
SCA North Lot

Programs

Beading

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

Bridge Lessons and Sanctioned

Duplicate Bridge Tues/Thurs

Shell Crafting

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

Funky Fish Lanai Art

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

iPad/iPhone

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

Notecard Paper Craft

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

Sissi's Colorful Sips

Wed., Jan. 20 pm

Yoga

Mon., Thurs 8:30 am

*other dates/times available see website

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2 Million

1 Million

Restore the Heart of the Island Campaign



The Community House

SANIBEL COMMUNITY ASSOCIATION

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Women's Historical Panel Held At Community House



On January 13, four longtime Sanibel residents – pictured from left, Jeri Magg, Deb Gleason, Mariel Goss and Sue Pickens – staged the 3rd annual Women's Historical Panel at The Community House. Each of the ladies shared personal stories of yesteryear on the islands. photos by Jeff Lysick



Sue Pickens, who first visited Sanibel in 1965, recalled that the water used to be so rich in sulfur that "I used to have to cut it with 7Up." She also talked about running a camera shop and the first Fourth of July parade on the island was sponsored by the Children's Center in 1974. Pictured reacting to one of Pickens' stories are Deb Gleason, left, and Mariel Goss.

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One of Deb Gleason's favorite memories growing up on Sanibel was "running bare-foot down the dock at Bailey's and jumping into the bay... being careful not to run into the ferry."



Mariel Goss, who helped found the Sanibel Hike & Bike Path Committee, remembered helping raise money to build the path system by selling the first Sanibel phone book for \$2.50 each. Regarding a 1974 protest staged for bicyclists' rights, she recalled, "We didn't get arrested, but we certainly got a lot of attention."



Jeri Magg called moving to Sanibel "the best thing we could've done for our kids." She also discussed the history of Captiva, from Austria native William Binder - the lone survivor of a shipwreck near Boca Grande, who later became the islands' first homesteader in 1888 - to other early pioneer families.



Jenny Evans, garden center director, Jessica McCullough, Michael DiCorpo, village farmer, Emily Harrington and Liz Beans

Historical Village Gets Help From Garden Center

Staff members of Sanibel-Captiva Conservation Foundation's Native Landscapes and Garden Center visited the Sanibel Historical Village and village farmer Michael DiCorpo recently to view the results of their partnership.

DiCorpo said the native garden center has donated plants, such as tomatoes and herbs, for the village's "truck garden." The garden represents the fact that early Sanibel pioneers were farmers, and most had gardens to serve their own needs. Bailey's General Store hardly carried any produce in its early days because everyone grew their own.

"The garden center's automatic watering system that sprays seedlings was vital to the propagation of seeds we're growing from our own museum store," DiCorpo said.

There is one special tree, a small lemon tree, donated to the village by the native garden center. It is an offspring of the last citrus tree remaining on the property at the Bailey Homestead. Since the parent tree has since died, the tree in the village garden is the last remaining remnant of the Bailey family's citrus plants.

"Our work with the Sanibel Historical Village is in keeping with our mission, and it offers us a chance to help from a new perspective: the truck gardens that were kept by the pioneers of Sanibel," said Jenny Evans, garden center manager. "We've established a wonderful partnership with the historical village and will work together again."

The village garden is growing, among other things, tomatoes, watermelons, cauliflower, kale, eggplants, herbs, beans, onions, radishes, cabbage, peppers, mustard greens and okra.

The garden center encourages gar-

deners to plant and preserve native plants to support wildlife, remove invasive plants that could spread to wild lands, protect water bodies from polluted runoff and avoid the use of fertilizers, herbicides and pesticides, conserve drinking water supplies by avoiding the use of irrigation systems and protect and encourage wildlife in their own backyards.

The Sanibel Historical Museum and Village is open from 10 a.m. to

4 p.m. Tuesday through Saturday at 950 Dunlop Road (next to BIG ARTS). Admission is \$10 for adults over 18 and free for members and those under 18. Docent-guided tours are available at 10:30 a.m. and 1:30 p.m. at no extra charge, based upon docent availability. There is handicap access to all buildings.

For information, call 472-4648 during business hours or visit www.sanibel-museum.org.*

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Island Seniors At The Center 4 Life

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

Sanibel-Captiva Heart Walk – Carole Fallon, health professional and survivor, knows all about what keeps hearts healthy. She invites all Island Seniors and Center 4 Life members to join her team at the Sanibel-Captiva Heart Walk on Sunday, January 31. Stop by the center to sign up.

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

The featured book for Wednesday, February 10 is *The Invention of Wings* by Sue Monk Kidd. “Exhilarating... powerful... By humanizing these formidable women, *The Invention of Wings* furthers our essential understanding of what has happened among us as Americans – and why it still matters.” – *The Washington Post*.

Island Seniors Got Talent Season One! – Thursday, January 21, 5:30 p.m.

Island Seniors scouts went in search of talented members to perform at the potluck dinner on January 21. A fun filled evening is planned for all. You will be entertained by your friends. Dinner will be served at 5:30 p.m. and the show will follow. Due to the popularity of this program, the event will be held

at the Sanibel Recreation Center, 3880 Sanibel-Captiva Road. Call the Center 4 Life to reserve your seat 472-5743.

Tarpon Lodge & Indian Mounds on Pine Island – Tuesday, January 26. Cost is \$50 and includes boat tour to Pineland where you will learn about the fishing cultures of Pine Island Sound. Cruise by historic fish houses, and hear about the history of commercial and sport fishing as well as the fishing culture of Pine Island Sound and Charlotte Harbor. Lunch will be on your own at The Tarpon Lodge. After your meal, walk over to the Randell Research Center where you'll be led on a guided hike to the top of a pre-Columbian mound of the ancient Calusa Culture. Registration deadline is Monday, January 22.

Sanibel Health Fair at the Center 4 Life – Friday, January 29, 1 to 4 p.m.

Free screenings by health care professionals include: memory screening, vein screening, balance test, pulse O2, vision test, blood pressure and glucose, skin cancer screening, hearing test, body mass index, plus ask the pharmacist.

There will be information about FISH of San-Cap, hospice services, heart health, advance directives, assisted living, brain health, injury prevention, in-home care, pharmaceuticals, skilled nursing care and other services. Senior resource guides, healthy snacks and door prizes provided.

Sponsored by Parish Nurses of Sanibel Congregational United Church of Christ, St. Isabel's Catholic Church, Sanibel Community Church, and St. Michael & All Angels Episcopal Church.

Edison & Ford Estates VIP Tour, Boat Cruise & Lunch – Tuesday, February 2. Cost is \$65 for members and \$75 for non-members (lunch included).

Includes: Boat cruise river excursions will take passengers up the Caloosahatchee to the historic railroad bridge, with great views of the island rookery filled with shorebirds, and a buffet lunch. Behind the scenes tour is a VIP experience at the Edison & Ford Winter Estates. Take a sneak peek inside normally-closed areas of Thomas Edison's Seminole Lodge and Henry Ford's The Mangoes. Tours are led by estates professional staff. See rooms not seen on other tours, including the back areas of the laboratory. The tour provides in-depth information on recently completed award winning restoration and plans for the future. Advanced registration required. Registration deadline is Friday, January 29.

Arts & Crafts Fair – Saturday, February 6, 9 a.m. to 2 p.m.

More than 40 local vendors will be selling their creative designs. There will be pottery, shell designs, paintings, fabric art, jewelry, glass work, books, tropical plants, photography, wreaths, canned goods and plenty of other items. Sponsored by the Center 4 Life and Island Seniors, Inc. There will be bargain priced hot dog lunch for hungry guests.

Games

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

Bridge – Monday and Wednesday at 1 p.m.

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

Hand & Foot – Thursday at 1 p.m.

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

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

• Jacoby Transfer Bids for NoTrump Bids – Wednesday, January 27, 9 to 11:30 a.m. An artificial bid used by Responder after a NoTrump opening bid by partner. This allows the weaker hand to be Dummy and the stronger hand to be hidden and to play the hand. Discussion items are: the Jacoby Transfer Bid; the use of the bid; when to use Stayman versus the Transfer bid; and, signing off in a minor suit. Note: This class will not cover NT bidding and Stayman Convention detailed requirements.

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

rebids by Opener; and the 2 NT bid.

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

Beginner Bridge Basics Lessons with Christl & Bruce Smith – 9 to 11:30 a.m., February 1, 2, 3 and 4.; Cost is \$12.50 for members and \$25 for non-members. Class is limited to eight students and you must be able to attend all four classes. Advanced registration is required.

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

Tuesday Kayaking – January 26 and 28, February 2 and 4 (weather permitting) at 8:30 a.m. There is space for 16 people on eight two-person kayaks and limited space for those who own their own kayaks. Island Seniors will provide kayaks, paddles and life jackets. Bring water, a small snack, sun lotion, bug spray, sunglasses, towel, hat and change of clothing. Cost is \$5 for members and \$10 for non-members. Advance registration is required.

Fitness Classes

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

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

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

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

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

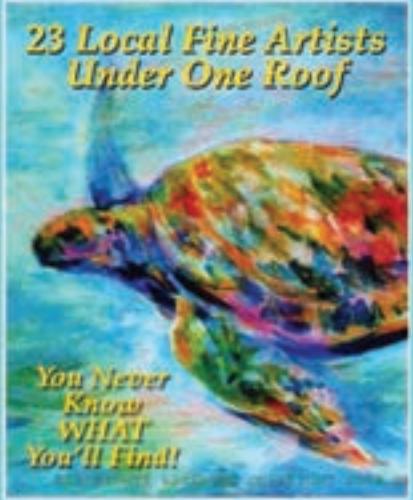
Chair Yoga – Tuesday and Thursday at 11 a.m. Similar to Gentle Yoga but all poses are done in a chair. Kim Kouril is the instructor.

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



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Bourbon Street planning committee co-chair Antoinette Radicchi, right, paints a piece of the Bourbon Street facade with CHR resident and volunteer Janice Van Buskirk

From page 1

Bourbon Street Comes To Sanibel

“Our Bourbon Street will have all the excitement of the real deal,” said Diane Silhavy, co-chair of the event’s Bourbon Street planning committee. “You’ll walk down our colorful Bourbon Street with a drink in your hand, beads around your neck, music to dance to, and appetizers to taunt you – all the lights, colors, tastes, sounds, thrills, beads and craziness of New Orleans, topped off with island style. So deck yourselves out with all of your Mardi Gras finest – hats, masks, jewels, scarves – and join the CHR party!”

According to fellow co-chair Antoinette Radicchi, planning and build-

ing the famous New Orleans boulevard has been a challenging, yet fun, task. “We’re aiming high to achieve the feeling that you’re walking down the streets of New Orleans during Mardi Gras,” she said. “It’s really going to feel alive with musicians playing jazz, a balcony scene, and many more exiting surprises. We’ve been lucky to have CHR residents, the Lions Club, and other super, island volunteers working side by side with Diane and myself.”

Chris Heidrick and Holli Martin of Heidrick and Company Insurance and Risk Management stopped by at a recent Bourbon Street work day where they delivered a sponsorship check to CHR’s board treasurer and Mardi Gras co-chair Melissa Rice in support of the event.

“CHR fills an important, unmet need on Sanibel,” Heidrick said. “Without CHR,

many of the hard working families who work on the island would not be able to live and participate in our community. We are a better community as a result of CHR.”

Rice noted the growing list of businesses and individuals who have been supporting CHR’s Mardi Gras through event sponsorships.

“What a wonderful surprise to have Chris and Holli visit our Mardi Gras workshop,” she said. “Chris and his team do a great job of providing insurance for so many on Sanibel and Captiva, and we are honored to have his support both financially and through his service on the CHR Resident Landlord Committee.”

Tickets for CHR’s Mardi Gras can be purchased online at SanibelCHR.org/mardi-gras-2016 or by phone at 472-1189.

The event will be held on Saturday, February 6 at 5:30 p.m. at The Dunes

Golf and Tennis Club on Sanibel. Sponsors include The Sanibel Catering Company by Bailey’s, Sanibel Captiva Community Bank, The Sanibel Captiva Trust Company, Doc Ford’s Rum Bar and Grille, Richard and Sally Ennis, Maughan Law Group, Zurbriggen Financial, Melissa Rice, CCIM, Realtor, Ed and Lynn Riddlehoover, Dorothy Donaldson and Aaron Cohen, Sanibel-Captiva Kiwanis Club, Heidrick & Co. Insurance, Landmark Designs, Law Office of Janet Strickland, Island Insurance, Barrier Island Title, Bank of the Islands, Rich and Mary Eileen McDonnell, Jerry and Sharon Miller, Arlene and Dan Wexler, Sanibel Café, The Jacaranda, Lighthouse Café, and Tuscan & Company, PA.

For additional event information, call Arlene Dillon at 472-4932 or Melissa Rice at 398-0404 or visit SanibelCHR.org/Mardi-Gras-2016.✪



In 2010, Rusty Farst captured on film the historic gathering of 13 former mayors of the City of Sanibel at The Community House. Portions of that event are featured in his documentary.

From page 1

Community House Documentary

famous walk across the islands, with John Houseman portraying the historic islander.

“The movie shows the purpose of and the value of having a house like this built here,” said Farst. “Its purpose was for the common man to have a voice and not to be governed politically. That’s why Curtis Perry wanted this built.”

Farst’s film also features interviews with a dozen local citizens offering their perspective of what The Community House means to Sanibel. They include Francis Bailey, Jr., Milena Eskew, Vanessa Flynt, Mary Bell Gault, Deb



A still frame for the documentary shows a very early sign at The Community House

Gleason, Porter and Mariel Goss, Jim Jordan, Salli Kirkland, Jim Pickens and Ralph Woodring.

“In retrospect, I’ve been fortunate

continued on page 11

*From the Past...
for the Present*

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The Community House



The Sanibel Community House as it appeared in 1927 being readied for its grand opening

Sanibel Landmark Prepares For Restoration And Makeover

Creation of The Community House was a community project, as early islanders donated the land, building materials and labor to make it a reality. Since then, it has served as the community's principle gathering place for large events and the site of much island history. Today, 57 different organizations hold their activities there, and more than 50,000 people visit the facility each year.

After 88 years, the landmark is in need of a major makeover. The renovation will include restoration of the the entire facility, inside and out, creating a fresh and updated civic gathering place. Construction is slated for the summer of 2016 provided the \$3 million needed for the restoration is pledged or donated. To date, \$1 million

has been raised.

Said SCA Board President Tom Sharbaugh said, "This old facility has given the community many years of service, but the time has finally come to rebuild for the future. The renovation will preserve the history that makes The Community House so special to islanders, and it will rebuild the overall facility in a way that is up-to-date but still reflects the style and personality of Sanibel."

The Community House is owned and operated by the Sanibel Community Association (SCA), a non-profit 501(c)3 organization, with operating funds provided by public contributions, memberships dues and user fees. It receives no government funding. To underwrite the effort, SCA will be conducting its first Restoration Campaign since it began in 1927.

"The time to act is now," said Teresa Riska-Hall, executive director. "It's

funny, but many people say they just don't contribute to bricks and mortar, but I do believe in the generosity of spirit in this community and I know individuals will give to the 'heartbeat of the people'. Every person who steps into the house, every person who believes in the beauty of Sanibel, who loves the small town, unique ambiance of Sanibel should be making a stretch gift or pledge to this campaign." For more information, call Riska-Hall at 472-2155.

Shell Crafters

If you are interested in learning a new craft, meeting new people, join the Sanibel Shell Crafters. No experience is necessary; there are instructors and assistants available. The lessons are free, all materials are provided but donations of shells are appreciated. You can make flowers, jewelry, animals and other creations out of shells and other sea life.

The group meets very Monday from 10 a.m. to noon (11 months of the year, no classes in March). Dessert and coffee are provided, but bring a brown-bag lunch if you choose, as the regulars meet until 3 p.m.

All shell creations made by volunteers remain at The Community House and are sold at the Sanibel Shell Festival in March to assist with the operating budget.

Meditation Class

This workshop teaches meditation in a contemporary way, maintaining respect for ancient tradition while incorporating and referencing modern neuroscience. The technique is easy and natural, and rigorous research has validated its effectiveness. In addition to many health benefits, meditators experience a pronounced shift away from fear-based perceptions to a world view characterized by acceptance and joyfulness.

The course is from 10 a.m. to noon. The price for members is \$89, guests are \$99. There are two sessions: Monday January 25, Wednesday January 27, and Friday, January 29; or Monday March 21, Wednesday March 23, and Friday, March 25.

Paint Your Pet

Immortalize your furry family member with art instructor Jenny M. Licht on Monday, January 25 from 6 to 9 p.m. No experience is necessary. Submit a clear photo of your pet with your registration, which will be used to provide a sketched primer/design on your canvas. All other materials are provided including canvas, brushes, palette, easel, paint and samples. Students can paint multiple pets on the same canvas, but must pay an additional fee for the extra sketching.

The class fee is \$65 for members and \$70 for guests. Fees for an additional pet sketch are \$80 for members and \$85 for non-members. Cancellation fees apply, full refunds are available if cancelled within 48 hours

of class, no refunds for cancellations within 24 hours of class. Minimum number of students required.

Chalk Painting

Learn how to chalk paint with Carla. All materials are provided including choice of paint, a coordinating color wax and brush, as well as the frame and full instruction. Each person will be painting an old garage sale picture frame. You will learn how to turn a tired used frame into a unique custom piece that you will want to use in your home or give as a gift.

Chalk paint is easy to use and dries quickly, so the frame you paint in class will be ready to take home that day. You can also bring in a piece from home. There is an occasional contest to see who can bring in the ugliest piece to paint.

Classes are on Tuesday, January 26, Tuesday, February 16 and Tuesday, March 22 from 6 to 9 p.m. Cost is \$70 for members, \$75 for guests. Pre-payment and registration are required. Cancellation fees may apply. Minimum number of students required.

Nutrition For Your Health

Sessions include nutrition and health information, the latest food trends, nutrition facts vs. myth, a list of current local seasonal foods, recipes and a cooking demonstration with tastings. The instructor is Pamela B. Sullivan, RDN. Cost per session is \$10 for members, \$15 for guests.

Sullivan is a graduate of Cornell University with a degree in food and nutrition.

Sessions are:

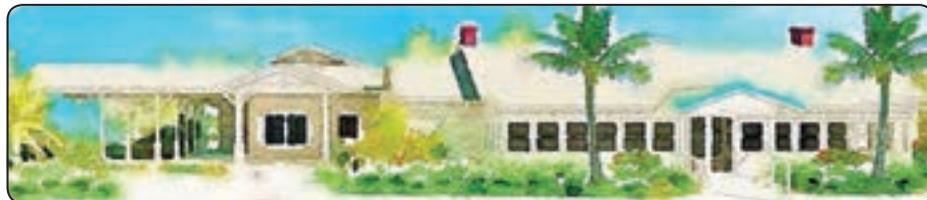
Spice Up Your Life – Thursday, January 28, 1 to 2 p.m. Explore the nutrition and health benefits of herbs and spices and how they may be interacting with your medications. Get tips for growing herbs and easy healthful recipes to pump up the flavor and of your meals.

Super Greens – Thursday, February 11, 1 to 2 p.m. You've heard you should be eating more greens like kale, collards and chard, but you aren't sure how to prepare them so they're not bitter. Learn the nutrition facts and health benefits of these vegetables in your diet and preparation techniques to make greens a ritual in your menu planning.

Healthful Snacking – Thursday, February 25, 1 to 2 p.m. Improve the nutritional value of your snacks with snack-size recipes featuring ingredients that are good for you. Explore the latest research findings on whether snacking is part of a healthful lifestyle.

Anti-Inflammatory Foods – Thursday, March 10, 1 to 2 p.m. Discover foods with anti-inflammatory properties, their nutrition and health benefits and how to increase their frequency in your meals. Explore seasonal menu planning and fresh new recipes to increase the nutrient density of your diet.

continued on page 14



SUPPORT OUR COMMUNITY HOUSE

<http://sanibelcommunityhouse.net/renovation-campaign/>

The Community House is the heartbeat of its people.

\$2 million more is needed-write your check now!

"The Community House is where the Garden Club meets. It's no secret the rooms and Kitchen especially are desperately in need of an upgrade. We hope that everyone steps forward now to assist in this campaign.

The Community House is truly the heartbeat of its people, and deserves our support."



Dotty Mount, Nancy DeBenedictis, Maggie Butcher

Sanibel Traffic: Further Proposals



by Mike Miller, Traffic chairman, Committee of the Islands

We have been pleased to note that Mayor Kevin Ruane is taking on the issue of Sanibel traffic.

As part of this effort, he has organized a traffic-related working group, which includes the Chamber of Commerce, CASI, the Island Realtors Association, representatives from the Island's hotel and resort industry and COTI.

The mayor, and the participating organizations, deserve our thanks for this welcome effort. We all know that there are no easy solutions and that progress will be difficult and slow. But the effort must continue to protect the future of our island.

All Visitors Should be Cognizant of the Traffic Problem

The first step in dealing with any problem is achieving awareness of the problem. We understand that the Mayor's traffic working group is considering various ways of alerting incoming visitors to the beach parking situation and providing educational information to off-island hotels so that they can better advise their guests about dealing with Sanibel's traffic congestion. COTI certainly supports these efforts and also supports other proposals to publish causeway vehicle counts and beach parking information on the city's website and on various traffic-related digital applications.

But, awareness of our problem needs to extend beyond our local community and arriving visitors. Those in the process of planning Sanibel visits need to be forewarned.

Suggested Changes to Lee County's Promotion of Sanibel

The Lee County Visitors and Convention Bureau (VCB) spends over \$14 million annually to attract people to "The Beaches of Fort Myers and Sanibel." Their promotion efforts include traditional print media and more contemporary approaches including multiple websites and social media. Their Twitter page alone has 28,000 followers.

The VCB's principal website (www.fortmyers-sanibel.com) includes many different pages, a virtual guide and FAQ's. It is an impressive example of state-of-the-art digital marketing. But, although the site FAQ's cover red tide, how to protect purses in restaurants and a variety of other concerns, there is no mention of dealing with traffic congestion on Sanibel.

The VCB recognizes the traffic problem. They have expressed concern in published marketing reports that the percentage of survey respondents who are "very satisfied" with the Lee County vacation experience has declined to 51 percent as compared to 64 percent in 2013. And it was further indicated that when visitors were asked what they liked least, more than half (57 percent) cited traffic as a negative aspect, more than any other single listed factor.

We suggest that the VCB's website face up to the Sanibel traffic issue and offer to viewers some suggestions as to how to best deal with the problem. It would be a neighborly action to prospective visitors and, in so doing, the county would be encouraging individual tourist responses that, collectively, could actually help with the problem.

Possible New Marketing Messages

Potential visitors could be advised, for example, on the VCB's website, that:

- During the season, leaving the island either before 3 p.m. or after 6 p.m. will help avoid time in gridlock, or
- Congestion frequently occurs during the afternoon exit from Sanibel so staying for dinner at one of Sanibel's great restaurants would be a good idea, or
- Since traffic volumes are less on Sundays, that would be a good day to visit, or
- Since the beach parking lots quickly fill up, arriving early and leaving before the afternoon rush would be really effective.
- And, maybe best of all, if lodging is available, spend the night and leave the next morning.

A professional could surely do better, but the goal is to gently – but clearly – make all potential visitors aware of traffic concerns and offer them some helpful suggestions.

Lee County Political Leadership Must be Engaged

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Mayor Ruane has rightly indicated that the County Board of Commissioners and the Tourist Development Council, the body that governs the VCB, will need to be involved. Most of the approaches that should be considered to deal with our traffic issues will necessarily require the support of Lee County officials.

Approved Intercept Study Will Provide Independent Justification

Sanibel's City Council recently approved \$31,500 for a new intercept study, to be done during this next season, regarding visitor reaction to the traffic congestion problem – and this study should incorporate Sanibel resident views about the traffic congestion. This was a good decision by council, and the study will be important. Its purpose will be to produce strong but credible and independent data to support the proposition that the traffic issue is serious and needs to be addressed by Lee County government with urgency.

City Actions May be Forthcoming

Mayor Ruane indicated at the last council meeting that he intends to review proposed traffic actions at the February council meeting. Expectations need to be managed – remember, there are no easy solutions. We look forward to hearing from him on actions to address the issue.

None of us should want to harm the Island's hospitality business. Tourists – in reasonable and manageable numbers – fuel our local restaurants, retailers, cultural events and non-profit activities that are important to us. But, if the traffic situation isn't dealt with, the avalanche of unmanaged visitors will do great, even irreparable, damage in the future.

COTI plans to share further commentaries about traffic congestion on Sanibel. To read our past commentaries on island issues – and to register for the COTI's free email news service – visit our website at coti.org. Comments on this or other island issues are welcome. Please email them to coti@coti.org, or visit Committee of the Islands on Facebook.✧

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INSIDE CITY HALL

City Of Sanibel Releases New Video, Ponders Real-Time Traffic Cameras

by Jeff Lysiak

With the City of Sanibel open to exploring nearly every single option available in an effort to help alleviate traffic congestion on the island during peak season, this week Mayor Kevin Ruane announced the city's latest endeavor.

On Monday, the city unveiled a short video – available online at www.mysanibel.com – featuring Ruane talking about on-island traffic, which is typically experienced throughout peak season (now through April), avoiding driving on and off the island during periods of high traffic (2:30 to 5:30 p.m.) and making plans to travel around the island by bike and/or by foot.

“As the mayor of Sanibel, I readily admit to being biased about our tropical oasis here in Southwest Florida,” Ruane said during the video. “Sanibel is a world-class destination, and enjoying the best of the island takes a little planning.”

The 70-second video, which features clips of island scenery – including Lighthouse Beach, the JN “Ding” Darling National Wildlife Refuge, Periwinkle Way and West Gulf Drive – also suggests that visitors plan on spending “more than just a few hours” on Sanibel. Ruane explains that the best way to enjoy the island and avoid traffic is to stay on Sanibel: do some shopping, have dinner and stay overnight.

“If you only have a few hours to visit Sanibel, during the busy winter months, please keep in mind the island traffic is exceptionally heavy in the mornings and again in the afternoon,” Ruane points out. “So you may want choose to visit us when you have more time to truly experience what Sanibel has to offer rather than sitting in traffic.”

In addition to rolling out the city's Peak Season Communications Strategy, Ruane discussed ongoing traffic strategy meetings with city staff members – including City Manager Judie Zimomra, Public Works Director Keith Williams and Recreation Department Director Andrea Miller – along with groups including the Sanibel & Captiva Islands Chamber of Commerce, Committee of the Islands, Condominium Associations of Sanibel, the Sanibel & Captiva Islands Association of Realtors, hoteliers, business owners and the planning commission.

Long-term plans addressing traffic management on Sanibel include:

- Utilizing technology to provide real-time information to motorists. Plans include live-streaming of traffic conditions, instant-messaging traffic alert systems and electronic signage before the toll booth advising motorists of on-island traffic conditions.
 - Hardscape to change traffic patterns. The City of Sanibel is participating in a regional study to determine the feasibility of installing a roundabout on Sanibel to alleviate stop-and-go traffic.
 - Behavior modifications, including developing a culture of employers utilizing flex-time schedules and carpooling during the weeks of peak season.
 - Information sharing to help residents and visitors make informed decisions.
- “Starting immediately, we are sharing and disseminating detailed information on Sanibel's traffic patterns so motorists can best plan their island travel to avoid peak

congestion,” a January 18 press release from the city noted. “In peak season, nearly 13,000 vehicles come onto the island daily, with heavy on-bound traffic congestion between the hours of 8 a.m. and noon and heavy off-bound traffic from 2:30 to 6:30 p.m. On a weekly basis during peak season, Saturday traffic volumes are the highest, and traffic volumes are the lightest on Sundays and Tuesdays.”

During the next city council meeting, scheduled for Tuesday, February 16 at MacKenzie Hall, Ruane plans to introduce a proposal to install several traffic cameras at strategic locations around the island. These cameras will allow real-time monitoring of traffic conditions via the city's website, allowing visitors and residents to better plan their commute on and off Sanibel. A similar system is already in place on Fort Myers Beach, with positive results reported by town leaders.

“We've already taken the liberty of ordering the hardware for this monitoring system,” said Ruane, who hoped that once approved by his fellow council members, traffic cameras could be installed and operational in less than one month. “I'm all in... we're proactively ready to go. I can't imagine anybody not being on board with this.”

According to Ruane, the startup cost to install three traffic monitoring cameras – which have been proposed for the Sanibel Boat Ramp, the intersection of Periwinkle Way and Casa Ybel Road, and the intersection of Periwinkle Way at Tarpon Bay Road – is approximately \$25,000.

Another traffic management strategy proposed by Sanibel to the Lee County Board of County Commissioners, which has been embraced positively, is a series of electronic message signs posted along the Summerlin Road/McGregor Boulevard route towards the causeway. If approved, estimated times to arrive on the island would be posted on these signs.

The mayor noted that he has requested three signs – estimated to cost between \$5,000 and \$6,000 each – for the proposed off-island traffic management plan. County leaders, however, will have the final say on how many signs will be added.

“We are open to any and all longer term solutions, but we want to be sure that what we're doing is going to be effective,” added Ruane. “Sanibel has a proven track record of solving difficult challenges through cooperation and partnership. I believe if we bring together our wisdom and talent, over time we can also improve our traffic issues.”*

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Co-Publishers

Lorin Arundel & Ken Rasi

Advertising

Bob Petcher

Graphic Arts & Production

Ann Ziehl
Kristy See
Rachel Atkins

Reporters

Anne Mitchell
Jeff Lysiak

Contributing Writers

Kimberley Berisford	Craig R. Hersch
Kay Casperson	Tanya Hochschild
Constance Clancy, ED.D.	Shirley Jewell
Suzy Cohen	Audrey Krienen
Linda Coin	Dr. Jose H. Leal, Ph.D.
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From page 7

Documentary

enough to have done interviews with several people over the years, some of whom are no longer with us, talking about this house and its importance," said Farst. "As a filmmaker, I've never done a film that's been so integral and with so many moving parts."

The current building renovation project, dubbed Restoring The Heart Of The Islands, includes:

- Restoration of the historic North Room
- Structural expansion and improvements
- New roofing, electrical wiring, plumbing and energy-efficient air conditioning

- State-of-the-art audio/video equipment
 - New larger kitchen and public restrooms
 - Additional office space and conference room
 - Revamped parking lot and drive-up entrance on the east side of the facility
 - Redesigned landscaping features
- The total cost for building and site construction, permits, furnishings, fixtures and landscaping, administrative and funding costs is estimated at \$2,980,000.

During the premiere screening, a VIP reception – with refreshments and appetizers provided courtesy of Timbers and Matzaluna restaurants along with Sanibel Catering Company by Bailey's – attendees will have an opportunity to touch the original handles on the doors at the front

of The Community House.

"Those door handles, which opened the doors from the original porch into The Community House, were rescued from a dumpster," Farst explained. "People walking the red carpet will have a photo op where they can touch those handles which were used by the island's founding fathers."

Tickets to the VIP premiere screening are \$125 each and are available by calling 472-2155. For more information, email info@sanibelcommunityhouse.net.

"There's no doubt in my mind that islanders will step up and the Sanibel Community Association will meet their goal," added Farst. "I think The Community House is as important to our future as it has been to our past."✪

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BAT YAM-TEMPLE OF THE ISLANDS

The Reform Congregation of Bat Yam Temple of the Islands meets for Friday night services at 7:30 p.m. in the Fellowship Hall of the Sanibel Congregational United Church of Christ, 2050 Periwinkle Way. Rabbi Myra Soifer. For information call President Martin Pokedoff at 239-395-2544.

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The Reverend George E. Morris Services every Sunday 11 a.m. through April 24, 2016. 11580 Chapin Lane on Captiva. 472-1646.

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UNITARIAN UNIVERSALISTS OF THE ISLANDS

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



Othmane Martinez, Lindsay Rizzo, Jessica McKee and Nikolas Bakes take their turn racing their rubber duckies at Carnival Extravaganza Night on January 13

LOGOS Carnival Extravaganza At Sanibel Church

Everyone came dressed in yellow, prepared for the rubber duckie race during the LOGOS Carnival Extravaganza on January 13 at Sanibel Community Church. Those attending had walking tacos, popcorn and cupcakes for dinner.

Each child received a unique duckie and initialed it for the race. While waiting their turn to race the ducks, the kids played more exciting carnival games.

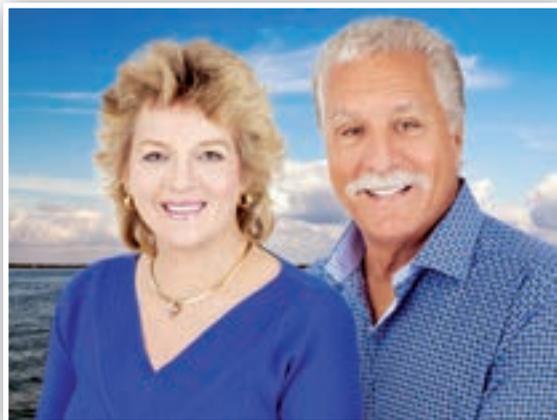
This intergenerational program is for families with kids ages 3 years old



LOGOS table parents Kent and Linda Yoder and Dave and Patty Truelsen came ready for a night of carnival fun at Sanibel Community Church

through fifth grade. To find out more information or for registration, call Kathy Cramer at 472-2684.*

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Families never receive a bill from St. Jude Children's Research Hospital for treatment, travel, housing or food. Throughout the weeklong preparation, the students will learn about bike safety, such as wearing their helmets, riding on the bike path and being very cautious when crossing a driveway, all very important lessons on the bike-friendly island.

They will then ride their tricycles and bicycles around the figure eight bike path on the playground. The CECI students, families and friends have raised over \$15,000 for St. Jude Children's Research Hospital. If you would like to make a donation to St. Jude Children's Research Hospital, you may contact the school at 472-4538 or email Ms. Cindy at cecikids@earthlink.net.*

Steele Floyd's t-shirt says it all. He is one of the many CECI students who have helped raise over \$15,000 for St. Jude Children's Research Hospital.

Saint Jude Trike-A-Thon

The Children's Education Center of the Islands will be hosting a Trike-a-Thon fundraiser for St. Jude Children's Research Hospital on January 24.

The St. Jude Trike-A-Thon is a week-long fundraising program that teaches kids riding-toy safety. As they learn the rules of the road, students can gather donations to support the work of St. Jude Children's Research Hospital.

Yard Sale At Preschool

The Children's Education Center of the Islands is holding its annual yard sale on Saturday, February 6 from 8 a.m. to noon. This huge, multi-family sale will feature many gently-loved items, including children's and adult's clothing; toys; bicycles; books; furniture; strollers and baby gear; and goodies for grown-ups.

Donations are also accepted, so clean out your closets and bring your items to CECI at 350 Casa Ybel Rd. on Sanibel. All proceeds benefit the nonprofit preschool, which serves children ages 2 to 5 whose parents live or work on the islands.*

Arbor Day Foundation

The Arbor Day Foundation is partnering with the Florida Forest Service to offer trees to Florida homeowners at no cost through the Energy-Savings Tree program. When you plant the right tree in the right place, it can help save energy and reduce utility bills.

Sign-up began on January 15, and you can reserve one tree per household. Quantities are limited.

Reserve your free tree online at arbor-day.org/floridatrees.

This program made possible through a grant from the USDA Forest Service.*

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Art Auction And Party January 30



Lora Lea Plummer, preschool teacher, with one of her paintings auctioned off last year

The closing reception for the 3rd annual Don Rogowsky and Friends Silent Art Auction will take place on Saturday, January 30 from 4 to 6 p.m. at Sanibel Congregational United Church of Christ.

Tickets are \$20 and include a final chance to bid on the silent auction items as well as entry into the door prize draw-

ing. You don't have to be present to win.

There will be live music by the Allison Duo of Shawn and Abbey Allison, and soprano Ana Abella.

Art pieces up for bid include a ceramic piece by Augusta Crane, a painting by Phil Hilton and pieces by several local artists. Other silent auction items include two one-hour piano concerts at your home by Julian Sundby and prepared appetizers delivered to your home for a party of six to eight. Among the door prizes are a massage from Spatini Spa and Tea Bar and a framed photograph and book by Francine Litofsky.

The church, located at 2050 Periwinkle Way, will be open for viewing on Sunday, January 24 from 7:45 a.m. to 1 p.m. and Monday, January 25 through Friday January 29. Call 472-0497 for hours during the week or tickets to the reception. Winning bidders will be contacted.*

From page 1

Strauss Theater

of the United States.

Edison (Skip Corris) is 74 and full of wit. He was Ford's mentor and favorite traveling companion. When Ford tells him to act his age, he replies, "If I did, you'd throw dirt on me." Harding (Galloway Stevens) has a few skeletons in his closet, which Ford throws in his face. This includes a mistress and out-of-wedlock baby he fathered.

St. Germain makes up his own tale from the known facts. As the play opens, the three - driving a Ford vehicle - crash into a deer and end up stranded in the

woods. Ford loses no time getting to the point of the excursion: he wants Harding to sell him the abandoned Muscle Shoals, Alabama hydroelectric project for \$5 million. Harding resists, saying it's worth \$80 million. That's when the fireworks between the two begin. Edison refuses to take sides until the end. In the meantime, he throws sarcastic asides. He says to Ford, "You can't campaign Henry. Democrats don't need a second jackass."

Ford hates Jews and is patronizing toward blacks. He is also ruthless in business and his favorite expression is a four-letter expletive that starts with the letter "S." Harding admits he never wanted to be president. He says, "I've been a politician all my life, saying what I really think is not a skill I've developed." He has a great speech in the play where he explains why he allowed himself to be talked into running for the presidency.

All three actors are splendid in their roles. This also goes for Aaron Jackson in a small role as Secret Service Agent Sterling. Rachael Endrizzi directs this magnificent production. It's a comedic and dramatic clash of great minds of the 20th century. *Camping With Henry and Tom* is full of thought and feeling. The set is impressive and leaves the audience feeling they are out in the woods with the characters. The show runs through February 6 at The BIG ARTS Herb Strauss Theater, 2200 Periwinkle Way. For tickets, go to www.BIGARTS.org or call 472-6862. The opening night audience loved the show and I'm betting you will too.*

From page 8

Community House Contestants Announced

Competition was lively as local family chefs vied for five spots in The Community House fundraiser, *Cooking with the Islands' Stars*, to be held on Wednesday, February 24 at 6 p.m. All of the family chefs voiced their commitment to help raise money to build and furnish the commercial grade kitchen as part of the \$3 million redevelopment budget. They local chefs are: Bart Smith and Marc Yelenich, Mary Romulus, Myra Roberts, Carol Cucurru and Rev. Dr. John Danner.

Tickets go on sale this week. Call The Community House or go to www.sanibelcommunityhouse.net to order your tickets: \$100 for reserved seating, \$150 for front row VIP tasting. The family chefs will prepare their favorite family recipe and serve them to the audience. Foods include Italian, Southern barbecue and vegetarian.

Shred Documents

Shred your unneeded documents and papers on Saturday, January 30, between 9 a.m. and noon at The Community House.

With identity theft a growing problem, you should securely dispose of unwanted financial and personal files so they don't end up in the wrong hands. Bring documents such as bank statements, credit cards receipts, old checks, income tax returns or anything that contains personal information. There is a fee of \$5 for one or two boxes per car. If you

have more boxes, an additional donation is requested. All proceeds go to The Community House operating fund.

Free Energy Workshops

Karen L. Semmelman, director of Semmelman Energy Center, will host a series of workshops on *Optimizing Your Health*, based on *Eden Energy Medicine (EEM)*. Six monthly two-hour workshops are on the agenda on the following Wednesdays:

- February 3, 6 to 8 p.m. Pain overriding your life? Loosen the congestion with Energy Medicine tools.

- March 9, 4 to 6 p.m. Use Energy Medicine tools to create movement and looseness for joints troubled by arthritis, stiffness and replacements.

- April 6, 6 to 8 p.m. Body, mind or spirit in overdrive? Unleash the innate ease with Energy Medicine

Semmelman, a matrimonial lawyer for 30-plus years, is an advanced Eden Energy practitioner, teacher and inspirational speaker.

For more information, email ksemmelmanenergy@gmail.com.

Beading Classes

All ages are invited to learn the intricate art of beading with shells and other treasures of the sea with Anita Gober. All supplies and tools will be available and included in the price. If you typically wear reading glasses, you should bring them. There is a minimum of three students and a maximum of 10. Classes will be on Wednesdays: February 3, March 23, April 6 and April 20. Cost is \$35 for members and \$40 for guests. Advanced classes will be scheduled ad hoc for \$50 for three hours for members.

Colorful Sips

Evening art and wine parties with local artist Sissi Janku are designed to encourage the artist within to complete a masterpiece. Member price is \$45, non-members, \$55. Classes will be held on the following Wednesdays from 7 to 9 p.m.: February 3, February 17, March 16, April 6 and April 20.

No experience is necessary. All the materials will be provided. Bring your favorite wine and a snack for sharing with fellow artists.

Love Your iPhone/iPad

Topics include techniques to improve efficiency, use of the Cloud, exploration of specific high value apps and how to fall in love with Siri. Cost is \$40 for members and \$45 for non-members.

Classes will be held from 9:30 to 11 a.m. with an hour open for questions. Beginner classes will take place on Thursdays: February 11 and April 7. The intermediate class will take place on Thursdays: January 28 and March 10. Update your iPhone's operating system to the most recent iOS option prior to coming to the class.

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

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A young boy with a cast net

Captiva Marching Mullet Parade

On Friday, January 22 beginning at 3 p.m., Jensen's Twin Palm Resort & Marina on Captiva will host a celebration "in the spirit of olde Captiva" that will culminate in a salute to America's veterans with a traditional Marching Mullet Band Parade. The parade will begin at 5:40 p.m. at Jensen's, located at 15107 Captiva Drive, will continue down Andy Rosse Lane to the finish on the beach at sunset.

The celebration includes an opportunity to create a message fish to send to Tallahassee with SCCF's Rae Ann Wessel on Thursday, January 28. Dr. Rick Bartleson from SCCF's Marine Research Laboratory is a lifelong mullet enthusiast. His doctorate focused on the health of sea grasses, which was motivated by his desire to assure mullet populations would thrive. He will be on hand to answer questions about the fish, its habits and habitat.

In a cooperative spirit, Jensen's Twin Palm Marina, SCCF and a grant from The Robert Rauschenberg Foundation, the afternoon blending art, science and music are an extension coordinated by SCCF's education director Kristie Anders.

"The desire to work together with resolve to improve water quality for our economy, our wildlife and our way of life are important messages from residents, visitors and those whose livelihoods depend on our water resources," said Anders.*

Birding Beach Walk At Ocean's Reach

Ocean's Reach has quickly become a favorite local destination for birding enthusiasts.

Back by popular demand, the resort will host a Nesters & Resters birding beach walk throughout the season with birding expert and park ranger Walt McNairy.

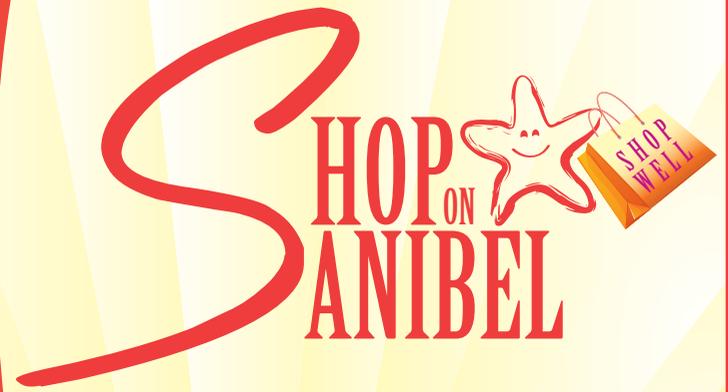
Walks have been scheduled for Thursdays, January 21 and 28 from 9 to 10:30 a.m. The walks are complimentary and all are welcome to attend.

Ocean's Reach is located at 2230 Camino del Mar, off Algiers Road on Sanibel. For more information, call 472-4554.*



Walt McNairy treats birding enthusiasts to an educational morning beach walk at Ocean's Reach

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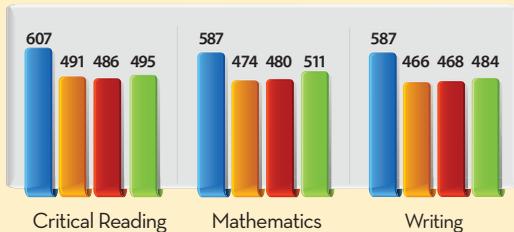
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Tufted jay

Tales Of An African Birder At Audubon

James Currie, internationally renowned birder and host and creator of *Nikon's Birding Adventures* TV show will be the speaker at Sanibel Captiva Audubon Society's January 28 meeting.

The title of his talk is *When Eagles Roar – Tales of an African Birding Adventurer*, describing his worldwide birding adventures. It will start at 7:30 p.m. at The Community House.

Concentrating on the exotic birds and animals of Africa, Currie will show why his love of birds, fascination with wildlife and craving for adventure lead him into humorous and sometimes life threatening situations. He will include excerpts from his best selling book, *When Eagles Roar*, which chronicles his life as a game ranger and birding guide in Africa. Attendees will be able to purchase copies of the book which he will sign at the end of the presentation.

A native of South Africa, Currie is fast becoming one of the most recognizable faces in birding and wildlife in



James Currie with a meerkat



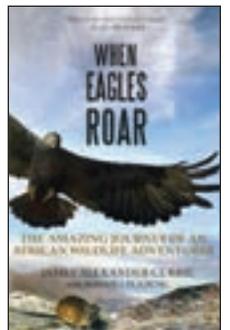
Guineafowl crested manyara

North America. An expert in sustainable development and environmental management, he holds a bachelor's degree in African languages and a masters in sustainable environmental management. He has led professional wildlife and birding tours for over 15 years and his passion for birding, adventure and remote cultures has taken him to nearly every corner of the globe. He is a highly sought-after public speaker and has spoken to sold-out audiences at various venues including the prestigious Explorers Club in New York City and the National Audubon headquarters.

This is the fourth of eight Thursday Sanibel-Captiva Audubon lectures. The Community House is at 2173 Periwinkle Way, Sanibel.

All are welcome to attend. Doors open at 6:30 p.m., and parking is available at The Community House as well as across Periwinkle Way in the Herb Strauss Theater parking area. A \$5 donation is appreciated with proceeds after costs being used to promote conservation on Sanibel and in Florida.

For additional information, call Bill Jacobson at 395-1878 or visit www.san-capaudubon.org.



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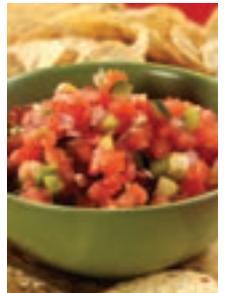
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How Quickly Things Can Change



by Capt. Matt Mitchell

What a difference a week can make! After what had been a very mild winter with anglers experiencing spring-like fishing conditions, within a period of

just over a week multiple strong cold fronts passed through bringing heavy rain, wind and low temperatures in the 50s, totally changing everything out on the water. Water temperatures are now right at 60 degrees and we are in the full grip of a Florida winter with no short-term end in sight. With winter here, we might as well get used to it. There are still lots of fish to be caught its just a matter of changing your tactics and wearing a lot more clothes.

Plummeting water temperatures com-

pletely shut down the snook bite and the massive schools of easy-to-catch shiners we had on the bridges simply disappeared. Live shrimp quickly became the bait of choice this week and our target species changed to sheepshead, rat red-fish, black drum and trout.

Sheepshead action really picked up with the cold; lots of sheepshead of all sizes can now be found from the passes all the way to the back country creeks. During really cold periods, chunks of fresh shrimp fished on a jig head caught more fish than any other set-up.

Deep water docks and creek mouths are some of my favorite places to target bigger sheepshead. Find barnacle-crusted structure which can be either pilings, blow-downs or shell bottom with good tide movement and the sheepshead will be there. The more well known sheepshead fishing areas around the passes are often very crowded so finding your own sheepshead honey hole is a must to stay out of the often crazy boat traffic.

Sheepshead are a little different to get on the hook than most of the fish we target. They have a small hard mouth and take a bait in little bites. When I first feel the little ding of a sheepshead bite I like to slowly start lifting the rod tip. If I don't



Paul Salassa from Philadelphia with one of 5 snook over 30 inches caught right before the cold

Send Us Your Fish Tales

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

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I like to downsize the gear when I'm shrimp fishing. My go-to rigs are 2500 and 3000 series spinning reels rigged with 10-pound braid and a 20# leader.

The cold water is very clear in the mangrove creeks and lighter leader certainly gets more bites than the usual 30 pound leader I use. Often sheepshead take a little while to begin to bite. Give a spot a little longer than you normally would. Once they do start to feed it can often be a bite every cast.

Despite the cold weather and less than perfect conditions, once you get tucked away in a favorite deep water, sheltered creek, fishing action can still be great. Although it's not the wide open snook bite we have been spoiled with until now, it's all part of our winter time fishing pattern. Many of these sheltered creeks are just stacked up with snook that just need a few warm days in a row to turn on and feed.

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.*



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Dave Doane

CROW Case Of The Week:

Double-Crested Cormorant



by Patricia Molloy

The cormorant is a legendary bird due to the fact that it has evolved into a sea bird that prefers freshwater fish. They rarely fly far from the shore, preferring inlets, bays and large rivers.

Despite spending much time in the water, they do not possess the water-proofing oil of other seabirds (enabling them to dive very deeply for fish) and spend much time drying their feathers, standing ashore or on pilings.

A double-crested cormorant arrived at CROW last week after being found down, depressed and underweight. It was determined that the seabird was suffering from Brevetoxin or BTX, a respiratory illness caused by ingesting the algae responsible for red tide. Prior to the cormorant's admission, several brown pelicans and a ruddy duck had been admitted with the same illness.

Red tide is an ancient, natural phenomenon caused by tiny, single-celled algae called *Gymnodinium breve*. There is an ongoing, heated debate among scientists about how much of an effect man-

made pollution has had on the severity and frequency of these algal outbreaks.

Fortunately, red tide causes little more than respiratory and eye discomfort in most humans. As a matter of fact, there have been no reported illness or warnings issued for the current outbreak as it appears to be too mild to affect humans. Sadly, this is not the case with marine wildlife. Exposure to the algal bloom can be dangerous, and often fatal, to fish, sea turtles and birds.

During the early stages of care, toxicosis patients require daily tube feeding of Piscivore Care, a formula designed to meet the metabolic needs of critically ill fish-eating seabirds. They also require fluid injections under the skin to prevent dehydration and the administration of a liver detox with milk thistle to stimulate the liver into filtering out the toxins. Artificial tears and an antibiotic ointment are often applied to treat eye irritation, as some birds are so weak that they are unable to blink. Additionally, all sea-living patients require daily "tub time" to promote hydration and physical exercise.

Once patients are well enough to eat fish on their own and have regained most of their strength, they are moved outside to special enclosures that mimic their natural environments. It will take several weeks of intensive care before this cormorant is well enough for Dr. Heather to even consider moving it outside.

CROW (Clinic for the Rehabilitation of Wildlife, Inc.) is a non-profit wildlife hospital providing veterinary care for native and migratory wildlife from our



The double crested cormorant, patient #16-0149, having its morning tub time

local area. The hospital accepts patients seven days a week from 8 a.m. to 5 p.m. Mail donations to PO Box 150, Sanibel, FL 33957. Call 472-3644 or visit: www.crowclinic.org.*

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- 4 to 6 seven-ounce mackerel fillets
- 1/4 cup plain yogurt
- 1 teaspoon curry powder
- Kosher salt, to taste
- Fresh ground pepper, to taste
- 1 pound carrots, peeled and sliced into sticks
- 1 yellow bell pepper, sliced
- 1 red bell pepper, sliced
- 4 cloves garlic, minced
- 2 tablespoons olive oil
- 2 tablespoons fresh parsley, chopped

Preheat oven to 375 degrees F. In a bowl, mix carrots, peppers, garlic and 1 tablespoon olive oil. Season with salt and pepper to taste. Place carrot mixture on a sheet pan and place in the oven. Cook for 12 to 15 minutes or until golden brown and crisp tender. Evenly coat mackerel fillets with yogurt and season with curry powder. Lightly season with salt and pepper.

Preheat a medium sized sauté pan over medium high heat. Place coated and seasoned fillets in pan with 1 tablespoon of olive oil. Cook fillets until golden brown and cooked throughout. Serve fillets over oven roasted carrots.

Yields four to six servings.*

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Shell Of The Week

File Fleshy Limpet



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

The file fleshy limpet, *Lucapinella limatula* (Reeve, 1850), is one of the three species

of keyhole limpets (family Fissurellidae) that may be found along the barrier islands of Southwest Florida. It has a relatively small shell (about 10 mm, or a little less than an inch), with a relatively large “keyhole” orifice. As in other keyhole limpets, the orifice helps direct waste water away from the snail’s head and gills. File fleshy limpets have “rays” of colors ranging from red to brown set against a cream- or tan-colored background. A fleshy keyhole limpet is capable of enveloping the entire shell with its body, hence the “fleshy” part of the common name (“file” refers to the presence of rough “scales” along the radial ribs of the shell.) The shell in the



The file fleshy limpet, *Lucapinella limatula*

photos was found by Susan J. Hewitt at Blind Pass, Sanibel on December 2015. Learn more about local shells at the museum’s website (www.shellmuseum.org.)

Shell Museum Events

Daily Island Inn Morning Beach Walks (Advance booking required): Join our marine biologist for a beach walk near

Photos José H. Leal

photos by José H. Leal

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

guests, please book through the inn). Mollusk movies and scavenger hunts continuously throughout each day. Tank Talks continuously throughout each day: Gain great insights into the fascinating world of local mollusks. Monday at 1:30 p.m.: Carolyn’s Collection – A fun and engaging look at quality shells of a private collector. (Please check shellmuseum.org to note any schedule changes.) Tuesday at 1:30 p.m.: Shell BINGO Wednesday at 1:30 p.m.: Mid-Day Tank Talk at the Museum live mollusk tank. Wednesday at 1:30: Mollusk Matinées – A series of nature-related lectures presented by local experts. (Please check shellmuseum.org for weekly topics.) Thursday at 1:30 p.m.: Cool Shells – See some great shell treasures not on exhibit. Friday at 1:30 p.m.: Arts and Crafts – Create marine-themed art and take it home with you. Saturday at 1:30 p.m.: Sanibel Shells – Discover the look, feel and subtle differences of local shells. Sunday at 1:30 p.m.: Shell BINGO. *The Bailey-Matthews National Shell Museum is at 3075 Sanibel-Captiva Road. Phone 239-395-2233 or visit www.shellmuseum.org.*

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JANUARY MUSEUM SPONSOR



Fishing students at Sanibel Sea School practice tying flies

This spring, Sanibel Sea School will once again offer a series of ocean learning opportunities for adults. The nonprofit organization specializes in field-based marine education and wants the Sanibel community to know that their programs are not just for kids.

"We do provide camps and day courses for children year-round," says Executive Director Dr. Bruce Neill, "but many people don't realize that we offer vibrant experiences for grown-ups as well."

Barefoot Academy, the school's signature program for adults, is a series of courses about our island's unique ecosystems and the creatures that inhabit them. Each classroom session is paired with a field trip to take a closer look at the day's topic, and the public can sign up for the entire program or pick and choose the subjects that interest them.

This year, the syllabus includes gopher tortoises, seahorses and the ecology of Blind Pass.

A course called Fishing from a Biological Perspective will give fishermen of all levels an opportunity to improve their knowledge and skills and to learn how natural factors such as tides and weather can affect their catch. A free evening lecture series will cover topics like the school's sand dollar research, sea level rise and ocean acidification. Free guided beach walks will be available on one Saturday morning each month.

"You're never too old to get your feet wet," says Neill, "and whether you've lived on Sanibel for decades or you're just visiting, there's always something new and fascinating to learn about this island refuge we inhabit."

Sanibel Sea School is a 501c3 nonprofit organization whose mission is to improve the ocean's future, one person at a time. To learn more or register, visit www.sanibel-seaschool.org.

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CROW Calendar Of Events

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

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

Friday, January 22, 11 a.m., adults \$7, teens \$5, 12 and under no charge – Why Animals Come to CROW, presented by a CROW volunteer.

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

Friday, January 22, 2 to 3:30 p.m., \$20 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff.

Southwest Florida is filled with fascinating wildlife, and CROW provides a

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

Saturday, January 23, 11 a.m., adults \$7, teens \$5, 12 and under no charge – Baby Care at CROW, presented by a CROW volunteer.

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

Saturday, January 23, 2 p.m., adults \$7, teens \$5, 12 and under no charge – Wild About Rehabilitation, pre-

sented by CROW staff.

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

Monday, January 25, 11 a.m. and 2 p.m., adults \$7, teens \$5, 12 and under no charge – CROW Case of the Week, presented by a CROW student.

CROW is able to treat 3,500 animals annually with the assistance of its students, who become experienced wildlife care professionals at the teaching hospital. During this program, students dive into the world of conservation medicine and wildlife rehabilitation while discussing patient stories and personal victories.

Monday, January 25, 4:15 to 5:15 p.m., adults \$7, teens \$5, 12 and under no charge, advance registration required – Speaker Series: Sustainable Seafood.

The sister-brother duo of Leah and Ben Biery will discuss how the commercial fishing and aquaculture industries are impacting the oceans and communities both positively and negatively, and how we can become more responsible seafood consumers.

Leah Biery is director of communications at Sanibel Sea School. Ben Biery is coordinator for Solutions to Avoid Red Tide (START).

Tuesday, January 26, 11 a.m. and 2 p.m., adults \$7, teens \$5, 12 and under no charge – Wild About Rehabilitation, presented by CROW staff. Live animal encounter following the presentation.

Wednesday, January 27, 11 a.m., adults \$7, teens \$5, 12 and under no charge – Wildlife Rescue 101, presented by a CROW volunteer.

Have you ever come across an animal in distress? Do you know the proper way to transport it to CROW for treatment? This presentation uses past case studies, rescues and releases to teach you about safe interactions with wildlife in the community.

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

Wildlife Walks are approximately 1.5 hours: a 45-minute presentation with a 45-minute tour. This program is open to

all, but it is not recommended for children under the age of 13. Photography opportunity following the tour with an animal ambassador.

Thursday, January 28, 11 a.m. and 2 p.m., adults \$7, teens \$5, 12 and under no charge – Patient Profiles: Gopher Tortoises, presented by a CROW volunteer.

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

Friday, January 29, 11 a.m., adults \$7, teens \$5, 12 and under no charge – Why Animals Come to CROW, presented by a CROW volunteer.

Friday, January 29, 2 to 3:30 p.m., \$20 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff.

Wildlife Walks are approximately 1.5 hours: a 45-minute presentation with a 45-minute tour. This program is open to all, but it is not recommended for children under the age of 13. Photography opportunity available following the tour with an animal ambassador.

Friday, January 29, 11 a.m., adults \$7, teens \$5, 12 and under no charge – Baby Care at CROW, presented by a CROW volunteer.

Friday, January 29, 2 p.m., adults \$7, teens \$5, 12 and under no charge – Wild About Rehabilitation, presented by CROW staff.*



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FSW Big Band Concert At St. Peter Lutheran

The St. Peter Lutheran Church Concert Series will feature the FSW Big Band on Monday, February 1 at 7 p.m. The concert will feature an evening of stylings from the Big Band era with music from the '30s and '40s performed by the 20-piece group from Florida SouthWestern State College under the direction of Dr. Tom Smith. There is no admission charge but donations are welcome. St. Peter Lutheran Church is at 3751 Estero Boulevard. For more information, call 463-4251.*

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'Ding' Lecturer Explores Rain's Impact

Cynthia Barnett's book, *Rain: A Natural & Cultural History*, begins four billion years ago with the torrents that filled the oceans and builds to the storms of climate change.

The author will present two programs beginning at 10 a.m. and 1 p.m. on Friday, January 22 in the "Ding" Darling Visitor & Education Center on Sanibel.

Rain weaves together science – the true shape of a raindrop, the mysteries of frog and fish rains – with the human story of man's ambition to control rain. It is also a travelogue, taking readers to Scotland to tell the surprising story of the Mackintosh raincoat and to India, where villagers extract the scent of rain from the monsoon-drenched earth and turn it into perfume.

"I'm crazy about rain," said Barnett. "I am a native of Florida and have always loved its sun showers and dramatic rain storms. Over my years as a journalist specializing in water, I came to appreciate rain as life's elixir – marveling at its work to fill aquifers and rivers, its cycle from sea to atmosphere."

Following her presentations, Barnett will sign copies of her book, which is available for purchase in the Refuge Nature Store, all proceeds benefitting ref-

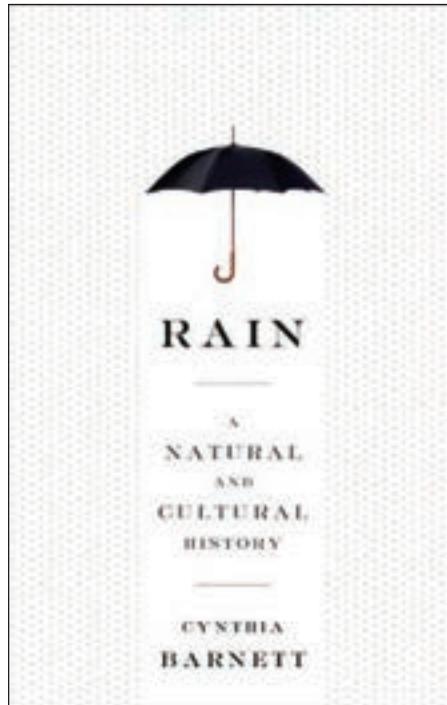


Cynthia Barnett

uge wildlife and conservation and education programs.

Admission is free to the "Ding" Darling Friday Lecture Series sponsored by HighTower Advisors Fort Myers along with Mike and Terry Baldwin and support from the "Ding" Darling Wildlife Society-Friends of the Refuge.

Funding for this program was also provided through a grant from the Florida Humanities Council with funds from the National Endowment for the Humanities. Any views, findings, conclusions, or recommendations expressed do not nec-



essarily represent those of the Florida Humanities Council or the National Endowment for the Humanities.

Seating is limited and available on a first-come basis. Arrive one hour early to assure seating. Early arrivals can save one seat each and then may explore the center or Indigo Trail before the lecture starts. Saved seats must be filled 15 minutes before lecture time or may be reassigned.

January 29, Dr. Ken Meyer, ARCI – The Dance of the Reddish Egret - from "Ding" to North Florida

*February 5, Ellen Prager – Sex, Drugs and Sea Slime: The Oceans' Oddest Creatures and Why They Matter

*February 12, Don and Lillian Stokes – Better Birding

February 19, No lecture

February 26, Jerry Lorenz – Roseate Spoonbills in Florida Bay: Pink Canaries in a Coal Mine

*March 4, Steve Noll – Ditch of Dreams: The Cross Florida Barge Canal and the Struggle for Florida's Future

*March 11, Leslie Kemp Poole – Saving Florida: Women's Fight for the Environment in the Twentieth Century

March 18, Emily Stokes, Reef.org – Invasion of the Lionfish

March 25, Ian Bartoszek – Pythons in Paradise: Collaborative Burmese Python Research in SW Florida

April 1, Joe Wiegand – Teddy: The Conservation President, Reprisal

*April 8, John H. Hartig – Bringing Conservation to Cities: Lessons from Building the Detroit River International Wildlife Refuge

*April 15, Sandra Friend and John Keatley, The Florida Trail Guide

*starred lectures indicate a book-signing to follow

For more information, call 472-1100 ext. 241 or log on to dingdarlingsociety.org/lectures. For the schedule of the 2016 DDWS Film Series, visit dingdarlingsociety.org/films.*

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Visit dingdarlingsociety.org/go-wild for details or call 239-292-0566.



Reddish Egret Feather Pin



Jim Sprankle



Rebecca Mensch and a giant squid

Mollusk Matinée Program

On Wednesday, January 27 at 1:30 p.m., Rebecca Mensch, MS, will present her talk, Sanibel Tusk Shells, at The Bailey-Matthews National Shell Museum. Mensch will

be discussing the Scaphapoda, a class of mollusks commonly referred to as tusk shells. This group is seldom studied, leading to much confusion and debate over which species are found on Sanibel. The program will cover the scientific process behind identifying poorly studied species, as well as which tusk shell species have been found locally, and what work still lies ahead.

Mensch is a marine biologist at The Bailey-Matthews National Shell Museum. She received her bachelor of science degree in marine biology from Florida Institute of Technology, and her master's degree from Auckland University of Technology. Her master of science thesis was on deep sea squid taxonomy. Before joining the museum in July of 2014, Mensch was the sole environmental science faculty member at National College in Florence, Kentucky and Antonelli College in Cincinnati, Ohio. ✨

Tusk shell



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Plant Smart

Coleus

by Gerri Reaves

Coleus's (*Coleus x hybridus*) is a non-native groundcover valued for its colorful foliage.

There are more than 200 varieties of coleus, with leaves in a full array of colors and patterns, mostly in vibrant combinations of pink, green, bronze, yellow and red.

The most familiar coleus, perhaps, is one with maroon leaf centers and golden green edges.

The leaves are lance-like to rounded and velvety in texture, with soft-toothed edges that are sometime ruffled. Their thinness is one of the reasons the plant needs plenty of moisture.

The stalks usually grow one to two feet tall and are easily broken or cut.

Coleus is not an unequivocally low-maintenance plant, although newer varieties have been bred that endure South Florida's heat and are pest- and disease-resistant.

Some gardeners view coleus as a disposable plant and replace it each season.

Give coleus well-drained soil that contains some organic material and make sure that it doesn't dry out.

Some landscapers make the mistake of planting it in the hottest months. While it might do well in summer in more northern regions, many varieties of coleus soon wilt in the full sun of a subtropical



One of the many varieties of coleus

photo by Gerri Reaves

summer.

Unless you're planting a heat-tolerant variety, put coleus in partial shade, especially in the summer.

Coleus is also cold sensitive, so protect it from cold snaps.

The plant can become leggy and require cutting back all too often.

It's advisable to pinch off the spikes of bluish flowers, since the plants tend to decline after flowering.

The watering, pinching, cutting back and replacement, along with its tendency to pest problems, explain why low-maintenance isn't the best description of the plant.

One nice thing about coleus, though, is how easily the cuttings root to make replacement plants, thus saving money.

Use coleus to create splashes of vivid color, as a border, or as contrasting background plant. It also makes a nice container plant or hanging basket.

Sources: *Florida Gardener's Guide* by Tom MacCubbin and Georgia B. Tasker, floridaata.com, and gardeningsolutions.ifas.ufl.edu.

Plant Smart explores the diverse flora of South Florida.*

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Cortada on his Art — January 29

Miami-based artist Xavier Cortada was commissioned to create four original pieces of art for SCCF depicting wildlife dependent upon the Caloosahatchee, the estuary and the Gulf. Xavier will be talking about the inspirations that fuel his prolific work. Come listen to and meet Xavier at SCCF's Nature Center. You can learn more about his work at www.cortada.com. *Friday, January 29 at 1 p.m. Free.*

Lighthouse Beach, Bay and Birds — January 27

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

Turtle Tracks — January 28

Sanibel Island had one of the first sea turtle monitoring programs in the country. Learn about the life cycles and habits of the sea turtles and shorebirds that nest on our beaches, SCCF's monitoring activities, and what we are doing to protect them. *Thursday, January 28 at 10 a.m. \$5 adults.*



Two Field Trips Coming up in February

- *Watershed Adventure at the Babcock Ranch* — February 4 (\$40)
 - *Inyoni Organic Farms* — February 12 (\$65)
- Reservations in advance required for both trips. 472-2329*

Weeds, Seeds & Birds— January 25

Find and identify native plants on Sanibel while also enjoying a variety of birds. Meet at the Nature Center porch and carpool to an SCCF preserve. Walks last for two hours. You may need parking money. Bring a hat, water, sun-block and comfortable enclosed shoes with socks. *Monday, January 25 at 9 a.m., meet on the Nature Center porch. Free.*

Explore Our Nature Center, Trails and Observation Tower

Butterfly House – Guided tour Tuesdays 10 a.m.; also self-guided.
Nature Center – live turtles, snakes, videos, 4 miles of walking trails with an observation tower. \$5 adults

Guided Trail Walks – Tues-Fri, 11 a.m. 4 miles of trails to explore \$5 adults

The Shipley Trail – Located on the Bailey Homestead Preserve, it connects the City of Sanibel's Pond Apple Park Trail (beginning at the Chamber) to Roadside City Park on Periwinkle. *Please note that the Bailey Homestead is still undergoing site work and will open to the public soon.*

SCCF's Native Landscapes & Garden Center

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

The old Nursery at the Nature Center is closed.

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Marine Biologist Offers Lecture On Shelling 101



Marine biologist Rebecca Mensch of the Bailey-Matthews National Shell Museum gave a presentation on shelling at CROW's Visitor Education Center on January 12

photos by Jeff Lysiak

by Jeff Lysiak

Last week, the second lecture of the 2016 Speaker Series hosted by the Clinic for the Rehabilitation of Wildlife, Shelling 101, was held at CROW's Visitor Education Center and featured Rebecca Mensch, marine biologist at the Bailey-Matthews National Shell Museum.

During her 60-minute presentation, Mensch discussed all aspects related to the hobby of shelling – from laws related to collecting shells to some of the tools needed and methods of cleaning those beach finds – and responded to questions about shelling from the audience.

According to Florida Department of Environmental Protection Rule 46-26, the collection of “any shell containing a live organism” is strictly prohibited. In addition to mollusks, the prohibition also extends to sand dollars, sea stars, hermit

crabs and urchins. The now statewide law originated on Sanibel, enacted January 1, 1995, and adopted by Lee County in 2002. It includes all beaches and near-shore waters up to a half-mile from shore.

Locally, Mensch pointed out that there is no shelling – or taking of any natural material – allowed anywhere within the JN “Ding” Darling National Wildlife Refuge. Penalties for a first offense is up to a \$500 fine and 60 days in jail.

“Some people have said that 60 days in jail on Sanibel sounds like a nice little vacation,” she told the crowd. “But you’re probably not going to be staying on the island; you’re probably going to spend it in the county jail.”

Regarding how to tell if a “shell” is alive, Mensch mentioned that bivalves would still have both halves connected, the operculum or live animal would be visible in gastropods, a sand dollar would appear “fuzzy,” a hermit crab’s feet would be exposed and echinoderm’s tube feet (seen underneath a sea star, for example) would be soft.

Mensch also talked about the best times for shelling. While most people assume that the prime time to shell comes first thing in the morning, that isn’t always the case.

“Here on Sanibel, which is known as a destination for shelling, the morning might be the best time because you might be the first person to spot those shells,” she explained. Mensch went on to mention that looking at a tide chart would be very helpful. Of the two low tides which occur daily, the best time for shelling would be during the period of the lower low tide.

Shelling tools which would be helpful include:

- Scoops and nets
- Footwear (water shoes or old sneakers)
- Mask and snorkel
- Polarized sunglasses
- Sunscreen
- Bags and/or containers (to carry shell finds)

Another topic Mensch discussed is where on the islands the shelling is best. Since Sanibel and Captiva are shaped “like a boomerang,” people will encounter different types of shells depending upon



Rebecca Mensch, left, is introduced by Rachel Rainbolt, education coordinator at CROW

where they go shelling.

"Every beach on Sanibel is different every single day, and a huge factor is the weather," she said. Blind Pass, for example, is a "high energy" beach, and larger varieties of shells often wash up there. Lighthouse Beach, by contrast, is a "low energy" location, with smaller shells in better condition found there. Mid-island beaches, such as Tarpon Bay of Gulfside City Park, are very susceptible to weather changes.

"The best advice I can give you is to go slow and be observant," Mensch added. "Take your time."

To help identify shells, the Bailey Matthews National Shell Museum sells both a two-sided and a tri-fold guide depicting Southwest Florida shells. Their website - shellmuseum.org - is another excellent resource.

Finally, Mensch offered a few tips on cleaning shells. She suggested rinsing them well, and then using warm water and dish soap for cleaning and disinfecting shell finds. While some shells may require longer soaking times and heavier cleaning (brushing or picking), the last option you should use would be a 50/50 water and bleach solution.

Mensch concluded her presentation with a short question-and-answer period.

Upcoming Speaker Series lectures, sponsored by The Sanibel Captiva Trust Company, include:

- January 25 - Sustainable Seafood
- February 2 - Amazing Manatees
- February 8 - Wildlife on the Great Calusa Blueway

February 15 - Gopher Tortoise Restoration Project

February 23 - The Story of Ospreys
March 1 - Sea Turtles (TBA)

March 8 - A View, a Clue, and a Camera, Too: Strategies for Successful Wildlife Photography

March 15 - Shark Encounters in Southwest Florida

March 22 - The Story of Ospreys
March 28 - Sustainable Seafood

April 5 - Burrowing Owls

April 12 - Seashells of Southwest Florida

April 18 - Shark Encounters in Southwest Florida

April 25 - Birding in the Refuge

All lectures will begin promptly at 4:15 p.m. and continue for approximately one hour, including a Q&A session. Admission is \$7 per adult or \$5 per teenager (age 13 to 17); free to children age 12 and under.

To register for one of the 2016 Speaker Series lectures, contact Rachel Rainbolt, CROW's education coordinator, at 472-3644 ext. 228 or rainbolt@crowclinic.org.*

Island Residents Named To Sustainability Board

The Center for Environmental and Sustainability Education at Florida Gulf Coast University (FGCU) has named three new members to its board

of advisors, Maureen Watson, David Webb and Dr. John McCabe.

Wilson G. Bradshaw, president of FGCU, has appointed the three members as the center prepares for its upcoming annual Rachel Carson Distinguished Lecture, slated for February 26 at St. Michael and All Angels Church, Sanibel.

Watson is a resident of Sanibel and is active in civic and conservation organizations. She is founder and director of Watson MacRae Gallery, which promotes the importance of visual art and community culture. Watson worked with major corporations in New York City before founding her first company, Triformance System. In 2002, she moved to Naples to pursue her love for the arts. She founded SilverTree School of Painting, where she organized workshops and painting trips to France.

Watson became more civically involved with arts and conservation organizations in recent years and served on the boards of Island Coast AIDS Network (ICAN), Fort Myers and the Committee of the Islands, Sanibel. Previously, she has served on the Center for Environmental and Sustainability Education's Host Committee for the Rachel Carson lecture.

Webb is an 8th generation Floridian and is member of the Mehrrin Tuscarora Indian tribe. He was born and raised on Sanibel and graduated from Florida Gulf Coast University with a bachelor's degree in environmental studies. He was one of the first student assistants at the Center for Environmental and Sustainability Education. Webb has a lifelong passion

for preserving South Florida's natural heritage and habitats. This has propelled him into his 10-year career leading large environmental education organizations, museums, and nature and trail programs throughout Florida. Webb is founder of the STEM Institute, which incorporates science, technology, engineering and mathematics into the realm of environmental education programs. He oversees the Miami EcoAdventures program for Miami-Dade County Parks, Recreation and Open Spaces.

Dr. McCabe is also a Sanibel resident and he has a passion for solar energy. He serves as chair of the SanCap Solar Connect advisory and implementation committee. McCabe is a retired emergency room physician from Ann Arbor, Michigan. While an active physician, he was also president, chairman and director of medical groups and hospitals in Ann Arbor. Advocating for solar energy freedom.

The Carson lecture is free and open to the public. For more information visit www.fgcu/cese or call 590-7025.*

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Power Squadron Teaches Safe Boating Skills

submitted by Ellen Trevor

Each year, Sanibel Captiva Sail & Power Squadron member Marti Squitieri conducts a nine-week safe boating course for The Sanibel School's two classes of sixth graders. During the 2015 and 2016 school year, 93 students attended the course.

The objectives of the Boat Smart Class are to teach students safe boating habits, to educate them about the Florida boating laws and to train them in making emergency calls to the United States Coast Guard.

Squitieri and Dr. Terrie Kielborn, Sanibel School Middle School teacher, combined efforts to coordinate the teaching of a variety of topics including aids to navigation, knot tying, rules of the road, safety devices, PFDs, using a VHF Radio and using a Global Positioning System. Squitieri's husband, "Captain Dick" Squitieri, and other squadron members assist as needed with the classes.

During class, the students are grouped by boat crews and earn points through a variety of activities and quizzes. Class drills include finding and putting on life jackets in a 30-second drill, learning a variety of knots and their uses in boating, and making a simulated emergency May Day call. The winning sixth grade



Instructor Marti Squitieri demonstrates knots to John Jenson and Mason Macalka

crews earn a field trip on the Sanibel Fire Department boat.

This school year, The Sanibel School asked Squitieri to also teach a one-session Water and Boat Safety class to the first graders. The focus was on wearing life jackets.

Squitieri said, "Learning and practicing safe boating habits is similar to buckling your seat belt when riding in a car. It saves lives."

The Sanibel Captiva Sail & Power Squadron is a member of the United States Power Squadron, an organization of about 60,000 members nationwide. The purpose of the non-profit

continued on page 36



Ella Stroud and Case Vandavelde learning their knots



Anna Wells, Max Vaughn and Samuel Rose perfect the cleat hitch



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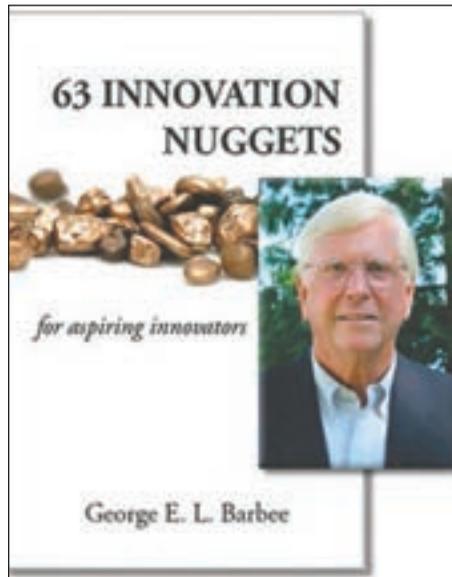


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Best Selling Author To Speak At Rotary Club



Barbee signing books at November 7, 2015 national introduction here on Sanibel

seminar series, will speak at the San-Cap Rotary Club breakfast meeting on Friday, January 29 at The Dunes. His book is on sale at the Sanibel Bookshop as well as on Amazon, at Barnes and Noble and other outlets. Since its signing introduction, it has been on the Sanibel Bookshop's Best Seller list six of the ensuing eight weeks.

The book's reviews emphasize Barbee's belief that "most of us are far more innovative and creative than we give ourselves credit for whether in business or our personal lives." Barbee's Rotary Club talk will address both busi-

ness people as well as "the personal, creative side of our lives."

Barbee has a renown 45-year business career in innovation across 40 countries globally. He has founded three successful entrepreneurial companies as well as led innovation with Fortune 100 companies like Gillette, PriceWaterhouseCoopers(PwC), PepsiCo., IBM and General Electric. He recently returned from his active faculty teaching at University of Virginia's Darden Graduate School, where he has been a Batten Fellow and Senior Lecturer for the last 15 years. Other



Barbee, right, informally discussing innovation with Darden's Dean Scott Beardasley

Batten Fellows have included such leading best-selling authors as Malcolm Gladwell, Jim Collin's *Good To Great* and Jim Gilmore's *The Experience Economy*.

Barbee's talk will be titled *The Creative and Innovative Genius in All of Us*. Breakfast reservations are requested by calling the San-Cap Rotary Club. The \$15 admission covers breakfast at The Dunes; Barbee's talk is included as part of the Rotary Club's regular speaker series. The meeting and breakfast starts at 7 a.m. Limited space is available; reservations are required. Call 395-2147 during business hours.✳

The national introduction of *63 Innovation Nuggets (for Aspiring Innovators)* here on Sanibel in November 2015 has been followed by positive global book reviews in *Fortune*, *Forbes*, *INC.*, *Fast Company*, *Amazon* and many other publications.

Author George E. L. Barbee, who lives on Captiva and is also the leader for BIG ARTS' new Talking Points

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Island Seniors at the Dali Museum

Island Seniors Take Florida Day Trip

submitted by Island Seniors

Island Seniors' most recent Florida day trip was another double header starting with a bus ride to St. Petersburg and the Central Arts District Walking Mural Tour.

The private tour took them over cobblestones and bricks and to huge, stunning murals painted on huge buildings all around the arts district.

Their tour guide was one of the pioneer mural artists, Derek Donnelly. Next stop was a sunny cafe seat at the Acropolis Restaurant for lunch.

Then it was off to the Salvador Dali Museum for an afternoon private tour filled with masterpieces, gift shop goodies and gardens.

For more information about Island Seniors contact Trish Phillips, program manager, Center 4 Life, 2401 Library Way, phone 472-5743.*



King Lizard and artist Derek Donnelly



Touring the city murals

Shell Found



Valerie Hudson

Valerie Hudson from Byrdstown, Tennessee, found this four-inch junonia ton January 13 in the water just off the beach near Ocean's Reach.

"I was and still am pretty excited about finding this shell. It was just like winning the shelling lottery today for me!" Hudson said.*



Wood Stork photo by Sam Ayres

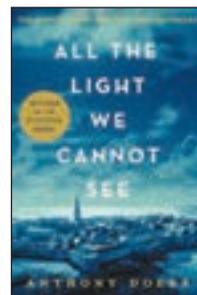
Audubon Offers Bird Walk

The next Sanibel-Captiva Audubon bird walk will be Saturday, January 23 at the Pond Apple Trail. Meet in the Matzaluna parking lot nearest Periwinkle Way at 8 a.m. These bird walks are open to the public and all levels of experience. A \$2 donation is appreciated. Call Hugh Verry at 395-3798 for details.*

Library Book Discussion Group

submitted by Maureen Tesoro, Sanibel Public Library

Readers are invited to come in to the Sanibel Public Library to talk about *All The Light We Cannot See* by Anthony Doerr, the focus of the January 27 book discussion. The meeting is free and open to the public. The discussion begins promptly at 2 p.m. in the library's Meeting Room #4, located on the ground floor.



Ten years in the writing, Doerr's *All The Light We Cannot See* is an epic work of historical fiction. With richly detailed language and characters who are both brave and heartbreaking, Doerr weaves together the stories of a French girl named Marie-Laure who has lost her eyesight and a German orphan named Werner. As Hitler's occupied territory grows, Marie-Laure and Werner's lives and families are torn apart by the war, yet this gorgeous novel is the story of people who, against the odds, find good in one another. The novel won the 2015 Pulitzer Prize for Fiction and the Andrew Carnegie Medal for Excellence in Fiction.

While it is preferable to come to the

discussion having previously read the book, all are welcome. Lorraine Walker Williams will facilitate the meeting. Copies of book club books are located in the library near the Reference Desk, in a variety of formats. *All The Light We Cannot See* is an eBook that can be downloaded from the library via OverDrive.

On February 24, the group will discuss Anita Diamant's *The Boston Girl*. The book for March's meeting is *Circling The Sun* by Paula McLain.

For more information, call 472-2483 or go to www.sanlib.org.*

Reception For Artist Moukios

The Sanibel Artist Series at SunTrust features a different local artist each month and holds a reception with the artist usually on the third Thursday of the month.

James Storer of the Sanibel-Captiva Art League graciously arranges for the different artists each month and assists them in displaying their work for the exhibit. The public is invited to attend and enjoy free appetizers and wine, while enjoying the works of the local artists.

The next SunTrust Sanibel Artist Series Reception will be held on Monday, January 25 from 4:15 to 5:30 p.m. at SunTrust Bank, located at 2408 Periwinkle Way. The January reception will feature the works of local artist Michael Moukios.*

BIG ARTS

Workshops
And Seminars

BIG ARTS offers more than 270 workshops and seminars this season for you to unleash your creativity, expand your horizons and meet terrific people. They include:

DISCUSSION**Women's Seminar: For and About Women**

(All Levels) with Linda Kramer, four weeks: members \$32, non-members \$40, Thursdays, 10 a.m. to 12 p.m., February 4 to 25. Panel Discussion on February 4, Coming Out and Beyond: Parent and Gay Perspectives.

Great Themes Film Discussion Group

View classic movies and explore how they illuminate "great themes" of life today and dramatic focus (All Levels) with Steve Oberbeck (BIG ARTS Film Academy) four weeks: members \$57, non-members \$71, Fridays, 2 to 4 p.m., February 5 to 26.

DRAWING**Creating an Art Journal and Drawing Basics**

The artist journal is a valuable tool to help spark the creative genius that is inside every artist (All Levels) with Linda Benson, four weeks: members \$95, non-members \$119, Wednesdays, 1 to 3 p.m., February 3 to 24.

Life Drawing (Non-instructed Open Studio)

Improve drawing skills by using the living human form as subject, in short and sustained poses (All Levels) with Carol Rosenberg, four weeks: members \$64, non-members \$80, Fridays, 12:15 to 2:45 p.m., February 5 to 26.

FINE CRAFTS**Stained Glass**

Learn how to make beautiful stained glass panels and the techniques involved (All Levels) with Ken Casola, two days: members \$135, non-members \$169, Thursday and Friday, 9 a.m. to 2 p.m., February 4 and 5.

Glass Fusing

Create different functional or expressive forms of glass using various forming techniques (All Levels) with Petra Kaiser, four weeks: members \$99, non-members \$124, Wednesdays, 9:30 a.m. to 12:30 p.m., February 3 to 24; Thursdays, 9:30 a.m. to 12:30 p.m., February 4 to 25.

LANGUAGE**Italian for the Beginner: A Language Class for the Traveler**

Learn basic Italian phrases and cultural practices that will help when traveling through Italy with Teresa Jacob, four weeks: members \$80, non-members \$100, Tuesdays and Fridays, 10 to 11 a.m., February 2 to 26.

MUSIC**Concert Band Rehearsals**

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

Voice Lessons, Private

Improve your singing skills through

vocal exercises, songs, breath management, and more (All Levels) with Lynne Martindale: members \$40, non-members \$50, Saturdays, 1:30 p.m. to TBD, February 6 to April 16 (no lessons February 13).

PAINTING**Portrait Painting**

Learn to create an accurate representation of a portrait model (All Levels) with Mary Klunk, four weeks: members \$85, non-members \$106, Mondays, 9:30 a.m. to 12 p.m., February 1 to 22.

Magic of Still Life

Learn how to select, arrange and paint beautiful still life like the Old Masters (All Levels) with Mary Klunk, four weeks: members \$85, non-members \$106, Mondays, 1 to 3:30 p.m., February 1 to 22.

Pouring Textures with Watercolors

Get down and dirty and create various stages of paintings using this method of watercolor pouring (Beginners) with Bea Pappas, four weeks: members \$175, non-members \$219, Tuesdays, 9:30 a.m. to 4 p.m., February 2 to 23.

Decorative Painting/Creative Arts

Create new works of art by painting and decorating old pieces of furniture and accessories (All Levels) with Lois Ferguson, four weeks: members \$100, non-members \$125, Wednesdays, 9 a.m. to 12 p.m., February 3 to 24.

Printing with Gelli Products

Gelli is an easy, speedy way to print monotypes or collage papers (Beginners) with Bea Pappas, four weeks: members \$175, non-members \$219, Wednesdays, 9:30 a.m. to 4 p.m., February 3 to 24.

Experimental Master Class

Work on your own projects in this advanced workshop with the teacher on hand for any guidance (Advanced) with Bea Pappas, four weeks: members \$175, non-members \$219, Thursdays, 9:30 a.m. to 4 p.m., February 4 to 25.

Watercolor: Realistic and Abstract

Achieve a higher level of satisfaction in watercolor painting with various new techniques (Intermediate & Advanced) with Anne Kittel, four weeks: members \$84, non-members \$104, Thursdays, 1:30 to 4:30 p.m., February 4 to 25.

Acrylics for Beginners and Intermediates

Discover the joy of creating paintings from start to finish with acrylic paint with Jane Hudson, four weeks: members \$80, non-members \$100, Fridays, 9:15 to 11:45 a.m., February 5 to 26.

Open Studio - Clothed Model

In this class, you can set up a costumed model or an extended pose or poses (All Levels) with Eleanor Gause, one-day sessions (each): members \$20, non-members \$25, Tuesdays, 9 a.m. to 2:30 p.m., February 2 to March 29.

PHOTOGRAPHY**Photography, Intermediate/Advanced**

Learn to work with your digital camera's settings and features with Denny Souers, four weeks: members \$111, non-members \$139, Thursdays, 9 a.m. to 12 p.m., February 4 to 25.

TECHNOLOGY**Adobe Lightroom**

Learn about Adobe Photoshop Lightroom, a complete photo management and editing suite (Intermediate & Advanced) with Denny Souers, four weeks: member \$80, non-members \$100, Mondays, 1 to 4 p.m., February 1 to 22.

Personal Technology: Travel

Your smart device can be an invaluable tool while traveling, with tips and tricks for the tourist and seasoned traveler alike with Gerard Damiano, one day: members \$50, non-members \$63, Thursdays, 2 to 5 p.m., February 4.

iPhone Lesson 2: Intermediate

Discover the amazing built-in apps that come with your phone, with

Gerard Damiano, one day: members \$50, non-members \$63, Wednesdays, 9 a.m. to 12 p.m., February 3.

iPad Lesson 2: Intermediate

The future of personal computing - today! With Gerard Damiano, one day: members \$50, non-members \$63, Thursdays, 9 a.m. to 12 p.m., February 4.

WRITING**Let's Write Poetry**

Stimulate your creativity in multi-media ways to initiate ideas for writing poems with Lorraine Walker Williams, four weeks, members \$75, non-members \$94, Wednesdays, 9:30 to 11:30 a.m., February 3 to 24.

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

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Daniella Montecillo and Anna Lerner

From page 32

Safe Boating Skills

organization is to teach and promote boating safety. The squadron welcomes new members. Visit the website at SanibelCaptivaSPS.org.✱

Tax Assistance

VITA (Volunteer Income Tax Assistance) will offer tax preparation on Friday, January 29 from 9 a.m. to 3 p.m. at the FISH Walk-In Center on Sanibel. Other dates include

Friday, February 12 and 26; Friday, March 11 and 25; and Friday, April 8. Appointments are required and fill up quickly.

The IRS program offers free tax assistance for householders who make \$58,000 or less. Certified trained volunteers provide basic income tax return preparation to individuals in the community. VITA preparers can inform taxpayers about special tax credits that may be applicable such as Earned Income Tax Credit, Child Tax Credit, and Credit for Elderly or the Disabled.

Contact Christine Swiersz or Jessi Zeigler at the FISH Walk-In Center, 472-4775, to make an appointment.✱

Library Programs

Captiva Memorial Library

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

Adult Programs

The Gift of Change: Embracing Change Today for a Promising Tomorrow 4 p.m. Wednesday, February 3

Dr. Constance Clancy-Fisher, licensed and nationally certified mental health therapist, hypnotherapist, life coach, author and public speaker, will present ways of exploring what behaviors determine how we react to the challenges we face and information that may help us make better choices that lead to a life filled with more happiness and joy.

Children's Programs

I'm Buggy for You!
3 p.m. Saturday, February 6
Stories and information about insects.
Make a love bug Valentine.
Saturday Afternoon Movie Time
2 p.m. Saturday, February 20
Rated G, 111 minutes
A rat dreams of becoming a famous chef.

The library is located at 11560 Chapin Lane. For more information about a program or to register, call the library at 533-4890. A sign language interpreter is available with five business days notice to library staff.

Check the Lee County Library System's website at www.leelibrary.net to find out about programs at other locations. Call the host library, or Telephone Reference at 479-INFO (4636), for more information about a specific program.✱

On Display At Sanibel Public Library In January



Artist Pat Baker on Tuesdays at Sanibel Public Library

The Sanibel Public Library is hosting artist Pat Baker on Tuesdays from 10 a.m. to 2 p.m. throughout the month of January. Baker will be in an "artist's corner" located near the main circulation desk. She will be acting as a docent at the library, offering tours and discussion about featured Florida artists and their works hanging in the library. Patrons can also see her sketching and creating new artworks during the times listed.

Also in January, the library is displaying hundreds of beer tap handles and beer pilsners on loan from Rick Goodrich, and is hosting an exhibition of works by artist Myra Roberts through January 29. Her exhibit includes 26 paintings, 18 giclées, and 14 collages.

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

For more information about the

Sanibel Public Library, call 472-2483 or visit www.sanlib.org.✱

Poet's Corner



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

selected by Tanya Hochschild

Who I would be if I weren't who I am

by Tanya Hochschild

In my kitchen, I cook up the woman I would be if I weren't who I am. Ingredients need to be at their prime. This is a full bodied nourishing dish, usually served as the main course on a bed of lettuce. A local, aged vintage is the suggested accompaniment.

Ingredients

Margaret Mead's mind
Bridget Bardot's body
Navratilova's forearm
Annikke's backswing,
Erica Jong for obvious reasons
A pinch of Susan Butcher mushing to Nome
A dab of Beryl Markham flying west with the night
The voice of Maria
The drama of Sarah (careful she's hot - don't burn)
Method
Slowly melt. Ignore any hiss or crackle. When tender, bring to boiling point but on no account boil. This dish is ruined by boiling. In a separate bowl whisk together and sprinkle into pot, essence of

Mandela,
Mother Teresa
Mother Goose
Gandhi
From the shelf shake a teaspoonsful, of

once upon a thyme
rhythm of Fats
quack of ugly duckling
Add a dash - oh wotthehell - a whole line of Edna St. Vincent Millay. "What lips my lips have kissed."

Keep covered. Serve hot. Bon Appetit.

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

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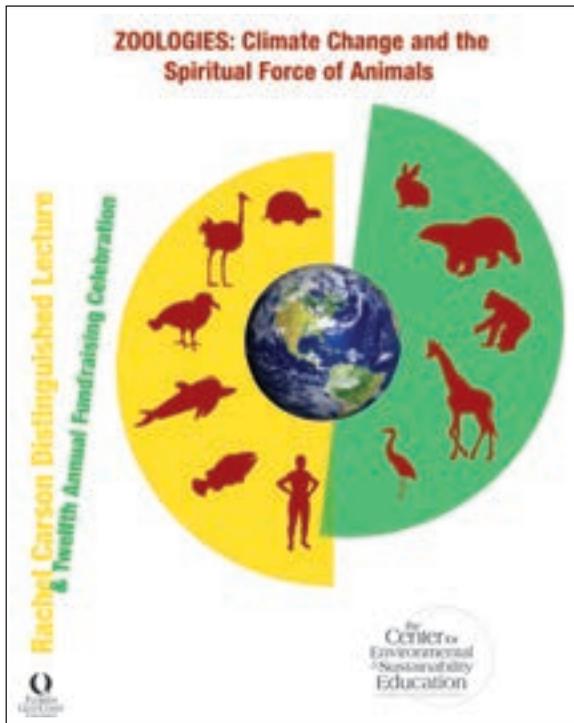
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Mon.-Sat. 9 a.m. - 9 p.m. Sun. noon - 7 p.m.

Poet And Essayist Returning For Rachel Carson Lecture

Alison Hawthorne Deming will be returning to Sanibel to present the 2016 Rachel Carson Distinguished Lecture, hosted by the Center for Environmental and Sustainability Education at Florida Gulf Coast University. Her lecture, entitled *Zoologies: Climate Change and the Spiritual Force of Animals*, will be held on Friday, February 26 at 7 p.m. at St. Michael and All Angels Church.

Alison Hawthorne Deming has been involved with the Center since its inception. She spoke at the inaugural Rachel Carson Distinguished Lecture, which took place on Sanibel in 2004, and the Center is thrilled to have Deming return to Sanibel 12 years later to give the 2016 Lecture. The Center for Environmental and Sustainability Education has



a proud tradition of bringing celebrated lecturers to Sanibel for the Rachel Carson Distinguished Lecture. Previous lectures have featured acclaimed artists, authors and educators such as Terry Tempest Williams, David W. Orr, Mary Evelyn Tucker, Barbra Kingsolver, Kaiulani Lee, and world-renowned poet Mary Oliver.

During this year's lecture, Deming will explore themes from her latest book, *Zoologies: On Animals and the Human Spirit*. The title of the book is a play on the word "zoology," which is the scientific study of animals. Her new book explores the mystery and wonder of our shared early experience with animals and illustrates how much animals have contributed to the development of the human psyche. In *Zoologies*, Deming writes, "Animals surrounded our ancestors. Animals were their food, clothes, adversaries, companions, jokes, artistic inspiration and their gods."

Deming wants readers to know that today however, most of us have a very different relationship to animals than our ancestors did. "In this age of mass extinction and the industrialization of life, it is difficult to touch the skin of this long and deep companionship," she explained. Deming's lecture will illuminate why we must understand this deep kinship with our fellow creatures and why this understanding may be the inspiration we need to renew hope and faith as we rise to the environmental challenges ahead.

Deming is the author of *Science and Other Poems*, and winner of the Walt Whitman Award of the Academy of American Poets for *The Monarchs: A Poem Sequence*, *Genius Loci* and *Rope*. In 2014, she was appointed the Agnese Nelms Haury Chair in Environment and Social Justice at the University of Arizona. Deming is a 2015 Guggenheim Fellow, currently working on the essay collection *Lament for the Makers*. She will also be releasing two new books of poetry in 2016, *Stairway To Heaven* and *Death Valley: Painted Light* with photographer Stephen Strom.

Immediately following the lecture, the Center will host a reception and book signing in the Parish Hall at St. Michael and All Angels Church. The 2016 Rachel Carson Distinguished Lecture is free and open to the public. For more information, visit www.fgcu.edu/cese or contact thecenter@fgcu.edu or 590-7025.*

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Black History Film To Be Shown At Historical Village

About 70 people last week watched the premiere of the Sanibel Historical Museum and Village's film on Black History on Sanibel. The film was produced by Shawn Holiday of WGCU and features Eugene, Oscar and Ron Gavin as well as Jim Jordan, with clips of his mother, Mozella Jordan.

This film will run continuously in the Caretakers' Cottage at the historical village.

There are few buildings that represent the contributions of Sanibel's black pioneers. This cottage, built to serve the two Mayers' houses on the bay, both of which are now in the historical village, was like a home to Hannah and Isaiah Gavin for a number of years.

"I used to love visiting with my grandmother," Eugene Gavin recalled. "Most times my main reason to come was to get funds to take back to the family."

The caretakers would use the cottage to do some of their chores and to take breaks during the day. Sometimes they would stay overnight if they missed the last ferry or didn't have the money to pay the fare.

Holiday, the filmmaker, called the Caretakers' Cottage "a real rarity" and spoke about the black experience on Sanibel. "Sanibel was unique," he said. "In 1963, one-quarter of the student body was black, integrated all in one year." This was a much better result than was achieved throughout the rest of the South, he said. Holiday added that island residents would have integrated years before if the school board had not resisted.

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



Village vice president Alan Lessack, John Ashworth, and village president Karl Rodman



Eugene Gavin, his sister Charlotta Gavin Ashworth and her daughter Leslie Ashworth

BIG ARTS Monday Night Film Series

Far From the Madding Crowd



by Di Saggau

The BIG ARTS Monday Night Movie for January 25 is *Far From the Madding Crowd*

based upon the Thomas Hardy classic novel. Thomas Vinterberg's new film version is the fourth official filming of the novel. It first reached the screen as a 1915 silent film and most remember Julie Christie in the 1967 film version. Hardy was a writer of many tough-minded, resourceful female characters whose independence of mind and body set them at odds with the patriarchal codes of the Victorian era. Perhaps the most enduring of those heroines is *Madding Crowd's* Bathsheba Everdene (Carey Mulligan). She's a willful young woman who sees no compelling reason to settle down with a man she doesn't truly love. The story is about her rags-to-riches rise to become a farm-owner in rural Dorset in the 1870s. The title comes from the fact that Dorset is a long way from the hustle and bustle of London.

Bathsheba is a magnet to men with her feisty and independent behavior. As she tries to figure out what she wants to do and who she wants to be, the world keeps pushing her to answer a different question: Which man will she marry? The prospect of marrying initially makes no sense to her. She has three suitors over the course of the film. A sheep farmer Gabriel Oak (Matthias Schoenaerts), prosperous, older bachelor William Boldwood (Michael Sheen) and a dashing young soldier, Frank Troy (Tom Sturridge) who impresses Bathsheba with his skilled swordsmanship. It's a well-chosen cast.

Mulligan is radiant as the fiercely



independent Bathsheba Everdene, a literary heroine who remains so vital, she inspired author Suzanne Collins when she was choosing a last name for the courageous Katniss in the "Hunger Games" series. Bathsheba simply does not care what anyone thinks of her, which makes her even more exciting to watch.

Gabriel is clearly the man who is meant for Bathsheba. Boldwood is too prudent, Troy too much of a party boy. Gabriel represents the middle ground between those extremes. The film is about the shared friendship, respect and trust that create the foundation for a love that was always meant to be. The film runs 129 minutes. The cinematography is absolutely stunning.

Admission to BIG ARTS Monday Night Film Series is \$10 and all screenings begin at 7 p.m. in Schein Performance Hall. Each film is followed by a complimentary reception and discussion. Film Patrons: June Rosner and Russ Bilgore. Film Sponsors: Bank of the Islands, Stan and Visnja Gembicki, John R. Wood Properties, Penny Wilkinson, Hyde Tucker. Film Supporters: Sanibel Taxi, Jerry's Foods of Sanibel. BIG ARTS is located at 900 Dunlop Road. Tickets are available at the door or by calling 395-0900.✽

Academy Award Contender's Series

The Big Short

by Stan Gembicki



On Wednesday, January 27 at 12:30p.m., the Island Cinema will show the fourth movie in this year's BIG ARTS Academy Awards Contenders Film Series.

The Big Short is a biographical comedy-drama film directed and co-written by Adam McKay. It is based on the 2010 book of the same name by Michael Lewis, about the financial crisis of 2007-2008 brought on by the build-up of the housing market and credit



bubble. The film stars Christian Bale, Steve Carell, Ryan Gosling and Brad Pitt. When four outsiders saw what the big banks, media and government refused to, the global collapse of the economy, they had an idea: *The Big Short*. Their bold investment leads them into the dark underbelly of modern banking where they must question everyone and everything. *The Big Short* received four golden Globe Nominations including best picture, comedy or musical.

The film is 2 hours and 10 minutes in length. Show time will be at 12:30 p.m. at the Island Cinema.

After the movie, a discussion will take place. Tickets are available at the Island Cinema. Other movies in the series will be announced prior to the weekly showing.✽

Top Ten Books On The Island

1. *Ten Days in Paradise* by Linda Abbott
 2. *Sanibel Flats* by Randy Wayne White
 3. *Six Mornings on Sanibel* by Charles Sobczak
 4. *Euphoria* by Lily King
 5. *The Hound of the Sanibel Sunset Detective* by Ron Base
 6. *Three Wishes* by Liane Moriarty
 7. *The Sanibel Sunset Detective* by Ron Base
 8. *Orhan's Inheritance* by Aline Ohanesian
 9. *Three Sunrises* by Kristen Hartman
 10. *Bone Deep* by Randy Wayne White
- Courtesy of Sanibel Island Bookshop.✽

Rat Poison Found In Ozzie, The Bald Eagle Who Died

submitted by Dee Century, SCCF

According to CROW's Hospital Director Dr. Heather Barron, the necropsy results for Ozzie the American bald eagle showed rodenticide exposure (brodifacoum). As of March 31, 2015, this second-generation anticoagulant rodenticide in 12 d-CON products are no longer being distributed to retailers and are now banned in the consumer (homeowner) market. However, the new EPA regulations do not affect the professional pesticide industry; they are still allowed to use these second-generation rat poisons, brodifacoum, bromaiolone, difenacoum and difethialone.

According to Common Sense Pest Control based in Berkley, California, brodifacoum is responsible for about 74 percent of reported pet poisonings and in areas where it is used, at least 11 percent of the raptors maybe at lethal risk for secondary poisoning... meaning the eagle,

owl or hawk that eats the rat that ate the poison. Sometimes a rat may eat the poison 20 to 40 times before it dies. Even if the poisoned rat does not kill the animal, sublethal amounts make them more susceptible to disease and accidents, building up over time in their system.

One study in California showed that 90 percent of bobcats in an area had been poisoned with rat poisons. These poisons can also effect reproduction in raptors.

So what can you do to help the islands raptors, fox and bobcats? Do not use rat poisons of any kind! Help your neighbors understand that their use of these poisons affect wildlife. Tell your pest control company to not use poisons but to instead find and plug up the ways rats are entering your home. Use snap traps or battery-operated traps to catch the rats. Try using the sonic plug-ins to keep rats off your porch. Maybe use a professional wildlife removal business instead of a pesticide company for rat control.

Barn owls no longer nest on Sanibel. Has anyone spotted a Great horned owl nest in the last couple of years? Help put an end to this silent and deadly assault on our wildlife – just say no to rat poisons.*

Novelist To Visit Sanibel Library



Martin Walker

photo by Gunther Schilhan

Martin Walker of the international bestselling Bruno, Chief of Police series will be at the Sanibel Public Library at 2 p.m. on Friday, January 29. His popular Bruno books have increased attention for the Périgord region, with their description of truffles, foie gras, artisanal cheeses and wonderful wines. His historical thriller novel, *The Caves of Périgord*, reached number eight on the *Washington Post* bestseller list. *The New York Times* book review stated, "Life in the Dordogne region of France looks positively idyllic in Martin Walker's enticing novels... The delights of this pastoral district – from the chateaus along the rivers to the prehistoric cave paintings to the food on the tables – are very real and essential to the narrative... The story takes many surprisingly sharp turns... Absorbing."

Walker is a journalist, novelist and historian. He and his wife divide their time between Washington DC and France. He recently retired after six years as director of the Global Business Policy, a think-tank for major corporations based in Washington DC. He is a senior scholar at the Woodrow Wilson International Center, and editor emeritus and columnist at United Press International (UPI). In his career as a journalist, he spent 25 years with Britain's *The Guardian*, serving as bureau chief in Moscow and the U.S. He has written for *The New York Times*, the *Washington Post*, *El Mundo*, the *Moscow Times* and many other publications; and has regularly broadcast on the BBC, NPR and CNN. He is the author of several nonfiction books, most recently *The Makers of the American Century* and *The Iraq War*.

The program is open to the public. Light refreshments will be served. There is no registration required and no cost to attend. A complete list of programs are listed on the library's website. Library programming is supported by a grant from Sanibel Public Library Foundation.

The Sanibel Public Library is located at 770 Dunlop Road. For more information, call 472-2483 or visit online at www.sanlib.org.*

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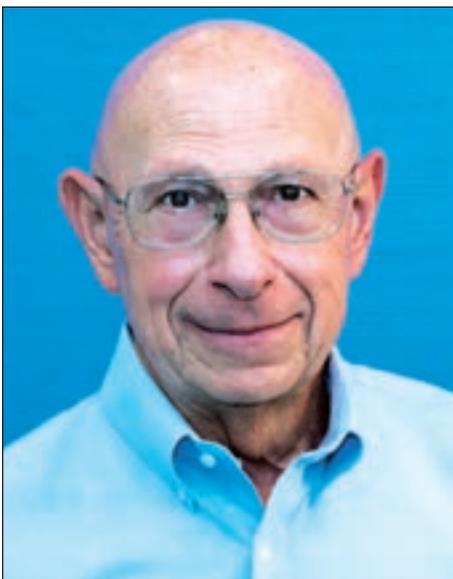


Zonta members Ellen Strobel, Wendy West and Sue Merrick selling tickets at the 2015 Peek event

Zonta Announces Unique Raffle

Ticket sales are now under way (and going fast) for A Peek at the Unique, the annual home tour which – through the non-profit Zonta Foundation of Southwest Florida, Inc./Sanibel-Captiva – raises funds for organizations whose work empowers women. The now-traditional Six Chances for 2016 raffle, which again offers six different prizes, will help boost the financial potential of the event, a consistent record-breaker and a favorite with many islanders and their friends

continued on page 10B



Bob Mandell



Allison O'Reilly

Foundation Launches Humanistic Post Stroke Initiative

The Stroke Recovery Foundation will hold a free educational panel at The Community House, 2173 Periwinkle Way on Sanibel on Saturday, January 30 from 2 to 4 p.m. as part of its Stroke Recovery Month calendar.

The multidisciplinary panel discussion will feature two leading physical therapists and

continued on page 10B

Grampy's Run Raises \$50,000



Ronald McDonald says, "On your marks, get set, go!"

After a stormy Friday, the sun broke through last Saturday for the 3rd annual Fun Run at The Dunes Golf and Tennis Club. Grampy's Charities, together with Ronald McDonald House Charities, raised \$50,000 to support the Care Mobile that will be operating in Lee, Hendry, Glades and Charlotte counties this spring.

continued on page 6B



Boat on fire in San Carlos Bay

Emergency Team Member Aids In Boat Fire

On November 28, Sanibel Emergency Response Assistance Team Captain Bob Orr was returning home from a beautiful day on the water when he rounded the point at the Sanibel Lighthouse. Once entering the San Carlos Bay area, Orr noticed a

column of smoke rising from the area of Picnic Island on the Miserable Mile. It became obvious almost immediately that the smoke was coming from somewhere on the water and not land. Orr obtained information via his VHF radio that the smoke was coming from a boat fire. As SERAT members are trained to respond to on-the-water emergencies, Orr proceeded to the scene of the fire to render assistance, if required. Upon arriving at the scene, he observed that Sanibel Police Marine One was on the scene and

that fire boats were also enroute. It was also determined that all people on board had abandoned the vessel and were in the water with life vests on. As the situation was under control, Orr stood by to render assistance if requested by the official vessels. Once the incident was over, he returned to his home port and filed the necessary incident report as required by SERAT protocol.

This is the type of situation that SERAT responds to. SERAT is a sanctioned arm of the Sanibel-Captiva Sail and Power Squadron.

The mission statement for SERAT is to provide a team of highly trained volunteers to provide assistance after various agencies such as the U.S. Coast Guard, Lee County Sheriff's Office and local police and fire departments in the event of a water related emergency.

If you are a boater on Sanibel or Captiva and wish to become active in this type of community service by becoming a member of the Squadron's SERAT unit, contact Jim Strothers, SERAT Team Leader, at 395-1856 or e-mail him at SERAT@sanibelcaptivasps.org for details.✪

HeartWalk Series:

Thank You For Supporting The Heart Walk

submitted by Sandy Teger, Sanibel/Captiva Heart Walk Committee

Living full-time on Sanibel, I'm impressed by the extent to which so many in our community give time, energy and money to support important causes. When I moved here four years ago, I was struck by that spirit and decided my passion would be helping to improve our community's health, especially with respect to heart disease and stroke. Like all of us, my motivation came from my personal experience. I lost my father and both grandfathers

to heart attacks. My daughter was born with congenital heart defects and lived with her condition until she was 40, when open heart surgery allowed repairs to be made – she's doing fine now. So when I moved here, I called the American Heart Association. With their assistance and the team effort of many, we organized the first Sanibel/Captiva Heart Walk in 2014.

Those of you who dedicate time to various organizations know how many people it takes to start something new and make it succeed. This doesn't happen without the participation of many who live and work on the islands. I'll save the acknowledgements until after the walk, but if you've lived here for a while, you'll know who's helping.

We're getting close to our big day – January 31 – when we're counting on all our neighbors to come out and show your support. All of our work and the help of others won't matter unless you are part of this.

This year, we've added a silent auction, thanks to the generosity of island businesses and residents. You'll be able to bid on items as big as a gift certificate for a major jewelry purchase, a three-day two-night stay at several beachfront properties, symphony tickets, several rounds of golf, art, several local cruises or tours and a private plane tour up to Cayo Costa and back. More details will be announced soon.

Our goal is to raise awareness of how our everyday habits contribute (or don't) to our well-being. The funds raised by our local heart walk support the research that contributed to the invention of drug coated stents and new operating room procedures that have saved the lives of some of our friends and neighbors. The money raised is also invested in educational programs that raise awareness of warning signs. Several of the survivor profiles run in this newspaper have demonstrated how well-educated people can be on the verge of a heart attack and mistake it for acid reflux – or actually have one and think it's just a migraine. If in doubt, check it out.

We hope to see many of you, including some new teams, at 1 p.m. on January 31 at the corner of Tarpon Bay and Island Inn roads, site of the new Doc Ford's. For more information or to donate, visit www.sanibelcaptivaheartwalk.org or contact Kelly Goodwien, kelly.goodwien@heart.org or 495-4901.

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

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Wildlife Society's Sarah Lathrop, Dr. Terrie Klieborn, Ranger Becky Larkins, contest winners Chiara Corricelli, Beru Pierce, and Anna Wells, and Bank of the Islands Sanibel/Captiva Vice President Rob Lisenbee, Office Manager Willy Ocasio and Vice President Susan Nasworthy

School Photo Contest Winners Announced

The Sanibel Middle School's nature photography contest concluded with an awards ceremony and reception on Tuesday, January 12. This annual school event is a partner program of the JN "Ding" Darling National Wildlife Refuge and its Wildlife Society, and Bank of the Islands, which provides medals, cash prizes and exhibition space for the contest. The partnership also

extends to the Cypress Lake Middle School and Edison National Bank in Fort Myers.

Prior to the awards ceremony, the students visited the refuge with their photography instructor at the Sanibel Middle School, Dr. Terrie Kielborn. The lessons continued back in the classroom where Dr. Kielborn then taught the students how to enhance their photography using computer software and to name their finished pieces creatively.

The awards ceremony for the photo contest was emceed by Refuge Ranger Becky Larkins who created a beautiful slide presentation of all the entries and led commentary on the compositions

and their names. The proceedings were interrupted by a fire alarm going off in the education center, leading to the arrival of fire trucks and the completion of the awards ceremony under the palms at the refuge picnic tables.

Bank of the Islands' Sanibel/Captiva Office Manager Willy Ocasio and Vice President Rob Lisenbee presented award medals and \$100, \$75, and \$50 cashier's checks to the top three student photographers as judged by their teachers. The honors went to three sixth graders:

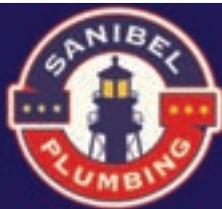
1st place – Chiara Corricelli for *Halo of Light*

2nd place – Beru Pierce for *Florida's Winter*

3rd place – Anna Wells for *Van Gogh Reflection*

"We always look forward to sponsoring this contest and the photos every year to be better than the last," said Willy Ocasio, Bank of the Islands' Sanibel/Captiva office manager. "They're all very beautiful, and I can't wait to display them in the bank lobby."

Beginning February 1, Bank of the Islands will host the exhibit of all the student photography in its Sanibel office lobby at 1699 Periwinkle Way. Student photographers and other visitors are invited to enjoy freshly baked cookies while viewing the photo display. ✨



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Sanibel City Manager Judie Zimomra speaks to bicycle club members and guests

Island Officials Address Bike Club Members

The Sanibel Bicycle Club gathers on the second Tuesday of each month for a potluck dinner and program at the Community House. The January 11 event was attended by over 80 members, guests and new residents and offered socializing and food.

After dinner, Sanibel City Manager Judie Zimomra shared how the City is governed and what her role is before she addressed questions from the club.

The top three topics included the TYLin International Consultant report, the issue of cyclists riding in the road and the attitude/behavior of motorists and the

challenge of educating the thousands of tourists and visitors about the laws and rules for the mixed users on the shared use paths and roadways.

Sanibel Public Works Director Keith Williams reported that the work for phase 1 of the recommendations has already started and can be seen by major vegetation trimming at the east end. With the way vegetation grows on the island, that will be a project that will be ongoing. The removal of the painted and thermoplastic "stop" markings on paths will start later this month. Keep your eye out for other pilot signage projects.

The Sanibel Bicycle Club always welcomes new members of all riding abilities. For more information, visit the club website at sanibelbicycleclub.org and take a few minutes to watch the professional "Cycling on Sanibel" video.✱

Allocations: A Sound Investment In Our Community

submitted by Chauncy Goss

Being an allocation team member is integral to my support of our United Way. It is essential to me, before asking others to make a financial commitment, to know United Way validates each agency it funds.

I have come to view the allocations process as valuable education on the great work that is being done by the United Way agencies. As a resident of Sanibel, of course I am familiar with the success of F.I.S.H. and of the relationship it has with United Way as our local United Way House, but frankly I was unaware of the breadth of United Way's reach across Lee County until I became an allocation team member. I have been introduced to many organizations and communities they serve of which I was completely unaware.

I joined an allocation team six years ago because I wanted to learn about United Way, but what I have found is that six years later, I remain an allocation team member because I love learning about our community. Of course ensuring that resources our community so generously donates are not wasted is still paramount to the allocations process, but



Allison and Chauncy Goss

I have found the whole experience to be more than the "test drive" of the United Way organization I originally envisioned it to be.

For those reading this who are not familiar, I should describe the process. There are 21 allocation teams for Lee County, and each and every agency United Way funds receives a visit from an allocations team. The teams do not visit the same agency every year so no team has a chance to "go native." The agencies fill out a written request of United Way that is fairly detailed and includes information from mission, to governance,

continued on page 21B



THE SANIBEL CAPTIVA TRUST COMPANY'S

WOW 2016

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— a fun and educational series designed specifically for women —

Tuesday, February 16, 2016

LOOK GOOD AND FEEL GREAT...WITH COLOR!

Christine Sherlock, *Image Consultant, Image Matters*

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

Wednesday, March 9, 2016

COUNTDOWN TO AN ESTATE PLAN

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

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

Memory loss can jeopardize the strength of an estate plan.

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

Tuesday, April 5, 2016

DON'T GET CAUGHT IN THE DARK

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

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

9:30 - 11:30 AM

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From page 1B

Grampy's Charity Run

Seventy participants helped in the fundraising effort. Sanibel businesses whose generosity helped make it a success were Sanibel Captiva Community Bank, Matzaluna Restaurant, Jerry's Foods, Sanibel Fire Department, Doc Ford's, Lily & Co. Jewelers and The Dunes Golf and Tennis Club.

Grampy's Charities thanks everyone for their generosity.✧



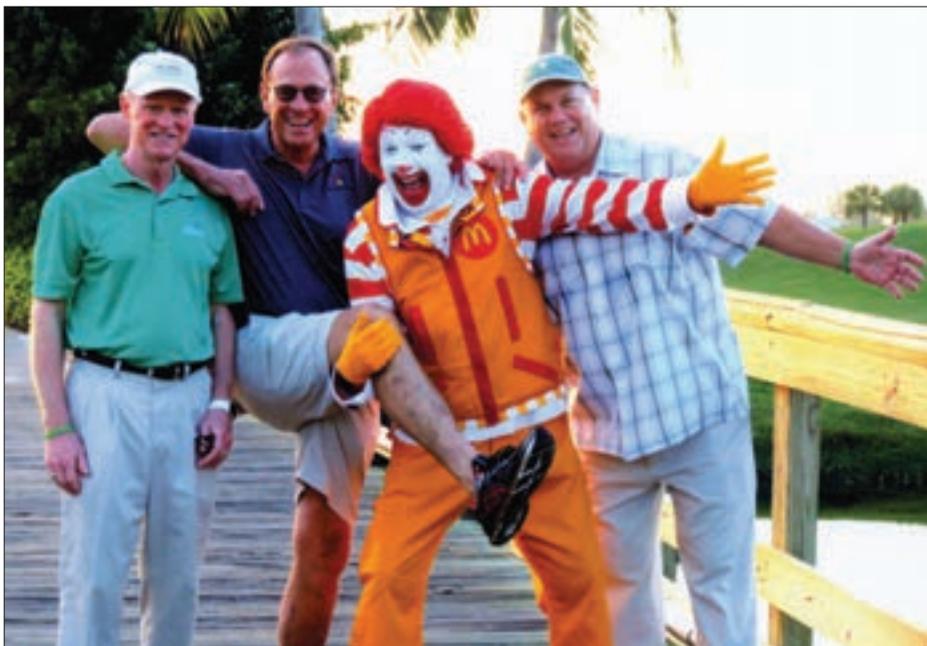
Ronald McDonald prepares for the ball drop



Jack Voht of Sanibel won in a time of 18:30. Voht is an Ultra Marathon finisher of 50- and 100-mile runs, multiple time Ironman and Boston Marathon runner.



A youngster gets a moment with Ronald McDonald



Dave Essig, Jim Castel, Ronald McDonald and Steve Greenstein



Sanibel residents Jerry and Sharon Miller and their son Ben Miller pose with Ronald McDonald after finishing Robbie's Run



Jim Castel, Ronald McDonald and Bob Risch



Josh Martinez, Ronald McDonald, Ian and Lisa Sands, and Ian's mother Ruth Callin



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Lynda Traverso 472-5187 x 226

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- 3BR plus den, 2.5BA
- Overlooks conservation land
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- \$499,000 (2160044)

James & Penny Hetmanek 472-5187 x 219/202

DIRECT ACCES CANAL HOME

PRICE REDUCED



- Totally rebuilt 4BR/3BA with 40' dock
- Meticulous inside, gourmet kitchen
- Hardwood floors, room for elevator
- Impact doors & windows, steps to beach
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Jim Hall 472-5187 x 215

BLUE HERON



- 2 bedroom, 2 bath condo in Cape Coral
- Gulf access, just minutes to the river
- End unit with corner screened in lanai
- Private deeded dock included
- \$199,700 (2150830)

Judy Reddington 472-5187 x 331

SANIBEL LIGHTHOUSE POINT

NEW LISTING



- 2BR/2BA + den Est end corner condo
- Near beach, upgrades throughout
- Private deck, peaks of the Bay
- Community pool, tennis, clubhouse
- \$650,000 (2160034)

Glenn Carretta 472-5187 x 221

DIRECT GULF ACCESS

NEW LISTING



- 4BR/3.5BA, East end canal home
- Fireplace, pool, vaulted ceilings
- Water views from almost all rooms
- Borders conservation land
- \$1,895,000 (2160019)

David Schuldenfrei 472-5187 x 250

BEAUTIFUL BEACH CONDO



- Newer kitchen, baths, tile, etc.
- Over \$55,000 in renovations in 2011
- Storm proof sliders & windows
- 1st floor walk-out, no stairs or elevator
- \$515,900 (2150976)

Ron Smiley 472-5187 x 334

CASA BLANCA



- Tucked on the quiet East end of Sanibel
- Near beach, bay, restaurants & shops
- New roof, recently painted & carpeted
- 1BR/1BA with pool out the front door
- \$250,000 (2120917)

G.G. Robideau & Lori Pierot 472-5187 x 210/211

OPEN HOUSES 1/22 THROUGH 1/28/15

SATURDAY, January 23rd * 1 PM – 4 PM

Sanibel - Gulf Shores - 1065 Fish Crow Road
Gulf Front Community. Short Walk to PRIVATE deeded beach access. Newly renovated caged pool overlooking lagoon, 2/2/2, Gourmet Kitchen. Reduced to \$684,900

SUNDAY, January 24th * 1 PM – 4 PM

Sanibel - Gulf Shores - 1065 Fish Crow Road
Gulf Front Community. Short Walk to PRIVATE deeded beach access. Newly renovated caged pool overlooking lagoon, 2/2/2, Gourmet Kitchen. Reduced to \$684,900

Sanibel - Kimball Lodge @ Island Inn – 3111 West Gulf Drive, Unit 306

Gulf front penthouse condo - Up close and personal with the sound of soothing waves in this 2/2 wonderfully appointed retreat. Brazilian granite counters in the kitchen. Spectacular views. \$989,000

Cape Coral - BLUE HERON- 1308 42nd St. S.E., Unit #4
2BD/2BA condo, gulf access just minutes to the river, end unit with corner screened in lanai, private deeded dock included. \$199,700

MONDAY, January 25th * 1 PM – 4 PM

Sanibel - Kimball Lodge @ Island Inn – 3111 West Gulf Drive, Unit 306

Gulf front penthouse condo - Up close and personal with the sound of soothing waves in this 2/2 wonderfully appointed retreat. Brazilian granite counters in the kitchen. Spectacular views. \$989,000

GULF-FRONT PENTHOUSE



- Panoramic Gulf views!
- Remodeled 2 BR/2 BA corner unit
- Furnished w/exceptions
- Resort amenities
- \$989,000 (2151200)

Karen Bell 472-5187 x 270

AVALON PRESERVE CONDO



- 4BR/2.5BA, 2-car garage, 2200 Sq. Ft.
- Freshly painted & move-in ready
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- Overlooking water, 2nd floor privacy
- \$279,900 (2151041)

Debbie Staley 472-5187 x 258

EXQUISITE HOME - GATED COMMUNITY



- A secluded home with over 2800 sq. ft. of living space
- Lush tropical landscaping surrounding the heated pool/spa
- Over-sized screened lanai with outdoor kitchen
- Overlooking a lake and preserves
- \$379,000 (2150837)

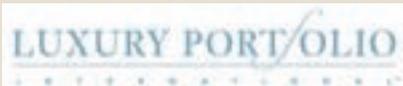
Debbie Ringdahl 472-5187 x 269

CANAL FRONT - EAST END!



- Lighthouse end of Sanibel, 3+BR/2BA
- Pool, boat dock, fireplace, elevator
- Close proximity to Sanibel Marina & Causeway
- Beautiful landscaping, serene & peaceful surroundings
- \$889,000 (2151007)

Mary Lou Bailey 472-5187 x 246



City of Sanibel Vegetation Committee

Much Ado About Mulches

(Author's Note: This is the 10th in a series of articles by members of the City of Sanibel Vegetation Committee dealing with vegetative matters of concern to island residents. For more information regarding Sanibel's unique plants and wildlife contact the City of Sanibel's Natural Resource Department at 472-3700 or www.mysanibel.com/Departments/Natural-Resources)

Mulches are not a new concept. For as long as trees have grown in forests, leaves and needles fall to the ground, mat together, and form a natural protective layer over the soil. Natural areas provide their own renewable mulch supply; however, maintained landscaped areas should be mulched to provide the following benefits:

Moisture Absorption And Retention

In Southwest Florida, it's all about water. It's estimated that nationwide 60 percent of our precious drinking water is used for irrigation. Mulching your plants will help keep the ground around the plants moist between rain events. When compared to bare soils, mulched areas can hold almost twice the amount of soil moisture.

Surface Insulation

Organic mulches help regulate the temperature of soil around plant roots. In the summer, organic mulches cool the roots; in the winter, mulch keeps the roots warm.

Reduced Soil Erosion

When water droplets land on bare soil, the impact causes soil particles to fly in all directions, resulting in soil compaction and slow water infiltration. Mulches break the impact of the droplets, reducing soil erosion and compaction and increasing the absorption and retention of water in the soil.

Soil Enrichment

Organic mulches improve soil structure in several ways. As organic mulches decompose, they provide organic matter and nutrients that prompt soil particles to aggregate. Large aggregates increase aeration and improve moisture conditions in the soil. More moisture in the soil encourages additional root/plant growth further enhancing soil structure.

Weed Prevention And Control

Mulch is a natural weed germination blocker. Weeds need light to sprout and develop. A layer of mulch will allow less light to reach the soil, which will reduce the amount of weeds that you need to pull out.

Landscape Beautification



It is important to know the benefits of using the proper variety of mulch in your landscape
photo by Ruth Brooks, Vegetation Committee Member

Less sod and more trees, shrubs and groundcovers creates a softer landscape. Property values have been shown to increase 15 to 20 percent with attractive plantings.

Decreased Toxic Yard Runoff

Using groundcovers, shrubs and trees with mulched areas will reduce the need for lawns/sod. The need to use fertilizers, insecticides and herbicides will decrease as sod is reduced. These chemicals end up polluting our waterways and contributing to health risks for us, as well as, our natural environment.

Which Mulch Should I Use?

It is important to evaluate and choose the right mulch for your yard and communicate that choice to your landscaper.

Organic mulches made of natural materials that break down over time and provide nutrients to the soil are the best choices.

Please do not use Cypress mulch. Cypress trees take hundreds of years to establish and provide many benefits that indirectly and directly affect our surrounding environment. Currently, cypress trees are being harvested from Florida's wetlands at a rate faster than they can grow. If this unsustainable practice continues, we will soon deplete this irreplaceable natural resource.

Other options include:

- Melaleuca mulch (brand name FloriMulch): Environmentally sustainable product; Long lasting; withstands high use; Heavier so it won't wash away; Treated to kill seeds; Repels termites.

- Eucalyptus mulch: Harvested on managed plantations: Renewable resource; Maintains soil pH; Repels termites, fleas, ticks; Aromatic

- Pine straw (pine needles): Harvested from pine plantations; Lowers pH or acidifies the soil; Does not wash away; Resists compaction; Suppresses germination of weeds; Flammable

- Pine bark: By product of forestry industry; Long-lasting material; Floats during high rain events; Low maintenance

- Yard waste (clippings, leaves, chipped): Free; Adds nutrients to the soil; Decomposes quickly; Not as uniformly attractive; Can spread weed seeds

- Compost: Free; Full of nutrients; Takes time to become ready to use; Decomposes quickly

- Mixed hardwood mulch: Decomposes quickly; Questionable nutritional value for soil; Produced from scrap lumber; Raises pH or alkalinity; May include pressure-treated lumber treated with chemicals including arsenic

What About Dyed Mulch?

Although colored or dyed mulches are readily available and increasingly popular, there are several reasons why dyed mulch should be avoided:

- Often made from wood waste (old buildings, pressure-treated lumber) containing Chromium Copper and Arsenic

- Does not break down as fast as natural mulch

- Leaches dye and possible contaminates into the soil harming or killing soil bacteria, insects, worms and even the plants themselves

Can I Use Shell, Rocks Or Rubber Mulch Instead?

Inorganic mulches are not recommended and may require a Development Permit. Contact the City of Sanibel Planning Department 472-4136 for more information.

Unlike organic mulches, crushed shell, gravel/rock and shredded rubber tires do not contribute to the soil's nutrient and organic content or water-holding capacity. These mulches last a long time, but will need to be cleaned of debris frequently.

These mulches absorb heat from the sun, raising soil temperature to levels that destroy nutrients and beneficial organisms. Shells and limestone chips raise the alkalinity of our already highly alkaline soil.

How To Mulch

For new areas, lay down several layers of newspaper as a weed barrier; Spread mulch 2 to 3 inches thick; if mulch is too thick roots are deprived of oxygen; Keep mulch 2 inches back from any tree trunk or plant stems; Mulch under trees to the 'drip line' (out to the edge of the canopy); Do not mulch under citrus or avocado trees; Do not mulch in wetlands or natural areas. Wetlands are protected by both City and State laws and may not be "filled" with organic or inorganic mulch; Leaf litter in natural areas provides mulch that is free and renewable.

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

Thomas R. Louwers, M.S.T.

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SanCap Solar Connect Fields Strong Response

SanCap Solar Connect, an initiative designed by “Ding” Darling Wildlife Society-Friends of the Refuge (DDWS) to save local residents time and money on solar energy conversion through collective buying, reports a strong interest in its program from island residents and businesses.

“High participation levels promise to give us the ability to provide the highest quality products at the lowest possible cost,” said John McCabe, chair of the SanCap Solar Connect advisory and implementation committees. “We’ve had close to 200 interested parties sign up for a free solar evaluation already.”

For Sanibel homeowners Douglas McLemore and Judith Rittenhouse, signing on with SanCap Solar Connect was a “no-brainer.” They had been considering solar to lower electric bills and had already started researching the possibility.

“This came along and it was exactly what we were looking for,” McLemore said. “We were very impressed with the amount of work this volunteer organization had done. They took a lot of the guesswork out of it because they knew what they were doing. They saved us time by interviewing, researching, and finding the best quality installers and materials. Plus there’s the significant discount because of volume purchasing.”



Urban Solar Group installing solar panel

photo by Ken Burgener

The part-time Sanibel couple saw installation begin in December, in time to file for the federal solar energy credit on 2015 taxes. After recently returning to the island during last week’s rain events, McLemore commented: “We did watch the monitoring tool for the few hours yesterday that the sun was out, and it was good to see electricity being generated. The process couldn’t have been easier for part-timers like us, who don’t always have great luck finding contractors,” he added. “It provided a lot of comfort.”

Full-time Sanibel islander Ken Burgener agrees. “‘Ding’ Darling did all the brainwork,” he said. “That was the selling point. For a private person to go out and talk to 10 or 15 contractors, you’re going to get 10 or 15 different answers.”

Urban Solar Group, the contractor selected by DDWS’ vetting committee, installed the solar system in four days on Burgener’s Rabbit Road home earlier this month. Now he’s waiting for LCEC to activate the meter.

“They told me seven to eight years for the payback on my investment,” said Burgener, who was the third resident to have a SanCap Solar Connect system installed. “But it’s not just about the money. It’s about saving energy and keeping Sanibel green.”

In addition to McCabe, the SanCap Solar Connect advisory committee that vetted contractors consists of Dr. Joseph H. Simmons, director of renewable energy research at Florida Gulf Coast University (FGCU); Richard Johnson, Bailey’s General Store; and Mark Anderson, Benchmark General Contractors.

Islanders can go online at www.SanCapSolarConnect.org to easily sign up for a free evaluation and to find more information. The website’s FAQ page answers the most common questions about the program and solar energy.

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

Based on the success of a number of initiatives in other states, SanCap Solar Connect is the first-ever community-driven solarize program in Florida. The SanCap Solar Connect initiative was made possible partially through funding from solar advocates Fred and Alice Stanback.

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

Buying, Selling or just want to chat... Talk to Chuck!

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(A) \$1,150,000 (B) \$400,000



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Please join me at the Heart Walk on Jan 31, 2016! Life is why...

From page 1B

Zonta Raffle

and visitors.

The raffle can add as much as \$15,000 for the cause, due to the enthusiasm with which Zonta members promote it. With a goal of offering unusual prizes, Six Chances for 2016 features a new approach: all the prizes are experiences, to be enjoyed by an individual, a couple or a family. Donation is just \$10 per ticket, and the purchaser selects which prize to aim for.

There are four new prizes for 2016. First, A Night at Doc Ford's Rum Bar and Grille, with appetizers, rum tasting and dinner for six guests, plus caps and t-shirts for everyone, and a basket of books signed by author Randy Wayne White; value is estimated to be at least \$600. Second, Family Fun in the Sanibel Sun, featuring dinner for four at George & Wendy's Seafood Grill, a boat trip with Tarpon Bay Explorers, half-day bike rentals from Billy's Bikes and a family portrait by Island Photography, for a total value of \$645.

Third, the raffle offers a Fort Myers Getaway for two, with tickets to the Florida Repertory Theater, a night at Hotel Indigo with dinner at the Standard Restaurant and a Franklin Shops gift certificate, for a combined value of \$525.

And finally, South Seas Captiva Adventure, value \$600, with accommodations for two for two nights at South Seas Island Resort, yoga for two at

Ambu Yoga and a gift certificate for the Spa at Tween Waters. Warning: some restrictions apply, check with a Zonta member for details.

Returning favorites include the much sought-after Pied-a-terre in New York, overlooking the Hudson River, five nights for two persons, including concierge and doorman services, for an estimated value of \$1,500 (airfare is not included). Another favorite is the Island Shopping Spree, value \$1,400, including The Cedar Chest, Eileen Fisher, Whims, Peach Republic, Why Knot and J. McLaughlin, plus two Coach purses.

Tickets are available from any Zonta member, at Bailey's Shopping Center on weekends in late February and early March, at the Farmers Market on March 6 and at the Sanibel Community Church on Peek day, Saturday, March 12. Drawings will take place at the completion of the home tour, and ticket buyers do not have to be present to win.

The Zonta Club of Sanibel-Captiva is a service organization of professional women working together to provide hands-on assistance, advocacy, and funds to empower women on the Islands, in Lee County, and around the world through Zonta International. Even if not purchasing tour tickets, islanders can contribute to Zonta's important work on behalf of women and girls. For information, visit www.zontasancap.com.✱

From page 1B

Stroke Initiative

a stroke survivor who will together delve into 21st century strategies and techniques to maximize stroke recovery.

The panel's title is Conquering A Stroke: Multidisciplinary Perspectives. The panel will be moderated by Bob Mandell, author of the book *Stroke Victor: How To Go From Stroke Victim To Stroke Victor*. Light refreshments will be served.

Guest speakers at the panel include:

- Bob Mandell, stroke survivor and author, is founder and managing director of the Stroke Recovery Foundation, a 501(c)3 focused on improving post-stroke lifestyles and outcomes.

- Rachel Tritiak of Island Therapy will focus on traditional therapy approaches to stroke recovery.

- International physical therapist Irene Hujisa, whose practice is located in Bonita Springs, will discuss interactive approaches she successfully utilizes with stroke patients.

- Allison O'Reilly, a five-year stroke survivor, will discuss stroke recovery from a patient perspective. One weekend in the fall of 2010, this very active 49-year-old professional with a family suffered a devastating stroke which resulted in "locked in syndrome." One minute she was an engaged full-time career woman, and the next her life had radically changed.

Admission is free but advanced registration is required. Reserve your spot by calling 254-8266 or emailing friends@strokeRF.org. RSVP by Friday, January 29.✱

Superior Interiors

Picture This

by Marcia Feeney



Do you have a piece of artwork you love, but just aren't sure how to go about choosing the right frame and matting to best showcase it in your home? Here are a few tips to help

you set of your artwork in a dramatic and exciting fashion:

- Your matting should have the color you would like to carry into your entire room – in moderation. Most matting complements the colors in the artwork itself.

- Hang a dramatic piece of art so the eye will be drawn to the wall, helping it take center stage.

- Choose an accent color to paint one wall – something different from the other three walls.

- Create drama and add size to smaller pieces of artwork by using quarter round to create "frames."

- Contemporary artwork featuring

continued on page 21B

Steps to the Beach...



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Rotary Happenings

submitted by Shirley Jewell

Certainly it's the time of the year on Sanibel, when Sanibel-Captiva Rotary sees club attendance swell. The holidays are over and island Rotarians and snowbirds settle in for season. Sanibel-Captiva Rotary is fortunate to have one of the most active service clubs on the island. There's a lot to accomplish during season and one of the most important activities for the club is the planning for and producing of the annual Sanibel-Captiva Arts and Crafts Fair to be held this year on February 13 and 14.

Proceeds from all of our arts and crafts fairs allow the club to financially support many important service projects and activities locally, nationally and globally that align with Rotary International's beliefs.

The Sanibel-Captiva Rotary gets a number of requests for funding. All requests must be sponsored by a club Rotarian and reviewed and voted on by the Rotary Club of Sanibel-Captiva Trust Board. Each request is assessed on value and appropriateness. Organizations and non-profits requesting funds are often asked to come and speak to the club about their request.

Therefore, it was quite appropriate this past week to have representatives from the United Way and the Sanibel Community Association invited to the podium to give us an overview of their organization's request.

First to the podium was well-known community leader Tony Lapi, CEO of



Tony Lapi, representing United Way



Teresa Riska-Hall, executive director of The Community House

Sanibel-Captiva Resorts and this year's United Way development chair. He has been connected with United Way for over 20 years and has served on its board for most of that time. The local United Way network of 85 local agencies helps hundreds of thousands of people right here in the community. FISH (Friends in Service Here) of Sanibel-Captiva is a United Way partnering agency. If you look at what FISH does in our community you get the essence of what type of programming the United Way supports.

Ninety percent of all monies collected by the United Way are used to support programs in the community. An allocation committee evaluates all organizations and is very diligent about how donors' money is used. The Lee County United Way has received a 4-star rating by Charity Navigator. Supporting the United Way is a life-long commitment for many individuals but this organization also receives strong support from many businesses and service organizations throughout the nation.

Next was Teresa Riska-Hall, executive director of The Community House. The Rotary Club of Sanibel-Captiva Trust Board recently received a request for funding connected to the Sanibel Community Association's capital campaign. This request was encouraged

by many of our members. The Community House is currently engaged in a \$3.5 million campaign for renovations and restoration of the historic house that has been in need of repairs and renovations for a number of years now and building code updates are absolutely necessary. Construction plans had been put on hold while the association board investigated and explored the City of Sanibel's cultural center proposal. The proposal would have had the community house constructing a new building across Periwinkle Way in their current parking area. After much deliberation and discussion, a decision had to be made whether to stay and rebuild or construct

a new community house across the street. The decision made was to stay in the present location and keep this historic part of Sanibel's history right where the community placed it in 1927 and where the memories of the island have been held over the years.

With that decision made, it was time to discuss the condition and functionality of the present building and address what should be done. Because of column space, this topic will continue in next week's column.

*The Sanibel-Captiva Rotary meets at 7 a.m., Fridays at The Dunes Golf & Tennis Club. Guests are always welcomed.**

Restaurant Supports 'Ding' Program



From left, Mark Blust, vice president of operations at Prawnrocker Restaurant Group, Mike Murphy, Matzaluna's general manager and Sal Velez, assistant general manager with the 'Ding' Darling mascot

Matzaluna Italian Kitchen on Sanibel will sponsor Go Wild for "Ding" – Dance of the Reddish Egret on February 23 at the Guardian level as lead restaurant sponsor.

"Ding" Darling Wildlife Society-Friends of the Refuge (DDWS) hosts the event to benefit wildlife research and other conservation and education programs at JN "Ding" Darling National Wildlife Refuge. Attendance is by reservation only. For more information, visit dingdarlingsociety.org/go-wild.*

Dance Of The Reddish Egret Lecture



An ARCI researcher attaches a transmitter to a reddish egret at "Ding" Darling

Dr. Kenneth Meyer is conducting a groundbreaking study at J.N. "Ding" Darling National Wildlife Refuge for the Avian Research and Conservation Institute (ARCI) in Gainesville to learn more about the movement of reddish egrets. Meyer will present two programs titled The Dance of the Reddish Egret – From 'Ding' to North Florida, at 10 a.m. and 1 p.m. on Friday, January 29 in the "Ding" Darling Visitor & Education Center on Sanibel.

Meyer is tracking five reddish egrets he originally tagged at "Ding" Darling refuge.

The reddish egret (*Egretta rufescens*), known for its erratic "dancing" when it forages, is the rarest and least studied wading bird in the U.S., Meyer says.

It is "a species of critical conservation concern, particularly in Florida where the population is experiencing a continuous decline," he adds. Meyer will share some findings from his ongoing research.

Admission is free to the lectures, part of the "Ding" Darling Friday Lecture Series sponsored by HighTower Advisors Fort Myers along with Mike and Terry Baldwin and support from the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS).

Seating is limited and available on a first-come basis. Early arrivals can save one seat each and then may explore the visitor center or Indigo Trail before the lecture starts. Saved seats must be filled 15 minutes before lecture time or risk reassignment.

Upcoming lectures:

*February 5 – Ellen Prager, Sex, Drugs and Sea Slime: The Oceans' Oddest Creatures and Why They Matter

*February 12 – Don and Lillian Stokes, Better Birding

February 26 – Jerry Lorenz, Roseate Spoonbills in Florida Bay: Pink Canaries in a Coal Mine

*March 4 – Steve Noll, Ditch of Dreams: The Cross Florida Barge Canal and the Struggle for Florida's Future

*March 11 – Leslie Kemp Poole, Saving Florida: Women's Fight for the Environment in the Twentieth Century

March 18 – Emily Stokes, Reef.org, Invasion of the Lionfish

March 25 – Ian Bartoszek, Pythons in Paradise: Collaborative Burmese Python Research in SW Florida

April 1 – Joe Wiegand, Teddy: The Conservation President, reprisal

*April 8 – John H. Hartig, Bringing Conservation to Cities: Lessons from Building the Detroit River International Wildlife Refuge

*April 15 – Sandra Friend and John Keatley, The Florida Trail Guide

*starred lectures indicate a book-signing to follow

For more information, call 472-1100 ext. 241 or log on to dingdarlingsociety.org/lectures.*

Pre-Season Predictions Look Good For Red Sox, Not So Good For Twins



by Ed Frank

Since you didn't win last week's \$1.6 billion Powerball lottery, and with the start of spring training just a month away, perhaps you might want to take your chances with the Las Vegas oddsmakers on the 2016 baseball season.

And this week, we're going to tell you what two so-called baseball experts are predicting.

Fangraphs, a detailed, statistical-oriented think tank, says the Chicago Cubs will compile baseball's best record with a 95-67 mark. That's actually two games worse than last season when the Cubs went 97-65, yet finished third in the National League's Central Division.

If you're a baseball fan, you know that the Cubs have not won a World Series in 108 years, and haven't even made it to the Fall Classic in 71 years. That's the longest championship drought in professional sports.

Maybe predicting the Cubs will have the best record in the upcoming season is a weight on their backs they don't need.

Interestingly, Fangraphs also says the Boston Red Sox will win the American League's Eastern Division with baseball's second-best record, 92-70. This would be a big improvement over last season's 78-84 mark which resulted in a last-place AL East standing.

For you Red Sox fans, the following is Fangraphs projected AL East standings:

Red Sox - 92-70

Yankees - 86-76

Blue Jays - 84-78

Rays - 82-80

Orioles - 78-84

Now to our other spring training home team, the Minnesota Twins.

You might recall that last year, the experts forecast a last-place finish for the Twins in the AL Central. Under rookie manager Paul Molitor, the Twins were one of the biggest surprises in baseball, competing for a playoff spot into the last weekend of the season.

Minnesota's 83-79 record was a sharp reversal from the four previous seasons when they had lost 92 or more games. However, Fangraphs projects a sub-.500 record for them this year at 78-84 and last-place in the tough AL Central.

Indians - 84-78

White Sox - 81-81

Tigers - 79-83

Royals - 79-83

Twins - 78-84

A less sophisticated outlook for the 2016 season was released recently by ESPN with a prediction that the Washington Nationals would be baseball's best with a 95-67 record.

ESPN labeled the Red Sox for a post-season wildcard slot and second place in the AL East with an 86-76 record, two games behind the Orioles. What a difference: Fangraphs predicts last-place for the Orioles and ESPN first-place.

As for Minnesota, ESPN forecast a dismal 68-94 record, last in the AL Central. But like Fangraphs, they predicted a division title for Cleveland with a 90-72 record.

If prior years predictions by the experts mean anything, most are usually wrong and worthless. You can't predict injuries and trades before the season even starts.

And like the Powerball, the odds of picking a winner are slim at best. So best save your money.

Everblades Roll On With League's Second-Best Record

More than half-way through the 2015-16 hockey season, the Florida Everblades have the ECHL's second-best record at 28-17-0-1, having won six of their last seven games.

That record is the best in the Eastern Conference and second only to the Missouri Mavericks in the Western Conference.

Florida has won seven of eight overtime clashes, losing only a shootout January 9 at Greenville.

As the week began, forward Ryan Martindale had recorded at least one point in six of the last seven games.

The Everblades are home at Germain Arena tonight, Friday, against Orlando and next Friday and Saturday nights facing Greenville.*

Sanctuary Golf Challenge Honorary Chairpersons Named

The Sanctuary Golf Club, as host and underwriting sponsor of the 14th annual Sanctuary Community Golf Challenge on January 23, has named Chip and Nancy Roach of Sanibel as honorary chairpersons.

Chip Roach said, "We are very pleased to represent The Sanctuary Golf Club members as we gather together to offer the course and the clubhouse to all of our friends in the community. It is sure to be a fantastic event to raise money for the Charitable Foundation of the Islands. The mission of the Charitable Foundation of the Islands is to serve 'just our islands' and is also a compelling story for those who need our help right here. We are proud to stand on the shoulders of those couples and individuals who have been in our place as honorary chairs before. Fore!"

"Since arriving on the island, Roach has become a leader in philanthropic activity. His contribution of time and financial assistance, along with his wife, Nancy, have certainly enriched our community," said Al Hanser, president of the Charitable Foundation of the Islands.

The challenge begins at 10:30 a.m. with a brunch, followed by a 12:30 p.m. shotgun start. Afterward, golfers meet at the clubhouse for drinks and hors d'oeuvres, an awards presentation and the popular helicopter drop.

For more information, contact Brett Kist at 472-6223 or bkist@sanctuarygc.net.*



Chip and Nancy Roach

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**SANIBEL 8-BALL POOL LEAGUE 2015-16
Standings through January 18**

Standing	Team Name	Won	Lost
First	Bunt's Ball Busters	193	107
Second	Sandycappers	159	141
Third	Sanibel Café	142	158
Fourth	Fresh Legion Crew	106	194

January 18 Results

Sandycappers	16	Fresh Legion Crew	4
Bunt's Ball Busters	11	Sanibel Café	9

Sanibel 8-Ball Pool League

**Sandycappers
Gaining Ground**

Sandycappers picked up five games on league-leading Bunt's Ball Busters with a 16-4 pounding of Fresh Legion Crew. The Cappers were led by Jeff Brown, who posted four wins over George Sell. Captain Kevin Pottorf also put away Tom Yorgey 4-0. Jack Dalton and John Bates racked up 3-1 scores over Becky Skog and Matt Hall. Doc Lubinski was top shooter for the Legion Crew with two wins over John Riegert.

The Sandycappers meet Bunt's Ball Busters next week and need a strong effort to cut further into Bunt's league lead.

Bunt's Ball Busters and Sanibel Café were tied 8-8 going into the last match of the evening. Bob Buntrock edged Graham Sell 3-1 to help his team to a 11-9 victory. Rich Ennis came off of injured reserve for Bunt's to notch four wins over Café captain Rich McCurry. Pete Mindel led the Sanibel Café shooters with four wins over Dave Doane, whose game showed signs of rust after being rested last week.

Pool gods didn't help two players this week. Doc Lubinski was just telling one of his teammates that he was having trouble with his eyes and might need glasses. He then stepped to the table, eyed his next shot, and made his object ball cleanly in the corner pocket. Only problem was that he mistook the nine-ball for the cue ball. Result: a foul and ultimate loss of game. Tom Yorgey also lost two games when he put the 8-ball in out of turn. Sad.✧

Sanibel Island Golf Club

President's Cup Winners



Barbara Olson and Janice Mader



Mary Jane Bolon and Barb Mulka

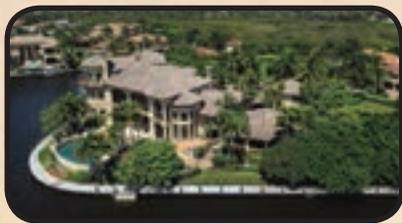
The Sanibel Island Golf Club Women recently hit the course to compete for the 2016 President's Cup, using stableford scoring. Janice Mader edged out Barbara Olson for first place with the 9-holers. Leading the field for the 18-holders was Barb Mulka, finishing one point ahead of Mary Jane Bolon.✧

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School Smart



by Shelley M.
Greggs, NCSP

Dear Shelley,
My children have moved to a new, more inclusive elementary school and there are many children in their school with handicaps. This is

a relatively new experience for them and they are somewhat uncomfortable interacting with disabled students. How can I help them feel comfortable with their new classmates?

Heather R., Cape Coral

Heather,

Your children are not alone in their hesitation to interact with people who have disabilities. It can be a problem for many people of all ages. Fortunately, there are lots of ways that you as a parent can help your children gain a much better understanding of their disabled peers and also teach them how to be comfortable interacting with them.

Dr. Deborah Elbaum, MD, a volunteer with disability awareness program has some great suggestions for you. Make sure that your children have this basic information about disabilities.

- No two people are the same – some differences are just more noticeable.
- A disability is only one characteristic of a person. People have many facets: likes and dislikes, strengths and challenges.
- Children with disabilities are like all children in that they want friends, respect and to be included.
- Children can be born disabled or become disabled from an accident or illness. You can't "catch" a disability from someone else.
- Just because someone has a physical disability (when a part or parts of the body do not work well) does not mean they necessarily have a cognitive (or thinking) disability.
- Children with disabilities can do many of the things your child does, but it might

take them longer. They may need assistance or adaptive equipment to help them.

- Try to use clear, respectful language when talking about someone with disabilities. For a younger child, keep explanations simple, such as, "She uses a wheelchair because a part of her body does not work as well as it could."

- Reinforce with your child that name calling – even if meant as a joke – is always unacceptable as it hurt's people's feelings.

Reading or learning about a disability is a great way to further understand a child's experiences. It may also help dispel any questions you or your child may have. Your local library and librarian can be a great resource for finding age-appropriate books and materials.

- Read picture books with younger children and discuss them afterward.
- Chapter books with characters who have special needs are appropriate for older readers. Ask your child about the book when he or she is done; maybe you'll be intrigued and read it yourself.

- Some audio-visual materials have positive portrayals of children with disabilities. *Sesame Street*, for example, routinely includes children with disabilities in their episodes.

- Websites with age-appropriate explanations and activities can be interesting and fun to explore.

Find out if your child's school offers any disability-awareness curriculum. These types of programs teach children about different disabilities, often through engaging activities and guest speakers. Consider volunteering if they need parent volunteers; it can be a wonderful experience for both you and the students.

Here are some helpful links for more information.

Kids' Quest, <http://www.cdc.gov/ncbddd/kids/index.html>, National Center on Birth Defects and Developmental Disabilities

University of Wisconsin at Oshkosh bibliography on children's books about disabilities, <http://www.uwosh.edu/library/emc/bibliographies/emc-bibliographies/disabilities-books-about>

Indiana Institute on Disability and

continued on page 21B

Greco Ceramics Collection

Lily & Co. Jewelers is home to nearly a dozen renowned jewelry designers, the latest of whom is Shayne Greco Ceramics. His work features flowing sculptures of sea creatures, handmade from start to finish in a neutral color palate of subtle iron browns and crisp Mediterranean white. Each piece is "stained," a process in which some of the lead-free glaze is wiped off before the second kiln firing.

"Shayne Greco's pieces speak Sanibel Island with the attractive sea life theme and colors," said Dan Schuyler, co-owner of Lily & Co., who met Greco at a Miami art festival. "We placed an order in the

continued on page 20B



Ceramic double octopus vase by Greco

The Sanibel Sprout

The Conscious Kitchen



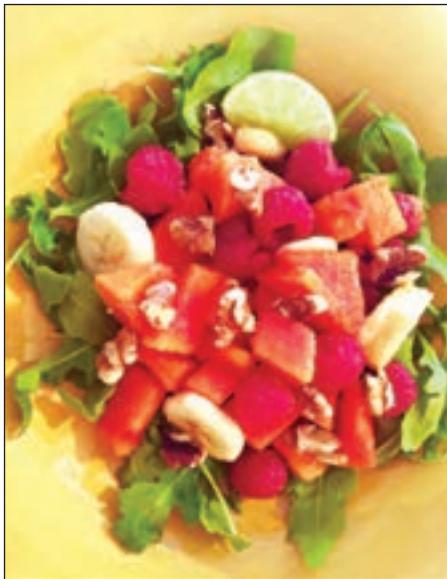
by Chef Nikki Rood

One of my favorite terrifically healthy salads is so simple to make and it's chock full of nutrients and taste. The counterpoint of spicy arugula played against sweet papaya,

banana and tangy raspberries makes for such a delightful meal. Add in the earthy crunch of fresh walnuts and a drizzle of zesty lime and you have the perfect tropical island salad. Hydrating and satisfying, it's plant-based nutrition at its best. I made this at the cafe one day when a customer gifted us with a huge papaya and we still have folks coming back and asking for it. Your guests will love you!

Tropical Dream Salad

- 1 large ripe papaya
 - 2 bananas
 - 1 cup raw walnuts
 - 1 cup fresh organic raspberries
 - 2 cups fresh arugula
 - 2 limes
 - Unsweetened coconut shreds (I like Bob's Red Mill brand)
- Peel and de-seed papaya and chop into small chunks. Slice bananas into



Tropical Dream Salad

1/2-inch rounds. Chop walnuts into small pieces. In a large bowl, toss papaya, bananas and raspberries gently. If you are serving to guests, plate the fruit mixture individually on beds of arugula. Sprinkle with walnuts and drizzle with lime juice to taste. You can zest a bit of lime on top as well, and garnish with a bit of unsweetened shredded coconut for a nice tropical flair. Enjoy!

Eat well, laugh well, sleep well and love well. Until next time... Chef Nikki

*Please join me in creating this Conscious Kitchen Community and feel free to reach me at www.sanibelfood-coop.com.**

Dunes Events

Open Bridge Night will be held in The Dunes Golf & Tennis Club's clubhouse from 7 to 9 p.m. on the second Tuesday of every month. Admission is \$5 per player. Make dinner reservations early for the Open Bridge Night pre-fixe menu for \$25.

If a little more bridge knowledge is needed before joining Open Bridge Night, bridge is played every Thursday from 2:30 to 4:30 p.m. Rick Covalciuc from



Chef Roro Garat

the McGregor Bridge Club will be at The Dunes to help you with your game.

Cost is \$20 per member per session, or \$25 per non-member per session. Six weeks on "Defense" and six weeks on "Declarer" will be offered. Call 472-3355 for more information.

The Dunes Fine Dining

Chef Roro Garat comes to The Dunes with more than 17 years of culinary experience. His creativity, dedication to quality and the high standards for fresh food are helping to create a new and exciting dining experience at The Dunes.

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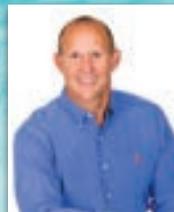
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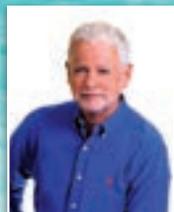
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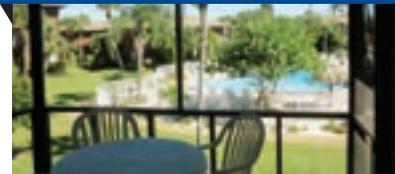
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Will Power

Cognitive Decline And Estate Planning



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

According to a recent Texas Tech University study, the age for peak financial decision making is age 50. Financial decision making ability begins to decline by age 60 and is significantly impacted by age 80. Even more worrisome is that the same studies indicated that people's perceptions of their own abilities do not decline.

How should this information affect families when constructing their financial and estate plans? Anecdotally, most of my retiree clients who are into their seventies and eighties have not shared, nor intend to share their financial and estate information with

their adult children. They may fail to do so because they fear sharing may result in unreasonable expectations of gifts or inheritance, or simply because that generation generally considers discussion of money and assets a taboo subject.

When retirees aren't willing to share personal information with those who are closest to them, who's there to guard against scams? A 2015 New Jersey case is enlightening. In *Margaret Lucca v. Wells Fargo Bank, N.A.* the bank was sued for failing to report to adult protective services a customer's wire transfers of hundreds of thousands of dollars to Jamaica that turned out to be an elder abuse scam.

In this case, Margaret, an elderly customer of Wells Fargo, sent numerous wire transfers that turned out to be the result of a fraud, an elder abuse scheme. Bank personnel reported the transactions to an internal fraud department, but that department failed to report the transactions to law enforcement agencies or to the county adult protective services.

The heirs of the defrauded customer sought to hold the bank responsible for having failed to report these transactions under a New Jersey statute, which permits financial institutions to report suspicious financial transactions. The court held that the statute was enacted to protect financial institutions from claims that they violated a customer's right of financial privacy if they chose to report such matters.

The statute, the court held, was permissive and protective of the financial institutions, and did not mandate reporting, but rather protected an institution if it did report an incident. Therefore, the financial institution could not be held liable to report under that statute. While the holding in this case seems to be a logical if not obvious reading

of the statute, the implications of the case and matters discussed in the opinion may have far greater import to the future of estate planning.

Margaret's estate plan may have been less than optimal. Instead of owning the accounts outright in her name, had she instead used a funded revocable trust naming Wells Fargo as a trustee (thus in a fiduciary capacity), the institution may well have been liable as it would have been held to a higher standard of care as opposed to simply a custodian of her money.

More important than being liable, the institution would have likely been responsible in that capacity and would have more closely monitored financial transactions as a trustee. A trustee would notice a wire transfer of such amounts to Jamaica. Even if the initial abuse was missed, it would have more likely been identified and responded to more quickly.

Perhaps another step was warranted as well. As clients age, hiring a care manager as an integral part of the planning process may serve to avert potential elder abuse. Hiring a care manager isn't common today, but I believe will become more common as baby boomers age and retire.

A care manager may have identified the vulnerability of the client and alerted an institutional trustee, family member or others to take action. Care managers, unlike all the other members who comprise a traditional estate planning team for elderly clients, are mandated reporters. They must report suspected abuse. The same statute that absolved Wells Fargo of liability mandates that care managers and certain other categories of persons must report suspected abuse.

Had Margaret's team of advisors recommended a care manager, perhaps the elder abuse would not have arisen. There was no oversight or monitoring of the client's financial activities. We can begin to think of CPAs as more than tax return preparers for example. Had a CPA been involved to write up periodic reports the abuse may also have been identified earlier and addressed.

Appropriate checks and balances are a key to safeguarding aging clients, but in the past have not been viewed as being within the scope of traditional estate planning. The Margaret Lucca case should not be viewed as merely a limitation on the liability of financial institutions, but rather a call to use more robust and comprehensive planning that extends well beyond mere document preparation (e.g. a durable power of attorney), tax planning and the steps that have traditionally been viewed as constituting estate planning.

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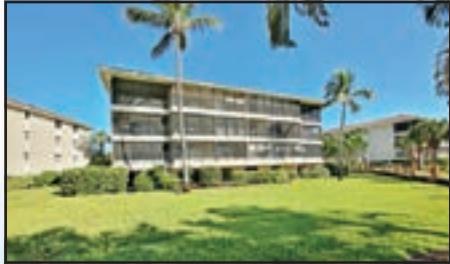
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MLS#2141134 - \$920,000



Not to sound too proverbial, but this property is really "one of a kind," and sits on a large private and secluded lot, open living, plantation shutters, finished downstairs with tile flooring which can be easily accessed by the elevator, and a welcoming paver driveway. While sitting on the lanai/deck just off the living room, you can look over the pool and preserves into that sanctuary of relaxation.

MLS#2150893 - \$1,599,000

3335 Twin Lakes - Spectacular Lakefront



This 3 bedroom/2 bath, split floor plan elevated home has an updated kitchen, spacious deck overlooking the pool and lake with desirable southern exposure. Two car garage with wonderful storage area, paved driveway, and Lake Murex subdivision offers deeded beach access. Short walk or bike ride to beach. New AC & water heater 2015.

MLS#2150885 - \$874,900

17800 Broadway Avenue - Fort Myers Beach



Boaters' Dream set up! This 3 bedroom/2 1/2 bath home boasts 2 10,000 lb. boat lifts with canopies to protect your vessel, intersecting canals on two sides of the property, 250ft of waterfront, 2 composite docks with water/electric, hidden shed w/parking, plantation shutters, crown molding, stainless steel appliances, and much, much more!

MLS#2150593 - \$779,000

11530 Isle of Palms, Ft. Myers Beach



Beautiful 4BD/3BA Key West style home located in gated Palm Isles. Direct, deep water gulf access home with a private dock and 10,000lb boat lift. Home has had significant upgrades and improvements. Large kitchen with an island, new appliances, granite countertops. Master bathroom has been completely remodeled, entire house has new tile on the diagonal, volume ceilings, impact windows, new salt water pool & heater, brick pavers on pool deck and lanai, re-landscaped entire yard.

MLS 215068144 - \$799,900

1633 Periwinkle Way, C OFFICE CONDO



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From page 14B

Greco Ceramics

spring, but because it's all handmade, we didn't get the pieces until Christmas."

The Lily team had unpacked the original ceramic pieces and had them lined on the floor when a guest purchased four of them. A second customer purchased four more a few days later. Greco's ceramics were an instant hit with Lily & Co. guests. "It's hard to buy just one," Schuyler said.



Greco's ceramic wall octopus

Greco's artistic endeavors were supported by his mother and honed by his teachers. He attended the Savannah College of Art and Design, but insists his greatest inspirations were his high school art teachers who let him experiment freely. His work in ceramics today reflects the distinctive attributes of the ocean and he strives to combine functionality with sculpture.

Whether it be at a dining table with friends and family or on a coffee table holding fresh fruit, Greco's art is designed to make a statement, even start conversations.

Lily & Co. is at 520 Tarpon Bay Road, Sanibel.*

Sanibel-Captiva Republican Caucus

Lee County School Board Chair Steve Teuber will speak at the Sanibel-Captiva Republican Caucus at the Sanibel Public Library on Saturday, January 30 at 10 a.m. His talk will focus on the state of the schools in Lee County and will be especially timely as a result of the recent change in the superintendent of the local school system. Teuber will cover leadership, curriculum and budget issues, which are important to achieve the quality of education crucial to the success of students and society in the coming years. The public is invited.

Teuber has a background that is a good fit with the needs of our education system, with a Bachelor of Science in Engineering from Kettering University, an MBA (Magna Cum Laude) in Operations Research from Baldwin Wallace College and a Juris Doctor from Detroit College of Law (1995). He has worked in industry, rising to operations director at Pall Airpower Corporation, has been a college professor and a partner in the law firm Neaheer & Teuber PL. Teuber is active in a number of community organizations, including Moot Court Judge, South Florida Regional Manufacturing Association, Boy Scouts of America and SW Florida Federation of Republican Women.

Don't miss this important update on our school system. The program is free; coffee and snacks will be provided. Call Will Smith at 395-0819 if you have any questions or would like more information on the Sanibel-Captiva Republican Caucus.*



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ISLAND SUN BUSINESS NEWSMAKERS

Top Listing And Sales Agents



Marianne Stewart



Evan DuPont



Harrell, Tolp and Albright Team

John Naumann & Associates announced its top associates for the month of December. Top listing agent was Marianne Stewart. The top sales agent was Evan DuPont and top team was Harrell, Tolp and Albright.*

Top Agents For December



Robin Humphrey and Martha Smith



Glenn Carretta



Dan Cohn

VIP Realty Group has named its top agents and sales teams for the month of December. They are:

Glenn Carretta, top sales agent; Robin Humphrey and Martha Smith, top listing agents; and Dan Cohn was named top producing agent.*

Top Producers

Premier Sotheby's International Realty announced that Jane Reader Weaver was named their top listing associate while Maxwell Thompson was named their top producing associate for the month of December.*



Jane Reader
Weaver



Maxwell Thompson



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Sanibel Insurance Professional Testifies At House Hearing

Last week, the Independent Insurance Agents & Brokers of America (IIABA or the Big I) testified at a hearing before the U.S. House of Representatives Committee on Financial Services Subcommittee on Housing and Insurance entitled, Opportunities and Challenges Facing the National Flood Insurance Program.

Chris Heidrick, the principal of Heidrick & Company Insurance and Risk Management Services on Sanibel and Big I Flood Insurance Task Force chairman, testified on behalf of the association.

The Big I was the only agent group testifying at the hearing and stressed the importance of maintaining a strong flood program for consumers across the country. Heidrick specifically noted that, "the Big I believes that the NFIP provides vital services to many of the people and places that have been hit by a natural disaster."

"Recent severe flooding in Missouri and across the central United States is an unsettling reminder of the terrible damage that flooding can cause, and the NFIP is virtually the only way for many people to protect against the loss of their homes and businesses due to flood damage," continued Heidrick.

The association has long been a strong supporter of the flood insurance program.

"The NFIP is currently scheduled to expire on September 30, 2017 and the Big I strongly urges Congress to pass a long-term extension as soon as possible. Instability and uncertainty created by short-term and sometimes retroactive or last minute extensions can lead to concrete damages in the real estate and development market, as well as the country's economy overall," said Heidrick.

Additionally, the association commented on private market involvement in the NFIP. Heidrick said, "The Big I believes that the private flood insurance market can play a valuable but limited role as a complement to the NFIP in protecting homes and businesses, but lacks the capability to underwrite flood insurance on a pervasive basis to meet customer needs."

To read Heidrick's statement, visit the Big I website. More information about the hearing is available on the committee's website.

Founded in 1896, the Big I is the nation's oldest and largest national association of independent insurance agents and brokers, representing a network of approximately a quarter of a million agents, brokers and their employees nationally. Its members are businesses that offer customers a choice of policies from a variety of insurance companies. Independent agents and brokers offer all lines of insurance – property, casualty, life, health, employee benefit plans and retirement products. For more information, go to www.independentagent.com.✪

From page 5B

Allocations: A Sound Investment

to finances.

The allocation team – comprised of volunteers from the community – then meets with the agency board of directors, the staff, and sometimes those receiving services from the agency, and asks the types of questions you would want to know before you wrote a check to an organization. Based on that discussion, the team then makes a recommendation. I have seen recommendations range from no funding, to partial funding, to full funding, to conditional funding.

I encourage you to support our United Way campaign this year. Our allocation process ensures your investment in our community is well-directed. If I have piqued your interest in the allocation process, I encourage you to contact United Way at 433-2000 to explore becoming a member of a team. Please give to United Way by returning your pledge card, or by giving securely at www.UnitedWayLee.org/Donate.✪

From page 10B

Picture This

sleek lines – and do well with matting in bolder, richer colors

- When grouping artwork, try tracing and cutting out the diagram of each piece on butcher block paper or newspaper. Then, arrange those paper pieces on your wall until you find the perfect solution.

Nothing adds more uniqueness to your room's design than a specially chosen piece of art. Artwork often times helps pull color schemes together, and adds an exciting design element into each room.

Marcia Feeney is an interior designer on Sanibel/Captiva Islands. She can be reached at marcia@coindeciden.com.✪

From page 14B

School Smart

Community, Indiana University, Bloomington,

Kids' Corner, <http://www.iidc.indiana.edu/cedir/kidsweb/Booknook/booknook.html>.

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

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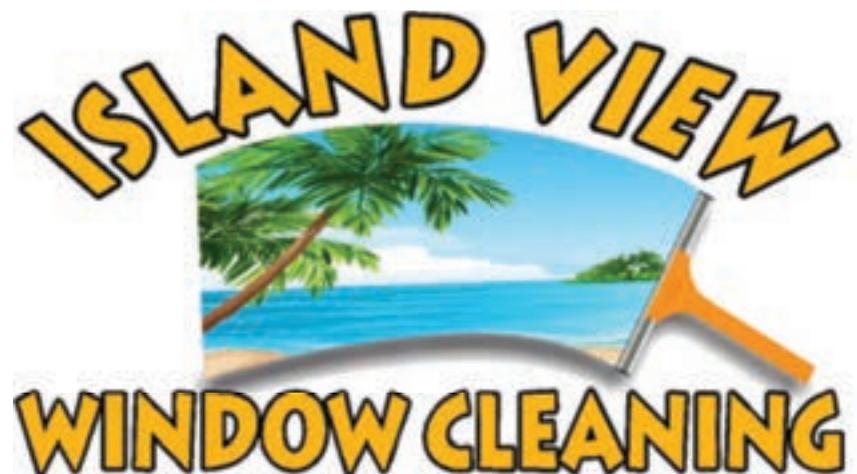
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Mom And Me



by Lizzie and Pryce

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

Dear Mom & Me,

I am a single woman – a retired career educator. My career was foremost so I never married, but I now realize how much I have missed.

After I retired, I was thrilled to be able to stay in my home and enjoy the many pleasures. But I now realize that this cannot go on too much longer and I must make a change, as I am completely on my own with no family.

I have interviewed many complexes

and have one very basic problem: I am terrified that I will not have the financial resources to see me to the end, and then I will be out on the street. What do I do then?

Ada

Dear Ada,

In today's economy, many singles and married people are having the same problem as you. Nobody knows for sure what is ahead.

I would suggest that you get all of the information you can about your financial position and seek the counsel of an experienced, older financial advisor; maybe she/he will have the answer for you.

So far as what you have "missed," many married women envy you. They would have loved having a career and all of the glamor in your life rather than a life of domesticity.

Lizzie

Dear Ada,

What's to regret? What did you miss? You made a life for yourself as a single professional. You can make a life for yourself as a retired single professional.

Being married is not a requirement to participate in social activities and networking. Many single women (divorced or widowed) are enjoying rich social lives. The key is you need to take an active role in creating your social connections through church, senior centers, local parks and recreation programming.

Pryce

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

Doctor and Dietitian

The Importance Of Vitamin D



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

Vitamin D is getting more attention lately. That's good, because this vitamin is packed with health benefits. Many of us are familiar with Vitamin D's role in promoting healthy bones by aiding calcium absorption, but it has also been shown to lower the risk of high blood pressure, diabetes, heart attack, rheumatoid arthritis and multiple sclerosis. Vitamin D inhibits cancer growth and regulates the immune system. Taken in combination with daily fiber, Vitamin D reduces the risk of developing precancerous colon polyps.

This power-packed vitamin is produced by your skin in response to exposure to ultraviolet B from natural sunlight.

The closer you are to the equator, the easier it is to get Vitamin D from the sun. However, if you live above 40 degrees north latitude, like our friends in Chicago, you won't make much Vitamin D in the winter. In Florida, you can produce Vitamin D most of the year.

An estimated 40 percent of the U.S. population is Vitamin D deficient. Remember, without enough vitamin D, your body cannot absorb calcium, and Vitamin D deficiency can lead to osteoporosis, especially as we age.

Just as Vitamin D can help prevent disease, a deficiency in this vitamin is linked to a spectrum of health conditions, including diabetes and various cancers. Muscles, nerves and the immune system all need Vitamin D to function well. Chronic Vitamin D deficiency cannot be reversed overnight, but takes months of supplementation and sunlight exposure to rebuild.

It is difficult to meet our Vitamin D needs through diet alone. Vitamin D-rich foods are not as common as you would think, which is why a lot of milks and juices are fortified with it. If you're not able to get enough safe sunlight exposure, consider a Vitamin D supplement.

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

Got A Problem? Dr. Connie Is In



by Constance Clancy

Q: I have always had difficulty speaking out because I was told when I was young to keep quiet. I feel over the years, especially in adulthood, I have stuffed my feelings and I am having

some physical problems. I don't even say much to my doctor. Can you help?

A: I have worked with many people who have been shamed into being quiet and they never really learned to speak their truth. Often, this manifests into issues on all levels, mind, body, spirit and emotions. This can lead to how we do (or don't) express our health concerns to our physicians and you know your body more than anyone. If you stay shut down and don't speak your truth, this could do more harm than good as your body is screaming to be heard. You are in charge of that voice within and it needs to be heard.

You also need to have a doctor who will hear you and listen. This will help you feel more comfortable speaking up for what you need. Don't allow anyone to intimidate you for you are just as worthy as anyone of being listened to and helped.

Being able to speak your truth has to do with one of your emotional centers in

your body, the throat chakra. You might want to find a professional who can work with you at de-programming your core belief that you must be quiet, and reprogram this belief of you have total permission to speak your truth.

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

dearRPharmacist

Five Effective Ways to Fight Cold And Flu



by Suzy Cohen, RPh

Dear Readers: I think I am a real germaphobe because I get very conscious when someone sitting next to me starts coughing, especially when they don't cover their mouth.

I'll let the first one slide but if it happens again, I am apt to leave or hand them a Kleenex. Cover it! Is it just me or are you that way too? If you feel like you're coming down with something, here are five considerations:

1. Oil of oregano is a super strong germ
continued on page 23B



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From page 22B

dearPharmacist

fighter. The essential oil of oregano is sold at health food stores and online in a little dropper bottle. Pour one or two drops in your own 'medicinal herb tea' (wink) and then drink it. It will not taste pleasant. You will probably curse me. But it's going to help you. Squeeze some lemon and honey into it. The key ingredients in oregano are carvacrol and thymol, both of which inhibit the growth of hundreds of microorganisms.

2. Probiotics should be taken daily for proper immunity, but when you feel symptoms coming on, then of course I feel like you should at least double up on the dose. I am not afraid of taking probiotics throughout the day, I'm more afraid of feeling miserable and sick. High-quality probiotics will improve the quality and count of your healthy disease-fighting bacteria. Some strains will even induce IL-10-producing regulatory T cells which is a scientific way of saying they reduce inflammation, and can help immune function as well as inflammatory disorders of the gut like painful Crohn's.

3. FluNada is a natural over-the-counter spray that I squirt into my throat. You can (and should) spray this product into your nose because this is the point of entry for germs. FluNada contains a homeopathic blend of wintergreen, eucalyptus and elderberry essential oils.

FluNada is sold at Walgreens if you need it right now, and if you're feeling like you're coming down with something, NOW is the time. This product was tested by two independent labs and found to be 99.9 percent effective against multiple cold and flu strains, including swine, bird and seasonal flu. FluNada provides non-drowsy relief from multiple symptoms, including runny or blocked nose, sore throat, cough and body aches and pains

4. If you keep rummaging around in my purse, you will find teabags of flavored green tea. It is common for me to ask the waitress at a restaurant for a little cup of hot water "because I have my own medicinal herbs." Sam affectionately scolded me once saying, "Do you realize we live in Colorado? She thinks your little 'medicinal herbs' are a different kind of GREEN tea!" The EGCG in green tea was shown in numerous studies including a 2005 Antiviral Research article to have antiviral effects by unraveling the viral membrane.

5. Vitamin D is a strong immune modulator and reduces susceptibility to all sorts of infections. And also, D controls the expression of more than 900 genes involved hundreds of physiological functions.

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. ✨

Eden Energy Medicine

Change Eating Patterns By Blow-Out, Zip-Up And Hook-Up



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

Can't stop munching potato chips? Are they carefully tucked away in a tin in the cupboard so you won't be tempted, but you sneak in and eat

them anyway (and sometimes four and five times in a row)? Food cravings satisfy emotional needs by calming stress and reducing anxiety. But the cravings kick into high gear when we're stressed or anxious. By eating carbohydrates, we boost the levels of the hormone serotonin, which has a calming effect... thus we eat more. So, how can we stop this incessant habit loop?

We know Triple Warmer controls our energy habits, so we need to shift the internal energetic fields to create a new internal atmosphere that supports new ways of thinking and feeling. This tool enables - with your deep intention - the shifting of deeply embedded energetic habit fields.

1. Set your intention before you begin - "I feel empowered to say no to potato

chips."

2. While standing, place your arms in front of you while bending elbows slightly. Make fists with inside of wrists facing upward.

3. Take a deep breath while swinging your arms behind you and over the head.

4. Reach up as high as possible while turning fist hands facing each other. Throw your arms down the front of body as you bend over, releasing the breath and fists while emitting a sound that feels right for you. Repeat three times. On the last repeat, bend slowly and with controlled intention release.

5. Stand up and breathe deeply while stating your intention (Step 1 above)

6. Zip-up this affirmation by placing both hands at pubic bone, inhale while stating the affirmation and moving hands slowly up the front of body to the lower lip. Repeat three times. (This acts much like hypnosis by tracing the central meridian.)

7. Hook-up by placing middle finger of 1 hand in navel and middle finger other hand between eyebrows while pulling both fingers in and upward for 15 seconds on deep inhale and stating your affirmation.

Welcome to your newly-created energetic habit field. Now, take out the tin of chips and give them to your... ?

Have fun with your energy! Next week's topic is Warts Be Gone: Circle The Dragon.

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

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Saturday, February 13th

12:30pm-2:00pm - with Ross Hauser, MD
Norris Community Center
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Tuesday, February 16th

1:00pm-3:00pm - with Ross Hauser, MD
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FOR WEEK OF JANUARY 25, 2016

ARIES (March 21 to April 19) Single Lambs looking for romance could find Cupid especially accommodating this week. Paired partners also find their relationships benefiting from the chubby cherub's attention.

TAURUS (April 20 to May 20) Keep your keen Bull's eye focused on your target, and shake off any attempt to turn your attention elsewhere. You should get

some news later in the week that might answer some questions.

GEMINI (May 21 to June 20) Your early enthusiasm for a project might have been somewhat premature. Although you feel positive about it, you might need more information in order to make an informed decision.

CANCER (June 21 to July 22) Taking on a new responsibility might seem like the politically correct thing to do. But even with the promise of support, was it the wisest? Consider reassessing your upcoming decision.

LEO (July 23 to August 22) Apply yourself to completing your task despite all the distractions that might be interfering with your work. Then reward yourself with a weekend of fun shared with people who are close to you.

VIRGO (August 23 to September 22) A business agreement from the past might need to be looked at again. Use this unexpected development to check out other matters related to it. A weekend venture proves to be rewarding.

LIBRA (September 23 to October 22) Don't ignore that uneasy feeling about

making a commitment. It could be a case of understandably cold feet, or a warning that something isn't as right as it should be.

SCORPIO (October 23 to November 21) A colleague could be more supporting of one of your efforts. But it's up to you to make the case for it, and that could mean opening up a secret or two, which might be a problem for you.

SAGITTARIUS (November 22 to December 21) Expect some good news about a relative you've been worried about. But don't expect the full story to

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be told -- at least not yet. A workplace matter might face shifting priorities.

CAPRICORN (December 22 to January 19) Despite some anxious moments, you could have good reason to be pleased with how things are turning out. An end-of-the-week call might hold some interesting information.

AQUARIUS (January 20 to February 18) A long-overdue expression of appreciation could be offered soon. But admit it: You never really expected it would happen, right? Meanwhile, keep your weekend options open.

PISCES (February 19 to March 20) It's a good time to dive right into a new challenge, whether it's learning a computer app, or how to drive a stick shift, or making a new friend. Whatever it is, good luck.

BORN THIS WEEK: You see the wisdom in honesty, and you help others appreciate your vision.

THIS WEEK IN HISTORY

- On Jan. 26, 1500, Spanish explorer Vicente Yanez Pinzon, who had commanded the Nina during Christopher Columbus' first expedition to the New World, sights the coast of Brazil during a voyage under his command, the first European explorer to do so.

- On Jan. 25, 1759, Scottish poet Robert Burns is born. The day is still celebrated by Burns fans with high-spirited "Robert Burns Night" feasts, featuring haggis and other Scottish delicacies, as well as enthusiastic drinking, toasting and speechmaking.

- On Jan. 29, 1936, in Cooperstown, New York, the Baseball Hall of Fame elects its first members: Ty Cobb, Babe Ruth, Honus Wagner, Christy

Matthewson and Walter Johnson. Today it has elected 278 individuals, including 225 players, 17 managers, eight umpires and 28 executives and pioneers.

- On Jan. 30, 1948, Mohandas Gandhi, the world's chief advocate of non-violence, is assassinated in New Delhi, India. Assassin Nathuram Godse was hanged in 1949 against the wishes of Gandhi's sons, who argued that the execution stood against everything Gandhi believed in.

- On Jan. 31, 1950, President Harry Truman publicly announces his decision to support development of the hydrogen bomb. The discovery of a Soviet spy in the U.S. nuclear program forced Truman to approve massive funding to build the world's first "superbomb."

- On Jan. 27, 1965, the Shelby Mustang GT 350 is launched. The Shelby, a Mustang modified for racing, featured a 306 horsepower V-8 engine and today is a valuable collector car.

- On Jan. 28, 1973, a cease-fire goes into effect in Saigon, Vietnam, but military operations quickly resumed after each side claimed the other had violated the truce. What resulted was an almost endless chain of retaliations, averaging 2,980 combat incidents per month.

STRANGE BUT TRUE

- It was 20th-century British journalist, travel writer and literary critic Dame Rebecca West who made the following sage observation: "I myself have never been able to find out precisely what feminism is: I only know that people call me a feminist whenever I express sentiments that differentiate me from a doormat."

- The infamous Ouija board may be surrounded by controversy, but the origin of its name is not mysterious; the creators simply combined the French word for "yes" -- "oui" -- with the German affirmative -- "ja."

- Everybody is afraid of something, right? And whatever the fear, there's doubtless a name for it. For example, erythrophobes are afraid of blushing, peccatophobes are afraid of sinning, and aichmophobes are afraid of needles. If you're afraid of going insane, you're lysophobic; if it's disease that frightens you, you're nosophobic; cremnophobia is a fear of precipices. There's even a word to describe the fear of peanut butter sticking to the roof of your mouth: arachibutyrophobia. And finally, you may at this point be suffering from sesquipedalophobia -- the fear of long words.

- Located in the Sierras at 8,000 feet above sea level, the town of Bodie was once the second-biggest city in California. These days, it's deserted for most of the year, but every summer more than 200,000 people travel to the upper altitudes just to see the slowly decaying town, hoping to catch a glimpse of one of the ghosts that reputedly inhabit every crumbling building that remains.

- Alcoholic beverages are pretty widespread across cultures. There's even a recipe for Eskimo wine: "Put a seagull in a bottle. Fill with water. Let it ferment in the sun."

THOUGHT FOR THE DAY

"We're in the same tent as the clowns and the freaks -- that's show business."
-- Edward R. Murrow

FISH Rebuilding Your Credit Seminar

FISH of SanCap, working with Cheryl McConahy, manager at Fifth Third Bank, is offering a complimentary workshop for those who wish to build or rebuild their credit. The workshop will be held at the FISH Walk-In Center, 2430-B Periwinkle Way on Sanibel, from 6 to 8 p.m. on Monday, January 25.

Those attending the free seminar will learn how to deal with debt-related issues and begin rebuilding or correcting their credit report. The workshop will cover the following:

- Debt collection issues
- Reducing debt
- Bankruptcy as an option
- Fair Credit Reporting Act
- How to get your free credit report
- Chapter 7 vs. Chapter 13

Bankruptcy

- Foreclosure

McConahy, who deals with credit issues every day, will be available to speak one-on-one about participant's particular credit issues.

For additional information or to RSVP, contact Christine or Jessi at the FISH Walk-In Center at 472-4775.✱

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FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Collarline is missing. 2. Button strip is missing. 3. Number is different. 4. Hat is different. 5. Collar is different. 6. Pocket is missing.



"... However, we hope to have the rest of our office sometime next week."

SCRAMBLERS

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

Dainty

GALFRIE

Polite

RUEBAN

Hearty

TOUTS

Boast

GUNMATE

TODAY'S WORD

answer on page 29B

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

SUDOKU

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

answer on page 27B

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SUPER CROSSWORD

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 ABRIMRALPHIAV
 TITLEACH LORENSNOVEL
 CAGEY ESLATOVICE
 RELREDDLLAMASTCA
 ABOUTAGUYWHOISA CYANS
 MOORINGS AEON SAYALCT
 GPA KAYAKED ILK
 ROSETTA WORM EARLOBES
 FNPRO FRAUDANDWFAVISA
 LEI EFFORT FEELS ATL
 ITSA LINDENE GFLAT
 COMP FXNFIWORKOFFICES
 PEE IDEES ORION
 ABSENTEEL CL NANETNA
 LOCATES CHARLATANSWEB
 LOOSEST UNMET CLUSIVE
 ENTENTE ROBED DESEXED

KING CROSSWORD

FALL FBI MATS
 OREO OER OGRE
 REAM CLEAROUT
 MAKEOUT PAGES
 ITS GEL
 MEANT PASSOUT
 ARK TOM PSI
 DRAGOUT MOSES
 LOX HER
 ARROZ HOLDOUT
 LEAVEOUT AURA
 SANE ILL ISNT
 ODDS LAY NESS

MAGIC MAZE

PHOBIAS : FEAR OF

SUDOKU

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

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SANIBEL BLUE FINANCIAL

Need help with paying your bills?
Getting your mail?
Organizing your pre-tax worksheets?
What about someone to organize your desk?
Call an insured and bonded professional in to help:
Debi Almeida offers personal assistance for you. (Discreet and Trustworthy)
Call her today to meet 239-839-6443.
*NS 12/18 CC 2/5

★ ★ ★ CLASSIFIEDS ★ CLASSIFIEDS ★ ★ ★

HELP WANTED

LEGAL SECRETARY

Henderson, Franklin seeks an experienced legal secretary for their Sanibel office. Experience in real estate and/or estate planning a plus. For more details go to www.henlaw.com
*NS 1/15 CC 1/22

NON-PROFIT DEVELOPMENT DIRECTOR

The Clinic for the Rehabilitation of Wildlife, Inc. (CROW) is seeking an experienced Development Director with 3 to 5 years experience in non-profit fundraising. Candidates should have a proven track record in managing memberships, grant writing, event planning, donor cultivation, direct mail, and planned giving. Working knowledge of Donor Perfect a plus.
Requirements
Bachelors degree, excellent communication skills, strong writing and presentation skills, ability to work collaboratively, comfort interacting with major donors, ability to multi-task and meet deadlines.
E-mail cover letter, resume and salary requirements to lestep@crowclinic.org or mail to Dr. Linda Estep, Executive Director, CROW, PO Box 150, Sanibel, FL 33957.
*NS 1/11 CC 1/22

VOLUNTEERS NEEDED

Volunteers needed for light general maintenance. Call (CHR) Community Housing & Resources, Inc. 472-1189.
*NS 11/1 NC TFN

VOLUNTEERS NEEDED

The Bailey-Matthews National Shell Museum needs Education and Great Hall volunteers. No experience necessary, will train. Please contact Melanie at (239) 395-2233 ext 11.
*NS 7/11 NC TFN

HELP WANTED

PART TIME CLEANING HELP NEEDED

No experience required. Variable days of the week. Hours vary between 10 a.m. to 4 p.m., \$13. - \$16. per hour. Sanibel resident preferred. Contact Darwin Ford of the West-End Paradise, Small Inn, at 239-472-9088.
*NS 1/22 CC 1/22

HAIR STYLIST BOOTH RENTAL AVAILABLE

Join our Professionals at the New McGregor Salon. Increase your income, be your own Boss. Positive, friendly, comfortable atmosphere. Close to FMB & Sanibel. Located in the busy, McGregor Pointe Shopping Center near K-mart. For Info call Anita 239-233-9882
*RS 3/13 CC TFN

JERRY'S FOODS WAITRESSES OR WAITERS

Looking for experienced Waitresses or Waiters with open availability Monday through Sunday. If interested call and ask for Kim 472-9300.
*NS 5/29 CC TFN

SCRAMBLERS

solution
1. Fragile; 2. Urbane;
3. Stout; 4. Augment
Today's Word
FURNITURE

BOATS - CANOES - KAYAKS

DOCKAGE
Hourly, Daily, Weekly and Monthly.
Captiva Island 472-5800
*RS 1/4 NC TFN

LOST AND FOUND

HELP FIND SOOKIE

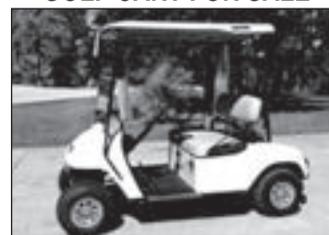


A Sanibel family is seeking help in finding their beloved cat, Sookie. The 2-year-old female black cat (with one white toe) is very friendly. She was last seen on December 29 in the Angel Drive/Dixie Beach Boulevard area. If found, please contact Holli Martin at 618-401-0674 or hollie@floridamartins.com.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

To advertise in the *Island Sun*
Call 395-1213

FOR SALE

GOLF CART FOR SALE



Street legal, "gas" powered.
\$6,500. 239-209-6500
*RS 1/22 BM TFN

Shore Fishing:



Don't Harm The Fish
by Capt. Matt Mitchell

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

- Hold the fish in the water while you unhook it if you're going to release it.
- The less you can touch a fish before release the better for the fish.
- If you want a picture with the fish, support it as you lift it out of the water - and do it quickly.
- Before releasing, revive the fish while holding it in the water; moving it slowly back and forth so water goes over its gills. The fish will let you know when it's ready to swim off.
- Florida just recently changed the regulations on fishing from shore. Florida residents as well as out of state visitors need a fishing license to fish from shore.

LIVE ON THE ISLANDS

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

The Mucky Duck on Andy Rosse Lane, Captiva features music by Gary Earle on Thursday and Friday. Gene Federico plays on Saturday. Gary Earle plays Sunday; Mark Dupuy plays on Monday; Perry English plays on Tuesday; and Gene Federico plays on Wednesday.

Sea Breeze Café at Sundial Beach Resort & Spa has live island style entertainment on Mondays and a Spanish guitarist on Wednesdays.

Traditions on the Beach at Island Inn has live entertainment Friday and Saturday with Joe McCormick on piano and Marvilla Marzan on vocals. On Sunday, Dusk Duo plays classic pop and rock plus '40s and '50s style jazz. The "Jersey Kid" Mike Arnone performs on Monday, playing everything from Billy Joel to Motown to The Rat Pack. On Tuesday, Woody Brubaker performs. Woody Brubaker and Barbara Smith play on Wednesday. On Thursday, it's Joe McCormick and Marvilla Marzan.

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

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

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

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

Top 10 Real Estate Sales

Development	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Siesta Isles	Fort Myers Beach	2009	9,662	\$4,200,000	\$4,200,000	38
Cases	Fort Myers Beach	1951	1,020	\$1,995,000	\$1,860,000	45
Joses Hideaway	Captiva	1986	2,739	\$2,200,000	\$1,800,000	0
Bellagio At The Colony	Bonita Springs	2008	4,591	\$1,749,000	\$1,725,000	0
Palmetto Point	Fort Myers	1979	4,867	\$1,595,000	\$1,365,000	299
Creekside	Bonita Springs	1998	3,518	\$1,359,000	\$1,225,000	291
Las Palmas	Bonita Springs	2004	2,909	\$1,125,000	\$1,125,000	14
Jose's Hideaway	Captiva	1981	3,000	\$1,230,000	\$1,070,000	160
Sanibel Isles	Sanibel	1974	2,629	\$740,000	\$976,500	11
Cape Coral	Cape Coral	2006	3,878	\$957,000	\$900,000	134

Courtesy of Royal Shell Real Estate

Pets Of The Week

My name is Lucy and I love people. I think I am a tiny lap dog. I want to be right next to you for extra hugs and kisses. I am fine with other dogs and cats. I love to go for walks and take afternoon naps. Unfortunately, I lost my sight, but can get around like every other dog. I am in my foster home until I find my "fur-ever" home. Please consider me for your family. If you are interested in meeting me, send an email to kennel@leegov.com. My adoption fee is \$25 for pets six years and older;

They call me Tear Drop. I'm handsome, smart, playful and loving. I'd make a great addition to your family. Please consider taking one of my friends home too so I'll have a companion. All cats are two for one. My adoption fee is \$30 (regularly \$75) during Animal Services Yappy New Year adoption promotion.

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

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

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

The adoption package is valued at \$500.*



Lucy ID# 514257



Tear Drop ID# 648672

PAWS Of Sanibel

Sonny And Cher

This is Sonny and Cher. They were captured a few months ago between the Lantana Condominium and Sunset Beach Resort. They were about 12 weeks old at that time. Their mother Lana and brother Tanner were both adopted. These two were not ready for adoption at that time and needed some socialization, which, thanks to their foster dad, Gareth, they received and passed with flying colors. They come to him to be petted, they sleep with him and they get along well with his own two cats.



Sonny and Cher

Now it's time to find them a forever home. If you can provide a home for one or, preferably, both of these kitties, contact Pam at PAWS, 472-4823.*

Causeway Kitten

Yaaaay! I've been rescued! I'm over at the vet in Fort Myers. I can't say that I'm very happy at the moment. I had to have shots and surgery, and nobody likes that. I'm recuperating and hope to be out of here in a few days. I'll be going to a foster home for a week or two until I'm back to normal, and then I get to be reunited with my mom, Noel - Island Girl. I sure hope she remembers me, I haven't seen her in over a month. I really hope it will be a happy reunion.

It would be really great for some nice family to adopt us. I will keep my toes crossed that it will happen. If you want to come meet me and my mom, call Pam at PAWS, 472-4823 and schedule an appointment.

P.S. I was so frightened when I was in the cage that I banged up my face a bit. The doc says it will heal up in no time.*



CK, Causeway Kitten

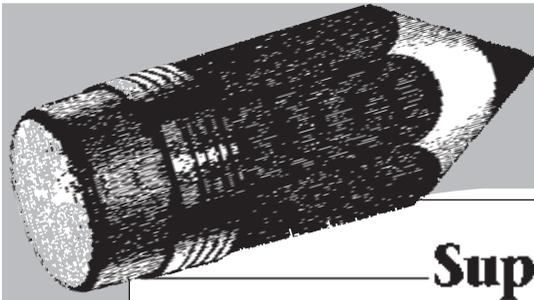
Island Sun

NEWSPAPER
Sanibel & Captiva Islands

CALLING CARD 239-395-1213

Emergency	911
Sanibel Police	472-3111
Lee County Sheriff's Office	477-1200
On Call Captiva Deputy	477-1000
Fire Department - Sanibel	472-5525
Fire Department - Captiva	472-9494
Florida Marine Patrol	332-6966
Florida Highway Patrol	278-7100
Poison Control	1-800-282-3171
Chamber of Commerce	472-1080
City of Sanibel	472-4135
Administrative Office	472-3700
Building Department	472-4555
Planning Department	472-4136
Library - Sanibel	472-2483
Library - Captiva	239-533-4890
Post Office - Sanibel	472-1573
Post Office - Sanibel (toll free)	800-275-8777
Post Office - Captiva	472-1674
Sanibel Community Association	472-2155
Center 4 Life - Senior Center	472-5743
ARTS	
Arcade Theater	332-4488
Art League Of Fort Myers	275-3970
BIG ARTS - Barrier Island Group for the Arts	395-0900
Broadway Palm Dinner Theatre	278-4422
Fort Myers Symphonic Mastersingers	288-2535
Gulf Coast Symphony	472-6197
Lee County Alliance for the Arts	939-2787
Naples Philharmonic	597-1111
The Herb Strauss Schoolhouse Theater	472-6862
Sanibel Music Festival	336-7999
Sanibel-Captiva Art League	sancapart.com
SW Florida Symphony	418-0996
CLUBS & ORGANIZATIONS	
ABWA - American Business Women's Assoc.	565-7872 or 433-7798
American Legion Post 123	472-9979
Angel Flight SE	1-877-4AN-ANGEL
Audubon Society	472-3744
CHR Community Housing & Resources	472-1189
Community Foundation of Sanibel-Captiva	274-5900
CROW - Clinic For The Rehabilitation of Wildlife	472-3644
FISH of Sanibel - Friends in Service Here	472-4775
Sanibel Island Fishing Club	472-8994
Horticultural Society of the Islands	472-6940
Horticulture and Tea Society of Sanibel and Captiva	472-8334
Kiwanis Club	677-7299
League of Women Voters	sanibelLWV@gmail.com
Lions Club, Jeff MacDonald	302-521-1158
Master Gardeners of the Islands	472-6940
MOAA - Military Officers Assoc. of America, Alex MacKenzie	395-9232
Newcomers	472-9332
Notre Dame Club of Southwest Florida	768-0417
Optimist Club	472-0836
PAWS	472-4823
Rotary Club	472-7257 or 472-0141
Sanibel Bike Club	sanibelbicycleclub.org
Sanibel Beautification Inc.	470-2866
Sanibel-Captiva Orchid Society	472-6940
Sanibel-Captiva Power Squadron	www.usps.org/localusps/sancap
Sanibel-Captiva Republican Caucus	395-1202
Sanibel-Captiva Shell Club	395-1770
Sanibel Youth Soccer	www.sanibelsoccer.org 395-2040
United Way of Lee County	433-2000
United Way 211 Helpline 24 hour	211 or 433-3900
Zonta Club	728-1971
ISLAND ATTRACTIONS	
Bailey-Matthews National Shell Museum	395-2233
JN "Ding" Darling National Wildlife Refuge	472-1100
Sanibel Historical Museum & Village	472-4648
SCCF Sanibel-Captiva Conservation Foundation	472-2329

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



BEACH CHAIR PASTIME

answers on page 27B

Super Crossword

KID-LIT QUACK

- ACROSS**
- 1 "I.Q." co star Walter
 - 8 Hearing-aiding channel
 - 13 1990s Oldsmobile model
 - 20 Most sore
 - 21 Singer Katy
 - 22 Two-time
 - 23 Start of a riddle
 - 25 Sweet Italian wine
 - 26 Swizz e
 - 27 Co- (some apartment)
 - 28 Blood classification system
 - 29 Insects in the woodwork
 - 30 Filled to the very top
 - 32 Macchio or Nerler
 - 34 "Who's in charge here?" reply
 - 35 Riddle, part 2
 - 42 Wary
 - 43 Class for U.S. migrants
 - 44 Tiny building blocks
 - 45 Sinful habit
 - 46 Family reunion
 - 47 Funnyman Foxx
 - 50 Arides animals
 - 52 — large external
 - 53 Riddle, part 3
 - 58 Greenish-blue colors
 - 60 Places to secure ships
 - 61 Countless centuries
 - 62 Be fraught with meaning
 - 64 Student transcript lg.
 - 65 Traveled via canoe
 - 68 Category
 - 69 Egypt's — Stone
 - 73 Leech, e.g.
 - 74 Off-pierced body parts
 - 79 January, to Jose
 - 80 Riddle, part 4
 - 83 Fragrant neckwear
 - 84 Earnest attempt
 - 86 Fish that wriggle
 - 87 Ocean off N.C.
 - 88 "— wrap!"
 - 90 Soprano Jerry
 - 91 Tacoma-to-Spokane dir.
 - 93 F sharp's equivalent
 - 95 End of the riddle
 - 101 — Wee Reese
 - 102 Concepts in Quebec
 - 103 The Hunter in the sky
 - 104 No-show
 - 108 "51, in old Rome
 - 109 Indian flatbread
 - 110 Large Sicilian volcano
 - 114 Pinpoints
 - 115 Middle's answer
 - 118 Least tight
 - 119 Not satisfied, as news
 - 120 Slippery
 - 121 Friendly pact
 - 122 Wearing a hoisecoat
 - 123 Spayee, say
 - DOWN**
 - 1 Greedy mollus
 - 2 Fight, in Germany
 - 3 Tongue of Bangkok
 - 4 Measure via a reagent
 - 5 Males
 - 6 Michael Row the Boat —
 - 7 Ideal place
 - 8 Rank below Sgt.
 - 9 "Me Talk Pretty One Day" author: David
 - 10 The major leagues
 - 11 "The Stupids" star Tom
 - 12 TV scientist
 - 13 High point
 - 14 Alarming magnetism
 - 15 Writer Melville
 - 16 1994 sci-fi writer's memoir
 - 17 Coup d'— (rebellion)
 - 18 Meadow rodent
 - 19 Sarla — (desert winds)
 - 24 Branch of the ml.
 - 29 They precede octas
 - 31 Globe circler
 - 33 Kuty confection
 - 35 Cardio workout system
 - 37 Ivy home
 - 38 Old screen star Larrarr
 - 39 Crucial
 - 40 — Lodge (motel)
 - 41 Minimum
 - 42 Squeeze (in)
 - 47 Charged as in battle
 - 48 Thing to hunch out of
 - 49 Evening time
 - 50 Cry before "No hands!"
 - 51 Caught between and
 - 54 One prodding
 - 55 Walk very quickly
 - 56 Exit door
 - 57 Listened to
 - 59 Comedian
 - 63 Buenos —, Argentina
 - 66 Given out as deserved
 - 67 Frankie Avalon's "Diran"
 - 69 Sainly article
 - 70 "I'm not complair ..."
 - 71 Earthquake
 - 72 Attach
 - 75 Hole-making too
 - 76 Blues street of Memphis
 - 77 "Come —?"
 - 78 Sodum
 - 81 Country singer Millsap
 - 82 — -do-we-l
 - 85 Most speedy
 - 89 Molly'
 - 91 Baby female sheep
 - 92 "Forget it!"
 - 93 Mos & —
 - 94 Diplomacy
 - 96 Pre-Easter
 - 97 Dance music genre
 - 98 Hawaiian coffee
 - 99 Speechified
 - 100 Music ending
 - 104 Everyone in Germany
 - 105 Great benefit
 - 106 Local near a loch
 - 107 Punta del Uruguay
 - 111 Candy bar from Mars
 - 112 Actress Campbe l
 - 113 Sacked out
 - 115 Mangy mutt
 - 116 British corp. designation
 - 117 They precede axis

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

King Crossword

ACROSS

- 1 React to gravity
- 5 G-man's org.
- 8 Gym-floor padding
- 12 Sandwich cookie
- 13 "— the fields we go ..."
- 14 Shrek is one
- 15 Paper quantity
- 16 Leave
- 18 Distinguish
- 20 Senate staffers
- 21 "Monty Python" starter
- 22 Solidify
- 23 Intended
- 26 Faint
- 30 Noah's boat
- 31 Actor Cruise
- 32 Omega precursor
- 33 Protract
- 36 Tablet bears
- 38 Bagel topping
- 39 Yon maiden
- 40 Rice (So.)
- 43 Endure
- 47 Omit
- 48 Emancipation
- 50 Logical
- 51 A ling
- 52 "— il Romantic?"
- 53 Probability conclusions
- 54 Deposit pus
- 55 "Untouchable" Eliot
- 9 Enthusiastic
- 10 Veritable
- 11 Collections
- 17 Tarzar's clique
- 19 Giant n
- Coopers-town
- 22 Group of whales
- 23 Crazy noodle
- 24 Blunder recipe
- 25 Alias (Abbr.)
- 26 Cauldron
- 27 Chances, for short
- 28 Work with
- 29 "— the sea son to be
- 31 jolly"
- 31 Formal wear
- 34 Boxer's gear
- 35 Seed
- 36 First name of 19-Down
- 37 Invest with authority
- 39 With ardor
- 40 Moreover
- 41 Peruse
- 42 McNally partner
- 43 Is and dance
- 44 River of England
- 45 Coffee shop array
- 46 Skin art, for short
- 48 Lubricate

DOWN

- 1 Dress-maker's dummy
- 2 Vicinity
- 3 Plumbing problem
- 4 Chinese noodle
- 5 Concentrate (on)
- 6 Suspenders alternative
- 7 Anger
- 8 Aesopian

MAGIC MAZE ● PHOBIAS: FEAR OF —

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

- Find the listed words in the diagram. They run in all directions: forward, backward, up, down and diagonally.
- Aging
 - Failure
 - Forests
 - Snakes
 - Bats
 - Fish
 - Heights
 - The dark
 - Cats
 - Flowers
 - Obesity
 - Worms
 - Dying
 - Flying
 - Sharks



3675 West Gulf Drive
Tisha Lestorti 239.233.9622
Web ID 215060584 \$3,850,000



11530 Paige Court
Stephanie Bissett 239.292.3707
Web ID 214064002 \$3,780,000



16151 Captiva Drive
Stephanie Bissett 239.292.3707
Web ID 214064054 \$9,680,000



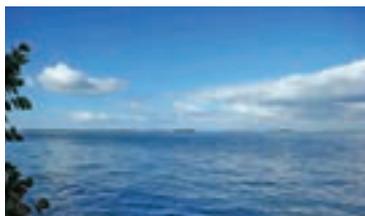
16560 Captiva Drive
Stephanie Bissett 239.292.3707
Web ID 215048030 \$7,000,000



16910 Captiva Drive
Jane Reader Weaver 239.850.9555
Web ID 214043066 \$4,295,000



2451 Blind Pass Court
Jane Reader Weaver 239.850.9555
Web ID 215068008 \$2,410,000



1226 Isabel Drive
Wil Rivait 239.464.8108
Web ID 215056828 \$1,800,000



11103 Sierra Palm Court
Russ Crutchfield 239.560.2742
Web ID 215035066 \$975,000



2440 Moore Avenue
Pat Moore 239.233.1808
Web ID 215044911 \$975,000



8904 Tropical Court
Maxwell Thompson 239.989.3855
Web ID 215058295 \$699,900



Triana #44
Pat Moore 239.233.1808
Web ID 215057928 \$650,000



Blind Pass #F106
Brooke Brownyard 239.281.4179
Web ID 215053323 \$495,000



17160 Scout Camp Road
Stephanie Bissett 239.292.3707
Web ID 215070859 \$495,000



2169 Channel Way
Pat Moore 239.233.1808
Web ID 215072157 \$309,000



Summerlin Trace #205
Brooke Brownyard 239.281.4179
Web ID 215069607 \$169,000



6129 Lake Front Drive
Ernesto Mendible 239.246.0190
Web ID 215063450 \$142,900



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