



Island Sun

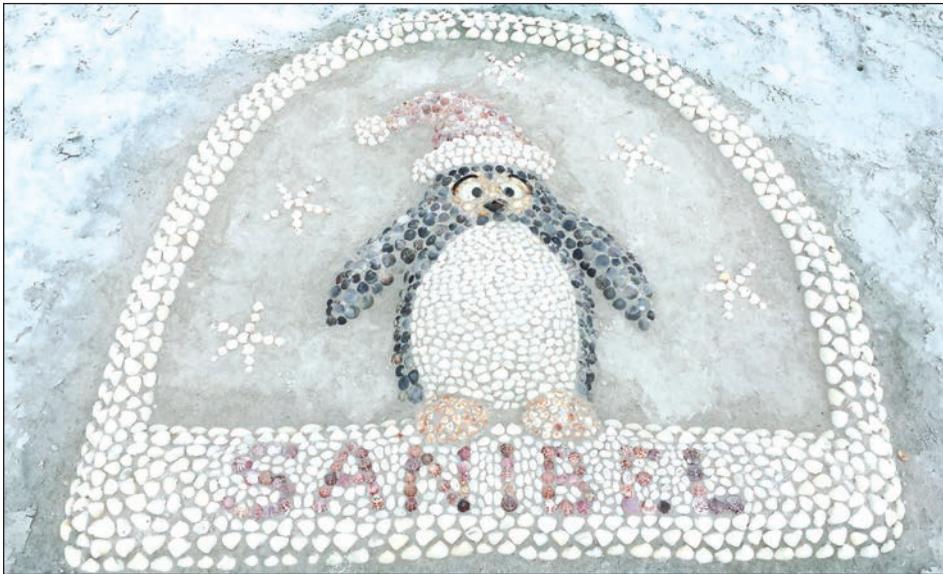
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SANIBEL & CAPTIVA ISLANDS, FLORIDA

DECEMBER 23, 2016

DECEMBER SUNRISE/SUNSET: 23 7:13 • 5:42 24 7:14 • 5:42 25 7:14 • 5:43 26 7:14 • 5:43 27 7:15 • 5:44 28 7:15 • 5:45 29 7:16 • 5:46

Christmas On The Beach



Penguin on Sanibel

photo courtesy Jackie Olsson

Jackie Olsson and Fabio Morescalchi have made a tradition of leaving their artwork in the sand on the beach between Donax and Nerita streets while vacationing on Sanibel. The couple, from Minnesota, has been visiting for a number of years. Olsson said, "My grandparents used to vacation on Sanibel and Captiva in the '70s and '80s. After hearing continued on page 7



Chip Roach, vice chair of the CFI board of directors, awards Dr. Bruce Neill, executive director of Sanibel Sea School, with a capacity building grant

photo courtesy Sanibel Sea School

Sea School Completes Strategic Planning With Foundation Support

A Capacity Grant from the Charitable Foundation of the Islands enabled Sanibel Sea School to carry out strategic planning with guidance from an experienced consultant. At the nonprofit's annual board meeting, Donna Gillroy of Gillroy continued on page 3

Sanibel-Captiva Audubon Lecture Series



Barn swallow

photos courtesy San-Cap Audubon Society

The Sanibel-Captiva Audubon Society presentations are scheduled to be held at The Community House, located at 2173 Periwinkle Way. However, Community House renovations may not be completed in time for the early part of the schedule. Therefore, if needed, the first and possibly additional programs will be held at Sanibel Community Church, located at 1740 Periwinkle Way. For final location



Juvenile snowy owl

information of the initial lectures, attendees should check the Programs section of the Sanibel-Captiva Audubon Society website – www.san-capaudubon.org – or call 395-1878.

The series consists of eight Thursday evening lectures held at 7:30 p.m., with doors opening at 6:30 p.m. Presentation topics include those of environmental and conservational concern as well as birds and birding. A \$5 donation is appreciated, with proceeds after costs being used to promote conservation on Sanibel and in Florida.

This season's presentations will include:

- January 5 – Birding Eastern Massachusetts and Beyond – For the third consecutive

continued on page 4



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Cooking With The Islands' Stars Chef Billheimer

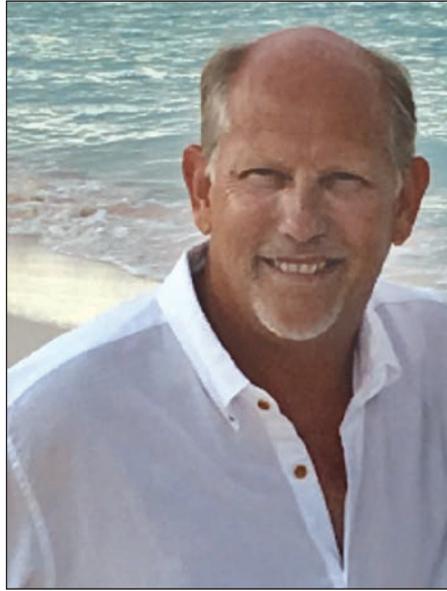
On Saturday, January 28 at 6 p.m., Chef Michael Billheimer will be cooking for philanthropy. Most people know Billheimer as the congenial owner and host of the Lighthouse Café, but few realize his Sanibel roots go way back. His great-great grandparents came to Sanibel many years ago, and although Billheimer grew up in the area, he moved around a bit to Los Angeles, San Francisco, Denver and New York before returning in 1988.

Billheimer fondly recalls the three room unairconditioned Sanibel School and getting his driver's license so he could "burn gas" driving from one end of the island to the other.

Billheimer attended college at Edison and Florida International University in Miami, earning a bachelor's degree in hotel and restaurant management. That led him to travel the country only to end up back at home eight and a half years later. He enjoys his customers and is happy his daughter and son both learned many life lessons working with him at the Lighthouse Café.

The Community House holds fond memories for Billheimer, who recalls playing Santa Claus in his fourth-grade Christmas party and hosting several Chamber of Commerce annual meetings at The Community House as well. He is cooking a yucca and gorgonzola crusted fresh fish over a big salad.

Purchase your tickets for Cooking With The Island Stars by calling 472-2155 or online at www.sanibelcommunityhouse.net. You can also vote for your favorite chef online. Admission is \$100 per ticket, or for \$200, you can be one of the lucky few who will sit up front and sample what the home chefs are cooking.*



Mike Billheimer
photo courtesy The Community House

From page 1

Sea School Strategic Planning

and Associates facilitated a three hour session to help trustees create a clear vision and an actionable plan for the next five years.

"We are so thankful to have received this support," said Mark Summit, president of the Sanibel Sea School board of trustees. "With Donna's leadership, we were able to construct a plan that is ambitious but realistic, and we now have a series of specific steps to guide us forward. This level of expertise would not have been available to us without support from the Charitable Foundation of the Islands."

The Charitable Foundation of the Islands' mission is to help people in need on Sanibel and Captiva, to promote philanthropy, and to strengthen nonprofit organizations that will build a spirit of community for generations to come. They do this through the distribution of annually raised and permanently endowed funds. The foundation's Capacity-Building Initiative aims to help nonprofits accomplish work that requires time, energy, expertise, and innovative thinking beyond everyday operations. Learn more online at www.charitablefoundationoftheislands.org.

Sanibel Sea School is a 501(c)3 nonprofit whose mission is to improve the ocean's future, one person at a time. For additional information, visit www.sanibelseaschool.org.*



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Church Offers Holiday Services

A series of Christmas season services at Sanibel Congregational United Church of Christ will offer many ways to celebrate the holidays and usher in the new year.

The Lighthouse Beach service on Christmas Eve will feature candle lighting, music and the Nativity story relayed by the church's senior pastor, the Rev. Dr. John H. Danner. Everyone will have a chance to sing carols and a soloist will perform *O Holy Night*. More than 1,000 are expected to attend.

Shuttle transportation to Lighthouse Beach will be available by trolley and van from both the church, located at 2050 Periwinkle Way (across from Periwinkle Place shopping area), and the Chamber of Commerce at 1159 Causeway Road. There are bike racks at the beach.

The offering taken during the beach service will benefit two agencies working with the needy: FISH and The Salvation Army.

Later that evening, at 9 p.m., the Christmas Eve Carols and Candlelight Service in the church sanctuary will feature special music by soprano Konstanze Neidung as well as carols by the congregation and readings of the Christmas story. There will be a 12-foot decorated Christmas tree and numerous poinsettias indoors, as well as festive lights and greenery outdoors.

On Christmas Day, the church will offer a 9 a.m. Lessons and Carols Sunday service, led by Pastor Danner, with special music by the cello-piano duo of Guy and Heather Fishman.

January 1 is Bell Sunday, a Sanibel Congregational UCC tradition. On that day, the church will offer its usual 7:45 a.m. chapel service, followed by two full services.

Donations Sought For Exhibit

As The Community House prepares for its grand re-opening, a plan is under way to exhibit local historical memorabilia in the Founders' Room's restored cabinets.

The Community House is seeking items that pertain to its history; for example, photographs, documents of importance, awards, plaques, china,

souvenirs, seashell art (particularly any award-winning vintage exhibits from the Shell Fair) and almost anything a person would deem of interest to the history of The Community House.

The exhibit cases run along the north wall in the historic North Room and can accommodate items approximately 15 inches high. Items can be donated to The Community House or be exhibited on loan.

For more information or to make a donation, contact Emilie Alfino at 472-4648 or info@sanibelmuseum.org.

Special vocal music will be provided by Henry Crater at the 9 a.m. service, and by Dot Beard and Polly Kiely at the 11 a.m. service. All who attend are invited to bring bells to ring at specified times during the service. Loaner bells will be available.

All services are open to the public. For more information, call 472-0497 or visit www.sanibelucc.org.

From page 1

Audubon Lecture

year, wildlife photographer, educator and guide Shawn Carey kicks off our lecture season by sharing sights and sounds from his best places for any birder to visit in this hotbed area for birding.

- January 12 – Getting To Know CREW – Brenda Brooks, executive director at CREW Trust, will share the history, visitor recreational and educational opportunities and the services provided by the largest intact watershed in Southwest Florida, the Corkscrew Regional Ecosystem Watershed (CREW).

- January 19 – Images To Inspire: Nesting of Peregrine Falcons and Barred Owls – San-Cap Audubon's own Bill Heyd utilizing his remarkable photographs and detailed research returns to provide us entry into the intimate nesting activities of these unique bird species.

- January 26 – Soaring Into The Future of Wildlife & Conservation Medicine – Dr. Heather Barron, hospital director at Sanibel's Clinic for the Rehabilitation of Wildlife (CROW), will present a program highlighting the importance of wild bird health and what CROW is doing locally to insure the welfare of our feathered friends.

- February 2 – Better Birding – In this lively and entertaining presentation, Don and Lillian Stokes, renowned authors and longtime Sanibel winter residents, will show you how to be a better birder by identifying birds like a pro, understanding and appreciating bird behavior, caring about the welfare of birds, and sharing in the birding community.

- February 9 – Return To Heron Time – Rejoin Rick Bunting as he again utilizes his unique perspective to expand on the family life of the great blue heron using all new photographs to reveal many interesting new activities and observations.

- February 16 – Rookery Monitoring and Protection in Estero Bay Aquatic Preserve – Stephanie Erickson, preserve manager of the Estero Bay Aquatic Preserve, provides us with a pictorial overview of Florida's first aquatic preserve with detailed emphasis on the many rookeries within the preserve.

- February 23 – Florida's Magnificent Frigatebirds: Origin & Future – Dr. Ken Meyer, founder of Avian Research and Conservation Institute (ARCI), returns to enlighten us on results to date of his GPS tracking studies of the travels and the breeding area of Florida's magnificent frigatebirds, and the management attempts being made to establish new protected breeding locations.

HISTORIC CAPTIVA

Chapel By The Sea



PHOTO BY PAUL M. FRANKLIN

OH COME, LET US ADORE HIM, CHRIST THE LORD

TRADITIONAL CHRISTMAS EVE
SATURDAY, DECEMBER 24, 2016 - MUSIC AT 6:30PM
CAROL SINGING & CANDLELIGHT SERVICE 7:00PM

CHRISTMAS DAY – FAMILY WORSHIP
SUNDAY, DECEMBER 25, 2016 – 11:00AM

NEW YEAR'S EVE COMMUNION
SATURDAY, DECEMBER 31, 2016 – 4:00PM

NEW YEAR'S DAY WORSHIP
SUNDAY, JANUARY 1, 2017 – 11AM

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SANIBEL COMMUNITY CHURCH

CANDLELIGHT CHRISTMAS EVE

Saturday Evening, December 24th

Services Of Worship

4 & 6 p.m. - Contemporary

8 p.m. - Traditional Service with Choir

All in the Sanctuary

Each service will be "family friendly" with a dramatic presentation of the gospel message by the Shepherds with their lambs. The Sanctuary will be decked out with a star-lit sky proclaiming that the Light of the World has come.

The Christmas Eve offering will go toward local neighbors in need.

CHRISTMAS MORNING

Sunday, December 25th

9 a.m. - Traditional in the Historic Chapel

11 a.m. - Contemporary in The Sanctuary

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Musician To Perform At Resort February 19

Acclaimed musician Livingston Taylor will be performing at South Seas Island Resort on Sunday, February 19 at 8 p.m. Throughout a more than 40-year career, Taylor has toured with major artists including his brother James Taylor, Linda Ronstadt, Jimmy Buffet and Jethro Tull.

On February 19, Taylor will treat guests and music-loving members of the community to songs ranging from his

top-40 hits, *I Will Be in Love with You* and *I'll Come Running*, to folk, pop, gospel and jazz. He may even surprise with a classic Gershwin or a song from the best of Broadway.

When not performing his 80-plus concerts each year, Taylor is a full-time professor at Berklee College of Music, the largest independent college of contemporary music in the world, where he has taught a stage performance course since 1989.

Tickets are \$45 per person. The concert will take place in the resort's Captiva Ballroom. Doors will open at 7 p.m. for a cash bar and light hors d'oeuvres.*

FISH Helped Me Get Whole Again

"When I first moved to Sanibel from the northeast, I had always heard about FISH in our local newspapers and believed them to be an agency helping the elderly, i.e. giving rides to doctor's appointments, providing temporary medical equipment, hot lunches, etc. Boy, was I wrong!

I learned firsthand that FISH is a helping agency for everyone who lives in our community from the elderly, to single parents, to youth... just about anyone who needs helpful resources, finding a way to improve themselves or a hand up.

I became one of the latter when I suddenly lost my job of 15 years. I had a home here on the island, a successful career, a child who would soon be graduating high school, and seemingly not much to worry about. Then, the economy changed, and I, like many, was laid off.

When I found myself at the grocery on the weekend with not enough money to even buy a jar of peanut butter, I knew I was in desperate trouble. A friend working there immediately contacted FISH. FISH helped me purchase the \$50 of groceries and arranged for me to meet with a social worker the next business day; no waiting weeks to get an appointment. It was then I learned the true life sustaining purpose of FISH.

With help from FISH, I was to negotiate a temporary reduction in rent from my landlord to keep us in our home. FISH gave me access to their complete food pantry, helped to pay

medical bills for issues my daughter was having, and assisted with utility payments to help me get back on my feet. They also assisted me with counseling, a computer, and help with job searches. They invited me to attend their enlightening seminars on stress, proper diet, personal safety and budgeting, and offered free income tax processing. Unbelievable but true, they also provided my family with holiday meals when I hadn't the funds to or desire to participate in celebratory experiences; something both me and my daughter desperately needed for so many reasons. I am humbled to say that we needed food, help, counseling and yes, even the holidays. At that time, my family needed FISH.

Now, I am on the road to self-sufficiency. My daughter, who visits often, is doing OK in college. I would not be in this place now if it wasn't for all the help, financial and otherwise that FISH provided. FISH not only gave me a hand up, they gave me a shoulder to cry on, an ear to talk to, and a kick in the pants when I needed it. They are a wonderful helping agency that assists people in a multitude of ways; they don't just help with one thing or another. And they will help until you're back on your feet and whole again. I know I wouldn't have made it without them in my life. I will never forget all the help they gave me in my very darkest times. God bless FISH and all of its wonderful volunteers!"

For additional information on FISH of SanCap and it's over 40 different programs and services, visit www.fishofsanap.org or contact their Walk-In Center, located at 2430-B Periwinkle Way on Sanibel, by calling 472-4775.*

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Presents

A HOLIDAY SEASON OF MEMORABLE SERVICES

Saturday, December 24
at 5:00 p.m.

ANNUAL LIGHTHOUSE BEACH CHRISTMAS EVE SERVICE

A free-will offering will benefit F.I.S.H. &
The Salvation Army.

Saturday, December 24
at 9:00 p.m. in our sanctuary

CHRISTMAS EVE CANDLELIGHT SERVICE

Sunday, December 25
at 9:00 a.m. in our sanctuary

LESSONS & CAROLS

with special music

The Rev. Dr. John H. Danner preaching



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Sanibel-Captiva Conservation Foundation

Tank Talks

On Tuesday, January 3 at 10 a.m., come and meet the SCCF Nature Center ambassadors. Meet Indie the indigo snake and Lucky the softshell turtle. There are also beautiful, diamond back terrapins and mangrove snakes swimming in their tanks.

Take a tour with a biologist to learn about the SCCF research and projects associated with these local critters. Cost is \$5 per adult; SCCF members and children are free.



Terrapin turtles

photos courtesy SCCF

Croc And Gator Tales

The biology of alligators and crocodiles is an ancient tale of survival. Florida's history of these reptiles and humans is closely intertwined. To learn about these fascinating creatures and what we must do to ensure our safety and their survival on the islands, attend Croc and Gator Tales on Wednesday, January 4 at 10 a.m. in the SCCF auditorium.



Please, never feed an alligator

Turtle Tracks

On Thursday, January 5 at 10 a.m., come and learn about the life cycle and habits of sea turtles that nest on island beaches and what SCCF is doing to protect them. Sea turtle nesting season is May through October. The program is free for SCCF members and children; \$5 for adults.

Call SCCF at 472-2329 for more information on these programs. Sanibel-Captiva Conservation Foundation is located at 3333 Sanibel-Captiva Road.*



Baby sea turtles hatching

WE HOPE YOU'LL JOIN US FOR

Christmas Eve

Children's Service & Pageant
at 5 o'clock

Holy Eucharist, Hymns & Carols
at 8 o'clock

Christmas Day

10:30 in the morning
A traditional service of Eucharist, hymns & carols.

St. Michael & All Angels Episcopal Church

The Rev. Dr. Ellen Sloan
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www.saintmichaels-sanibel.org

Book Sales Benefit Charities

A Christmas Mouse In A Christmas House is a Christian children's book about a peddler man and a church mouse who meet each other in an empty chapel on a cold winter's night. Together, as their friendship develops, they discover the true meaning of Christmas.

Written by Sally Hanser, the print edition of the book will be available for purchase in early 2017. Currently, it is available as an e-book on Amazon. The link is: *A Christmas Mouse In A Christmas House* – Kindle edition by Sally Hanser, Natalie Morano. Children Kindle eBooks @ Amazon.com.

The reading level is for children ages 8 to 12. However, the universal message has meaning for readers of all ages and faiths.

All proceeds from the sale of this book and e-book will be given to charity.

For more information, email MissChristmasMouse@gmail.com.

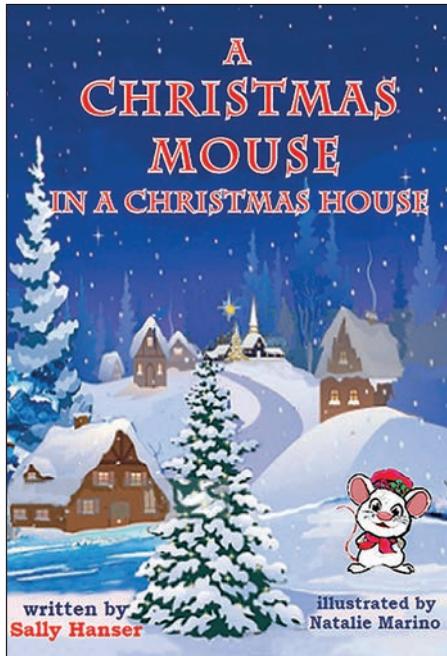


image provided

From page 1

Christmas On The Beach



Rudolph in the Sand

photo courtesy Jackie Olsson

Volunteers Needed

Have some extra time on your hands? Why not help at The Community House? The Community House is looking for committed, upbeat people to assist in the lobby in the morning. Volunteers answer questions, take reservations and do a lot more.

With the opening of the Culinary Education Center, volunteers are needed to assist in many different areas, including attending a one-hour responsible vendor training session and then serving as bartender at specific events. Other areas include: learning to use the kitchen equipment and serving as a kitchen concierge; providing assistance with kids' or adults' cooking education classes; helping with potlucks; sharing your culinary interest by teaching others; or checking people in at events.

If interested in volunteering, email info@sanibelcommunityhouse.net.

so much about the islands, we decided to visit and now love it there, too. We have been visiting Sanibel fairly regularly for quite a few years. We stay at the same place each visit and have been very fortunate to get to know some residents and other visitors who vacation at similar times. We try to make some type of sculpture on each visit."

Olsson and Morescalchi are avid fans of the Luminary festivities on the islands.

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CENTER 4 LIFE - PLAZA ENTRY (Parking Lot View)



images courtesy Sanibel CCP.org

Sanibel's Civic Core Project Educational Campaign Begins

by Jeff Lysiak

After members of the Sanibel City Council decided earlier this month that island citizens will have the opportunity to vote on whether to support a centralized civic and cultural core campus, which will appear as a public referendum on the March 7, 2017 ballot, a four-month educational campaign about the long-debated \$42 million project was launched.

When it was last discussed in great detail in March, the proposed multi-faceted facility will include a new Island Seniors (Center 4 Life) building, a BIG ARTS performance hall, theater and learning center – interconnected to the existing library, city hall and Sanibel Historical Museum & Village by meandering walkways – as well as bicycle and pedestrian paths.

The proposed campus, which would be located on a reconfigured Dunlop Road to accommodate the 25-acre site, also includes additional green space and a large community green for public gatherings.

The estimated cost to construct the proposed Civic and Cultural Core includes approximately \$21 million to build the performance hall, theater, gallery and education

center, \$8 million to build the new Center 4 Life building, pavilions and other facilities, and \$13 million for roads, parking and infrastructure.

Funding for the project has been proposed to come via grants and other funding sources (\$22 million), BIG ARTS (\$12 million) and the City of Sanibel (\$8 million), in addition to the city's contribution of 25 acres of land, along with BIG ARTS' one acre of land.

According to Ralph Clark, a Sanibel resident representing the Civic and Cultural Core Working Group, detailed information about the project is available online at www.SanibelCCP.org.

"This project, envisioned several years ago, was and will be 'by the community and for the community,' and the referendum assures that the majority community voice always is honored," said Clark. "The volunteer working group shares a high sensitivity to issues that many of you are concerned about such as traffic, environmental impact and cost. We are committed to a process and project that will work to enhance the quality of life of our citizens, and we will protect the special character of the Sanibel we all love."

Clark also explained that the working group will be launching a public information outreach. This will include "town hall" type meetings at various locations throughout the island, press releases distributed after each meeting and posted on the website along with other project-related news as it happens. Meetings with service organizations and other interested groups will also be scheduled. Check www.SanibelCCP.org periodically for more details.✪

Keep Your 2016 Hurricane Re-Entry Passes

Hurricane season ended on November 30. In the City of Sanibel's continuing efforts to reduce costs, the city is going to keep the 2016 series pass active. People who have been issued a 2016 pass should keep their pass for use in 2017.

The valid passes for the 2017 hurricane season are shown below with their brochures.

***Note the 2016 in the middle of each pass.

Important information about re-entry passes:

Purpose – The pass aids security, speeds re-entry, and provides traffic control at a time when we must keep traffic to a minimum. The pass allows persons in a vehicle to return to perform property damage assessment.

Pass Limits – To meet the purposes of security, re-entry and traffic control:

- Residential: a strict limit of two passes per address.
- Commercial: businesses will be issued only enough commercial passes to facilitate the damage assessment process, ordinarily one pass.

Pass Holders Responsibility – Due to the security aspects of the pass, all persons issued a pass are responsible to ensure their pass does not fall into the wrong or irresponsible hands.

Lost/Destroyed Passes – In the unusual event we have to evacuate, people without a pass can return with proper credentials. Access via credentialing is slower, so it's recommended every household get a pass and take care of it.

Pass Expiration – The city makes an independent decision each year whether to re-use passes or issue new ones. There will be press releases and emails when the decision is made. Keep your pass until you know it is no longer valid.

For questions about hurricane passes or preparedness, please refer to the emergency management section of the city website – www.mysanibel.com – or call the Sanibel Police Department at 472-3111.✪

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Sunday 10 a.m., Fellowship Programs,
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BAT YAM-TEMPLE OF THE ISLANDS

The Reform Congregation of Bat Yam
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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 Alan Lessack
at 579-0296.

HISTORIC CAPTIVA

CHAPEL BY THE SEA

The Rev. Dr. John N. Cedarleaf

Services every Sunday 11:00AM
November 13, 2016 thru April 30, 2017
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a.m. to 12 p.m. (November through March),
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472-8684.

SANIBEL FELLOWSHIP, sbc

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Sunday 10 a.m. at Island Cinema. Call
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SANIBEL COMMUNITY CHURCH

1740 Periwinkle Way, Sanibel, 472-2684
Dr. Daryl Donovan, Senior Pastor
Sunday Worship: 8 a.m. Traditional in
historic Chapel, 9 a.m. Contemporary and
11 a.m. Traditional in main Sanctuary,

10:15 a.m. Courtyard Fellowship, 9 and 11
a.m. Bible classes. Childcare available at
all services.

SANIBEL CONGREGATIONAL UNITED CHURCH OF CHRIST

2050 Periwinkle Way 472-0497
The Reverend Dr. John H. Danner, Sr.
Pastor. The Reverend Deborah Kunkel,
Associate Pastor. 7:45 a.m. Chapel Service
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and 11 a.m. services

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Service Monday and Tuesday 8:30 a.m.
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of each month. email ryi39@aol.com or
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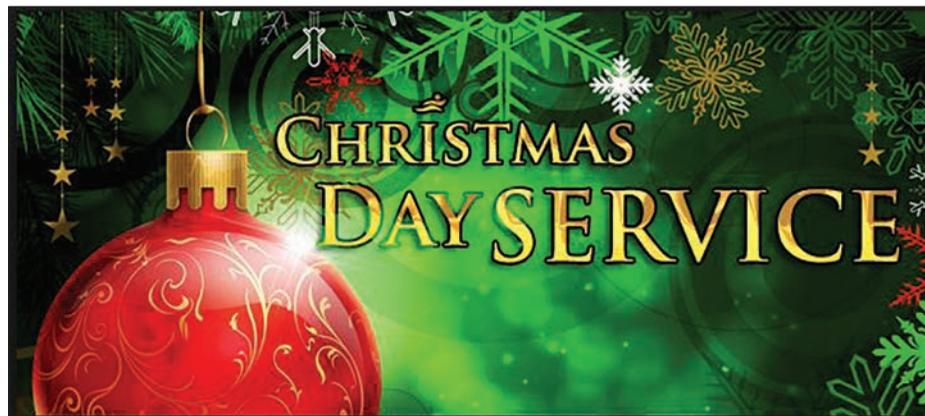
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INFORMATION



Christmas Sunday Services At Sanibel Community Church



With Christmas falling on a Sunday, Sanibel Community Church will be having two very special services of worship at 9 and 11 a.m. At 9 a.m., the service will be traditional, with full chancel choir, concluding with the Lord's Supper. The 11 a.m. service will be contemporary, including traditional carols with a contemporary sound and a special time for children. Child care for infant through pre-school will be provided at each service.

Come enjoy a delicious Christmas morning treat, along with fresh coffee or hot chocolate and juice in the courtyard at 10:15 a.m.

Sanibel Community Church is an evangelical, non-denominational congregation with the church campus located at 1740 Periwinkle Way. For more information, call 472-2684 or visit www.sanibelchurch.com.

Holiday Hours, Refuse Collection Schedule

The City of Sanibel administrative offices will be closed for the holidays on Monday, December 26 and will resume regular operating hours on Tuesday, December 27.

Refuse, recycling and vegetation waste collection by Advanced Disposal has no changes to their collection schedule for this holiday. Your refuse and vegetation waste will be collected on the regularly scheduled day. If you have any questions, call Advanced Disposal at 334-1224.

The Sanibel Recreation Center will be closed on Saturday, December 24 and will resume regular hours on Tuesday, December 27. If you have any questions, call the Rec Center at 472-0345.

The Center 4 Life/Civic Center will be closed for the holidays on Monday, December 26 and will resume regular

operating hours on Tuesday, December 27. If you have any questions, call the Center 4 Life at 472-5743.

The Sanibel Island Farmer's Market will be held on Monday, December 26 due to the holiday this week. If you have any questions, call 691-9249.

Democratic Club Meeting In January

On Saturday, January 14 at 10:30 a.m., the Democratic Women's Club of Lee County will hold its monthly membership meeting at the Quality of Life Center of Fort Myers, located at 3210 Dr. Martin Luther King, Jr. Boulevard in Fort Myers.

The main entrance and parking is on Cuba Street.

The club welcomes guest speaker FMPD Chief Derrick Diggs, a 37-year veteran with the Toledo Police Department.

Diggs retired as Toledo's police chief two years ago, and during his tenure, he reduced the crime rate in the city by 30 percent. Chief Diggs has a solid background of honors: decorated U.S. Marine, specializing in educating Marines and service members in infantry tactics, weapons, national defense and operational security; certified law enforcement officer in Ohio; field training officer in charge of new recruits; and corrections emergency response team, specializing in cell extractions, shakedowns, transportation of high risk offenders, and emergencies interrupting the corrections center.

The public is invited to attend and bring questions.

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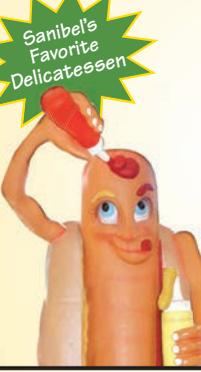


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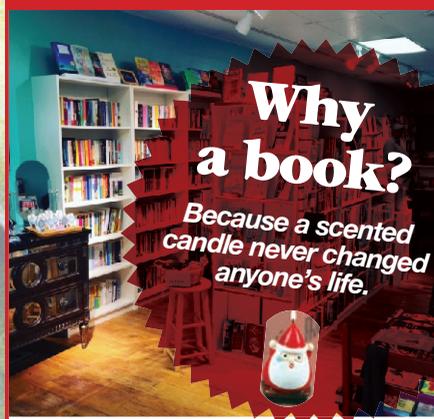
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Kids Get Creative At Ocean Art Class



Campers created their own sea shell mosaic panels during last week's Ocean Art after-school program at Sanibel Sea School photos by Jeff Lysiak by Jeff Lysiak

In keeping with the Sanibel Sea School's mission "to improve the ocean's future, one person at a time," participants enrolled in the school's Ocean Art after school program have created some magnificent pieces of artwork out of

natural and recycled materials. On December 13, eight youngsters made their own sea creature mosaics, using repurposed wood, sea shells, sea glass and other beachfront discoveries in their hand-made crafting project. "We walked to the beach, where the kids found lots of sea shells to use,"



Nevaeh Schwarz working on her sea creature mosaic



Julia Lemmon arranging shells on top of her sea horse painting

said Brooke Linn, art instructor and site manager of the Sea School's Captiva campus. "They traced images of sea creatures onto some recycled wood, painted them, and then affixed their

shells and other materials onto their mosaics." From all indications, every camper was having a fun time working on their projects.

"I'm making this to give to one of my teachers for Christmas," said Lily Lockard.

"My mom likes sea horses, so I painted a sea horse on mine," noted Olympia DeCosta. "It's her favorite marine animal... and mine, too!"

Ocean Art, open to students enrolled in first through fifth grade, takes place from 3:30 to 5:30 p.m. every Tuesday in December at Sanibel Sea School.

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Sanibel Sea School instructor Brooke Linn overseeing last week's Ocean Art class



Ocean Art campers created sea shell picture frames for gift-giving

Tuition is \$20 per class and there is a limit of 20 participants per class. Each week of the Ocean Art program, Sanibel Sea School picks up students from the Sanibel Recreation Center and The Sanibel School at 3:30 p.m.; parent pick-up is at the Sanibel Sea School at 5:30 p.m. Parents are also welcome to drop their kids off at Sanibel Sea School.

"We're going to be creating something different every week," explained Nicole Finnicum, Sanibel Sea School's director of education. "We're going to go out and let the kids find those materials themselves. We can use that as an educational opportunity to explain where those items come from and how important they are in our mission to protect our environment – the ocean, the land and the animals."

According to Finnicum, rather than having youngsters making art projects from traditional materials, they will create things out of things found in nature such as palm fronds, coconuts, shells, sea grape leaves, sticks, sand dollars and sea urchin skeletons.

During the first week of the program, participants made sea shell picture frames. Linn added that in future weeks, the children will be making sand dollar holiday ornaments, shell wind chimes and – for the older kids – dream catchers.

The sea creature mosaic class, held 12 days before Christmas, provided an excellent opportunity for the youngsters to make their own holiday gifts.

"I'm making my grandfather a sea horse mosaic," said Crystal Jones. "I think he'll really like it because I made it all by myself."

Sanibel Sea School is located at 455 Periwinkle Way. To register for the Ocean Art after school program or for additional information, call 472-8585 or email Sanibel@sanibelseaschool.org.

 An advertisement for The Cedar Chest Fine Jewelry. It features a collection of antique and Spanish treasure coins and jewelry. The items include several round coins with intricate designs, a large cross pendant, and a pair of earrings. The jewelry is displayed against a dark, textured background with a starry pattern.

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The Pennsylvania Lucine, *Lucina pensylvanica*. Shell on the right shows its delicate periostracum
photo by José H. Leal

Shell Of The Week The Pennsylvania Lucine



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

The Pennsylvania Lucine, *Lucina pensylvanica* (Linnaeus, 1758)

is relatively common on the eastern coast of Florida, but no so common along the shores of the Southwest Florida. The shell of this member of the family Lucinidae may reach two inches in length. It is circular, with marked, irregularly distributed commarginal (“concentric”) growth lines and a strong posterior groove. The color is dirt-white, sometimes with hints of light brown imparted by the delicate periostracum. Its periostracum consists

of fine extensions, each ending in a calcified (hard) “scale.” Well-preserved periostraca are, however, difficult to observe, as beach-collected valves are usually eroded. The illustration shows, on the left, two views of a worn valve found in December 2014 by Susan Hewitt on Sanibel (where the species is unusually rare). The additional illustration (on the right) of a shell from the Bahamas, collected by Colin Redfern, shows the scaly periostracum, characteristic of the species. Learn more about Sanibel and Captiva mollusks at <http://shellmuseum.org/shells/southwest-florida-shells>.

Shell Museum Events

Daily programs are included with paid admission:

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

Arts & Crafts – 1:30 to 2:30 p.m.

Please check our arrival board in the main lobby for updates to daily schedules.

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

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Short Stack Pancakes 12
Buttermilk whipped butter,
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Biscuits, Eggs and Gravy 14
Sage and Maple Sausage Gravy
Choice of Ham, Bacon or Sausage
(Poached, Scrambled, Over Easy,
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Shrimp and Grits 15
Jumbo Gulf Shrimp, Cheddar Grits,
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Corned Beef Hash & Eggs 14
Bell Peppers, Onions, English Muffin,
Roasted Potatoes (Poached, Scrambled,
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Three Egg Omelet 16
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Vegetables: Asparagus, Red Peppers,
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Cheeses: Yellow Cheddar, Gorgonzola,
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Meats / Fish: Smoked Bacon Sausage,
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Salmon 12 Jumbo Shrimp 10 (GF)

Heirloom Caprese Salad 10
Fresh Mozzarella, Arugula,
Balsamic Reduction (GF)
Watermelon Salad 9
Mixed Greens, Orange Supremes,
Goat Cheese, Shaved Red Onion,
Pear Gastrique (GF)

Seared Scallops* 14
Corn and Tomato Relish, Cucumber,
Lemon Grass-Ginger Vinaigrette (GF)

Baked Jumbo Lump Crab Cake 14
Roasted Potato, Spinach, Bacon Hash
Chive Beurre Blanc

Butternut Squash Ravioli 16
Brown Butter, Sage, Butternut Squash and
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Master Gardeners

The 87th Master Gardener Lecture Series program will be held at the Sanibel Public Library, 770 Dunlop Road, on Thursday, January 5 at 10 a.m. The guest speaker will be Rick Joyce, a nationally recognized expert on the proper pruning of landscape plants, especially trees.

A bad haircut can be salvaged and grown out, but improper pruning will affect the tree's growth and structure permanently. Joyce has been a member of the International Society of Arborists for 21 years and was past president of the Florida chapter of arborists. He is a life member of

the Florida Native Plant Society and past chapter and state president. He has owned and operated a native nursery for 25 years specializing in germination and container growing of coastal south Florida native trees palms, shrubs, vines and wildflowers for major ecological restoration and landscape projects

Joyce is president and principal of Forestry Resources Exologic Inc., Southwest Florida's most respected ecologic restoration and landscaping company specializing landscaping consulting land management and installing of native plants for many public agencies and large private companies including the restoration of 18,000 acres of the Babcock Ranch community and 74,000 acres of the Babcock Ranch Preserve.

Currently, he is directing a massive project (land cost were \$20.6 million) to protect the area around Boca Grande preserve which was formerly a commercial marina and Mercury Marine outboard test area. Nine major structures were demolished and a filter marsh was constructed. This is a huge addition to the land conservation in Charlotte County. Joyce is currently planting more than 4,000 native trees, palms, and shrubs in this area.

From 1987 to 2006, Joyce was the director of the Lee County Environmental Science Department, managing 20 biologist and landscape architects. He is essentially a member and often an officer at every local, state and national and sometimes international organizations which has to do with planning and creating

nature preserves. Joyce has completed over 20 major ecologic restorations on or near Boca Grande and adjacent coastal islands, and is currently a vegetative consultant for the Captiva Erosion Prevention District, where he rehabilitated the existing dunes and planted 320,000 native dune plants.

At the lecture, Joyce will present a concise, well illustrated program on how to train your trees and shrubs for beauty of structure and good health. Additional comments will be offered on the types and uses of wood mulch is by the company that developed Floramulch. This is the proper time to mulch your yard and beds.

The Master Gardener meeting is free and open to the public. Early arrival is suggested as seating is limited.*

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Top Ten Books On The Island

1. *Remarkable Women of Sanibel & Captiva* by Jeri Magg
 2. *The Muralist* by B A Shapiro
 3. *Simply Sanibel Poems* by Lorraine Walker Williams
 4. *Gyroscope of Guilt* by George Wilgus, III
 5. *A Land Remembered* by Patrick Smith
 6. *The Book of Joy* by the Dalai Lama and Desmond Tutu
 7. *Cuba Straits* by Randy Wayne White
 8. *Sea Life Coloring Book* by Carole Swayze
 9. *In the Company of Women* by Grace Bonney
 10. *Born To Run* by Bruce Springsteen
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Find Your Own Low Water Honeyhole



by Capt. Matt Mitchell

Near perfect weather conditions along with my favorite winter set-up of minus low incoming tide proved to be the ideal set-up for the bite to go off this week. Besides

awesome action, the variety of species was outstanding, too. Snook, redfish and mangrove snapper were the main target species, along with some hard-fighting gag grouper and jack crevalle.

During the low minus tides we experience all winter, I spend most of my time fishing this set-up right on the wall that falls into deeper channels. These drop offs can be either natural or manmade channels. The deciding factor that can make or break one of these edges is it having strong tide movement. These channels are found throughout the

sound, add in some good structure and odds are the fish will be there.

Look for these channels and cuts that run through shallow exposed grass flats, creek entrances and deep mangrove shorelines. Target these areas on either end of the low tide, either the first few hours of a low incoming tide or the last few hours of the outgoing tide. These extreme drops have been cut by the tides and are feeding stations for the fish. Working out if a channel is better during incoming or outgoing low tide only comes from trial and error.

When you find that hard edge with the right set up with wind and tide moving together that creates an underwater ambush point and brings the food right to the waiting fish action can be just "stupid good." Gamefish will stack up in these places like a drive-thru restaurant; the lower the water and the better the water movement, the more concentrated they will be. When you put in your time and work out this low tide hard edge pattern, you will be rewarded with some of the most wide open action of the year.

*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.**

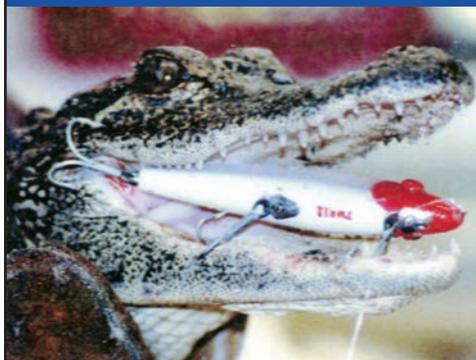


Liesa Waxman with a hard fighting jack crevalle caught this week

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Dave Doane

Plant Smart

Wild Cotton

by Gerri Reaves

Wild cotton (*Gossypium hirsutum*) is in a curious category. It is an endangered species, but the U.S. Department of Agriculture prohibits its sale in Florida because it is a vector for the boll-weevil known to devastate commercially grown cotton.

In the early 1930s, drastic measures were taken to eliminate the weevil, including attempting to eradicate wild cotton in the wild.

Since then, the USDA has implemented more focused and effective strategies for the elimination of the boll-weevil.

So, even though the plant is not for sale at nurseries, homeowners who already have healthy specimens in their yards or have volunteer seedlings – wild cotton does often self-seed – can enjoy its ornamental and wildlife-friendly attributes.

Wild cotton is the larval host plant for the gray hairstreak butterfly.

Its natural habitat is coastal hammocks, thickets, and shell mounds, where it prefers moist limestone or sandy soil and full sun to partial shade.

A medium-size semi-woody shrub with spreading branches, it grows six to 12 feet high and often as wide as it

is tall.

Bush and relatively short-lived, it has a moderate growth rate.

Also called upland cotton, it tolerates drought well, but not salt or brackish water or flooding. However, it can grow near saltwater if shielded by other vegetation.

The leaves, flowers, seeds capsules, and cotton fibers give it ornamental value.

The usually three-lobed leaves are up to six inches long.

Five-petaled showy flowers of an inch or two across might remind you of hibiscus and mahoe, and that's because they all are members of the mallow family.

The flowers bloom year 'round, changing color with age, beginning as creamy white or pale yellow with red spots at the petal bases, and then turning pink.

A triangular fruit capsule opens when mature and exposes the fluffy



Three-lobed leaves and fluffy cotton are two of endangered wild cotton's ornamental features

photos by Gerri Reaves

Native wild cotton is a relative of hibiscus



fiber in which numerous seeds are embedded. The term *hirsutum* means "hairy" and refers to the cotton fibers and the hairy stems.

The cotton attracts birds who use it for nesting material, and it remains on the plant even after the leaves fall, becoming all the more decorative.

For thousands of years, cotton has been cultivated in various parts of the world for both the fiber and the cottonseed oil. In the southern United States, of course, the plant was linked

to the institution of slavery.

Cotton has many traditional medicinal uses as well.

Sources: *Everglades Wildflowers* by Roger L. Hammer, *A Gardener's Guide to Florida's Native Plants* by Rufino Osorio, *Growing Native* by Richard W. Workman, *The Shrubs & Woody Vines of Florida* by Gil Nelson, floridata.com, fs.fed.us, and fnps.org.

Plant Smart explores the diverse flora of South Florida.*

Audubon Christmas Bird Count

On December 17, the Sanibel-Captiva Audubon Society conducted its annual Christmas Bird Count where 136 participants counted a total of 10,935 birds comprised of 99 different species. The results of the count will be reported to the National Audubon Society and will become part of the 117th Audubon Christmas Bird Count (CBC).

Audubon Christmas Bird Counts are conducted throughout much of the Western Hemisphere from mid-December through early January. The CBC is a fertile source of historical information on the status and distribution of early winter bird populations that is studied by scientists and interested individuals the world over.

San-Cap Audubon officials sincerely thank all those who took part in this year's very successful Christmas Bird Count. Many thanks also to Sanibel-Captiva Conservation Foundation and JN "Ding" Darling National Wildlife Refuge for their count contributions and continued support.*

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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. 229 to register. Hours are Monday through Friday, 10 a.m. to 4 p.m.; closed weekends. CROW is located at 3883 Sanibel-Captiva Road.

Friday, December 23, 11 a.m., adults \$7, teens \$5, 12 and under no charge – Birds of Prey, presented by CROW staff.

Raptors are birds that prey on other

animals in the wild to survive. Their specialized beaks and talons make them some of the most effective hunters. This presentation addresses the unique adaptations of the native and migratory raptors of Florida.

Friday, December 23, 2 to 3:30 p.m., \$20 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff.

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 following the tour with an animal ambassador

Monday, December 26 – Closed in observance of Christmas.

Tuesday, December 27, 11 a.m., adults \$7, teens \$5, 12 and under no charge – Wild About Rehabilitation, presented by CROW staff.

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

Wednesday, December 28, 11 a.m., adults \$7, teens \$5, 12 and under no charge – Wildlife Rescue 101.

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

Thursday, December 29, 11 a.m., adults \$7, teens \$5, 12 and under no charge – Patient Profiles: Gopher Tortoises, presented by a CROW volunteer.

The life of a gopher tortoise revolves around its burrow. These tortoises are found digging from

southern Georgia to southeast Florida. Because of its contributions to the ecosystem, it is classified as a "keystone species." CROW's presenter explains why they are admitted and how the medical staff treats this species.

One of CROW's animal ambassadors will be present.

Friday, December 30, 11 a.m., adults \$7, teens \$5, 12 and under no charge – Why Animals Come to CROW.

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.*

American Legion Post 123

On Sunday, December 25, American Legion Post 123 will be serving a Christmas ham dinner from 1 to 8 p.m.

On Sunday, January 1, Post 123 will host their annual pig roast to benefit Operation Open Arms. On Tuesday, January 3, the Ladies Auxiliary meeting will be held starting at 6 p.m.

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

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

For more information, call 472-9979.*

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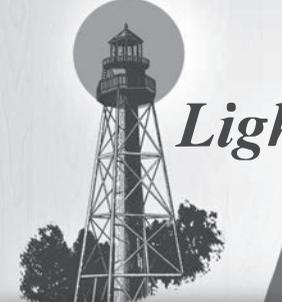












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CROW Case Of The Week:

Northern Gannet

by Bob Petcher



The northern gannet (*Morus bassanus*) is truly a seabird as it spends most of its life at sea. Its feathers are waterproof, which allows it to spend long periods of time on the water.

Flocks of northern gannets have been known to engage in picturesque plunges for fish. Imagine hundreds of these birds diving into the ocean from heights of up to 130 feet. Their highly developed lungs are said to reduce the effects of hitting water at high speeds and to aid in protecting the body from such stress. The respiratory organs are actually air sacs along the side of the lower body as well as between the sternum and the pectoral muscles and between the ribs and chest wall. These sacs are connected to the lungs and are filled with air when the bird breathes in. The air can be expelled by muscle contractions.

The northern gannet is the largest member of the gannet family where adults average 32 to 43 inches in length, 4.9 to 7.9 pounds in weight and 65 to 71 inches in wingspan. In fact, it is one of the largest seabirds of the North Atlantic.

This seabird is mainly white but sports black wing tips. It has a long-pointed bill, tail and wings. The color of the species' head, cheeks and neck depends on the season and the individual. During breeding, the head and neck are a shade of yellow in some individual birds.

At CROW, the northern gannet is considered a rare patient – only four have been treated this year. Sadly, none of the patients survived their injuries.

An adult northern gannet arrived at the clinic on December 14 after it was found on West Gulf Drive, unable to stand. Its foot and tail feathers were reportedly damaged.

CROW officials say it is unknown how the bird may have received the injury. At 4.6 pounds, the gannet was said to have arrived thin, most likely related to the inability to search for food due to the injury.

CROW medical staff gave the bird a physical exam. X-rays showed damage to the right pelvic limb (RPL) metatarsus with possible cartilage exposure and unknown trauma to the dorsal knuckle of left pelvic limb (LPL) knuckle. The gannet continued to receive medication and bandage changes.

Last Friday, the bird was reportedly looking better. Medical officials placed a compression pad around its wound and a foot cushion on the bottom of its foot to help stabilization when standing.

According to CROW veterinary intern Dr. Spencer Kehoe, soft tissue swelling occurred at the RPL because of the injury and the bird's inability to stand correctly. A boot was placed on the foot to help it



The northern gannet with a sustained foot injury passed away on Saturday

photo by Kenny Howell

maintain balance and take pressure off when standing.

The northern gannet's chance of a successful recovery hinged on how well its foot healed and full functionality once healed.

"Since it just arrived, it may be a week or two until we can see how well it is reacting to the medication and daily therapy that includes warm compressions and rotating the foot to keep the joints loose," Dr. Kehoe said last Friday. "The foot will also be soaked using hot sterile saline-soaked gauze."

Unfortunately, the gannet was found dead on Saturday morning. A high level of stress contributed to the death.

According to CROW veterinary intern Dr. Krystal Woo, gannets do not typically do well when they are being treated because of their elevated stress level. The possible long length of the foot injury also may have factored in its dying.

CROW officials stated there are no plans for a necropsy at this point.

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

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Cruise To Tarpon Lodge, Calusa Indian Mounds



One of the historic fishhouses of Pine Island Sound photo courtesy Captiva Cruises

Captiva Cruises' newest expedition in its Discover Southwest Florida History tours will focus on the fishing cultures of Pine Island Sound: A Thousand Years of Fishing, encompassing fascinating characters and traditions. This cruise, departing at 10 a.m. on Tuesday December 27 from McCarthy's Marina on Captiva, will travel to Pineland on Pine Island. Along the way, guests will get an up close look at historic fish houses of Pine Island Sound and discuss the area's diverse fishing cultures from the indigenous Calusa, to Spanish Cuban Ranchos, to the Punta Gorda Fish Company and to the spectacular tarpon and sport fishing of today. Passengers will be greeted at The Tarpon Lodge, where they will then be oriented to this spectacular location, the family-run business and its storied tradition of fishing within Pine Island Sound and Charlotte Harbor.

Passengers then will relax while enjoying "old Florida" charm of the 1926 Tarpon Lodge, where lunch will be savored with waterfront views of Pine Island Sound and mangrove islands. After lunch, guests will walk across the street to The Randell Research Center (RRC). The RRC, a program of the Florida Museum of Natural History, aims to establish and maintain – at the internationally significant Pineland archeological and historical site – a permanent facility dedicated to learning and teaching the archeology, history and ecology of Southwest Florida. An RRC educator will guide guests on The Calusa Heritage Trail to one of the pre-Columbian shell mounds of the ancient Calusa while elaborating on this unique fishing culture. This cruise is an excellent opportunity for families and neighbors to get together and learn about the natural and cultural history of Southwest Florida, observe fish and other marine life during the cruise's trawling net experience and enjoy a day out on the water. This Captiva Cruise excursion will return at approximately 3 p.m.

Captiva Cruises also offers cruises to Cabbage Key, Useppa Island, Boca Grande, Beach & Shelling excursions to Cayo Costa State Park, Sailing Adventures, Sunset Cruises, and Dolphin Watch & Wildlife Adventures with the Sanibel-Captiva Conservation Foundation.

For more information, call 472-5300.✪

Refuge Unveils Film Series Lineup

The 5th annual "Ding" Darling Wednesday Film Series kicks off its bi-weekly showings this winter with a schedule of eight films that explore natural facets from ocean noise pollution and climate change to the Federal Duck Stamp program and sea turtles.

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

Below is the season's scheduled films. All begin at 1 p.m. For full descriptions, visit dingdarlingsociety.org/articles/lecture-and-film-series.

- January 4 – *Mullet: A Tale of Two Fish*
- January 18 – *The Million Dollar Duck*
- February 1 – *Racing Extinction*
- February 15 – *Before the Flood*
- March 1 – *Sonic Sea*
- March 15 – *Why Just One?*
- March 29 – *Seed: The Untold Story*
- April 12 – *The Future of Energy*.✪

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Sanibel Scouts December Report



From left, Executive Chef Joe Albertelli, Boy Scout Kenny Kouril, Executive Sous Chef Derek Bryner, Cub Scout Kyler Kouril and Boy Scout Committee Chair Kim Kouril

photos courtesy Kim Kouril

submitted by Kim Kouril

The month of December has been a busy one for our Sanibel Scouts. Cub Scout Pack 1740 would like to thank Jim Sprankle for spending time with the Bear Den as they worked on their whittling chip. Sprankle's expertise as a master woodcarver and his wonderful stories about playing for the Brooklyn Dodgers and presenting former president George Bush with his carving of the American Bald Eagle enthralled both the boys and parents. Thank you, Feather Jim!

Boy Scout Troop 1740 spent a Tuesday afternoon at The Sanctuary Golf Club with Executive Chef Joe Albertelli and Executive Sous Chef Derek Bryner working on the cooking merit badge. The scouts learned about various cooking techniques and proper food preparation and storage. Thank you Chef Joe and Chef Derek!

Exciting future events planned for the Sanibel Scouts include camping in Punta Gorda at BSA Camp Miles this coming January and an overnight trip to Kennedy Space Center in April, where the boys will spend the night camping under the space shuttle Atlantis.

For more information about Sanibel Scouts, contact Cub Scout Pack 1740 Committee Chair Kara Stone at 223-4625 or Boy Scout Troop Committee Chair Kim Kouril at 233-4180.*



Back row, from left, Jim Sprankle, Kessler Colson; front row, Tyler Evers, Drew Barron, Griffin Colson and Ven Sampas

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Gallery Donates Proceeds To SCCF

by Jeff Lysiak

Following a successful exhibition showing last month, Maureen Watson, owner of Watson MacRae Gallery, made a donation to support the ongoing efforts of the Sanibel-Captiva Conservation Foundation (SCCF).

"I decided that this year, I wanted to make a contribution to some of the local organizations in this community," said Watson, whose gallery relocated to a new space within The Village Shops in mid-October. "So when we started planning the Oh Florida! exhibit, I thought who better to support than SCCF, whose mission is to keep things natural and special here."

The Watson MacRae Gallery's ninth season opening exhibit, Oh Florida!, showcased new artwork from seven artists – including Darby Bannard, Greg Biolchini, Owen Gray, Linda Hunsacker, Tamara Staples, Sia Thorne and Lauren Venditto – with subject matter inspired by the natural beauty of the Sunshine State.

Between opening night and November 18, the gallery donated 10 percent of art sales to SCCF. In addition, Susie Holly of MacIntosh Books & Paper donated a portion of proceeds from the sale of the book, *Oh Florida! How America's Weirdest State Influences The Rest Of The Country*, to the foundation.

Hollis Jeffcoat, a fifth generation

Floridian and one of the mainstay artists at the gallery, also created an Oh Florida! T-shirt sold at the gallery, with proceeds going to SCCF as well.

According to Watson, the art sale proceeds during the fundraising period – \$1,500 – far exceeded her expectations.

"We had a very good week at the gallery," she explained. "Some of my regular customers purchased artwork, and we also had a lot of new people who were visiting the islands stop in that week."

On December 16, Watson, Holly and Jeffcoat were on hand to make the donations to SCCF Executive Director Erick Lindblad.

"This is really nice... we are so appreciative of this donation," said Lindblad. "Things like this help spread the word about the good work we're doing."

Approximately 100 of Jeffcoat's Oh Florida! T-shirts were created for the exhibit; a few shirts remain for sale at the gallery.

Watson also noted that during the month of February, the gallery will host an exhibit, *Aviary: An Installation*, with a portion of art sale proceeds being donated to the Sanibel-Captiva Audubon Society.

The self-dubbed "Sanctuary of Art in The Village Shops," Watson MacRae Gallery is located at 2340 Periwinkle Way in Suite G-1. It is open Monday through Friday from 10:30 a.m. to 5 p.m. For more information, call 472-3386 or email maureen@watsonmacraegallery.com.*



From left, Susie Holly of MacIntosh Books & Paper, SCCF Executive Director Erick Lindblad, gallery owner Maureen Watson, artist Hollis Jeffcoat and her dog, Gracie

photo by Jeff Lysiak

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Bob Brust photos courtesy CIHS Mary Jane Vinson

Historical Society Names New Board Members

The Captiva Island Historical Society (CIHS) recently welcomed two new board members to its existing nine members. Bob Brust and Mary Jane Vinson join chairman Jim Pigott along with Kristie Anders, Molly Barbee, Mike Boris, Robin Cook, Molly Downing, Dave Jensen, Tom Libonate and Cindy Sargent.

Brust and his wife, Judith, are Captiva residents. Bob had a very extensive and successful career as a senior financial executive with General Electric and other Fortune 500 product and service companies.

Vinson and her husband, Bob, have been dedicated "Captivans" for more than 25 years. She has been involved in the community as a docent at the Bailey Matthews National Shell Museum. She is also a proud parent and grandparent, and has creative inclinations, as she is active with the Crafty Ladies.

Both Brust and Vinson bring experience and new perspective to CIHS and its commitment to the preservation and interpretation of the history of Captiva.*

Broadway Benefit Show



Elissa Karasin-Samet and Susan Scott photo courtesy BIG ARTS

On Saturday, February 11, BIG ARTS will host Neil Berg's 100 Years of Broadway, the country's number-one touring Broadway concert at a benefit gala. Hosted by Elissa Karasin-Samet and Susan Scott, a cast of Broadway headliners will transport you back to the Broadway shows you've known and loved. Arrive before 7:30 p.m. for a Champagne toast and stay for post-concert fine wines, desserts and dancing.

Make an early commitment at \$250 or \$500. As an early contributor, you will receive priority seating at the performance, special acknowledgement during the event, and an invitation to a private cocktail party honoring supporters at the Blue Coyote on March 1.

Seating is limited. RSVP by February 1.

To RSVP, preview the event, purchase tickets or for general inquiries, visit www.BIGARTS.org or call the box office at 395-0900.*



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2477 Periwinkle Way, 472-1516

BEACH PIEZ

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

2441 Periwinkle Way, 472-3224

CIP'S PLACE

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

2055 Periwinkle Way, 472-0223

DOC FORD'S RUM BAR & GRILLE

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

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

DUNES GOLF & TENNIS CLUB

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

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

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

949 Sand Castle Road, 472-3355



Linda Kuntzman and Adam Bright of Summerlin Jake's Seafood and Steaks

photo by Bob Petcher

GRAMMA DOT'S

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

634 North Yachtsman Drive, 472-8138

GREEN FLASH

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

15183 Captiva Drive, 472-3337

IL CIELO

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

1244 Periwinkle Way, 472-5555

ISLAND COW

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

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

2163 Periwinkle Way, 472-0606

JACARANDA

The Jac, as it is known to regulars, has been serving excellent seafood for three decades and offers the best of two worlds: dining room seating or dinner under the stars in the screened garden patio. The patio lounge is home to some of the best nightlife on the islands, seven nights a week. Bands include Renata, Wildfire, and Cruzan Vibes' reggae on the weekends. The patio lounge menu includes a selection of "happy apps" starting at \$5.95 and half price drinks during happy hour from 5 to 7 p.m. Dinner reservations are suggested.

1223 Periwinkle Way, 472-1771

JERRY'S RESTAURANT AND DELI

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

1700 Periwinkle Way, 472-9300

JOEY'S CUSTARD

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

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

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

LAZY FLAMINGO

The Lazy Flamingo is a famed island hang-out with two Sanibel locations. "If our seafood were any fresher, we would be serving it under water!" is the Flamingo's motto. And that includes, shrimp, grouper, oysters, conch fritters and chowder as well as chicken. The Flamingo Bread and the caesar salad are signature items. Pull up a stool to the rustic bar or take a high or low table. The interior feels like the inside of an old pirate ship with its portholes and hewn wood surfaces. The atmosphere is definitely casual and beer is available by the bottle, on draft or by the pitcher.

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

MATZALUNA ITALIAN KITCHEN

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

1200 Periwinkle Way, 472-1998

MUCKY DUCK

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

11546 Andy Rosse Lane, 472-3434

OVER EASY CAFÉ

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

630 Tarpon Bay Road, 472-2625

PECKING ORDER

The Pecking Order features tender, juicy, fried chicken and all the fixins. The chicken is marinated and seasoned, and the high-pressure deep-frying system produces a crispy coating that seals in the juices without allowing the fat to penetrate. Homemade sides include slow-cooked collard greens, sweet and spicy baked beans, cheesy shell mac, rice and beans, cole slaw, mashed red potatoes and gravy, Harlem special, cheesy grits and veggie chili. Try the Black Betty, a warm, dark chocolate torte filled with liquid dark chocolate, sprinkled with sea salt flakes and confectioners' sugar. Contractor Breakfast served Monday through Friday 8 to 11 a.m. Take out, delivery and outdoor dining available.

2496 Palm Ridge Road, 472-2534

ROSIE'S CAFÉ & GRILL

Rosie's repertoire includes crab cakes, grouper and shrimp entrees and steaks with all the trimmings, Southwestern dishes such as burritos and fajitas, soup and sandwich combos and salads. Among the most popular items is Rosie's Famous Cheese Steak made from shaved rib eye, grilled mushrooms, onions and green peppers, Ultimate Cuban and Classic Reuben, home-made muffins and cinnamon rolls and Key lime pie, root beer floats and banana splits. A

children's menu is also available. Carry out, indoor or outdoor seating. Check out our all new menu items for breakfast, served from 8 to 11 a.m. Monday through Saturday and 8 a.m. to 2 p.m. Sunday. Happy hour is from 3 to 6 p.m. seven days a week with two-for-one draft beer and wine. The ice cream bar has 20-plus flavors of locally made Royal Scoop Ice Cream.

2330 Palm Ridge Road, 579-0807

SANIBEL BEAN

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

2240 Periwinkle Way, 395-1919

SANIBEL DELI & COFFEE FACTORY

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

2330 Palm Ridge Road, 472-2555

SANIBEL GRILL

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

703 Tarpon Bay Road, 472-3128

SANIBEL SPROUT

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

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

SUMMERLIN JAKE'S

Summerlin Jake's Seafood and Steaks, a sunset dining water view restaurant in Fort Myers, located near the Sanibel Bridge, offers new American cuisine prepared in the old Florida tradition. Paying tribute to the rich history of Punta Rassa, where Jake Summerlin owned a wharf that he used to ship his cattle to Cuba and the local waters that are famous for being the home to big game fishing, Summerlin Jake's offers freshly caught local seafood, tender, juicy prime steaks, smoked ribs, brisket & chicken and heart-healthy, vegan choices that are locally sourced, hand-selected and artfully prepared. Summerlin Jake's is open Monday through Friday 11 a.m. to 10 p.m. and Saturday and Sunday 8 a.m. to 10 p.m. (Breakfast served 8 to 11:30 a.m.). Happy Hour is 3 to 6 p.m. daily. Live music on Friday and Saturday 5:30 to 10 p.m.

17501 Harbour Pointe Drive, 466-5377

TOTALLY BAKED ON SANIBEL

Totally Baked On Sanibel is the island's #1 source for fresh baked breads, specialty pastries, donuts, cakes, pies, candies and other confections. The unique eatery within Islander Center also offers coffees and breakfast sandwiches. For lunch, daily offerings include off-the-bone, hand-carved meats as well as soups, salads and other specialty items. Wedding cakes are made to order. Open seven days a week 6 a.m. to 5 p.m. Outdoor seating along the bike path.

2407 Periwinkle Way Suite 1, 312-4503.

SUNDIAL BEACH RESORT & SPA

Voted Best Waterfront Dining in Southwest Florida. Awarded Best New Restaurant 2016, discover an authentic experience at Shima Japanese Steakhouse & Sushi Bar as your meal is artfully prepared right before your eyes. Panoramic Gulf views await you at Sea Breeze Café where the menu celebrates fresh local produce and seafood. Enjoy breakfast, lunch or dinner on the terrace or dining room, or expertly rolled sushi at the bar. Sanibel's favorite tiki bar, Turtle's Pool & Beach Bar, serves up island favorites at the bar or family-friendly patio. Choose from frosty drinks, signature sandwiches and classic favorites. Visit sundialresort.com/eat for menus, hours and reservations.

1451 Middle Gulf Drive, 472-4151.

TIMBERS RESTAURANT & FISH MARKET

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

703 Tarpon Bay Road, 472-3128

TRADERS GULF COAST GRILL & GIFTS

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

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

1551 Periwinkle Way, 472-7242

TRADITIONS ON THE BEACH

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

3111 West Gulf Drive, 472-4559

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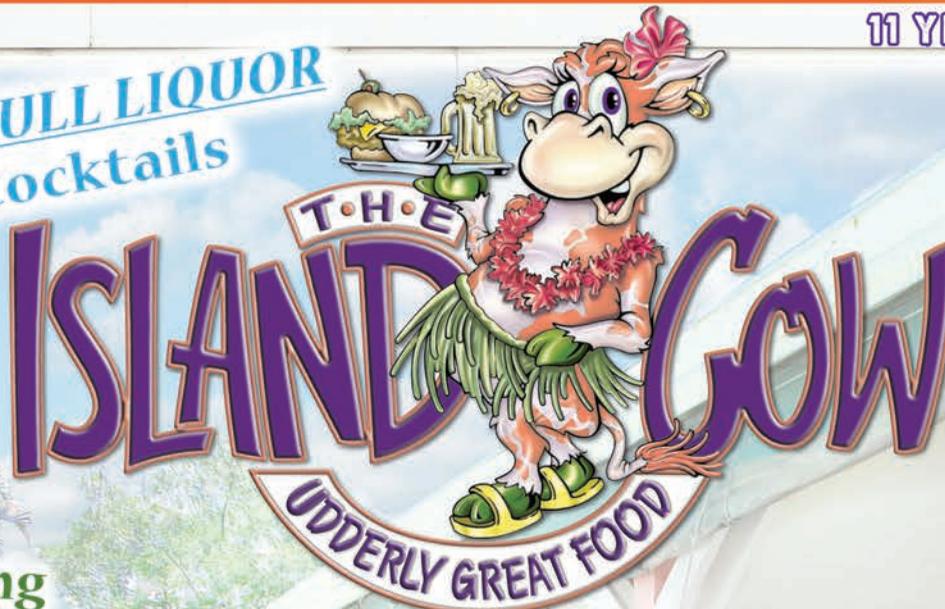
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Patinkin Celebration Of Life Planned



June and Hal Patinkin with a picture given to them by Current Events admirers
photo courtesy Malcolm Martini

by Di Saggau

Be sure to mark your calendar for Tuesday, December 27 at 7 p.m. in Schein Hall. The BIG ARTS Film Society and Current Events are sponsoring a special evening to pay tribute to our friend Hal Patinkin, who died in June. Hal loved old Hollywood movies, so in his honor we are showing a film he would love to see again, *Destry Rides Again*, starring James Stewart and Marlene Dietrich. It's a western adventure comedy for all ages, so feel free to bring the kids.

Admission at the door will be \$1, the same price it would have been in 1939. We'll also have popcorn and candy. After the movie, everyone is invited to join the celebration of Hal's life in Phillips Gallery. Hope to see you there.*



Area native and brand creator Michael Reed with American Barrels Bourbon
photo by Lightsnow Photography

Mardi Gras Lounge Sponsor

While Bourbon Street is the heart and soul of New Orleans, bourbon is the heart and soul of any Mardi Gras event. Luckily for Community Housing and Resources, local American Barrels Bourbon has joined the party as the exclusive Bourbon Lounge sponsor of CHR's 5th Annual Mardi Gras, set for February 11 at The Dunes Golf & Tennis Club.

American Barrels Bourbon was the brainchild of Fort Myers native Michael Reed, a pre-law student and starting hockey goalie at Florida Gulf Coast University. What Reed hopes is the next iconic liquor brand can now be found in several hundred locations throughout the U.S. as well as festivals and events all over the southeast. And CHR is thrilled to bring the brand to Sanibel.

In the American Barrels Bourbon Lounge at the Mardi Gras event, event guests will have the opportunity to cash in their "bourbon bucks" for tastes of this delicious liquid gold, while simultaneously providing an additional donation to CHR's mission. "I think it's a great thing that CHR is doing," says American Barrels creator Michael Reed. "And a lot of it goes towards the great people in the service industry - and those people are my people. Plus what better way to show support and appreciation in a fun and meaningful way." In addition to generously donating their product, representatives from American Barrels will be at the event manning the speakeasy to make drinks, provide tips on the best ways to enjoy bourbon and join in the Mardi Gras fun.

Other Bourbon Street attractions at CHR's Mardi Gras event will include a tarot card reader, live marching band performance, great raffle prizes and the island celebrity swim relay. Tickets are available at www.sanibelchr.org/mardigras.

For more information on Community Housing and Resources, visit SanibelCHR.org, or call 472-1189. *



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Upcoming Programs At Library



Nancy DeBenedictis, Judy Harding and Grace Mannix of Shell Islands Garden Club
photos courtesy Sanibel Public Library

This month the Sanibel Public Library is exhibiting artwork by Carol Good, Ann Kittel and Kathy Taylor, members of the San-Cap Art League. Shell Islands Garden Club donates their time and talent to add beauty to the library. In addition to their weekly floral display at the Circulation Desk, club members decorated a birdhouse-themed Christmas tree. Club members Nancy DeBenedictis, Judy Harding and Grace Mannix incorporated the avian theme with gold, red and white birds on the tree. The library is also displaying antique toys and Matryoshka nesting dolls on loan from staff. If you have a collection you'd like to share, please contact the library.



Russian Matryoshka nesting dolls are on display this month at the library

The Sanibel Public Library will be closed on Christmas Eve, December 24 and closed Monday, December 26. For New Year's Eve – Saturday, December 31 – the library will be open from 9 a.m. to 1 p.m. On Monday, January 2, the library will be closed for the New Year's holiday.

Read your own work or read from your favorite poet's work at the library on December 29 at 7 p.m. Open Mic night is for anyone who wants to share poetry in a public venue. It's a great way to meet other writers and find out about the local writing community.

Weekly youth programs run through January 19. Sanibel Public Library cards are available to all residents of Sanibel and Lee County at no charge. Visitor library cards are available for a \$10 annual fee. For more information, call 472-2483 or visit www.sanlib.org.

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Small Great Things

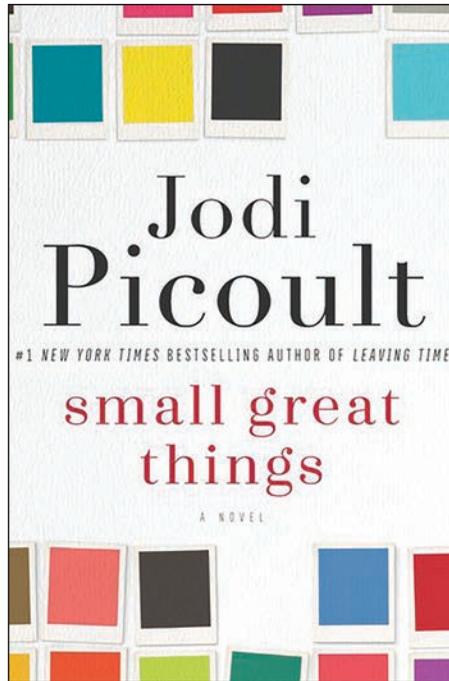


by Di Saggau

For more than 20 years, Jodi Picoult has wanted to write a book about racism in the United States. She accomplishes that in her new book, *Small Great Things*, and she

is savvy enough to make her position as “white and class-privileged” known from the start. Her research was vigorous, talking to women of color and skinheads. She says the women gave her a gift, they shared their experiences of what it really feels like to be black.

Her book explores the intersection of racial bias, medicine and the law. African-American Ruth Jefferson has been a labor and delivery nurse for more than 20 years. She genuinely cares for her patients seeking ways to help them. Ruth is completely thrown when a newborn baby’s parents, both hate supremacists, demand that she be removed from their care team because they don’t want a black person touching their child. While Ruth is the sole nurse on the child’s floor, the baby goes into cardiac arrest and dies. Ruth is charged with murder, her license is suspended, and her fate lies in the hands of a public



defender, Kennedy McQuarrie, a white woman.

Picoult’s writing especially shines when describing Turk Bauer’s point of view, the skinhead father of the baby. She makes him loathsome with ideologies, flawed but human. He may be a white supremacist, but he is also a husband and father. We see how he learned to hate, how he fell in love with his wife, and how avenging his son becomes his singular motivation. Ruth sees him as a power line that snapped during a storm, and lies across the road

just waiting for something to brush against it so it can shoot sparks.

Ruth’s public defender, Kennedy, is married to a surgeon who seems to be the perfect man. She has a daughter who is adorable. Kennedy is harried, but a loving and well-loved wife and mother. By the novel’s end, she becomes a proxy for well-meaning white folk who don’t realize the extent of their racism until they are forced to confront it.

During Ruth’s trial, it’s clear that the courtroom is where Picoult feels most comfortable. We are treated to pages of legal discovery and testimony, and they are interesting. Ruth’s teenage son, an honor student, is sorely affected by what transpires. This is an interesting story by a writer who understands her characters. Picoult tackles race, privilege, prejudice, justice and compassion, and doesn’t offer easy answers.*

School Smart



by Shelley M. Greggs, NCSP

Dear Shelley, Some of the best gifts you can give your children this holiday season are gifts from the heart. During this busy time of

year think about giving your children some extra support by choosing highly expressive words that convey a strong belief in your child. Kids quickly forget their new toys but they will not forget your words of love, encouragement and praise.

Sometimes though, parents find it difficult to express their thoughts and support for their children. Here is a list of highly expressive and meaningful phrases that child psychologist Yekaterina Kes has put together to use with your child. All of them will help your child to understand the depth of your love and affection for them. What could be a better present to them than that?

- Expressing belief in your child
 - I trust you
 - I believe in you
 - I respect your decision
 - It won’t be easy, but I’m certain you’ll do it
 - You’re doing everything right
 - You understand this perfectly
 - How did you manage to do this so well?
 - Teach me how you do it, so I can succeed like you
 - You can do it better than I can
 - You’re better at this than me
- Crediting their hard work
 - I can see how much work you put into this
 - I can see how hard you tried
 - You worked so hard on this, and you achieved it perfectly
 - You’re making fantastic progress
 - I can see you spent a lot of time on this
 - I can imagine how much effort you had to put in to achieve this
 - You must have worked so hard to get this result
 - All that hard work paid off
- Being thankful for the time you spend together
 - I really appreciate you spending time with me

- I can’t wait to play with you tomorrow
 - It’s so interesting to do this with you
 - I really enjoyed playing with you
 - I’m so glad you’re at home with me
 - I’m having so much fun being with you
 - Helping them evaluate their own performance
 - What do you think about this?
 - You must be so proud
 - What’s the thing your most proud of?
 - What’s your opinion on this?
 - How would you evaluate your own work?
 - And what do you think of the result?
 - How do you wish it had gone?
 - Being thankful for their help
 - Thank you so much for doing this
 - I’m so grateful that you helped me with this
 - You really helped me out
 - Thanks for understanding
 - I don’t know what I would have done without you
 - Without your help I wouldn’t have succeeded
 - You helped me to get through this quicker
 - The house is so tidy thanks to you
 - Describing what you see
 - Your bedroom is so clean
 - Wow, you’ve made your bed.
 - Fantastic
 - There are so many beautiful colors in this picture
 - I can see that you really tried hard
 - I noticed that you cleared the table yourself. Well done
 - Describing how you feel
 - I just love spending time with you so much
 - I’m so happy when you’re at home
 - I love being part of your team
 - I love hearing your opinion
 - I’m so incredibly grateful that I have you
 - It makes me so happy when you’re around to help me
- 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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Ray Galligan, Sid Picker, Jean and Dick Hoffman photo provided

Film Society Movie Mavens

by Di Saggau

The BIG ARTS Film Society Annual Celebration gave those in attendance an opportunity to mingle with members of the film committee and learn more about all the movie offerings they bring about.

Chairperson Visnja Gembicki introduced JR Pascall, who founded the Monday Night Movie Series 20 years ago. He said that over the years, films from more than 50 different countries have been shown. A 20th anniversary celebration is scheduled for January 23 in Phillips Gallery, which will include wines from more than 15 countries.

Gembicki also talked about her life long passion for movies, and how she and her husband attend the Telluride Festival every year. She also has a committee that helps select the films.

Hyde Tucker talked about his edgy Not-For-Monday Night series, which ended on December 14. Stan Gembicki talked about his Oscar Contender Series at the Island Cinema, which begins on January 4 and runs each Wednesday through February 22. Films will include *La La Land*, *Manchester By The Sea*, *Moonlight* and others.

I spoke about my Acclaimed Documentary Series, which will be the first four Wednesday's in March and includes the films *The Wolfpack*, *Peggy Guggenheim: Art Addict*, *Janis: Little Girl Blue* and *The Jewish Cardinal*.

Sid Picker told us about his William Wyler Director Series, starting on March 29 and running for four Wednesdays at the Island Cinema. Films include *The Little Foxes*, *How to Steal A Million*, *Mrs. Miniver* and *The Best Years of Our Lives*. All Wednesday films are shown at 12:30 p.m. at the Island Cinema and a discussion follows.

Stefi and Don Irwin, who schedule some 30 moderators for the Monday

Night Film Series, presented Movie Maven T-shirts to Ray Galligan, Sid Picker, and Jean and Dick Hoffman. The shirts are also on sale at the BIG ARTS gift shop. Some of the movie buffs shared what they like most about the discussion that follows the Monday night movies.

"The wine, cheese and learning discussions after the movie truly enhance my understanding and appreciation of the film," said Maddy Mayor.

Sid Picker said, "I always itch to talk about the movie I've just seen while it's fresh in my head, and the discussions allow us to do that."

Sally Lund said, "I love discussing a foreign film from an area of the world few people travel to and to observe the story of their personal lives."

"The discussions can be the highlight of the evening," JR Pascall added. "When I reflect upon a complex film, it can be a bit like trying to fit the pieces off a jigsaw puzzle together. The discussions can greatly increase one's appreciation, understanding and enjoyment of the film."

The Monday Night Movies run through April 24. There is no movie on December 26. Movies begin at 7 p.m. in Schein Hall at BIG ARTS. Admission is \$10 and tickets are available at the box office.*

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With a pink sky behind him
Eyes looking north
Moving silently
Through a flock of sea birds
Gathered for a breakfast discussion
And I wondered what he was
thinking about

And then
I saw the paddle.

*John Cedarleaf is the pastor at
Chapel By The Sea on Captiva.**

selected by Tanya Hochschild

Morning Vision

by John Cedarleaf

Standing on the beach with my
morning coffee

I thought I saw Jesus walking on the
water

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New Wolanin Song Features Strong Message

by Jeff Lysiak

In the 11 years since the release of her first full-length album, Sanibel resident Whitney Wolanin has come a long way as a singer, songwriter and multi-dimensional musician.

In the past, Wolanin made her mark in the music industry with a diverse mix of original pop tunes – including *Honesty* (2012), *Wrong Guy* (2013) and *Forever* (2014) – and *Billboard* charting holiday hits like *Frosty The Snowman*, *Silver Bells* and *Run, Run Rudolph*. However, her latest single – *Never Said No* – showcases Wolanin’s progressing maturity as a recording artist.

“As a songwriter, I think I’ve definitely evolved quite a lot... I’ve become an adult,” said the 26-year-old Wolanin. “I want to make music that sounds more like the popular songs that you hear on the radio or see in videos, but at the same time still be myself.”

Interestingly, *Never Said No* was born out of an actual event that the singer experienced while walking through London several years ago.

According to Wolanin, she had been strolling through a park in the middle of the day when she found herself surrounded by a group of strange men. “They were saying the most disgusting things to me,” she recalled. “I was all by myself, and there were other



A resident of Sanibel, singer/songwriter Whitney Wolanin recently released her latest single, *Never Said No*

people around who just ignored what they were seeing, so I had to run away. I never thought that it could happen in a ‘safe’ city like London... or to me.”

In support of the single, which will be released to radio stations on January 10, Wolanin filmed a music video for *Never Said No*, which follows a provocative storyline.

“I wrote the treatment for the video right after I finished the song, and I wanted to show an uncomfortable scene... sort of my personal revenge fantasy,” said Wolanin of the video created to evoke an empowering message for women. “I’m not condoling violence at all, but people have to know that cat-calling isn’t innocent... it’s a threat and it’s not OK.”

To watch the music video for *Never Said No*, visit <https://youtu.be/DKQqrtd1XU>.

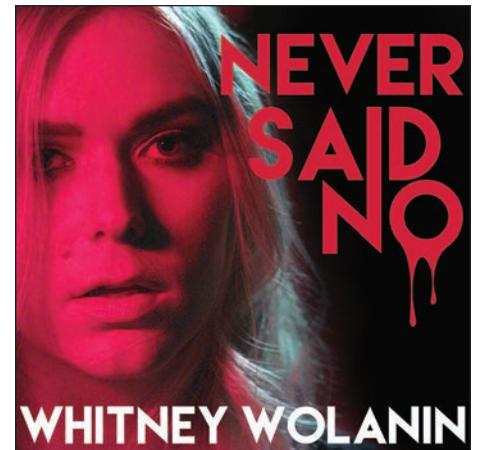
After the holidays, Wolanin will continue doing promotional appearances for the single, which will include media interviews and concert appearances in a number of radio markets across the country.

“We’re waiting to see what trajectory the radio promotion takes the song. It’s hard to tell, because sometimes it’ll take up to a year for a single to make an impact,” she said. “I’m looking forward to playing some live music, because performing in front of a crowd and connecting one-on-one with people is my favorite.”

Wolanin is also hoping to release her next album, which she has been working on for more than two years, in the latter part of 2017.

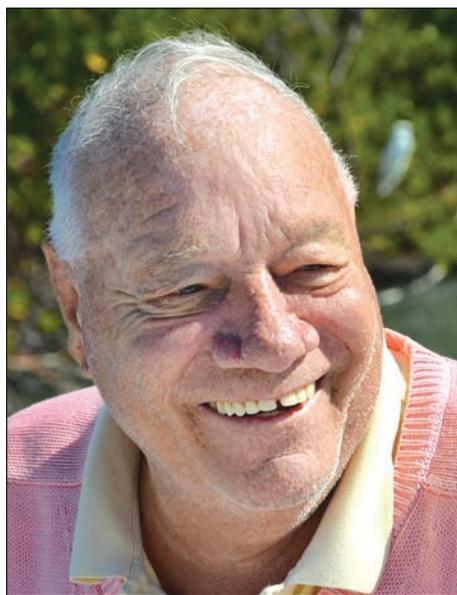
“Some of the songs are about love, and some are sad... but they sound very fun,” she added with a laugh. “It’s got a real contemporary vibe, a Top 40 sound.”

Never Said No is available now on iTunes, Apple Music, Spotify and other digital music sources.✧



Cover of Whitney Wolanin’s new single, *Never Said No*

photos courtesy Top Notch Entertainment



Richard C. “Dick” Kennedy
photos courtesy Sanibel Sea School



From left, Dr. Bruce Neill, Blair Kennedy, Henry Kennedy, Nancy Kennedy, Sam Kennedy, BJ Kennedy and Evelyn Neill



Guests listen as Rev. Dr. Ellen Sloan shares fond memories of Dick Kennedy

his many contributions to the island community.

Kennedy, a winter resident of Sanibel whose family founded the Kieve-Wavus Camp and Leadership School in Maine, had a passion for helping children develop the confidence necessary to succeed.

“Dick came to us soon after Sanibel Sea School was founded and offered to help,” said Dr. Bruce Neill, executive director and co-founder of the organization. “He offered support and advice, and adamantly insisted that we succeed. We would not be where we are today if he had not shared his wisdom and experience with us.”

Kennedy and his wife, Nancy, also lovingly provided housing, home-cooked meals, and emotional support to many young Sanibel Sea School staff members as they experienced living and working on their own for the first time.

Shortly before his death in June 2016, the trustees of Sanibel Sea School voted unanimously to honor him with the naming of the nonprofit’s original building, where

Sanibel Sea School Dedicates Building

Sanibel Sea School marked the dedication of its original Flagship Campus building in memory of Richard C. “Dick” Kennedy with a celebration of his life on December 10. Friends and family gathered around the building, located at 414 Lagoon Drive on Sanibel, to share memories of Kennedy and pay tribute to him for

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Unique Homes Sought For Fundraiser



Old Yeller, a remodeled beach cottage on Captiva, was featured on the 2003 tour
photos courtesy Zonta Club of Sanibel-Captiva

submitted by Dalia Jakubauskas

There have been 60 so far, distinctive Sanibel and Captiva locations where the homes' owners have graciously consented to open them to guests of A Peek at the Unique, the signature fundraiser by Zonta of Sanibel-Captiva, bringing in over \$100,000 annually to support causes that empower women.

The 15th annual Peek, held on March 12, 2016 sold out in just a few days and raised more money than ever before. Now, planning is in full swing for the 2017 event, set for Saturday, March 11, and Zonta is raising the bar.

"Our goal is to exceed last year's total," said 2017 Peek co-chair Barbara Beran, who is also club president. "Our grants committee is right now facing the challenge of \$145,800 in local grant requests with a total of \$88,500 available for distribution." While this amount is the highest ever, she added, it still falls far short of the need.

First, though, comes the selection of the four homes to be featured. The search
continued on page 6B

Sanibel Sea School, Canterbury School Announce Partnership

The Sanibel Sea School and Canterbury School are teaming up to provide exciting new ocean learning experiences for children in the summer of 2017. Through this partnership, participants will be able to utilize the excellent resources of both organizations.

Opportunities include Island Skills at Canterbury, an ocean-themed, field-based summer program for children in rising grades Pre-K through eighth. From snorkeling through the seagrass to hands-on experiences with marine creatures in Canterbury's marine lab, this program will be an incredible adventure for any ocean-loving child.

For children who love to fish, Canterbury is teaming up with Sanibel Sea School's marine science educators to provide a week-long program where children will learn to fish four different ways. Fishing will be available to children in rising grades five through nine.

Children can also explore marine habitats while learning the basics of paddleboarding with our Stand-up Paddleboarding program for rising grades seven through 12. Students interested in marine biology can take advantage of our two-week summer session of Independent Science Research, which will allow students in rising grades six through 12 to get a head start on their science fair projects before the school year. Finally, the Counselor-In-Training (CIT) program is designed to teach children 13 and older the skills of leadership for their future success.

Canterbury School, located at 8141 College Parkway in Fort Myers, will be the home base for these new programs. Transportation will be provided by Canterbury to the various locations each day. All summer programs provided through this partnership and by each organization individually are open to the public.

Registration for these programs will open on Saturday, February 4 through Canterbury School's website at www.canterburyfortmyers.org/summerprograms. More information about other summer programs available from Sanibel Sea School can be found online at www.sanibelseaschool.org. Canterbury School will also be hosting a Summer Programs Open House on Wednesday, January 25 from 3 to 6:30 p.m. in Hanno Dining Hall.

For additional information, contact Katie Tanner at ktanner@canterburyfortmyers.org or Leah Biery at leah@sanibelseaschool.org.✱

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Zonta Says No To Violence Against Women



Members of The Zonta Club of Sanibel/Captiva took a stand in the sand on December 7 to make a statement. The event was part of Zonta International's annual event, Zonta Says NO to Violence Against Women, which aims to raise awareness of and increase actions to end violence against women and girls around the world.

photo courtesy Zonta of Sanibel-Captiva



The largest Sanibel home ever shown was featured in 2005

From page 3B

Unique Homes

is painstaking and has been under way for several months. The search team takes into account several important elements, first looking for homeowners with the vision and generosity of spirit to open their residences to more than 600 "peekers." The peekers, or tour guests, are transported on air-conditioned buses with their personal guide, so the chosen homes must be accessible by bus, not an easy feat on some of the islands' twisty, hidden roads. And most of all, each home's unique characteristics must provide a balance with the other selections – one might be spacious and elegant; another notable for historic reasons; or cute and funky; another may have a connection with a renowned architect or artist.

With several homes on the short list for this year's tour – and already a few in line for 2018 – the search team is still eager to see more. Anyone who knows of a distinctive and unusual island home that might be a candidate for the 2017 Peek should email info@zontasancap.com.

Team member Joanne Marriott, a long-time Zontian, knows the process from a special vantage point: her own historic cottage, which she shares with her husband Buzz Murphy, was featured on the 10th Peek tour in 2011. "It was such an honor to be able to share our home in this way," she said, "and the experience gave me a front-row seat into the pleasure our guests receive from their 'peek' into homes that we consider unique, and that most people will never see." Additional team members are Janine Boardman and Marianne Ravenna, aided by Wendy West, Virginia Jones and Orlene Shimberg.

Tour tickets will go on sale in early January. For more information, visit www.zontasancap.com.



Peek 2017 co-chairs Barbara Beran, right, and Susan Tucker

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Chuck Bonser photos courtesy BIG ARTS Dick Pyle

Dr. Larry Davidson

Dr. David Audretsch

Trade And Outlook For U.S. Economy

On Wednesday, January 11 at BIG ARTS Schein Hall, the Current Events group will be sponsoring a discussion on one the most important issues facing American Policy makers – trade. The program will run from 10 a.m. to 12 p.m. Exports represent 13 percent of the U.S. gross domestic product and the current administration is considering strong measures to reduce the trade deficit, which in 2015, was close to \$745 billion. Among current proposals are the renegotiation and perhaps elimination of the NAFTA (the North American Free Trade Agreement) and the cancelling of the Trans Pacific Partnership.

In a panel moderated by Chuck Bonser, three panelists will provide a background for a review of this issue and present their views on possible policy directions. Dick Pyle, the president of Sanibel Captiva Trust Company will give his outlook for the economy. Pyle has prepared long-term forecasts annually for many years.

The second panelist will be Dr. Larry Davidson, professor emeritus of business economics and public policy at Indiana University, who is well known locally, having led courses in economics at BIG ARTS Winter Academy. Davidson's current

research interest focus is on the measurement and impacts of globalization. He will outline the role of trade on various parts of the economy.

The third panel member will be Dr. David Audretsch, distinguished professor and Ameritech chair of economic development at Indiana University, and an honorary professor of industrial economics and entrepreneurship at the Belsheim School of Management in Germany, as well as a research professor at the London Centre for Economic Policy in London. Dr. Audretsch is co-author of the 2016 book, *The Seven Secrets of Germany: Economic Resilience in an Era of Global Turbulence*. Dr. Audretsch will talk about the problems free trade presents to the economy and how impacts might be mitigated. He will also interpret and explain the impact of Britain's separation from the European Union ("Brexit") as well as needed steps to enhance the global prospects for economic growth and prosperity following the recent U.S. elections.

There is a \$10 charge which will be collected at the door. Tickets are not available at BIG ARTS. Doors will open at 9:30 a.m. and guests are encouraged to arrive early to make payment and to ensure good seats. Last year's session was nearly sold out.*

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Mandy and Steve Greenstein of Sanibel Captiva Trust Company welcome the cruise passengers aboard photos courtesy CIHS

Historical Society Thank You Cruise

The Sanibel Captiva Trust Company recently sponsored the Captiva Island Historical Society (CIHS) thank you cruise in appreciation of those who supported the CIHS non-profit organization in 2016. Mel Meo was the featured presenter with Tales of a Fishwife.

Meo is currently a chef and artist with her atelier in downtown Pine Island. She spoke of her early years as the daughter of a Bokeelia restaurant owner and her mother as the first woman ever “allowed” into commercial fishing on Pine Island. Meo went on to discuss her years as the wife of a mullet fisherman and raising her own children on “mullet money.”

Additionally, she provided history of mullet fishing in the area, from the Calusa Indians to current times. Meo even shared her later role as an activist during those controversial net ban days in Florida during the mid-1990s.

Her smoked mullet spread, mullet fritters and home-made Key lime pies are famous in their own right on Pine Island. Guests enjoyed the spread during the evening, which included dinner on Cabbage Key and a special sighting of the Dooley men – three generations of mullet fishermen – casting nets from their mullet boat.

“All of us at the trust company are proud to honor the remarkable people who shaped Captiva’s past and to support the generous people of today who are working to preserve its history,” said trust company executive vice president Steve Greenstein, who greeted guests as they boarded the cruise.✱

Meet Family Chef Sharon Schuyler



Sharon Schuyler photo courtesy The Community House

One of the community members who is raising money for the 2nd annual Cooking with the Islands’ Stars, set for Saturday, January 28 at 6 p.m., is Sharon Schuyler.

Schuyler and her husband Dan, of Lily & Co., are both supporters of many nonprofits on the island and are pleased to be giving back to The Community House because it is “a special place beloved by all.”

Sharon grew up in Maryland, but spent

summers in North Carolina visiting her grandmother who taught her to bake when she was 10 years old. Sharon gave baked goodies to her three brothers who were always willing to be tasters. She will honor her grandmother by baking a Jewish apple cake for Cooking with the Islands’ Stars.

Sharon and Dan left cold Maryland for Southwest Florida about 20 years ago after visiting the island for Sharon’s 40th birthday. They returned to visit every year for five years. Their one jaunt off-island resulted in them buying a home in Fort Myers in the midst of tropical storm Gabrielle.

Sharon was a medical administrator for over 35 years and Dan a jeweler, and they intended to keep working in Maryland and just vacation here. One day, Sharon encountered a physician on Lighthouse Beach who convinced her to apply for a job in the area and move here full time... the rest is history.

Sharon loves to cook, and baking is one of her great joys, so she is happy to share a special recipe for this event.

Proceeds from Cooking with the Islands’ Stars go toward The Community House’s Culinary Education Center, which will offer basic to gourmet cooking classes, geared for all ages, led by some of the area’s most celebrated chefs.

To support Sharon or the other family chef contestants, fill out a ballot by visiting sanibelcommunityhouse.net/CWTIS. Tickets are \$100 for assigned seating and \$200 for priority seating, which includes tasting the family chefs’ recipes during the show.

Call 472-2155 for more information or go online to purchase tickets.✱

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Mary Lou Bailey 472-5187 x 246

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Ted Benjamin 472-5187 x 247

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Rose Dakos 472-5187 x 233

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- Great lagoon and wildlife views from the back
- Great sunset views from the front
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Linda Gornick 472-5187 x 261

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- 2 bedroom 2 bath updated unit
- Weekly rentals allowed
- Beautiful Gulf and lagoon views
- Pool, tennis, 600' beach front
- \$849,000 (2160850)

David Schuldenfrei 472-5187 x 227

COMPASS POINT



- 2BR/2BA with cabana, partial gulf views
- Weekly rentals, nicely furnished, shutters
- Elevator, grills, pool, tennis, shuffleboard
- Great location. Don't miss this one!
- \$689,000 (2160595)

Judy Reddington 472-5187 x 331

2BR CONDO ON CANAL



- Top floor with view of canal
- Dock space, tennis, pool, kayak
- storage, onsite laundry, covered parking
- Easy on/off island, Turn-key!
- \$329,500 (2160880)

James & Penny Hetmanek 472-51587 x219/202

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- 3BR/2.5BA, pool, new roof in 2014
- Deeded 40' boat dock with electricity & water
- Elevator, 2 fireplaces, 2 laundry rooms
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Judie Anderson 472-5187 x 265

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- Corner location, extra windows
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Glenn Carretta 472-5187 x 221

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Will Power

Year-End Gifting



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

Can you believe that 2016 is almost over? Relieved? Scared about what 2017 is going to bring? Me too!

But with the New Year inevitably come questions about gifting and taxes. Most gifts to our loved ones are gift tax free, but you should know some basics before gifting anything of value to your children, grandchildren and other loved ones.

The most that you can give tax free to any one person is \$14,000 in any calendar year. This counts whether you give cash, a valuable painting, a car or any combination of items. A husband and wife together can therefore give \$28,000 worth of assets to

any one person during a calendar year and count them as tax free. If the assets aren't gifted from a joint account, you can still treat the gift as coming from both the husband and the wife so long as a Gift Tax Return Form 709 is timely filed, and the spouse elects to "split the gift" by checking a box on the return and signing it.

Gift-splitting is more common in second marriage situations. An example might help assist in understanding this technique. Suppose that Robert is married to Doris, and that this is a second marriage. Robert has two sons from a prior marriage, Herb and Scott. Doris has two children from her prior marriage, Sophia and Rachel. Robert wishes to give each of his sons, Herb and Scott, \$28,000. Assume further that Robert and Doris maintain separate bank accounts.

So Robert transfers \$28,000 each to Herb and to Scott. This would be a taxable gift exceeding the \$14,000 per beneficiary rule unless Doris agrees to "split the gift" by signing a Gift Tax Return Form 709. Doris is not affected by splitting the gift, nor are her children affected. In this example, Robert is gifting money from Robert's separate bank account. Doris may therefore still give \$14,000 each to her children and grandchildren. In fact, Doris can ask Robert to split the gifts to her children, Sophia and Rachel, to give them \$28,000 each as well so Doris can write those checks directly from her account.

In addition to gifts of money, many of my clients tell me that they intend to give other items, such as valuable paintings or jewelry. In order for a gift to be considered "tax free" and to remove it from the estate for federal estate tax purposes, the donor must actually transfer custody of the asset to the donee. Let's illustrate this by another example.

Suppose that Doris intends to give a valuable Monet painting to her daughter Sophia. Doris tells Sophia that the painting is hers, but that Doris intends to keep the painting in Doris' living room until she dies. "After I die I want you to take the painting off the wall

and put it in your home," Doris instructs Sophia.

Doris has not made a tax-free gift to Sophia. In fact, Doris has not made a gift at all. If Doris dies with the Monet still hung on her wall, then under the tax law the painting is included in Doris' estate for federal estate tax purposes. Clients often ask me how would the IRS know whether the painting was still hanging in Doris' home at the time of her death?

The answer lies in a number of places. The most likely clue of ownership might be uncovered when the IRS requests a copy of Doris' homeowner's insurance. The IRS would look to see whether at the time of Doris' death there was a rider on the homeowner's policy covering the Monet. If Doris truly transferred the Monet to her daughter Sophia, then there would be no reason for Doris to continue to insure it.

Some folks think that they are clever by "selling" something of value as opposed to gifting it. Suppose Fred "sold" a piece of property to his daughter Melanie for \$10,000 when in fact the fair market value of the property at the time of the transfer was \$110,000. Here, despite the fact that Fred "sold" it, the IRS would consider the transaction to be a \$100,000 gift (calculated as a transfer of \$110,000 of property for \$10,000).

If you have any particular questions about gifting that may be affected by the tax laws, discuss them with your estate planning attorney prior to making the transfer.

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Registration Open For Water Resources Conference

The Southwest Florida Water Resources Conference will be held at Florida Gulf Coast University (FGCU) Cohen Center Ballroom on January 13.

This year's theme, Cooperative Solutions: Working Together to Address Water Challenges, recognizes the region's need for all elements of society to cooperate in the pursuit of actions that will improve water systems and environment. The conference will showcase how agencies, engineering firms, and non-profit organizations have worked together and can continue to join forces on specific projects and larger initiatives. There will be special presentations from leading experts in water resources, which will include some of the top decision-makers responsible for water resource planning and management in Southwest Florida, the state and the nation. Registration will open at 8 a.m. Sessions will conclude around 4:30 p.m. and will be followed by a networking social.

The conference brings together researchers, managers, agency staff, consultants and other interested parties to discuss ongoing technical and social research and innovative projects, to share ideas, and to increase awareness of the issues of water supply, water use efficiency, waterbody protection, watershed health, and environmental sustainability facing Florida.

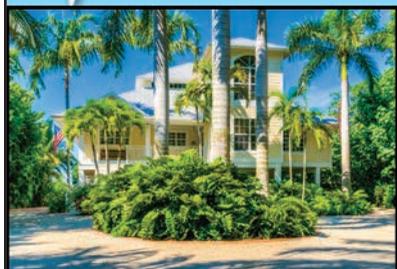
As has become its tradition, the conference is Florida's premier student poster contest for water resources students statewide. Cash prizes are offered for the best research posters, with first, second, and third-place awards in two divisions, graduate students and undergraduate/high school students.

Topic sessions include:

- Successful Cooperative Projects/Realities of Cooperative Projects
- Regional Cooperative Approach to Water Management Projects – Carol Collier, Drexel University; Chesapeake Bay Cooperative Programs for Water Management Improvement, Keynote Speaker
- Blueprints for Cooperative Projects

Advance registration is recommended. The full technical program and other details are available at www.SWFWRC.org.

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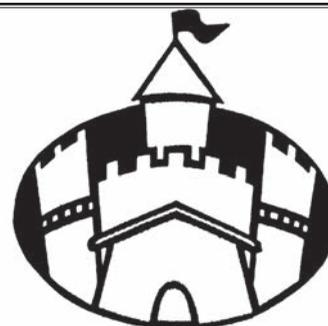
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Superior Interiors

Practicing Your Scales



by Barb Cacchione

Good design doesn't just happen, except in nature. When we walk into a room and it just "feels right" or doesn't, it is usually either because the elements and

principles of design were used properly, or were totally ignored. Of the five principles of design, possibly the two most important are scale and balance. Unfortunately, they are the two that are so frequently overlooked.

Scale is the relationship of sizes of objects in a room to each other (not to be confused with proportion, which is the relationship of objects to the size of the room itself). Examples might be a too small piece of art on a large wall or hanging above an oversized sofa. Or a massive king-sized headboard with tiny night tables and lamps.

Balance is a sense of visual equilibrium insured by close attention to the visual "weight" of the elements in a room. Visual weight is derived by the use of color, texture and patterns distributed around a room in a balanced manner. When the right scale is planned for a room, the

balance easily follows.

So, how do we create a pleasing balance through the use of visual weight? A sofa with a red chenille fabric will have much more weight than a smooth cotton fabric in a neutral color. A black stained armoire will have more visual weight than the same armoire would if stained in a very light color. The black armoire will need a piece of furniture, a window treatment or art of similar weight on the opposite side of the room.

Balance in a room may be symmetrical (formal) or asymmetrical (informal) or radial. Formal symmetry is created with mirror images on either side of an imaginary line that goes through the middle of a space. For example, a sofa with a pair of matching pictures above, matching lamp tables and lamps and a pair of throw pillows. Asymmetry (informal) evenly distributes visual weight without using mirror images. For example, several small objects grouped on one side of a buffet balanced by one larger item on the other side. Radial balance is often used to soften an area that seems too boxy. For example, a square dining room with a round table and two floor screens in the corners to soften the angles.

The most important tools we have to work with are our eyes. Learn to recognize things in your home that please you, or don't, and analyze what changes need to be made. When done right, good design is as functional and comfortable as it is beautiful.

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



THE ISLAND WATER ASSOCIATION, INC

It is election time at IWA again, and next year three seats on our Board of Directors will be up for election. The seats are currently held by Paul E. Garvey, Jim Griffith and Lewis Garrett Dutton Jr. Mr. Garvey is running for his 3rd term, and Mr. Griffith and Mr. Dutton are completing their 3rd and final terms.

IWA is governed by a five member Board of Directors who serve without pay. Directors must be residents of Sanibel or Captiva, so that they can attend all Board meetings, and must be IWA Members or an official representative of a condominium or other IWA Corporate Member. Directors must have no conflict of interest, including but not limited to, active involvement in an enterprise which could potentially do business with IWA or which could benefit from involvement with IWA.

Meetings are normally held on the fourth Tuesday of every month. Directors are elected by the Membership at IWA's Annual Meeting to be held in April. Anyone who would like to run for one of the open seats should contact our Board Recording Secretary, Beau Stanley, at (239) 472-2113 (extension 114) or by e-mail at beau@islandwater.com by **no later than January 6, 2017**. Background checks are required on all Board candidates.

ISLAND SUN BUSINESS NEWSMAKERS

Top Agents



Robin Humphrey and Martha Smith



Karen Bell



Mary Lou Bailey

VIP Realty Group announced the top agents and sales teams for the month of November.

Robin Humphrey and Martha Smith were top sales agents. The Karen Bell Team was top listing agent.

Mary Lou Bailey was top producer.✧

Top Associates

Chuck and Kimberly Andrews were honored as the most productive marketing sales associates in November at RE/MAX of the Islands.

Chuck Bergstrom was recognized by RE/MAX of the Islands as the top selling associate in November.✧



Chuck Andrews



Kimberly Andrews



Chuck Bergstrom

Top Producers



Burns Team



Kara Cuscaden



Tisha Lestorti

Premier Sotheby's International Realty congratulated Tisha Lestorti and Kara "KC" Cuscaden as their top producers and The Burns Family Team for being the top listing team for the month of November.✧

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Cypress Lake High School
Doc Ford's Charity Golf Tournament
Edison & Ford Winter Estates
Estero Mustangs Pop Warner Football and Cheer
Florida Gulf Coast University Athletics
Florida SouthWestern State College
Fort Myers Community Concert Association
Friends Who Care
Kevin Maschmidt Memorial Golf Tournament

PACE Center for Girls of Lee County
SanCap Cares
Sanibel and Captiva Islands Chamber of Commerce
Sanibel Captiva Lions Club
Sanibel Captiva Sail and Power Squadron
Sanibel Little League
Sanibel Music Festival
Sanibel Police Department Pension Board
Sanibel Youth Soccer

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Lions Club Celebrates The Holidays With Festive Dinner



Members of the Sanibel-Captiva Lions Club sing carols at the annual holiday dinner at the Captiva Island Yacht Club photos courtesy Sanibel-Captiva Lions Club

The Sanibel-Captiva Lions Club celebrated the holidays with a dinner at the Captiva Island Yacht Club. Pianist and Sanibel resident Jan Holly serenaded guests and assisted in caroling music led by club President Debi Almeida.

"We always have a wonderful time together, working to give back to our community or celebrating the holidays," said Almeida.

The Lions Club offers the opportunity to actively make a difference in the community, from cleaning up an area park or working to bring sight to the world's blind. Recycle For Sight is one of the club's local projects in which donated prescription and non-prescription eyeglasses are distributed to those in need.

Designated Recycle For Sight boxes can be found at Bailey's General Store, Jerry's Foods, Bank of the Islands, Snead Cataract/Eye Physicians, Island Pharmacy, Island Senior Center, Sanibel Public Library, Sanibel Post Office and Periwinkle Park as well as South Seas Island Resort on Captiva Island.

The annual Christmas tree sale, currently going on at 2431 Periwinkle Way,



Sanibel-Captiva Lions Club President Debi Almeida, center, with Tom Krekel and his wife Gloria, who correctly guessed the number of candy canes in the jar



Sanibel resident Jan Holly plays for the Sanibel-Captiva Lions Club Holiday Dinner at the Captiva Island Yacht Club

supports the club's sight-based charities and delivery is available upon request. The fresh-cut Frasier firs from Michigan range in height from five to 10 feet. Wreaths and tree stands are available for purchase too.

The Lions Arts & Crafts Fair will be returning in March. This juried show brings artists and artisans from around the world to display their creations. Live music and a food court are part of the two-day event.

"Volunteering as a Sanibel Captiva Lion just might make a difference for you, too," added Almeida.

For more information on Sanibel-Captiva Lions Club, visit sanibelcaptivalions.org or find the club on Facebook at SanCapLions. The club meets on first and third Wednesdays at George & Wendy's Seafood Grille. Visiting Lions are always welcome to attend.*

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Sanibel Public Library Kicks Off Author Series With Shapiro



From left, John Kramer, author B.A. Shapiro and Linda Kramer
photos courtesy Sanibel Public Library

The Sanibel Public Library kicked off its 2016-17 Author Series on December 13 with bestselling writer BA Shapiro. The library, partnering with the Sanibel Public Library Foundation, is celebrating nine years of success in bringing award-winning, high caliber authors to the library.

In her lecture, Shapiro charming the audience with her stories about getting published, and other behind-the-scenes adventures in her writing career. Shapiro is the bestselling author of *The Muralist*, *The Art Forger*, *The Safe Room*, *Blind Spot* and *Shattered Echoes*.

Ticket requests for speakers in the Author Series must be made one month prior to each event. Names of those requesting tickets will be placed in a lottery



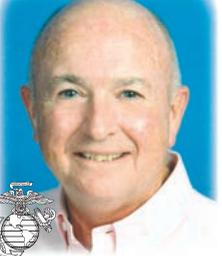
From left, Dick Brown, Bill Fellows and Chip Specht

and selected at random, and then be notified by email. Patrons need to have a current Sanibel Public Library card before requesting tickets. Library cards are available to Sanibel and Lee County residents at no charge. Visitor cards may be obtained for a \$10 annual fee.

The third speaker in this season's Sanibel Public Library Author Series is literary icon Margaret Atwood. Atwood will speak at the library on Wednesday, January 25. Ticket requests will begin at 9 a.m. on Friday, December 23 and run for 24 hours online. The ticket request link will appear on the library's homepage on December 23. The complete Author Series schedule is listed on the library's website.

A winner of many international literary awards, Atwood is the author of more
continued on page 19B

HAPPY HOLIDAYS!

<p style="text-align: center;">3790 West Gulf Dr.</p>  <p>Fabulous renovation and quality of this 3 BR/2-1/2 BA w/office elevated home with enclosed deck overlooking the over-sized salt water pool!</p> <p style="text-align: center;">\$1,600,000</p>	<p style="text-align: center;">Loggerhead Cay #434</p>  <p>Exceptional top floor 2 BR/2 BA remodeled unit located on the Island's East End. Nicely furnished. Great rent income!</p> <p style="text-align: center;">\$639,000</p>	<p style="text-align: center;">Pointe Santo C36</p>  <p>2 BR, 2 BA with great GULF views...! Silestone counters, new tile, upgraded kitchen/baths. On site Mgmt. AMENITIES! Excellent rental income.</p> <p style="text-align: center;">\$875,000</p>	<p style="text-align: center;">4155 Dingman Drive</p>  <p>SHORT SALE OPPORTUNITY! 3 BR/3 BA on approx. 1 acre on private cul-de-sac. In need of imagination/renovation. Walk to beach!</p> <p style="text-align: center;">\$1,099,000</p>
 <p>CHUCK BERGSTROM Island Resident • Award Winning Realtor® CHUCK@CHUCKBERGSTROM.COM WWW.BUYSELLCHATSANIBEL.COM</p>	<p style="text-align: center;">3099 Cussell Dr. (Pine Island)</p>  <p>Build on this large corner, canal front lot with sea wall. Direct gulf access in minutes. Room to build 40 ft. dock.</p> <p style="text-align: center;">\$235,000</p>	<p style="text-align: center;">Sandalfot 4C3</p>  <p>GULF VIEWS! Steps to beach. Furnished 2 BR, 2 BA top floor unit. Pool, tennis, on site Mgmt.</p> <p style="text-align: center;">\$669,000</p>	<p style="text-align: center;">9247 Dimmick Drive</p>  <p>Nicely renovated 3 BR/2 BA pool home with art studio. Double lot overlooks conservation lands.</p> <p style="text-align: center;">\$629,000</p>



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Please join me at the Heart Walk on January 29th... Life is why!

The Year's Top Sports Stories – Always Open to Arguments



by Ed Frank

As the year bows out, it's time to select the top sports stories of the year. Obviously, this is a subjective selection by this reporter – one that is open to debate and disagreement by every sports-loving fan.

1. Clearly, the top sports story of the year was the Chicago Cubs World Series championship that ended a famine of 108 years since their last world title. A total of 17 Presidential administrations had passed into history in the interim, and it appeared that it was going to reach 18 when the Cubs were down three games to one to the Cleveland Indians before rallying to win games five and six, setting the stage for that epic

game seven.

That memorable 10th-inning nail-biter, with its 17-minute rain delay, capped the Cubs 8-7 victory and its first World Series title since 1908.

2. Story number two on our list also involves the City of Cleveland, but this historic event occurred five months earlier, when the Cleveland Cavaliers came back from their own 3-1 deficit to defeat the defending champion Golden State Warriors to capture their first NBA title and ending a 52-year championship drought in that city.

Interestingly, both the Cubs and Cavaliers game seven victories occurred on the road.

3. Next on our list is the near-unbelievable NCAA basketball championship won by Villanova over favorite North Carolina. In case you forgot, NC's Marcus Paige hit a double-clutch three-pointer to tie the game at 74 with 4.7 seconds remaining. But not to be denied victory, Villanova's Kris Jenkins drained a three-pointer of his own at the buzzer.

It will be remembered as one of college basketball's greatest games.

4. Biles, Phelps and Ledcky lead Team USA at the 2016 Rio Olympics. Swimmer Michael Phelps, in what is believed to be his final Olympics, won five gold medals and a silver to increase his overall record to 28 (23 of them gold). And he accomplished this at age 31, long after most swimmers had retired.

Simone Biles, already a three-time world gymnastics champion, won five gold medals at Rio, to become the most decorated American gymnast with 19 Olympic and World Championship medals.

Katie Ledcky joined the list atop great American female swimmers by winning four gold medals and a silver at Rio.

5. Alabama's thrilling 45-40 victory over Clemson to win football's national championship has to be one of the year's top stories. Clemson, rated No. 1 and undefeated entering the game, was unable to hold off No. 2 Alabama despite the record-setting performance of its quarterback Deshaun Watson, who tossed for 405 yards and rushed for 73, the most in any championship game.

It was Alabama's fourth national title in the last seven years. Both teams finished with 14-1 season records.

These five stories top our list, but there are others worth mentioning – some positive and some negative:

- Swimmer Ryan Lochte embarrassed Team USA, even embarrassed his country when he claimed he was robbed at gunpoint in Rio. It later was learned he was

covering up for a drunken encounter at a gas station.

- San Francisco's quarterback Colin Kaepernick launched a firestorm by kneeling during the National Anthem in protest to police treatment of minorities. Several other athletes have followed suite.

This controversy, it is believed, is a factor in the diminished television interest this year in professional football – another major sports story of 2016.

Any listing of top sporting events must include those athletes who ended their careers.

- Kobe Bryant, a certain future Hall of Famer, scored a season-high 60 points in his final game, departing with five NBA titles with the Los Angeles Lakers. Tim Duncan, also like Bryant, won five titles with the San Antonio Spurs.

- We said so long to 40-year-old David Ortiz of the Boston Red Sox, who recorded a final season batting average of .315 with 38 home runs and 127 RBIs. He's a certain future member of Baseball's Hall of Fame.

- Then there's Alex Rodriguez, like him or hate him, who ended his career with the New York Yankees just four home runs shy of 700.

Finally, In Memoriam:

Muhammad Ali – The Greatest of All-Time.

Arnold Palmer – Won seven golf majors.

Pat Summitt – Coached Tennessee's Lady Vols to eight NCAA titles.

Gordie Howe – Fourth highest on the NHL scoring list.

Craig Sager – the colorful NBA announcer.✪

SPORTS QUIZ

1. Trevor Rosenthal set a St. Louis Cardinals record in 2015 for most saves in a season (48). Who had held the mark?
2. What was the highest home-run total Yankees legend Lou Gehrig had in a season?
3. Georgia QB Greyson Lambert set an NCAA record in 2015 for completion percentage in a game (24 of 25 passes, for 96 percent). Who had held the mark?
4. When was the last time before 2015 that the NBA's Houston Rockets reached the Western Conference Finals?
5. In 2016, Pittsburgh's Jim Rutherford became the second general manager to win Stanley Cups for two teams. Who was the first?
6. Who drove the only Pontiac to win NASCAR's annual Cup race at Indianapolis Motor Speedway?
7. In 2016, tennis' Roger Federer tied the record for most appearances (14) in the Wimbledon quarterfinals for men's singles. Who else holds the record?

ANSWERS

1. Lee Smith (1991) and Jason Irthinghausen (2004), with 47 saves each. 2. It was 49 (1934, 1936). 3. Tee Martin of Tennessee (1998) and Geno Smith of West Virginia (2012) each completed 23 of 24 passes in a game (95.8 percent). 4. It was 1997. 5. Tommy Gorman did it with four teams (Ottawa, Chicago and two Montreal franchises) between the 1920s and the 1940s. 6. Bobby Labonte, in 2000. 7. Jimmy Connors (between 1972 and 1987).

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From page 17B

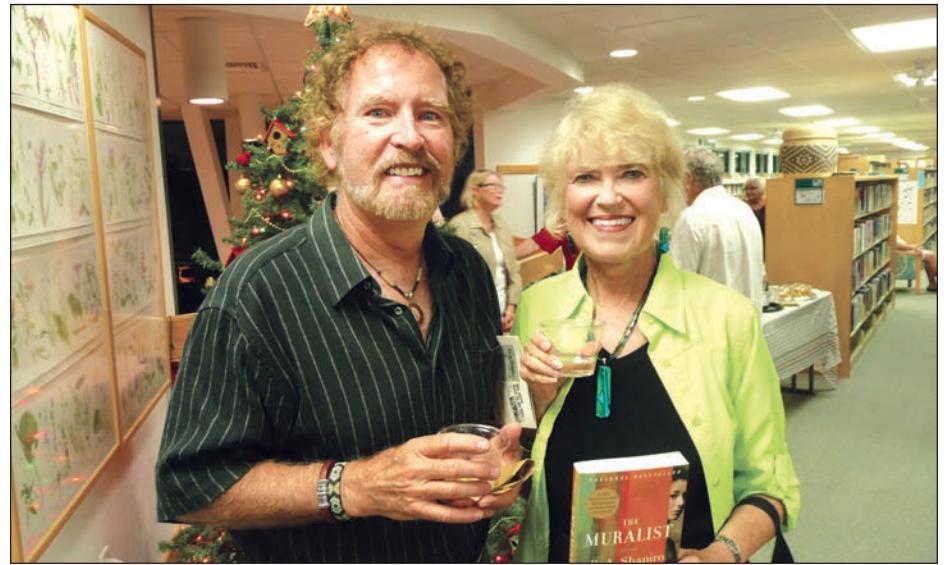
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Major funding for the Author Series is provided by the Sanibel Public Library Foundation and its generous donors. For more information about the foundation or to make a donation, call 472-2483 or visit www.sanlib.org.



John and Patricia Guyette

From page 1B

Building Dedicated

its educational programs and summer camps are held. It will be called The Richard C. Kennedy Building – The Heart of Sanibel Sea School. Two hand-painted signs were installed over the main entrances and an additional outdoor sign will be installed in the coming weeks.

At the dedication, a number of close friends and family members spoke in his honor, including Neill, his wife and Sanibel Sea School co-founder, Evelyn, Dick's son, Henry Kennedy, and Dick's wife, Nancy Kennedy. They were joined by Chip Roach, a Sanibel Sea

School board member and close friend of Kennedy, and Rev. Dr. Ellen Sloan, the rector at St. Michael and All Angels Episcopal Church, where Dick and Nancy have attended services for many years.

"This building, with its creaky floors and sandy buckets, perfectly captures Dick's spirit and his desire to help kids discover their potential," said Neill.

Sanibel Sea School is a 501(c)3 nonprofit organization whose mission is to improve the ocean's future, one person at a time. For more information, visit www.sanibelseaschool.org.

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6. East End Canal Home

- 4 BR/3.5 BA with boat dock & lift
- Updated throughout, stainless appliances
- **\$870,000** EUR €793,520



7. Panoramic Bay Front Views On Captiva

- 4 BR/4.5 BA - Beach access nearby
- Boat dock/lift, open kitchen, swimming pool
- **\$2,295,000** EUR €2,156,326

8. Luxury Meets Location - Sanibel

- 4 BR/5 BA Butterknife home built in 2004
- Large gourmet kitchen, steps to the beach
- **\$1,849,000** EUR €1,737,275

9. 3 BR/3.5 BA on West Gulf Drive - Sanibel

- Steps to the Gulf, swimming pool, beach access
- Newer construction, large open kitchen
- **\$1,349,000** EUR €1,267,487

10. Gulf Front, South Seas - Captiva

- 4 BR/3 BA completely renovated & decorator furnished
- Nightly rentals, excellent income
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11. Snug Harbor Town Home - Sanibel

- 3 BR/2 BA with partial Gulf views
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- **\$739,000** EUR €696,873

12. Mariner Pointe - Bay Views Sanibel

- 2 BR/2.5 BA townhouse style condo
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Doctor and Dietician

Stress-Induced Depression; Exercise



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

Researchers at the Karolinska Institute of Sweden have found there is a potent mechanism that occurs through exercise to keep our mood from bottoming out under stress. A component called Kynurexine, a natural downer released during times of stress, is neutralized by endurance exercise. Doctors have prescribed exercise for many years with the knowledge that it can be just as effective as medication therapy, but they didn't know exactly how that benefit was derived. Exercise has become a hot topic in the sciences, especially neuroscience, because of the role exercise plays in triggering the growth of new brain cells. This information

can then be used to improve the treatment of mood disorders.

When carrying out this study, the Swedish researchers expected to find that exercise released feel good chemicals, but instead, they found that exercise actually releases a very strong "don't feel bad" component that blocks the depressing Kynurexine from entering our brains in the first place. People with stress-induced depression have high levels of Kynurexine. So much so, that it is a reliable marker in the blood to diagnose the condition. Kynurexine passes the blood brain barrier and causes inflammation and the resultant depression. The "don't feel bad" component - PGC-1 alpha - changes the structure of Kynurexine, so it can't cross the blood brain barrier.

Even if the stressors remain, exercise works to block the Kynurexine. Exercising keeps muscles well-trained and the anti-Kynurexine mechanisms in good shape, while holding depression at bay. Aerobic exercise seems to be the best exercise for the anti-Kynurexine mechanisms to be released, but all kinds of exercise are beneficial to our overall health, slowing the decline of aging and improving mental function.

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

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,

My daughter must have been born bossy, and her personality has never changed. She demanded and forced me into an assisted living community, which I cannot afford. I needed a little help, but not this lack of independence. In order for my insurance to pay, I have to just give up and let others do all of my care - care that I could do myself.

What can I do to get out of this mess?
Miriam

Dear Miriam,

You are a competent adult. As such, you can make your own choices regarding where you want to live.

My experience has been that well meaning adult children err on the part of safety for their parents without understanding the serious consequences on independence and happiness for their parents. I believe that there is a place for assisted living, however, it must be the right time, and sometimes that time never comes for many older people.

Discuss with your physician his or her perspective of your health status and ability to be independent in the home. Then, pick up the phone and start locating needed services for your home. The trend is for older adults to live in their own homes. There are many companies in the business of providing in-home services.

Pryce

Dear Miriam,

I was always under the impression that living communities checked out the person's ability to pay, first and foremost.

I would call my attorney and tell him your problem. Does your daughter have power of attorney? If not, you can make your own decisions and find out your options. Are there other family members who could help you? Maybe this daughter could get advice from them.

Pryce

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

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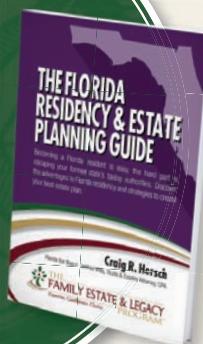
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Highlights Of The 2016 Captiva Golf Cart Parade



Dozens of decorated golf carts making their way along Captiva Drive last Saturday afternoon during the 7th annual Captiva Golf Cart Parade, which started and ended at South Seas Island Resort

photos by Jeff Lysiak



RE/MAX of the Islands repeated as Best In Show champions with their How The Grinch Stole Christmas-themed parade entry



The golf cart featuring Santa and Mrs. Claus was driven by Mark Wells of the Captiva Fire Control District



Jiri Vilim and Sergei Melnechenko from 'Tween Waters Inn, which won the parade's commercial category



The Wensley family's golf cart was themed "Let It Snow"



From left, Susen Berg, Braelyn Berg, Lois Clark and Rev. John Cedarleaf from Captiva's Chapel by the Sea, champions of the non-commercial category



The Lusk family - Jennifer, Kylie and David - representing the Captiva Civic Association



South Seas "elves," from left, Julian Barnett, Debbie Bublely and Madison Wells



From left, Denice and John Beggs with Shanna and Johnny Clark

more photos on 25B

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.

The Center 4 Life will be closed for the Christmas holiday Monday, December 26 and the New Year's holiday, January 2.

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

Wednesday, January 11, 2:30 p.m. Featured Book: *Lab Girl* by Hope Jahren – “*Lab Girl* is the story of a girl who becomes a scientist. It’s also the story of a career and the endless struggles over funding, recognition and politics that get in the way. It’s the story of the plants and soil she studies. But – and this is the weirdest, coolest part about this book – it is really the story of two lab partners and their uncommon bond” – *Washington Post*

Morikami Museum and Japanese Gardens Private Tour – Tuesday, January 10, Cost is \$48 for members and \$58 for non-members.

Take an in-depth look at the current exhibits (including the Origami exhibit) in the museum galleries, the Seishinan Tea House, the Donald B. Gordon Memorial Library, as well as a brief introduction of the gardens. After the private tour, lunch is on your own at the Morikami’s Cornell Café. After lunch, tour Rojien: The Garden of the Drops of Dew. Round trip transportation is included. Limited to 30 participants, first come, first served. Advanced registration is required by January 3.

Rosy Tomorrows Heritage Farms Tour and Lunch – Wednesday, January 25. Cost is \$25 for members and \$35 for non-members.

This is a repeat favorite of a casual farm walking tour where you can see the free range animals and learn more about the organic and holistic methods used at Rosy Tomorrows Farm. The pre fixe lunch is all fresh from the farm and prepared by the head chef and staff. You will also have the opportunity to purchase organically grown produce, organically raised and pastured meats, and prepared foods. Carpooling is available. Advance registration required by Friday, January 20.

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

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

Advance registration is required by Friday, January 27. Limited to 20 participants, first come, first served.

Learn to Play Mahjongg with Katie Reid – January 23 to 27, 9:30 a.m. to 12:30 p.m. Cost is \$15 for members and \$30 for non-members.

Class is limited to four or eight students (to fill a table to practice). You must be able to attend all five classes. All supplies are provided. Register in advance.

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

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

Games

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

Bridge – Monday and Wednesday, register by 12 p.m. Game begins at 12:30 p.m.

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

Hand & Foot – Thursday at 12:30 p.m.

New Game: Hearts – Friday at 1 p.m.

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

Kayaking, Tuesdays and Thursdays, January 3 and 5 – (weather permitting) at 8:30 a.m. There is space for 16 people on eight two-person kayaks and limited space for those who own their own kayaks. Island Seniors will provide kayaks, paddles and life jackets. Bring water, a snack, sun lotion, bug spray, sunglasses, towel, hat and change of clothing. Cost is \$5 for members and \$10 for non-members. Advance registration is required.

Line Dancing Classes – Tuesday, January 10, 17, 24 and 31 at 12:30 p.m. Cost is \$5 for members and \$8 for non-members.

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

Fitness Classes

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

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

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

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

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

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

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



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Meditation Class

Enjoy a guided meditation on the beach as the sun sets and the moon rises. A New Moon Meditation class is offered Thursday, December 29 at 5 p.m. at Alison Hagerup Beach Park, 14790 Captiva Drive, on Captiva. Suggested donation is \$10 to 15 with all proceeds benefitting Sanibel-Captiva Conservation Foundation’s sea turtle research program. Bring a towel or blanket to sit on.

For more information contact www.ambuyoga.com or call 314-9642.*

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From page 23B

Golf Cart Parade



From left, Layla Riegert, Mary Sinopoli, John Riegert and Andrew Melamet



Registration volunteers Jerry McClure and Mike Hanna with the top golf cart parade trophy



The Grinch-themed golf cart was again a favorite of people standing along the parade route



Parade participants waving to the crowds gathered along Captiva Drive



The golf cart parade entry from South Sea Island Resort



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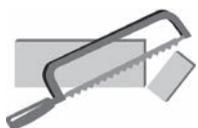
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BeautifulLife:

Give Joy

by Kay Casperson



At this time of the season, we have all been busy with holiday fun, festivities, parties, gift exchanges and celebrations. What have you been doing to celebrate this year so far? I

bet there has been a time or two that you have been able to bring cheer to someone and to make them smile. I am always reminding my daughters that the most important thing that we can do over the holidays is to bring joy to others. Gift exchanges and Secret Santa's are so popular amongst employees and students, and sometimes it is hard to know just what to give. If

we realize that it is not about the gift itself but about the joy it brings to the person getting something to open, regardless of what it is – the joy in their faces and hearts will light up... and so will yours! Remember, even the Grinch learned this lesson:

"It came without ribbons, it came without tags, it came without packages, boxes or bags. Maybe Christmas, he thought, doesn't come from a store. Maybe Christmas, perhaps, means a little bit more."

Our company does some fun celebrations over the holidays including our annual Luminary Festivals for both Sanibel and Captiva Islands, each on a separate night. The streets are lined with bags lit with candles, and there are bands and people making a joyful noise all over the islands. It is such a great way to kick off the holiday season.

We hold our annual Carol Karaoke at our Captiva spa, and we have hundreds of people stopping by for food and drinks with the opportunity

to sing and get beauty bucks to spend at the spa. It is so much fun to see all ages enjoying making a joyful noise and bringing joy to others. We also take time to celebrate with our staff and love to have our annual gift exchange as well as to just spend time together, having fun and celebrating the end of a beautiful year together. Our elves on the shelves are also a big hit in our home and all the locations.

I hope your celebrations have been fun and festive and my wish for you is that you keep love, peace and joy in your heart all year long, and that you remember to give the most important

gift of all to those around you – the gift of joy.

This is your affirmation for the week: "I am at peace and choose to give joy to others this season and all through the year."

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

Gift Of Safety Campaign Launched

The Child Advocacy Department at Golisano Children's Hospital of Southwest Florida has launched a new safety campaign. This holiday season, give a #GiftOfSafety to help families in keep and their children safe all year long. Donations of life jackets, bike helmets, cabinet locks, pill pods, pack and plays, car seats, anti-tip over straps for furniture and TVs, smoke detectors, gun locks, door alarms and other safety-related items are requested to help local families who cannot afford these items. These items, along with classes such as swimming lessons, driving lessons and CPR classes can help save lives.

To participate, simply donate one or more of these items, and then post it on social media using #GiftOfSafety. Families receiving the presents will be asked to post their gifts using #GiftOfSafety. Together, donors and recipients will have taken measures to help prevent injuries during the holidays, and create awareness for injury prevention.

"We are seeing children weekly for either a non-fatal drowning, getting into a family member's medications or another type of preventable injury here at the Golisano Children's Hospital of Southwest Florida," said Sally Kreuscher, Safe Kids coordinator. "This campaign can really help save lives. Preventable injuries are the number one killer of children in the United States. Every year, 8,000 families lose a child because of a preventable injury. When a child dies, the lives of families and the community are changed forever.

Give the #GiftOfSafety and help keep all children in our community out of the hospital. For more information on participating, contact the Child Advocacy Department at Golisano Children's Hospital at 343-6199 or visit www.LeeHealth.org.

Hospitals Earn Accreditation

More than five million adults in the United States have heart failure, which occurs when the heart cannot pump enough blood and oxygen to support the body's needs. Heart failure is the result of diseases that damage the heart, such as coronary artery disease, diabetes or high blood pressure. Heart failure patients require proper, and often frequent, care.

To ensure the appropriate, timely and efficient care of heart failure patients in Southwest Florida, all Lee Health hospitals – including Cape Coral Hospital, Gulf Coast Medical Center, HealthPark Medical Center and Lee Memorial Hospital – pursued and received full heart failure accreditation from the Society of Cardiovascular Patient Care (SCPC) and The American College of Cardiology. These facilities are the only hospitals in the southwest region of Florida to earn this accreditation.

"Having all of our hospitals earn the SCPC heart failure accreditation confirms Lee Health's dedication to quality care, innovation and continuous improvement," said Larry Antonucci, MD, Lee Health chief operating officer. "Each hospital implemented evidence-based

science, quality initiatives, clinical best practices, and the latest American College of Cardiology and American Heart Association guidelines into their cardiovascular care processes."

Standardized heart failure care across Lee Health includes:

- The employment of a heart failure coordinator at each hospital. This person brings a multidisciplinary team to the bedside to educate patients on heart failure and create a plan of care post-discharge.

- The installation of an outpatient rapid diuresis clinic at each hospital to treat patients with abnormal fluid retention. What previously required a three-day inpatient stay now is completed in a few hours in an outpatient setting.

- A toll-free number is provided for patients to call with non-emergent questions. This allows the heart failure coordinator to educate the patient, coach behaviors and direct care.

Additionally, a transition clinic has been created at HealthPark Medical Center as a pilot program that will expand to Lee Physician Group and Lee Community Healthcare offices. The transition clinic serves heart failure patients who cannot get a follow-up appointment with his or her cardiologist or primary care physician within three to five days post-discharge.

To earn this accreditation, facilities must demonstrate expertise in the following areas:

- Integrating the emergency department with the local emergency medical system
- Assessing, diagnosing and treating patients quickly
- Effectively treating patients with low risk for acute coronary syndrome and no assignable cause for their symptoms
- Continually seeking to improve processes and procedures
- Ensuring the competence and training of accredited heart failure personnel
- Maintaining organizational structure

continued on page 28B

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Rotary Happenings

submitted by Shirley Jewell

Last Friday morning was one of our last meetings of this calendar year 2016. Sanibel-Captiva Rotarians can be extremely proud of what has been accomplished this year both in fundraising and designated grant giving benefiting our community, nationally and globally.



As islanders can observe, The Community House is close to reopening early 2017. In 2016, the Rotary Sanibel-Captiva Trust Fund pledged \$75,000 to help with the major renovation of this historic building and it's established reputation for providing a home where islanders can participate in a plethora of community activities and have a place for celebrations, both public and private. Sanibel has had a few updates of older properties on the island lately, and that is benefitting all of us.

To speak somewhat in this vein and on other topics of interest regarding Sanibel, our Rotary Club invited Sanibel City Manager Judie Zimomra to our podium. Not only did Judie come but she brought along new Sanibel Chief of Police James Phillips. She knew there might be some questions about the latest news headline about an isolated shooting incident on the island and wanted to introduce the chief to all of us and talk briefly about the occurrence. She opened this topic toward the end of her other remarks about city business.

Zimomra has quite an impressive resume. Her academic credentials include a juris doctorate degree from Capital University and a master's degree in public administration from Ohio State University, with specialization in fiscal administration. She also is an alumnus of Harvard University JFK School of Government program for senior state and local officials.

Selected as 2012 Public Official of the Year by the *Fort Myers News-Press*, Zimomra has also been honored with the Paul Harris Citizen of the Year Award by the Sanibel-Captiva Rotary Club, Citizen of the Year by the Sanibel & Captiva Islands Chamber of Commerce, and Citizen of the Year by the Committee of the Islands (COTI). She serves on the United Way of Lee, Hendry and Glades counties board of directors. In 2011, the Ohio State Alumni Association named Zimomra among 100 Buckeyes You Should Know.

Zimomra has been in public service for well over a quarter of a century and has been Sanibel's City Manager since 2001. During that time, she has certainly earned the respect of islanders and for many she is considered a friend.

Among the challenges Zimomra has dealt with during her tenure as Sanibel City Manager includes the recovery from Hurricanes Charley and Wilma. Her accomplishments include reducing the tax burden on local property owners by

obtaining more than \$35.8 million in grants over the past 10 years as well as developing a user fee system to recover costs for municipal services. The city also completed construction of a voter approved \$14.5 million recreation center. She also oversaw the completion of a \$73 million sanitary sewer and effluent reuse system.

As city manager, Zimomra is administrative manager of the city, serving a five-member non-partisan city council with a non-primary election schedule of three council members/two council member election cycle. The city manager oversees the finance, building, police, public works, recreation and natural resource departments. The financial stability of the city is always a priority of the city, and the city's finance department has kept the budgets down through restructuring pension plans and city loans. The building and code department has found the need to address the problem of build-out on the island. When new construction is limited, there is a necessity for older structures on the island to be improved. Previous building code regulations have been revisited and regulations have been updated to provide property owners with the opportunity to make financially viable improvements to their properties and code variances have been granted to some properties, therefore encouraging the updating of both commercial and private property.

Zimomra had a lot to say, but she knew there would be questions regarding the recent police shooting and she wanted to introduce Capt. Phillips and talk about what took place. Phillips had just been promoted to his Chief of Police position a few weeks before the November 21 drive-by shooting of a police officer. An immediate call for action by the Sanibel Police Department brought the reality of an active shooter in the residential neighborhood of The Dunes, bringing about a shoot-out between gunman and police. The suspect was injured and finally apprehended in his family's home in The Dunes, but during the interaction between police and suspect, three officers were injured and three police cruisers were totaled. The policeman who was shot, Officer Jared Ciccone, is still recovering from a serious gun-shot injury between his shoulder blades. Recover of this injury will take some time, and FISH of SanCap has set up a special recovery fund for the officer and his family that is helping him through this recovery period and they themselves recover from tragic event.

Chief Philips went into action in temporally replacing the lost police cruisers with loaner cruisers from the Lee County Sheriff's Department. Although this shooting was an isolated incident, learning from this event is prudent. Review of police action and mending of attending officers are high priority for Phillips and local law enforcement.

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

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Fort Myers Pest Control ribbon-cutting ceremony

photo by Bob Petcher

Pest Control Company Celebrates 50 Years Of Business

Fort Myers Pest Control celebrated 50 years in business with a ribbon-cutting ceremony at Periwinkle Place and complimentary food and drinks at The Blue Giraffe Restaurant on December 14. Sanibel & Captiva Islands Chamber of Commerce Chairperson Donna Puma and Fort Myers Pest Control owner David Brooks cut the ribbon as pest control staff and chamber members cheered on. Fort Myers Pest Control is a family-owned business that began in 1966 with George and Dorris Smith.✪

Got A Problem? Dr. Connie Is In



by Constance Clancy

Q: Is there a way to eliminate all the stress I have in my life?

A: Author Judith Orloff, MD, has some great strategies that will not only help you to surrender your

stress, you can also increase your brain's neuroplasticity which is a good thing.

- Don't sweat the small stuff – Get into the habit of letting minor annoyances and stressors go. The small stuff adds up and creates havoc.

- Cultivate gratitude and positive thinking – Be grateful for every breath, every moment for it's all we have. This life is such a gift and how quickly it passes us by.

- Be playful – We are a very stress-oriented, serious culture. We leave little time for play and it's so important to let the child in us all come out to play. It increases endorphins, happiness and longevity.

Play with your children, grandchildren, spouse, friends, animals. Tell jokes, embrace humor, and incorporate play into your everyday life.

- Have a pet in your life – Studies have shown that pets increase longevity and health by providing companionship and unconditional love. They also reduce stress and blood pressure, improve appetites of Alzheimer's patients, and increase the life span of heart attack survivors. Let yourself enjoy this unconditional love.

- Practice forgiveness – Harboring grudges is linked to high blood pressure, which can lead to stroke, kidney or heart failure, even death. Anger has been proven to shorten your life span. Forgiveness is a way to let go of resentment, anger, and thoughts of revenge. Choose to forgive. When you forgive, you can let go and move on.

- Meditate – Regular meditation helps you cultivate the present moment, be more calm and less anxious. Research has shown that those who meditate regularly live longer and have higher levels of telomerase, the enzyme that prevents cells from aging. By reducing stress hormones, meditation counteracts the battering fight-or-flight mode of emotional coping. Start with a few minutes daily and increase the duration as you become more comfortable with meditating. There is an app, Insight Timer, that is most helpful to get you started.

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

From page 26B

Accreditation

and commitment

- Having a functional design, which includes a multidisciplinary team across the continuum of care that promotes optimal patient care

- Supporting community outreach programs that educate the public to promptly seek medical care if they display symptoms of heart failure

"Lee Health has shown a genuine dedication to improving the care of their

heart failure patients," said Maghee Disch, MSN, SCPC heart failure service line specialist. "By achieving Heart Failure Accreditation they have truly examined, improved and standardized their process as a system. The alignment of leadership, services and goals is unmatched. Their hard work and commitment have already been seen through improved patient care outcomes and there is no doubt that their success will only continue to grow in the future."

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J. Brendan Ryan,
CLU, ChFC, MSFS

As I see it, the problem with the way term life insurance is offered today is that it eventually gets too expensive.

You can buy it for a relatively low cost and have that

cost guaranteed not to change for a set number of years. So you feel pretty good about your insurance program until you get the bill at the end of the guaranteed period. They lower the boom on you and increase the premium five-fold or 10-fold for the first year after the guaranteed period. And, as if that were not bad enough, it leaps again the next year and the next year and so on until you cannot afford it any more and have to drop it.

It looks like they are happy to insure you for a low price while you are younger and healthy but when you are older and closer to dying they will charge you an arm and a leg to keep your insurance going. It looks as though they are encouraging you to drop it before they have to pay on it.

Consider the case of a Jane, 35-year-old woman in good health who wants \$500,000 of life insurance. A major insurance company will charge her for a 15-year term policy \$239 per year, guaranteed to stay at that price for 15 years. If she keeps it beyond that time, she pays outlandish amounts: \$2,879 in the 16th year, \$3,189 in the 17th year, \$3,539 in the 18th year, and so forth.

If Jane is like most people, she will want to keep the insurance for the long haul, but at these prices she will not be able to. If she is healthy, she can replace her policy with another policy – and,

if it is term insurance, then repeat the cycle over again – but it will be far more expensive than her original policy. If she is not healthy enough to get new coverage, she is stuck with the original policy.

Now one company has come up with an improvement. It is a universal-life ((UL) policy that acts like a term policy in many ways. It guarantees a level premium and the death benefit for the initial period – up to 30 years – just like a term policy. Then, at the end of the initial period, the premium stays the same but the death benefit is reduced markedly like the old “decreasing term” insurance. In our example above the death benefit becomes about \$200,000 in the 16th year when Jane is 50 years old. The death benefit continues to drop by about \$20,000 initially, and then gradually at a slower rate each year until it reaches \$10,000 by age 83. At that time the death benefit levels off and the guaranteed premium starts to increase annually. Throughout the whole life of the policy it builds no cash value. The amount of premium required is guaranteed not to differ from the amount stated in the policy.

I find this policy to be a little more useful than a term-insurance policy. It provides the full death benefit for the initial period and then a decreasing amount for another period. The cost is initially comparable to that of a similar term policy and then better than term for a period.

But the full amount does not last for the truly long haul. When people reach their 50s and 60s they generally do not want to lose their insurance or reduce it, especially not keeping just \$10,000 of it. They want to use it to leave a legacy, to pay off the mortgage and other bills, to provide for the medical problems of other family members, to be sure the surviving spouse has enough to live on.

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

Visitation Brings Joy To Seniors

Nobody relishes the prospect of aging without family by their side, without friends to help them laugh at life’s crazy moments and to help them through difficult times. Yet that is just what many seniors face; many aging loved ones are feeling alone in the crowd. The FISH of SanCap Visitation Service is available to those island neighbors who are feeling lonely, who may not have any friends or family nearby, and/or who may no longer be able to leave their homes to socialize with others. A shared cup of coffee while viewing favorite photos or reminiscing about the past can brighten their day and reduce social isolation.

Social contacts tend to decrease as people age, for a variety of reasons, including retirement, the death of friends and family, or lack of mobility. Even perceived social isolation – the feeling that you are lonely – is a struggle for many older people.

That’s where the FISH Visitation

Service can help. Many seniors feel like a weight has been lifted when having a cup of coffee and chatting with FISH volunteers. And FISH volunteers treasure the experience as well – imagine the stories they share, the history that is learned and the wisdom being passed on. Lasting friendships have formed, and this service has proven to be extremely rewarding to all those involved.

By building relationships and reaching out to those wanting a friendly face to talk to, FISH helps relieve isolation and loneliness among older and disabled adults. FISH can also ensure they are receiving needed social and emotional support, and offer information on other FISH programs and services that may be of interest. Volunteers bring the warmth of friendship with them during home visits and help celebrate and improve quality of life for island seniors.

For more information on FISH and its many different programs and services, visit www.fishofsancap.org, or contact their Walk-In Center at 472-4775.✪

Chamber Hosts Ribbon Cutting For Island Taxi



Sanibel & Captiva Islands Chamber of Commerce hosted a ribbon cutting for Island Taxi, a new Sanibel business photo courtesy Sanibel-Captiva Chamber of Commerce

Island Taxi has become a member of the Sanibel & Captiva Islands Chamber of Commerce, which hosted a ribbon cutting for the new business. Island Taxi was established in September 2016 to provide the best customer service with experienced and friendly staff and drivers.

“The community has really embraced us and the chamber has been instrumental in getting our business in front of potential clients,” said Island Taxi’s Tom Jones. “Our drivers live on the island and clients fall in love our dispatcher Madeline. It has been really good since we started operating.”

Island Taxi offers a new fleet of luxury sedans for rides to or from the airport, doctor appointment, an evening out to dinner or any other transportation need. Group transportation is a breeze with Island Taxi’s new fleet of 15-passenger vans and Madeline will handle the details.

“We welcome Island Taxi to our island community and wish them the very best,” said chamber president Ric Base.✪

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Eight Incredible Medicinal Herbs From The Bible



by Suzy Cohen, RPh

Dear Readers: Before the advent of synthetic compounds, expensive medications and injections, the human body was accustomed to natural herbs and spices. Our planet Earth has thousands of healing

plants that grew during biblical times. Even though I am a pharmacist, I believe that we can heal with what grows on Earth. Today I'm listing eight incredible herbs, all mentioned in the bible, as well as their medicinal benefits:

- **Almonds** – Known as *Prunus dulcis*, almonds contain salicin, which go on to form salicylic acid. This is the primary by-product of aspirin. We all know what aspirin is for, don't we? Eating a handful of almonds each day is like consuming natural aspirin. A study published in *The Journal of Nutrition* found that almonds can decrease post-prandial (after eating) blood sugar, as well as insulin and free radical damage.

- **Black Cumin** – Known as *Nigella sativa* these jet black seeds can be used to flavor bread and other baked goods. You can buy black cumin seed oil as a dietary supplement which I often recommend for people dealing with neurological problems.

If your child had intractable seizures, please mention *Nigella sativa* supplementation to your pediatrician because the research is easy to find and very positive.

- **Frankincense** – Known as *Boswellia serrata*, this is a gummy resin, that contains compounds that might relieve joint pain by inhibiting the inflammatory cytokines that lead to discomfort. Research suggests that *boswellia* could improve ovarian and bladder health, and studies have already been conducted on people with those types of cancer producing positive results.

- **Garlic** – I love roasted garlic on my pizza! This herb can support healthy cholesterol ratios while decreasing platelet aggregation like a blood thinner. It can inhibit Angiotensin-Converting Enzyme (ACE) acting similarly the drugs lisinopril and enalapril.

- **Myrrh** – Known as *Commiphora myrrha*; I keep this essential oil handy for cuts. It smells awful, no lie, but it's worth having because it's a strong antiseptic and anti-everything. It could help reduce infection by a parasite, bacteria or fungus.

- **Olive** – Known botanically as *Olea europaea*, the olive branch conveys a universal symbol of peace. Olive oil contains oleic acid, which is a fatty acid. This compound works in conjunction with vitamin D to support immune health.

- **Saffron** – Known as *Crocus sativus*, saffron acts like a natural antidepressant, anxiolytic and sedative. It contains many biologically active compounds, including crocin and safranal that protect your levels of dopamine, serotonin and norepinephrine. Because saffron provides cofactors for the SOD enzyme, it may be helpful if you have an SOD polymorphism.

- **Sage** - This herb was studied on

to more easily manage your medications; understand the benefits of exercise; manage symptoms of stress, pain and fatigue; and make smarter decisions related to health eating. Participants will also receive a copy of the book, *Living a Healthy Life with Chronic Pain*.

Sessions will be held at two locations next month:

- Fridays, beginning January 6 at The Sanctuary, 8960 Colonial Center Drive in Fort Myers

- Tuesdays, beginning January 10 at the American House Coconut Point, 8460 Murano Del Lago Drive in Estero

Seating is limited and registration is required. Call 343-9264 for more information.*

Chronic Pain Self-Management Workshops

Would you like to learn how to better manage chronic pain conditions such as arthritis, fibromyalgia, back pain, headaches and more?

Lee Health is pleased to announce a free six-week workshop, entitled Chronic Pain Self-Management, a research-based program developed by Stanford University.

Information presented in the workshop can help you become empowered to improve your quality of life. Learn how

patients with mild to moderate Alzheimer's disease and researchers concluded that sage "produced a significantly better outcome on cognitive function." Interestingly, sage was shown in lab studies to help reduce flare-ups of herpes-related viruses such as cold sores and genital herpes.

If you love this information, just write to me at ScriptEssentials@gmail.com and

request your own copy of "Medicinal herbs from the Bible" ebook. I'll send you the PDF as my gift for the holidays.

*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

PTSD Reduced With Figure 8's Around The Eyes



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

Holidays especially are a time to be thankful for all of our soldiers, who bravely protect the freedoms we so enjoy in this country.

Many veterans return home suffering from Post-Traumatic Stress Disorder (PTSD) resulting from horrors or brutality experienced or observed. This is not to say PTSD is limited to veterans, since anyone suffering from this condition may benefit. David Feinstein, Donna Eden's husband, renown internationally recognized PhD psychologist, has testified before the Senate on the benefits of energy psychology to treat veteran PTSD with amazing results. This approach is beyond the scope of this article but is an approach worth exploring for those with PTSD.

The technique in this article was developed by Laurel Camden, whose son was in the military. As a result, she became familiar with the plight of so many soldiers, seeking ways to help them integrate back into normal daily lives. We do know that it is imperative to have the energy from the hemispheres of the brain cross to the other side of the body (i.e. the right hemisphere controls the left side of the body and the left hemisphere controls the right). During stress, the body's energies, in an effort to protect and allow the body to deal with the trauma, will enter into a state known as homolateral, meaning the energies are no longer crossing from the hemispheres to the opposite of the body, but rather they

are running vertically up and down the body. The effect of a homolateral condition appears in many ways – for example: loss of balance and coordination; pain on one side of the body and not the other; inability to heal and process as quickly as expected; of feeling disconnected and "off".

What Laurel found, was that the traditional way of crossing energies, part of the DER, to do the "Cross-Crawl," created more trauma for the soldiers since it reminded them of marching. So, she began having the veteran make slow figure eights around their eyes. At first, it was hard to do, but she found with repetition and with the eyes open, the crossing began to occur again. So, one can begin at either eye, but for purposes of the concept:

1. Begin at the bridge of the nose with your left hand. Move the hand with all fingers held together under the left eye, around the outside of the eye (closest to the ear) around the eyebrow, back to nose, around the right eyebrow, outside of eye, under right eye and back to bridge.

2. Repeat this pattern for at least five times with your eyes open. Reverse directions, beginning the 8s around the right eye first at least five times.

3. Now use both hands to create the 8s around the eyes with eyes open. Do at least five times.

4. If it is too much when you begin, close the eyes and do one or two and gradually build up.

5. As you feel better, increase the amount and frequency.

Experience the expansion of your being as you "double your energies" from being crossed.

Have fun with your energy. Next week's topic is Heart to Heart Exercise is Great for Grounding.

If you have a question, email Karen at SemmEnergyCenter@gmail.com or visit www.semmelmanenergy.com. EEM does not diagnose or cure illness, but working with subtle energies of the body has been shown to help many conditions.*

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MA# 27832 PT# 13489



Fancy Seafood Gumbo

- 12 ounces oysters, drained
- 8 ounces blue crab claw meat
- 1/2 cup chopped onion
- 1/2 cup chopped celery
- 1 garlic clove, minced
- 1 tablespoon butter
- 1 teaspoon anise seeds
- 1 teaspoon salt
- 1/2 teaspoon sugar
- 1 teaspoon crushed red peppers
- 1 10-ounce package frozen okra
- 2 20-ounce cans diced tomatoes

Remove remaining shell or cartilage from oysters and crab and set aside. Cook onion, celery and garlic in butter until tender. Add anise, salt, sugar, peppers, okra and tomatoes. Cover and simmer for 15 minutes. Add oysters and simmer an additional 15 minutes. Add crab and heat thoroughly. Serve over rice.

Yields eight to 10 servings.*



Fancy Seafood Gumbo

photo courtesy Fresh From Florida

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

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

PETS OF THE WEEK

Although Tia is 9 years old, keep in mind that is just middle age for a small dog. She is a spayed female Chihuahua mix who is vivacious and can climb stairs with swift speed. Tia should win the Miss Congeniality Award and loves to greet everyone she meets. She also enjoys car rides and belly rubs and would love a forever home before the holidays.

Her adoption fee is \$25.

Don't wait till the last minute to bring home a kitten this holiday season. Adorable little Jingles is a 2-month-old domestic short hair female who would be the perfect companion for the whole family. All cats and kittens are 2-for-1, so why not adopt a friend for her too?

Her adoption fee is \$20 (regularly \$75) during Animal Services' Home 4 The Holidays adoption promotion through December 30.

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.*



Tia ID# 682518



Jingles ID# 683503

PAWS Of Sanibel

Cassie Belle

We still have Cassie Belle and are desperately still searching for her family. She's a beautiful, fluffy, spayed female kitty, approximately one year old. She does not have a micro chip. She was picked up by the Sanibel Police the evening of the Luminary, Friday, December 2, at 800 Casa Ybel Road in front of Unit 7, not far from Bank of the Islands. She's been combo tested and had a rabies shot. She is an incredibly sweet little girl, and I'm sure someone is really missing her. If she is your baby, you have any idea where she lives, or know her people, call Pam, 472-4823.*



Cassie Belle

photo courtesy PAWS of Sanibel

CARD OF THANKS

PAWS would like to express its appreciation to all those that gave so generously this year for the care of our stray, abandoned, and otherwise in-need animals. To all of you that continuously support us, throughout the year, Thank you so very much.

Thank you to the local businesses that display our collection jars on their counters, with special thanks to Footloose H2O Outfitters at Jerry's shopping center, and to Huxter's Liquor and

Wine. The folks at these two businesses go above and beyond to help PAWS! We appreciate it and can't thank you enough. PAWS is a 501(c)3, Not For Profit, and we could not exist without the financial support of our community to keep us going. If you're considering your end-of-year tax deductible contributions, please think of all the animals in need and add PAWS to your list.

Send tax deductible contributions to PAWS at: PO Box 855, Sanibel, Florida 33957.*

PUZZLES

Answers on page 37B

Super Crossword

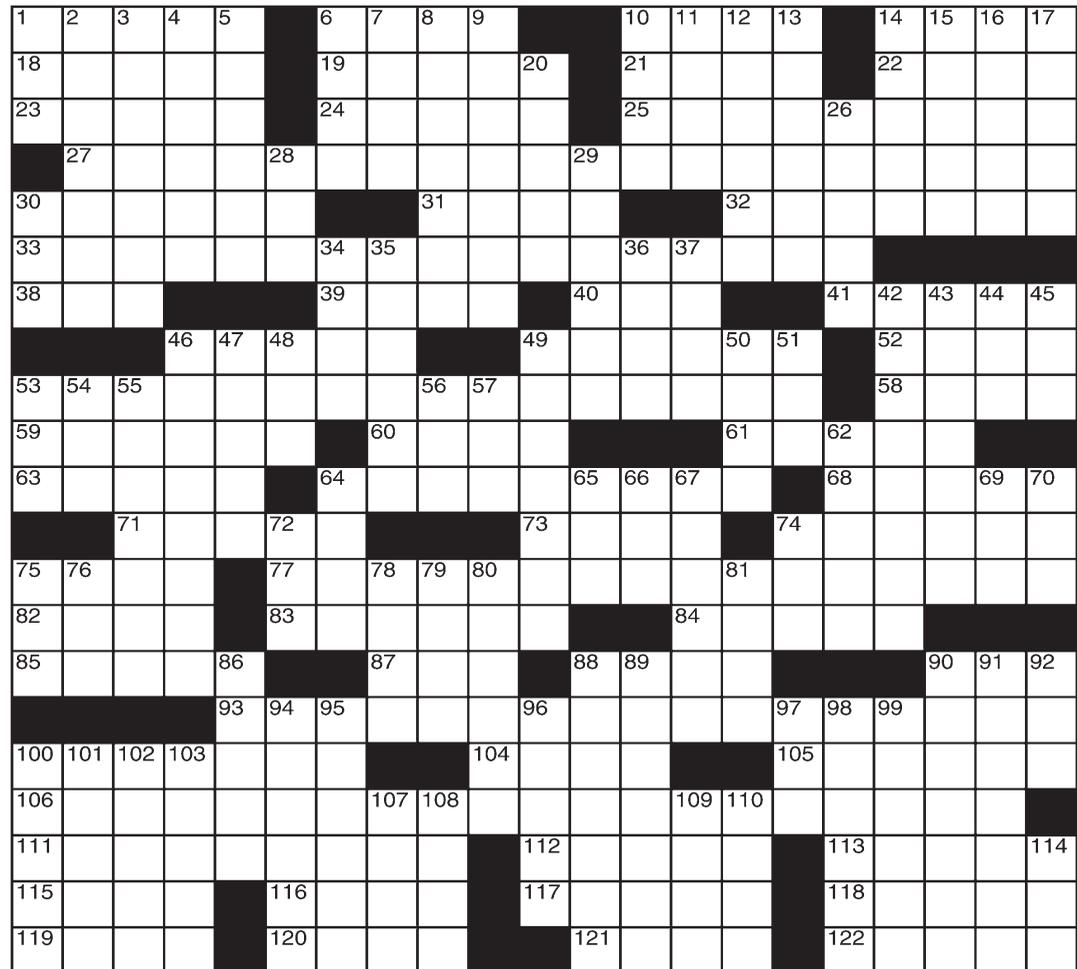
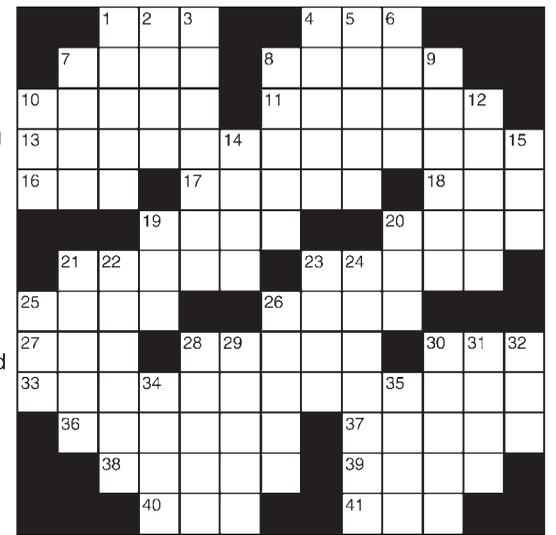
UNSPOKEN BEVERAGE OF CHOICE

- ACROSS**
- 1 Out on — (in potential danger)
 - 6 "I'm just sayin'," in a text
 - 10 Letters after chis
 - 14 Apple variety
 - 18 — de Mayo
 - 19 Indian melodies
 - 21 "Don't say it!"
 - 22 Famed flood figure
 - 23 Challenges
 - 24 School, in France
 - 25 Card game for one
 - 27 Start of a riddle
 - 30 Popular Eli Lilly brand
 - 31 Sacred vow
 - 32 Tidies
 - 33 Riddle, part 2
 - 38 Fit — bill
 - 39 Sodium hydroxide, chemically
 - 40 Lean- — (shacks)
 - 41 Octet count
 - 46 "You Got It" singer Bonnie
 - 49 Ghostly spirit
 - 52 Trivial lies
 - 53 Riddle, part 3
 - 58 Cozy spot
 - 59 Publishes
 - 60 Morales of Hollywood
 - 61 Citrate, e.g.
 - 63 Burrito
 - 64 Riddle, part 4
 - 68 Like a king
 - 71 Pupa-to-be
 - 73 Microwave, informally
 - 74 Islamic holy city
 - 75 Turn liquid
 - 77 Riddle, part 5
 - 82 — Lama Ding Dong" (1961 hit)
 - 83 Like a scornful villain's face
 - 84 "Für —" (piano classic)
 - 85 Annual sports awards
 - 87 TV actress Arthur
 - 88 Roosevelt's terrier
 - 90 — West (life jacket)
 - 93 End of the riddle
 - 100 Devotee
 - 104 Tombstone lawman
 - 105 Theater area
 - 106 Riddle's answer
 - 111 Sent by plane, as a letter
 - 112 Ghostly
 - 113 Pop singer Lopez
 - 115 Word after a noun, often
 - 116 Snow glider
 - 117 "Fear Street" author R.L. —
 - 118 Perfect spots
 - 119 Big ice cream brand
 - 120 Old fast jets, for short
 - 121 Finger sound
 - 122 TV "explorer" and others
 - 7 1993 siege site in Texas
 - 8 1952 Walt Kelly comic strip collection
 - 9 "The Misfits" actor Eli
 - 10 Swank
 - 11 "Flee, fly!"
 - 12 Off the coast
 - 13 Evening do
 - 14 Out of place
 - 15 Silk pattern
 - 16 RBI king Hank
 - 17 The mating game?
 - 20 Catches sight of, biblically
 - 26 Josh
 - 28 —Ops (CIA mind games)
 - 29 "— ya up to?"
 - 30 Curious pet
 - 34 See 70-Down
 - 35 "Taboo" cable chan.
 - 36 Copy a tiger
 - 37 "Keep dreaming!"
 - 42 Assuming it's necessary
 - 43 Fashion's Armani
 - 44 "Veep" cable channel
 - 45 "Tut" relative
 - 46 Flees
 - 47 Perfume from flower petals
 - 48 "— my fault"
 - 49 Singer Houston
 - 50 Stocking tips
 - 51 168 in a wk.
 - 53 Car navig. aid
 - 54 Man-mouse link
 - 55 Old indoor light source
 - 56 "Go back" PC key
 - 57 "... we'll — a cup o' kindness ...": Burns
 - 62 Deuce beaters
 - 64 Lyricist Sammy
 - 65 Neighbor of Switz.
 - 66 34th prez
 - 67 Lowest tier of a parking garage, perhaps
 - 69 "Further ..."
 - 70 With 34-Down, chew out
 - 72 Beetles, e.g., briefly
 - 74 CAT scan relative
 - 75 Three, in Milan
 - 76 — -been
 - 78 "Judge not, lest — judged"
 - 79 Roe, e.g.
 - 80 Spouts forth
 - 81 Biblical kingdom
 - 86 "Yes and no"
 - 88 Mink cousins
 - 89 Pain-relief pill
 - 90 More clouded
 - 91 Insect feeler
 - 92 Conceit
 - 94 Careless
 - 95 Boring tools
 - 96 Devil's place
 - 97 Notable time
 - 98 Leaning
 - 99 Afro, e.g.
 - 100 Tequila plant
 - 101 Dehydrated
 - 102 Cheerful
 - 103 Feet, in verse
 - 107 Cross paths
 - 108 Roush and Byrnes
 - 109 Singer Simone
 - 110 Don't discard
 - 114 Mag. printing

King Crossword

ACROSS

- 1 More, to Manuel
- 4 Humorous one
- 7 St. consisting of two peninsulas
- 8 Infants
- 10 Raccoon relative
- 11 Expiated
- 13 Executive, often
- 16 Island garland
- 17 Mill input
- 18 Pair
- 19 Sorts
- 20 Huffed and puffed
- 21 Many Christmas trees
- 23 Portobello alternative
- 25 Actor Gregory
- 26 Volcanic out-flow
- 27 Exist
- 28 Persistent attack
- 30 Bashful
- 33 Cabal member
- 36 Mexican entree
- 37 Neighborhoods
- 38 Rind-
- 7 Fashion
- 8 Foundation
- 9 Put down roots
- 10 Western st.
- 12 Wooden peg
- 14 Annoys
- 15 Ply oars
- 19 Squid squirt
- 20 Underwear with underwire
- 21 1990s presidential candidate
- 22 Polar feature
- 23 Creche trio
- 24 Generally
- 25 Campaign fundraising grp.
- 26 Shunned one
- 28 Trap
- 29 Archipelago component
- 30 Lieu
- 31 Frost
- 32 Decade parts (Abbr.)
- 34 Muscat's land
- 35 Met melody



MAGIC MAZE

FALL BACK

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

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

- Back away
- Draw back
- Reset
- Set back
- Back up
- Move back
- Retreat
- Turn back
- Backward
- Pull back
- Return
- Vacate
- Countermand
- Recede
- Revoke

LIVE ON THE ISLANDS

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

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

The Jacaranda has live entertainment Friday and Saturday with The Riverside Band. On Monday, it's Renata. Wednesday is Jerry B. Variety Show, featuring Motown and classic hits. Sir Mitch plays classic rock, R&B and dance on Thursday.

The Mucky Duck on Andy Rosse Lane, Captiva features live music by Peter Redpath on Thursday and Sunday. Gary Earle plays Friday. Gene Federico performs on Saturday and Wednesday. Mark Dupuy plays on Monday. On Tuesday, it's Perry English.

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

Traditions on the Beach at Island Inn has live entertainment Friday with Woody Brubaker and Barbara Smith. Dusk Duo plays on Saturday and Sunday. Mike Arnone plays on Monday. Woody Brubaker plays on Tuesday. Dusk Duo performs on Wednesday. Woody Brubaker plays on Tuesday. Dusk Duo plays on Wednesday. Woody Brubaker and Barbara Smith play on Thursday.

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

My Stars ★★★★★

FOR WEEK OF DECEMBER 26, 2016

ARIES (March 21 to April 19) With the new year's opportunities almost within reach, the Arian's courageous aspects are raring to go. And don't be surprised if a lot of people follow the zodiac's most trusted leader.

TAURUS (April 20 to May 20) Change lies ahead for the brave Bovine who is ready to shuck off the tried and true to try something new. But appearances can be deceptive. Check it all out before you charge into anything.

GEMINI (May 21 to June 20) This week promises a peek into what the new year holds for the Gemini Twins, both in love and careers. Family matters continue to be a factor in decisions you're going to be facing.

CANCER (June 21 to July 22) As you move into the new year, your travel aspects grow stronger, and you might find yourself making decisions about a destination and a traveling companion sooner than you'd expected.

LEO (July 23 to August 22) The new year holds both glitter and gold. This means Leos and Leonas should begin getting the facts they'll need to separate the real thing from the sham in order to make important

decisions next year.

VIRGO (August 23 to September 22) A good way to start the new year might be to arrange for a visit to someone you haven't seen in a long time. You also might want to pick up that project you put off a while back.

LIBRA (September 23 to October 22) As you contemplate the new year's potential, you might want to talk things over with people who are or have been where you want to go. Their experience and advice can be helpful.

SCORPIO (October 23 to November 21) Someone close to you might feel like you have no more room for him or her in your life. This calls for immediate reassurance of your love so you can start the new year on a high note.

SAGITTARIUS (November 22 to December 21) The coming year will bring more people into your life. Some situations might not work out as well as others. But overall, everyone earns something, and that's always a good thing.

CAPRICORN (December 22 to January 19) The new year could find you indulging in one or more of the hobbies you've always wanted to take up. And don't be surprised if they ultimately direct you toward a new career.

AQUARIUS (January 20 to February 18) The artistic Aquarian should find more

opportunities in the new year. You might even make some potentially helpful contacts as you gather to ring in the year 2012.

PISCES (February 19 to March 20) The new year offers challenges for Pisceans who want to make better use of the skills they now have and learn new ones. Personal relationships show stronger positive aspects.

BORN THIS WEEK: Although at times you tend to be a bit judgmental, you are generous and caring and very much beloved.

THOUGHT FOR THE DAY

Every normal man must be tempted at times to spit upon his hands, hoist the black flag and begin slitting throats." -- H.L. Mencken

SCRAMBLERS

solution

1. Morose; 2. Rage;
3. Sprite; 4. Romp

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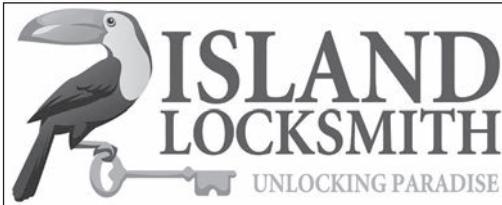
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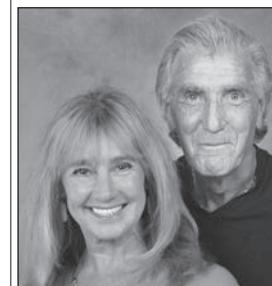
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2	3	6	5	7	8	4	9	1
8	4	9	6	2	1	5	7	3
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3	6	1	2	9	4	7	5	8
4	7	5	8	1	3	2	6	9
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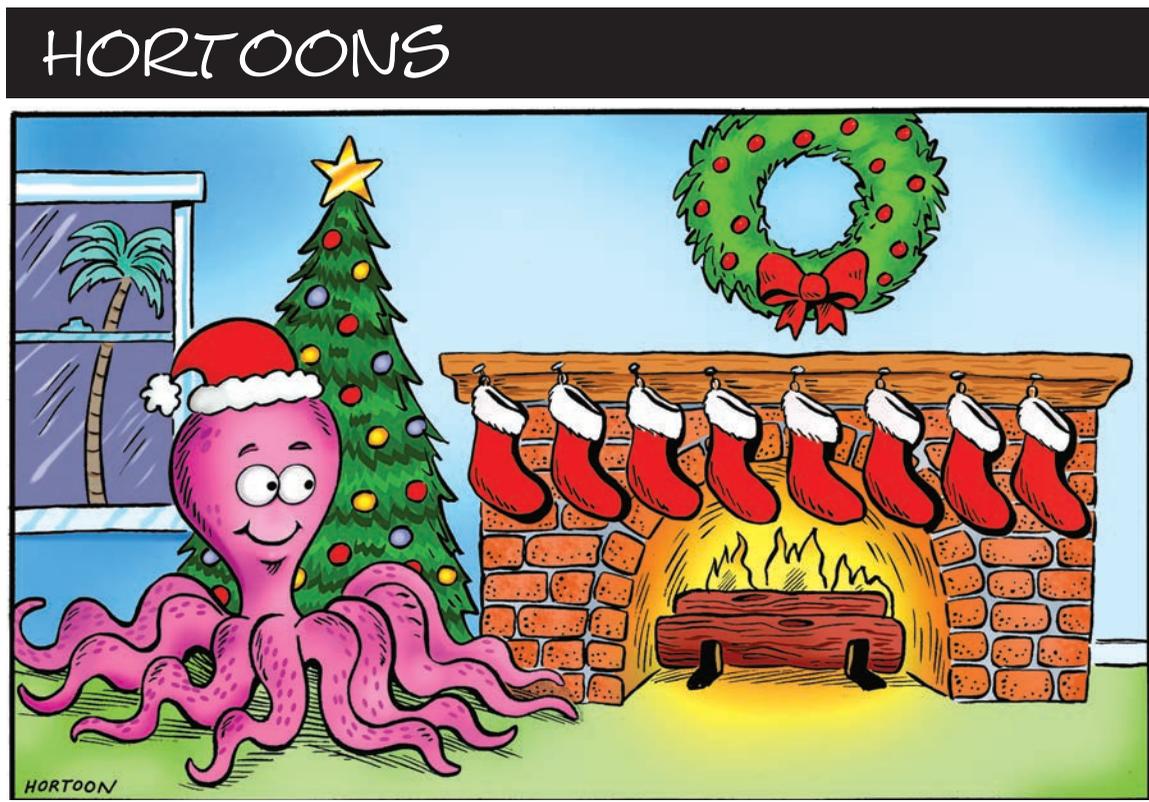
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Top 10 Real Estate Sales

Development	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Bonita Beach	Bonita Springs	2016	4,930	\$5,925,000	\$5,750,000	154
Flamingo Park	Fort Myers Beach	2015	4,278	\$4,900,000	\$4,550,000	35
Tuscany Isle	Bonita Springs	2013	5,427	\$3,199,999	\$3,250,000	12
Bonita Beach	Bonita Springs	1978	3,000	\$2,999,000	\$2,900,000	75
Island Shores	Fort Myers Beach	1956	919	\$1,995,000	\$1,700,000	125
Cape Coral	Cape Coral	2007	6,110	\$1,685,000	\$1,480,000	248
Bayview Acres	St. James City	2008	4,092	\$1,290,000	\$1,062,500	5
Sanctuary	Bonita Springs	2002	3,233	\$1,239,000	\$1,175,000	46
Useppa Island	Useppa Island	1979	3,409	\$1,165,000	\$925,000	335
Brynwood	Fort Myers	1973	4,508	\$899,000	\$815,000	141

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533 Rabbit Road
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9441 Peaceful Drive
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High Tide #C101
 Luxury condo in bldg w/only one other unit, elevator opens to private foyer/walkway. \$1,195,000



Gulf Beach #102
 Updated beach-front 2 bedroom. Impact glass windows & shutters on screened balcony. \$799,000



Nutmeg Village #303
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Sundial #R401
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Sand Pointe #122
 Gulf-view 2nd floor 2 bedroom w/updated kitchen & baths, plus new balcony. \$724,000



Lighthouse Pointe #129
 Ground-floor bay-view east-end 3 bedroom, just 29 steps to beach. Handy to pool & tennis. \$649,000



Cottage Colony West #136
 Top-floor beach-front Casa Ybel Resort condo in guaranteed income program. \$624,900



Sunset South #11C
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Pointe Santo #C34
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Loggerhead Cay #264
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Merry Christmas from The SanibelSusan Team

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