



# Island Sun

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SANIBEL & CAPTIVA ISLANDS, FLORIDA

DECEMBER 30, 2016

DECEMBER/JANUARY SUNRISE/SUNSET: 30 7:16 • 5:46 31 7:16 • 5:46 1 7:16 • 5:47 2 7:17 • 5:48 3 7:17 • 5:49 4 7:17 • 5:49 5 7:17 • 5:50

## Spectacular Sunrise Captured On Sanibel



*Strange Sunrise*

photo by John Hicks

John Hicks took this amazing sunrise recently from the beach at Gulf Shores, where he was staying. It was taken with a Nikon D-70 and a 60 mm Macro lens. He particularly liked the silver fringe on the high cloud and the deep blue of the breaking waves. Hicks considers this a once-in-a-lifetime photo. Hicks is from Ontario, Canada where he has a self-designed and self-built observatory on his forest property. He was a close friend of Charlie McCullough on Sanibel, who loved his solar images. Hicks is a landscape architect by profession who studied astronomy as a second profession. "After all, it is another (celestial) landscape," he said. Hicks said he became addicted to studying the sun because it is the provider of life on earth, and fits in well with his biological interests with plants and their own individual requirements on earth. "I capture all the usual solar detail (flares, prominences, eclipses,

and cycles) on high speed digital, by cameras in a variety of telescopes," he said. "In addition to this, I take very elusive images of the sun on an earthly scale as you would see them without optical aid. These are aesthetic images which have their own attractive features quite separate from the 100 power scientific images taken with my solar telescopes that capture the light in hydrogen, calcium, and white light wavelengths. "I hunt for places where I can find the sun setting, or rising on, or just illuminating it in bizarre ways. I use a Nikon SLR digital camera for this purpose with the 60mm macro lens as my choice. The particular image I sent of the sunrise on Sanibel was observable for only a few minutes in that extreme light, then faded quickly. It was taken at 1/125 sec at f/11 with a 60mm macro lens." "Happy New Year" to that early morning sunrise.✧

# Wishing you Peace & Joy Plus A Gem of A Year In 2017

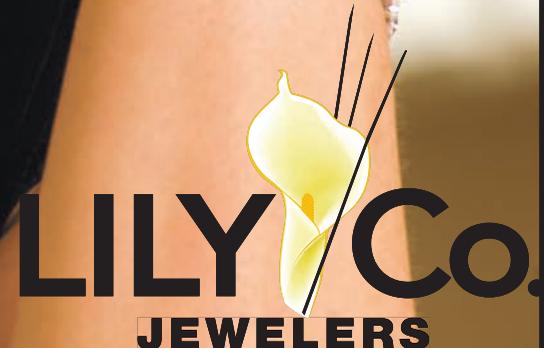
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## Bailey's Christmas Ornament Now On Sale



**New Bailey's 2016 Christmas ornament**  
photo courtesy Bailey's General Store

In 2016, Bailey's General Store introduces the eighth in the series of limited edition collector ornaments. Keeping with tradition, this year's ornament is an icon well known to island residents and visitors alike. This year Bailey's is releasing a depiction of the Bull Nose Brand four-wheeled blue and black shopping cart. Almost all Bailey's customers will use this cart at some time

during shopping trips to Bailey's.

As the third generation of the family, Richard and Mary Mead Bailey Johnson, began implementing changes within the store, one of their objectives has been to become more environmentally friendly within the community. The introduction of this innovative new shopping cart in 2008 was a step toward the reduction of the carbon footprint on the sanctuary island. Unlike prior shopping carts, which were made of metal and subject to rust and corrosion, the current cart is made of recycled plastic making it environmentally friendly, lighter, easier to manipulate and weather resistant, thus extending the usable life of the cart.

In 2016, the fleet of carts was upgraded with useful accessories. Cup holders were introduced, allowing guests to enjoy a beverage from The Coffee Bar at Bailey's or the Coke Free-Style machine while they shop.

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

The ornaments are available for sale exclusively at Bailey's stores or online at [www.baileys-sanibel.com](http://www.baileys-sanibel.com).\*

## Zonta Women's Series Continues

With community education and engagement in mind, The Zonta Club of Sanibel-Captiva will present a distinguished panel of local activists who will take part in the second installment of its Women Empowerment Series presented in partnership with BIG ARTS. It is scheduled for Thursday, January 5 beginning at 7 p.m. at BIG ARTS Schein Hall, located at 900 Dunlop Road on Sanibel.

The series focuses on freedom for women through economic empowerment and will feature a segment of the PBS documentary, *A Path Appears*, by Pulitzer Prize winners Nicholas Kristof and Sheryl WuDunn. The documentary addresses lasting change through economic opportunity and will be followed by a panel discussion moderated by Sarah Owen, president and CEO of Southwest Florida Community Foundation.

The panel will be comprised of representatives from local non-profits and will feature two local women, who will also share their inspiring stories of economic empowerment and success. The panel will include Barbara Dell, founder and CEO of Dress For Success Southwest Florida, Inc; Dorothy Browning, program manager, community education, Goodwill Opportunity Center of Southwest Florida; Dr. Debra Mathinos, director of lifelong learning, the Heights Foundation; and Lucy Garcia, CEO and counselor, Organizacion Internacional de Latinos en el Exterior of SWFL, Inc. (OILE).

Each of these organizations has been working for decades to help women on their path to economic freedom and stability. Dress For Success promotes the economic independence of disadvantaged women by providing professional attire, a network of support, and career development tools. The Goodwill Opportunity Center of SWFL offers jobs skills training, development, placement and follow-up support for adults with disabilities. The Heights Foundation works to build self-sufficient families in the Harlem Heights neighborhood of Fort Myers, through community development, education, cultural arts and health and wellness. OILE empowers Latino residents through educational programs, advocacy, and referrals to community-based services.

Also joining the panel will be Jamie Rosseland, assistant marketing manager of Rethreaded, a Jacksonville-based non-profit that seeks to break the cycle of the sex trade by offering creative, viable work to its clients. The company's products made from recycled T-shirts will be for sale after the program, as will products made by the panel's local groups. Attendees are asked to bring new or used T-shirts with no seams for donation to Rethreaded.

The third and final program in the series will be on Thursday, February 2, featuring *Half The Sky*, another documentary by Kristof and WuDunn. More details are available on Zonta's website.

Seating is limited and tickets are \$15, available at the BIG ARTS box office or by visiting [www.BIGARTS.org](http://www.BIGARTS.org). To learn more about Zonta, visit [www.zontasancap.com](http://www.zontasancap.com).\*



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## HeartWalk Series:

# A Date To Forget For Man's Heart Story

submitted by Sandy Teger

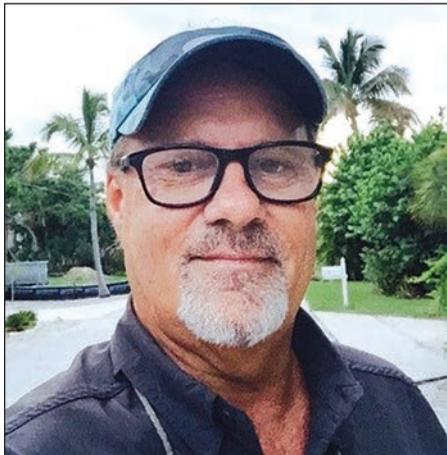
August 24th was an eventful day for Paul Primeaux. On that day in 1984, Primeaux had a life-threatening motorcycle crash that resulted in the loss of his right leg below the knee.

Fast forward 25 years to 2009. Despite having a prosthetic leg, Primeaux had resumed an active lifestyle, including fishing in Hawaii, climbing a 5,000-foot mountain in North Carolina and a trip to Orlando for an event-filled trade show. He traveled there with his wife, Toni, and son, Alec. At the show, he took the challenge of doing 10 push-ups to win a hat. His son wanted one, too, so he did another 10 push-ups for him.

It was his son's birthday, so the three had a nice dinner. Back in their hotel room, Primeaux felt tired, so was lying down. Alec was horsing around and landed squarely on top of him on the bed. They were intending to go out for a movie, but Dad begged off. He had a general sense of not feeling right, so everyone decided to stay put.

Primeaux noticed some heart palpitations, but ignored them and got into bed to go to sleep. At 2 a.m., he felt like he was having heartburn so went to the front desk and asked for some Roloids. The next morning at 8 a.m., he got up and went out to the drug store to buy more heartburn reliever. He drove the three and a half hours home by himself, while the rest of the family stayed in Orlando for another day.

As the day wore on, Primeaux noticed an increasing amount of upper shoulder pain. When his wife, Toni, arrived home, Primeaux announced that he wanted to go to the hospital. He suspected that something was wrong with his heart. The initial EKG was normal, and Primeaux was irked that the doctor trivialized his symptoms. He wanted to leave, but the doctor said he couldn't be signed out until his bloodwork came back. It was only after looking at the bloodwork that the doctor said, "You are having a heart attack." The hospital performed a heart catheterization, which determined that he had three blockages of 80, 90 and 100 percent.



Paul Primeaux photo courtesy Sandy Teger

Primeaux was told he had to have a bypass, but insisted on having his test results sent to a cardiologist friend whom he trusted. After getting confirmation from his friend that the bypass really was required, he checked out the credentials of the cardiothoracic surgeon who was going to perform the procedure, before agreeing to move forward. Primeaux had learned after his motorcycle crash and six weeks in intensive care to ask lots of questions and if it's ok to question recommended care rather than accept "you should do it."

Dr. Paul DiGiorgi, one of the driving forces behind the new Shipley Cardiothoracic Surgery Center, performed Primeaux's procedure. It was successful, although several hospital re-admissions were required for various issues, such as fluid gathering around his heart.

Primeaux has strong words of advice to share with those who have not been through cardiovascular events. The first is, "Don't ignore the warning signs." In his (and many other) cases, there were indicators that spelled trouble, like tiredness, palpitations and "heartburn" that were all too easy to rationalize away. If possible, always have an advocate who can be a second set of eyes and ears and can speak up for you if are not able to advocate or ask questions for yourself. If you have a supportive spouse, as Paul did, that is clearly an advantage.

Primeaux had been physically active and consumed a relatively healthy diet. The thing he didn't know was that he had another risk factor: genetics. Primeaux's mother was divorced when he was young, and he did not know that his father had died of a heart attack when he was 36.

If you have any doubts about Primeaux's full recuperation, those doubts will dissipate if you take a fishing trip with Capt. Primeaux ([www.captivaguide.com](http://www.captivaguide.com)). You can also meet Primeaux at the 2017 Sanibel-Captiva Heart Walk on Sunday, January 29 starting at 1 p.m. It will begin at the parking lot behind the new Doc Ford's Rum Bar & Grille on Tarpon Bay Road and will continue along Island Inn Road as in previous years.

The event will continue to be an occasion for the whole family, including pets. It will feature refreshments, entertainment provided by Thank You For The Dance, a silent auction and event T-shirts. Handicapped parking for the Heart Walk will be available in the parking lot at Lily & Co. Jewelry Gallery.

Proceeds support the American Heart Association's lifesaving research, education and advocacy programs that have helped island friends and neighbors survive their heart events and go on to lead healthy productive lives. This is the fourth consecutive year that The Sanibel Captiva Trust Company has been a Platinum Sponsor. Il Cielo Restaurant is a Platinum Sponsor for the second time. The Heart Walk Committee is indebted to all of its sponsors, especially the local in-kind supporters such as Bailey's General Store, Doc Ford's Rum Bar & Grille and South Seas Island Resort, all of whom are vital to the event.

To learn more or become a sponsor, contact Kelly Goodwien at [kelly.goodwien@heart.org](mailto:kelly.goodwien@heart.org), call 495-4901 or visit [www.SanibelCaptivaHeartWalk.org](http://www.SanibelCaptivaHeartWalk.org).

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## New Programs Offered At SCCF

The Sanibel-Captiva Community Foundation (SCCF) will offer the following new programs during the month of January:

- Florida Panthers and Wildlife Corridors – Thursday, January 12, 10 a.m., SCCF Nature Center

Florida panthers are the rarest mammals in North America and their future depends on wildlife corridors. While not found on Sanibel, they play an important role in maintaining the ecosystems of Southwest Florida. The last few years have seen record-breaking panther deaths, but there is hope in protecting their habitat and allowing the elusive cat to spread north into its historic habitat. SCCF Public Outreach Coordinator Alexis Horn ran the Sierra Club's Florida Panther program. She will explain what makes Florida panthers

unique and why they are so vital to the environment.

- Conservation Photography: Ethics in Practice – Thursday, January 26, 1 p.m., SCCF Nature Center

With the rise of digital cameras and smartphones, the world of photography has been made accessible to just about everyone. Wildlife and landscape photography are especially popular in Southwest Florida with easy access to unique environments and species. But these ecosystems are fragile and knowing the best practices to protect a species makes for an ethical photographer. Learn about conservation photography and what considerations to keep in mind when photographing the wilderness around you. SCCF Public Outreach Coordinator Alexis Horn, a published professional photographer, will share her knowledge and passion on the subject.

The SCCF Nature Center is located at 3333 Sanibel Captiva Road. For more information, call 472-2329 or visit [www.sccf.org](http://www.sccf.org).\*

## Captiva Community Panel Report

The Captiva Community Panel will hold a symposium on the effects of sea level rise at the South Seas Conference Center on Friday, January 13 from 1 to 5 p.m.

Titled *Now in My Back Yard: A Sea Level Rise Symposium*, the event will instruct how rising seas could impact Captiva, Sanibel and Pine Island Sound. It will feature local and regional presenters including:

- Keynote speaker Harold Wanless, PhD., University of Miami
- Joseph F. van Gaalen, PhD.; director of student assessment; Florida SouthWestern State College
- Hans JM Wilson, PE; president, Hans Wilson & Associates, Fort Myers
- James T. Evans III, director of natural resources, City of Sanibel
- Erin Deady, Esq. AICP; Corbett, White, Davis and Ashton; Lantana
- Christine Shepard, PhD.; director of science; The Nature Conservancy Gulf of Mexico Program, Punta Gorda
- Jason Evans, PhD.; assistant professor of environmental science and studies, Stetson University, DeLand

There will be an opportunity for questions and discussion at the end. Cost is \$20 per person.

Planning and land use professionals are invited to attend a morning session on *The GIS Toolbox for Land Use Professionals* from 10 to 11:30 a.m. at South Seas. Continuing education units are available; cost is an additional \$10 per person.

A community cocktail reception will be held at Kings Crown from 6 to 7:30 p.m. A donation of \$50 per person is requested for an open bar and heavy hors d'oeuvres.

Prior to the symposium, there will be a Captiva Community Panel meeting on Tuesday, January 10 beginning at 9 a.m. in the Cone Rooms (room subject to change) in Chadwicks Square at South Seas Island Resort. This meeting is open to all interested islanders and the public.

Agenda items include:

- Discussion of planning options to strengthen plan protections with David Depew.
- LCEC update by Tricia Dorn
- Update on the sea level rise workshop in January
- Vote on panel officers
- Update on priority committees including wastewater and Captiva Drive bike/ped improvements
- A Captiva Fire District update.
- Other business as necessary.

Public participation is invited and encouraged. The next Captiva Community Panel meeting will tentatively be February 14. Information and background documents are available online at [www.captivacommunitypanel.com](http://www.captivacommunitypanel.com).

The Captiva Erosion Prevention District board will hold its next monthly board meeting on Wednesday, January 11, beginning at 1 p.m. at Tween Waters Inn. Call the district at 472-2472 or go to [mycepd.com](http://mycepd.com) for further information.

The Captiva Erosion Prevention District will till the sand placed in the 2013-2014 renourishment project starting Monday, January 9. The staging area for the contractor is the Alison Hagerup parking lot, and the work is being performed by Perry's Beach Service of Fort Myers.

Tilling will proceed north to Redfish Pass. After completing this segment, work will continue south of Hagerup Beach to Blind Pass. All work is estimated to be completed by the end of the day on Friday, January 13, weather permitting. All

continued on page 17

*Bright, Shiny Favorites  
from Our Galaxy of  
Sanibel Keepsakes...*



*C*

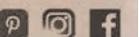
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The horse conch grows to be the largest marine snail in American waters and the second largest in the world. It is often found on Sanibel's beaches after a storm.  
photo courtesy Sanibel Shell Club

## Shell Club Meeting January 15

Interesting speakers, door prizes and refreshments are all a part of every Sanibel Shell Club meeting. The next meeting will be held on Sunday, January 15 starting at 2 p.m. at the Bailey-Matthews National Shell Museum, located at 3075 Sanibel Captiva Road.

This month's guest speaker is John Colagrande from Venice, Florida who is known for his informative and entertaining presentations. Colagrande taught secondary school science and, after 35 years of teaching, he knows how to hold a crowd's attention. His program, entitled Mollusk Superlatives, will introduce the audience to shells that are the largest or smallest, longest living, most unusual, etc.

The Sanibel Shell Club meeting is free and open to the public.✳

## Sanibel Church Gifts CHR Residents

Two pastors from Sanibel Community Church recently delivered boxes full of cheer to the Community Housing and Resources (CHR) office. Made possible through the offerings of their members at their Christmas Eve services, the church is able to put together Christmas In A Box for hundreds of deserving families across the island, including 70 households of CHR residents.

"We like to do a little extra this time of year, to invest in the community and give back," said Missions Pastor Brad Livermon. "The holidays can often be hard for working families, and the gifts of the church and its members go a long way in ensuring CHR residents are able to have a very merry Christmas!"

Community Housing and Resources, Inc. (CHR) is a 501(c)(3)

nonprofit organization dedicated to providing affordable housing for families and individuals working full-time on Sanibel as well as long-time retired or disabled residents of Sanibel.

For more information, visit [www.SanibelCHR.org](http://www.SanibelCHR.org) or call 472-1189.✳



CHR staff members gratefully received 70 individually boxed gifts to distribute to their residents. From left, Brad Livermon, Sanibel Community Church Missions Pastor; Daryl Donovan, Pastor, Alycia Auchterlonie, Kelly Collini, Kelley Riedy and Bonnie McCurry, CHR staff.  
photo courtesy CHR

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- **WHY** spend **EIGHT MILLION** to make it more convenient for an exercise class for six weeks?
- **WHY** move Island seniors from their current location where many would like to stay?
- **WHY** are inflated numbers used to fabricate a need for a new senior center?
- **WHY** spend desperately needed government funds on this project when they could be used to benefit all southwest Florida on a real need such as **WATER CLEANUP**?
- **WHY** demolish the Herb Strauss theatre which fits Sanibel's charm and ambiance?
- **WHY** demolish Big Arts, currently located next to our historical village, for a more urbane facility?
- **WHY** build redundant bathrooms and pavilions on the green space in front of the Herb Strauss Theatre detracting from the theatre entrance?



A **NO VOTE** ON THE REFERENDUMS WILL PROTECT LANDMARKS SUCH AS THE COMMUNITY HOUSE THAT COST RESIDENTS NOTHING THROUGH TAXATION AND BENEFIT THE QUALITY OF ISLAND LIFE FOR ALL. A **NO VOTE** ON THE REFERENDUMS IS SAYING YES TO CONSERVATIVE UPDATING AND REMODELING OF EXISTING STRUCTURES ALREADY IN PLACE WHICH WILL MAKE THE BEST BETTER.

**BOTTOM LINE: THE CURRENT FACILITIES THAT WOULD BE REPLACED BY THIS COSTLY COSMOPOLITAN PROJECT ARE ADEQUATE AND MORE IN TUNE WITH SANIBEL'S CULTURE.**

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# Firefighters Complete Emergency Vehicle Training



Training Officer Tim Barrett, left, explaining the obstacle course each member of the Sanibel Fire & Rescue District was required to negotiate last Thursday morning at Fire Station #1

photos by Jeff Lysiak



Firefighters observing one of the fire trucks negotiating the obstacle course

by Jeff Lysiak

Over the course of three days last week, every member of the Sanibel Fire & Rescue District took part in their semi-annual Emergency Vehicle Operator Certification (EVOC) training at Fire Station #1 on Palm Ridge Road, which included classroom instruction, lectures as well as driving through an obstacle course.

According to Training Officer Tim Barrett, EVOC training is required by



Firefighter/Medic John Reitenbach gave a thumbs up after completing the drill



SFRD Training Officer Tim Barrett

the National Highway Traffic Safety Administration, the U.S. Department of Transportation and the State of Florida every six months for all Sanibel firefighters, whether they are regular operators (drivers) of a fire truck or not.

"People might look at some of the road issues out there, like fire trucks crashing on the way to or coming back from a call," said Barrett. "We do everything we can ahead of time to ensure something like that doesn't happen out here."

Barrett explained that the EVOC training includes four hours of classroom lectures and practical operation exercises, which covers defensive driving, steering techniques, negotiating turns, driving through narrow spaces, backing, braking,

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# Pigs In Paradise Barbeque Fundraiser

The aromatic smell of barbeque surrounded the Children's Education Center of the Islands (CECI) the day of the 2nd annual Pigs In Paradise fundraiser.

The weather was perfect as children and parents alike were seen enjoying themselves at the preschool, all to benefit the scholarship program at CECI. Having the fundraiser at the preschool allowed their sponsors and donors to see the beautiful facility with a large playground as well as the artwork prepared by the students just for them.

Many thanks to all the sponsors, companies and friends who donated for the silent auction and to everyone who attended. It was a day of great food, great friends and great fun.\*



Isabelle Quillen enjoys her very first milkshake provided by Cheeburger Cheeburger photos courtesy CECI



From left, Riley Sullivan, Marit Foster, Kayce Kaspersen, Jase Foster and Olympia DeCosta enjoy reliving their preschool days on the playground



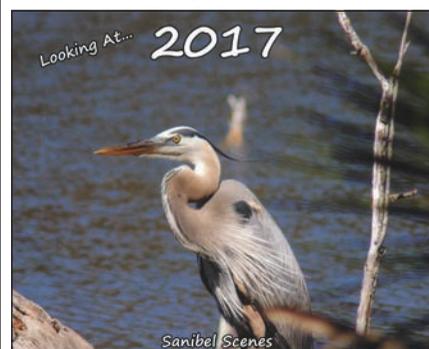
From left, CECI preschool teachers Joy Bonhayag, Nancy Black, Bryanna McNamee, Sierra McNamee and Director Cindy DeCosta



From left, Jason Holtz, alumni parent Chris DeCosta, teacher Joy Bonhayag and current parent CJ Floyd were this year's master chefs

## 2017 Sanibel Scenes Calendars

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



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

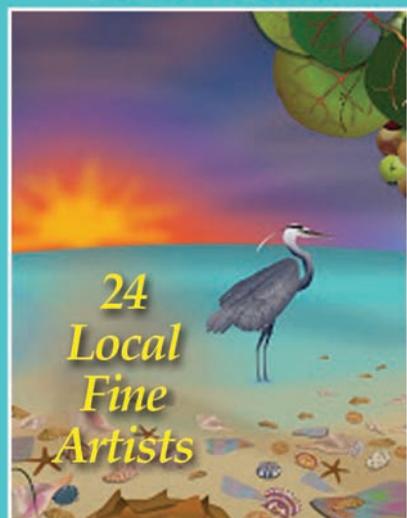
This is the fourth consecutive year for these popular calendars, and they are available at these island favorite stores:

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

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Pastor Daryl Donovan invites you to join him each Thursday at noon

beginning January 12 in the main sanctuary of Sanibel Community Church (SCC) for a time of digging into the Biblical accounts of the miracles of Jesus. Grab a lunch at the Carpenter's Café on the church campus, or bring your own lunch as we begin promptly at noon. The eight-week course is free and open to all.

Sanibel Community Church is a non-denominational, evangelical congregation located at 1740 Periwinkle Way (next to Jerry's Market). For more information, visit [www.sanibelchurch.com](http://www.sanibelchurch.com) or call 472-2684.\*

+
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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  
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Congregational United Church of Christ,  
2050 Periwinkle Way. Rabbi Myra Soifer.  
For information call President Alan  
Lessack at 579-0296.

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## WGCU Documentary On Mullet Jump Starts 2017 'Ding' Film Series



**Mullet: The Tale Of Two Fish** captures viewers with local history and lore

photo courtesy DDWS

The documentary *Mullet: The Tale Of Two Fish* kicks off the 5th annual "Ding" Darling Wednesday Film Series on January 4 at 1 p.m. in the "Ding" Darling Visitor & Education Center auditorium. Produced by local PBS-affiliate station WGCU, the film is the second in its series on sustainable seafood.

*Mullet* explores the long and storied history of Florida's most under-appreciated fish, including its importance as a food source for Native Americans, Spanish explorers and early Florida pioneers. It also documents the rise and fall of Florida's commercial mullet fishing industry in the 20th century.

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

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

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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The Gem Cyclostreme, *Arene tricarinata*, from Sanibel photos by José H. Leal

Shell Of The Week  
**The Gem Cyclostreme**



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

At about 3.5 mm (about one-eighth of an inch) in size, the Gem Cyclostreme, *Arene tricarinata*

(Stearns, 1872) is one of the small gastropods found along the shores of the Southwest Florida. The species is one of the smallest members of the family *Areneidae*, a group of mollusks

present in the world's tropical and subtropical seas. The ending of the species name, *tricarinata*, derives from the Latin for "three-keeled," an allusion to the spiral ridges present on the periphery (outer edge) of the shell. 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 pm.

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

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

# Sanibel-Captiva Conservation Foundation

## Making The Land Work

Every Wednesday in January at 10 a.m., the Sanibel-Captiva Conservation Foundation (SCCF) will hold a walking tour of the Bailey Homestead Preserve, located at 1300 Periwinkle Way on Sanibel. The tour begins at the gateway kiosk at the head of the Shipley Trail, just inside and to the left of the west property entrance.

The one-hour program will focus on SCCF's restoration of this 28-acre habitat for wildlife and how the land was used by three generations of the Bailey family. The walk includes the newly planted gardens at the Native Landscapes and Garden Center, the windmill, the pavilion, the Devitt Pond Overlook and entrance to the Bailey family home. Cost is \$5 per person but no charge to SCCF members. Call 472-2329 for more information.

## Basil Tasting

Join SCCF at the Garden Center under the pavilion on Wednesday, January 11 at 11 a.m. and spice up your life with some new basil species, that is. Since 2008, a new deadly fungus has been devastating the species of edible basil. Dee Serage-Century will host a basil tasting of three new disease-resistant basil species, one of which is a Florida native basil. Walk through the gardens at the Bailey Homestead Preserve to see how to use the basil in your landscape or container kitchen garden. Plants will be offered for sale.

## Gardening For Butterflies

Are you thinking about adding a butterfly or wildflower garden to your landscape? Dee Serage-Century will lead a Gardening for Butterflies and Other Native Pollinators tour on Friday, January 13 at the SCCF

Native Landscape and Garden Center at the Bailey Homestead Preserve. Meet under the pavilion at 10 a.m. to learn which native plants will bring those native pollinators flying. Both nectar and larval plants will be discussed and offered for sale. SCCF's laminated butterfly field guide and native bee nesting boxes will also be on hand. Take a guided walk through the Wildflower and Pollinator Garden to get ideas for your home garden. Design and installation services are available through the SCCF Native Landscapes and Garden Center.

Call 472-2329 to reserve your space. The Bailey Homestead Preserve is located at 1300 Periwinkle Way.

## Weeds And Seeds

On Monday, January 16 and Monday, January 30, join a group of SCCF volunteers and amateur botanists for a Weeds And Seeds walk on one of the SCCF preserves. Learn about the native plants that grow on the islands and the critters that use them. Meet your guide at 8:45 a.m. on the porch of the SCCF Nature Center and carpool to the walk site. Wear appropriate shoes and bring a bottle of water.

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

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# Deadline Approaches For 'Ding' Darling High School Photo Contest

The deadline for the fourth annual "Ding" Darling-Theodore Cross High School Photography Contest is January 15. High school students from a five-county area have the opportunity to win prizes such as a Canon camera package, chartered class field trips to JN "Ding" Darling National Wildlife Refuge on Sanibel Island, Refuge Nature Store gift certificates, and excursions at Tarpon Bay Explorers, the refuge's recreation concession.

Winners also receive copies of *Waterbirds: Portraits and Anecdotes* from Birding Adventures by contest namesake, the late Theodore Cross.

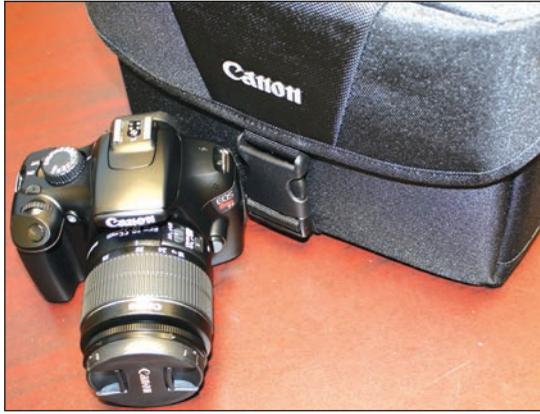
Cross, who lived part-time on Sanibel and has family still living here, marched with Dr. Martin Luther King, Jr.; advised the Johnson and Nixon administrations on anti-poverty programs; wrote the influential book *Black Capitalism*, among others; played a prominent role in President Obama's election; and created Birders United, a birding website that ranked legislators according to their record of bird protection support.

Late in life, Cross decided to indulge his love for birds and photography. He traveled the world to collect stunning portraits and stories to chronicle his adventures. He shot often at "Ding" Darling, and a number of the images in his book reflect his love for the refuge. Cross published *Waterbirds* in 2009 at age 85; he passed away shortly thereafter in February 2010.

NPR's *All Things Considered* called Cross' collection of 179 images and countless anecdotes "spectacular." *The New York Times* described it as "part visual encyclopedia, part memoir."

The Theodore Cross Family Charitable Foundation has made possible this contest with a generous grant to the 'Ding' Darling Wildlife Society-Friends of the Refuge (DDWS)," said Birgie Miller, DDWS executive director. "We couldn't be more thrilled that they wanted their donation used in this way.

"We are so happy to be supporting a contest in my father's name, a contest that



First prize in the contest is a camera package, plus a class field trip and more photo courtesy DDWS

will get our youth involved with nature by looking at it – as my father so loved doing – through a camera lens," said daughter Amanda Cross.

Digital image entries can be shot from any outdoor venue using any type of camera, including smartphones. A writing component to the contest requires entrants, grades 9 through 12, to submit a 100-word description of the "moment" captured and how it reflects what nature and wildlife mean to the photographer.

DDWS will announce winners in a special ceremony on February 18.

Entry rules and guidelines are listed below. Guidelines and prize information are also posted at [dingdarlingsociety.org/articles/photo-contests](http://dingdarlingsociety.org/articles/photo-contests). Call DDWS at 472-1100 ext. 233 for more information.

All entries and personal information must be submitted in digital format to the email address [ddhsphotocontest@gmail.com](mailto:ddhsphotocontest@gmail.com). Submit your full name, high school, grade, and an original photograph that you took of nature and/or wildlife in the open outdoors. Include a title for the photograph and a written description (minimum 100 words) of the "moment" captured and how it reflects what nature and wildlife mean to you. You and your entry must comply with the following requirements:

- High school students attending schools in Lee, Collier, Hendry, Glades and Charlotte (Florida) counties in grades 9 through 12 may enter the contest.
- Only digital images are accepted and may be taken with any camera, including smartphones.
- Images must be submitted in JPEG format and must have a size of at least 2,000x1,500 pixels or resolution of 2 megabytes.
- The photograph must be taken of nature and/or wildlife in the open outdoors in the state of Florida, which may include parks, refuges, backyards and other open spaces.
- Panoramic photos are not allowed.
- Filters, cropping, enhancements and boarders are permitted. However, adding any elements not existing in the original scene will not be allowed. Judges, at their discretion, will disqualify any photos that appear to be manipulated beyond these guidelines.
- Each participant may enter up to two photos but is eligible to win only one award.
- Judging will be anonymous. Please do not put your name or anything that will identify you on your photograph.
- There are three judges: A refuge staff person, a professional photographer, and a resident of the five-county region.
- Judging criteria:
  - Technical excellence (sharpness, lighting, composition, exposure)
  - Creativity
  - Explanation of photograph (minimum of 100 words)
- All photos will become the property of the society. Photos may be used by the society in any way with appropriate credit.

After the images have been submitted electronically, they will be printed out for judging. The winners of the contest will have their images matted and displayed in the "Ding" Darling Visitor & Education Center.\*

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From page 5

## Panel Report

operations will occur during daylight hours.

The work is scheduled so that it will not interfere with piping plover nesting, which begins February 1, and sea turtle nesting, which begins May 1. The project includes tilling and dressing the sand and leveling any escarpment that exceeds 18 inches in height and is more than 100 feet long. The use of horns, whistles and signals will be kept to a minimum to ensure a quiet operation while maintaining job site safety. There will be minimal disruption to traffic on roads adjacent to the beach.

Residents, beachgoers and businesses are required to remove all obstructions, including umbrellas, chairs and canopies, between the dunes and high tide lines, that might interfere with the work.

Beachgoers are asked to avoid the area where tilling is being done until the tractor is a safe distance away and to heed all signs and instructions from tilling personnel. Questions should be directed to CEPD by calling 472-2472, or by emailing us at kathleen@mycepd.com.

Lee County has been moving forward on two projects concerning Blind Pass. First is the winter 2017 maintenance dredging of the Pass. Second is the long-term plan for maintaining Blind Pass in an open state.

Blind Pass is scheduled for a maintenance dredging. With the permit expiring in June, it is important to complete this project between February and June. Lee County has advertised for construction, opened the bids, and is in the process of verifying the references. They are also expecting an equipment list. This is important, because there have been challenges with dredge size in the past. One important new step is they have specified that the inside of the pass must be constructed first. Not only is it important to construct it first from a hydrodynamic point of view, but it will also put construction on the Gulf side of the Pass during the normally quieter wave climate months of April and May.

The Florida Department of Environmental Protection has recently agreed to fund up to 50 percent of the construction cost as well as monitoring and survey work for a total grant of \$1 million. They expect to start mobilizing in the second half of January.

Although there are disadvantages to winter construction, one of the advantages is that people in the Blind Pass area will have a front-row seat to watch a very interesting construction process, not to mention great shelling. Before construction starts, you will be provided with what to expect and when.

Last spring, Lee County held a public meeting to outline the plans for the Blind Pass Inlet Management Study. In preparing for the study, Lee County, Sanibel and

Captiva all committed to a science-based study that will guide the decision-making. The foundational piece of this study is the model. It is critical to get it right and take the time to calibrate it properly. Blind Pass is a complicated system, so this has been slower than anticipated. Lee County is looking at dates for the next public hearing.✪

From page 8

## Vehicle Training

vehicle control, safety checks and preventive maintenance.

On December 22, squad members drove the SFRD's engine and ladder trucks through a series of required road aptitude tests. While timing was not part of the process, points could be deducted from each operator's score if they grazed or struck a traffic cone or completed one of the challenges improperly.

Starting from the front of Station #1, the driver (operator) drove the fire truck across Palm Ridge Road and down Dunlop Road, turning around at a designated location before returning to headquarters. Once at the station, the truck would pass around the north side of the building, where the driver was required to negotiate a three-point turn both forward and reverse.

After a slalom section, also performed both forward and reverse, the final portion of the obstacle course required the driver – using his fellow front seat rider (spotter) – to drive in through the center bay of the station, with a row of traffic cones lining either side of the garage area.

"The cones have been placed just a little bit wider than the vehicle," noted Barrett. "It sounds like a simple task, but it can be tricky... there's only one or two inches on each side."

Later that same day, SFRD members took part in the classroom portion of the certification. This included:

- Selecting appropriate methods for maximizing vehicle control when approaching intersections
  - Recognizing the risks associated with improper intersection negotiation
  - Identifying all the hazards and potential hazards in a given scenario
  - Listing the basic steps for clearing an intersection
  - Recognizing the additional hazards associated with clearing a congested intersection
  - Knowing the methods for clearing an intersection when lanes are blocked
  - Recognizing common hazards you might encounter during the departure stage
  - Practicing strategies for eliminating controllable, internal distractions
  - Making necessary adjustments for minimizing outside distractions
- "The most important things an operator can do properly is using their spotter well and watching their front end," added Barrett.✪

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# Christmas Heat Wave



by Capt. Matt Mitchell

Even though winter is officially here with our temperatures in the 80s, it still just a little hard to believe. You just gotta love that as other parts of

the country are experiencing record cold, we are out on the water enjoying Christmas week and catching lots of fish. Traditionally, January is the coldest month of the year for us so, as long as this bonus winter heat wave sticks around, get out and take advantage of it.

Catch and release snook fishing continued to be on fire all week despite the slow-moving daytime tides. During a average four-hour tri, I'm carefully releasing 20 or more snook. Mangrove creeks that had even just a little moving water held great numbers of fish including snook, jacks, snapper, gag

grouper and a few trout. When fishing on these slow-water movement days, finding somewhere the wind is pushing the water is what it took to find feeding fish.

While riding down mangrove shorelines on my tower this week, I finally started to see some larger sheepshead. These are the first bigger sheepshead I have seen in any kind of numbers so far this winter. Most docks on the Intracoastal Waterway also had these sheepshead show up this week on them too. As long as the weather stays good, I don't really start targeting these fish until a client wants to or cold weather makes it the best fishing option.

On trips this past few weeks when I had clients who wanted to go home with fillets, I opted to target mangrove snapper. Fishing sunken structure in the southern sound limits of mangroves up to 15 inches came easily once you fired up the fish with some live shiners. Watching these snapper explode on the surface as they chase down the live shiners makes for a great visual bite and a tasty dinner. I don't ever remember catching as many or such quality mangrove snapper in late December before.

When I'm traveling from place to



Paul Holder with a bonus tripletail caught this week with Capt. Matt Mitchell

place, I'm always checking crab pots and markers along the way and looking for that bonus fish like a tripletail. This paid off over the weekend as we stumbled across a roughly 10-pound tripletail in the middle sound. After pulling the hook and loosing this fish, my client quickly got over it when he caught a quality five-pounder a few more buoys down the line. That took the sting out of loosing the first one. Another 1/2 mile down the buoy line, we then saw one of the biggest tripletail I have seen in the past few years. This

giant was in the 20-pound plus range. After casting at this monster over and over, it would just not close the deal and eat a bait. Eventually, after about 20 minutes, the monster spooked swimming down and never returned to the buoy.

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

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We would like to hear from anglers about their catches. Send us details including tackle, bait and weather conditions, date of catch, species and weight, and include a photograph with identification. Email to [press@islandnews.com](mailto:press@islandnews.com) or call 395-1213.

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# Tropical Sage

by Gerri Reaves

You can't go wrong with native tropical sage (*Salvia coccinea*). It essentially takes care of itself, producing bright-red flowers year 'round and even reseeding.

The flowers attract butterflies, hummingbirds, many pollinators and several species of birds.

This fast-growing annual wildflower is a member of the mint family. Other names include blood sage, Texas sage and salvia.

Typically, it grows two to three feet tall but can be taller.

Opposite triangular or heart-shaped leaves are serrated and aromatic.

Spikes of tubular two-lipped (or -petaled) flowers of about an inch long appear in whorls along the hairy square stems.

The upper lip has two lobes, the longer bottom lip has three lobes, and the two stamens and two-branched style protrude noticeably.

Tropical sage prefers sandy well-drained soil and thrives in full sun but will tolerate some shade. It has moderate drought tolerance and low salt tolerance. Once established, it should not require irrigation.

It works well in a natural garden, as a groundcover or border, or in a container. Create attractive color contrasts by



Native tropical sage is perfect for a balcony butterfly garden, where it's sure to end up in every pot photos by Gerri Reaves

planting it in combination with the bright yellow of goldenrod (*Solidago* spp.) or the soft blue of mistflower (*Conoclinium coelestinum*), for example. Or, plant it in a mass for an area of vibrant color.

Pink, white and bi-colored cultivars of tropical sage are available, too.

A very small brown pod contains four nutlets.

Propagate it with the seeds, which are easy to gather, or with cuttings.



Tropical sage's tubular two-lipped flowers

Sources: *A Gardener's Guide to Florida's Native Plants* by Rufino Osorio, *Gardening for Florida's Butterflies* by Pamela F. Traas, *The Guide to Florida Wildflowers* by Walter Kingsley Taylor, *Native Florida Plants* by Robert G. Haehle and Joan Brookwell, *The Right Plants for Dry Places* by Suncoast Native Plant Society, *Wildflowers of Florida* by Jaret C. Daniels and Stan Tekiela, [floridata.com](http://floridata.com), [fnps.org](http://fnps.org), and [regionalconservation.org](http://regionalconservation.org).

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

# Power Squadron To Offer Class

Piloting is the first course in the sequence of United States Power Squadron courses on navigation, covering the basics of coastal and inland navigation. This course focuses on navigation as it is done on recreational boats today and embraces GPS as a primary navigation tool while covering enough of traditional techniques so the student will be able to find his/her way even if their GPS fails.

The course includes many in-class exercises, developing the student's skills through hands-on practice and learning. Ten classes of two hours each normally are scheduled for presentation of this course. In addition the students have seven days to complete the open book exam.

Topics to be covered include:

- Charts and their interpretation
- Navigation aids and how they point to safe water
- Plotting courses and determining direction and distance
- The mariner's compass and converting between True and Magnetic
- Use of GPS – typical GPS displays and information they provide, setting up waypoints and routes, staying on a GPS route.
- Pre-planning safe courses and

continued on page 20

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## CROW Calendar Of Events

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

For reservations, contact Rachel Rainbolt at [rainbolt@crowclinic.org](mailto:rainbolt@crowclinic.org) or 472-3644 ext. 229 to register. Hours are Monday through Friday, 10 a.m. to 4 p.m.; closed weekends. CROW is located at 3883 Sanibel-Captiva Road.

**Friday, 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.

**Monday, January 2 – Closed in observance of New Year's Day**

**Tuesday, January 3, 11 a.m.**, adults \$7, teens \$5, 12 and under no charge CROW Case of the Week, presented by a CROW student.

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

**Tuesday, January 3, 2 p.m.**, adults \$7, teens \$5, 12 and under no charge – Wild About Rehabilitation, presented by CROW staff.

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

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

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

**Wednesday, January 4, 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.

**Wednesday, January 4, 2 p.m.**, adults \$7, teens \$5, 12 and under no charge – Wild About Rehabilitation, presented by CROW staff.

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

**Wednesday, January 4 and Thursday, January 5, 2 to 3:30 p.m.**, \$20 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff.

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

**Thursday, January 5, 11 a.m. to 12:30 p.m.**, adults \$7, teens \$5, 12 and under no charge – Patient Profiles: Gopher Tortoises, presented by a CROW volunteer. The life of a gopher tortoise revolves around its burrow. These tortoises are found digging from southern Georgia to southeast Florida. Because of its contributions to the ecosystem, it is classified as a "keystone species." CROW's presenter explains why they are admitted and how the medical staff treats this species.

One of CROW's animal ambassadors will be present.

**Thursday, January 5, 11 a.m.** adults \$7, teens \$5, 12 and under no charge – Opossums at CROW. Virginia opossums are the only marsupial – or pouched animal – native to the United States. They are highly adaptable animals and can live in a variety of habitats, both natural and human made. Although it may not be obvious to some people, opossums are a unique member of Florida's wildlife, playing an important role in the function of a healthy ecosystem.

**Friday, January 6, 11 a.m.** adults \$7, teens \$5, 12 and under no charge – Why Animals Come to CROW.

Do you wonder how and why animals

continued on page 31

From page 19

## Power Squadron

entering them into the GPS

- Monitoring progress and determining position by both GPS and traditional techniques such as bearings and dead reckoning

- The "Seaman's Eye" – simple skills for checking that one is on course.

The cost of the course is \$75 for USPS members or \$150 for non-members. (There is an additional charge if you need course plotting tools). It will be offered on Tuesday afternoons at 2 p.m. beginning on January 10.

Call the San Carlos Bay Power Squadron at 466-4040 and leave a message for more information. ✨

CROW Case Of The Week:

## American Bald Eagle

by Bob Petcher



Our national bird has been in the local news during the past few years thanks to the Southwest Florida Eagle Cam and the plight of adult eagle Harriet and her family in North Fort

Myers. This past February and May, E8, one of Harriet's offspring, visited CROW to be rehabilitated from various injuries suffered from monofilament line and an attack from a great horned owl.

Overall, the American bald eagle (*Haliaeetus leucocephalus*) has gone through a period of near extinction in this country. Populations of the bird of prey that has been designated as the U.S. animal symbol did recover, however, and the species was removed from the endangered list in July 1995, transferred to the threatened list and removed from that second list in June 2007.

Interestingly, bald eagles are actually not bald. That name descends from an ancient meaning of the term "white-headed." Color-wise, adult bald eagles are mainly brown with a white furry head and tail. While both male and female birds have identical plumage, the feathers of

the immature bald eagle are brown. Size-wise, in distinguishing adults, the female is 25 percent larger than the male.

Known as a sea eagle, the bald species dines on mostly fish that it snags with its talons after sweeping its prey from the water. During its breeding season, you can find one in practically any kind of wetland habitat such as rivers, large lakes or other large bodies of open water, like a gulf.

A less famous bald eagle arrived at CROW from Pine Island on December 20 with a serious leg injury. An adult male weighed approximately six pounds, a little under average for the species. It was quiet, dehydrated and emaciated. A blood transfusion was performed without any complications and tests indicated an increase in red blood cells.

According to CROW DVM intern Dr. Krystal Woo, a blood transfusion was required due to the eagle being so anemic.

"The red blood cells needed to be increased to transfer oxygen to the body's tissues," she said. "When we saw an increase in the red blood cells the following morning, it meant the body accepted the blood transfusion. It was one more thing that would aid in the recovery. If the body had rejected the blood transfusion, this would present a whole list of complications."

During the December 21 morning exam, CROW officials stated the eagle was showing signs of slight improvement and was receiving fluids while being more alert, vocal and attempting to stand. An initial debride (removal of foreign



Patient #16-3855 had a serious leg injury and passed away during last weekend

photo by Kenny Howell

material and dead or damaged tissue from wounds) on the eagle's injured leg was performed. A second debride was expected to be done over the holiday weekend.

On Tuesday, CROW officials reported that the eagle had to be euthanized during the weekend. "The eagle lost complete feeling and use of its left leg at the site of the wound, which is critical to survival and needed for hunting. Without use of the leg, there is no way it would survive in the wild," added Dr. Woo.

"The eagle's remains will be sent

to the state for a necropsy then to the National Eagle Repository and its feathers will be donated to Native American tribes."

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



# STEP RIGHT UP THIS NEW YEAR'S EVE.

Saturday, December 31 7:30pm-12:00am

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# Sanibel Scenes 2017 Calendar

by Jeff Lysiak

Once the clock strikes midnight this Saturday evening, new year's revelers will welcome 2017 with hugs, hats and horns.

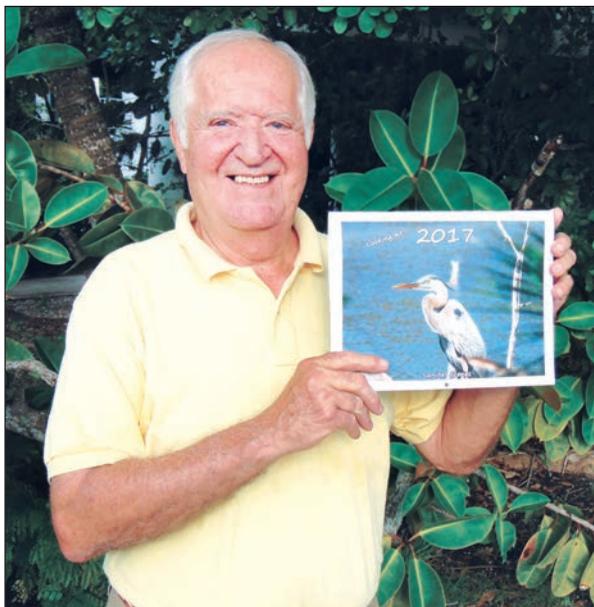
And with the passing of 2016 into a new year, people will also be looking for a 2017 calendar to keep track of the next 365 days.

Back by popular demand, the 2017 Sanibel Scenes calendar – created by local handyman and former owner of Island Graphics, Bob Kern – features some of the amateur photographer's favorite images including close-up shots of an alligator (May) and an orchid (September), scenic images of a flock of birds during a feeding frenzy (March), roseate spoonbills in the JN "Ding" Darling National Wildlife Refuge (June) and the fish houses south of Useppa Island (February), plus dazzling pictures showcasing the beauty of Southwest Florida.

The 8.5-inch by 11-inch calendar, now in its fourth edition, also includes some of Kern's trademark one-liners, which have frequently been used in the Sanibel & Captiva Island Chamber of Commerce's weekly email newsletter. Among his wittier remarks included in the 2017 calendar are:

- When I was a child, I thought nap time was punishment. Now, it's like a mini vacation.
- To steal ideas from one person is plagiarism. To steal from many is research.
- Why is the time of day with the slowest traffic called "Rush Hour?"

The 2017 Sanibel Scenes calendar, priced at \$13.95, is available at Bailey's General Store, Bailey's at Sundial Resort, Beach Stuff, CVS Pharmacy, Doc Ford's Sanibel, Huxters Market & Deli, Island Pharmacy and Suncatcher's Dream.\*



Bob Kern pictured with his 2017 Sanibel Scenes calendar photo by Jeff Lysiak



Kayak rental concession at Tarpon Bay Explorers photo courtesy Tarpon Bay Explorers

## Tarpon Bay Explorers Earns TripAdvisor Certificate Of Excellence

For the sixth year in a row, TripAdvisor awarded Tarpon Bay Explorers with a Certificate of Excellence for 2016. Certificates of Excellence can only be earned by consistently receiving great reviews on the world's largest travel site. Tarpon Bay Explorers strives to provide excellent customer service.

"We have a great staff here at Tarpon Bay," said Adam Sauerland. "Just within the past couple weeks alone, our staff has gone above and beyond by performing kindhearted acts ranging from retrieving a guest's prescription sunglasses that fell off our dock to providing a ride for a family who accidentally locked their keys in their rental car. These acts reflect what kind of organization we are and how we try to be as compassionate as we can to our visitors."

Tarpon Bay Explorers is the official concession to the JN "Ding" Darling National Wildlife Refuge.\*

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# Library Offers Poetry Readings, Artists Reception And Book Signing

The Sanibel Public Library's upcoming programs can be found on the library's online calendar at [www.sanlib.org](http://www.sanlib.org). Weekly youth programs run through January 19.

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 Sanibel Public Library on Thursday, December 29 at 7 p.m. Poetry Open Mic Night is for anyone who wants to read their poetry in a public venue.

The library's famous "dollar-a-bag" book sale on used (and nearly new) books starts on Tuesday, January 3. The sale will continue through the week, until inventory is depleted. Book sales support the Sanibel Public Library Foundation, which enriches Library services and programs.

On Wednesday, January 4 at 2 p.m., local author Chris Bowron will be talking about and signing copies of his book *Devil In The Grass*, a fast-paced, action-packed thriller. "The unusual setting for a thriller-suspense novel, The Everglades, will provide particular



Sanibel photographer Ada Shissler photos courtesy Sanibel Public Library

entertainment for readers who have visited Florida. The novel is further enriched by the wide range of interesting and provocative characters and the cleverly intertwined plotlines involving romance, good vs. evil, southern politics, and regional issues. Highly recommended!" – *The Columbia Review*.

On Thursday, January 5, photographer Ada Shissler discusses her Island Images photography exhibit from 5 to 7 p.m. at a library open house. A Sanibel resident since 1989, the retired realtor began printing her travel photos on canvas after a six-week trip to India in 2009. She used her experience to create exhibits of the travels of the Captiva Island Yacht Club to San Francisco for the America's Cup races, the International Boat Show at Newport, Rhode Island, and a trip to Cuba. More than 50 of her images, displayed on a variety of media, will be exhibited in January at the library. "Exciting new technology is bringing the opportunity for even greater creativity to photography, and I hope people will enjoy seeing the different mediums in which pictures can be reproduced," Shissler said. "The same picture gives a different effect when printed on canvas, glass, aluminum, acrylic or fabric." The library open house reception is supported by the Sanibel Public Library Foundation.

For more information about the Sanibel Public Library, call 472-2483 or visit [www.sanlib.org](http://www.sanlib.org).

# Shell Found



Pam and Kate Douglas photo by A. Zehl

Pam and Kate Douglas, visiting from McLean, Virginia, found a junonia while staying at Sanibel Moorings building #6 on December 21. They commented the shell found was "very rare."\*

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# Sea School Offering Adult Programs In Season



Dr. Bruce Neill of the Sanibel Sea School teaches adult program participants about lightning whelk egg cases photos courtesy Sanibel Sea School

by Jeff Lysiak

From free walks along the shoreline to in-depth discussions and fact-finding boat excursions, there will be plenty of educational opportunities for adults to take part in this coming in-season as part of the Sanibel Sea School mission to “improve the ocean’s future, one person at a time.”

According to Nicole Finnicum, Sanibel Sea School’s director of education, adults will find plenty of things to take part in between January and March, starting with the free community beach walks held on the second Saturday of each month.

Starting from the Sanibel Sea School’s main campus – located at 455 Periwinkle Way on Sanibel’s east end – at 9 a.m. and lasting approximately two hours, group walk participants will explore the beachfront with an educator. “During the beach walks, they’ll talk about what’s washed ashore. The leader will also answer any questions about marine life,” said Finnicum. “People can bring a cup of coffee with them, too. It’s a casual stroll and an opportunity to become better educated about the ocean.”

Upcoming free beach walk dates and topics include:



One of the adult classes on a boat excursion visiting the waters of Blind Pass, which connects Sanibel and Captiva

- January 14 – Shells: Not Just For Collecting
- February 11 – Plants In The Sand: Beach Botany
- March 11 – What Is This Thing? Beach Mysteries

During the month of March, the school will offer Fishing Fridays, an exclusive hands-on fishing experience led by Dr. Bruce Neill, Sanibel Sea School’s founder and executive director.

“Doc’ Bruce will be offering instruction – on a fly rod or spinning rod – how to fish from a conservation perspective,” said Finnicum. “He’ll be talking about times and tides, along with the best ways to fish by learning about their biology.”

Held on Fridays between 1 and 4 p.m., shore-based classes will take place on March 3, 10 and 17; a boat-based class with Capt. Ben Biery of Cast About Charters will take place on March 24. Cost is \$500 for the series of four classes, and is limited to five participants.

Sanibel Sea School’s popular Barefoot Academy will return in January, with classes continuing through the end of March. Held on Wednesdays from 9 a.m. to noon, the program offers an in-depth look at our local ecosystems with Dr. Neill and his team of marine science educators.

“This year, we’ve added new educators and new field trip destinations. Program time will be split between the classroom and the field, so be sure to bring your sunscreen, your towel and your wading shoes,” the school’s website noted.

Upcoming Barefoot Academy dates and topics include:

- January 25 – Where does our water come from? (Cost is \$55) On an island situated at sea level and surrounded by saltwater, have you ever wondered how fresh, clean

continued on page 28

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At Periwinkle & Casa Ybel

# ISLAND FARE

## BAILEY'S GENERAL STORE

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

2477 Periwinkle Way, 472-1516

## BEACH PIEZ

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

2441 Periwinkle Way, 472-3224

## 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



From left, server Michael Binkowski, pianist Woody Brubaker and owner and host Andrea Mucciga of Traditions On The Beach.

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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From page 24

# Adult Programs



“Doc” Bruce discusses the anatomy of lightning whelks during a free community beach walk

drinking water comes out of our sinks? During this session, we’ll experience first-hand where our water comes from during a field trip to the Island Water Association.

- February 1 – Birds of the Slough (Cost is \$55) Sanibel is home to hundreds of magnificent species, but did you know that just inland from us there is an extensive freshwater slough that also provides great habitat for a slightly different assortment of our feathered friends? Educator Johnny Rader will lead this trip to Six Mile Cypress Slough. Bring your binoculars (or borrow ours). Participants will meet at Six Mile Cypress Slough, located at 7751 Penzance Boulevard in Fort Myers.

- February 8 – Ocean Creations with Guest Artist Sandy Gross (Cost is \$75) Experience the ocean through art. Sanibel’s talented glass artist Sandy Gross will lead a unique, ocean-themed creative session. Participants will visit the beach to find inspiration,

then Gross will guide students through the production of a glass masterpiece. All materials are included in the course fee.

- February 15 – A Walk in the Mud: Mangrove Ecology at Bunche Beach (Cost is \$55) A Sanibel Sea School staff favorite, Bunche Beach Preserve is a little-known gem hiding many treasures – from horseshoe crabs to majestic mangrove forests. During this session led by Nicole Finnicum, participants will meet at Bunche Beach and traipse through the mangrove mud to learn about mangrove ecology and have the opportunity to see some of the unusual creatures that call these “walking trees” their home. Bunche Beach Preserve is located at the end of John Morris Road and there is a small parking fee to park alongside of the road. You will find the educator near the entrance of the beach.

- February 22 – Manatees and Electricity: An Unusual Combination (Cost is \$55) Some might question what on earth does electricity have to do with manatees? In this class led by Rader, participants will find out why Southwest Florida’s manatees thrive near the Fort Myers power plant during the chilly winter months. Students will also talk manatee biology and electricity, and have the opportunity to see large numbers of these charming sea cows up close.

- March 1 – Seagrass Under The Bridge (Cost is \$55) When you drive over the Sanibel Causeway, you are actually crossing San Carlos Bay, which is home to vast seagrass gardens that are teeming with sea life. During this session led by Finnicum, students will use seine nets to see who’s living between the seagrass blades. Students may also catch fish, crabs and maybe even a seahorse or two; wear your swimsuit and prepare to get wet. Participants will meet at the Causeway Island Park on Causeway Island A (the island closest to Fort Myers) on the west/left side.

- March 8 – Where The Estuary Begins: A Boat Trip on the Caloosahatchee River (Cost is \$75) Estuaries are among the most productive ecosystems on the planet, and we are lucky enough to live next to a very important one here in Southwest Florida. During this trip led by Dr. Neill, students will travel by boat from San Carlos Bay up the Caloosahatchee River while learning about our local estuary, how it supports overall ocean health, and some of the water quality issues it faces. Participants will meet at the Causeway Island Park on Causeway Island B (the island closest to Sanibel). The side students will meet on is dependent on the wind and water conditions, so please check both sides of the island. Be on the lookout for a white Carolina Skiff boat that says Sanibel Sea School on the side. “Doc” Bruce will be near the boat in a yellow life jacket and a visor.

- March 15 – Life In The Dark (Cost is \$55) We spend a lot of time on the beach during the day, but at night, the shoreline can be a very different place. During this special evening outing with Rader, students will visit the beach at sunset to learn about the changes that occur as light turns to dark and observe some nocturnal sand-dwelling creatures.

- March 22 – Our Barrier Islands: Sanibel to North Captiva (Cost is \$75) Sanibel is part of a barrier island chain that lines Florida’s southwest coast. These islands are strikingly different from the mainland and provide their own benefits and challenges for both humans and wildlife. Join “Doc” Bruce on a boat trip along these islands to gain a whole new perspective. Bring along your lunch or a snack for a beach-side picnic on North Captiva. Participants will meet at the Causeway Island Park on Causeway Island B (the island closest to Sanibel). The side students will meet on is dependent on the wind and water conditions, so please check both sides of the island. Again, Dr. Neill will skipper a Carolina Skiff and wear a yellow life jacket.

Finally, Sanibel Sea School will host a special screening of Mullet: A Tale of Two Fish on March 1 from 6 to 8 p.m. The 57-minute documentary, produced by WGPU Public Media, focuses on one of our region’s most underappreciated species. The documentary, part of WGPU’s Sustainable Seafood Series, provides an overview of the historical and economic significance of mullet in Florida, and its potential to become a more popular source of sustainable protein in the future.

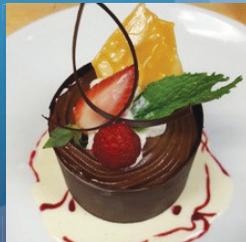
This free program will feature mullet hors d’oeuvres prepared by Chef Melissa Talmage of Sweet Melissa’s Cafe, which guests will have an opportunity to sample.

“We’re looking forward to offering lots of good, exciting programs this season,” added Finnicum. “Hopefully, we’ll attract some new people to take our classes along with a few returning adult students.”

To register for programs or classes being offered at Sanibel Sea School, call 472-8585 or send an email to [Sanibel@sanibelseaschool.org](mailto:Sanibel@sanibelseaschool.org). For additional information, visit [sanibelseaschool.org](http://sanibelseaschool.org).

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## BIG ARTS Monday Night Film Series

## Coming Home

by Di Saggau



The BIG ARTS Monday Night Movie for January 2, is *Coming Home*, a drama from China based on the novel *The Criminal Lu Yanshi*. It opens at the height of China's Cultural Revolution. Every aspect of life in the country is under the influence of an activist party highly sensitive to anything it thinks politically incorrect. Feng Wanyu lives with her teenage daughter, Dandan, while her husband, Lu Yanshi, is off in prison for an unstated political offense. As the film opens, Lu has escaped from prison. His wife is eager for his return, but his daughter hasn't seen her father since she was three and is terrified that his escape could jeopardize her attempts to become a dancer. She's trying for the lead in a notorious political ballet.

The family is watched by the authorities but it's Dandan herself who betrays her father. As Lu waits for his wife by the train station, he is caught by the police. Feng, witnessing this from far off, is injured in the ensuing scuffle. This breathtaking scene is mostly prologue.

The film then jumps ahead a few years. The Cultural Revolution is over, and Lu has now been granted a release from prison. Dandan, who works at a textile factory, never got the lead in the ballet due to her father's political activities. Meanwhile Feng suffers from an odd form of dementia. When Lu, the great love of her life, shows up at her door, she has no idea who he is. She remembers that she has a husband and that he is soon to return but cannot recognize him. Dandan, who bears guilt for her involvement in the misfortunes of both her parents, helps Lu figure out some way to jog Feng's memories. There are a few minor breakthroughs.



The director concentrates more on the performances of the people playing the three characters who pretty much drive the entire narrative and the result is a trio of spectacular performances. *Coming Home* is a film that offers viewers the return of a world-class director with three of the year's most stirring performances. It's about love and acceptance, the things we expect from relationships and the things in which we ultimately find a kind of muted happiness. It runs 109 minutes. Moderator for the evening is Ray Galligan.

Admission to BIG ARTS Monday Night Film Series is \$10 and all screenings begin at 7 p.m. in Schein Performance Hall. Each film is followed by a complimentary reception and discussion. Film Sponsors: June Rosner and Russ Bilgore, Stan and Visnja Gembicki, Hyde Tucker, Penny Wilkinson, and the *Island Sun*. BIG ARTS is located at 900 Dunlop Road. Tickets are available at [www.BIGARTS.org](http://www.BIGARTS.org), at the door or by calling 395-0900.\*

## Register For Youth Cheerleading



A member of the Sanibel Cheer Squad  
photo courtesy City of Sanibel

Registration for the Sanibel Recreation Center's Cheerleading Squad has begun. This is a non-competitive program available to enthusiastic and energetic youth between second and sixth grade. Participants will cheer during the Youth Flag Football games on Friday evenings from January through mid-March at the Sanibel Ballfields.

The cost is \$53 for Sanibel Recreation

Center members and \$70 for non-members. Practices will be held on Wednesdays at 2:20 p.m. beginning on January 11. Volunteering opportunities are available.

For more information, contact Char Durand at [charlotte.durand@mysanibel.com](mailto:charlotte.durand@mysanibel.com).

The Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road. Visit [www.mysanibel.com](http://www.mysanibel.com) for additional details.\*

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## Master Gardeners Lecture

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 in 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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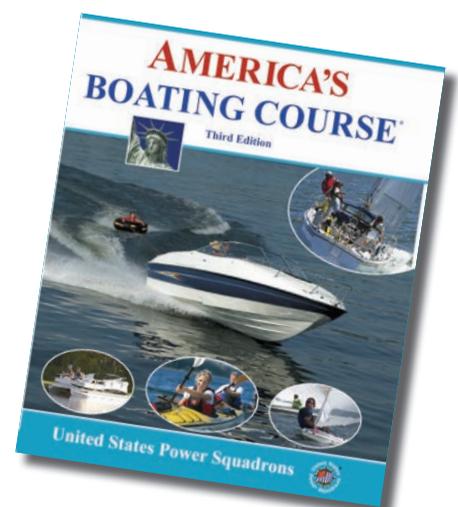
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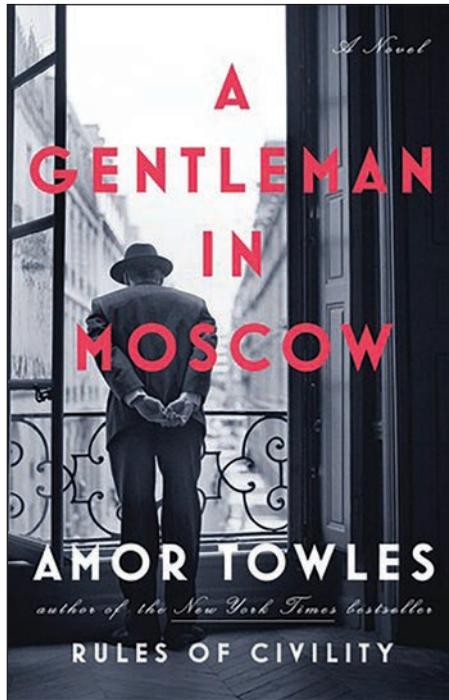
# A Gentleman In Moscow



by Di Saggau

Oh the joy of reading a truly good book. Such is the case with *A Gentleman in Moscow* by Amor Towles. The book offers an opportunity to sink back into

a lost attitude of aristocracy and of imprisonment. It opens in 1922, a few years after the Russian Revolution. A handsome count named Alexander Rostov is accused of writing a counter-revolutionary poem. Asked to state his occupation, he replies, "It is not the business of a gentleman to have occupations." His high-ranking friends



keep him from being executed, instead he is sentenced to life imprisonment in Moscow's Hotel Metropol. The Count bravely faces his exile because the hotel is where he has lived for years in a very spacious third floor suite. To his dismay, when he enters his former dwelling he is told by the Bolsheviks to select what will fit in a tiny room on the top floor. He was raised to appreciate the great conveniences of life, and now he is confined to a very tight space in which to live.

Inside the elegant Metropol, located near the Kremlin and the Bolshoi, the Count slowly adjusts to make do with his attic room. A man of refined taste in wine, food and literature, he strives to maintain a daily routine. He explores the nooks and crannies of the hotel and bonds with staff, accepts advances of attractive women and forms a tender relationship with a spirited young girl, Nina. They learn a great deal from each other over the years. The count always behaves as a perfect gentleman and never complains. In fact, at one point, he considers himself the luckiest man in all of Russia. Towles has the gift of transfixing the Hotel Metropol with colorful characters, mostly fictional, some historical. Spread across four decades, this is a great novel in all ways, a nonstop pleasure brimming with charm, personal wisdom and philosophic insight. With Stalin and Krushchev in the background, Towles mainly treats politics as a distant shadow. The passage of time within

the hotel is the main focus of the book. The glories of real human connection and the memories it leaves behind are elegantly rendered in this masterly encapsulation of modern Russian history.

The book is witty with crisp, light humor throughout. In the count's aristocracy, real class has nothing to do with money, it's about the kind of moral discipline that never goes out of style. I loved the count's knowledge of the finer things, including the perfect wine to go with every meal and how to use a silver summoner. His nemesis in the hotel is a tall, thin man with a narrow head and superior demeanor. Looking much like a bishop that had been plucked from a chessboard, the Bishop is what the count calls him throughout the book. The count lived by two rules: "The first was that if one did not master one's circumstances, one was bound to be mastered by them; and the second was Montaigne's maxim that the surest sign of wisdom is constant cheerfulness."

Brimming with humor, a glittering cast of characters and one beautifully rendered scene after another, this novel casts a spell as it relates the Count's endeavor to gain a deeper understand of what it means to be a man of purpose. Towles wrote *Rules of Civility* in 2011, which also gets rare reviews. Based upon what I consider to be superior writing and storytelling in *A Gentleman in Moscow*, I plan to order his other book post-haste.\*

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## Happy New Year



by Shelley M. Greggs, NCSP

**Dear Readers:** I am passing along this wonderful poem (again) with excellent new year's resolutions for parenting. The suggestions are

worth considering:

### Parental New Year's Resolutions

by Dr Alex Thomas

Well, it is time for Parental New Year's Resolutions. Pick any five from the suggestions below and, if you are still following them when the school year ends, you probably will see improvement in your child's school performance and/or behavior around the home. Feel free to change these so they work for you.

- I resolve to provide a regular daily or weekly chore for my child and will assure that it is completed on time.
- I resolve that I will cut our junk food budget, including pop, by 25 percent.
- I resolve to see to it that my child will complete all tasks that are started.
- I resolve that my child will not easily quit a team or club once it is joined, or quit music or other lessons once started.

- I resolve that no more than two meals a week will be eaten in front of the television.
  - I resolve to allow my child the opportunity to deal with failure and frustration without interfering, providing support but not excuses.
  - I resolve that my child will spend no more than 20 hours a week watching television.
  - I resolve that my child will spend at least one half hour, at a designated spot and time, on homework or reading, every school night.
  - I resolve to see to it, by providing incentives if necessary, that my child reads independently, even if it the reading includes comics, sports pages or romance books.
  - I resolve to say at least two positive things to my child every day.
  - I resolve to make the opportunity, weekly, to spend at least a half hour with my child on some mutually needed activity (shopping, dishes, working on the car, etc.).
  - I resolve to lower my NQ (Nagging Quotient) and act instead of yak.
- 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.\*

## Poet's Corner



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

selected by Tanya Hochschild

### Alphabet

Author Unknown

A is for apple, and B is for Boat,  
That used to be right, but now it  
won't float.

Age before beauty is what we once  
said,

But let's be a bit more realistic  
instead.

Now, A's for arthritis; B's the bad  
back,

C is for chest pains, perhaps cardiac.

D is for dental decay and decline;

E is for eyesight, can't read that top  
line.

F is for fissures and fluid retention,

G is for gas, which I'd rather not  
mention.

H is high blood pressure – I'd rather  
it low;

I for incisions with scars you can  
show.

J is for joints, out of socket, won't  
mend.

K is for knees that crack when they  
bend.

L for libido, what happened to sex?

M is for memory, I forget! What  
comes next?

N is neuralgia, in nerves way down  
low.

O is for osteo, the bones that don't  
grow!

P for prescriptions, I have quite a  
few,

Just give me a pill and I'll be good  
as new.

Q is for queasy, is it fatal or flu?

R for reflux, one meal turns to two.

S for sleepless nights, counting my  
fears.

T for tinnitus; there's bells in my  
ears.

U is for urinary; big troubles with  
flow;

V is for vertigo, that's "dizzy" you  
know.

W is for worry, now what's going  
round?

X is for X-ray, and what might be  
found.

Y is another year I'm left here  
behind,

Z is for zest that I still have – in my  
mind.

I've survived all the symptoms, my  
body's deployed,

and I've kept 26 doctors fully  
employed!

May your troubles be less, your  
blessings more,

and nothing but happiness come  
through your door.✧

From page 20

## CROW Calendar

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

**Friday, January 6, 2 p.m.** adults  
\$7, teens \$5, 12 and under no charge –  
Wild About Rehabilitation, presented by  
CROW staff.

After a patient stabilizes in the  
hospital, CROW's rehabilitation staff  
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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.

**Friday, January 6, 2 to 3:30  
p.m.**, \$20 per person, advance  
registration required – Wildlife Walk with  
Rehabilitators and Staff.

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

## Academy Award Contender's Series

### Sully

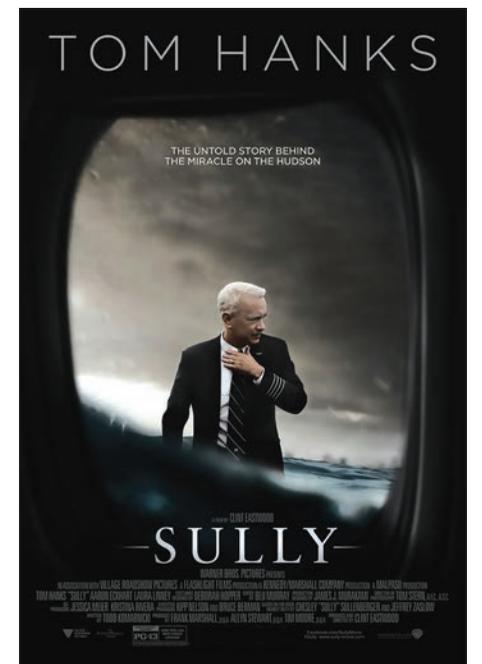
by Stan Gembicki



On Wednesday,  
January 4  
at 12:30 p.m., the  
Island Cinema will  
show *Sully*, the first  
movie in this year's  
BIG ARTS Academy  
Awards Contenders  
Film Series. After  
the movie, a

discussion will take place at the cinema.  
Tickets are available at the cinema. Other  
movies in the series will be announced  
prior to the weekly showing.

*Sully* is a 2016 biographical drama  
film directed by Clint Eastwood and  
written by Todd Komarnicki, based on the  
autobiography *Highest Duty* by Chesley  
Sullenberger and Jeffrey Zaslow. The  
film stars Tom Hanks as Sullenberger,  
with Aaron Eckhart, Laura Linney, Anna  
Gunn, Autumn Reeser, Holt McCallany,  
Jamey Sheridan and Jerry Ferrara  
in supporting roles. The film follows  
Sullenberger's January 2009 emergency  
landing of US Airways Flight 1549 on the  
Hudson River, in which all 155 passengers  
and crew survived with only minor  
injuries and the subsequent publicity and  
investigation.



*Sully* premiered at the 43rd annual  
Telluride Film Festival on September 2,  
2016. The film, which is 96 minutes long,  
received positive reviews from critics and  
has grossed over \$228 million worldwide,  
but created controversy by its portrayal of  
the National Transportation Safety Board  
(NTSB). The film has been nominated for  
four Critics Choice awards including Best  
Picture and Best Actor.✧

## Community House Seeking Objects 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](mailto:info@sanibelmuseum.org).✧

Share your community news with us.  
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Participants at the Polar Bear plunge last year

photo by Jeff Lysiak

## New Year's Day Polar Bear Plunge

On Sunday, January 1, the Sanibel-Captiva Chapter of the National Polar Bear Club will hold its 17th annual meeting at the "crack of noon" on Tarpon Bay Beach (the south/Gulf end of Tarpon Bay Road).

The meeting will begin with the singing of the traditional Polar Bear anthem by the "cubbies" (first-timers), "juveniles" (one-time previous dippers) and seasoned "adult" bears (those who took the plunge in previous years). Following the anthem, the Polar Bears will enter the gulf waters backwards, facing the crowd of supporters, onlookers, tourists and "mice" (those who wished that had the courage to join in).

Following various bear-frolicking activities in the water and the traditional Polar Bear group huddle/hug (a body-warming activity),

all new participants will receive a free membership card and a certificate suitable for framing. There will also be an opportunity to sip from the giant Polar Bear Champagne glass, have your picture taken in the infamous shell pith helmet and to engage in storytelling about your experience with fellow polar bears from around the world. Massive media coverage is again expected to be on hand to historically document this annual event.

All are welcome and encouraged to attend. Remember to wear your bathing suit and bring a towel. Chairs and coolers are optional. Join your friends, family, neighbors, tourists and other island characters for a memorable activity. It's the only event going on at the crack of noon New Year's Day, and it's free and fun.

Sign in and song sheet distribution will begin at 11 a.m. Parking for 89 cars is available. Display your current new sticker or pay the parking fee.

This year, "Papa Bear" John Carney hopes to see all of his tried and true club member along with many new "plungers." ❄️



"Papa Bear" John Carney filling the Champagne glass

photo provided

## SCCF Offers Sun Tea Tasting And Garden Walk

by Jeff Lysiak

On December 21, a group of more than a dozen visitors at SCCF's Bailey Homestead Preserve learned about how to grow herbs and native plants in their home gardens, then create their own homemade teas from the freshly grown and steeped leaves.

According to SCCF's Landscaping For Wildlife educator Dee Serage-Century, a number of Florida native plants used for tea – including goldenrod, passionvine, mint and Yaupon holly – are grown in the gardens



SCCF's Dee Serage-Century pours samples of freshly grown and homemade teas during last week's Sun Tea Tasting and Garden Walk at the Bailey Homestead Preserve

photos by Jeff Lysiak

of the Native Landscapes & Garden Center. She pointed out several other species, such as lemongrass, Tulsi basil and Hibiscus sabdarifa growing nearby.

"Making your own tea at home is so easy," she told the group, noting that all of these plants can be purchased as packaged tea at the Bailey Homestead Honey House.

One-by-one, Sun Tea Tasting and Garden Walk participants learned about what plants – including Florida natives – can be used to make tea at home. Serage-Century shared samples of four teas, which can be sweetened with honey or sugar and/or adding a squeeze of fresh lemon or lime.

The four tea samples she shared included:

- Holy basil (Tulsi) – Holy basil, which is classified as a rasayana, is an herb that nourishes a person's growth to promote health. It is an aromatic digestive plant which can be used to relieve stress, anxiety, high blood pressure, fungal infections, depression, colds and the flu.
- Roselle (Florida cranberry) – Native to Southeast Asia, the red, fleshy calyx



Dee Serage-Century grows several native plants in her home garden for use in making tea

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Bob James Memorial, Lee Coast Chapter  
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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

PAGE Center for Girls of Lee County  
SanCap Cares  
Sanibel Captiva Lions Club  
Sanibel Captiva Sail and Power Squadron  
Sanibel Little League  
Sanibel Music Festival  
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## Beach Tilling To Begin January 9

The Captiva Erosion Prevention District (CEPD) announced that it will till the sand placed in the 2013-14 renourishment project starting on Monday, January 9. The staging area for the contractor is the Alison Hagerup Beach Park (North Beach) parking lot. The work will be performed by Perry's Beach Service of Fort Myers.

Tilling is scheduled to begin the morning of January 9 and proceed north to Redfish Pass. After completing this segment, work will continue south of Hagerup Beach to Blind Pass. All work is estimated to be completed by the end of the day on January 13, weather permitting. All operations will occur during daylight hours.

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

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

A tractor pulling a rake with tines will till the approximately 25,600 linear feet of renourished beach to a minimum depth of 36 inches. The use of horns, whistles and signals will be kept to a

minimum to ensure a quiet operation while maintaining job site safety. There will be minimal disruption to traffic on roads adjacent to the beach.

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

Questions about the project should be directed to the CEPD by calling 472-2472 or by sending an email to [kathleen@mycepd.com](mailto:kathleen@mycepd.com). For more information, visit [mycepd.com](http://mycepd.com).✪

## Stories For Grownups Is Back

The Sanibel Public Library will host the first Stories For Grownups session of the new year on Friday, January 6 beginning at 2:30 p.m. in Meeting Room #4. Admission is free and all are welcome to attend.

This month, the featured storyteller is Dr. Sidney B. Simon, professor emeritus from the University of Massachusetts, and an internationally known authority in psychological education. The author or co-author of 15 books in the areas of values clarification, getting unstuck and forgiveness, Simon is also the author of two childrens' books, written for his



**Sid Simon**

photo courtesy Sanibel Public Library

own kids when they were little. W.W. Norton published them in the late 1960s. Simon likes the fact that Norton also published Sigmund Freud.

Simon has appeared on various talk show programs, including the Oprah Winfrey and Phil Donahue shows. He tells good stories, ones that are witty and wise, but he also has the knack for drawing stories from people in the audience. That's half the fun, and half the program. Come and just listen, or see if one of Simon's stories triggers one from your own life.

Call the Sanibel Public Library at 472-2483 for more information. Stories For Grownups will be held on the first Friday of each month in season.✪

## Garden Club



**Linda Uhler pictured with the winning door prize**

photo courtesy Shell Islands Garden Club

The Shell Islands Garden Club finished up 2016 with a session devoted to creating decorative candlesticks suitable for holiday entertaining. Forty-three ladies gathered in the Sanibel Public Library meeting room and, under the guidance of Sally Parsons and Glenda Campbell, made beautiful and unique candle creations. Linda Uhler was the lucky winner of an arrangement created by expert arranger Harriet Pattison.

The club, which meets on the second Tuesday of the month, will hold its annual auction on January 10 at Sanibel Community Church beginning at 11:30 a.m. For more information, visit [www.sanibelgardenclub.org](http://www.sanibelgardenclub.org).✪

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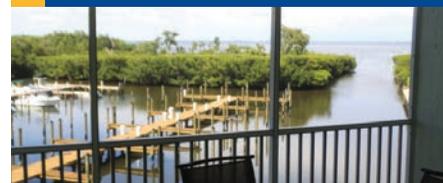
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The Sanibel Community Association accepts cash, check, Visa, MasterCard, and Discover. Please make your checks payable to The Sanibel Community Association. 2173 Periwinkle Way, Sanibel, FL 33957. **Event Saturday, January 28 at 6 pm**

Credit cards [www.sanibelcommunityhouse.net](http://www.sanibelcommunityhouse.net)

## Bondurants Join Lineup For Cooking With The Islands' Stars

On Saturday, January 28 at 6 p.m., The Community House will once again be filled with the joys of cooking. Beginning the evening, attendees will sample the gourmet offerings from eight local restaurant chefs before learning about some of the special family recipes from four local family chefs, who will be competing for the top prizes.

The spotlight this week is on Fred and Mary Bondurant, well-known to islanders for the charity work they do. The couple is asking for donations to support their bid as the highest fundraisers to support The Community House's Culinary Education Center. Both enjoy cooking and entertaining with a wide variety of foods. Fred developed his bird nest recipe entry in the contest, as a whimsical way to encourage kids to "eat their veggies."



Fred and Mary Bondurant

photo courtesy The Community House

After enjoying his German descent mother's cooking, as he left college Fred's mom sent him off with a recipe box of 3x5 cards. "I started cooking with another fellow whose mom had done the same," he said. "We soon discovered that to cook dinner for your date was a really good thing... especially with a flaming desert!"

His military flying career made cooking at home even more important when his family was together. His son took that passion and went to The French Culinary Institute and is now an executive chef in New York.

Mary, born in Tipperary, grew up in Kearny, New Jersey. She lived in the "Irish" neighborhood, but had friends in other neighborhoods, such as Polish, Italian and Spanish. She also developed an eclectic taste and appreciation for a variety of foods. Growing up in the resort industry, she enjoyed spending time in the kitchen where the chef inspired her to learn techniques and her passion for cooking. She single handedly prepares food for the couple's annual St. Patrick's Day party, serving 85 pounds of corned beef plus potatoes and cabbage for more than 100 people.

The Bondurants explained that part of the charm of Sanibel is its "small town" ambiance, with an emphasis on a sense of community. The Community House epitomizes just that. The Sanibel Community House is about sharing common interests and offers a venue where the community can come together for social, cultural, educational and fundraising events.

By-donation voting has already started. Island residents and visitors can support The Community House's new Center for Culinary Education by making a gift in the family chef's name, by purchasing an assigned seat ticket for \$100 or a priority seating ticket for \$200, where VIP's will sample the family chefs' creations as they cook on the stage.

Purchase tickets online at [www.sanibelcommunityhouse.net](http://www.sanibelcommunityhouse.net) now or call 472-2155. Voting for your favorite chefs is also available on the website.\*

From page 1B

### Sun Tea Tasting

lobes from the base of the former flowers may be chopped for use in teas or salads. It is an excellent source of calcium, iron, niacin and riboflavin. One variety of tea can be made with ginger, too.

- Yaupon holly – Native Americans used to make their own caffeinated beverage from this holly plant's leaves and twig tips. Holly tea is an excellent source of vitamins A and C as well as antioxidants.

- Micromaria Brownei (aquatic mint) – Grown in swales and other wet places, the plant is a Florida native that grows all year long. It is quite aromatic and creates a vibrant tea flavor with a very distinctive taste of mint.

Serage-Century also explained how easy it is to make tea at home.

"I pull the leaves from the plants and put them into water in my electric tea kettle," she said. "I usually let them steep in the hot water for about five minutes, and later place them into jars and let them sit in the sunlight all afternoon. Then, put the jar into the



Micromaria Brownei, a native mint plant which can be used to make tea

refrigerator and enjoy!"

The next Sun Tea Tasting and Garden Walk at the Bailey Homestead Preserve, located at 1300 Periwinkle Way on Sanibel, will take place on Wednesday, January 25. Participants will meet in the pavilion at 11 a.m. Admission is free to SCCF members and children, or \$5 for non-members. For more information, visit [www.sccf.org](http://www.sccf.org).\*



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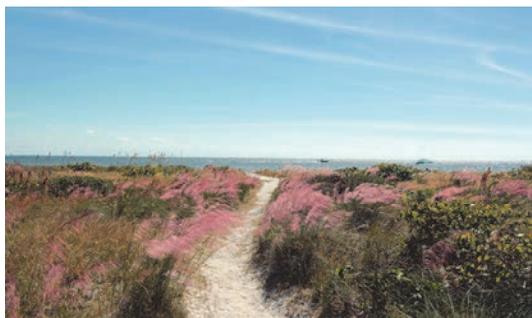
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## Island Temptations Raffle Winner



Roxy of the Sanibel Grill draws the winning ticket with Randy Carson of the Optimist Club  
photos courtesy San-Cap Optimist Club

The Sanibel-Captiva Optimist Club held its annual Island Temptations raffle drawing on December 18 at The Sanibel Grill (Timbers). This year's winner received gift certificates donated by 23 island restaurants totaling over \$1,200.

The winner was islander Mike Veldes. Roxy of the Sanibel Grill, along with San-Cap Optimist Club Vice President Randy Carson, drew the winning ticket.

Many thanks were offered to the 23 restaurants and food suppliers participating, including American Legion Post 123, The Sanibel Sprout, Jacaranda, Sweet Melissa's, Timbers, Sanibel Fish House, Lighthouse Café, Bennett's Fresh Roast, Sanibel Sweet Shoppe, Rosie's Grill, Sanibel Deli & Coffee Factory, Over Easy Café, Cheeburger Cheeburger, Doc Ford's Rum Bar & Grille, Lazy Flamingo, Cip's, George & Wendy's Seafood Grill, Island Pizza, Blue Giraffe, Joey's Custard, Among The Flowers, The Dunes and The Pecking Order.✱



The raffle winner receives the prizes in a Christmas stocking from a group of San-Cap Optimist Club members. Pictured from left is Mark Steger, Shawn Veldes, winner Mike Veldes, Randy Carson, Richard McCurry and John Jones.

## Young Professionals Join Mardi Gras Fundraiser



Young Professionals Mardi Gras  
courtesy Young Professionals Association of Sanibel and Captiva

The Young Professionals Association of Sanibel and Captiva are bringing their fresh and infectious energy to Community Housing and Resources' (CHR) 5th annual Mardi Gras event. The "YoPros" are no strangers to CHR, with several of their members living in CHR housing and one of their well-attended social events having benefitted CHR in the past. As a collective group of young professionals working on the island, they recognize the need for affordable workforce housing perhaps more than most. This year's Mardi Gras event will provide a distinct way for the group to give back to CHR, and it is a joint venture that is sure to be fun.

"The Young Professionals Association of Sanibel and Captiva is absolutely thrilled to be involved with this year's CHR Mardi Gras fundraiser," says Laura Richardson, association president. "One of our main tenets involves supporting organizations on the island through service and philanthropy, so the event is the perfect fit for us. Some of our members live in CHR housing, so supporting CHR is incredibly important to us. Having affordable housing on island is vital for many young professionals to be able to work and grow on the island."

The Young Professionals group will be spearheading the Mardi Gras event's parade, which involves coordinating the parade route and participants, including a live marching band who will lead throngs of party-goers to the pool area of The Dunes Golf & Tennis Club for the famed swim relay. Also in the YoPros repertoire that evening will be decking out custom golf carts for each of the three swim relay teams to proudly ride to the pool for their face-off.

If you would like to join the YoPros for all of the fun at the 5th Annual Mardi Gras, tickets can be purchased at [www.sanibelchr.org/mardigras](http://www.sanibelchr.org/mardigras).

Community Housing and Resources, Inc. (CHR) is a 501(c)(3) nonprofit organization dedicated to providing affordable housing for families and individuals working full-time on Sanibel as well as long-time retired or disabled residents of Sanibel. For more information, visit [www.SanibelCHR.org](http://www.SanibelCHR.org), or call 472-1189.✱

# HAPPY NEW YEAR!



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# Crowds Flock To Farmers Market Following Holiday



The day after Christmas was a Monday, but that didn't stop shoppers from crowding the City Hall grounds to attend the Sanibel Island Farmers Market, which offers dozens of vendors selling goods including fresh fruits and vegetables, locally harvested honey, handmade soaps and artisan breads

photos by Jeff Lysick



Local Roots, LLC proprietors Betsy Ventura and Jean Baer



The Cheshire family - Addie, 5, Carter, 2, and Marcie - doing a little day-after-Christmas shopping



Christina Jones and Karen Freysinger of Dancing Dragonfly Soap Co.



Alicia Anson of Twisted Acres hanging one of the ornate air plants sold at their booth



Locally grown vegetables were a popular item sold during Monday's farmers market



Confucious, a dog owned by Sanibel residents John and Katie Reid



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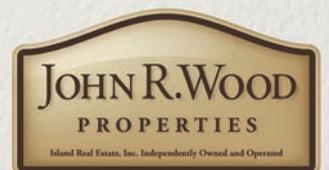


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## Will Power

## Different Baskets



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

When choosing how to approach your estate plan, it's important to realize that the different types of assets that you own have different legal and tax treatments. The way that I most often explain it is to consider them grouped into separate baskets, and then deciding how you want your estate plan to distribute each type of basket.

The first basket consists of your Florida homestead. Florida law limits what you can do with your homestead in your estate plan. My recently published book, *The Florida Residency & Estate Planning Guide*, details the complex issues surrounding

the devise of your Florida homestead through your will or trust.

If you are married, for example, and do not have a nuptial agreement with your spouse, then you must bequeath your homestead in fee simple to your spouse. You cannot bequeath a life estate interest or put your homestead in some kind of a trust that benefits your spouse for life and then distributes it to others. If you do, then you have an invalid devise. I've written other columns on this topic before. If your plan involves bequeathing your homestead other than outright to your spouse, then this basket needs attention – and likely will need at least a limited nuptial agreement dealing with this issue.

The second basket consists of your IRA, 401(k), pension and profit sharing plans ("Qualified Retirement Accounts"). Here, whomever you leave these accounts to will have income tax liability associated with any withdrawals, just as you presently recognize taxable income (unless you have Roth accounts) when you take distributions. While a spouse is the only beneficiary who can "roll over" the account into his or her own account, non-spouse beneficiaries will have Required Minimum Distributions (RMDs) upon receiving an inherited IRA, regardless of their age. If a minor is named as a beneficiary, a court process will also be required without

proper planning. Moreover, if you name a trust as the beneficiary of this kind of account, income taxes may be accelerated without proper planning.

The third basket consists of stocks, bonds, mutual funds, cash and bank accounts that are not Qualified Retirement Accounts. These assets receive a step-up in tax cost basis at the death of the account owner, meaning that unrealized capital gains are usually eliminated. These types of accounts have the fewest restrictions on how you can bequeath them in your estate plan.

The fourth basket consists of closely held business interests. These assets aren't easily disposed of, as they are not traded on any stock exchange. Moreover, you may have other family members or third parties involved in the business or entity. There may be a shareholder, partnership or membership agreement that either restricts the disposition, or requires that the interest first be offered to the other shareholders at death. In the case of "S" Corporation stock, there are important elections that must be made within a certain time period after the death of the owner, and the type of beneficiary is restricted under federal tax law.

The fifth basket consists of annuities and life insurance policies, which have beneficiary designations. Annuities are similar to Qualified Retirement Accounts because the beneficiary will usually recognize taxable income when receiving distributions. Wills and trusts generally do not govern the disposition of these assets unless they are named in the beneficiary designation. Trusts named as beneficiaries of annuities may incur higher income taxes than direct beneficiaries due to their compressed federal income tax rate structure.

The sixth basket consists of real estate that is not your Florida homestead. There may be inheritance taxes associated with this asset if it is owned in a state that imposes such taxes. In my book I detail all 50 states' income, estate and gift tax consequences of owning property in each state. Commercial real estate may be held in the form of a corporation, partnership or LLC discussed above. The ongoing management of this asset should be considered in your estate plan.

Yet another basket might be a trust in which you are a beneficiary and possess a "power of appointment" that would allow you to alter its disposition from the default provision in the governing document, which might be a parent's will or trust. Your attorney should determine whether you have a power of appointment, whether it is limited in any way, and whether the value of the trust will be considered taxable in your estate for federal estate tax purposes.

There may be other baskets in any individual plan. So as you can see, when planning your estate, all of the different baskets should be considered, along with their unique legal and tax consequences. Failure to consider the intricacies of each type of asset might result in missing planning opportunities or in unintended adverse results.

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**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](mailto:beau@islandwater.com) by **no later than January 6, 2017**. Background checks are required on all Board candidates.

## Local Waters Boating Course

The Sanibel-Captiva Power Squadron will teach America's Boating Course in January at the Sanibel Public Library, located at 770 Dunlop Road. The class teaches basic boat operation and safety with an emphasis on boating the local waters around Sanibel and Captiva. Completion of the class and passing a simple exam qualifies students to receive a safe boating ID card from the state of Florida. This ID card satisfies State of Florida education requirements for operating boats in Florida waters.

The class will be taught in two sessions both to be held at the Sanibel Public Library. The first session will be held on Monday, January 16 from 6:30 to 9:30 p.m. and the second session will be held on Saturday, January 28 from 10 a.m. to 4:30 p.m. Students need to attend both sessions and complete homework between sessions for successful class graduation.

The America's Boating Course class is designed for those new to boating as well as experienced boaters who would like to strengthen their boating skills. The class uses the America's Boating Course text published by the United States Power Squadron as well as lectures, demonstrations and discussion presented by U.S. Power Squadron instructors. The cost of the class and the text is \$45. Students must preregister for the class not later than January 10.

Students obtain their copy of the America's Boating Course text and pay the \$45 class fee at the January 16 session. The text is reviewed in detail at the January 28 session. Among the subjects and topics reviewed are:

- U.S. Coast Guard required safety equipment
- Basic boat handling underway and docking

- Navigation rules, right of way
- Navigation aids and channel markers
- Basic navigation, charts and GPS operation
- Anchoring in deep water and on the beach
- VHF radio operation
- Storms, emergencies and accidents
- Unique characteristics of local area boating

Students are introduced to boating the local waters by studying navigation charts for Pine Island Sound, San Carlos Bay and the Caloosahatchie River. Important destinations, channels and waterways are reviewed and advice for confidently boating in local waters is discussed. The class format is very informal with many opportunities for questions and discussion. No advance knowledge of boating is needed for successful student completion of the class. The class is appropriate even for those who may not own a boat but want to learn about the possibility of boating the magnificent waters that surround Fort Myers, Sanibel and Captiva. The class is also appropriate for experienced boaters who may want to learn about boating in our unique local waterways.

To learn more about the class students may contact the class lead instructor Jay Brown at 314-807-6860 or jaywbrown1@icloud.com. Students should register on line for the class not later than January 10. To register students should go to [www.usps.org/findacourse](http://www.usps.org/findacourse). Click on the "Boating Courses" tab, enter the student zip code and then click on the "Locate" button. The list of ABC courses will then appear. Select the January 16 class and the registration form will appear.

To learn more about the Sanibel-Captiva Power Squadron, visit [www.usps.org/localusps/sancap/](http://www.usps.org/localusps/sancap/) or call Steve Abbott at 246-2392.\*

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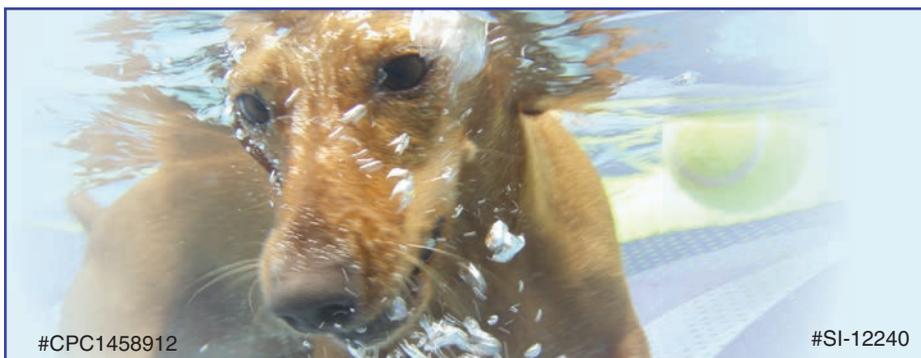
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From left, front desk manager Jan Symroski with docents Terry Jacob and Carol Kaplan photo courtesy Sanibel Historical Museum and Village

## Volunteer Training At Historical Village

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

The program will consist of two classes. The first of the two classes will be held from 1 to 3 p.m. on Monday, January 16 in Shore Haven, and the second class will be held from 1 to 3 p.m. on Monday, January 23, also in Shore Haven. Classes will feature a general overview and presentations by village experts as well as a guided tour through the village.

“Our training sessions are fun and a great way to meet people,” said Executive Director Emilie Alfino. “Anybody can volunteer, even if they start out without any specific knowledge of Sanibel history. We will teach you what you need to know and are always available to help.”

Anyone interested in becoming a volunteer should call Emilie Alfino at 472-4648.

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

### Superior Interiors

## Black And White Decor Is Classic



by Trinette Nelson

Black and white decors are never out of style. This ever popular neutral scheme serves as a dramatic background for most any accent colors we choose. We can't think of a color that doesn't

look fabulous with black and white. This basic color combo is timeless in either traditional or contemporary settings.

Imagine, if you will, the same black and white rooms accented with coral, turquoise and sunshine yellow for a daring color scheme that is sure to draw compliments. Or, if your preference is for colors in nature, visualize on the black and white a combination of cornflower blue, kiwi green and azalea. All of these accent color combinations will transition beautifully into adjoining room by simply using one or two of them as the main color(s) and accent them with black and white.

These color combinations are unexpected and invigorating in our beautiful sun filled rooms here in South Florida. The next time your spaces are due for a makeover, consider black and white for you neutrals. You will love the change.

Trinette Nelson is an interior designer on Sanibel/Captiva Islands and can be reached at [linda@coincdecen.com](mailto:linda@coincdecen.com).

## ISLAND SUN BUSINESS NEWSMAKERS

### New Agent



Becky Mulka

VIP Realty Group announced that Becky Mulka has joined their Sanibel and Captiva offices.

Mulka has lived and been actively involved on Sanibel Island for the last 16 years. She holds a Sanibel Captiva Island Specialist designation and a bachelor's degree in business management. She is an active member of Zonta, volunteers at The Sanibel School and gives back to many of the other island charities such as the Sanibel-Captiva Conservation Foundation.

Mulka is married to a lifelong resident, Wally, and has a daughter, Audrey, who attends The Sanibel School.

# HAPPY NEW YEAR!

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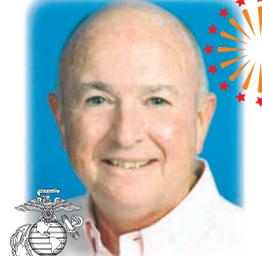
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# Jerry's Celebrates Grand Re-Opening



Jerry's Foods of Sanibel store director John Tonsager, center, cuts the ribbon in front of the supermarket's new coffee shop. He is flanked by Sanibel & Captiva Islands Chamber of Commerce President Ric Base and chamber board member Evelyn Stewart.

photo by Bob Petcher

Jerry's Foods of Sanibel now has a new coffee shop, a new wine and beer section, a new specialty cheese department, remodeled deli and café as well as a remodeled soup and salad bar. The changes were part of a ribbon-cutting ceremony to celebrate a grand re-opening at the 1700 Periwinkle Way location on December 21. The ceremony featured hors d'oeuvres, wine and beer tastings, free coffee and two celebratory cakes.\*



Celebratory cake decorated with a nautical theme

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From left, Danette Keim, Amanda Curran-Corace, Sandi Corace and Lisa Cochran  
photo courtesy RE/MAX of the Islands

## Real Estate Company Celebrates Christmas By Giving

RE/MAX of the Islands recently held their 25th annual Christmas party in conjunction with the Sanibel Christmas Luminary event.

At the event Dustyn, Art and Sandi Corace, owners of RE/MAX of the Islands, acknowledged their office and associates made a \$2,500 donation to Children's Miracle Network (CMN) in 2016.

"During the holidays I believe we all reflect upon how fortunate we are," said Dustyn Corace. "Over the year, we try to give back to the community and this is one of those instances. CMN is a very worthy children's health care charity. It is supported worldwide by RE/MAX International and all of the funds raised by RE/MAX of the Islands go to All Children's Specialty Care in Fort Myers."

The RE/MAX party was tremendous success partly due to guest appearances by the notorious Mr. Grinch and his friend Cindy Lou Who. Fortunately, Mr. Grinch was unable to hamper the festivities and over 350 RE/MAX sales associates, employees and visitors dined on heavy hors d'oeuvres and Christmas goodies while enjoying music, dancing and an outdoor live screening of, what else, *How The Grinch Stole Christmas*.\*

## Ask Amy!

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## Free Florida Residency And Estate Planning Workshop



Craig R. Hersch

photos provided

Michael B. Hill

In recent years, laws surrounding estate, trust, durable power of attorney, health care surrogate and living will have all undergone significant change. Seasonal Florida residents and those contemplating Florida residency should be aware of certain considerations. Florida Bar Board Certified Wills, Trusts and Estates Attorneys Craig R. Hersch and Michael B. Hill, partners with Sheppard, Brett, Stewart, Hersch, Kinsey & Hill, P.A., will provide valuable insight regarding Florida estate law during a free Florida Residency and Estate Planning Workshop, taking place from 2 to 4 p.m. on Thursday, February 2 at Sanibel Community House, located at 2173 Periwinkle Way in Sanibel. Additional workshops will be held from 2 to 4 p.m. on Tuesday, February 7 at Temple Beth El in Fort Myers and Wednesday, February 8 at the Naples Daily News building in Naples.

During the free workshop, Hersch and Hill will discuss effective estate planning

techniques that maximize on the many benefits available to Florida residents. Topics of discussion include:

- Are wills and trusts established out of state valid, once you move to Florida?
- Can taxes be reduced by declaring Florida residency?
- Why does a Durable Power of Attorney need to be updated?
- How can I best keep legal documents up-to-date?
- How a revocable trust may not avoid probate.

Florida residents or those considering Florida residency can utilize legal counsel to determine if estate planning documents need to be updated. To facilitate this process, Hersch and Hill invite attendees to bring their current estate documents 30 minutes prior to the seminar for a complimentary written trust analysis. In addition, all attendees will receive a free copy of Hersch's recently published book, *The Florida Residency & Estate Planning Guide*, which highlights the advantages of an up-to-date Florida-based estate plan and various strategies to improve current plans.

To reserve a seat at the estate planning workshop, sign up online at [www.sbslaw.com/workshops](http://www.sbslaw.com/workshops) or call 425-9379.

Hersch is a Florida Bar Board Certified Wills, Trusts & Estates attorney and holds his Florida CPA license. He is a multiple graduate of the University of Florida with accounting and law degrees and has provided his expertise as a continuing education lecturer for The Florida Bar and the Florida Institute of Certified Public Accountants. Hersch has created several trademarked processes tied to his estate planning and administration practice, including The Family Estate & Legacy Program and The Estate Settlement Program. He recently published his third book, *The Florida Residency & Estate Planning Guide*, other titles including *Common Cents Estate Planning* and *Legal Matters When a Loved One Dies*. Hersch also writes a weekly estate planning column, available on his firm's blog at [www.sbslaw.com/blog](http://www.sbslaw.com/blog).

Hill is also a Florida Bar Board Certified Wills, Trusts & Estates attorney, concentrating his practice in estate and wealth preservation and business succession planning. He has extensive tax, legal and technology skills, enabling him to create unique plans meeting client's individual and family needs. Hill is a double graduate of the University of Florida, receiving his bachelor of science in accounting in 1998, and his Juris Doctor, with honors, in 2001. He is also a member of the Florida Bar Association, the American Bar Association and the Lee County Bar Association.

Originally founded in 1924, Sheppard, Brett, Stewart, Hersch, Kinsey & Hill, P.A. provides personalized advice and legal services on matters ranging from estate planning, probate and trust administration, asset protection strategies, real estate law and transactions, and business, corporation and banking law.

The attorneys at Sheppard, Brett, Stewart, Hersch, Kinsey & Hill, P.A. have and will continue to take an active role in the Southwest Florida community, serving on various business boards and charitable foundations. For more information, visit [www.sbslaw.com](http://www.sbslaw.com) or call 334-1141.\*

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## Happy Holidays & Seasons Greetings!

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### Secluded Oasis on Periwinkle Preserve



Newly added additions to this tiled 3 BD/2 BA, w/den and French doors, light and bright décor throughout. New roof and impact doors, new kitchen and baths. Added family room nestled onto Periwinkle Preserve with over 1/2 acre. Cozy and private, central island location to medical, shopping, restaurants Gulfside, beaches. **\$540,000**



# Enfield Brings Basketball Coaching Prowess From FGCU To USC



by Ed Frank

Remember the name Andy Enfield? You should, for as the coach of the 2013 “Dunk City’s” Florida Gulf Coast University men’s basketball team, his Eagles became the first 15th seeded team in NCAA tournament history to make the Sweet 16 by beating a No. 2 seed (Georgetown)

and a No. 7 seed (San Diego State) in the first two rounds.

Just days following, Enfield was named coach of the University of Southern California (USC) Trojans, trading a \$157,000-a-year salary at FGCU for a reported six-year deal at about \$1.5 million per year at USC.

Now, just in case you haven’t noticed, Enfield’s Trojans began this week at 13-0, only one of six Division 1 undefeated teams. And cross-town rival, UCLA, also was 13-0 at the start of the week.

What illustrious company Enfield’s Trojans shared with the four other remaining undefeated teams – NCAA defending champion Villanova, along with Baylor, Gonzaga and Creighton – all perennial powerhouses.

Just three weeks ago, there were 22 undefeated teams.

With PAC 12 league play set to start this week, Enfield faces a stern test when they travel to Eugene, Oregon today, Friday, to play the No. 20-ranked Oregon Ducks. Just two days prior, Steve Alford’s UCLA Bruins also played Oregon in Eugene.

So, the 11-2 Ducks have the rare opportunity this week to topple from the undefeated two of the remaining six Division 1 teams.

Now in his fourth season at USC, Enfield has methodically built a solid, winning program. His first two seasons were rough, going 11-21 and 12-20. But last season, his Trojans were 21-13 (9-9 in conference play), making the NCAA tournament.

Obviously, there is no love lost between USC and UCLA. The drama already is building when these two teams face each other in PAC 12 play – January 25 at UCLA and February 28 at USC.

If you look back nearly five decades, the 1970-71 clashes between these two schools remain storied chapters in college basketball history.

Both opened the 1970-71 season with perfect marks, UCLA at 14-0 and USC at 16-0. And when they met on February 6, 1971, UCLA was 15-1, having lost to Notre Dame, but knocked the Trojans from the ranks of the unbeaten with a 64-60 victory.

Just as Enfield put little-known FGCU on the national basketball map in 2013, this year he’s coaching on a much bigger stage with the opportunity to once again grab the national spotlight.

In fairness, we should mention that the local Florida Gulf Coast University men’s basketball team has continued its winning ways since Enfield’s departure.

His replacement, Joe Dooley, has guided the Eagles to three straight 20-plus winning seasons and three straight NCAA appearances. FGCU is 9-5 this year at the holiday break.\*



USC Coach Andy Enfield

photo courtesy USC

## SPORTS QUIZ

1. When was the last time before 2015 that the Kansas City Royals won a division title?
2. Name the last time before 2015 that the Pittsburgh Pirates won as many as 98 games in a season.
3. Tom Brady is one of five NFL quarterbacks to have at least 400 career TD passes. Name three of the four others.
4. When was the last time before the 2015-16 season that Southern Cal’s men’s basketball team started a season 11-0 at home?
5. Who was the last NHL player before Toronto’s Auston Matthews in 2016 to score at least three goals in a season-opening NHL debut?
6. In 2009, Jason Kreis of Real Salt Lake became the youngest coach in Major League Soccer history to win a championship. How old was he?
7. Name the last undefeated horse before Nyquist in 2016 to win the Kentucky Derby.

## ANSWERS

1. It was 1985. 2. The Pirates won 98 games in 1991. 3. Peyton Manning, Brett Favre, Drew Brees and Dan Marino. 4. It was the 1973-74 season. 5. Derek Stepan of the New York Rangers in 2010. 6. He was 36. 7. Big Brown, in 2008.

## SANIBEL 8-BALL POOL LEAGUE 2016-17 Standings through December 26

Standing	Team Name	Won	Lost
First	Bunt’s Ball Busters	161	79
Second	Sandycappers	118	122
Third	Fresh Legion Crew	104	136
Fourth	Sanibel Café	97	143

### December 26 Results

Bunt’s Ball Busters	15	Sanibel Café	5
Sandycappers	12	Fresh Legion Crew	8

### Sanibel 8-Ball Pool League

## Halfway Mark

Mike DeWitt and Terry Ricotta each went 4-0 against Sanibel Café’s Rich McCurry and Kayla McCurry to help Bunt’s Ball Busters stretch its Sanibel 8-Ball Pool League lead to an almost overwhelming 43-game lead as the season reached its halfway mark. Bob Buntrock pitched in with three wins over Randy Carson after Carson won his opening game with a table run following the opening break.

Sandycappers benefited from only the second four-game forfeit in the league’s 10-year history by pounding Fresh Legion Crew, 12-8. John Bates led the Sandycappers with a 4-0 thrashing of

Fresh Legion Crew’s Doc Lubinski. His teammate, Gary Murza, only played two games in the evening and won them both over Kip Buntrock. Tom Yorgey was the top gun for the Legion Crew with four wins over Sandycapper John Reigert, who seemed to be suffering from and unknown malady maybe stemming from practice sessions for coming New Year’s Eve celebrations on Captiva.

League play has now reached its halfway mark. The top 10 shooters with their shooting percentages are Terry Ricotta, 89 percent; Mike DeWitt, 83 percent; Bob Buntrock, 81 percent; Noah Smith and Scotty Byers, 69 percent each; Gary Murza, 68 percent; Rich Ennis, 63 percent; Jeff Brown, 59 percent; Kevin Pottorf, 58 percent; and Doc Lubinski, 54 percent.\*

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## Audubon Lecture On Birding Eastern Massachusetts And Beyond



Shawn Carey

photos courtesy San-Cap Audubon

Once again, San-Cap Audubon's 2017 lecture season kicks-off with Shawn Carey, wildlife photographer, educator, guide and cofounder of the video company, Migration Productions, presenting a program entitled *Birding Eastern Massachusetts and Beyond*. Join Carey and local bird enthusiasts on Thursday, January 5 at 7:30 p.m. for an informative lecture and video presentation showcasing this hotbed of birding.

The traditional venue for the Audubon lecture series is The Community House, which is currently undergoing extensive renovations. These renovations have not been completed yet, therefore, this lecture will be held at Sanibel Community Church, located at 1740 Periwinkle Way. The hope is renovations of The Community House will be completed in time for the next lecture. Visit [www.san-capaudubon.org](http://www.san-capaudubon.org) or call 395-1878 for further future location information.

Eastern Massachusetts has some of the best bird watching locations on the East Coast. Want to know where to see thousands of shorebirds as they migrate through in August? How about a good location to observe snowy owls in winter? Maybe you are interested in witnessing the annual hawk migration in the spring and autumn or the best locations in the spring as many of the songbirds move north to their summer breeding grounds. Carey's program will explore many locations to view these beautiful birds and other wildlife with stunning photographs and videos. In addition we will look at a few "hot spots" beyond Massachusetts that no birder will want to miss.

Originally from Erie, Pennsylvania, Carey moved to Cambridge, Massachusetts in 1986 and started watching birds in 1988. He has been photographing birds and other wildlife for about 20 years and has been teaching wildlife photography for Mass Audubon for more than 12 years. Carey is on the board of directors for Eastern Massachusetts Hawk Watch, where he serves as their vice president. He has been on the advisory board for the Massachusetts Audubon Society and Massachusetts Audubon Visual Arts Center. He co-founded Migration Productions in 1996, and also provides most of digital photography used in their productions.

"I love the natural world," said Carey. "If it walks, crawls, flies, swims or slithers, I'll photograph it."



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Kingfisher

This will be the first of eight Sanibel-Captiva Audubon lectures to be held in 2017. All are welcome to attend. Doors open at 6:30 p.m. and a \$5 donation is appreciated, with proceeds after costs being used to promote conservation on Sanibel and in Florida.\*

## Top Ten Books On The Island

1. *Conquering Cancer* by Nicholas Gonzalez
2. *Remarkable Women of Sanibel & Captiva* by Jeri Magg
3. *The Book of Joy* by The Dalhai Lama & Desmond Tutu
4. *Curious Critter Florida* by David FitzSimmons

5. *Seduced* by Randy Wayne White
  6. *Killing the Rising Sun* by Bill O'Reilly
  7. *Shrimp Country* by Anna Marlis Burgard
  8. *The Whistler* by John Grisham
  9. *A Bubble Moment* by Katie Gardenia
  10. *Best. State. Ever.* by Dave Barry
- Courtesy of MacIntosh Books and Paper.\*

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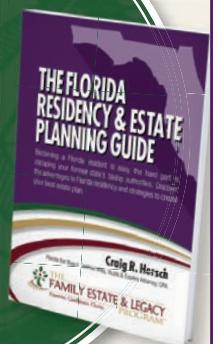
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**Ibis #302**  
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Web ID 216073020 \$498,500



**High Point Place #F906**  
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Web ID 216066785 \$490,000



**16440 Oakview Circle**  
Pat Moore 239.233.1808  
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- **\$1,699,000** EUR €1,627,371

## 2. Heart of Captiva Village; "Belle Mar"

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

## 3. Ferry Landing - Bayfront on Sanibel

- 3 BR/2 BA with stunning Bay Views
- Community boat dock, swimming pool & tennis
- **\$2,195,000** EUR €2,062,369

## 4. Captiva Village

- 4 BR/3 BA - "Beach Lodge", turnkey home
- Impact glass, salt water pool, granite, stainless
- **\$1,895,000** EUR €1,737,591

## 5. 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

## 6. Bay Front Views - Sanibel

- 3 BR/4 BA direct Gulf access canal with dock and lift
- Elevator, fireplace, multiple lanais with Bay views
- **\$2,895,000** EUR €2,720,072



4



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7



8



9

## 7. Sanibel Bayous

- 3 BR/3 BA with deeded beach access
- Large private pool and spa with 2 story enclosure
- Bright open floor plan with soaring ceilings, wood floors
- **\$839,000** EUR €787,830

## 8. Best of Loggerhead Cay 2BR/2 BA Furnished Units

- #592-Beautifully updated, partial view **\$649,000**
- #402-Updated interior, partial view **\$595,000**
- #181-Updated unit with Gulf views **\$699,000**

## 9. Pointe Santo Best Buys

- Unit E6, Gulf front - **\$1,250,000**
- Unit B25, Gulf view - **\$789,000**
- Unit D6, Gulf view - **\$735,000**

## 10. Colony Beach Estates

- 4BR/4BA Direct Gulf front gated community
- Gorgeously updated throughout
- **\$3,199,000** EUR €2,935,131

## 11. South Seas Island Resort Condos

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

## 12. Dunes Golf & Tennis Community

- 3 BR/2 BA bright cheery beach retreat with pool
- Recently remodeled open floor plan
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10



11



12

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## Mom And Me



by Lizzie and Pryce

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

### Dear Mom & Me,

My 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](mailto:momandmeaging@hotmail.com).✱

## American Legion Post 123

**O**n Sunday, January 1, American Legion 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.✱

### Doctor and Dietician

## Knee Pain After Surgery



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

**M**any patients who undergo knee surgery can suffer with lingering pain. When patients are asked the reasons for their surgery, the typical response is "to shave cartilage," "clean out the joint" or "I don't know." Removing any tissue in the body that is supposed to be there will have a consequence. The most common long term consequence is joint instability that leads to chronic pain and osteoarthritis.

Unfortunately, after an arthroscope touches the knee, the chance of developing arthritis in the knee tremendously increases. The tissues frequently removed during arthroscopic surgery of the knee are the meniscus (partial or complete) and the articular cartilage. Both of these structures are

needed to help the femur bone glide smoothly over the tibia. When either is removed, the bones do not glide properly. Whatever cartilage is left after the arthroscopic surgery continues to wear away.

Heavily relying on magnetic resonance imaging (MRI) for diagnosing knee pain can lead to unnecessary surgery. Asymptomatic people regularly show abnormalities on MRI. Therefore, it is not for sure that the true reason for pain is due to the abnormal MRI findings. It is imperative to have a thorough physical exam and history before undergoing surgery for chronic pain. For well-trained pain physicians, an MRI is used only as a way to verify what was found during the exam.

In addition to exercise, chiropractic, and acupuncture, Regenerative Medicine provides successful alternatives to surgery for knee pain which continue to gain in popularity, especially for active patients to avoid surgery. These include injection therapies that use natural ingredients to stimulate tissue repair and cartilage regeneration, and can include a patient's own cells, known as Prolotherapy and Stem Cell Therapy. For patients who had surgery, but still have pain or arthritis, these options are worth exploring.

*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](mailto:info@caringmedical.com).✱*

## Got A Problem? Dr. Connie Is In



by Constance Clancy

**Q:** I am a 63-year-old woman and I have noticed a decrease of energy. Is this common?

**A:** There are several factors noted with decreased energy and the aging process. This

does not mean that your energy level has to decrease. There are several solutions. Let's examine a few things:

- Hormonal changes are prevalent because estrogen decreases resulting in hot flashes, sleep disturbance and insomnia resulting in fatigue. Obviously, this will feel like a lack of energy. If this may be one of your symptoms, talk with your physician about bioidentical hormone replacement. You may also want to try some subtle energy movement such as Tai Chi, Chi Gong, gentle hatha yoga and stretching. Also herbs and energy medicine are good tools to use for increasing energy.

- Sedentary lifestyle. As we age, we lose muscle mass, and if we are not active physically, you will lose an ever higher percentage of muscle mass. Your metabolic rate increases, so we are more prone to weight gain.

Your joints are stiffer and you move more slowly. This is all a natural progression, however, the more active you can be through movement and various levels of exercise, the healthier you will be long-term. I like to recommend that you exercise your way by doing what you enjoy. If you vary it that is good as well. You may want to try some light weight training with a personal trainer. This will help increase muscle mass and energy.

- Age-related illness/disease. This can be an issue that will add to depletion of energy. If you are taking medications, there may be some side effects from using medications. If you are taking medications, it's important you augment this with techniques mentioned above including acupuncture, chiropractic treatments and energy work that will increase your energy and vitality.

- Your circadian rhythms shift. With age, you spend less of your night in deep sleep as compared to when you were younger. You can adjust your sleep habits with some melatonin. Also, know that yoga and meditation can increase melatonin.

By applying some shifts in your daily routine, you can regain your energy levels to optimal levels and live your best life for many years to come.

*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](mailto:constanceclancyfisher@gmail.com).✱*

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## Robbie's Run To Be Held On Golf Course in Mid-January



Jim Castle, Ronald McDonald and Bob Risch at Robbie's Run 2016 photos courtesy RMHC

On Saturday, January 14, the Dunes Golf & Tennis Club will host Robbie's Run, to benefit the Ronald McDonald Care Mobile, a program of Ronald McDonald House Charities (RMHC) of Southwest Florida. Proceeds from the event will help to fund a mobile pediatric office that travels to schools, community centers and neighborhoods to deliver dental care and medical screenings to thousands of underserved children.

Grampy's Charities directors Bob Risch and Jim Castle have been working with RMHC to bring a second Ronald McDonald Care Mobile to Lee, Charlotte, Glades and Hendry counties, which will be up and running in early 2017. Currently RMHC has one Ronald McDonald Care Mobile that resides in Collier County that has served over 17,000 children since it hit the road in 2006.

Interested participants are encouraged to run, walk or crawl in the annual Golf Course 9-Hole 5K Robbie's Run for Grampy's Charities. Participation in Robbie's Run is easy: visit [rmhcsfwl.org](http://rmhcsfwl.org) or [Grampys.org](http://Grampys.org) for details and start collecting



Ronald McDonald at the golf ball drop

pledges today. A special "After Party" is planned for all participants who collect \$500 or more in pledges and donations.

A golf ball drop will be another highlight of the event! Tickets for the ball drop are available to the public for \$100 and can be purchased at Ronald McDonald House in Fort Myers or visit [www.rmhcsfwl.org](http://www.rmhcsfwl.org). Up to 100 tickets will be sold. Ronald McDonald himself will drop the balls high from the sky and the closest to the pin will win two Southwest Airline tickets to anywhere in the Continental US and \$500 in spending cash. Winners need not be present to win.

Grampy's Charities is a 100 percent volunteer organization with no paid staff. For over two decades, the organization has donated more than \$3 million to charities serving sick children.

For more information about RMHC of Southwest Florida, visit [www.rmhssfwl.org](http://www.rmhssfwl.org).\*

## All Rodenticides Are Not Equal

submitted by Dee Century

The Sanibel-Captiva Conservation Foundation (SCCF) applauds all homeowners who have decided to just say "No" to rodent poisons that can kill our eagles, owls and bobcats that eat the rat that ate the poison.

Killing all outside rats is impossible and should not be the goal, but using snap or electric traps on your porch or in your house is a necessity. Plugging up all the crevasses where rats enter your home is still the best rat control; you can pay your pest control company to do this.

But what about controlling rats at condominiums and homes that are overseen by management companies where "Just saying no" to poisons is more complicated? More complicated because who is going to empty the rats from the traps once they are caught? Snap traps can be put into safety boxes outside just like poison can, but once again, who is going to dispose of the trapped rats?

Some pest control companies also use a technique that monitors rat feed stations and only use poison when populations call for it, so poison is not always in the environment. There are also products put in bait stations that repel rats from around the structure. Talk to your pest control company about your options.

In cases where poisons are going to continue to be used, the kind of rodenticide used is very important. It was brodifacoum that was found in the blood of "Ozzie," the local American bald eagle who was treated at the Clinic for the Rehabilitation of Wildlife (CROW) after his death. This same poison has been blamed for other eagle deaths, too.

Tell your pest control service and management company to not use second generation "anticoagulants" (such as brodifacoum, bromaiolone, difenacoum or difethialone). The rats eat these 20 to 30 times before they die. They will be impressed that you know about these products. These are now banned for use by homeowners by the EPA, but pesticide companies are still allowed to use them.

Demand that the rodenticide is not a second generation anticoagulant. Bromethalin, which is not an anticoagulant and is much easier on the critter who eats the poisoned rats, is a better option; definitely not perfect, but safer for wildlife. Other poisons that are not anticoagulants are cholecalciferol and zinc phosphide. Even the first generation anticoagulant warfarin is easier on wildlife.

These products all have risks. In California, 78 percent of mountain lions, 84 percent of foxes and 92 percent of raptors tested had rodenticides in their toxin screenings. Our barn owls are gone, and has anyone seen a great horned owl lately? I wonder how much poison our island eagles and bobcats have inhaled? Will the next poisoned rat be the straw that broke another local eagles' back?\*

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## Island Seniors At The Center 4 Life

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

**The Center 4 Life will be closed for the New Year's holiday on Monday, January 2.**

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

Wednesday, January 11 at 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.

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

**Learn To Play Mahjongg with Katie Reid** – January 23 to 27 from 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 from 9 to 11:30 a.m. Cost is \$20 for members and \$35 for non-members.

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

### Games

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

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

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

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

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

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

**Kayaking offered on Tuesdays and Thursdays, January through March** – 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 the Center 4 Life, located at 2401 Library Way on Sanibel.✪



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Wightman Lane

photo provided

## Christmas On The Island

Merry Christmas from Lucy and Sara Borschke of Wightman Lane in Captiva. The picture was taken looking north from the end of the lane at 9:20 a.m. on Christmas morning.✪

## Trust Company To Hold Speaker Series In January



Sanibel Captiva Trust Company's WOWPlus 2017 Hosts Robin L. Cook, left, and Steven V. Greenstein photo courtesy Sanibel Captiva Trust Co.

The Sanibel Captiva Trust Company has announced the WOWPlus 2017 speaker series to provide an educational experience on financial and estate planning matters. The series will be held at the newly renovated Sanctuary Golf Club from January through April.

"WOW stands for Women, Opportunity and Wealth, however this year our name has changed to WOW Plus," said Robin L. Cook, executive vice

## Captiva Community Panel Report

The Captiva Community Panel will hold a symposium on the effects of sea level rise at the South Seas Conference Center on Friday, January 13 from 1 to 5 p.m.

Titled Now in My Back Yard: A Sea Level Rise Symposium, the event will instruct how rising seas could impact Captiva, Sanibel and Pine Island Sound. It will feature local and regional presenters including:

- Keynote speaker Harold Wanless, PhD., University of Miami
- Joseph F. van Gaalen, PhD.; director of student assessment; Florida SouthWestern State College
- Hans JM Wilson, PE; president, Hans Wilson & Associates, Fort Myers
- James T. Evans III, director of natural resources, City of Sanibel
- Erin Deady, Esq. AICP; Corbett, White, Davis and Ashton; Lantana
- Christine Shepard, PhD.; director of science; The Nature Conservancy Gulf of Mexico Program, Punta Gorda
- Jason Evans, PhD.; assistant professor of environmental science and studies, Stetson University, DeLand

There will be an opportunity for questions and discussion at the end. Cost is \$20 per person.

Planning and land use professionals are

invited to attend a morning session on The GIS Toolbox for Land Use Professionals from 10 to 11:30 a.m. at South Seas. Continuing education units are available; cost is an additional \$10 per person.

A community cocktail reception will be held at Kings Crown from 6 to 7:30 p.m. A donation of \$50 per person is requested for an open bar and heavy hors d'oeuvres.

Prior to the symposium, there will be a Captiva Community Panel meeting on Tuesday, January 10 beginning at 9 a.m. in the Cone Rooms (room subject to change) in Chadwicks Square at South Seas Island Resort. This meeting is open to all interested islanders and the public.

Agenda items include:

- Discussion of planning options to strengthen plan protections with David Depew.
- LCEC update by Tricia Dorn
- Update on the sea level rise workshop in January
- Vote on panel officers
- Update on priority committees including wastewater and Captiva Drive bike/ped improvements
- A Captiva Fire District update.
- Other business as necessary.

Public participation is invited and encouraged. The next Captiva Community Panel meeting will tentatively be February 14. Information and background documents are available online at [www.captivacommunitypanel.com](http://www.captivacommunitypanel.com).

The Captiva Erosion Prevention District board will hold its next monthly board

continued on page 28B

president and co-host of the program. "Although originally designed for women, the popularity of the topics within this speaker series propelled us to include gentlemen for two of the programs this season."

Steven V. Greenstein, executive vice president and co-host of the series said, "So often at our programs the ladies would state that they wished their husbands had been there to hear it, so we decided to expand the audience and are already having a very strong response."

This year's series starts on Tuesday, January 24 with the program entitled, Riches to Rags in Three Generations, which is open to both women and men. Trust Company presenters, David Port, J.D., trust administration and Hood Craddock, CPA, director of family office services, will discuss the reality of how difficult it can be for successful families to make their wealth last through multiple generations; of particular interest to business owners who have sold their companies. Prepare yourselves and your heirs for generations to come on how to establish solid parameters to keep the wealth secure and how to put it to good use.

Additional programs include The Art of Reading the Wall Street Journal on February 28 with Amy Lord, portfolio manager, Suncoast Equity Management; Tips or Tricks? How to Invest with Confidence on March 22 with Senior Portfolio Manager Timothy P. Vick; and A Beautiful Friendship - Long-term Care & Finance on April 11 with Samira K. Beckwith, director of Hope HealthCare services and Robin L. Cook, wealth services advisor with The Sanibel Captiva Trust Company.

WOWPlus is available as a series or by the program. Seating is limited and reservations are required. To receive the full series description or to make a reservation, contact Frances Steger at 472-8300 or email [rsvp@sancaptrustco.com](mailto:rsvp@sancaptrustco.com). Assets are of \$2 million and higher.✱

## Bank To Add New Branch

Sanibel Captiva Community Bank (SCCB) will open a new Gateway branch at 11691 Gateway Boulevard Suite 101, located at the corner of Gateway Boulevard and Devonshire Lakes Drive. Construction is underway and the branch will open in the first quarter of 2017. In addition to the new Gateway branch, Sanibel Captiva Community Bank is opening a new downtown Fort Myers branch in the Edison Theatre building at 1533 Hendry Street in early 2017.

"We are thrilled to open the new Gateway location and bring community banking to Gateway," said Craig Albert, president, Sanibel Captiva Community Bank. "We look forward to providing individual attention and comprehensive banking services to neighborhood residents and businesses."

Customers will have access to hands-on, individual personal and business banking services from five bank employees who will staff the new location, as well as an ATM that will be accessible 24/7. Sanibel Captiva Community Bank's residential loan officer, Mike Hartman, will also be based in the Gateway branch for customers' residential lending needs.



Mike Hartman photo courtesy SCCB

Founded in 2003, Sanibel Captiva Community Bank has two locations on Sanibel: the main office at 2475 Library Way and 1037 Periwinkle Way; and three locations in Fort Myers: in the Myerlee community, on McGregor Boulevard near Kelly Road, and on College Parkway.

To learn more, visit [www.sancapbank.com](http://www.sancapbank.com).✱

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## 'Ding' Darling Lecture Series

**W**elcome To Subirdia, Heart Of A Lion and A Naturalist Goes Fishing are among the book titles featured in the 2017 "Ding" Darling Friday Lecture Series, which are as intriguing as they are varied. The series takes place in the "Ding" Darling Visitor & Education Center Auditorium at JN "Ding" Darling National Wildlife Refuge on Sanibel starting on Friday, January 20 and winding up on April 14.

The free 12-lecture series kicks off with two consecutive photographic presentations: Mark Renz on January 20 and Clyde Butcher on January 27. Sponsored by HighTower/Thomas & Swartz Wealth Management with support from the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS), the series features noted authors, photographers and experts in nature-related fields.

Other lectures will examine migratory birds in a changing climate, animal forensics, the sounds of nature and the islands of Pine Island Sound.

The free lectures will be held twice each Friday (except February 10), at 10 a.m. and 1 p.m. The season's complete schedule is listed below. Book signings follow all except the one starred (\*) lecture. Visit [www.dingdarlingsociety.org/articles/lecture-and-film-series](http://www.dingdarlingsociety.org/articles/lecture-and-film-series) for further information on lecturers.

Seating for the lectures is limited and available on a first-come basis. Arrive one



Photographic presentations will feature birds and other wildlife and their habitat during the upcoming lecture series photo by Gerrit Vyn

hour early to assure seating. Early arrivals can save one seat each and then may explore the Visitor & Education Center or Indigo Trail before the lecture starts. Saved seats must be filled 15 minutes before lecture time.

As usual, Wildlife Drive closes on Friday, but visitors are welcome to enjoy the free Visitor & Education Center,

Indigo Trail and recreational opportunities at Tarpon Bay Explorers, the refuge's official recreation concession located at its Tarpon Bay Recreation Area.

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

For more information, call

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

January 20 – Author-photographer Mark Renz, *Naturally Twisted: A Look at the Wild*

January 27 – Photographer Clyde Butcher, *Big Cypress Swamp: The Western Everglades*

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

February 10 - No lecture

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

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

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

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

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

March 24 – Author Denege Patterson, *A Tour of the Islands of Pine Island Sound: A Geological, Archaeological and Historical Perspective*

continued on page 27B

## Energy Medicine Workshops Set

**T**he fourth season for energy medicine workshops at The Community House will begin January 11.

The series, taught by Karen Semmelman, director of Semmelman Energy Center, explores the virtues of energy medicine. Each class consists of learning hands-on tools, including the five minute daily energy routine to shift the "bla's" to "ah has" with Eden Energy Medicine. Each monthly workshop is designed to optimize your health with focus on a specific condition. Energy Medicine provides the tools to add to our collective health care kit for ourselves, our families and our community. Free, self-applied and effective, it is powerful and empowering. It has been shown that working with the body's subtle energies can help to: relieve pain; sharpen your mind; relieve stress and anxiety; strengthen the immune system; improve digestion; relieve allergies; enhance well-being; manage weight; and alleviate insomnia. The bonus is that attendees get to take these tools home with them.

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

The following are scheduled classes:

- Energy Medicine First Aid –tools for headaches, pain, colds & flues & more: Wednesday, January 11 from 6 to 8 p.m. You will learn tools for tension headaches, neck & shoulder tension, digestion issues, depression, stopping colds and flus before they take

hold and more. These are wonderful techniques for use each day.

- Explore Homeopathy, Another Form of Energy Medicine: Join Semmelman and Burke Lennihan, RN, CCH on Wednesday February 15 from 4 to 6 p.m. Lennihan wrote the book *Your Natural Medicine Cabinet*. Learn from a practicing homeopath about homeopathy and its rich vibrational healing benefits, which when combined with EEM, provide many avenues for immediate shifts of disease of all manners: headaches, toxins, muscle pain, joint point, panic, emotional upset, digestive issues and more. Walk away feeling lighter and brighter.

- Wednesday February 15 from 4 to 6 p.m.

## Free Autism Screening For Young Children

**G**olisano Children's Hospital of Southwest Florida, in partnership with Ronald McDonald House Charities of Southwest Florida, offers a free monthly autism spectrum disorder screening for toddlers 18 months to 5 years of age.

The next screening on the Ronald McDonald Care Mobile will be held on Friday, January 6 from 9:30 a.m. to 2 p.m. at the Healthy Life Center at Coconut Point, located at 23190 Fashion Dive, Suite 105 in Estero.

It is estimated that one in every 68 children is diagnosed with some form of Autism Spectrum Disorder, making it

- Balance and Coordination a Challenge? Trouble standing on 1 leg? Regain your Rhythms easily with Energy Medicine Exercises: Wednesday March 22 from 6 to 8 p.m.

- Eyes Sad? Cataracts, night vision, bright light hurts; macular degeneration? Activate your inner healing with Energy Medicine shifts: Wednesday April 12 from 4 to 6 p.m.

As Dr. Mehmet Oz, chief of cardiology at Columbia University's College of Physicians and Surgeons predicted on Oprah: "The next big frontier in medicine is energy medicine."

For more information visit [www.semmelmanenergy.com](http://www.semmelmanenergy.com).✱

more common than childhood cancer, juvenile diabetes and pediatric AIDS combined.

Medical consultants for the project stress that an early diagnosis can make a vast difference for toddlers and their families. They say early intensive behavioral intervention can make an immense difference not just in the development of the child, but in their families as well.

The ASD screening is conducted by the Golisano Children's Hospital of Southwest Florida. The screenings are administered by an Advanced Registered Nurse Practitioner, who has extensive training and experience in typical child development and developmental disorders.

A physician referral is not required. To schedule a screening, call 343-6838.✱



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# Water Bill Offers Help For U.S. Coastlines

submitted by Ken and Kate Gooderham, ASBPA managing directors

On December 10, the U.S. House of Representatives and Senate passed S.612, the Water Infrastructure Improvements for the Nation Act or the "WIIN Act" (also known as the Water Resource Development Act [WRDA]), which includes provisions to help protect, restore, and increase the resilience of U.S. coastlines. The bill passed the House, 360-61, and the Senate, 78-21.

"Sediment is a critical resource for building and restoring protective beach and dune systems and restoring coastal environments. S.612 establishes an important pilot program that would allow coastal communities, states and the U.S. Army Corps of Engineers to beneficially use dredged sediment," said Derek Brockbank, executive director of American Shore & Beach Preservation Association (ASBPA).

"Supporting regional sediment management is just one way the WIIN Act helps coastal communities prepare for hurricanes and coastal storms. The WIIN also supports coastal resilience and sea level rise planning and tells the Corps of Engineers to assess the ability of natural and nature-based features – such as beaches, dunes and wetlands – to reduce flood risk."

"The Coastal States Organization commends Congress for acting in bipartisan fashion to address the country's coastal challenges," noted Bradley Watson, Director of Coastal Resilience at the Coastal States Organization (CSO). "It is important that water resources legislation is considered and acted on and each Congress is given its potential to address immediate and long term challenges facing our nation's coasts" he concludes.

This WRDA authorized water infrastructure projects – including seven hurricane and storm damage risk reduction projects on the coasts of South Carolina, Florida, North Carolina, New Jersey, Louisiana and California – as well as other coastal and inland flood risk reduction and environmental restoration projects.

In addition to authorizing projects,

WRDA also establishes a number of policies and authorizes studies to help improve coastal resilience across the country. They include:

- Section 1122 – Beneficial Use of Dredged Material. Establishes a pilot program for the beneficial use of dredged sediment by the U.S. Army Corps of Engineers (USACE) without being constrained by the Federal Standard. The placement of dredged sand and other sediment on beaches, dunes, and coastal wetlands can serve multiple benefits, including flood and storm risk reduction, ecological restoration, and adaptation to sea level rise. As sediment sources become increasingly scarce, managing sediment as a resource is essential for the USACE to achieve its multiple missions. This provision would allow the USACE to choose 10 project areas to beneficially use sediment with a federal cost-share (rather than being paid for entirely by local sponsors). It also allows states that are doing regional sediment management projects to more effectively use sediment dredged from both federally and non-federally authorized navigation projects.

- Section 1183 – Coastal Engineering. Directs USACE to prioritize feasibility studies for coastal projects, including "shoreline restoration, tidal marsh restoration, [and] dunal habitats to protect coastal infrastructure," from rising sea levels. It also authorizes "regional assessments of coastal and back bay protection and of Federal and State policies and programs related to coastal water resources." Flood risk and coastal hazards do not follow state or USACE District lines and neither should their solutions. Furthermore, many branches of government have overlapping jurisdiction in promoting resilience to coastal hazards. This section will promote interstate, intergovernmental collaboration so that the states can have an increased role in developing

solutions that are tailored to their region and federal agencies are coordinating with states and each other.

- Section 1184 – Consideration of Measures. Directs the USACE to consider, as appropriate, all measures for coastal risk reduction, including natural, nature-based, nonstructural, and structural measures, when developing projects for coastal risk reduction.

- Sections 1128 & 1129 – Multistate Activities & Planning Assistance to States. Allows states to jointly apply for planning and technical assistance from the USACE for coordinated interstate efforts with regional and national importance. Section 1129 includes

a cost-share waiver up to \$200,000 for all studies and projects for Island Territories.

- Section 1204 – South Atlantic Coastal Study. Directs the USACE to conduct a study of the coastal areas located within the geographic boundaries of the South Atlantic Division of USACE (North Carolina to Alabama) to identify the risks and vulnerabilities of those areas to increased hurricane and storm damage as a result of sea level rise. This study will also include a focus on sediment resources and coastal erosion issues.

For more information on ASBPA, go to [www.asbpa.org](http://www.asbpa.org), Facebook or [www.twitter.com/asbpa](http://www.twitter.com/asbpa).✱

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## Lecture Series

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

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

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

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

## Audubon Bird Walk At Refuge

The first bird walk of the Sanibel-Captiva Audubon 2017 season will be held on Saturday, January 7 at the JN "Ding" Darling National Wildlife Refuge on Sanibel.

Participants will meet in the overflow parking lot (to the left as you drive in) at 8 a.m. These bird walks are open to the public and all levels of experience. Refuge fees will apply. The Duck Stamp and Federal Senior Pass are accepted for entry.

For additional information, call Hugh Verry at 395-3798.✱



Reddish egret

photo by France Paulsen

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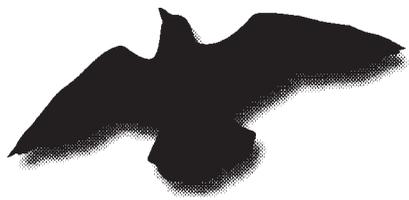
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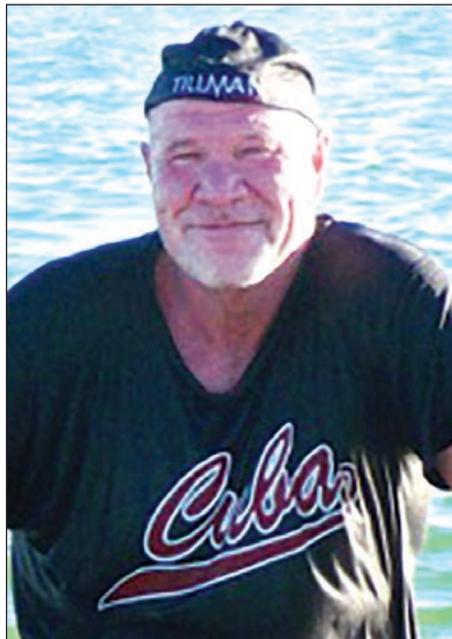


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## Author To Tell Of Past Guide Stories



Randy Wayne White photo courtesy CIHS

Best-selling author Randy Wayne White will share his colorful stories and experiences as a fishing guide on the islands in the 1970s and 80s at the Captiva Civic Center on Tuesday, January 10 from 6 to 7:30 p.m. Complimentary beverages and hors d'oeuvres will be served from 5:30 to 6 at the 11550 Chapin Lane location.

White was a light tackle fishing guide at Tarpon Bay Marina on Sanibel Island for 13 years, did more than 3,000 charters and draws heavily on those experiences for his novels about marine biologist Doc Ford and his quirky pals at Dinkin's Bay. More than one million copies of the Doc Ford novels are in print.

White has also penned a series of novels about fishing guide Hannah Smith, which have received much critical acclaim. *Haunted*, the third in the Hannah series, and *Deceived*, were both awarded the Florida Gold Medal for General Fiction -- the only time in history when an author of consecutive books in a series has won this prestigious award. White was especially delighted because Hannah had to beat out his Doc Ford novels to win. Over the last decade, all of the Doc Ford and Hannah Smith novels have appeared on the New York Times and other best sellers lists, and are wildly popular around the nation. Randy White's novel, *Sanibel Flats*, was chosen by the American Independent Mystery Booksellers Association as one of the Hundred Favorite Mysteries of the 20th century.

In 2003, White became one of the founding partners in Doc Ford's Rum Bar & Grille, with restaurants on Captiva, Sanibel and Fort Myers Beach.

There will be limited seating on a first come, first seated basis. White's books will be available for purchase and signing by the author.\*

## Sanibel-Captiva Audubon Lecture Series

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 information of the initial lectures, attendees should check the Programs section of the Sanibel-Captiva Audubon Society website - [www.san-capaudubon.org](http://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 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.

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Read us online at  
[IslandSunNews.com](http://IslandSunNews.com)

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## Panel Report

meeting on Wednesday, January 11, beginning at 1 p.m. at Tween Waters Inn. Call the district at 472-2472 or go to [mycepd.com](http://mycepd.com) for further information.

The Captiva Erosion Prevention District will till the sand placed in the 2013-2014 renourishment project starting Monday, January 9. The staging area for the contractor is the Alison Hagerup parking lot, and the work is being performed by Perry's Beach Service of Fort Myers.

Tilling will proceed north to Redfish Pass. After completing this segment, work will continue south of Hagerup Beach to Blind Pass. All work is estimated to be completed by the end of the day on Friday, January 13, weather permitting. All operations will occur during daylight hours.

The work is scheduled so that it will not interfere with piping plover nesting, which begins February 1, and sea turtle nesting, which begins May 1. The project includes tilling and dressing the sand and leveling any escarpment that exceeds 18 inches in height and is more than 100 feet long. The use of horns, whistles and signals will be kept to a minimum to ensure a quiet operation while maintaining job site safety. There

will be minimal disruption to traffic on roads adjacent to the beach.

Residents, beachgoers and businesses are required to remove all obstructions, including umbrellas, chairs and canopies, between the dunes and high tide lines, that might interfere with the work.

Beachgoers are asked to avoid the area where tilling is being done until the tractor is a safe distance away and to heed all signs and instructions from tilling personnel. Questions should be directed to CEPD by calling 472-2472, or by emailing us at [kathleen@mycepd.com](mailto:kathleen@mycepd.com).

Lee County has been moving forward on two projects concerning Blind Pass. First is the winter 2017 maintenance dredging of the Pass. Second is the long-term plan for maintaining Blind Pass in an open state.

Blind Pass is scheduled for a maintenance dredging. With the permit expiring in June, it is important to complete this project between February and June. Lee County has advertised for construction, opened the bids, and is in the process of verifying the references. They are also expecting an equipment list. This is important, because there have been challenges with dredge size in the past. One important new step is they have specified that the inside of the

pass must be constructed first. Not only is it important to construct it first from a hydrodynamic point of view, but it will also put construction on the Gulf side of the Pass during the normally quieter wave climate months of April and May.

The Florida Department of Environmental Protection has recently agreed to fund up to 50 percent of the construction cost as well as monitoring and survey work for a total grant of \$1 million. They expect to start mobilizing in the second half of January.

Although there are disadvantages to winter construction, one of the advantages is that people in the Blind Pass area will have a front-row seat to watch a very interesting construction process, not to mention great shelling. Before construction starts, you will be provided with what to expect and when.

Last spring, Lee County held a public meeting to outline the plans for the Blind Pass Inlet Management Study. In preparing for the study, Lee County, Sanibel and Captiva all committed to a science-based study that will guide the decision-making. The foundational piece of this study is the model. It is critical to get it right and take the time to calibrate it properly. Blind Pass is a complicated system, so this has been slower than anticipated. Lee County is looking at dates for the next public hearing.\*

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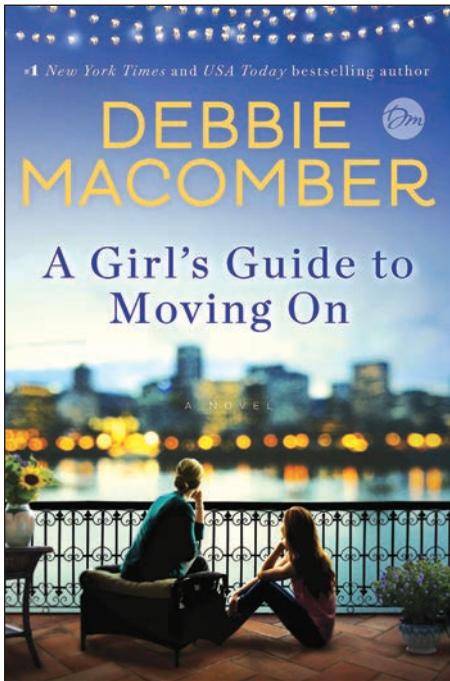
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p.m. in the library's Meeting Room Four, located on the ground floor.

Sarah Conrad Weisman reviewed *A Girl's Guide To Moving On* in *Library Journal* and wrote, "Two families come together in a traffic accident during a snowstorm. Nothing terribly unusual there, except that a woman has purposely thrown herself under a car to protect a stranger. It quickly becomes clear that the families – a poor, single black mother with her 11-year-old daughter and a white, Irish Catholic, former Boston mayor – have a connection. The award-winning Patchett (Bel Canto) here presents an engrossing and enjoyable novel."

Ann Patchett is the author of six novels and three books of nonfiction. She has won many prizes, including Britain's Orange Prize, the PEN/Faulkner Prize and the Book Sense Book of the Year.

Copies of book discussion books are located in the library near the circulation desk in a variety of formats, including eBooks. While it is preferable to come to the discussion having previously read the book, all are welcome.

On February 22, the group will review *The Little Paris Bookshop* by Nina George.

The Sanibel Public Library is located at 770 Dunlop Road. Call 472-2483 or visit [www.sanlib.org](http://www.sanlib.org) for additional information.✪

## Library Book Discussion Group

Readers are invited to come in to the Sanibel Public Library to talk about *A Girl's Guide To Moving On* by Debbie Macomber, the focus of the Wednesday, January 25 book discussion. The discussion begins promptly at 2

## Discounted Movie Tickets

The Island Cinema, located at 535 Tarpon Bay Road on Sanibel, is offering Sanibel Recreation Center Member Movie Rates, movie tickets at a discounted rate, for all Sanibel Recreation Center members.

Admission for Sanibel Recreation Center members (adults and seniors) will be \$6 including tax (40 percent off of the regular ticket price). All participating members will need to show the theater box office a valid discount movie voucher from the Sanibel Recreation Center. Movie vouchers are available to current recreation center members and may be picked up at the recreation center front desk.

These feature films are offered

through a partnership between the Sanibel Recreation Center and Island Cinema:

- *Rogue One: A Star Wars Story* is rated PG-13. The discount movie ticket offer is good for all showings at the Island Cinema from Friday, December 30 through Thursday, January 5.

- *Sing* is rated PG. The discount movie ticket offer is good for all showings at the Island Cinema from Friday, December 30 through Thursday, January 5.

Watch the City of Sanibel's website – [mysanibel.com](http://mysanibel.com) – for future movie dates.

Due to limited capacity in the theatre, recreation center members wishing to utilize this discount are strongly urged to purchase their tickets at Island Cinema in advance.

For more information, call the Sanibel Recreation Center at 472-0345.✪



Tai Chi class at the Sanibel Recreation Center

photo courtesy City of Sanibel

## Beginner Tai Chi Class At Sanibel Rec

A new session of Tai Chi classes with Dr. Marc Rowe will be offered at the Sanibel Recreation Center on Thursdays. Beginner Tai Chi will be held at 1:30 p.m. from January 5 through February 9. Cost for the six-week session is \$55 for Sanibel Recreation Center members and \$73 for non-members. Space is limited, registration in advance is recommended.

Tai Chi is an ancient Chinese form of "soft-style" martial art exercise that is based on slow, fluid movements. Dr. Rowe's instruction focuses on maintaining one's center of gravity while improving flexibility and muscle tone. Tai Chi is an excellent way to reduce stress and generate mental calmness and clarity. Participants are encouraged to wear loose fitting clothing and comfortable shoes.

The Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road. For more information, call 472-0345 or visit [www.mysanibel.com](http://www.mysanibel.com).✪

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dearRPharmacist

## New Approved Medications



by Suzy Cohen, RPh

**Dear Readers:** What an incredible year for pharmaceuticals. In 2016, many new and useful medications got FDA approved. My articles are syndicated worldwide, but I'm only listing English

drug names so please ask your local pharmacist to translate the medication name for your country:

- Anthim (Obiltoximab), Rx, Injection – The Anthrax drug! While no one intentionally inhales Anthrax, the reality is that bioterrorism exists and could very well occur. So the FDA approved this injectable drug to help people who have been exposed from infected animals, contaminated animal products or from an intentional release of anthrax spores from a terrorist attack. Once infected, irreversible damage and death usually occur, and Anthim is used to neutralize the toxin produced by *Bacillus Antracis* (aka Anthrax).

- Xiidra (Lifitegrast), Rx, eye drops – I believe in using DHA and other healthy fatty acids and natural “tear” drops to relieve dry eyes, but if you want a medication, Xiidra is now available. It blocks a protein and essentially makes you tear up more. The most common side effects are eye irritation or blurred vision and weirdly, an unusual taste sensation (termed dysgeusia) even though the drops are going into your eyes.

- Adlyxin (lixisenatide), Rx, Injection – This is a once-daily shot for adults with Type 2 diabetes used along with diet and exercise. It's in the same category as another GLP-1 agonists like Victoza, Byetta and others. These drugs slow

the speed at which food is digested and leaves the stomach, so you might say they are inducing a temporary gastroparesis which can lead to digestive problems. Consider my my book on diabetes for natural options, *Diabetes Without Drugs*, Rodale 2010.

- Nuplazid (Pimavanserin), Rx, oral tablets – No one with Parkinson's ever expects their mind to be affected, but the brain is definitely impacted and may cause hallucinations, delusions, emotional problems, altered mental status and cognitive difficulties. Nuplazid is a drug that helps treat hallucinations and delusions specifically associated with Parkinson's disease.

- Syndros (dronabinol), Rx, oral – This is a liquid formulation of the pharmaceutical (not naturally derived) cannabinoid compound called “dronabinol.” This does not grow on Earth but it is the drug version of THC, which is one of the components of pot (marijuana). Everyone knows that pot gives you the munchies, and it's no different with this drug version called dronabinol. It can help with people who have experienced weight loss due to AIDS/HIV or chemotherapy during cancer treatment.

- Briviact (Brivaracetam), Rx, oral tablets – This drug is taken by mouth (not injection) and it's used to treat partial onset seizures in adolescents and adults. It doesn't cure epilepsy, however the drugs has been shown to reduce frequency, which can be very helpful while the cause of seizures is being discovered. Side effects vary, but mostly fatigue, nausea and dizziness. Seizures occur in about five million people in the United States, and often cause muscle spasms, strange internal sensations, abnormal thinking and even loss of consciousness.

Happy New Year, everyone!

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

Eden Energy Medicine

## Heart To Heart Exercise Is Great For Grounding



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

**T**he holidays are a wonderful time to express our love to friends and family. Oftentimes, though, we may find ourselves

feeling adrift from all the holiday stress of responsibilities and having everything just right. As we become more stressed, we can often lose our grounding. Since we are electromagnetic beings, we pull energy from the Earth through the Kidney 1 acupressure point on the bottom of our foot. We need this Earth energy to feel connected to ourselves, the Earth and to others. So, if you feel disconnected in anyway, think grounding and coming home to oneself.

The exercise is easy. 1. Place the index and middle finger together with the thumb, letting this “three finger notch” posture rest on the top of the head (at the baby soft spot).

2. Place the other hand directly over the heart chakra, located between your breasts.

3. Take a deep breath or two or three and allow yourself to experience the connection between these two points, as you experience your intimate connection to the Earth.

Do these as often as you need it to assist in being connected to you and to others again. Why does this work? The heart chakra – as all chakras do – interfaces with the aura around our body. The aura, among many other tasks, connects us between the heavens

and the Earth. By placing your hand on the heart chakra, you come home to your center and to your unique way of being you. The soft spot on the top of the head sits right over the pineal gland, directly connected to the heart and an integral part of the endocrine system. The endocrine system is controlled by Triple Warmer, so the body is being flooded with wonderful hormones and chemicals to help you shift your stressors to calm. Of course, don't forget about the heart to heart hugs, which create oxytocin, our love hormone. Get 12 hugs a day and you will be smiling all day.

Have fun with your energy! Next week's topic is Heart To Mouth Exercise Gives Woman Her Voice: Reader's Share.

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

From page 28B

## Lecture Series

- 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.✱

## Trust Company Receives Plaque In Support Of 10K Race

**F**ISH of SanCap presented an appreciation plaque to the Sanibel Captiva Trust Company in recognition of its valued support of the 2016 10K Race 4 FISH.

“We look forward each year to being the premier sponsor of the FISH foot race,” said Trust Company Founder and Chairman Al Hanser. “FISH is all about neighbors helping neighbors – a mission of which we are proud to be a part in order to strengthen the fabric of our community.”

“The Sanibel Captiva Trust Company has been a loyal supporter of the 10K Race 4 FISH,” said Nancy Bender, race committee co-chair. “We are grateful for their continued support.”

The annual 10K Race 4 FISH is Sanibel's only foot race and supports the non-profit organization in providing social services to those who live, work or visit the islands. The course is designed by Fort Myers Track Club and draws hundreds of runners from near and far.

To learn more about the Sanibel Captiva Trust Company, visit [sancaptrustco.com](http://sancaptrustco.com) or its office at 2460 Palm Ridge Rd. For more information on FISH of SanCap, visit [fishofsancap.org](http://fishofsancap.org) or its office at 2430-B Periwinkle Way.✱



10K Race 4 FISH Co-chair Nancy Bender, front row left, with Sanibel Captiva Trust Company Founder Al Hanser; second row left, 10K Race Committee Member Pete Bender, SCTC Executive Vice Presidents Robin L. Cook and Steve Greenstein; top row, SCTC Assistant Vice Presidents Kristi Lane and Gail Lafino

photo courtesy FISH



**Black Bean Sliders with Spicy Orange Sauce**

- 4 tablespoons olive oil, divided
- 1 onion, finely chopped
- 1 15-ounce can black beans, rinsed and drained
- 1/2 cup carrot, shredded
- 1/2 cup cornmeal
- 1/2 cup breadcrumbs
- 1 tablespoon chili powder
- 1 teaspoon sea salt
- 1/2 cup fresh cilantro, chopped
- 1/4 cup water
- 14 slider-sized buns

**Spicy Orange Sauce**

- 1 cup plain low-fat yogurt
  - 1 tablespoon orange juice
  - 1 teaspoon hot pepper sauce
- Mix all ingredients together.

Heat 2 tablespoons oil in a large nonstick skillet. Add onion and let cook until tender and slightly caramelized. Transfer onion to a large mixing bowl.

To this bowl add beans, carrots, cornmeal, breadcrumbs, chili powder, salt, cilantro, and water. Use a large spoon or your hands to mash it all together. If the mixture is too dry to hold together add more water, one tablespoon at a time.

Hand-form bean mixture into patties to match the size of the slider buns. Heat remaining oil in a large skillet and pan-fry patties about 3 minutes on each side, until lightly browned and crisp. Add more oil to the skillet as needed.

Drain patties on absorbent paper. Dress with lettuce, tomato and Spicy Orange Sauce, and serve on slider buns.\*



Black Bean Sliders with Spicy Orange Sauce

photo courtesy Fresh From Florida

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# Island Sun

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Arcade Theater .....	332-4488
Art League Of Fort Myers .....	275-3970
BIG ARTS - Barrier Island Group for the Arts .....	395-0900
Broadway Palm Dinner Theatre .....	278-4422
Fort Myers Symphonic Mastersingers .....	288-2535
Gulf Coast Symphony .....	472-6197
Lee County Alliance for the Arts .....	939-2787
Naples Philharmonic .....	597-1111
The Herb Strauss Schoolhouse Theater .....	472-6862
Sanibel Music Festival .....	336-7999
Sanibel-Captiva Art League .....	sancapart.com
SW Florida Symphony .....	418-0996
<b>CLUBS &amp; ORGANIZATIONS</b>	
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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
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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
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Rotary Club .....	472-7257 or 472-0141
Sanibel Bike Club .....	sanibelbicycleclub.org
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Sanibel-Captiva Power Squadron .....	www.usps.org/localusps/sancap
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<b>ISLAND ATTRACTIONS</b>	
Bailey-Matthews National Shell Museum .....	395-2233
JN "Ding" Darling National Wildlife Refuge .....	472-1100
Sanibel Historical Museum & Village .....	472-4648
SCCF Sanibel-Captiva Conservation Foundation .....	472-2329

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## PETS OF THE WEEK

Romeo is a 3-year-old male American Staffordshire terrier who says, "All I want for Christmas is you!" If you are looking for true love this holiday season, you'll definitely want to adopt this big handsome boy. He's charming, fun-loving and ready for a life-long commitment.

His adoption fee is \$30 (regularly \$75) throughout the month of December.

Daisy is a 3-month-old female domestic short hair who is one of the beautiful black cats and kittens you can adopt this holiday season. She loves to rub against your leg for attention and to be cuddled and loved. This little love bug could be your next family member. Why not adopt another family member for her since all cats and kittens are two-for-one?

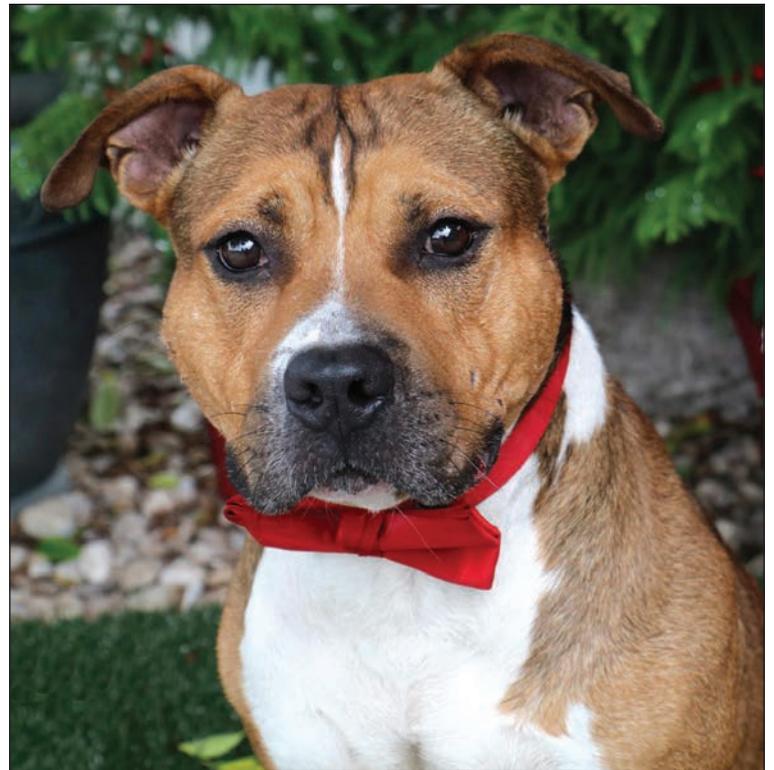
Her adoption fee is \$10 (regularly \$75), the special fee for black kittens throughout December.

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

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

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

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



Romeo ID# 683377



Daisy ID# 681283

### 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.

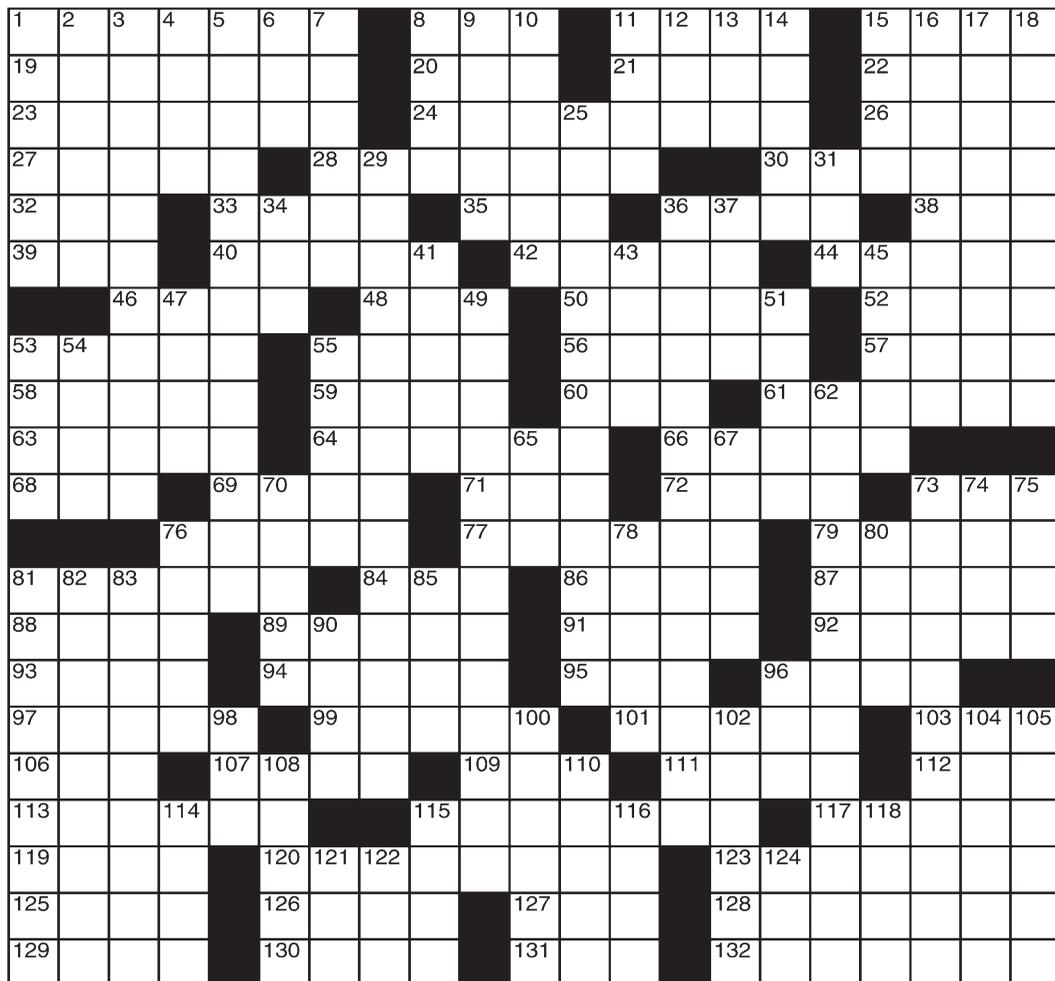
Send tax deductible contributions to PAWS at PO Box 855, Sanibel, Florida 33957.\*

# PUZZLES

Answers on page 37B

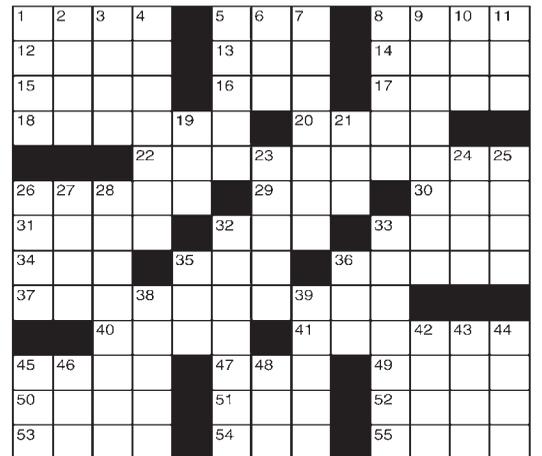
## Super Crossword FALLING RAIN

- ACROSS**
- 1 Runs in
  - 8 Swiss skyline sight
  - 11 Open a tad
  - 15 Since
  - 19 Pork in a pastry case, perhaps
  - 20 Copa's city
  - 21 McEntire of Nashville
  - 22 Sorvino of "WiseGirls"
  - 23 Rod used by a bartender
  - 24 Meted out
  - 26 Apple line
  - 27 Itchy skin problem
  - 28 Ski resort near L.A.
  - 30 Set fire to
  - 32 Suffix with Mideast
  - 33 Horror-film lab assistant
  - 35 Runner-turned-lord Sebastian
  - 36 Swab brand
  - 38 Hack off Jack
  - 39 Treasury secretary
  - 40 Pops' moms
  - 42 Give credit where credit —
  - 44 Growl like a mad dog
  - 46 Unlucky day for Caesar
  - 48 "Mass — Minor" (Bach work)
  - 50 Dirties
  - 52 Opera piece
  - 53 Did very little
  - 55 Growl like a mad dog
  - 56 "Speed up," in mus.
  - 57 Oceans
  - 58 Puccini title role
  - 59 San José, Costa —
  - 60 Show people to seats, informally
  - 61 Approach boldly
  - 63 Sing softly
  - 64 Straighten, as a twisted hose
  - 66 Prevent, in court
  - 68 — Solo (sci-fi role)
  - 69 Simian "King"
  - 71 Oslo loc.
  - 72 — guilt trip on
  - 73 — cone (cold treat)
  - 76 Heelless shoes
  - 77 12-step support group
  - 79 Detox center
  - 81 Skier's hut
  - 84 C times III
  - 86 Modest response to praise
  - 87 Skier's locale
  - 88 "Whatever — Wants"
  - 89 Cymbal pair in a drum kit
  - 91 Cruel Roman emperor
  - 92 Broncos great John
  - 93 Tell- — (exposés)
  - 94 Vodka brand, briefly
  - 95 That, to Juanita
  - 96 "A Death in the Family" novelist
  - 97 Hunts for James
  - 99 Decode
  - 101 East — (country of Asia)
  - 103 LP letters
  - 106 "Dear" man
  - 107 Girasol, e.g.
  - 109 Lyricist
  - 111 "The Lion King" lioness
  - 112 Female hare
  - 113 Metal bars
  - 115 More hammy
  - 117 Actor Elba
  - 119 Like both-sex colleges
  - 120 Examination
  - 123 Early Greeks
  - 125 Writer Brontë
  - 126 Sultry singer
  - 127 Actor
  - 128 Recluse
  - 129 Not including
  - 130 Castle trench mis
  - 132 Placed a burden on
  - 16 Much like
  - 17 Many Handel works
  - 18 Fall right onto one's mug
  - 25 Port on the Black Sea
  - 29 Vocational college
  - 31 Driver's rte. displayer
  - 34 Propane, e.g.
  - 36 Pielike cheese-and-bacon dish
  - 37 Prefix with conference
  - 41 Light meal
  - 43 Scrip writers
  - 45 Racial equality org.
  - 47 1920s-'30s art style
  - 49 An EEG records it
  - 51 Bluish gray
  - 53 Craving
  - 54 "Explorer" of kiddie TV
  - 55 Hog's sound
  - 62 Rough in texture
  - 65 Old Cambodian leader
  - 67 Zenith rival
  - 70 Swearwords
  - 73 Bathroom stall outlet
  - 74 California wine area
  - 75 Do as bid
  - 76 Cruet cousin
  - 78 A-bomb trial
  - 80 Fashion mag since 1945
  - 81 Like Mozart music
  - 82 Golfer's ace
  - 83 Dander and dust, often
  - 85 Dial up
  - 90 "— shame"
  - 96 ISP choice
  - 98 Bar fixture?
  - 100 Pencil topper
  - 102 Actress
  - 104 Grosse —, Michigan
  - 105 Bollixed (up)
  - 108 Chapel song
  - 110 Like acrobats
  - 114 Extolling poems
  - 115 Louver strip
  - 116 Osiris' wife
  - 118 Light coin
  - 121 Prefix with 81-Down
  - 122 California's Santa — River
  - 124 "... good witch — bad witch?"



## King Crossword

- ACROSS**
- 1 Final
  - 5 Recipe meas.
  - 8 Foolproof
  - 12 Eastern potentate (Var.)
  - 13 Carnival city
  - 14 Slaughter of baseball
  - 15 Parks at a bus stop?
  - 16 Japanese sash
  - 17 Gallon fraction
  - 18 Hands-on-hips
  - 20 Small combo
  - 22 Women's wear
  - 26 Wander off
  - 29 Height of fashion?
  - 30 Bother
  - 31 Addict
  - 32 Supporting
  - 33 Cruising
  - 34 Aries
  - 35 Despondent
  - 36 Square dance
  - 37 "It's a Wonderful Life" director
  - 40 Hearts, for one
  - 41 Phone function
  - 45 "Simpsons" creator
  - 47 Yoko of music
  - 49 Nervous
  - 50 Help a hood
  - 51 Debtor's letters
  - 52 Early period
  - 53 Indiana city
  - 54 CD successor
  - 55 Verve
  - 8 Brown tone
  - 9 Norma Rae, for one
  - 10 Paul of politics
  - 11 Superlative ending
  - 19 Chesapeake, e.g.
  - 21 Spinning stat
  - 23 "Mary Tyler Moore Show" spinoff
  - 24 Genealogy chart
  - 25 Old card game
  - 26 Look for a website
  - 27 Bro or sis
  - 28 Digitize an old LP, e.g.
  - 32 Bit of trivia
  - 33 College life
  - 35 Tackle moguls
  - 36 4-Down contents
  - 38 Eccentric
  - 39 Pleased with oneself
  - 42 "American —"
  - 43 City in India
  - 44 Loretta of country music
  - 45 Periodical, for short
  - 46 Lawyers' org.
  - 48 Thanksgiving mo.
- DOWN**
- 1 Zhivago's love
  - 2 Out of control
  - 3 Emphatic assent in Acapulco
  - 4 It gets a load from a lode
  - 5 Scout group
  - 6 Bro or sis
  - 7 "Lilies of the Field" actor

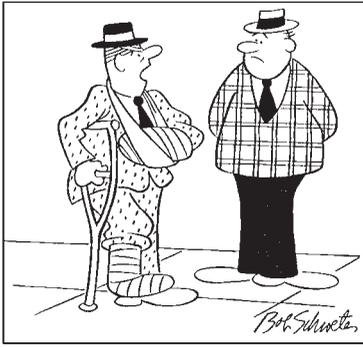


## MAGIC MAZE ● KENTUCKY DERBY WINNERS

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

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

- Agile
- Big Brown
- Ponder
- Tim Tam
- Alysheba
- Giacomo
- Sea Hero
- Tomy Lee
- Animal Kingdom
- Go for Gin
- Super Saver
- Zev
- Barbaro
- Omaha
- Swale



"I guess your wondering why I never returned your \_\_\_\_\_?"

answer on page 35B

### SCRAMBLERS

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

Shine  
**LAGER**   

Bestow  
**OWNED**   

Joyful  
**DETALE**   

Wide  
**ADORB**   

**TODAY'S WORD**

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

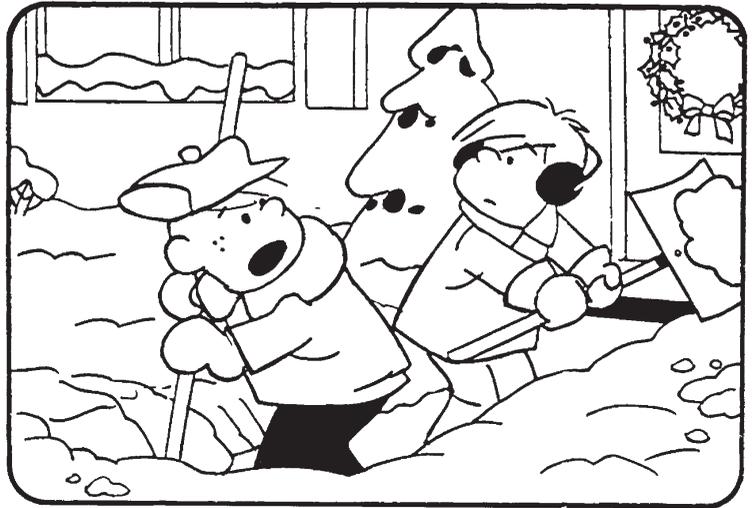
### SUDOKU

**To play Sudoku:** Complete the grid so that every row, column and every 3x3 box contains the numbers 1 through 9 (the same number cannot appear more than once in a row, column or 3x3 box.) There is no guessing and no math involved, just logic.

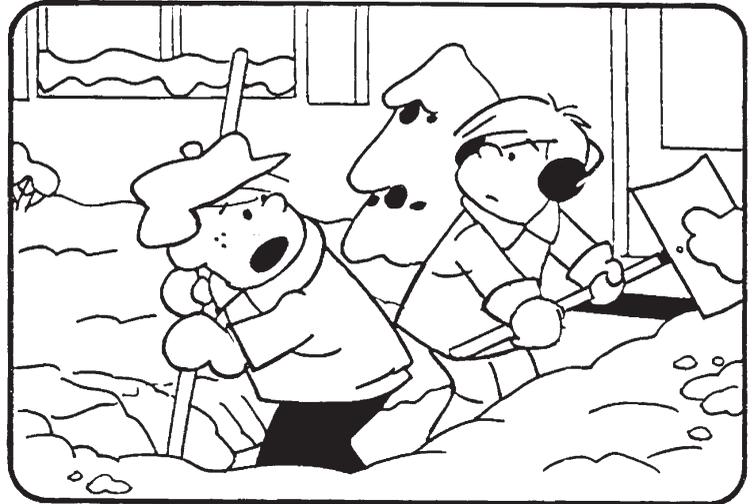
answer on page 37B

### HOCUS-FOCUS

BY HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Ear flap is moved. 2. Collar is smaller. 3. Tree is smaller. 4. Arm is moved. 5. Wreath is missing. 6. Shovelful of snow is smaller.

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

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

**The Jacaranda** has live entertainment Friday with Cruzin Vibes and Saturday (New Year's Eve) with The Riverside Band (\$10 cover). On Monday, it's Renata. Wednesday is Jerry B. Variety Show, featuring Motown and classic hits. Sir Mitch plays classic rock, R&B and dance on Thursday.

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

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

**Traditions on the Beach at Island Inn** has live entertainment Friday and Sunday with Dusk Duo. A New Year's Eve Five-Piece Band plays on Saturday. Mike Arnone plays on Monday. Woody Brubaker plays on Tuesday. Dusk Duo and Rene Scott perform on Wednesday. Woody Brubaker plays on Tuesday. Dusk Duo plays on Wednesday. Woody Brubaker and Kathy Buda play on Thursday.

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

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

## My Stars ★★★★★

FOR WEEK OF JANUARY 2, 2017

**ARIES** (March 21 to April 19)

The New Year brings challenges that can change many things in your life. You need to be prepared not only to confront them, but also to deal with what happens afterward.

**TAURUS** (April 20 to May 20) You have what it takes to set your goals quite a bit higher this year. Learn what you need to know and put what you learn into your efforts. A partner offers loving support.

**GEMINI** (May 21 to June 20) In true Gemini Twin fashion, you're conflicted about a decision you know you'll have to make in this New Year. Best advice: Get the facts before you make any commitment.

**CANCER** (June 21 to July 22) A friend offers you an exciting opportunity for the New Year. Although your positive aspects are strong in most respects, caution is advised. Investigate before you invest.

**LEO** (July 23 to August 22) You can make this New Year a roaring success. Start by readjusting your goals to reflect the changes in the economy. Your den-mate offers both wise and loving

support.

**VIRGO** (August 23 to September 22) The New Year brings new opportunities for change. But you need to be ready to move from the comfortable status quo to the challenging unknown. It's up to you.

**LIBRA** (September 23 to October 22) Your most important New Year's resolution should be to work out problems with a family member in order to avoid continued misunderstandings. Do it soon, for both of your sakes.

**SCORPIO** (October 23 to November 21) The New Year has much to offer the intensely determined Scorpion, who isn't afraid to take on challenges and stay with them until they surrender their rewards.

**SAGITTARIUS** (November 22 to December 21) You'll have many fine opportunities in this New Year. But be warned: Reject offers of "help." You work best when you're free to be your own creative self.

**CAPRICORN** (December 22 to January 19) The New Year offers changes that you might feel you're not quite ready for. Best advice: Deal with them one step at a time, until you've built up your self-confidence.

**AQUARIUS** (January 20 to February 18) Travel is a dominant

aspect of the New Year. This could mean relocating to another city (or even another country) in connection with your education or your career.

**PISCES** (February 19 to March 20) This New Year brings news about a change you've been anticipating. You might have a problem persuading a loved one about your new plans, but he or she will soon go along with them.

**BORN THIS WEEK:** You have a gift for making people feel safe and protected. You would make an excellent youth counselor.

### THOUGHT FOR THE DAY

"History is a vast early-warning system." – Norman Cousins

### SCRAMBLERS

solution

1. Glare; 2. Endow;
3. Elated; 4. Broad

Today's Word

LADDER

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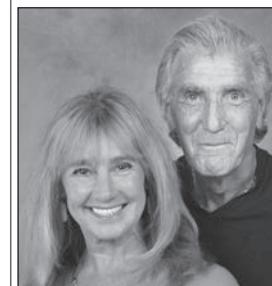
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M	E	A	T	P	I	E	R	I	O	R	E	B	A	M	I	R	A	
S	T	I	R	R	E	R	A	L	L	O	T	T	E	D	I	M	A	C
T	I	N	E	A	M	T	B	A	L	D	Y	I	G	N	I	T	E	
E	R	N	I	G	O	R	C	O	E	Q	T	I	P	L	O	P		
L	E	W	N	A	N	A	S	I	S	D	U	E	S	N	A	R	L	
I	D	E	S	I	N	B	S	O	I	L	S	A	R	I	A			
I	D	L	E	D	G	N	A	R	A	C	C	E	L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

## KING CROSSWORD

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

## MAGIC MAZE

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

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**COMMERCIAL RENTAL**

**OFFICE SPACE FOR RENT**  
Great office space for rent. 700 square feet on Periwinkle. Call Joe Gil 516-972-2883 or 800-592-0009.  
\*RS 12/23 CC TFN

**NEW STUDIO RENTAL**  
Studio or small 1 bedr. wanted by quiet 68 yr. semi-retired property owner & landlord himself, clean & physically fit. Pay rent or exchange for caretaking, lawn care, painting, carpentry, chores, etc. 7 yr. previous Sanibel resident & fishing club member. State lic. auctioneer & appraiser. 603-679-8101 charliereid@ttlc.net.  
\*NS 11/11 CC TFN

**COMMERCIAL RENTAL**

**WONDERFUL RENTAL  
IN POPULAR  
LOCATION ON SANIBEL**



2 Rooms, Bathroom, Approx. 1,000 sq. feet. This was Molnar Electric's old office. Call Judy at 239-851-4073.  
\*RS 8/5 CC TFN

**FORMERLY WOOSTER TV  
HIGHLY VISIBLE  
FIRST FLOOR SPACE**



2424 PALM RIDGE ROAD  
FORMERLY WOOSTER TV  
1,250 SQ FT 5 YEAR LEASE  
\$1,890/MO INCLUDES ALL CAM  
CALL JOHN 239 472 6543  
\*RS 12/2 CC TFN

**VACATION RENTAL**

**LIGHTHOUSE REALTY**  
Paul J. Morris, Broker  
VACATION RENTALS  
PROPERTY MANAGEMENT & SALES  
359 Periwinkle Way, Sanibel Island  
**239-579-0511**  
\*RS 1/4 CC TFN

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Of Sanibel & Captiva  
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Miles of Beaches & Bike Paths  
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**1-888-451-7277**  
\*RS 1/4 BM TFN

**VACATION RENTAL**

**DUE TO ILLNESS IN FAMILY  
JANUARY & FEBRUARY JUST  
BECAME AVAILABLE**  
Adorable 3 bed, 2 bath beach home, with HotTub 5 lots to private Beach Access, sleeps 8 and fully equipped January - \$6,500. - February \$7,500. Check out VRBO# 405209 for pictures & additional info Call Brooke @ 239-281-4179 to book today!  
\*NS 12/30 CC 1/20

**SEASONAL RENTAL**

**'NEW' COTTAGE  
FOR RENT!**  
Buttonwood Lane  
Darling beach cottage, 2BR/1BA, pool, 5 lots to the beach, fenced yard, pets allowed w/approval. Completely renovated/remodeled, private and very upscale! New to the market... BOOK NOW! Prefer multi-month renter! Email: info@baileysbeachcottage.com Website: baileysbeachcottage.com  
\*NS 10/14 CC TFN

**ADORABLE BEACH COTTAGE**  
Steps to beach @ East End 2/1 W/D Big yard Sleeps 4 Jan, Feb, March 727-644-6493 Small dog considered  
www.seagrapecottageatsanibel.com  
\*RS 12/30 CC TFN

**SANIBEL BEACH COTTAGE  
MINUTES TO BEACH!**  
Old Florida charm with all new updates! Ground-level duplex on private lane. Unit 1-2BR/1.5BA, sleeps 6, exercise room. Unit 2-2BR/1/BA, sleeps 7. Each unit has fully equipped kitchen, separate laundry, wooded backyard w/privacy fence. Outside enclosed H/C shower. Bikes, beach chairs, umbrellas provided. Pets w/approval. Min 1 month-March/April still available! Contact Chris: 314-406-7058 cgbeckner@yahoo.com.  
\*NS 12/16 CC 12/23

**FEBRUARY 2017  
NOW AVAILABLE**  
Lovely 3 BR, 2 BA old Florida style home. Steps to beach, open floor plan, lots of light. 239-851-9057 (owner ph.) Email: slowfoodtravels2@gmail.com  
\*NS 12/23 CC 1/6

**SEASONAL RENTAL**

**RE/MAX OF THE ISLANDS**  
Putting owners and tenants together  
Call Ryan Block  
www.remax-oftheislands.com  
239-472-2311  
\*RS 1/23 BM TFN

**ANNUAL RENTAL**

**ANNUAL RENTALS**

**SANIBEL**  
Ground Level, 3/2 UF, Clean, Freshly painted, minutes to Beach. Call to view. \$2,000/mo.

**FT. MYERS**  
Gated condo. complex, this Clean 2nd floor, Lake Front 2/2 UF Gorgeous shape. Close to Beaches. \$1,350/mo.

**472-6747**  
Gulf Beach Properties, Inc.  
Helping People Become Islanders for over 35 years!  
The Island Experience!  
\*RS 11/4 BM TFN

**ISLAND COTTAGE**  
Charming 3/2 island cottage renting for 2017 Mid island close to beaches and island amenities. Jan- May \$4,000 monthly June-Oct \$1,800 monthly Contact 2600coyle@gmail.com  
\*NS 11/18 CC 5/26

**SERVICES OFFERED**

**ISLAND TAXI**  
Airport & Local Service  
239-472-4888  
Call Madeline to make a reservation. Experienced Staff & Drivers.  
www.IslandTaxi.com  
\*NS 12/9 CC 2/24

**HOUSE SITTING**  
Newly retired lady golfer lives in Switzerland but wants to spend winters in the sun! Looking to house sit. Presently on island til 28 Dec. 239-314-9991.  
\*NS 12/23 PC 12/23

**HOLISTIC HOME CLEANING**  
Optimize your health and home Utilizing hydrogen peroxide, fresh citrus, b. soda and Suds. Sonya @ 239-246-7007.  
\*RS 12/23 CC TFN

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

**SERVICES OFFERED**

**CAR WASH & WAX BY HAND**  
Sanibel & Captiva Islands. Exterior & Interior Cleaning. Tire Dressing. I come to your Home, Condo or Hotel. Reasonable Rates. Satisfaction Guaranteed. 239-284-3639.  
\*RS 12/16 CC 1/6

**\$99-JOIN IN THE CRAZE**  
3 Hrs. of Jazz/Easy Listening for your Office/Private Party, Special Event, Real Estate Open House, etc. A relaxing, fun form of entertainment at an affordable price. Call:Bonnie G 518-796-4239  
\*NS 10/21 CC TFN

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\*NS 5/20 CC TFN

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\*NS 9/16 CC TFN

**\$99-JOIN IN THE CRAZE**  
3 Hrs. of Jazz/Easy Listening for your Office/Private Party, Special Event, Real Estate Open House, etc. A relaxing, fun form of entertainment at an affordable price. Call:Bonnie G 518-796-4239  
\*NS 12/9 CC TFN

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Complete Landscaping Services & Weekly Lawn Service \*Mention this add to receive 10% OFF your Mulch Installation, Landscaping Project, or Tree Trimming Project.\* Call today for a FREE estimate: 239-896-6789. Locally owned & operated.  
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\*NS 1/4 PC TFN

★ CLASSIFIED ★

**HELP WANTED**

**HELP WANTED**

Live on the Island and looking for PT work 2-3 days per week. Flexible schedule. Call 472-4886.  
\*NS 11/4 BM TFN

**REAL ESTATE AGENT**

Licensed, driven, and self-managed Agent who will be responsible for Interval and Timeshare buyers. Will develop knowledge of the local market, pricing and staging homes as well as managing the closing process. Active Florida Real Estate license necessary and exceptional customer service skills required. Email resume to: mfindlay@southseas.com EEO/AA/M/F/D/V.  
\*NS 12/30 CC 1/20

**HELP WANTED**

Sanibel DQ is looking for hardworking individuals with ability to multi-task and work in a fast paced environment. We are hiring full and part time positions. So stop on in and fill out an application today.  
1046 Periwinkle Way.  
472-1170.  
\*NS 12/30 CC 1/20

**JERRY'S FOODS SERVERS & BARISTAS**

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

**LOST AND FOUND**

**LOST CAT**

All Black. Last seen in Lungren area. May respond to name of 'Blackie'.  
Reward.  
Please call 239-277-0058.  
\*NS 12/9 CC TFN

**FOR SALE**

**GOD BLESS AMERICA**

Lydia and Paul Cook want to THANK SANIBEL FOR 11 GREAT YEARS! PERIWINKLE WAY AUCTION & CONSIGNMENT is now online at [www.SanibelConsignment.com](http://www.SanibelConsignment.com) under [www.EBTH.com](http://www.EBTH.com) Get auction prices on all antiques, sealife jewelry, nautical items. Ikki Matsumoto island themed prints & Sanibel seashells. God Bless American & our loyal friends!  
\*NS 11/18 CC TFN

**LOAN NEEDED**

**LOAN NEEDED**

Looking for private investor loan to consolidate personal debt. I live on Sanibel and can offer second mortgage on my home. Amount needed is \$150,000. This will payoff existing debt. Please respond to [sanibelforme@hotmail.com](mailto:sanibelforme@hotmail.com)  
\*NS 7/22 CC TFN

**BOATS - CANOES - KAYAKS**

**DOCKAGE**

Hourly, Daily, Weekly and Monthly.  
Captiva Island 472-5800  
\*RS 1/4 NC TFN

**AUTO FOR SALE**

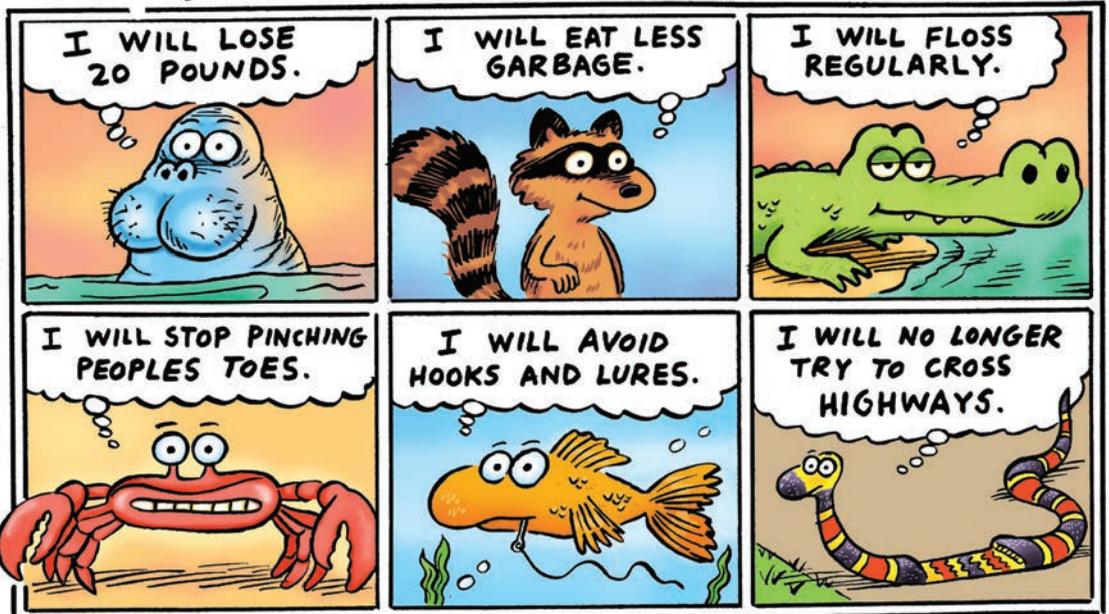
**1992 NISSAN 240 SX CONVERTIBLE**

Excellent Condition.  
55,000 Original Miles  
\$6,000.  
Call Don 239-314-5117.  
\*NS 12/23 CC 1/13

HORTOONS



**NEW YEAR'S RESOLUTIONS FOR FLORIDA WILDLIFE**



Shore Fishing:



**Don't Harm The Fish**

by Capt. Matt Mitchell

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

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

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

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

Top 10 Real Estate Sales

Development	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Idlewilde	Estero	2001	3,323	\$1,219,000	\$1,173,750	36
Sanibel Woodlands Un	Sanibel	1995	3,293	\$1,195,000	\$1,112,500	296
Woodlake at Bonita Bay	Bonita Springs	1989	2,856	\$870,000	\$855,000	7
Whiskey Creek	Fort Myers	1978	3,360	\$815,000	\$765,000	13
Island Park	Fort Myers	2006	3,437	\$815,000	\$775,000	52
Metes and Bounds	Sanibel	1982	2,672	\$785,000	\$757,000	11
Village	Captiva	1987	1,564	\$729,000	\$650,000	486
Siesta Isles	Fort Myers Beach	1979	1,155	\$699,900	\$625,000	37
Savona Bay	Fort Myers	2016	2,540	\$680,000	\$660,000	250
Hampton Greens	Fort Myers	1994	3,815	\$650,000	\$615,000	15



ANDRE ARENSMAN



JULIE ARENSMAN



JEAN BAER



RICK BARNES



MARY BELL



JENNIFER BERRY



SALLY DAVIES



KEN FREY



DAVID LIEBETRAU



JASON LOMANO



THERESA LOMANO



MIKE MCMURRAY



BRIAN MURTY



TREVOR NETTE



FRED NEWMAN



JOHN NICHOLSON



VICKI PANICO



BOB RADIGAN



SEAN RADIGAN



VIV RADIGAN



CATHY ROSARIO



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CINDY SITTON



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LINDA VON WOWER

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