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SANIBEL & CAPTIVA ISLANDS, FLORIDA

JANUARY 4, 2019

JANUARY SUNRISE/SUNSET: 4 7:17 • 5:49 5 7:17 • 5:50 6 7:17 • 5:50 7 7:18 • 5:51 8 7:18 • 5:52 9 7:18 • 5:53 10 7:18 • 5:53

Spectacular Lineup Coming To BIG ARTS

Blair Tindall plays with Oboe Fusion, a band that appears in the BIG ARTS classical lineup on January 13. She is not only a musician but also a journalist who has played with renowned symphonies, orchestras for Broadway musicals and wrote music stories for 12 years for *The New York Times*.

Tindall is also the author of the 2005 book *Mozart in the Jungle: Sex, Drugs and Classical Music*, a roman-a-clef of the classical music scene in New York in the 1980s that was produced as a critically acclaimed four-season Amazon Prime video series by Roman Coppola and others.

Although plenty of people were aghast at her depiction of musicians playing dignified scores while conducting their private lives with considerably less dignity, Tindall believes it made the music a bit more accessible to the average person.

"Honestly, very few people know anything about music," she said in an



Oboe Fusion, from left, Blair Tindall, Tom Gallant and Marilyn Coyne photo provided

interview, "and I think *Mozart in the Jungle* makes that clear. I probably shouldn't have, but I read all the online

(comments). People said they were afraid to go to a concert, but now they're going to give it a try."

That some people feel intimidated about going to classical concerts is "distressing to musicians," Tindall added, "because we really want to share this with people."

Her membership in an oboe combo and writer of a controversial book are just two of the quirky things about Tindall.

She performed on film soundtracks of *Malcolm X*, *Crooklyn* and *Twilight*, and with *Rolling Stones* drummer Charlie Watts at the Blue Note jazz club.

And then there's that book about musicians behaving, well, badly.

"It was really like that. I didn't have to make anything up," Tindall said.

Seeing her book become a TV series was an incomparable experience. "The thing I'll never forget is I live about a mile away from the executive producer's office, and it was the day after my birthday. I remember I was a little hungover. I met this really famous Hollywood director, Paul Weitz, in his office. We chatted a while, and he turned on the pilot. There was this very funny opening sequence with 'Mini-me,' as I called Lola (Kirke, the lead actress). Then cut to Joshua Bell, and I've known him since he was about 10. And there's

continued on page 10

image provided

Art Haus Weekend To Benefit SCCF

by Jeff Lysiak

A weekend-long series of special events, created to raise awareness and much needed funding to support clean water efforts, is coming to Southwest

Florida from January 11 to 13. Hosted by Marvin and Helene Gralnick at their 10-acre estate, located at 10731 Bromley Lane in Fort Myers, the gathering is open to the public.

According to event planners, Art Haus MARVIN will be "a celebration of life, love, family, friends, community and transformation." Proceeds from this weekend of art, film, comedy, fashion and reflection will benefit water quality work

continued on page 6

Artists Reception Friday Night

Members of the Sanibel Captiva Art League and the Art Council of SW Florida have new works on display in Phillips Gallery at BIG ARTS. These local artists continue to produce fascinating pieces in a variety of mediums. The exhibition was juried by Cape Coral contemporary impressionist Jan Ellen Atkielski, an accomplished artist, author and lecturer who has exhibited for over 40 years. Atkielski has judged national exhibits and was executive director of International Art Search, Inc.

The public is invited to the artists awards reception on Friday, January 4 from 5:30 to 7 p.m.

The show runs through January 27. BIG ARTS is located at 900 Dunlop Road on Sanibel.*



Sanibel Reflections by Carol Dallas

image provided

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Reserve Early For Fundraising Gala



Algiers beached

photos provided

The gala fundraiser for the Sanibel Historical Village will be held at The Community House on Tuesday, February 19. This year's theme, titled An Evening on the Old Algiers, continues the tradition of highlighting and celebrating a memorable aspect of Sanibel's history. The story of the *Algiers* harkens back to a time when Sanibel's growing tourist industry was emerging with simple seaside fun and the thrill of beautiful seashells.

"The story of the *Algiers* is one that fascinates visitors to the village," said Emilie Alfino, executive director. "It's a ship that had three lives: it started out as a workhorse boat to haul automobiles, then was transformed into a glamorous mansion, and finally became an abandoned wreck due to the heartache of its owner."

The gala will feature a buffet dinner and dancing to the music of Kelly and Shelly, popular favorites who will be returning to the gala this year. Seating is limited, and the gala traditionally sells

out. People are encouraged to reserve early. Attendance is by reservation only. Tickets are \$135 each. To receive an invitation, call 472-4648 or reserve online at www.sanibelmuseum.org.

Event sponsorships are available. For more information, contact Alfino at 472-4648.

The following sponsors have committed their support: The Sanibel Captiva Trust Company, Wayne and Linda Boyd, the Garlinghouse Foundation, Bank of the Islands, Allegra Marketing Print Mail, Rodd and Gerry Verblaauw and Congress Jewelers.

The Sanibel Historical Museum and Village is open Tuesday through Saturday from 10 a.m. to 4 p.m. Full guided tours take place at 10:30 a.m. and 1:30 p.m. at no additional charge, depending on docent availability. There is handicap access to the buildings. Admission is \$10 for adults over age 18; members and children no charge.

The Sanibel Historical Village is located at 950 Dunlop Road.✪



Sketch of the *Algiers*

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by KAY CASPERSON



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Captiva Island Historical Society

Looking Back: Employee Housing At 'Tween Waters Inn



The Purple Penthouse

photo courtesy Captiva Island Historical Society Archives

This week's image is employee housing at Tween Waters Inn (circa 1990). The employees were known to call their accommodations "The Purple Penthouse." The History Gallery, developed by the Captiva Island Historical Society, features many photos like this. All ages are welcome to step aboard a wooden replica of the old mailboat, *Santiva*, to capture the spirit of Captiva and learn through graphic and video panels about the events and people that shaped the island. The History Gallery is accessed through the Captiva Memorial Library, located on Chapin Lane and open during library hours. Call 533-4890 for information. Visit the Captiva Island Historical Society website www.captiva-island-historical-society.org/archives/research to view many more images to bring you closer to Captiva. ✨

Churches/Temples

ANNUNCIATION GREEK ORTHODOX CHURCH

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

BAT YAM-TEMPLE OF THE ISLANDS

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

HISTORIC CAPTIVA CHAPEL BY THE SEA

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

FIRST CHURCH OF CHRIST, SCIENTIST

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

SANIBEL FELLOWSHIP, sbc

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

SANIBEL COMMUNITY CHURCH

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

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

SANIBEL CONGREGATIONAL UNITED CHURCH OF CHRIST

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

ST. ISABEL CATHOLIC CHURCH

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

ST. MICHAEL & ALL ANGELS EPISCOPAL CHURCH

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

UNITARIAN UNIVERSALISTS OF THE ISLANDS

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



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Marisol Mata was born and raised in Tucuman, Argentina. She holds a degree in biological sciences in her native country and a Master of Science degree from North Carolina State University.

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The Murphy family with the snowman they created on the beach photos provided

Colorado Family Builds Sanibel Shell Snowman

The Murphy family from Colorado made an eight-foot sculpture of a snowman on the beach using over 1,000 shells. They said it took about three days to build and many people have enjoyed taking photos of their creation.

The snowman is located off Buttonwood Lane by the Bandy Beach Condominiums on Sanibel.✪



Detailed image

Limited Tickets Available For Wine Dinner January 11

A limited number of tickets are on sale for the Grgich Hills Winemaker's Dinner at the The Community House, to be held on Friday, January 11 from 6 to 9 p.m.

Grgich Hills Estate is an iconic Napa Valley winery, committed to natural winegrowing and sustainability. The winery is comprised of five certified organic estate vineyards, with no artificial pesticides or herbicides, and relies on wild yeast fermentation.

Hosted by Bailey's General Store and Sanibel Catering Company, guests will start the evening with stationed and passed hors d'oeuvres, followed by a dinner and wine seminar featuring five wine pairings with Carl Russo, Grgich Hills Estate national sales manager.

Russo is an award-winning brand ambassador with a WSET Level II certification having worked with top distributors, iconic wineries and some of the greatest winemakers in the industry for more than 25 years. He has worked with Kobrand, representing such brands as Cakebread, Joseph Phelps and Louis Jadot as well as Diageo Chateau &

Estates managing such brands as Beaulieu Vineyards, Sterling Vineyards, Chalone and Provenance. Russo's home is Grgich Hills Estate. Originally from northern New Jersey, he received a bachelor's degree from Rutgers University.

The dinner will begin with a 2015 Fume Blanc paired with grilled sea scallop served with arugula and Meyer lemon aioli. Next will be a 2014 Chardonnay paired with Pan-Asian stick pork belly with caramelized apples. The third course will be a 2013 Zinfandel paired with smoked chipotle rubbed beef short ribs with barbecued beans and red cabbage slaw. Then, a 2013 Cabernet Sauvignon and 2013 Merlot will be paired with a mixed grill duo of rare smoked chateaubriand with a Michigan tart cherry gastrique and stuffed New Zealand spring lamb rack with rosemary and Dijon served with a trio of wild mushrooms. The grand finale, Grgich's Violetta, is a late harvest sauternes-style dessert wine from their American Canyon vineyard. This wine will be paired with a dessert and coffee bar that will include assorted bite-size desserts with cheese and nuts. Dietary accommodations should be requested at time of reservation.

Tickets are \$150 per person or a table of six for \$800. Reservations can be made online at www.baileys-sanibel.com. For more information, contact Calli Johnson at cjohnson@baileys-sanibel.com.✪

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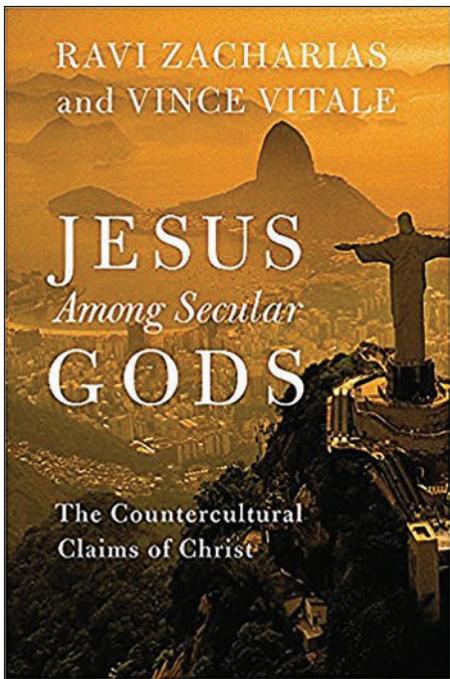


image provided

study in the main Sanctuary from noon to 1 p.m.

Zacharias and Vitale challenge society's beliefs in the "secular gods" of atheism, scientism, relativism and others. Presenting compelling evidence for absolute truth as found in the Bible, Zacharias and Vitale skillfully point out the fallacies in the claims of these secular gods. The study will help to articulate why Jesus is who He said He is and defend the claims of Christ to others. Books are available in the Carpenter's Bookstore.

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

From page 1

Art Haus

conducted by the Sanibel-Captiva Conservation Foundation (SCCF).

"I host intentional gatherings and retreats in Boulder, Colorado, primarily at Let it Be Light," said Rio Gralnick, who is organizing the fundraiser. "I felt inspired to bring my healing modalities and collective of musicians back to the island where I grew up to bring awareness to the red tide/blue-green algae situation."

The first event of the weekend, Friday Night Live, will take place from 5 to 10 p.m. on Friday, January 11. It will feature a film screening by John Biffar of DreamTime entertainment,

focused on some of Marvin Gralnick's artwork. A second film, *Troubled Seas*, will illustrate the deviation caused by red tide. Performances by comedienne Norma Miller, musicians Xerephine Musica and Kat Epple will follow, plus a special guest (TBA). Live art auctions will benefit SCCF and Sante. Hors d'oeuvres and cocktails will be served.

On Saturday, January 12 from 1 to 4 p.m., guests will be treated to a guided tour of the grounds, which includes a wetland nature preserve.

"Saturday Spectacular begins with an art walk through the on-site nature preserve and sculpture gardens," Rio Gralnick explained. Guests will be invited to explore the urban primalist's collection.

That same evening, beginning at 5 p.m., a special cacao ceremony will be held. "Celebrate life and fertility with Brittany Ansay," the Art Haus Marvin website reads, in part. "Experience an authentic cacao ceremony with Guatemalan cacao in support of our sister sanctuary in Atitlan."

Later, a couture fashion show – featuring a collaboration of work between several artists – will be brought to the runway starting at 6 p.m. Guests will sip cocktails and nibble on hors d'oeuvres while viewing the latest styles created by MariaPia Malerba, who previously worked with renowned fashion brands Dolce & Gabbana and Versace. Another live auction will benefit SCCF.

To conclude the weekend on January 13, Sunday Sanctuary begins with

Qigong from 1 to 3 p.m. Wind down and experience a truly transformative day of healing and rejuvenation with Waxela Sananda and Sarah Gralnick. Explore the art on display while receiving a healing session.

Then, from 3 to 5 p.m., a panel discussion on embracing the new culture will feature Jacob Goldman, Caitanya Estrella, Tiite Baquero, Steve Eisenstein and Rio Gralnick.

"Sunday features a day of truly 'next level' healing provided by Let It Be Light," noted Gralnick. "We have an awareness panel to discuss new developments within the community at Sante, our sister healing center in San Pedro, Guatemala. We will also develop strategies for the eradication of red tide and blue-green algae."

In addition, The Healing Sanctuary will be open all weekend. Guests may enjoy a massage, reiki or one of their truly amazing healing devices.

"Bob Rauschenberg spent much of his life on Captiva and found ways to bridge the philanthropy with the art community. Art Haus is on track to include a contemporary art museum on the island," added Gralnick. "It is my intention to create a place where art can be appreciated by all people visiting Sanibel and Captiva."

Admission to Friday Night Live is \$50 per person; Saturday Spectacular is \$60 per person; Sunday Sanctuary is \$30 per person. An all-access pass to attend three days of activities is \$100 per person (a \$40 savings). For tickets, visit <https://arthaus.splashthat.com>.*

New Church Study Challenges Society's Beliefs

Beginning Thursday, January 10 and continuing to February 14, Sanibel Community Church is offering a six-week study based on the book *Jesus Among Secular Gods* written by Ravi Zacharias and Vince Vitale. Pastor Doug Hummer will be leading the

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January: The Auger Shell, Garnet, The Auger shell is a cool healing shell that invokes calm and is closely connected to water energies. It is also characterized by confidence, strength and clarity. Those born to the Auger are known to have extraordinary self-awareness and are seen as very intuitive individuals, empowered with strength, loyalty and known to foster lifelong friendships.



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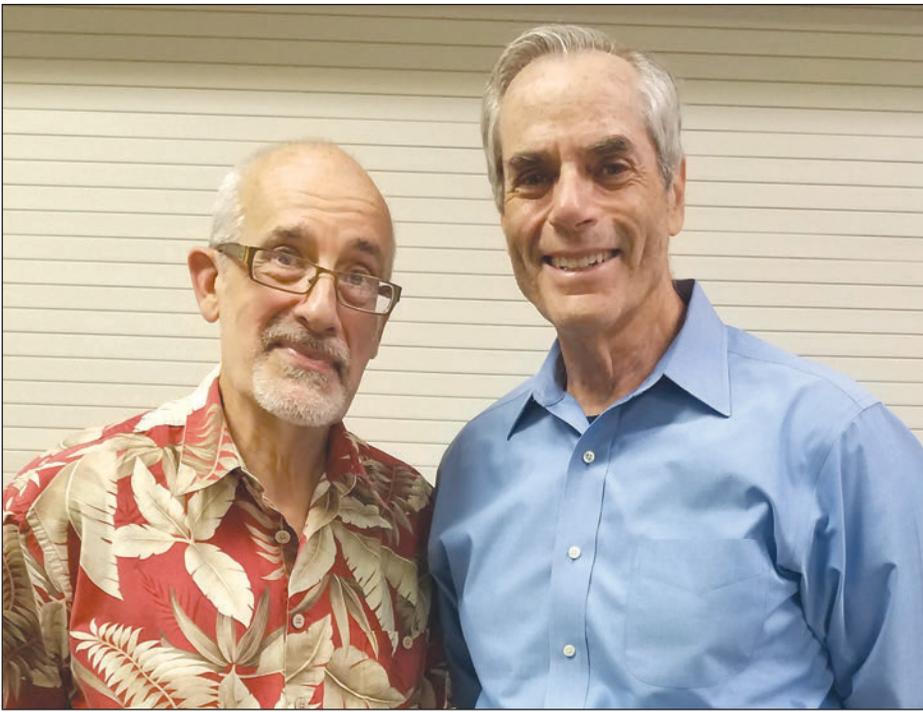
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Don't miss the other Tarpon Bay Arts District galleries open on the same evening: Suncatcher's Dream at 630 Tarpon Bay Road #2 and Hirdie-Girdie Art Gallery at 2490 Library Way



Rev. Dr. John H. Danner and Rabbi Stephen Fuchs

photo provided

Clergy To Explore Different Perspectives

Over the course of three weeks, beginning on Wednesday, January 9, Pastor John H. Danner of Sanibel Congregational United Church of Christ and Rabbi Stephen Fuchs of Bat Yam – Temple of

the Islands will tackle subjects that, due to significant differences in perspective, have often proven challenging for Christians and Jews to discuss together. To accommodate differing schedules, each Theological Studies class is presented twice each Wednesday; at 10 a.m. and 7 p.m. in Fellowship Hall.

On January 9, Dr. Danner and Dr. Fuchs will take on Messianic Hopes as they wrestle with the questions surrounding the Messiah. Christians

understand Jesus of Nazareth to have filled that role, but there are different ways to perceive that within Christianity itself. Jews do not believe Jesus to be the Messiah; yet they, too, have a variety of understandings.

The topic on January 16 will be Forgiveness and Grace. Christians often think they have the corner on grace, yet grace is a part of Jewish understanding. How is that reflected in varying ways in both traditions, and what role does it play in forgiveness?

On January 24, the two clergy will address Death and Life after Death. For most Christians, a belief in the afterlife is a crucial part of their theology. How is it addressed in Jewish theology?

Next on the schedule is Civil Conversations, a new course presented by Pastor Danner on Wednesdays, January 30 and February 6 and 13. He will address questions: "How can we speak about difficult issues? How can we engage in civil conversation?" And he will offer an opportunity to do just that. In each class, contrary views will be presented on the issue of the week, followed by a chance for attendees to meet in small discussion groups to share their own points of view, following certain conversational guidelines. The topics to be addressed include gun control, abortion and immigration.

Theological Studies at Sanibel Congregational United Church of Christ are free and open to the public. For more information, call 472-0497. The church is located at 2050 Periwinkle Way on Sanibel. ✨

Shells Found



Lindsey Kellenbarger photo provided

Lindsey Kellenbarger of Lawrence, Kansas found three alphabet cones during a Christmas visit with her in-laws in the Gulf Pines neighborhood.

On Christmas Eve, the newlywed and kindergarten teacher demonstrated for her husband, Colin Halliburton, how to scoop a handful of shells out of shallow water. The first scoop produced the first alphabet cone. On December 27, another walk along the beach near Gulf Pines produced the second alphabet cone. And on December 28, her departure day, she found a third sitting on top of a mound of shells. ✨

2018-2019
Season

Schedule of Events



Captiva Island
HISTORICAL SOCIETY

bridging the past & the present

For information or reservations visit
captivaishistoricalociety.org
or call 239-472-2323

November 13, 2018

Launch, Lunch & Look

Join us on a cruise to Boca Grande for a private buffet lunch & docent talk at the historic Gasparilla Inn.

Then, simply enjoy the inn or explore individual options including the Boca Grande History Center in the historic Teacherage House, the inspired and historic Johann Fust Community Library, or the brand-new, self-guided "Florida Stories" walking tour.



Ticket Price: \$95. This \$130 value is partially underwritten by the CIHS.

Tuesday, November 13, 2018

Leaves McCarthy's Marina 10:30am, returns 4:00pm

January 16, 2019

Double-Feature Film Night

A double-feature of the CIHS *Captiva Memories* documentary series: Volume IV "Artists & Authors" and Volume VI "South Seas: Captiva's Enduring Paradise."

Ticket Price: \$10
Limited Seating!

Tickets available at:
Eventbrite.com, or
the EVENTS page of
the CIHS website.



Wednesday, January 16, 2019

5:30-6:00pm Complimentary Refreshments, Cash Bar

6:00pm Program

Sanibel Community House, 2173 Periwinkle Way, Sanibel Island

January 30, 2019

Be Our Guest

The History of Lodging on Sanibel & Captiva

In the second collaboration between the Captiva Island Historical Society and Sanibel Historical Museum & Village, this full-length documentary takes a closer look at historic accommodations; from rooming home to resorts.

Ticket Price: \$10
Limited Seating!

For tickets call:
Emilie Alfino at
239-472-4648,
or email:
info@sanibelmuseum.org



Wednesday, January 30, 2019

5:30-6:00pm Complimentary Refreshments, Cash Bar

6:00pm Program

Sanibel Community House, 2173 Periwinkle Way, Sanibel Island

February 12, 2019

An Uncommon Evening

Award-winning director John Biffar and broadcast journalist Ken Sneed join us for Captiva's premiere of the 1999 documentary "Uncommon Friends Of The 20th Century" a look at Florida businessman James Newton and his relationship with five key historic figures: Thomas A. Edison, Henry Ford, Charles Lindbergh, Harvey Firestone and Alexis Carrel.

FREE ADMISSION. Limited Seating!
Tickets available at: Eventbrite.com, or the EVENTS page of the CIHS website.

Tuesday, February 12, 2019

5:30-6:00pm Complimentary Refreshments, Cash Bar

6:00pm Program

Ballroom at South Seas Island Resort, Captiva Island



March 18, 2019

What Do You Know II Captiva History Game Show

Our popular game show returns for a second season with fresh new questions, surprising facts, and lots of belly laughs!

FREE ADMISSION
Limited Seating!

Tickets available at:
Eventbrite.com, or
the EVENTS page of
the CIHS website.



Monday, March 18, 2019

5:30-6:00pm Complimentary Refreshments, Cash Bar

6:00pm Program

Captiva Civic Center, 11550 Chapin Lane, Captiva Island

April 8, 2019

Ding Darling Slept Here

Join us for the Captiva premiere of our newest collaborative documentary, "Be Our Guest: The History of Lodging on Sanibel & Captiva," and get a deeper understanding of our island's historic accommodations, from rooming home to resorts.

FREE ADMISSION
Limited Seating!

Tickets available at:
Eventbrite.com, or
the EVENTS page of
the CIHS website.



Monday, April 8, 2019

5:30-6:00pm Complimentary Refreshments, Cash Bar

6:00pm Program

Captiva Civic Center, 11550 Chapin Lane, Captiva Island

Season Presenting Sponsor - The Sanibel Captiva Trust Company

Community House

Yoga Classes

Yoga classes with Susan Pataky are held on Tuesdays and Thursdays. The first class, for all levels, begins at 10 a.m.; Chi yoga follows at 11:15 a.m. Cost is \$18 for members and \$20 for guests.

Civil Rights Exhibit

The Civil Rights in the Sunshine State exhibit is on display through February 11. Pictures, narratives and videos highlight the significant contributions Floridians made to the civil rights movement.

Hands-On Cooking Class

A hands-on cooking class with Chef Jarred Harris will be held on Friday, January 4 from 10 a.m. to noon.

On the menu: spicy eggplant donuts and sweet pepper jam; heirloom tomato and sweet onion tart; and pear tarte tatin with cinnamon almond milk ice cream. Cost is \$50 for members and \$60 for guests. Sign up online.

Kids Cooking First Mondays

The next kids cooking class will be held on January 7. Classes are held on the first Monday of the month from 2:30 to 5:30 p.m. Additional dates are February 4, March 1, April 1 and May 6. Young chefs will learn fundamental nutritional cooking skills, basic kitchen awareness and food preparation. Students will explore different cultures using nutritious whole foods. Cost is \$50 per session or \$175 for four classes when paid in advance. Register online. Scholarships are available, thanks to the Rotary and Kiwanis clubs, as well as private individuals. To help provide scholarships, call Teresa at 472-2155.

Colorful Sips with Sissi

Sissi Janku will host a Colorful Sips acrylic painting class on Wednesday, January 9 at 7 p.m. Beginner to advanced painters are welcome. Bring your own snacks and beverage. All other supplies will be provided. Cost is \$50 for members and \$60 for guests.

Free Health Talks

Ross Hauser, MD, and Marion Hauser, MS, RD, will hold free



Homeschoolers learning chef's techniques photos provided

health talks and answer questions on Wednesday, January 9 and Tuesday, February 5. Among the topics to be discussed are sports injury, arthritis and chronic pain. The Hausers are full-time Sanibel residents and owners of Caring Medical Regenerative Medicine Clinics in Fort Myers and Chicagoland. They have authored over 30 medical research articles and nine books, including *Prolo Your Pain Away*.

RSVP to Rachell Vera at 303-4069 or verar@caringmedical.com.

Audubon Ecuadorian Dinner

The Sanibel-Captiva Audubon Society Ecuadorian Dinner will be held on Thursday, January 10. A four-course dinner will be served at 5:30 p.m. followed by the Audubon meeting and talk at 7:30 p.m. Ken Burgener will speak about the wildlife of Ecuador and the Galapagos Islands. He will share stories, pictures and video from his trip to Ecuador last summer. Burgener's adventure covered the Andes Mountains to the depths of the Pacific Ocean in the Galapagos Islands.

Cost for dinner and speaker is \$22. A cash bar will be available.

Shredding Day

A community shredding event will be held on Saturday, January 12 from 9 a.m. to noon. Cost is \$5 per bag or box. Visit the website for more details.



The Sanibel-Captiva Audubon Society dinner and meeting will be held on January 10

Dine and Design Workshops

The first Dine and Design workshop will be held on Monday, January 14 from noon to 2 p.m. Resident Chef Jarred Harris will prepare lunch, which will be followed by a design workshop directed by the Sanibel team of Decorating Den Interiors. There will be door prizes, studio displays and samples. The workshop topic will be High Point Review - Explore Home Furnishings Trends. Bring a photo of your design challenge and the team will offer creative solutions following each workshop. Prepaid reservations of \$30 can be made online.

Additional workshops will be held on the following Mondays: February 18, March 18 and April 15.

Duplicate Bridge

The community is invited to play sanctioned duplicate bridge with the Willoughbys on Tuesday, January 15 at 12:30 p.m.

Joyful Living

A free introductory workshop, Joyful Living with Jenny Li Ciccone, will be held on Tuesday, January 15. Additional workshops are \$30 for members and \$35 for guests and will be held on January 22 and 29, and February 5, 12 and 19. Register online.

Honoring Black History

African Roots of Southern Cooking will be held on Wednesday, January 23 at 6:30 p.m. with Dr. Martha Bireda, executive director of the Blanchard House Museum in Punta Gorda, in

conjunction with Executive Chef Jarred Harris. Bireda and Harris will speak and prepare samples.

On February 4 at 6:30 p.m., Dr. Anthony Dixon, professor and university archivist at Bethune-Cookman College, will deliver a lecture on Dr. Martin Luther King, Jr. and the civil rights movement. He will be joined by Rev. Dr. John H. Danner, senior pastor of Sanibel Congregational United Church of Christ. Rev. Danner will speak about his perspective on what it means to be an ally in the struggle for civil rights.

A Night To Remember

The Sanibel Community Association will host its 1927 gala, A Night to Remember, on Friday, January 25 beginning at 6 p.m. It will be a red carpet event with fine dining in The Community House that family, friends and neighbors built nearly a century ago.

Sponsors include: Trudy and Tommy Williams, The Watermans, Sandy and Roger Grogman, Judie and Tom Sharbaugh, Michael Kelly, The Sanibel Captiva Trust Company, Bank of the Islands, Heidrick & Co. Insurance, Sherry and Doug Gentry, Sanibel Captiva Lions Club, Rosier Insurance, and Shirley and Dan Valentine. Additional sponsorships are available and begin at \$1,000.

Bourbon Dinner

Loretta and Emil Paganini will host the Raw and Finished Bourbon Dinner on Saturday, January 26 from 6 to 8 p.m. Cost is \$125 per person.

Shell Crafting

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

Honey For Sale

Locally harvested honey is for sale, as well as chutneys and other products made by Executive Chef Jarred Harris.

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

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Publisher

Lorin Arundel

Advertising

Bob Petcher

Graphic Arts & Production

Ann Ziehl, Manager
Amanda Hartman
Justin Wilder

Reporter

Jeff Lysiak

Contributing Writers

Leah Biery	Craig R. Hersch
Barbara Cacchione	Shirley Jewell
Kay Casperson	Dr. Jose H. Leal, PhD
Constance Clancy, EdD	Kealy McNeal
Suzu Cohen	Capt. Matt Mitchell
Linda Coin	Trinette Nelson
Marcia Feeny	Gerri Reaves PhD
Ed Frank	Angela Larson Roehl
Shelley Greggs	Hannah Star Rogers
Jarred Harris	J. Brendan Ryan, CLU,
Marion Hauser, MS, RD	ChFC, MSFS
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10 am Shell Craft Lesson

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10 AM / 11:15 AM

Yoga Members \$18/\$20 drop in

JAN. 4, 10 AM – NOON

Hands On Cooking with Chef Jarred
Members \$50/Guests \$60/member

FIRST MONDAYS

JAN. 7, 2:30 - 5:30 PM

Kids Cooking, ages 8+, \$50 per session

WED. JAN. 9, 7 PM

Colorful Sips with Sissi \$50/\$60

SAT. JAN. 12, 9 - NOON

Community Shredding 9 - Noon
\$5/bag North Lot

MON. JAN. 14, NOON

Dine and Design Workshop \$30

TUES. JAN. 15

Joyful Living w/Jenny

TUES., JAN. 15, 12:30 PM

Sanctioned Duplicate Bridge
Tuesday & Thursday

WED. JAN. 21, 7 PM

"Bees Essential" Speaker

WED. JAN. 21, 4-6 PM

Cooking Demo w/Chef Jarred

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Civil Rights In the Sunshine State Exhibit

JAN. 23, 6:30 PM

Speaker: African Cooking

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www.sanibelcommunityhouse.net

Jan. 25 1927 Gala

Feb. 5 Members Only Dance

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www.SanibelCommunityHouse.net



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From page 1

BIG ARTS

Joshua on the screen, and I just burst into tears." She thought the pilot was that good.

One thing you surmise talking with Tindall about *Mozart* is this: Quirk could possibly be a universal factor among freelance musicians – including others on the BIG ARTS classical series.

Officially, Oboe Fusion consists of oboes, vocals and keyboard. They perform their own renditions of music by George Gershwin, Cole Porter, Gilbert and Sullivan; a special arrangement of *Boogie Woogie Bugle Boy*; music from the Golden Age of television; classical works by Beethoven and Mozart; and Handel's *Water Music*.

But the group, also consisting of Tom Gallant and Marilyn Coyne, has several versions of a show. One of them they call the Oboe Fusion AARP Reunion Tour, Tindall said, laughing, because they play songs such as *I Will Survive* and *Stayin' Alive*. "It's a whole disco thing. I have go-go boots, Marilyn has this whole sparkly outfit, Tom has a bowling shirt."

Tindall ended up playing the oboe by chance. She learned piano at a very young age, but didn't have a choice of instrument when the music education powers-that-be had young students choose what they'd play in alphabetical order by last name. The oboe was the only instrument left.

But she flourished, and in addition to her other credits, can be heard on the soundtrack of *Mozart in the Jungle* and appears in a cameo near the end of the second season. "And now I'm in the Screen Actors Guild and do voiceovers," she said. But seeing herself on television was surprising.

"I must have lost 60 pounds as a result of seeing myself on screen," she said.

A few of the other artists in the BIG ARTS classical music series, running from January 10 through February 6, include:

Alfredo Muro

Alfredo Muro and his half sister, Connie Bieberach, a singer, performed



Alfredo Muro

photo provided

on the Peruvian talent show *Trampoline to Fame* in 1971 when Muro was 13. They performed as a duo under the name of Hermanos Lopez because their mother sternly disapproved of them seeking careers in music. They took first place.

Muro taught himself to play guitar, then won scholarships and trained with guitar masters. "The music of Alfredo Muro elevates the guitar to a higher plane than most I've had an opportunity to hear. It is moody and melodic," said fellow Latin musician Jose Feliciano.

Dover Quartet

Called "the next Guarneri Quartet" by *Chicago Tribune*, the Dover takes its name from *Dover Beach*, a composition by Samuel Barber, a fellow alumnus of the Curtis Institute of Music, where the quartet formed.

The quartet's sophomore album, titled *Voices of Defiance: 1943, 1944, 1945*, was released in October 2017. It is a journey through works written during World War II by Viktor Ullmann, Dimitri Shostakovich and Simon Laks.

The Dover Quartet is involved with Music for Food, which raises awareness and resources in the struggle against food insecurity.

Jonathan Biss

According to his official biography, Biss credits his first performance as having occurred "prenatally," when his pregnant mother, a violinist, performed in the Mozart A Major Violin Concerto at Carnegie Hall with the Cleveland Orchestra.

After learning to walk, talk and play the piano, Biss alone studied at the Curtis Institute. He is now a faculty member.

Biss led the Curtis Institute's first massive open online course offered by a classical music conservatory, Exploring Beethoven's Piano Sonatas, which has reached more than 150,000 people in 185 countries. In early 2017, he released the sixth volume of a nine-year, nine-disc recording cycle of Beethoven's complete piano sonatas.

Pacifica Quartet With Sharon Isbin

The Grammy-winning Pacifica is quartet-in-residence and its members are full-time faculty at the Indiana University Jacobs School of Music.

Sharon Isbin is an American Grammy Award-winning classical guitarist and the founding director of the Guitar Department at Juilliard. Isbin has appeared as soloist with more than 170 orchestras and has commissioned more concertos than any other guitarist. In 2015, she performed with Josh Groban on the Billy Joel: Gershwin Prize concert broadcast nationally on PBS and, in February 2015, she was featured on the *Tavis Smiley* PBS television series.

Parker Quartet

Fresh from its fourth year in residence at Harvard University, the Grammy-winning Parker Quartet is based in Boston and has spent 2018 criss-crossing the United States and Europe.

Violist Jessica Bodner began music studies on violin at age 2. She is married to quartet violinist Daniel Chong, who began his own violin studies at age 4.

To purchase tickets or for more information on the Fabulous 40th Anniversary Season at BIG ARTS, visit www.bigarts.org or call 395-0900. BIG ARTS is located at 900 Dunlop Road on Sanibel.✪

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Audubon Bird Walk Season Begins



Roseate spoonbills

photo by Sam Ayers

The first bird walk of the Sanibel-Captiva Audubon 2019 season will be held on Saturday, January 5 at the "Ding" Darling National Wildlife Refuge. Meet at 8 a.m. in the overflow parking lot to the left as you drive in. These bird walks are open to

the public and all levels of experience.

Donations are appreciated. Refuge fees will apply. The duck stamp and federal senior pass are accepted. For more information, visit www.san-capaudubon.org.✪

Red-shouldered Hawk Released

After nearly three months of recovery at the Clinic for the Rehabilitation of Wildlife (CROW), a red-shouldered hawk, which was trapped in the grill of a vehicle after being struck on Alligator Alley (I-75), was released on December 22.

During its time at the clinic, the hawk was treated for head trauma and a fractured ulna and radius in its left wing. The broken wing required two surgeries and numerous hours of physical therapy for the hawk to regain full extension and use of its wing.

Dr. Kyle Abbott, the veterinarian who performed the hawk's two surgeries and oversaw its rehabilitation, drove the hawk to the Florida Panther National Wildlife Refuge and it was released near where it is believed to have been struck



Red-shouldered hawk patient #18-3849

photos provided

by the vehicle.

Check out the full story at <http://bit.ly/RSHA18-3849>.✪



The red-shouldered hawk being released at Florida Panther National Wildlife Preserve



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Galápagos tortoises

photos by Ken Burgener

Speaker To Discuss Travels To Exotic Location

Ken Burgener, world birder and founder of www.carefreebirding.com, is the speaker for the second of nine Sanibel-Captiva Audubon lectures at The Community House on Thursday, January 10 at 7:30 p.m. Burgener's program is entitled Ecuador: Andes and Galápagos – Where Wildlife Rules.

Burgener will take participants on a unique trip to discover the intriguing birds and creatures inhabiting this exotic

location. Prior to the lecture in an adjoining room, Burgener and Community House Chef Jarred Harris will host a separately charged Ecuadorian dinner for those attendees who really want to get into the spirit of Burgener's program. Contact The Community House at 472-2155 for dinner cost and details.

The presentation will involve travel to the high passes in the Andes Mountain to view hummingbirds and to the depth of the oceans to swim with penguins. Experience the birds, plants and animals from the central country to the Galápagos Islands. The locals are very friendly and the birds are not at all nervous around people. This allows travelers to get some great pictures and memories. Bugs, boobies and other



Galápagos fur seals

strange creatures will be featured in this talk. The audience will have a chance to participate in the adventure. After the Ecuadorian dinner, participants will be entertained, amazed and maybe even educated about this unique country.

Burgener has worked with the National Audubon Society, as well as the Florida Audubon Society in its educational department, and served over five years as a board member of the Broward County Audubon Society. For over 11 years, he has taught beginning birding to all ages and has given numerous talks to birding clubs, community groups and Road Scholar groups.

Burgener holds a bachelor of arts in environmental geography from Florida Atlantic University and has been in the tour business for over 40 years. He has taken thousands of people birding in the Florida Everglades and calls himself "an entertaining environmental educator." Burgener said, "I love to teach beginning birding because I can relate to the excitement of a beginner."

Doors open at 6:30 p.m. and parking is available at The Community House and across the street in the Herb Strauss Theater parking area. A \$10 donation is appreciated with proceeds after costs being used to promote conservation on Sanibel



Ken Burgener photo provided

and in Florida.

The Community House is located at 2173 Periwinkle Way on Sanibel. For more information, call Bill Jacobson at 395-1878 or visit www.san-capaudubon.org.

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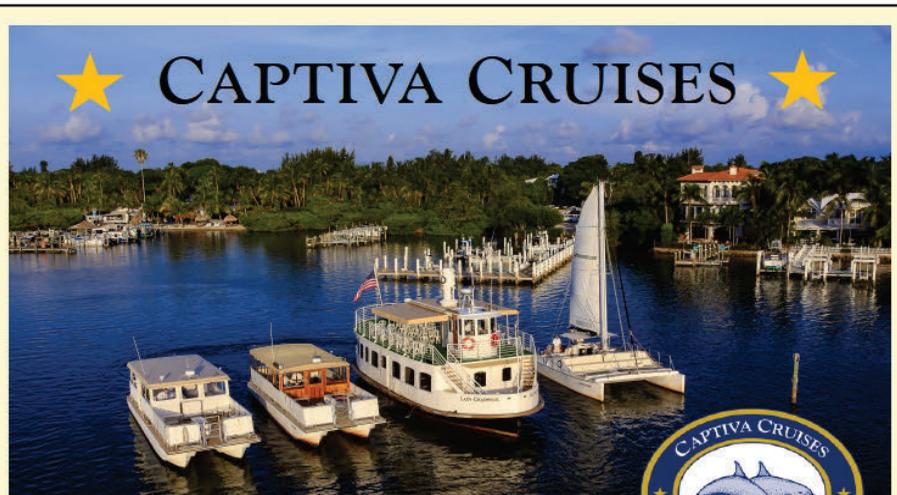
Next class is on November 28th 6:30 – 9:30pm and December 9th 10:00am to 4:30pm
 Register by November 21st
 Contact Jay Brown lead instructor at (314) 807-6860 or email jaybrown1@icloud.com
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Shells Found



Kyle, Jacob and Andrew Gordon

photo by A. Ziehl

Kyle, Jacob and Andrew Gordon from Alpharetta, Georgia found 24 shark's eyes, 25 sand dollars and 17 alphabet cones on beach along West Gulf Drive while staying with their Nana, Anne Kuhnle. They said it was the best shelling for four days.✧

Shells Found



Joan Petracca and Tom Schuetz

photo by A. Ziehl

Joan Petracca and Tom Schuetz from Framingham, Massachusetts found a junonia, banded tulip, paper fig and lightning whelk at Bowman's Beach while staying at Casa Ybel Resort on Sanibel.✧

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Plant Smart

Old-Fashioned Red Pentas

by Gerri Reaves

Old-fashioned red pentas (*Pentas lanceolata*) will provide nectar for butterflies and hummingbirds while adding vivid color to your yard.

Although the species is native to Africa, not Florida, even native-plant enthusiasts appreciate this fast-growing, wildlife-friendly, low-maintenance plant that has earned the title of Florida-friendly.

This member of the madder family is evergreen and related to the coffee and gardenia plants.

Penta refers to the five-petaled flowers and lanceolata refers to the lance-shaped leaves.

This sprawling herbaceous perennial takes the form of a shrub or subshrub. It grows up to four feet tall, with the bright flowers topping the stalks.

The star-like flowers inspire another name, Egyptian starcluster.

The dense flowerheads, or umbrels, are made up of numerous long-tubed flowers. Each has a tiny nectar cup beneath the five-petaled corolla.

The flowers bloom all year.

The opposite pointed leaves are deeply veined, fuzzy or rough, and up to six inches long.

The tiny seed capsules contain many seeds.

Pentas need full sun for maximum



Old-fashioned red pentas attract butterflies and hummingbirds and bloom year-round

photo by Gerri Reaves

flowering but will tolerate some shade. They are not salt tolerant, have average water requirements, and will grow in most well-drained soils.

However, they have to be replanted every few years because they become leggy.

The flower is available in a range of colors, from lilac, purple and pink to rose and white. Dwarf varieties of only about a foot tall are available too.

They make pretty long-lasting cut flowers.

Remember, when creating a butterfly garden, include a variety of nectar plants to attract various species and plant flowers that bloom at different times so the butterflies always have a food source.

Include larval hosts as well and provide a shallow dish of clean water.

Most important: Be sure to purchase butterfly plants from a nursery that can insure that pesticides have not been used on the plants at any stage.

Avoid using pesticide anywhere near the butterfly garden.

Sources: *Florida Gardener's Guide* by Tom MacCubbin and Georgia B. Tasker; *Florida, Florida Landscape Plants* by John V. Watkins and Thomas J. Sheehan; *Gardening for Florida's Butterflies* by Pamela F. Traas; *Florida, My Eden* by Frederic B. Stresau; www.edis.ifas.ufl.edu; and www.floridata.com.

Plant Smart explores the diverse flora of South Florida.✱

Project To Improve Gopher Tortoise Habitat

Gopher tortoises at a Conservation 20/20 preserve in northeast Lee County will have an easier time navigating their habitat early next year thanks to a project to cut back overgrown saw palmettos and thin out non-native plants.

Workers will reduce the density and height of saw palmettos and remove non-native plants from about 60 acres of the 243-acre Daniels Preserve at Spanish Creek in Alva. The reduction of vegetation will also reduce the risk of wildfires.

The project is funded through a \$14,500 competitive award from the Florida Fish and Wildlife Conservation Commission, which was accepted recently by the Lee Board of County Commissioners.

The gopher tortoise is a state-listed, threatened wildlife species whose population has declined in recent decades due to habitat loss from land development. Several Conservation 20/20 preserves in Lee County provide critical habitat for gopher tortoises to build their burrows and forage for food.

Daniels Preserve at Spanish Creek is located at 18500 Persimmon Ridge Road in Alva. The preserve is open daily during daylight hours. The marked hiking trail is expected to remain open to the public while the habitat improvement activities are under way. There is no cost for admission or parking.

For more information, visit www.conservation2020.org.✱

Writing Contest

The Gulf Coast Writers Association (GCWA) is accepting entries for its 2019 Writing Contest in fiction, nonfiction, poetry, or children's stories. The contest is open to members and the public. All entries must be received by January 31.

Winners will be announced at the GCWA meeting in April. Winning submissions will be posted on the GCWA website at www.gulfwriters.org. Entry fee is \$20/\$10/\$5 depending on how many submissions. For more information, guidelines and entry forms, visit www.gulfwriters.org.✱



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Shell Of The Week

Atlantic False Jingle



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

Pododesmus rudis (Broderip, 1834) (family Anomiidae) is very similar to the

Common Jingle, *Anomia simplex*, but can be easily separated from this latter by the rougher-looking valves, with coarser shell surface and the almost complete lack of nacre, or the iridescent shell layer known as *mother-of-pearl*. Common and Atlantic False Jingles and other species in the family Anomiidae attach to hard surfaces (such as large, empty shells) using a peg-like byssus. The byssus passes through the bottom valve through an orifice (photo). Learn more about this species and other local mollusks at www.shellmuseum.org/southwest-florida-shells and www.shellmuseum.org/blog.

Shell Museum Events

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The Atlantic False Jingle, *Pododesmus rudis*, from Sanibel, about 40 mm long (1.5 inch)

photo by José H. Leal

in North America devoted entirely to shells. Drop by and let us inform and inspire you. Visit www.shellmuseum.org or call 395-2233.

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

Shells Found



Jennifer Orr and Tyler Nihem

photo by A. Ziehl

Jennifer Orr and Tyler Nihem from Boston, Massachusetts and Frisco, Texas found a Scotch bonnet and an alphabet cone at Cayo Costa while staying with their parents on Sanibel.*

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Deadline Nears For 'Ding' Darling Photo Contest

The deadline for the 7th annual "Ding" Darling-Theodore Cross High School Photography Contest is January 15. It invites high school students in Lee, Collier, Charlotte, Glades, and Hendry counties to compete for prizes that include a Canon digital SLR camera package, chartered class trips to the refuge, and copies of *Waterbirds: Portraits and Anecdotes from Birding Adventures* by contest namesake, the late Theodore Cross.

Cross, who lived part-time on Sanibel Island and whose family still owns a home there, 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; 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 and traveled the world to collect stunning portraits and stories to chronicle his adventures. He shot often at JN "Ding" Darling National Wildlife Refuge on Sanibel Island, 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 after that in February 2010.

NPR's *All Things Considered* called



The Visit from a Snake by Tiffany Sanchez from Cape Coral High won second place in the 2018 contest photo provided

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 for a seventh year."

"We are so happy to be supporting

a contest in my father's name, a contest that will get our youth involved with nature by looking at it -- as my father so loved doing -- through a camera lens," said Amanda Cross.

Digital image entries can be shot from any outdoor venue in the state of Florida. 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.

Entry rules and guidelines are

listed below. Guidelines and prize information are also posted at www.dingdarlingsociety.org/articles/photo-contests. Call DDWS at 472-1100 ext. 4 for more information.

All entries and personal information must be submitted in digital format to the email address 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 nine 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 2000 by 1500 pixels or resolution of 2 two 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

continued on page 30



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with nationally renowned Peter Serkin
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Finally, A Warming Trend



by Capt. Matt Mitchell

A warming trend between Christmas and New Years was much welcomed after what so far has been a colder than usual start to our winter. What started out as a week with cold and windy mornings and super low tides rebounded to spring-like warm and humid conditions.

Shrimp fishing all week was great for catching lots of fish along with one or two big fish trip-makers each time out. Sheephead remained the go-to species with some days being much better than others. Along with keeper-sized sheephead in the box, we caught lots of rat redfish, an occasional bigger redfish and black drum ranging in size from 14 to 24 inches.

Areas around the passes remain the best places to get on these sheephead with the cleaner, clearer outgoing tide being the better bite. Water coming in from the gulf side is still really stirred up after some crazy windy days. It can look like milk during the incoming tide.

Mangrove fishing on the other hand has been the better bite during the incoming tide with creeks in the sound having the cleaner water.

As conditions continue to warm, it's now time to venture out and start looking for shiners again. Water temperatures are now approaching that magic 70-degree mark, and snook are getting active again. With very few bait fish yet to appear on the bridges or on the beaches, I think its going to require chumming out on the flats to catch pilchards.

On calmer days, tripletail fishing out on the beaches has been productive for those that are willing to put in the time and burn the fuel looking. With very few stone crab pots out on the gulf side, it's a matter of running until you find what depth these fish are hanging in. New regulations on tripletail this year: minimum size is now 18 inches, and you're allowed two per person. These tripletail are possibly the best eating fish in our waters.

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.



Ray Bucaria from Lexington with a redfish caught and released with Capt. Matt Mitchell this week photo provided

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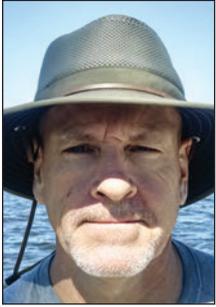
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CROW Case Of The Week:

Raccoon Kits

by Bob Petcher



Raccoon kits (*Procyon lotor*) are the young offspring of adult male raccoons, also known as boars, and adult female raccoons, also referred to as sows. Interestingly, a

and help in learning vital skills needed for the wild through behavioral and environmental enrichment.

Dr. Robin Bast, CROW staff veterinarian, agreed the work load that raccoon kits bring to the clinic staff can be around-the-clock duty.

“Sometimes it can be, depending on how young they are,” she said. “Kits require feeds every two and a half to three hours, which can be up to seven times a day. Feeds can start as early as 5 a.m. and go as late as midnight in newborns.”

Then there is the teaching element for such youthful animals.

Although being raised by their natural mom is the best option,” said Dr. Bast, “we do our best to provide enrichment options to encourage natural behaviors which will help them survive such as foraging for food, ability to find shelter, etcetera.”

This learning process can go on for quite some time. It can take months before the kits are of an appropriate age and weight to be released.

“Kits are 16 weeks old when they are released, as long as they have proven they are able to forage for food on their own and exhibit other natural behaviors for their species,” said Dr. Bast.

The two sibling kits at CROW are very young.

“These kits are still being weaned off formula and introduced to solid foods, and are being housed indoors,” said Dr. Bast. “In a few weeks, they will be moved to an outdoor enclosure for

group of raccoons is called a nursery.

The breeding season for raccoons begins in late winter, and sows typically give birth to between one and six baby kits sometime in April or May. These kits become independent roughly a year later but, prior to leaving their parents, they are usually very guarded by their mothers.

Unfortunately, separation between sow and kits does happen. As an example, when a female raccoon takes up residence in an attic or other human structure for its den site, it is sometimes trapped and removed by the home or building owner. Oftentimes, these unintentionally abandoned kits are found and brought to CROW.

Recently, two raccoon kits were admitted to CROW after being found in a similar situation previously described. These mammal babies require lots of care to be raised at CROW including bottle feeds if they are young enough



One of the two raccoon kit patients being cared for at CROW photo by Brian Bohman

the rest of their rehabilitation. They'll be here several more weeks until they reach release age.

Raising kits is something CROW medical staff members know all too well.

“Each year, we raise over 150 baby raccoons that have been orphaned or injured,” said Dr. Bast.

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

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CROW Calendar Of Events

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

For reservations, contact the Visitor Education Center at 472-3644 ext. 229 or reservations@crowclinic.org. Hours are 10 a.m. to 4 p.m. Monday through Saturday. Daily presentations are offered at 11 a.m. and 2 p.m. Wildlife Walk hospital tours are offered Monday through Friday at 11 a.m., and Wednesday, Thursday and Friday at 2 p.m. CROW is located at 3883 Sanibel-Captiva Road.

Friday, January 4, 11 a.m. to 12:30 p.m., \$25 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff (hospital tour).

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

Friday, January 4, 11 a.m., adults: \$12, ages 4 to 12: \$7, age 3 and under no charge – Patient Profiles: Virginia Opossums (daily presentation).

Virginia opossums are the only marsupial, or pouched mammal, 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. One of CROW's animal ambassadors will be present.

Friday, January 4, 2 to 3:30 p.m., \$25 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff (hospital tour).

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

Friday, January 4, 2 p.m., adults: \$12, ages 4 to 12: \$7, age 3 and under no charge – Patient Profiles: Birds of Prey (daily presentation).

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

Saturday, January 5, 11 a.m., adults: \$12, ages 4 to 12: \$7, age 3 and under no charge – Baby Care at CROW (daily presentation).

Wildlife parents are very devoted to the care of their young and rarely abandon them, and juveniles found "abandoned" might actually be in a natural stage of development. Those needing assistance are placed in a



specialized wing of the wildlife hospital and are provided supportive care around the clock until they are old enough to care for themselves

Saturday, January 5, 2 p.m., adults: \$12, ages 4 to 12: \$7, age 3 and under no charge – Patient Profiles: Gopher Tortoises (daily presentation).

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

Monday, January 7, 11 a.m. to 12:30 p.m., \$25 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff (hospital tour).

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

Monday, January 7, 11 a.m., adults: \$12, ages 4 to 12: \$7, age 3 and under no charge – Species Profile: Snakes of Southwest Florida (daily presentation).

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

Monday, January 7, 2 p.m., adults: \$12, ages 4 to 12: \$7, age 3 and under no charge – CROW Case of the Week (daily presentation).

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

Monday, January 7, 4:15 p.m., adults: \$10, ages 13 to 17: \$5, ages 12 and under no charge, advance registration recommended (seasonal program) – Speaker Series: Eastern Indigo Snake Project presented by

Chris Lechowicz, director of habitat management and herpetologist for Sanibel-Captiva Conservation Foundation (SCCF).

The eastern indigo snake (*Drymarchon couperi*) is the largest native snake (up to 9.2 feet) in the United States that has been protected by Florida since 1973 and by U.S. Fish & Wildlife Service since 1978. Its main threat in modern time is habitat loss due to development. They have very large home ranges and are highly susceptible to road mortality, especially during their breeding season over the winter when traffic is at its highest in a large part of its range. SCCF is conducting research with a mark-recapture study and conservation efforts through education to save this snake on the last three islands in Florida which are in Pine Island Sound.

Tuesday, January 8, 11 a.m. to 12:30 p.m., \$25 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff (hospital tour).

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

Tuesday, January 8, 11 a.m., adults: \$12, ages 4 to 12: \$7, age 3 and under no charge – Patient Profiles: Gopher Tortoises (daily presentation).

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

Tuesday, January 8, 2 p.m., adults: \$12, ages 4 to 12: \$7, age 3 and under no charge – Patient Profiles: Virginia Opossums (daily presentation).

Virginia opossums are the only marsupial, or pouched mammal, 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. One of CROW's animal ambassadors will be present.

Wednesday, January 9, 11 a.m. to 12:30 p.m., \$25 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff (hospital tour).

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

Wednesday, January 9, 11 a.m., adults: \$12, ages 4 to 12: \$7, age 3 and under no charge – Wildlife Rescue 101 (daily presentation).

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. One of CROW's animal ambassadors will be present.

Wednesday, January 9, 2 to 3:30 p.m., \$25 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff (hospital tour).

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

Wednesday, January 9, 2 p.m., adults: \$12, ages 4 to 12: \$7, age 3 and under no charge – Patient Profiles: Virginia Opossums (daily presentation).

Virginia opossums are the only marsupial, or pouched mammal, 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. One of CROW's animal ambassadors will be present.

Thursday, January 10, 11 a.m. to 12:30 p.m., \$25 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff (hospital tour).

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

Thursday, January 10, 11 a.m., adults: \$12, ages 4 to 12: \$7, age 3 and under no charge – Patient Profiles: Birds of Prey (daily presentation).

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

Thursday, January 10, 2 to 3:30 p.m., \$25 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff (hospital tour).

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

Thursday, January 10, 2 p.m., adults: \$12, ages 4 to 12: \$7, age 3 and under no charge – Patient Profiles: Owls of Southwest Florida (daily presentation).

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

Shells Found



From left, Trevor, Craig, Ellie and Caryn Atkins

photo provided

The Atkins family found three junonias, one Scotch bonnet, a fulgurator olive, alphabet cones, a true tulip and many other shells on December 22 and 23 at Bowman's Beach. They said they love visiting Sanibel and looking for shells every year.✪

Shell Found



Max Rosenfeld

photo by A. Ziehl

Max Rosenfeld, 12, from Glencoe, Illinois found a Scotch bonnet at the beach along Donax Street while staying at Compass Point.✪

Shell Found



Pearl Rosenfeld

photo by A. Ziehl

Pearl Rosenfeld, 7, from Glencoe, Illinois found a junonia at the beach along Donax Street while staying at Compass Point.✪

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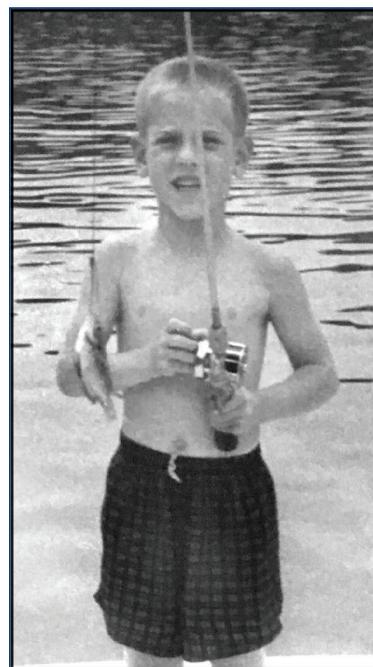
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Rock Shrimp Succotash with Jalapeno Hoe Cakes

Rock Shrimp Succotash

- 1 pound peeled rock shrimp
- 1 large tomato, diced
- 1 ear sweet corn, cut off the cob
- 2 tablespoons olive oil
- 1 tablespoon finely chopped garlic
- 1 tablespoon seafood seasoning
- 1 tablespoon fresh lemon juice
- 1/2 cup scallions, chopped
- Sea salt and fresh ground pepper, to taste

Heat the olive oil in a heavy skillet over medium-high heat until hot. Saute corn, tomatoes, garlic, and scallions for 2 minutes, then garlic and sauté 1 to 2 minutes until golden. Season shrimp with seafood seasoning and add to succotash. Cook for 2-3 minutes or until cooked through. Spoon over Jalapeno Hoe Cakes and sprinkle with scallions.

Jalapeno Hoe Cakes

- 2 cups self-rising cornmeal



Rock Shrimp Succotash with Jalapeno Hoe Cakes

photo courtesy Fresh From Florida

- 2 tablespoons sugar
 - 2 cups milk
 - 2 large eggs
 - 1/3 cup Jalapeño peppers, seeded and chopped
 - Butter or corn oil for frying
- In a large bowl, mix together cornmeal, sugar and salt. In a separate bowl, beat the eggs and milk until well blended. Add the

wet mixture into the dry ingredients and stir until just mixed and moistened. Let the batter set for 10 or 15 minutes. Add oil to just cover bottom of skillet then heat over medium-high heat. Pour 1/4 cup of batter for each hoe cake into skillet. Cook 3 or 4 minutes until tops are full of air holes; flip cake and cook until golden brown. Serve warm with the succotash.✪

LIVE ON THE ISLANDS

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

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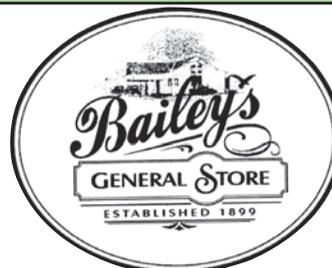
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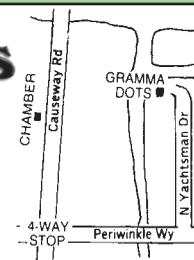


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Power Squadron Offering Boating Course At Library

The Sanibel Captiva Sail and Power Squadron is offering America's Boating Course in January at the Sanibel Public Library. The course covers 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 the Boating Safety Education identification card from the state of Florida. The card satisfies state of Florida education requirements for operating boats in Florida waters.

The class will be taught in two sessions: Tuesday, January 29 from 6:30 to 9:30 p.m.; and Saturday, February 9 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 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* textbook published by the United States Power Squadron – America's Boating Club.

Senior, highly experienced instructors present the class material using lectures, demonstrations, discussions and navigation charts of the local waterways. The cost for the

class and the text is \$45. Students must preregister for the class no later than January 22. Class size is limited to 20 students.

Students will receive their copy of the text and pay the \$45 class fee at the January 29 session. The text is reviewed in detail at the February 9 session. Among the subjects and topics reviewed are: U.S. Coast Guard required safety equipment; basic boat handling under way 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 Caloosahatchee. Important destinations, channels and waterways are reviewed, and advice for confidently boating in local waters is discussed. The class format is informal with opportunities for questions and discussion. No advance knowledge of boating is needed for successful student completion of the class. The class is appropriate for those who may not own a boat but want to learn about boating in the waters that surround Fort Myers, Sanibel and Captiva, for new boat owners and for experienced boaters who want to learn about boating in these unique local waterways.

To learn more about the class,

contact the lead instructor Bob Orr at 579-0139 or by email at robert.orr1663@comcast.net. Register online no later than January 22 at www.sancapboating.club. Click on Education, click on Here, then Locate and a list of ABC courses will appear. Select the January 29 class, click on the "here" button and the registration form will appear. Complete the registration form and click on the "submit" button at the bottom of the form.

The Sanibel Public Library is located at 770 Dunlop Road.*

Safety For Solo Paddlers

by Kealy McNeal

Paddling is a great way to spend time with others on the water and experience the natural world together, but sometimes it can also be fun to explore on your own. However, paddling alone comes with its own set of risks.

Before you paddle off into the sunset, be fully aware of the potential consequences of doing so without proper preparation. If challenges arise, you will need to have the skills to deal with them. Being prepared and aware of the environment eliminates the vast majority of common mistakes made

by paddlers who do end up calling for help. You can enhance your safety by following a few simple tips:

Always wear a PFD, in case of unexpected immersion.

Create a float plan, and tell a friend when and where you will be paddling. Call your friend when you have returned safely from your trip.

Understand the environment you are paddling in and the potential for wind, weather and other challenging conditions.

Have on hand a repair kit, snacks and water, a spare paddle and a signaling kit (a cell phone will work, if there's coverage where you are paddling).

Practice and get comfortable with solo self-recovery, launching and landing.

These tips are great for group paddles as well, which provide an excellent opportunity to practice with friends. Ease yourself into solo paddling with short trips in familiar areas. As you begin to feel more comfortable, you can venture farther.

Paddling alone is rewarding and brings a great sense of accomplishment. You will learn to rely on yourself, and to trust your decision making abilities. The peace and quiet of solo paddling is also unique and enjoyable.

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



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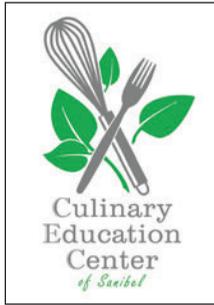
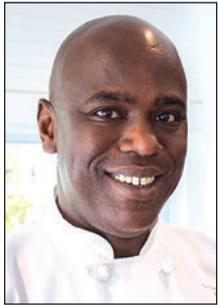
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The Community House

The Almond



by Resident Chef Jarred Harris

Almonds are the edible seeds of the almond tree, which is native to the Middle East, North Africa and India. The almond tree is a member of the rose family and often called “the queen of the rose family.” Other members of this family include apricots, peaches and orchids.

Almonds have been grown for thousands of years and are mentioned in the Bible 10 times. Christians use almond branches as a symbol of the Virgin Birth of Jesus. Romans showered newlyweds with almonds as a fertility charm and they were also a prized ingredient in breads served to Egypt’s pharaohs.

Ancient explorers ate almonds while traveling the “Silk Road” between Asia and the Mediterranean. Almond trees grew well in the Mediterranean climate, especially in Spain and Italy. The almond tree was brought to California from Spain in the mid-1700s. Because of California’s

warm, dry summers and mild, wet winters, almonds grow exceptionally well in the state. In fact, California produces 80 percent of the world’s almonds.

Almonds are an excellent source of vitamin B6, vitamin E, calcium, phosphorous, iron and magnesium. They also contain zinc, selenium and copper.

The health benefits of almonds are extensive, and they are often used as a healthy solution for many medical disorders, such as cardiovascular diseases, coughs, anemia and diabetes. They also help in maintenance of healthy hair, skin and dental care.

Here is a simple recipe to try:

Cherry and Almond Cake

Makes one 8-inch round cake

Ingredients

- ½ cup butter (softened)
- ½ cup sugar
- 2 large eggs
- 1 tsp. vanilla extract
- ½ cup all-purpose flour
- 1 tsp. baking powder
- ½ cup almond flour
- About 25 fresh pitted cherries
- Powder sugar for garnish

Method

Pre-heat oven to 325F. In a medium bowl, sift together the flour and baking powder. Add the almond flour and mix together.

In a mixing bowl, add the butter, sugar, eggs and vanilla, mix until fluffy. Add the dry ingredients to the mix and blend until a smooth batter is formed.

Spread the batter in a greased and floured cake pan and arrange the cherries on top of the batter.

Bake for 30-35 minutes. Let the cake cool completely and garnish with powdered sugar.

Resident Chef Jarred Harris heads the Culinary Education Center at

The Community House on Sanibel. For volunteer opportunities or questions, contact him at kitchen@sanibelcommunityhouse.net or call 472-2155.*

American Legion Post 123

American Legion Post 123 is having a fish fry this Sunday, January 6 from noon to 8 p.m. The following Sunday, January 13, barbecued ribs and chicken are on the menu.



The American Legion general meeting will be held on Wednesday, January 9 beginning at 6 p.m.

All are welcome to come out and join in the fun for Open Mic Night on Thursdays from 5 p.m. to close.

There is collection under way for non-perishable food items for FISH of SanCap. Drop off during regular operating hours.

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

Every Monday night beginning at 5 p.m., the 8 Ball Pool League is in play.

If you have a flag that needs to be retired, drop it off at Post 123.

American Legion Post 123, located at Mile Marker 3 on Sanibel-Captiva Road, is

open Monday through Saturday from 11 a.m. to 9 p.m. and Sunday from noon to 9 p.m. The public is welcome. For more information, call 472-9979.*

From page 19

Photo Contest

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. 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 include:

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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Presentation At Library On Writing Your Life Story

by Jeff Lysiak

On Wednesday, January 23, the Sanibel Public Library will host local author Linda Abbott, who will present *The Joy of Life Story Writing* starting at 2 p.m. There is no charge for admission to the presentation and all are welcome to attend.

"People love the idea of writing their life stories, but many people don't know where to start," said Abbott, a resident of Bonita Springs. "My goal is to encourage them and give them tips, tools and resources to capture and preserve their memories."

An author, speaker and award-winning journalist, Abbott is the founder of Never Forget Legacies & Tributes. A frequent visitor to Sanibel, she divides her time between Bonita Springs and Middleton, Wisconsin. Abbott is the author of *Ten Days In Paradise*, her Sanibel-inspired debut novel.

During the presentation, participants will learn about ethical wills, also called legacy letters, which pass on values, wisdom and faith traditions. Abbott will share tips, tools and resources for people to write their own life story, or capture and preserve the memories of elderly loved ones. Participants also will learn about techniques – such as timelines and memory sparks – to recall more of the



Linda Abbott photo provided

past, and the many benefits of life story writing.

"Our memories and stories are one of the most precious gifts we can share with our children and grandchildren," Abbott said. "But many people don't know how to get started on writing their life stories, or are overwhelmed by the thought."

Abbott's interest in life stories goes back many years ago when she worked as a journalist for a community newspaper in Hinsdale, Illinois. "My favorite assignments were interviews for a weekly feature called Community Closeup," she explained. "Reminiscing is a joyful experience. It allows individuals to revisit

the special moments in their lives. Sharing these memories connects us more deeply to our children and grandchildren. That's more important now than ever with grandparents and grandchildren often living hundreds of miles apart."

Interest in genealogy and family histories are more popular than ever, with people wanting to find out more about their ancestors. But setting about the task of life story writing requires both dedication and discipline.

"It's so easy to get caught up in the

here and now – the daily flood of texts, tweets, Facebook posts, email – that we tend to lose sight of the fact our moms and dads and grandmas and grandpas won't be around forever," added Abbott. "Memories fade, health problems emerge, things can change quickly. Know this, and move forward."

Following her presentation, there will be a question and answer period.

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

Acrylic Painting Party January 9

An acrylic painting class with Sissi Janku will be held on Wednesday, January 9 at 7 p.m. at The Community House. The class is open to beginners and advanced painters, and all are welcome to snack and sip as you create your masterpiece.

This two-hour painting party is packed with fascinating insights. Experiment with wet on wet backgrounds. Start from a loosely sketched outline of an image to illustrate the importance of focal-point placement and composition. Highlights and details will bring the final painting to life.

Cost is \$50 for Sanibel Community Association members and \$60 for guests. For more information, visit www.sissijanku.com.

The Community House is located at 2173 Periwinkle Way on Sanibel.



Pineapple by Sissi Janku image provided

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Book Review

The Children's Game



by Di Saggau

The Children's Game by Max Karpov is a geo-political thriller, both timely and insightful, involving a Russian cyberattack on America. The CIA has learned that the Kremlin is about to launch

a sophisticated propaganda operation to disrupt the U.S. and restore Russia to a great super power status. It's code-named The Children's Game, a chess strategy that results in a checkmate in four moves. The operation will hinge on a single, breaking news event in Eastern Europe. It was conceived by a Russian billionaire and former officer named Andrei Turov. For years, he has been developing the infrastructure for a new kind of warfare that exploits weaknesses in western democracies and manipulates public opinion.

Turov follows a quote from Solzhenitsyn, "Own only what you can always carry with you; know languages, know countries, know people. Let your memory be your travel bag." The U.S. has its own secret weapon in Christopher Niles, a former CIA intelligence officer who understands Turov. It's up to him and his team, a journalist half-brother, a special

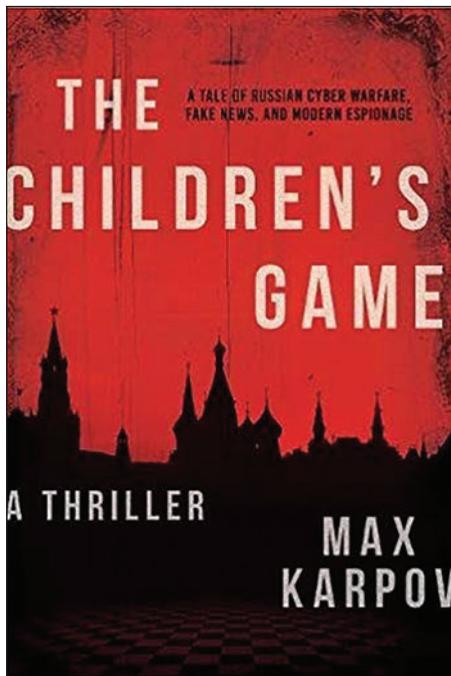


image provided

forces operative and a resourceful U.S. senator with deep roots in the intelligence community, to unravel Turov's plot and restore truth to a world spiraling into chaos.

This book grabbed me right away. Russia's up to something but we're not sure what. It's scary, a thriller that reads like non-fiction and includes facts about Putin's early political activities that some readers will find very interesting. There is a lot of research in the book. Regarding nuclear weapons, Russia and

the U.S. make up less than 7 percent of the world's population but control 93 percent of its nuclear weapons. Russia is more accomplished than the U.S. at the art of disinformation, winning at games we didn't even know were being played. The unwieldy size of Russia "gives them a perpetual inferiority complex. Eleven time zones, two hundred nationalities. Eleven percent of the world's land mass. But a population less than half the size of ours."

There are some very good twists in the story, and it's told from the perspective of Russia as well as the U.S. We see Russia's ambition to be a great power,

its patriots as devoted to Russia as some of ours are to the U.S. Our president isn't named but he's referred to as "an accomplished business man, with an ability to make people feel important, or part of something important. But he wasn't comfortable with the intricacies of international political conflict."

The Children's Game is a well-written, fast-paced and timely thriller about information warfare between the USA and Russia. It makes you wonder how susceptible we are to a similar attack of fake news happening and running out of control.*

School Smart



by Shelley M. Greggs, NCSP

Dear Readers, Happy New Year! I am passing along this wonderful poem (again) with excellent New Year's Resolutions for parenting. These 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 as well as within your relationship.

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 soda, 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 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).

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.*

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Presentation And Book Signing At The Mound House

Denège Patterson of Randell Research Center will speak about Five Islands Never Flooded at a program at the Mound House on Fort Myers Beach on Tuesday, January 8. Refreshments will be available at 5:30 p.m., with the presentation at 6 p.m.

Patterson, a tour guide and educator at Randell and a certified Florida master naturalist, is the author of *A Tour of the Islands of Pine Island Sound, Florida: Their Geology, Archaeology, and History*. The book is a closeup look at 24 of the approximately 85 islands, all in Pine Island Sound, part of the Greater Charlotte Harbor region. Each of the islands has a distinctive history, geology and archaeology. From that reserve of local history, Patterson will present five islands for her audience.

Cost is \$5 per person and no charge



Denège Patterson photo provided

for Mound House members. A question-and-answer period and book signing will follow the program.

The Mound House is located at 451 Connecticut Street on Fort Myers Beach. Reservations required, call 765-0865.*

BIG ARTS Corner

Workshops
And Seminars

BIG ARTS is offering the following workshops and seminars:
Great Books with Julie Hopson – Tuesdays, January 8 to March 26, 10 to 11:30 a.m.

Acrylic Painting, Still Life, with Barbara Lipman – Tuesdays, January 8 to February 12, 10 a.m. to noon.

Adult Tap with Bobby Logue – Tuesdays, January 8 to 29, 12:30 to 2 p.m.

Beginner Tap with Bobby Logue – Tuesdays, January 8 to 29, 2:15 to 3:15 p.m.

Creating with Polymer Clay with Martha Grattan – Tuesday, January 8, 4 to 6 p.m.

Adobe Lightroom with Denny Souers – Tuesdays, January 8 to 29, 1 to 4 p.m.

BIG ARTS Community Chorus rehearsal with Ellen Whitten – Tuesdays, January 8 to March 26, 6:30 to 8:30 p.m.

Step by Step Acrylic Painting with Marjorie Bronsted – Wednesdays, January 9 to 30, 1 to 3 p.m.

Glass Fusing with Petra Kaiser – Wednesdays, January 9 to 30, 9:30 a.m. to 12:30 p.m.

Clay Sculpting and Pottery on the Wheel with Marjorie Bronsted – Wednesdays, January 9 to February 13, 3:30 to 6 p.m.

Glass Fusing with Petra Kaiser – Thursdays, January 10 to 31, 9:30 a.m. to 12:30 p.m.

Clay 101/201: How to Be Creative With Clay with David Hoggatt – Thursdays, January 10 to February 14, 9 a.m. to noon.

The Science and Philosophy of Psychic Phenomena and the Continuation of Consciousness with Ran Niehoff – Fridays, January 11 to February 1, 9:30 to 11 a.m.

Acrylics for Beginners and Intermediate Painters with Jane Hudson – Fridays, January 11 to 25, 9:15 to 11:45 a.m.

A Gentle Introduction to Watercolor Painting with Mary Lou Peters – Friday, January 11, 1:30 to 4 p.m.

Contemporary Play Reading/Discussion with Harriet Edwards – Fridays, January 11 to March 22, 10 a.m. to noon.

Spanish I and II with Barbara Peterson – Saturdays, January 12 to February 16, 9 to 10:30 a.m.

Watercolor Nature Journaling with Mary Lou Peters – Tuesday and Wednesday, January 15 and 16, 10 a.m. to 4 p.m.

Palette Knife Painting in Oil from Landscape Photography with Jan Ellen Atkielski – Thursday and Friday, January 17 and 18, 9 a.m. to 3:30 p.m.

The Global and U.S. Economy in a New Political Era with Larry Davidson – Fridays, January 18 to February 8, 1 to 4 p.m.

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

Film Series At
'Ding' Darling
Begins January 9

The 7th annual "Ding" Darling Wednesday Film Series kicks off its bi-weekly showings with the documentary *RiverBlue* on January 9 at 1 p.m. in the JN "Ding" Darling National Wildlife Refuge Visitor & Education Center on Sanibel. (Note: if the government shutdown continues up to that date, the showing will be rescheduled. Monitor www.dingdarlingsociety.org for updates.)

Narrated by actor, director and clean water activist Jason Priestley, *RiverBlue* dives into one of the world's most polluting industries: fashion. It examines the destruction of our rivers, pollution's effect on humanity and solutions for a sustainable future.

The film, which has been an official selection for a number of film festivals across North America, including CineEco 2017 and the San Diego International Film Festival 2017, follows international river conservationist Mark Angelo as he spans the globe to infiltrate the fashion industry and effect change.

"Ding" Darling Wildlife Society-Friends of the Refuge (DDWS) hosts the free film showings with sponsorship from Sanibel Captiva Beach Resorts. Seating is limited and on a first-come basis.

The following season's scheduled films begin at 1 p.m. A short discussion will follow each film to allow visitors to gain

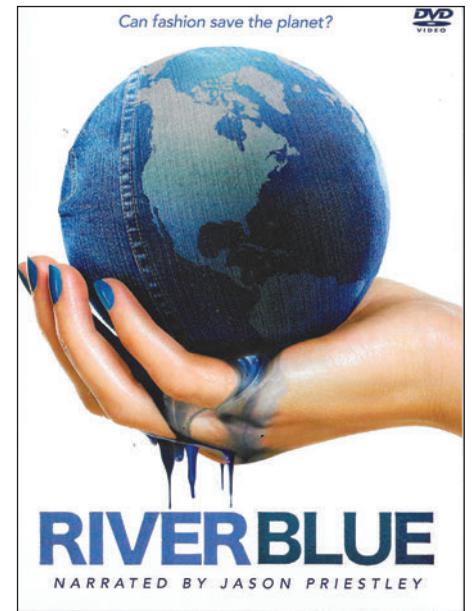


image provided

more from their documentary-viewing experience by listening to other people's points of view and analyzing what they just watched. For full descriptions of the films, visit www.dingdarlingsociety.org/articles/lecture-and-film-series.

January 9 – *RiverBlue*
January 23 – *Untold Stories: Sanibel I*
February 6 – *A Plastic Ocean*
February 20 – *Saving Sea Turtles*
March 6 – *Jane*
March 20 – *Invasion of the Giant Pythons*
April 3 – *Saving Atlantis*.*

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www.AirTrek.aero

BIG ARTS Monday Night Film Series

Oh Lucy!

by Di Saggau



The BIG ARTS Monday Night Movie for January 7 is *Oh Lucy!*, a Japanese drama about a lonely woman in Tokyo who discovers her alter ego when she takes an English class. Setsuko, a lonely married woman, works for a Tokyo company. She loves her niece and avoids her sister because the sister stole and married Setsuko's boyfriend.

The film begins on a macabre note when a poor soul steps in front of a speeding train. Before he throws himself on the tracks, he whispers "goodbye" to Setsuko. The film has moments that are funny, tender and disturbing. Setsuko enrolls in the English class, led by John, played by a cheerful Josh Hartnett. He has his students wear Western-style wigs and gives them English names. Setsuko becomes Lucy. Much to her surprise, Setsuko takes to the new identity with zest, feeling empowered to say and do all the things as Lucy that she'd never considered before. Her life outside the class is dreary and she eventually is attracted to John.

John goes back to America and Setsuko goes there too where she finds him on the verge of eviction from his apartment. She discovers he's a bit of a con man but she is not deterred. This



image provided

results in repercussions for all involved.

Oh Lucy! is a very smart indie drama about cross-cultural exchange. The film runs 95 minutes. Moderator for the evening is Mary Arcenaux.

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. Tickets are available at www.bigarts.org, at the door or by calling 395-0900. BIG ARTS is located at 900 Dunlop Road.*

Art League Member Exhibit



images provided

Works by Jaye Boswell

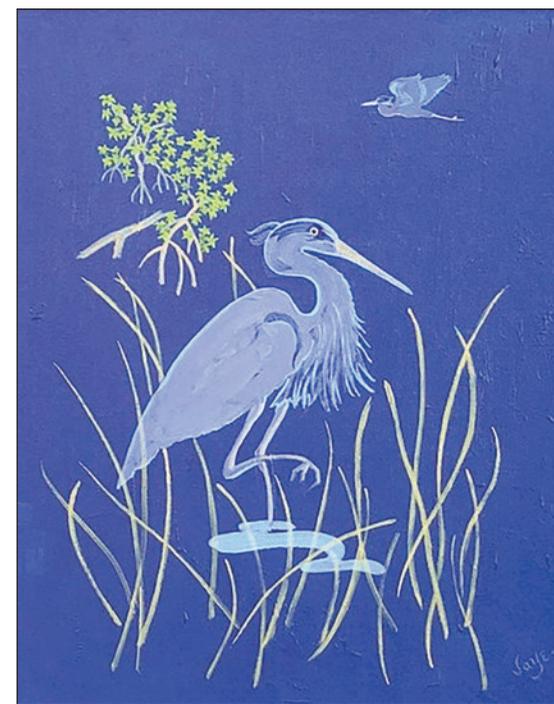
Sanibel Captiva Art League member Jaye Boswell is exhibiting her artwork for the month of January at The Community House, located at 2173 Periwinkle Way.

Boswell is a longtime Sanibel resident who taught art for 22 years in the Lee County school system. Her love of nature and art are evident in her pen and ink, watercolor and acrylic paintings. She was honored to receive the Sanibel-Captiva Conservation Foundation (SCCF) 1st annual Brush of Excellence Award for her dedication to environmental causes and nature in her art.

The public is invited to view Boswell's paintings Monday through Friday from 9 a.m. to 3 p.m.

Sanibel Captiva Art League is the local islands' art league. Activities include weekly plein aire paint outs, member shows and community outreach. For

more information about activities or membership, visit www.sancapart.com.*



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The Victorious Dance Ministry

photos provided

Dr. Martin Luther King, Jr. Celebration

St. Michael & All Angels Episcopal Church will hold its 4th annual Dr. Martin Luther King, Jr., Day Celebration on Monday, January 21 beginning at 6 p.m. As the first church in Lee County – and one of the first Episcopal churches in Florida – to integrate, St. Michael’s is pleased to host this important annual event.

The keynote speaker for the evening will be Michele Hylton-Terry, executive director of the Community Redevelopment Agency(CRA) in Fort

Myers. Hylton-Terry oversees CRA staff, programs, activities and initiatives that enhance business and economic development in the City of Fort Myers redevelopment areas. She has spearheaded growth for Dr. Martin Luther King, Jr. Boulevard, Velasco Village and the Dunbar/Michigan redevelopment areas. She has also collaborated in the redevelopment of Clemente Park.

Hylton-Terry has been a member of the Florida City County Managers Association, and co-chair of the City of



Zaire Saldana



The Spiritual Voices of Fort Myers

Fort Myers Employee Special Events Committee and United Way of Lee, Hendry and Glades Allocations Team. She was a board member of the Lee County Neighborhood Accountability Board. She is currently a board member of Basic Learning Skills Foundation and Unity of Fort Myers.

The event, which is free and open to the public, will include a performance by the Victorious Dance Ministry of the First Assembly Cornerstone in Fort Myers, and an appearance by the popular Gospel group, The Spiritual Voices of Fort Myers. The program will also feature 13-year-old Zaire Saldana, an eighth grade student at Cypress Lake Middle School, who, by popular demand and for the fourth time, will give a memorized recitation from King’s famous *I Have a Dream* speech.

Under the direction of Minister of Music Hank Glass, the St. Michael’s Parish Choir will begin the program with two spirituals, *There is a Balm in Gilead*, featuring soloists Janet Burgan, Anne-Marie Bouché and Maria Zoltek, and *Ride the Chariot*, with Bouché and Mary Ann Boorn.

The evening will conclude with the Spiritual Voices and the Parish Choir leading the audience in a sing-along of *We Shall Overcome*.

There will reception in Parish Hall at the church following the celebration.

To inquire about this and other special events at St. Michael & All Angels Episcopal Church, contact Rector Ellen Sloan at 472-2173 or visit www.saintmichaels-sanibel.org. St. Michael’s is located at 2304 Periwinkle Way.*

Community Housing & Resources is excited to announce our new fundraising series **GIVE BACK WEDNESDAYS #GBW**

COMMUNITY HOUSING and RESOURCES

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SUPPORT LOCAL THIS WINTER

The following Sanibel businesses will be offering a donation to Community Housing & Resources that is funded by you walking through their door and shopping local! Each participating business—including amazing restaurants, resorts, retailers and your community grocer—has selected a date that they will be hosting the GBW fund raiser and donating a portion of their proceeds to CHR.

So, make plans to eat out, shop and play at these generous local businesses on Wednesdays this winter and support CHR.

<p>NOV 14</p> <p>Sanibel Island, Florida</p>	<p>NOV 28</p> <p>Sanibel Island Bar & Grille</p>	<p>DEC 5</p> <p>SPECIAL WINE TASTING IN-STORE</p>
<p>DEC 12</p> <p>COAL FIRED PIZZA</p>	<p>DEC 19</p> <p>SANIBEL CAFE</p>	
<p>JAN 9</p> <p>OLDE SANIBEL SHOPPES INCLUDING</p>		
<p>JAN 16</p> <p>Sanibel Island, FL</p>	<p>JAN 23</p> <p>island fusion cuisine</p>	<p>JAN 30</p>

NOV 7, DEC 5 AND JAN 2—JOIN US FOR WINE WEDNESDAYS
On the first Wednesday of each month, a portion of all Wine Sales at Bailey's General Store will be donated to CHR!



Yvonne Hill standing next to one of the photographs featured in the exhibit *Civil Rights in the Sunshine State*, now on display inside The Great Hall at The Community House
photos by Jeff Lysiak

Civil Rights Exhibit At Community House

by Jeff Lysiak

Now through February 11, a special exhibit created to commemorate the 50th anniversary of the Civil Rights Act of 1964 and the Voting Rights Act of 1965 is being displayed inside The Community House. Containing more than 100 photographs and panel displays, the exhibit – *Civil Rights in the Sunshine State* – honors the significant contributions Floridians made to the American civil rights movement.

On loan from the Museum of Florida History in Tallahassee, *Civil Rights in the Sunshine State* shares the historic acts which banned discrimination based on race, color, religion, sex or national origin in public accommodations and employment, effectively desegregated schools and protected the voting rights of all citizens.

“The progress toward equality affects all Americans, changing the way we see ourselves and each other, and expanding our understanding of freedom and justice,” the introductory panel of the exhibit reads, in part. “Long before the modern civil rights movement of the 1950s and ‘60s, black Floridians were organizing for their rights as citizens.”

The exhibit examines the history of racial segregation in Florida from the end of Reconstruction (1877) to the present as well as African American civil rights pioneers, organizations and movements.

“I saw this exhibit four years ago when it came to Fort Myers,” said Yvonne Hill, founder of the Circle of Community Leadership, who helped



bring *Civil Rights in the Sunshine State* to The Community House in partnership with the Sanibel Community Association (SCA). “I thought more people should be able to see it and, after talking with (SCA Executive Director) Teresa Riska-Hall, we decided to bring it here to Sanibel.”

Inside The Great Hall, The Islander meeting room and throughout the main hallway, the exhibit contains informative panels that chronicle the civil rights movement’s key moments and pivotal players. Included are boards that discuss segregation, lynchings, Jim Crow laws and the Ku Klux Klan, along with panels offering details of the Jacksonville Sit-Ins, The Miami Movement, Integration in St. Pete, Tallahassee Protests and the 1956 Bus Boycott.

Also included are panels sharing the contributions of individuals such as Leroy Collins, Stetson Kennedy, Theodore Gibson and Ruth Perry, Dr. Robert Hayling, Claude Neal and Dr. Martin Luther King, Jr.

“This exhibit is educational, informative and still very much relevant today,” said Hill. “I hope that lots of schoolchildren come to visit the exhibit, from both here on Sanibel and from Fort Myers and beyond.”

During the *Civil Rights in the Sunshine State* exhibit’s stay at The Community House, organizers are planning two special events. The first, to be held on Wednesday, January 23 from 6:30 to 8:30 p.m., explores the African Roots of Southern Cooking.



Four panels on display inside The Islander meeting room



The exhibit includes more than 100 framed panels featuring key moments and figures of the civil rights movement in Florida

The gathering will feature Dr. Martha Bireda from the Blanchard House Black History Museum and Juanita Copeland, a soul food expert. Sample dishes will be created by Resident Chef Jarred Harris. Admission is free; donations to support SCA will be accepted.

On Monday, February 4, Dr. Anthony Dixon, professor and archivist at Bethune-Cookman University, will deliver a presentation on Dr. Martin Luther King, Jr. and the civil rights movement. Dr. John H. Danner, senior pastor at Sanibel Congregational United Church of Christ, will also speak. The event is free and open to the public; donations to support SCA will be accepted.

Dr. Dixon said he hopes the exhibit helps visitors “examine the overall struggle for civil rights in Florida.”

The Museum of Florida History produced *Civil Rights in the Sunshine State* in collaboration with multiple universities, organizations and individuals. Many of the photographs on display are from the State Archives of

Florida. Complementing the exhibits are videos of numerous civil rights leaders including Dr. Martin Luther King, Jr., Patricia Stephens Due, Theodore Gibson and Reverend CK Steele. Civil rights activists from Tallahassee, Jacksonville and other cities served as advisors on the exhibit, along with historians from Florida State University, the University of Florida, Florida A&M University, and the Florida African American Heritage Preservation Network (FAAHPN).

The *Civil Rights in the Sunshine State* exhibit is open to the public during normal business hours; Monday through Friday from 9 a.m. to 3 p.m. The exhibit was made possible by a grant from the Florida Humanities Council, donations from Mud Bugs Cajun Kitchen, the Sanibel-Captiva Lions Club and Sanibel Congregational United Church of Christ and the Museum of Florida History, along with other individual donors.

The Community House is located at 2173 Periwinkle Way on Sanibel. For more information, call 472-2155. ✨

Art Exhibit At Sanibel Bank



Rita Mach Skoczen with one of her works

Sanibel Captiva Art League member Rita Mach Skoczen is exhibiting her artwork during the month of January at Sanibel Captiva

images provided

Community Bank. A resident of Sanibel for over 30 years and a former resident of Rochester Hills, Michigan, Skoczen is well known for her portraiture and



Oriental Poppies by Rita Mach Skoczen

award-winning paintings. Her most prestigious award was first place in the Arts for the Parks national competition for her depiction of a part of the Vietnam War Memorial entitled *Remembrance*. Skoczen works in different mediums and varying subjects, but a major part of her work revolves



The Shell IV by Rita Mach Skoczen

around people and faces.

The public is invited to join the artist and discuss her work at a reception on Thursday, January 17 from 4:15 to 5 p.m. at the bank's Sanibel branch, located at 2475 Library Way. Light snacks and refreshments will be served.

For more information visit www.sancapart.com.*

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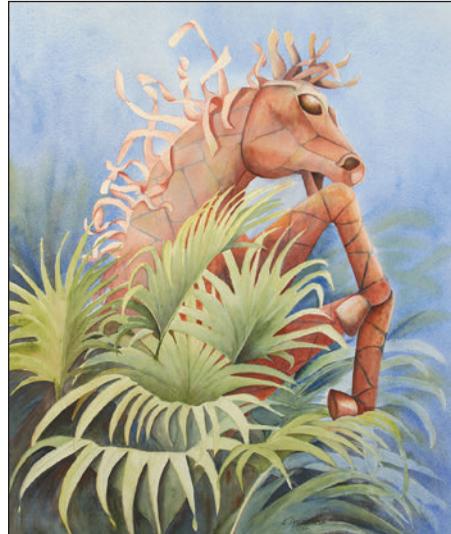


Jeannine Desmarais photos provided

Award-Winning Artist To Speak At League Meeting

Award-winning artist Jeannine Desmarais will be the guest speaker at the next Sanibel-Captiva Art League meeting on Thursday, January 17. The public is welcome to attend the gathering at BIG ARTS, located at 900 Dunlop Road on Sanibel from 1 to 3 p.m. The topic of this presentation will be Watercolor: Understanding The Medium, Different Approaches and Problem Solving.

A snowbird from French Canada, Desmarais is active in numerous Canadian and American artists' associations and exhibits regularly in local galleries and symposiums.



Cheval de Troie

Working in watercolor, oil and pastels, she has honed her skills over more than 25 years, having studied with well-known artists from Canada, Belgium and France.

"For me, the creation of a painting is always a challenge: can I capture the moment, the emotion, the colour and light and set it down on paper?" said Desmarais. "As an artist, my goal is to make those moments 'sing' and hopefully share this with my audience."

While doing much of her work in the studio from her own photography and sketches, Desmarais is also a practicing plein aire painter. She is an active member of the Sanibel-Captiva Art League, and her work has appeared in many juried shows on Sanibel as well as in Canada.

All Sanibel-Captiva Art League meetings are free and open to the public. For more information about shows, activities and membership, visit www.sancapart.com.



Flight of the Bumblebee



Churchill



Queen Ann's Lace



All original works will be for sale

photos provided

Art On The Veranda Sale Next Weekend

The Sanibel-Captiva Art League will hold its popular Art on the Veranda sale on the boardwalk at Bailey's General Store on Saturday, January 12 from 10 a.m. to 3 p.m. Talented artists

from the Sanibel-Captiva Art League will bring out their original works of art for sale. There will be watercolors, acrylics, oils, pastels, collage and other mediums. Styles and subjects are diverse, and there is always plenty of local interest art. Admission is free, and all are welcome to attend.

Bailey's General Store is located at 2477 Periwinkle Way on Sanibel.

For more information, visit www.sancapart.com.



Visitors viewing artwork available at a previous San-Cap Art League sale

Programs At Sanibel Public Library

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

Duane Shaffer's popular World War II lecture series kicks off with 1940 Raid on Taranto, which begins at 10 a.m. on Friday, January 4 at the library. He will repeat his program at 2 p.m. that afternoon. Shaffer will review the battle that took place between the British Royal Air Force and Italian Naval forces in the Mediterranean Sea off Taranto, Italy.

The weekly children's schedule runs through January 23:

Geared specifically for children in fourth through sixth grade, the After-school Clique will meet on Tuesdays at 3 p.m. The group will be crafting, building, and playing – with books and a snack.

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

The After-School Crew, (for children in kindergarten to third grade) will meet at 3 p.m. on Thursdays. There will be books, crafts, plus a snack provided. If you love dogs and books, you can read to Bessie, a bearded collie and trained reading education assistance



Duane Shaffer's World War II talk will be held on January 4 in the morning with an encore that afternoon photo provided

dog. At 3:45 p.m. on rain-free Thursday afternoons, you can sign up on-the-spot; program finishes by 5 p.m.

Weekly children's programs are listed on the library's online calendar.

For more information, call 472-2483

or visit www.sanlib.org. Sanibel Public Library cards are available to all residents of Sanibel and Lee County at no charge.

The Sanibel Public Library is located at 770 Dunlop Road.✪

Collaborative Art Exhibit Hosted By Tower Gallery

Inspiration, Innovation and Imagination is the theme for Tower Gallery's third event in the 2018-19 show season. This collaborative exhibit will include Tarpon Bay Arts District neighboring galleries, Hirdie-Girdie Gallery and Suncatchers' Dream.

The exhibit opens on Thursday, January 10 from 5 to 8 p.m. at Tower Art Gallery, located at 751 Tarpon Bay Road; Hirdie-Girdie Gallery, located at 2490 Library Way; and Suncatchers' Dream, located at 630 Tarpon Bay Road in the Olde Sanibel Shoppes.

Island residents and visitors are invited to stop by the participating galleries for hors d'oeuvres and wine. There will be artists demonstrating their techniques around the galleries and grounds. Visitors will have an opportunity to use their own art skills along with the Tower artists to create a large "community canvas" that will be auctioned off when complete at a later event.

The artists at Tower Gallery will give back 10 percent of the evening's proceeds to the Sanibel-Captiva Rotary Club.

For more information, call 472-4557 or go to www.towergallery.net to sign up for the newsletter.✪

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SANIBEL ISLAND

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Everyone hates surveys, but answering four short questions on www.BIGARTS.org will mean the world to us and most importantly to all who call our beautiful islands "home." Even if you have never been to BIG ARTS, and may not know where it is, that doesn't matter - we want to know what you are interested in. Three minutes, click survey button, done in 3 – 4 minutes max.

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Preserve Renamed After Outgoing CEO

In recognition of the enduring legacy of retiring CEO Erick Lindblad, the Sanibel-Captiva Conservation Foundation (SCCF) has renamed the Center Tract Preserve, the Erick Lindblad Preserve. The preserve fronts Sanibel-Captiva Road and is bordered by Rabbit Road and the Sanibel Gardens Preserve. The Nature Center and walking trails are located on the preserve.

After its founding in 1967, SCCF began by focusing on education, research, the outright purchase of land with emphasis on Sanibel's unique freshwater wetlands, and advocating for land preservation on adjacent islands via the state of Florida. SCCF's first land purchase, in February 1969, was one of the parcels that now comprise the Erick Lindblad Preserve; like other early SCCF land acquisitions, the purchase was facilitated by The Nature Conservancy. The final parcel in what was the Center Tract Preserve was purchased in 1997.



Erick Lindblad

The preserve covers 258 acres. Since Lindblad joined SCCF in 1986, he has been instrumental in the

photo provided

acquisition of 1,190 acres, about two-thirds of the 1,800 acres of wildlife preserve owned by SCCF on and around

Sanibel and Captiva. Lindblad brought on staff to restore the purchased land and create habitat for native wildlife; acquired land was often overrun with invasive non-native plants. He worked in partnership with the City of Sanibel and the JN "Ding" Darling National Wildlife Refuge on a major project to restore the Sanibel Gardens Preserve, and the partners continue to work together. In 2002, he oversaw the establishment of SCCF's Marine Laboratory and, more recently, construction of a new marine lab facility at Tarpon Bay under the auspices of "Ding" Darling National Wildlife Refuge and the U.S. Fish and Wildlife Service, which will be dedicated in January.

He is currently in his second four-year term on the Florida Communities Trust Governing Board appointed by the governor. The Florida Communities Trust assists communities in protecting important natural resources, providing recreational opportunities and preserving Florida's traditional working waterfronts through the competitive criteria in the Parks and Open Space Florida Forever Grant Program and the Stan Mayfield Working Waterfronts

continued on page 8B



Polly Matsumoto with *Six Dolphins* by Ikki Matsumoto; there will be a drawing for the silk screen at SCCF's Earth Day celebration

photo provided

Artist Honored With Award Of Excellence

The late island artist Ikki Matsumoto was honored posthumously with the Sanibel-Captiva Conservation Foundation (SCCF)/"Ding" Darling Brush of Excellence Environmental Art Award at the SCCF annual meet-

ing on December 11. His wife, Polly Matsumoto, accepted the honorarium and showed the silk screen *Six Dolphins* that was presented to SCCF. There will be a drawing at SCCF's Earth Day celebration for the print.

The founding of SCCF was directly related to Jay Norwood "Ding" Darling, the Pulitzer Prize-winning editorial cartoonist and conservationist who had a winter home on Captiva. The same small

continued on page 18B

Humanitarian Award Presented By Foundation

Lee Health Foundation has awarded the Frank Haskell Humanitarian Award to Amanda Cross for her incredible leadership in creating SanCap Cares, a community initiative that has raised \$15 million since its founding in 2000.

The prestigious award was presented at the foundation's annual Evening of Appreciation, a formal event thanking donors and supporters for their generosity and unwavering commitment to enhancing health care services within the Lee Health network. The event, Carols & Coconuts, was held on November 29 at the Hyatt Regency Coconut Point Resort & Spa.

Each year, Lee Health Foundation honors a deserving individual with the Frank Haskell Humanitarian Award, which recognizes outstanding leadership in the advancement of quality health care for Southwest Florida residents. The award is named in honor of Frank Haskell, who along with his wife, Betty, co-founded Barbara's Friends - Golisano Children's



Amanda Cross

photo provided

Hospital Cancer Fund. For more than 20 years, Frank Haskell has worked nonstop to help local children win their battles with cancer and life-threatening blood disorders.

Last year's Haskell award recipient, Joe Catti, president and CEO of FineMark National Bank & Trust, explained how SanCap Cares started with a group of Sanibel women who recognized the

continued on page 21B

"Best Golf Course in Lee County"

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The DUNES

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San Cap Motor Club Cruise-In



Vintage automobile at a previous Cars & Coffee Cruise-in

photos provided

Members of the San Cap Motor Club will host their first Cars & Coffee Cruise-in of the new year this Saturday, January 5 from 9 to 11 a.m. at Periwinkle Place Shopping Center on Sanibel.

A continental breakfast, coffee and other refreshments will be provided by Blue Giraffe Restaurant. No pre-registration is necessary for your wheels

to be displayed.

San Cap Motor Club members meet on the first Saturday of every month and the second Tuesday of every month for dinner. This month's dinner gathering will be held on Tuesday, January 8 starting at 6 p.m. at Dante's Coal Fired Pizza.

For more information, call Scot Congress at 472-4177 or email scot@scongress.com.



Guests checking out the vehicles on display at Periwinkle Place

Five Star Schools In Lee County

Eighteen schools in the School District of Lee County are being recognized with the Five Star School Award for the 2017-18 school year by the Florida Department of Education. The award is bestowed upon schools that are committed to incorporating family and community members into the school environment to enhance student learning.

"One of the best ways to ensure student success is to have parents actively involved in their children's school and education," said Superintendent Dr. Greg Adkins. "For our district to be a success, we need the community engaged and supportive of our efforts. These Five Star Schools are some of the best examples of

how we do both."

The Lee County Schools honored for their exemplary community involvement are Bayshore Elementary School, Franklin Park Elementary School, G. Weaver Higgs Elementary School, Hancock Creek Elementary School, J. Colin English Elementary School, Lehigh Elementary School, Pelican Elementary School, San Carlos Park Elementary School, Tanglewood Elementary School, Three Oaks Elementary School, Villas Elementary School, Caloosa Middle School, Lehigh Acres Middle School, North Fort Myers Academy for the Arts, Three Oaks Middle School, Veterans Park Academy for the Arts, Cypress Lake High School, and Ida S. Baker High School.

To earn Five Star School recognition, continued on page 15B

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Director Shares Journey At ABWA Luncheon

by Jeff Lysiak

During last month's luncheon meeting of the American Business Women's Association (ABWA) Sanibel-Captiva Charter Chapter, Melissa Rice, executive director of Community Housing & Resources (CHR), delivered a presentation, entitled *When Business and Compassion Collide*, as part of the club's Women in Leadership Speaker Series.

"If you want to be happy, you have to be happy on purpose," Rice told the group, sharing the quote from Joel Osteen. "When you wake up, you can't just wait to see what kind of day you'll have. You have to decide what kind of day you'll have."

As a child, Rice moved with her family from Chicago to Miami. When her parents divorced, she and her mother relocated at Davie, Florida. In order to help contribute to the household, Rice began working various part-time jobs including as a babysitter, housecleaner and as a clerk at Walgreens and Winn-Dixie.

By the time she decided she wanted to attend the University of Florida, where she

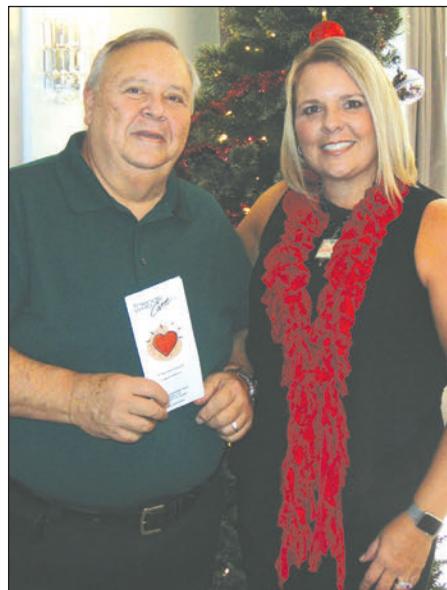


Melissa Rice holding a placard promoting Give Back Wednesdays

photos by Jeff Lysiak

earned a degree in finance while minoring in economics, Rice began performing charity work. At the same time, she started working with computers. And once she moved back to Fort Lauderdale, the young entrepreneur began her own computer business.

"I surrounded myself with a lot of hard-working women," said Rice, whose



Tom Louwers and his daughter, Christine Paraboschi, of Friends Who Care



City Clerk Pamela Smith and Deputy City Clerk Scotty Lynn Kelly



From left, Amy Nowacki, Fred Nordstrom, Charlene Gulbrandsen and Bill O'Brien

interests by the early 1990s spread to the real estate industry. Following a divorce, she found herself looking for new business opportunities in Southwest Florida. In 2004, she had fallen in love again and moved to Sanibel.

A decade later, Rice was introduced to CHR by Richard Johnson, owner of Bailey's General Store, who encouraged her to serve as treasurer of the island nonprofit organization. Following the retirement of the previous executive director in 2016, Rice accepted her new role as leader.

"This is really the best thing I've ever done," she said. "It's been just wonderful. I get up every day and look forward to going to work."

Later, Rice discussed the successful Give Back Wednesday program, during which participating island businesses donate a portion of their proceeds on specific dates to CHR, as well as the upcoming Mardi Gras fundraiser, returning to The Community House on February 9.

"We have been touted as the most fun fundraiser on the islands," she added with a smile.

Upcoming Give Back Wednesday dates and locations include January 9 (Olde Sanibel Shoppes, including On Island, Suncatchers' Dream, Island Paws and Over Easy Cafe), January 16 (Island Pizza), January 23 (Malia) and January 30 (Sanibel Deli & Coffee Factory). Also, on the first Wednesday of every month, Bailey's General Store will donate a

portion of all wine sales to CHR.

For more information, visit www.sanibelchr.org.

Prior to the start of the meeting, Tom Louwers of Friends Who Care spoke briefly about the mission of his organization, which has helped support those in need within the island community since 1983. Louwers' late wife, Theresa, was a former ABWA Woman of the Year.

Also, the BIG ARTS Community Chorus Holiday Quartet – comprised of Charlene Gulbrandsen, Fred Nordstrom, Bill O'Brien and Amy Nowacki – performed a number of seasonal songs, including *Deck The Halls*, *Silver Bells*, *Sing Noel*, *Joy To The World* and *We Wish You A Merry Christmas*.

The upcoming schedule of guest speakers for the ABWA Women in Leadership Speaker Series includes January 22 (Kay Casperson, founder, CEO, author and lifestyle expert, *BeautifulLife* by Kay Casperson); February 26 (Birgie Miller, executive director, "Ding" Darling Wildlife Society-Friends of the Refuge); and March 26 (Robin L. Cook, executive vice president, wealth services advisor, The Sanibel Captiva Trust Company).

Monthly luncheon meetings will be held on the fourth Tuesday from 11:30 a.m. to 1 p.m. at Sundial Beach Resort & Spa, located at 1451 Middle Gulf Drive on Sanibel. For more information, visit <http://abwasanibelcaptiva.org>.

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Tina DiCharia & Glenn Simmons 472-5187 x 259



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Teresa Baker 472-5187 x 220



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Susan Dunn 472-5187 x 238



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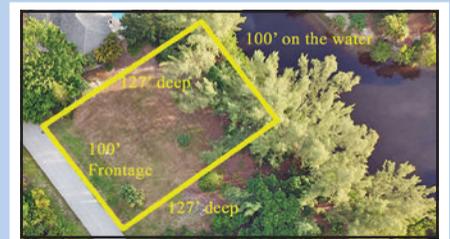
Dave Osterholt 472-5187 x 235



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Charles Sobczak 472-5187 x 255



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Becky Mulka 472-5187 x 204



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Karen Bell 472-5187 x 270



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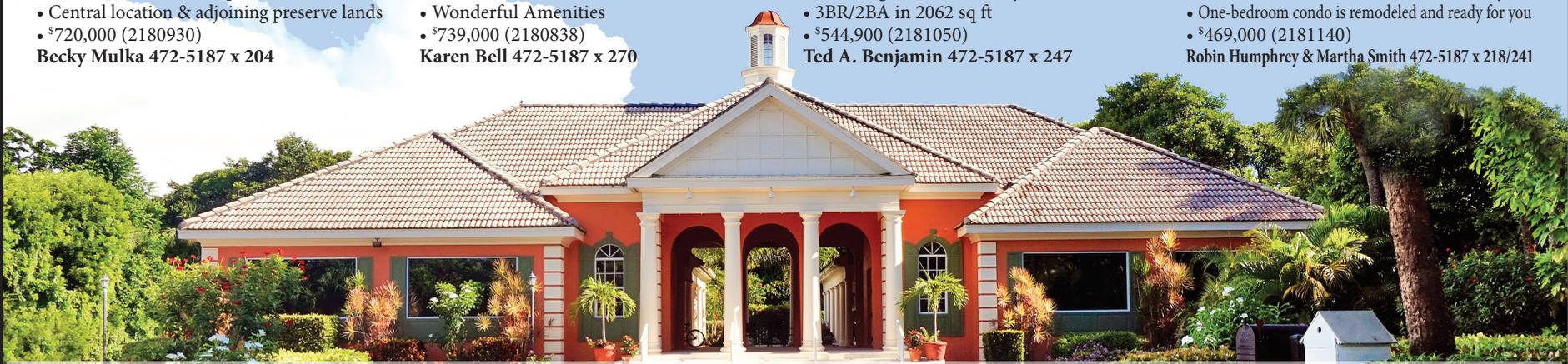
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Orthopedic Surgeon To Present Program

On Sunday, January 20 at 12:15 p.m., Dr. John Frymoyer, MD, will share his expertise in orthopedics in his presentation Oh, My Aging, Aching Back, the first Lunch and Learn program of the season at Sanibel Congregational United Church of Christ (SCUCC). A light lunch will be served.

While this program is free and open to the public, participants are asked to sign up by January 17. To register, call 472-0497.

In his presentation, Dr. Frymoyer will review the process of normal spinal aging, factors that accelerate and reduce the aging process, common symptoms of acute and chronic conditions affecting the spine, and the optimum treatment for these conditions. There will be an opportunity to ask questions after the



Dr. John Frymoyer, MD photo provided presentation.

Dr. Frymoyer is a retired orthopedic surgeon who specialized in adult

reconstructive and spine surgery. His career at the University of Vermont included positions as professor and chair of the department of orthopedics and rehabilitation, dean of the college of medicine, CEO of the UVM Health Systems, and co-founder and director of the Vermont Spine Institute.

Dr. Frymoyer was the editor and/or author of 10 volumes relating to the spine, including *The Adult Spine*, a two-volume reference text now in its third edition. He also served as founding editor of the *Journal of the American Academy of Orthopedic Surgeons*, now the world's largest journal devoted to that specialty.

He is a founding member of the North American Spine Society and the International Spine Society, of which he served as president and was the recipient of its distinguished service award. He has served on the arthritis study section of the National Institutes of Health and as a member of its arthritis advisory committee, as well as a member of the Institute of Medicine's Task Force on Musculoskeletal Injuries in the Workplace.

In retirement, he has continued consultancies, most notably the SPORT study, which has carried out the first randomized perspective study comparing operative to non-operative treatment of spinal stenosis and disc herniations.

SCUCC is located at 2050 Periwinkle Way, across from Periwinkle Place Shopping Center.*

From page 1B

Preserve

Florida Forever Grant Program. These local land acquisition grant programs provide funding to local governments and eligible nonprofit organizations to acquire land for parks, open space, greenways and projects supporting Florida's seafood harvesting and aquaculture industries.

As part of his commitment to the sustainable development of Southwest Florida, Lindblad served on Conservation 20/20, Lee County's Conservation Land Acquisition and Stewardship Advisory Council and the Land Management Subcommittee. He also was appointed by the Lee County Board of County Commissioners to serve as the county's representative on the first Babcock Ranch Inc. Board, which worked to develop the initial management plan for the state's 71,000-acre Babcock Ranch Preserve in Lee and Charlotte counties.

He served on the board of The International Osprey Foundation (TIOF), the Caloosahatchee River Citizens Association and the Babcock Preservation Partnership, and also served on the technical advisory committee of the Charlotte Harbor National Estuary Program.

Lindblad has served on various City of Sanibel committees over the years, including the budget review committee, wildlife committee, interior wetlands study committee, and the algae task force. He was awarded the Walter Klie Lifetime Achievement Award from the Sanibel and Captiva Islands Chamber of Commerce.

Prior to his tenure at the foundation, he served as director of Newfound Harbor Marine Institute at Seacamp on Big Pine Key, Florida from 1979 to 1986. He graduated in 1974 from Millikin University in Illinois with a bachelor of arts degree in biology. He and his wife, Ellen, have two children and five grandsons.*

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Seminar On Financial Health

FISH of SanCap, along with Fifth Third Bank, is offering a free workshop, entitled Taking Charge of Your Financial Health, on Wednesday, January 9 from 5:30 to 7 p.m. at the Saint Michael & All Angels Episcopal Church, located at 2304 Periwinkle Way.

This seminar is open to the community and snacks will be provided. To RSVP, contact Kathy Y. Monroe at 472-4775.*

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Rotary Happenings

submitted by Shirley Jewell

Although we all are about to close down the calendar year 2018 and are looking forward to 2019, the Rotary year goes from July 1, 2018 to June 30, 2019. Rotary International (RI) President Barry Rassin recently reminded us of a commitment to service that our RI board of directors adopted for this year: "Together, we see a world where people unite and take action to create lasting change – across the globe, in our communities and in ourselves."



Commander Daniel Salvage

photo provided

Positive actions bring positive results. Just in the last six months, we have increased membership by half-a-dozen new members with an additional new member application in the pipeline and two new possible membership candidates visiting this past week's meeting.

San-Cap Rotary promotes personal growth, informing members on a number of subjects through our speaker series, which provides insight into the world around us, and inspiring us to take action through service – when and where we can.

On December 28, our guest speaker

was Commander Daniel Salvage of the Royal Canadian Navy. Commander Salvage has served over 24 years in the Royal Canadian Navy. He has served on destroyers, frigates and auxiliary vessels in the role of assistant marine engineer, head of department and acting executive officer. Ashore, Commander Salvage has had the roles of senior service officer engineering and maintenance, marine systems engineering manager of the Arctic and Offshore Patrol Ship project, Navy Environmental Officer, and system authority for all naval auxiliary and damage control systems. He has an under-graduate degree in mechanical engineering, a master's degree in environmental and chemical engineering, and multiple master's certificates.

His topic was Comparison: numbers of USA and Canada Navy Vessels and Coastlines, the Arctic Region and Ice, Arctic Monitoring and Movement.

So, did you notice? USA: 437 naval vessels cover 11.8 miles of coastline versus Canada: 35 naval vessels cover 125 thousand miles of coast, the Atlantic coast, the Pacific coast, and the third Coast; the Northwest Passage through the Arctic to the North Pole. Canada has undertaken the refitting of many of its older naval vessels in the last few years, updating smaller ships with solid ice-breaking equipment and larger ships with modern monitoring and defense capabilities. On order from the U.S. are new naval ships.

Commander Salvage spent some time talking about the Northwest Passage and the melting ice in the Arctic Region.

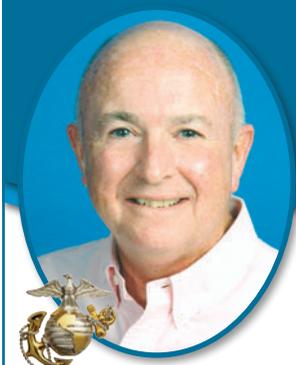
Scientific surveillance by the Canadian Air Force, Canadian Rangers and Space Agent Satellite out of California, USA confirm the dramatic ice melt happening downward from the North Pole and throughout the Arctic Region caused by global warming. The ice melt changes are of great concern, endangering the environmental well-being of the native wildlife of the area and their natural habitats.

"Reductions in sea ice during the last several years have impacted Arctic indigenous people by forcing them to change their hunting strategies, and by posing serious safety concern from thin ice." – NSIDC

Sea level changes are happening now, and flooding of low-lying areas have already made changes to the Northwest Passage. Commander Salvage told us that Canada is studying the outcome of this change on the Northwest Passage and what it means to Canada. Nature has a way of adapting to circumstances. The melting ice and rising sea levels are opening the Northwest Passage, creating a more desirable international shipping route from the Pacific Ocean to the Atlanta Ocean as an alternative to the Panama Canal.

This is not exactly the positive result many of us would want, but it is the future of the Northwest Passage and Arctic Region.

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



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West Rocks w/deeded beach access, 3-BR en-suites, open great room. Private elevator, large studio/workout area. Enclosed lanai overlooks pool with beautiful lake views.

\$1,100,000



From left, Jeff Muddell, Armando Llechu and Dennis Bruens photos provided

Fashion Show Raises Funds For Behavioral Health

The 9th annual Golisano Children's Hospital Fashion Show recently raised more than \$100,000 to support Kids' Minds Matter, a new pediatric mental and behavioral health movement in Southwest Florida.

The elegant affair at the Hyatt Regency Coconut Point Resort & Spa attracted more than 500 guests and featured a

gourmet luncheon, fashion show and multiple fundraising opportunities.

Upon entering the ballroom, attendees had a chance to participate in the silent auction, bidding on items like hotel stays, handbags, artwork, autographed merchandise and social outings. Another unique fundraising attraction was the flower wall, where guests selected a flower and won a corresponding prize, which included purses, jewelry, picture frames and gift baskets.

More than two dozen models participated in the fashion show, including current and former Golisano Children's



From left, Nikki Courtad, Debra and Kayden Sellick with Brandy Boes

Hospital patients Kayden Sellick, Leo Grabinski, Lola Grabinski, Lucas Saunders and Skye Saunders. Models sported apparel from 16 local and national clothiers, including White House | Black Market, Brodeur Carvell, Dillard's, Mondo Uomo, Evelyn & Arthur, and Gigi's Children's Boutique.

Residents of the Pelican Landing community created the Fashion Show in 2010 to coincide with Lee Health Foundation's launch of a capital campaign to build a state-of-the-art, freestanding children's hospital. That facility, Golisano

Children's Hospital of Southwest Florida, opened in 2017, so this year the fashion show committee directed its philanthropy toward mental and behavioral health. In November, the foundation announced a new \$10 million campaign to support Kids' Minds Matter, which has become the region's strategic solution to improve access to families seeking pediatric mental and behavioral health services.

Over the past nine years, the fashion show has raised more than \$700,000 to support Golisano Children's Hospital.

The Gold Runway sponsor was VaNita

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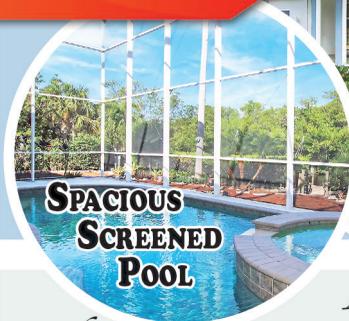


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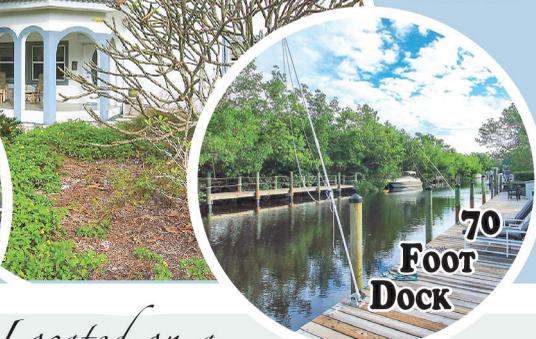


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(UBS Financial Services); Hyatt Regency Coconut Point Resort & Spa; Lexington Country Club; Nancy Near and Friends; Seminole Casino; Stock Development; Thelma Negley; U.S. Trust; Vi at Bentley Village; and *eBella* magazine.

Supporters also were able to support four Fund-A-Need initiatives through the fashion show: music therapy sessions, teen care packages, behavioral health therapy toys and the behavioral health center.✱



Lucas and Skye Saunders



Leo and Lola Grabinski



From left, Tiffany Whitaker, Teri Hansen and Melissa Coffa

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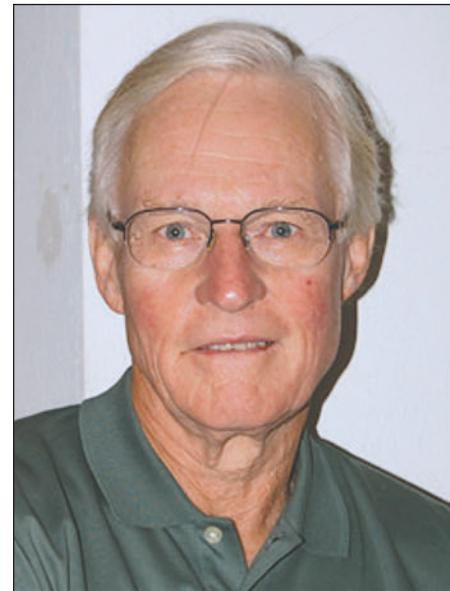
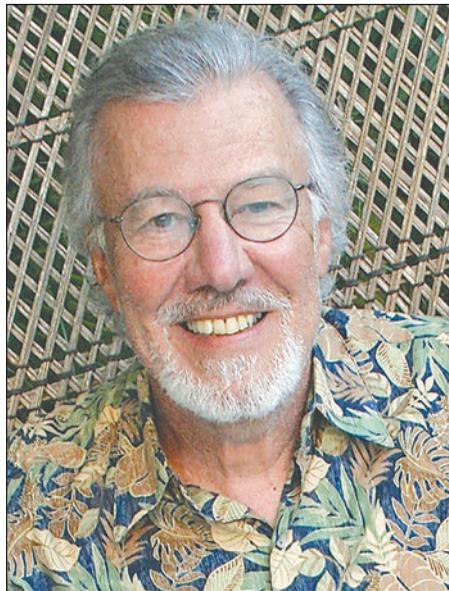


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Sandy Gross photos provided

Tom Libonate

Ran Niehoff

Don Rice

SCCF Board Appoints New Members, Officers

The Sanibel-Captiva Conservation Foundation (SCCF) appointed four members to the board of trustees for 2019. At its December 11 annual meeting, members approved the nomination of Sandra Gross, Tom Libonate, Ran Niehoff and Don Rice.

At the December 12 board meeting, the 2019 officers were elected: Doug Ryckman as president; John Morse

as vice president; Tom Rathbone as treasurer and Linda Uhler as secretary. Continuing their terms as trustees are Susan Beittel, Claude Crawford, Chauncey Goss, Shelley Greggs, Robin Krivanek, Deborah La Gorce, John Morse, Diane Neitzel, Mary Ellen Pfeifer, Tom Rathbone, Paul Roth, Doug Ryckman, Ty Symroski and Linda Uhler.

SCCF bylaws call for a total of 15 board members. The 2018 board was comprised of 14 members, four of whom were scheduled to come off the board for 2019. However, given the extraordinary circumstances of the CEO transition from Erick Lindblad to Ryan Orgera, and the

fact that several of those whose terms would expire this year were instrumental in the search process, the board passed a temporary by-law amendment. It extends the terms of those due to expire for one year, and allows the addition of up to four people for 2019. In 2020, the board will revert to its 15-member cap.

Sandra Gross has been visiting Sanibel for 40 years. She has many fond memories, looking for the elusive junonia with her mom and flying kites on the very same east end beach where she spends her vacations with her family.

Following her passions in art and education, Gross founded Brazee Studios, an art facility which is home to 30 other artists, a glass school and six beehives in a reclaimed factory on a one-acre urban plot in the heart of Cincinnati. The facility has been in operation for 10 years.

In recent years, she has taken her passion for food and bees and co-founded Sleepy Bee Café, which has three locations and focuses on community, sustainable local food and art. She and her team create all of the interior pieces and glass light fixtures.

In her freetime, Gross loves to visit with all of the creatures in her gardens, make art and spend time with her family. She is looking forward to returning to the SCCF board and bringing her passions of nature, art and education.

Tom Libonate and his wife, Merni, are residents of Captiva. He has been a member of the Captiva Island Historical

Society since 2015, and for two years has served as president of its board of directors.

From his first exposure to Captiva in 1986, Libonate was drawn to the island's beauty, nature and history, "Yes, it was different then – yet it's just as special and extraordinary today. I am fascinated by the history of our islands and passionate about their preservation. I feel I have one foot in the past and the other in the future – doing whatever I can to share our rich history, while personally dedicated to ensuring we keep our islands the way we have come to love them," he said.

Libonate brings a background in marketing and website design. Prior to his retirement in 2010, he was vice chairman of Ryan Partnership, which he cofounded in 1984; it was headquartered in Wilton, Connecticut. The marketing agency specialized in promotional, direct and Internet marketing; creative and website design; and retailer marketing.

In addition to his board work with the Captiva Island Historical Society, Libonate has served as chair of the Roselle (New Jersey) Catholic High School Consultative Board, served on the educational and faculty affairs committee of Monmouth University (West Long Branch, New Jersey) and the Westport (Connecticut) Arts Center board of directors. He is the father of four children and has three grandchildren. During the few months when not on Captiva, he

continued on page 14B

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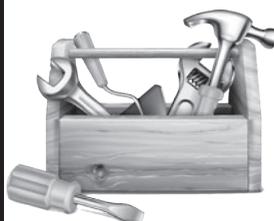
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Trust Company Speaker Series Begins January 15

The Sanibel Captiva Trust Company will begin its first in a series of five programs on Tuesday, January 15 at The Community House from 10 to 11:30 a.m. The topic will be Downsizing – from Start to Finish, presented by Jacqueline Drake, ASID and professional organizer, on how to face the complexity of transitioning from a larger home or multiple homes to a more manageable and carefree lifestyle.

“This is a very hot topic among our clients and residents of Sanibel-Captiva and the Fort Myers area,” said Robin L. Cook, executive vice president and wealth services advisor for the trust company. “Whether people just want to organize their lives, move to a simpler living situation or are preparing to move to an independent living community, this presentation can help them by providing a focused step-by-step process on how to address the project, as well as receive recommendations for professional assistance.”

Drake is a certified designer through the American Society of Interior Designers, as well as a professional organizer who regularly assists individuals and couples in the process of downsizing both before and after the move. It does not need to be as daunting as it may seem.

Steven V. Greenstein, executive



Robin L. Cook and Steven Greenstein

vice president and wealth services advisor at the trust company said, “The speaker series is designed to educate and advise women and men on topics from economics and investing to estate planning and important lifestyle issues. We work hard each year to bring relevant and trending information to our clients and community and invite you to join us.”

Continental breakfast will be provided beginning at 9:30 a.m. Reservations are required, and seating is limited for these complimentary programs. Available for

attendees with \$2 million in investable assets and higher. RSVP to Frances Steger at fsteger@sancaptrustco.com or call 472-8300.

The remainder of the programs include: February 4 – Investing in the Age of Artificial Intelligence; February 26 – Why Selecting a Trustee Matters; March 25 – Power Eating to Help Keep Disease at Bay; and April 8 – The Art of the Appraisal.

For more information, visit www.sancaptrustco.com/2019speakerseries.

photo provided

Captiva Panel To Meet

The next meeting of the Captiva Community Panel is set for Tuesday, January 8 beginning at 9 a.m. in the Cone Rooms on Chadwicks Square at South Seas Island Resort. This meeting is open to all interested islanders and the public.

Among the agenda items will be a workshop on the community resources issues in the Captiva Code, an update on the wastewater committee and the Captiva Drive walkway, election of panel officers, plus committee reports and updates from other island organizations.

A community forum will be held on Wednesday, January 23 beginning at 7 p.m. at the Captiva Civic Center, located at 11550 Chapin Lane. Among the presenters will be Doug Eckmann of TKW Consulting Engineers and Jay Brown, chair of the panel’s wastewater committee.

A review of the Captiva Island Wastewater Alternatives Study prepared by TKW will be followed by discussion of wastewater committee efforts to date and additional research planned, next steps and a Q&A session. The TKW study and wastewater committee summary are posted online at www.captivacommunitypanel.com on the Panel Library page under the Panel Info tab.

The next Captiva Community Panel meeting tentatively will be February 12. Information and background documents are available at www.captivacommunitypanel.com.

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Redfish Pass Tides				
Day	High	Low	High	Low
Fri	2:07 pm	6:19 am	11:10 pm	4:32 pm
Sat	2:42 pm	6:55 am	11:45 pm	5:07 pm
Sun	3:08 pm	7:28 am	None	5:44 pm
Mon	12:21 am	8:00 am	3:30 pm	6:25 pm
Tue	12:58 am	8:32 am	3:50 pm	7:11 pm
Wed	1:39 am	9:05 am	4:13 pm	8:04 pm
Thu	2:22 am	9:38 am	4:39 pm	9:04 pm

Point Ybel Tides				
Day	High	Low	High	Low
Fri	1:12 pm	6:21 am	10:15 pm	4:34 pm
Sat	1:47 pm	6:57 am	10:50 pm	5:09 pm
Sun	2:13 pm	7:30 am	11:26 pm	5:46 pm
Mon	2:35 pm	8:02 am	None	6:27 pm
Tue	12:03 am	8:34 am	2:55 pm	7:13 pm
Wed	12:44 am	9:07 am	3:18 pm	8:06 pm
Thu	1:27 am	9:40 am	3:44 pm	9:06 pm

Punta Rassa Tides				
Day	High	Low	High	Low
Fri	12:34 pm	6:07 am	11:32 pm	5:49 pm
Sat	1:06 pm	6:48 am	11:58 pm	6:24 pm
Sun	1:41 pm	7:28 am	None	6:56 pm
Mon	12:20 am	8:07 am	2:22 pm	7:27 pm
Tue	12:41 am	8:43 am	3:06 pm	8:00 pm
Wed	1:09 am	9:16 am	3:48 pm	8:39 pm
Thu	1:47 am	9:45 am	4:26 pm	9:22 pm

Cape Coral Bridge Tides				
Day	High	Low	High	Low
Fri	12:46 am	9:35 am	4:17 pm	7:48 pm
Sat	1:20 am	10:11 am	4:52 pm	8:23 pm
Sun	1:55 am	10:44 am	5:18 pm	9:00 pm
Mon	2:31 am	11:16 am	5:40 pm	9:41 pm
Tue	3:08 am	11:48 am	6:00 pm	10:27 pm
Wed	3:49 am	12:21 pm	6:23 pm	11:20 pm
Thu	4:32 am	12:54 pm	6:49 pm	None

Island Seniors At Center 4 Life

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

The Center 4 Life will be closed on Monday, January 21 in observance of Martin Luther King, Jr. Day.

Page Turners with Louise Fitzgerald & Ann Hartman – If you are not on the Page Turners list and wish to be, email oceann@comcast.net or contact the center. The featured book for discussion on Wednesday, January 9 at 2:30 p.m. is *The Great Alone* by Kirstin Hannah.

“Alaska, 1974. Unpredictable. Unforgiving. Untamed. For a family in crisis, the ultimate test of survival.”
– *Goodreads*

Learn to Play Mahjongg with Katie Reid – January 7 to 11, 9 a.m. to noon. 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. You must register in advance to participate.

Line Dancing Classes – Tuesday, January 8, 15, 22 and 29 at 1:30 p.m. Cost is \$2.50 for members and \$5 for non-members. Join the group for an hour of fun. The instructor will review dance steps then turn up the music for dancing. Bring a friend.

The Magic of the Keys – Tuesday through Thursday, January 22 to 24. Cost is \$574 for members (per person, double occupancy); \$844 single. Non-members are \$599 (per person, double occupancy); \$869 single. Includes round trip transportation, two nights at the

Hyatt Place in Marathon, five meals (two breakfasts, two lunches and one dinner), Schnebly Winery tour and tasting, and lunch, full day in Key West with private tram tour and all-day hop-on/hop-off privileges, and tour of Dolphin Research Center. Advance registration required on a first come basis.

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

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

Mahjongg – Thursday at 12:30 p.m.

Hand & Foot – Thursday at noon.

Hearts – Friday at 12:30 p.m.

Kayaking on Tuesdays – January 8, 15 and 17 at 8:30 a.m. (weather permitting). There is space for 16 people on eight two-person kayaks and limited space for those who own their own kayaks. Island Seniors, Inc. will provide kayaks, paddles and life jackets. Bring water, a small snack, sun screen, bug spray, sunglasses, towel, hat and change of clothing. Cost is \$5 for members and \$20 for non-members. Advance registration is required.

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

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

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

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

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

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

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

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

From page 12B

SCCF Board

and his wife reside in Farmington, Connecticut.

Ran Niehoff and his wife, Marilyn, moved to Sanibel in 1991 when he became senior minister of Sanibel Congregational United Church of Christ, and they both joined SCCF.

In the larger community, Niehoff served two terms as one of Sanibel's representatives on the Lee County Commissioner's Community Development Committee and one term on the founding board of the Sanibel-Captiva Community Foundation. Retiring in 2008 after 41 years of parish ministry, he now teaches

in the Winter Academy of BIG ARTS and writes a column in *Times of the Islands*. Born and bred in the St. Louis, Missouri area, Niehoff and his wife have lived in West Seneca and Wellsville, New York and Marblehead, Massachusetts. Currently, they divide their time between Sanibel and Captiva and the woodlands of Winsted, Connecticut. They have three children and four grandchildren.

Don Rice and his wife, Joyce, have owned property on Sanibel since 2001 and since 2004, have spent the majority of their time on the island. They summer on Lake George in Upstate New York.

Rice served as a senior vice president of the Ingersoll-Rand Company before his retirement from the firm in 2004. His career included assignments in human resources, leadership of the company's Asia Pacific and Latin America operations, global business services and corporate communication and public affairs. He began his business career at General Electric following service in the U.S. Army. He is a graduate of the University of Oregon, where he received a bachelor of arts degree in economics and a master of science degree in industrial and labor relations.

Rice is a past trustee and treasurer of SCCF and currently serves on the endowment committee. He is a member of the Captiva Island Yacht Club, where he serves as fleet captain and chair of the human resources committee. He is a past president of BIG ARTS and a member of the Sanibel-Captiva Kiwanis Club. Up north, he served as president and continues on the board of the FUND for Lake George, an environmental organization dedicated to the preservation of Lake George. He also serves on the board of the Marcella Sembrich Opera Museum.✳



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FISH Welcomes Back Seasonal Volunteers

FISH of SanCap extends a heartfelt welcome back to all FISH seasonal volunteers. The number of volunteers who dedicate treasures of time contribute to the success of FISH programs.

Volunteers are the lifeblood of FISH, and that's why they are so important to the organization. They are heroes who accomplish remarkable feats every day. FISH volunteers have a real impact on the lives of island neighbors and help to make the community stronger and a better place to live. "We rely heavily on our volunteer force, and cannot thank each and every one of them enough. Their giving of time and energy toward our many programs and services is a true treasure. The level of caring and compassion from our volunteers is second to none, and we are so very proud to work with them," said Maggi Feiner, FISH president and CEO.

With volunteer help, FISH can continue to honor its mission: To lend a helping hand to those that live, work or visit Sanibel and Captiva islands. Volunteer hours don't go unnoticed and are celebrated annually at the FISH Annual Meeting and Volunteer Recognition Luncheon, to be held on February 20.

"We are thrilled to see our seasonal volunteers return, and we have lots



Sanibel City Manager Judie Zimomra and FISH volunteer Clair Beckman in the FISH Food Pantry photo provided

of areas that can use their assistance. And, we are always looking for additional people who want to volunteer within their community. Even if you have just one hour, once a week,

we can find a place for you," said Maria Espinoza, FISH Walk-In Center manager. "We will train you in your area(s) of interest, and place you with a more seasoned volunteer until you feel

comfortable, giving you all the tools you need to be successful. There are always opportunities to become involved with FISH, from transportation to meal delivery, phone duty to stocking shelves and much, much more. With so many possibilities, everyone can find a good fit."

To learn more about FISH of SanCap and volunteer opportunities, contact Maria Espinoza at 472-4775.

For additional information, visit www.fishofsanacap.org**

From page 3B

Five Star Schools

a school must show that it has achieved all of the benchmarks and criteria in five categories – Community/Business Partnerships, Family Involvement, Volunteerism, Student Community Service and School Advisory Council. Schools must also earn a grade of "C" or higher or a school improvement rating of "Maintaining" or "Commendable" for the year being recognized.

"It is an honor to recognize these schools with the Five Star School Award," said Commissioner of Education Pam Stewart. "As a former teacher and principal, I have seen firsthand the positive impact family and community involvement can have on the lives of students. When school leaders and educators engage the community, the result is higher academic achievement and more students prepared for future success."**



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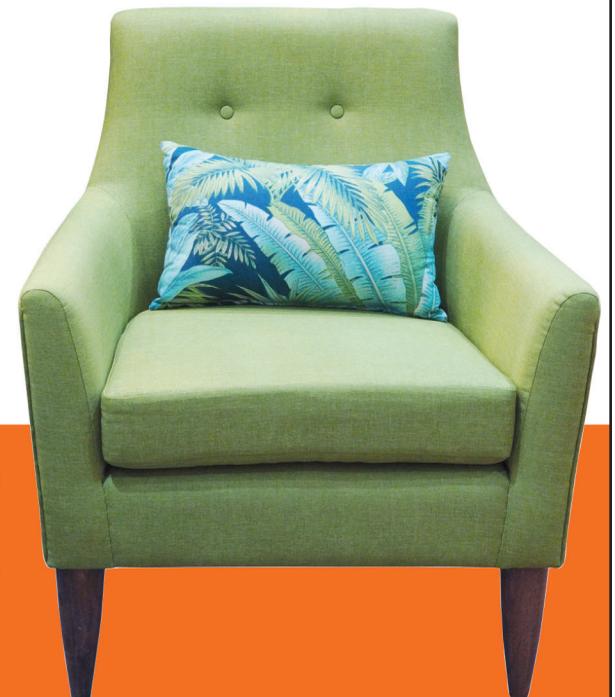
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Damage on the 7th green at Sanibel Island Golf Club photo provided

Vandals Strike Golf Course

The 7th green at Sanibel Island Golf Club was vandalized during the late night hours of December 28. The damage was caused by a cart driven back and forth across the green. A report was filed with the Sanibel Police Department, however, course management is asking for the help of its neighbors in keeping

an eye out for trespassers on the course. "We have received so many compliments on the condition of the golf course this season, it is a little disheartening that someone would deliberately damage the course," a press release issued earlier this week reads, in part. "However, the maintenance crew jumped right on it and has tried to minimize the effects. We have been determined to improve the golf course, and this will not deter our commitment the our members and the community."✱

Adult Bald Eagle Released By CROW



On December 30, an adult bald eagle was released back into the wild photo provided

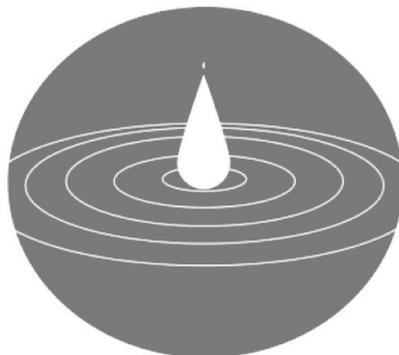
The Clinic for the Rehabilitation of Wildlife (CROW) released an adult bald eagle on the morning of December 30 at the Yellow Fever Creek Preserve in Cape Coral.

"It was a great release and it flew off beautifully," said Dr. Malka Spektor, one of the veterinary interns at CROW who helped to rehabilitate the eagle. "Releases are one of the best parts of the job. It is always very gratifying to be able to return any animal to the wild where it belongs, but an animal as amazing as this eagle makes it that much better."

The adult bald eagle was admitted to CROW on Thanksgiving Day, November

22, from the same area where it was released. The eagle had suffered a fractured right coracoid bone, which is comparable to a collarbone in humans. The eagle's wing was immobilized using a wrap and allowed to heal. Once the fracture began to heal, the eagle received physical therapy under general anesthesia to build muscle and increase range of motion in the injured wing. It was later moved to outdoor enclosures, gradually increasing in size with each move, to continue physical therapy on its own and practice flying.

Read more about the eagle's recovery online at www.bit.ly/BAEA18-4339.✱



THE ISLAND WATER ASSOCIATION, INC

The Island Water Association, Inc. (IWA) is soliciting applications for candidates to serve on its Board of Directors.

IWA is a non-profit member-owned utility governed by a five-member Board of Directors. Directors must be IWA members or an official representative of a condominium or other IWA corporate member, legal residents of Sanibel or Captiva, and be present at such residence a minimum of six months each calendar year.

Directors are elected for a term of two years and may serve a total of three consecutive two-year terms. Board meetings are typically held monthly. All Directors serve without compensation. Directors will be elected by the Membership at IWA's Annual Meeting to be held on April 8, 2019.

This year four Director seats will be up for election. Paul Garvey will be retiring from the Board after having completed his third two-year term. Current Board Members Dennis Berry and Ken Kouril will stand for re-election for their second two-year terms; Jeff Springer, appointed last September to fill a vacated Director position, will stand for election to fill the remaining one-year term of that Director.

Interested candidates should contact Karen Warrick, IWA Interim General Manager at (239) 472-2113, ext. 125 or via e-mail at karen@islandwater.com for further details. All applications must be received by January 8, 2019.

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Will Power

New Year's Tips For Your Estate Plan



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

As we turn our calendars to 2019 tradition dictates that we make New Year's resolutions. What are yours this year? Is it to lose weight? Give up self-destructive vices such as smoking or drinking? Allow me to suggest seven estate planning to-dos that shouldn't be ignored:

7. Update Your Will

That will which sits in your safety deposit box – yeah, we know – the one that names your sister Nancy to act as the guardian for your children who are now in their 40s – desperately needs to be updated. Your family and financial circumstances have significantly

changed since then – notwithstanding the fact that you no longer reside in Michigan where it was drawn up.

6. Sign a New Durable Power of Attorney

This document needs updating just as much as your will does – and may be more important to you than your will! At least problems with your will don't affect you, after all, you'll be dead! You'll just leave a mess behind for your loved ones. But your durable power of attorney affects YOU! If you become incapacitated and don't have a valid durable power of attorney document that names someone who can write checks, pays bills and manage your financial and legal affairs, the alternative is a court ordered guardianship. That's no fun and can be insanely expensive.

5. Take a Look at your IRA and 401(k) Beneficiary Designations

It could be a real downer for your current spouse to discover that your former spouse is still named as the primary beneficiary on your IRA and 401(k) accounts. Another bummer is when your stockbroker switched firms and forgot to have you update the beneficiary documents. When that happens, the Custodial Agreement controls who gets the IRA or 401(k). Have you ever read your Custodial Agreement? It's the thin onion skin paper thingy that comes in the mail when you opened your account. The one you threw out along with the prospectus to all the mutual funds. What the Custodial Agreement may say is that your estate becomes the beneficiary if you don't name one. Federal tax law – our friends at the IRS – shout with glee when your estate becomes your beneficiary because upon your demise your entire account becomes immediately taxable as income.

4. Update Your Health Care Directives

Unless you wish to become the next Terri Schiavo, you should strongly consider signing a new living will and health care surrogate. You may remember the Dunedin, Florida woman who was on life support for 15 years. Schiavo's court case between her husband who insisted that she would have wanted to remove the food and water

tubes and her parents who argued she wasn't in a persistent vegetative state – resulted in a political and media circus involving the United States Congress and the Supreme Court. I don't know about you, but one of my lifetime goals does not include having my private health care matters being mentioned by our esteemed congressmen and senators preening for votes on national television.

3. Dust off your Life Insurance and Annuity Beneficiary Designations

For many of the same reasons I mention in #5, it's a good idea to dust off the beneficiary designations to your life insurance and annuities. If you have any chance of having a taxable estate for federal estate tax purposes, now may be a good time to investigate removing the life insurance from your taxable estate by using any number of strategies, including an irrevocable life insurance trust (ILIT). If you already have such a trust but don't have all your "Crummey notices" (the ones that made the contributions to the ILIT tax free) saved in one place, gather them together and give them to your estate attorney so that he/she will have copies in case they are ever needed. When might they be needed? Not until your death when your estate tax return is audited. By then, you obviously won't be around to tell everyone where they are. Save your friendly attorney (not to mention your family affected by the taxes that our friends at the IRS may impose when the Crummey letters can't be verified) from the stress and organize the file.

2. Make a Tangible Personal Property List

Believe it or not, it's usually not the money or real estate that the kids fight over. Those things can be divided up rather easily. It's the heirlooms that cause the most strife. Dad's baseball card collection. Mom's engagement ring. The painting on the wall. Creating a list of who is to get what can avoid some heated arguments in the stress of losing a parent.

1. Make General Lists

Do those important to you know where your financial accounts are located, how to log onto your accounts online or which bank branch your safety deposit box is located? All sorts of personal information might be very difficult to find in the event of your incapacity or death. Unless your son is Sherlock Holmes, it's a good idea to let them all know where these important documents and items can be found.

Just as most of us give up on our resolutions by January 2, do yourself (and your loved ones) a big favor. If you haven't taken care of these matters, try your best to do so. Unlike losing weight or getting more exercise, you can delegate most of these tasks among your advisors such as your friendly estate planning attorney, accountant and financial advisor.

Have a Happy and Healthy 2019!

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From page 1B

Artist Honored

group who worked to name the refuge in his honor then turned their attention to land acquisition and conservation work yet to be tackled, resulting in the incorporation of SCCF the same year, 1967.

Since that time, Darling's grandson, the late Kip Koss, has kept the Darling flame burning. His wife, Andrea, continues to fund the honorarium given to the prize recipient each year.

The SCCF/"Ding" Darling Brush of Excellence Environmental Art Program was created to provide a continuing tribute to Darling's legacy and an annual recognition of environmental artists following in Darling's footsteps. This is the fourth presentation. The program is administered by SCCF's Brush of Excellence Committee, headed by Sandy Gross, with members Janie Howland, Diane Neitzel, Ran Niehoff, Carol Strange

and Peter Zell.

Ikki Matsumoto's whimsical illustrations captured the spirit of Sanibel and Captiva. His sense of humor infused his art but never overwhelmed his respect for the wildlife he painted. The lines in his work were wonderfully fluid, and every bird, every dolphin brought a smile to the viewer.

The Matsumotos were integral to the islands' art scene, and his work was collected internationally. In 1972, he illustrated the popular *The Joy of Cooking* cookbook. Known for his generosity, his images adorned posters, hats and T-shirts for several island nonprofits. Ikki simplified SCCF founding trustee Ann Winterbotham's original drawing of the SCCF logo pelican and island – and his logo image is still in use today.

Ikki Matsumoto passed away on December 31, 2013. His presence is missed but his lighthearted spirit lives on in his work.✱

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Walkathon World Record Attempt



Dress your dog in a bandana to help break the world record photos provided

The Southeastern Guide Dogs organization invites everyone to bring their friends, their dogs and their friends' dogs to the 2019 Walkathon at JetBlue Park on Saturday, April 13 – one of five event locations.

Participants of the family-friendly, dog-friendly 3K routes of the walkathon will be attempting to break the world record for most dogs wearing a bandana at a single event.

Proceeds will go to people with vision loss and veterans with disabilities. Walkathon is the largest fundraiser of the year for Southeastern Guide Dogs, and every penny raised makes a difference for the people who serve. This year's goal is to raise \$1.3 million.

In addition to the walks, there will be an array of food, a beer garden, live

entertainment, music and shopping from a variety of vendors.

"Whether you raise funds for our mission or simply bring your dog to participate in the world record bandana attempt, you are making a difference," said CEO Titus Herman. "We count on our walkathons to help us breed, raise, train and match our world-class dogs with people whose lives will be transformed with new levels of independence, freedom and hope. Join us for the fun and the mission because every dog – and every person – counts."

The 2019 Walkathon is presented by Progressive. JetBlue Park is located at 11500 Fenway South Drive in Fort Myers. For more information and to start or join a fundraising team, visit www.guidedogswalkathon.org.



Funds raised from the walkathon benefit people with vision loss and disabled veterans

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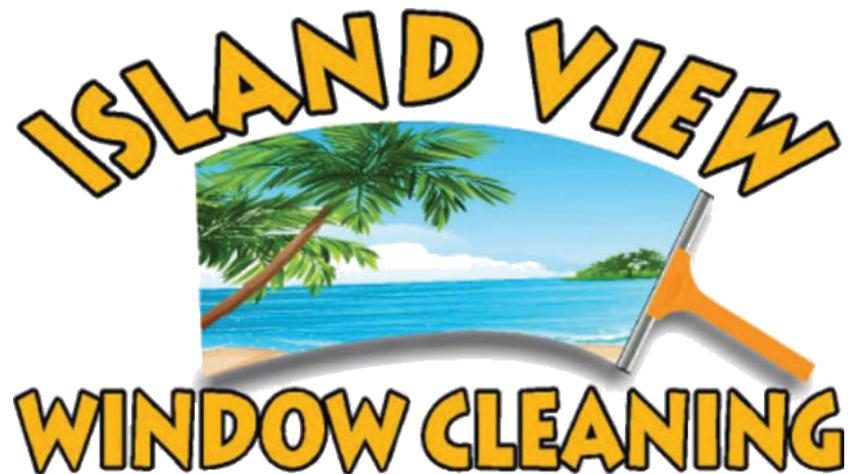
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Starting The New Year With Some Positive And Negative



by Ed Frank

Happy New Year to all our readers. We will start the New Year with two stories emanating here in Florida, one excitingly positive and the second of disappointment.

First to the positive: Returning to the glory days of Gator football, the University of Florida crushed No. 8 Michigan 41-15 in the Peach Bowl to finish the season at 10-3 after a 4-7 record in 2017. That's a dramatic turnaround in Dan Mullen's debut season as coach.

The very same day, the Florida basketball team thumped Butler 77-43, providing Gator fans two lopsided victories in a span of just a few hours. Five weeks ago, Butler had defeated Florida 61-54. It was a great day for Gator football and basketball.

And now to the negative: We've written in the past that Florida just doesn't support its two Major League baseball teams – the Miami Marlins and the Tampa Bay Rays. This past week, the crescendo appears to be building whether it's time to consider moving the Rays out of Florida.

It started with stinging comments from Ray's outfielder Tommy Pham. "Do I think something has to happen, whether it is a new ballpark or a new city? I think so," he said.

Pham played 12 years in the St. Louis Cardinals organization where the team

draws about 40,000 fans a game. He pointed out the Rays were 90-72 last season, competing in the tough American League Eastern Division, "and you don't have any fan support. That's a huge problem. It sucks going from playing in front of a great fan base to a team with really no fan base at all," he added.

Tampa Bay ranked 29th in attendance among the 30 Major League teams, with little more than 14,000 fans per game. Only the Marlins were worse at 10,013 fans.

Pham wasn't the first to speak out about possibly moving the Rays. Their former All-Star third-baseman, Evan Longoria, now with the San Francisco Giants, made similar comments last year.

Even noted basketball analyst Dick Vitale, a prominent Ray's season ticket holder, found it hard to disagree with Pham's comments. "No doubt his words are true and that makes it hurt even more," he said.

It didn't help the situation any when the Rays recently ended negotiations with Hillsborough County to build a new \$900 million stadium in a Tampa neighborhood when financing plans collapsed. The Rays have a lease to play in Tropicana Field in St. Petersburg until 2027.

Twins Add Power By Signing Nelson Cruz

The Minnesota Twins added significant power to their 2019 lineup last week when they signed slugger Nelson Cruz to a one-year deal for \$14.3 million.

No player has hit more homeruns over the past five seasons than the 38-year-old Cruz with 203 dingers. Despite his age, he has averaged playing in 153 games per season during that same period. At 38, Cruz is a year older than new Twins manager Rocco Baldelli, the youngest manager in Major League baseball.

Minnesota ranked 23d in the Majors last season with 166 home runs. In addition to Cruz, the Twins have signed CJ Cron (30 home runs last season) and Jonathan Schoop (21 dingers in 2018).*

Provider Network Launched For Medicaid Plan

Lee Health has launched Vivida Health, a provider service network (PSN) created exclusively for Medicaid enrollees in Southwest Florida. Vivida will help provide underserved or vulnerable residents with the care and resources they need through this innovative program.

Through the state Agency for Health Care Administration (AHCA), a PSN is a type of Medicaid managed care plan that is majority-owned and operated by a health care provider, like Lee Health or group of affiliated providers, or a public agency or entity that delivers health services. Health care providers include Florida-licensed health care professionals or licensed health care facilities, federally qualified health care centers and home health care agencies.

"More than a year ago, Lee Health saw the opportunity to make a substantial and sustainable difference in the lives and health of underserved communities in Southwest Florida. We are excited that AHCA awarded Vivida with a contract to create a patient-centered health plan that will transform the quality, delivery and coordination of care in our community," said Larry Antonucci, MD, MBA, Lee Health president and CEO.

Vivida Health has thousands of in-network providers across the seven-county region. This means hospitals, providers and community partners are able to better collaborate and connect members with the care they need. Vivida Health will also offer innovations to enhance behavioral and mental health care coordination and community resource referrals, which will ease the administrative burdens that members and providers often face.

"By creating this provider service network, we are localizing and

streamlining care and coverage, and we are aligning doctors, hospitals and members so we can work together to improve the coordination and quality of care," said John Chomeau, Lee Health's chief population health officer.

Florida's Medicaid program is overseen by AHCA, who awarded Lee Health with the only PSN contract in Region 8 (Southwest Florida). When

Vivida Health launched on January 1, it became available to the more than 200,000 Medicaid enrollees in Charlotte, Collier, DeSoto, Glades, Hendry, Lee and Sarasota counties. The name "Vivida" is a combination of the words "vivid" and "vida," which means life in Spanish.

To learn more about Vivida Health, visit www.vividahealth.com.*

SPORTS QUIZ

1. Name the two players in the 2017 major-league season who hit four home runs in a game.
2. In his 22-year major-league career, how many times did Hall of Famer Gaylord Perry pitch in the playoffs?
3. Name two of the three quarterbacks who hold Clemson's record for most career wins (32).
4. Who holds the record for most career triple-doubles in the NBA Finals?
5. Name the last coach before Washington's Barry Trotz in 2018 to not return to his NHL team the season after winning the Stanley Cup.
6. Which was the last team before Belgium in 2018 to overcome a two-goal deficit in a men's World Cup knockout match?
7. How long was boxer George Foreman's first world heavyweight championship reign?

ANSWERS

1. Cincinnati's Scooter Gennett and Arizona's J.D. Martinez. 2. Once, for San Francisco in 1971. 3. Rodney Williams (1985-88), Tajh Boyd (2010-13) and Deshaun Watson (2014-16). 4. LeBron James, with 10. 5. Detroit's Scotty Bowman, in 2002. 6. West Germany rallied to top England in 1970. 7. His first title reign lasted 646 days.

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Radiology Regional Mobile Mammo coach

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Mobile Mammo Coach Coming

The Radiology Regional Center Mobile Mammo coach will be at the City of Sanibel Recreation Center from 9 a.m. to 1 p.m. on Thursday, January 10. For an appointment or if you have any questions relative to the test, call Radiology Regional Center at 936-4068.

The Mobile Mammo coach is a state of the art breast imaging clinic, providing full field digital mammography services. Most insurances are accepted and discounted self-pay pricing is available.

According to estimates from the American Cancer Society, one in eight women will be diagnosed with breast cancer. More importantly, with early detection, the survival rate for an early diagnosed breast cancer at five years is better than 97 percent. Mammography is one aspect of breast health, in addition to monthly self-exam and annual physician exam.

The Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road. Daily, weekly, semi-annual and annual memberships are available.

For more information, call 472-0345 or visit www.mysanibel.com.

Adopt A Pet, Improve Your Life

Lee County Domestic Animal Services (LCDAS) invites you to make Skip the Jog and Walk a Dog your New Year's resolution this year. Include pets as a part of your New Year's plan and consider that a new pet can help you achieve many of the most popular goals set each year.

The adoption fee for all dogs over age 6 months will be just \$25 through January 31 to assist potential pet owners in finding a new exercise partner and best friend.

There are many ways pets can improve your life:

Getting fit/losing weight and being healthy – a pet is a great way to be more active, whether playing games or going for a walk.

Reduce stress – there is no better stress reducer than the companionship of a devoted pet. Research has shown that contact with animals has many health benefits.

Enjoy life more – with all the benefits of pet adoption, this one is a no-brainer.

Helping others – by adopting, you will not just be helping, you will be saving a life. Most pet owners report that they actually benefit more from the relationship than their pet.

The adoption fee includes spay or neuter surgery, age-appropriate vaccinations, deworming, flea treatment, heartworm test for dogs 6 months and older, feline AIDS and leukemia test for cats, Lee County pet license for pets three months and older, microchip ID, and a 10-day health guarantee. The adoption package is a \$500 value.

For more information, visit www.leelostpets.com or call 533-7387. You may also submit an adoption application online. Adoption hours are 10:30 a.m. to 3:30 p.m. Monday through Saturday at LCDAS, located at 5600 Banner Drive in Fort Myers.

From page 1B

Humanitarian

benefit of having high-quality health care nearby. Cross galvanized that group and initiated what would become SanCap Cares, a major fundraiser supporting the creation of Golisano Children's Hospital of Southwest Florida.

"Amanda's tireless leadership, her love of the mission and yes, her attention to every detail, made the event better and better every year," Catti said. "Her efforts truly created a culture of philanthropy on Sanibel and Captiva."

Those initial discussions nearly two decades ago centered around the need for a children's hospital in Southwest Florida. At age 10, Cross' daughter was diagnosed with a life-threatening heart problem, and she had to be airlifted to a Miami hospital for treatment. That was a common practice for decades as Lee County families had little option but to travel to Miami or Tampa for specialized pediatric care.

In 2017, a freestanding, state-of-the-art children's hospital opened in Fort Myers thanks to the philanthropic work of organizations like SanCap Cares.

"It's been an honor to be a part of this effort to support this amazing hospital," Cross said, "and to see where it has come over the past 20 years."

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Ross Hauser, MD and Marion Hauser, MS, RD, CEO are the owners of Caring Medical Regenerative Medicine Clinics with locations in Fort Myers and Chicagoland. They are full-time Sanibel residents and authors of over 30 medical research articles and 9 books, including their best known book *Prolo Your Pain Away!*

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Beautifulife:

Sparkle



by Kay Casperson

I love this word, because it means so much more than to just shimmer and shine. This is what I believe we should all strive to do when we walk into a room, do a presentation, meet new people, show up for work, basically everywhere we go. Now, you may say, ok great, sounds good, but what do you mean by sparkle?

I mean, let's really start to pay attention to how we present ourselves, how we dress, how we smile, how we greet people, how we communicate, how we come across every day to everyone. It's not just about the sparkle in your eyes, but the tone of your voice, the extra big smile on your face, the warm and inviting hug, and that little bit of extra effort to make people feel good that makes your sparkle.

You should make an effort to light up a room when you walk into it and really let people know you are there. You should go the extra mile in making people feel good about who they are and comfortable with where they want to be. Why not be the light that someone needs to really make their day, or how about being the reason that someone smiled today and felt loved and appreciated?

I am a big believer in not just showing up, but always going places knowing that when you walk in that room, you will sparkle and shine like a bright, happy star, full of positive energy and lots of love to spread around the room.

Just recently, a gal who worked for me years ago spent some time with my daughters, and I overheard her talking

to them about how she met me. She explained to them that she attended several events that I spoke at across the country. She was so impressed with how I would do a presentation and walk through a crowd no matter how big or how many people were there to say hello, and have genuine conversations with as many of them as possible, making everyone feel amazing along the way. This really touched my heart because I had never really thought about how others pay attention to how we interact with people, and you may not even realize that people are watching and noticing.

Not everyone is blessed with a natural ability to reach out to people so you may need to work a bit harder to bring out your sparkle. Let me share a few suggestions: keep a big, genuine smile on your face; give lots of good hugs; make it a point to greet someone and genuinely converse for even just a few moments; keep your energy positive by doing your affirmations daily, and stay away from negative people; go the extra mile to do something nice for someone.

No matter how you get your sparkle on, I encourage you to make this new year an amazing one by paying more attention to the things that really matter. Regardless of who you are spending your time with, I hope you will give them a reason to notice something a little bit different so they say to themselves, "Wow... I feel better just by being in your presence."

Happy New Year and may you continue to sparkle and shine bright, living your most balanced and beautiful life!

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

Doctor and Dietician

Do Talk To Strangers



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

The world sometimes feels like it is spiraling out of control. People are stressed. The pace of life is frenetic. Could showing kindness improve our stress levels? A study by Yale and UCLA researchers suggests that giving to others with random acts of kindness may indeed reduce our own stress and improve our mental health. One of the beatitudes of the Bible is, "It is more blessed to give than receive." This means that the giver is happier than the getter. Many of you are extremely generous people – we know because we have witnessed your generosity! Giving to others

enlarges our hearts. When we sacrificially give of our finances and/or our time, we take the focus off ourselves and put it on others. As in the 1940s movie *It's a Wonderful Life*, sometimes we have no idea the effect we have had on someone's life, even by doing something small.

Performing small kindness gestures every day helps others and gives great joy to the giver. Who doesn't love it when someone you don't even know says or does something kind for you? Give a hug, a smile, say a few encouraging words, hold the door open for someone, help someone with a task, or ask someone if he or she needs help. Be a person who goes about life finding ways to encourage someone else. Not only will helping others buffer the negative effects of our own stress, but it will improve our overall well-being and improve our own emotional and mental health. This study reported that those who reported lower than usual helping behaviors also reported lower positive emotion and higher negative emotion in response to high daily stress. So we encourage you to talk to strangers. Give a kind word. Be a light!

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

Superior Interiors

Happy New Year



by Linda Coin

This year, instead of making that same old New Year's resolution of losing those 10 pounds or going to the health club three times a week, resolve to give your home a New Year's facelift.

These design tips should serve you well as you move towards an updated, fresh new look for your home.

Start a file of magazine pictures of rooms that you like. Even if you can't exactly pinpoint why you find a room setting so appealing, by reviewing your file, your decorator will be able to quickly understand the feel that you want for your home.

Involve your professional decorator at the very beginning of your project. Doing so will help you avoid the costly mistakes that many homeowners make. The most successful decorating projects are those where the decorator and homeowner are very candid with each other regarding tastes, priorities, budget, timing and goals.

Your first goal should be to settle on a design plan for your home to suit the way you and your family live. Analyze all the rooms of your home. Are some underutilized and some just exhausted from use? Maybe it's time to relocate some activity centers and redirect some traffic patterns.

Be realistic when determining the amount you plan to invest in the project.

If you haven't redecorated in several years, you may need to acquaint yourself with today's pricing to determine your budget range. Your designer can help you do this.

Resist the urge to repaint your interior as the first step in your new look. There are a myriad of beautiful paint colors to compliment your final fabric selections but painting your walls first will severely limit your choices in fabric selections. Color schemes should flow smoothly from room to room, especially in the adjoining living areas. This means some detailed attention needs to be paid early to the long-range overall color plan.

Forget matching sets of furniture and mono-chromatic "safe" schemes. A far more interesting look is a room of complementing wood pieces and companionable fabrics in exciting complementary colors.

Something slightly whimsical in every room will ensure that your rooms don't take their new look too seriously. Lamps, area rugs, candles and other accessories are all opportunities for a novel touch to keep rooms feeling light and welcoming. Use many different textures, materials and surfaces. Combinations of metals, woods, glass, woven reeds, fabrics, ceramics and stone will provide depth and interest to your decorative theme.

Insist upon good lighting. A well-planned room will have lighting at varying levels and intensities appropriate to the activity of the area. Close attention should be given especially to task lighting for activities such as reading, dining and cooking as well as desktop work.

This is one New Year's resolution that you and your family will be pleased you kept for years to come.

Linda Coin is an interior designer on Sanibel/Captiva Islands and can be reached at linda@coindeciden.com.✧

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dearRPharmacist

Fantastic Ways To Use Lemon Essential Oil



by Suzy Cohen, RPh

Dear Readers: Lemon essential oil is in my refrigerator or purse at all times. It is just great to have around the house for various uses. I sprinkle it in water for an uplifting lemon zing flavor, and I put

a few drops on top of the wet clothes in my dryer to make the clothes fresh.

If you have a test to study for, or a blog to write, you can simply diffuse it next to you and take note how it stimulates your brain to think faster and with more clarity. Lemon makes you more alert.

What's most fascinating is that there are studies proving how it can spur lymphatic drainage, which is very important if you have the flu. Look at these four important findings next.

1. Alleviate nausea – In studies, lemon essential oil proved to effectively ease nausea, when inhaled. A 2014 double blind study revealed that when feeling nauseous, if pregnant women inhaled lemon essential oil, they immediately felt some relief from nausea.

2. Freshens Breath – Lemon essential oil, especially when combined with two other oils, tea tree oil and peppermint, was able to significantly reduce bad breath. You can put a drop onto your toothbrush or you can put it in salt water and gargle with it.

3. Promotes Weight Loss – A recent animal study found that when mice were supplied with polyphenols from lemon essential oil, they were able to drastically reduce abdominal fat, reduce elevated blood sugar and reverse insulin resistance. Furthermore, a 2013 study found that lemon essential oil, when combined with grapefruit, increased fat-burning potential.

4. Fights Cancer – Scientists have only begun to unearth the many cancer-fighting powers of lemon and other citrus essential oils including grapefruit and orange oil. For example, a 2010 study found that lemon essential oil can stop cervical cancer cells from growing and induce apoptosis (cell death) in surrounding cells.

The terpenes activate olfactory receptors which then trigger a signal to your immune system, to prompt the attack and destruction of certain cancer cells. It's rather sophisticated, if you think about it, considering this effect comes from a lip-smacking fruit.

Lemon essential oil is one of the most potent and most affordable essential oils on the market today. Certainly, if lemon is not your cup of tea (and yes you can put it into tea), then try another citrus-based oil such as wild orange, tangerine, clementine or grapefruit.

Here are eight fantastic ways to use lemon essential oil:

1. A drop in ice water or tea
 2. In a spray bottle with water and/or other oils to freshen the laundry in your dryer
 3. In your cleanser, just add a few drops
 4. A few drops in lotion to your abdomen
 5. Sniff it straight out of the bottle
 6. Diffuse it in your room
 7. A few drops to your shower floor, then get in
 8. Soak your dirty dishes in hot sudsy water with a few drops of lemon oil
- 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.✱*

Hotline For Drug Addiction

Narconon reminds families that abuse of heroin and opioid drugs has become a national health crisis. Learn to recognize the signs of heroin abuse and get your loved ones help if they are at risk.

Visit www.narcononnewliferetreat.org/blog/naloxone-availability.html to learn about the overdose reversing drug known as naloxone and find out its availability in your state.

Narconon can help you take steps to overcome addiction in your family. Call 888-824-1621 and ask about free screenings or referrals.✱

Overeaters Anonymous

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

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

Sanibel Community Church is located at 1740 Periwinkle Way.✱

Chronic Pain Management Workshops

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

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

Sessions will be held on Thursdays beginning January 10 from 1 to 3:30 p.m. at St. Cecilia Catholic Church, located at 5632 Sunrise Drive in Fort Myers. Seating is limited and registration is required. Call 343-9264 for more information.✱

Got A Problem? Dr. Connie Is In



by Constance Clancy

Q: What is an earth empath?

A: An earth empath is someone who is connected to the many aspects of the earth's happenings, and they feel these changes

in their bodies. They may even have premonitions about natural disasters just like animals do. For example, they may feel a change in the weather coming on, such as a storm or even an earthquake. The earth is connected to their body. The health and beauty of the earth sustains this type of empath, including increased sensitivity to the ebb and flow of the ocean and tides. Earth empaths may be more prone to Seasonal Affective Disorder (SAD) due to the shorter days and greater darkness. I have clients who suffer from SAD.

These empaths will be enthralled to connect with stargazing, especially on a clear night when the moon is clear and there are so many stars in the atmosphere. These empaths also feel a connection to land, water and wide open spaces where there are no crowds. Earth empaths are so sensitive

to the earth's sustenance that when she is harmed, an earth empath may feel hurt, anxious and even experience health issues.

To stay vibrant and aware, be sure to stay connected with the earth. Go outside in your bare feet and feel your connection to the grass, sand, dirt, etc. Spend time in nature – the forest, mountains, beach, desert. These are places where you can feel your best connections to nature and the earth. You can also ask the earth about yourself and others. You will receive your answer through your intuition. When you receive your answer, follow the guidance of Mother Earth, for she will never lead you astray.

Upcoming event: Katie Gardenia will join me in leading a workshop, titled Disempower Energy Vampires Who Surround You and Reclaim Yourself Through the Art of Resilience, on Saturday, January 19 from 9 a.m. to 4 p.m., at Tween Waters Island Resort and Spa on Captiva. Cost is \$195 before January 10, which includes lunch and beverages. The admission fee can be mailed to: Constance Clancy, P.O. Box 82, Snowmass, CO 81654. RSVP to: drconstanceclancy@gmail.com.

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

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"Will Power" Columnist, *The Island Sun*



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Florida Highway Patrol	278-7100
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City of Sanibel	472-4135
Administrative Office	472-3700
Building Department	472-4555
Planning Department	472-4136
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Library - Captiva	239-533-4890
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Post Office - Sanibel (toll free)	800-275-8777
Post Office - Captiva	472-1674
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Center 4 Life - Senior Center	472-5743
ARTS	
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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	277-1700
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
Symphonic Chorale of SW Florida	560-5695
CLUBS & ORGANIZATIONS	
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Angel Flight SE	1-877-4AN-ANGEL
Audubon Society	472-3744
CHR Community Housing & Resources	472-1189
Community Foundation of Sanibel-Captiva	274-5900
COTI Committee of the Islands	coti@coti.org
CROW - Clinic For The Rehabilitation of Wildlife	472-3644
Democratic Club of the Islands	Demclubislands@gmail.com
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FISH. OF SANCAP 24-hr service	472-0404
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Horticultural Society of the Islands	472-6940
Horticulture and Tea Society of Sanibel and Captiva	472-8334
Kiwanis Club	677-7299
League of Women Voters	sanibelLWV@gmail.com
Lions Club, Jeff MacDonald	302-521-1158
Master Gardeners of the Islands	472-6940
MOAA - Military Officers Assc. of America, Alex MacKenzie	395-9232
Newcomers	472-9332
Notre Dame Club of Southwest Florida	768-0417
Optimist Club	472-0836
PAWS	472-4823
Rotary Club	472-7257 or 472-0141
Sanibel Bike Club	sanibelbicycleclub.org
Sanibel Beautification Inc.	470-2866
Sanibel-Captiva Orchid Society	472-6940
Sanibel-Captiva Power Squadron	www.usps.org/localusps/sancap
Sanibel-Captiva Republican Caucus	395-1202
Sanibel-Captiva Shell Club	facebook.com/sancapshellclub
Sanibel Youth Soccer	www.sanibelsoccer.org
United Way of Lee County	433-2000
United Way 211 Helpline 24 hour	211 or 433-3900
Zonta Club	728-1971
ISLAND ATTRACTIONS	
Bailey-Matthews National Shell Museum	395-2233
JN "Ding" Darling National Wildlife Refuge	472-1100
Sanibel Historical Museum & Village	472-4648
SCCF Sanibel-Captiva Conservation Foundation	472-2329

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

PETS OF THE WEEK

photos provided

Lee County Domestic Animal Services

Lizzy And Claus

Hello, my name is Lizzy. I am a 2-year-old female domestic shorthair who is a shy gal that needs a bit of coaxing to come out of my shell. Once I do, my motor starts going and I quickly become your best friend. I love to watch the world around me and am quite fascinated by the other felines and their antics. I have quite beautiful markings and will make a great addition to any family.



Lizzy ID# A7755965

My adoption fee is \$50. Don't let this big guy's size fool you. I am a big ole' teddy bear. My name is Claus, a 4-year-old male pitbull who thinks I'm a lap dog and will do everything I can to attempt to get all 60 pounds into your lap! I love to cuddle up and put my head against your chest to snuggle. I came to LCDAS

showing signs of fear, but quickly came out of my shell when I was given some affection, which has quickly become my absolute favorite thing.

My adoption fee is \$50.

All adoption fees include: Spay/neuter surgery, age-appropriate vaccinations, flea treatment, deworming, heartworm test for dogs six months or older, feline aids and leukemia test for cats, a Lee County license for pets three months or older, microchip pet ID, and a 10-day health guarantee. The total adoption package is valued at more than \$500.

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



Claus ID# A763171

Haven on Earth Animal League

Lily And Sylvia

Hi, I'm Lily! I'm a beautiful 2-year-old female tabby with a white bib. I have been fully vetted and brought up to date on all vaccines. My adoption fee is \$100. Come see me at Petco in Gulf Coast Town Center.

Hello, I'm Sylvia. Aren't I just adorable? I'm only 6 months old and a very sweet little girl. I'm currently staying with a foster family and would really like a home to call my own! My adoption fee is \$100 which includes vaccines and spaying.

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



Lily



Sylvia

PAWS Of Sanibel

Brava And Lucy

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

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



Brava



Lucy

Sonny And Cher

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



Sonny



Cher

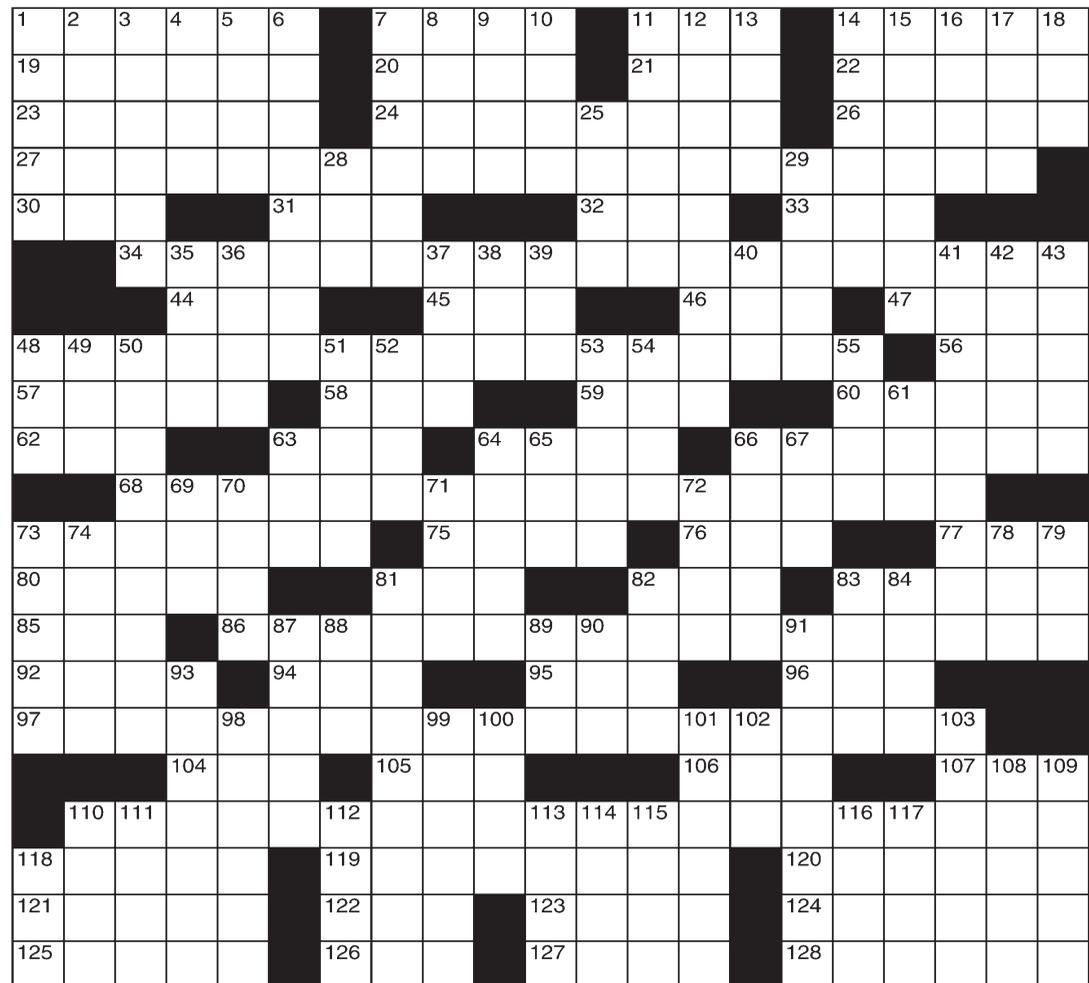
PUZZLES

Answers on page 29B

Super Crossword

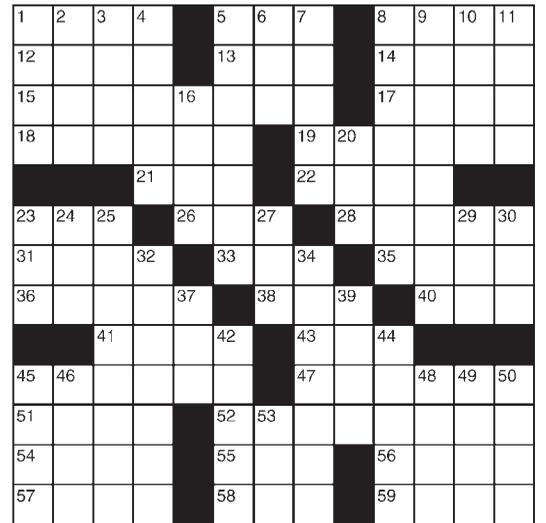
QUITE A COMPLEMENT

- ACROSS**
- 1 Like whisked eggs
 - 7 11th U.S. president
 - 11 Two — kind
 - 14 OshKosh — (clothing brand)
 - 19 Rio Grande city
 - 20 Turn about an axis
 - 21 Hoop part
 - 22 Supply (with)
 - 23 Reach
 - 24 Back in the day
 - 26 Gird one's —
 - 27 Elena Kagan and others
 - 30 Govt. ecology org.
 - 31 Biblical verb ending
 - 32 Suffix with front or cloth
 - 33 — hall (U. hangout)
 - 34 Limbo and others
 - 44 Vast quantity
 - 45 Motel cousin
 - 46 "Alley- —" (1960 #1 hit)
 - 47 "So it is!"
 - 48 Euterpe and others
 - 56 Cleveland NBAer
 - 57 Actor Sacha Baron —
 - 58 Post-it initialism
 - 59 Up until now
 - 60 Prior to, in poetry
 - 62 Parisian pal
 - 63 Italy's loc.
 - 64 Way of carrying oneself
 - 66 Wooded region in France
 - 68 Kitchen and others
 - 73 Still a bit firm, as cooked pasta
 - 75 Russian city or region
 - 76 Barrett of Pink Floyd
 - 77 ThinkPad maker, once
 - 80 Spy novelist John le —
 - 81 "Boy, — ever!"
 - 82 Inits. on a battleship
 - 83 Delhi's home
 - 85 Noted time
 - 86 Shortstop and others
 - 92 Tire trappers
 - 94 Wall-to-wall, e.g.
 - 95 Water in une fontaine
 - 96 With 61-Down, request
 - 97 "Eroica" and others
 - 104 Sleep cycle
 - 105 Lead-in to natal
 - 106 Texter's "Holy moly!"
 - 107 33rd U.S. pres.
 - 110 Fact about 27-, 34-, 48-, 68-, 86- and 97-Across
 - 118 Out in front
 - 119 Cocky
 - 120 New Zealand indigenes
 - 121 "The Trial" novelist Franz
 - 122 Onetime GI
 - 123 White cheese
 - 124 Bewitched
 - 125 Fidgety
 - 126 Prefix with thermal
 - 127 "And there you have it!"
 - 128 Late actress Gabor
 - 1 Oh-so-bored
 - 2 Scarf down
 - 3 Sketcher's tablet
 - 4 Put a rip in
 - 5 Pop singer Brickell
 - 6 Nitrogen or carbon, e.g.
 - 7 Intimidates, with "out"
 - 8 Margarine
 - 9 Maui feast
 - 10 Deborah of old films
 - 11 Mouth pain relief brand
 - 12 Solve
 - 13 Singer Tori
 - 14 Ism
 - 15 Dumplings in an Italian restaurant
 - 16 Dog of comics
 - 17 Phoenix NBA team
 - 18 "— a Rebel" (1962 hit)
 - 25 Bic Clic —
 - 28 Summer, in France
 - 29 Overused theme
 - 35 Arthur with a racket
 - 36 Gas in glass
 - 37 103, to Nero
 - 38 Mag for an entrepreneur
 - 39 It's stranded in cells
 - 40 "Help!" from a helmsman
 - 41 City north of San Diego
 - 42 Hear (of)
 - 43 Flood control structure
 - 48 Longtime record label
 - 49 — Kippur
 - 50 Very inferior
 - 51 Valuable
 - 52 Lamb-in-pita treat
 - 53 Geologist Sir Charles —
 - 54 Bistro list
 - 55 Chronicle
 - 61 See 96-Across
 - 63 Pro trained in trauma
 - 64 Callas of opera
 - 65 Cola cubes
 - 66 Large chasm
 - 67 Angling need
 - 69 Atop, in verse
 - 70 Certain ground-floor apartment
 - 71 Tyro PC gamer, say
 - 72 Petro-Canada rival
 - 73 Sour in taste
 - 74 Actor Lash of Westerns
 - 78 Post office container
 - 79 Mothers
 - 81 TV host Ellen
 - 82 "—, and away!"
 - 83 Possible reply to "Who's there?"
 - 84 Shoe brand
 - 87 Scent
 - 88 Toyota Sequoia, e.g.
 - 89 ESPN anchor Bob
 - 90 Flee quickly
 - 91 He played Andy Torres on "Cougar Town"
 - 93 Spells, as of luck
 - 98 Prime period
 - 99 Not far from
 - 100 Fly alone
 - 101 Age-old flu-fighting drink
 - 102 Yoga chants
 - 103 Iranian city
 - 108 Quick cuts
 - 109 Seed coating
 - 110 More — likely
 - 111 Test by lifting
 - 112 Sitar player Shankar
 - 113 Pride parade initialism
 - 114 — Lee (food brand)
 - 115 Camelot wife
 - 116 Big admirers
 - 117 Comic Dunn
 - 118 Alias abbr.



King Crossword

- ACROSS**
- 1 Lather
 - 5 Diner order, for short
 - 8 Unwanted email
 - 12 On
 - 13 Always, in verse
 - 14 Patriot Nathan
 - 15 Irrational suspiciousness
 - 17 Artillery
 - 18 Follow relentlessly
 - 19 1984 Tom Hanks movie
 - 21 Flightless bird
 - 22 Knoll
 - 23 Energy
 - 26 North Pole staffer
 - 28 Surveys
 - 31 Leading man?
 - 33 A mere hand-ful
 - 35 Cry
 - 36 Sweat outlets
 - 38 Sweet potato
 - 40 Meadow
 - 41 Commotions
 - 43 Actor Diesel
 - 45 Walk like a duck
 - 47 Bursts forth
 - 51 Satanic
 - 52 Pet bird, often
 - 54 Got up
 - 55 — -de-France
 - 56 Sea flier
 - 57 Basin accessory
 - 58 Help
 - 59 White-glove detection
 - 7 Garbage
 - 8 Not deep
 - 9 Like some lines
 - 10 Charitable donations
 - 11 Netting
 - 16 City in Alaska
 - 20 4-Down, e.g.
 - 23 Tase
 - 24 Altar affirmative "Explore"
 - 25 Eden
 - 27 "30 Rock" cast member
 - 29 Shelter
 - 30 Hot tub
 - 32 Busybody
 - 34 Fluctuated
 - 37 Scale member
 - 39 Actress Sorvino
 - 42 Old photo tint
 - 44 Microwaved, slangily
 - 45 Existed
 - 46 Acknowledge
 - 48 Lima's land
 - 49 Sawbucks
 - 50 Undo a dele
 - 53 — Baba
- DOWN**
- 1 Enervates
 - 2 Western state
 - 3 Nickelodeon's "Explore"
 - 4 Card symbol
 - 5 Grendel's slayer
 - 6 Island souvenir

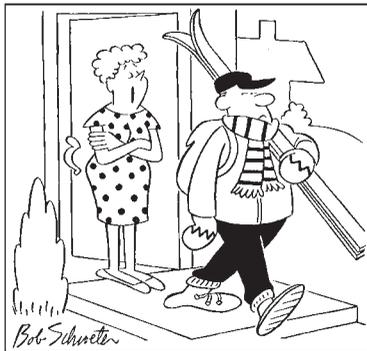


MAGIC MAZE ● — ACTION

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

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

- | | | | |
|-------------|-----------|--------|---------|
| Affirmative | Course of | Legal | Piano |
| Braking | Delayed | Lever | Plan of |
| Capillary | Evasive | Man of | Police |
| Civil | Group | Mob | |



"Got your ski mask, gloves, goggles ...

medicine ... ?"

answer on page 31B

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!

Cruel
FAULTHE

Area
ANGER

Ensemble
SOCHUR

Undertaking
NURVETE

TODAY'S WORD

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

SUDOKU

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

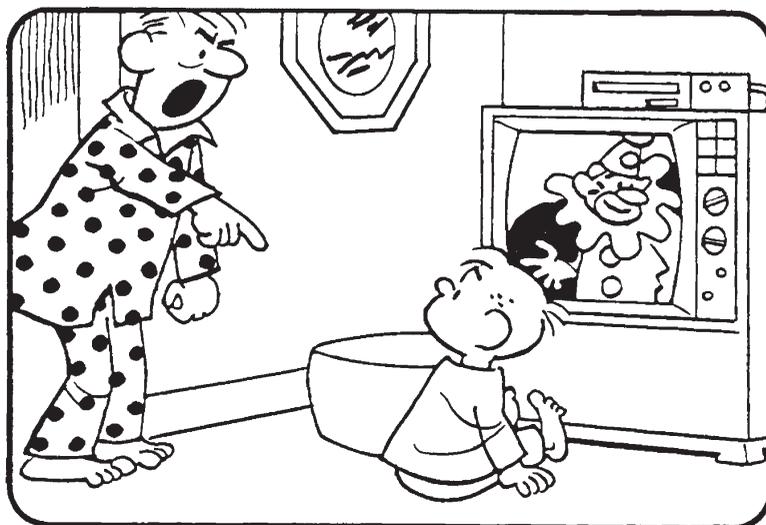
answer on page 29B

HOCUS-FOCUS

BY HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Arm is moved. 2. Frame is different. 3. Hassock scallop is missing. 4. Clock is missing. 5. Clown is missing. 6. Remote control is missing.

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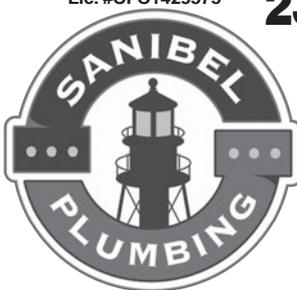
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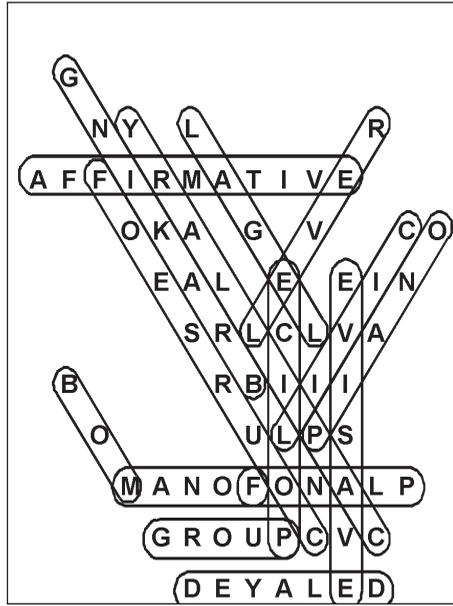
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MOMENTS IN TIME

• On Jan. 13, 1128, Pope Honorius II sanctions the military order known as the Knights Templar, founded in 1118, declaring it to be an army of God. The Templars protected Christian pilgrims during the Crusades, military expeditions aimed at defeating Muslims in the Holy Land.

• On Jan. 9, 1768, Englishman Philip Astley stages the first modern circus in London. The former cavalry sergeant major found that if he galloped in a tight circle, centrifugal force allowed him to perform seemingly impossible feats on a horse's back.

• On Jan. 11, 1908, U.S. President Theodore Roosevelt declares the massive 800,000-acre area of the Grand Canyon in northwestern Arizona a national monument to ensure that it would remain as it was. Congress, however, would not officially outlaw private development in the Grand Canyon until 1919.

• On Jan. 8, 1946, Elvis Presley's mother took him to the Tupelo Hardware Store and bought a birthday gift that would change history: a \$6.95 guitar. Legend says Presley had really wanted a rifle or a bicycle.

• On Jan. 10, 1967, President Lyndon Johnson asks for enactment of a six percent surcharge on personal and corporate income taxes to help support the Vietnam War. The proposal, approved by Congress in March 1967, backfired with an American public tiring of the controversial war.

• On Jan. 12, 1984, the use of modern construction techniques to restore the Great Pyramids in Egypt is abandoned in favor of methods used by the ancient Egyptians. Restorers stopped using mortar and adopted the system of interlocking blocks practiced by the original pyramid builders.

• On Jan. 7, 1999, the Senate begins the impeachment trial of President Bill Clinton based on 11 grounds, including perjury, obstruction of justice, witness-tampering, lying under oath and abuse of power.

To advertise in the Island Sun and The River Weekly News Call 395-1213

My Stars ★★★★★

FOR WEEK OF JANUARY 7, 2019

Aries (March 21 to April 19) It's a good time to take a much-needed break from your recent hectic schedule and spend some time in quieter surroundings. Important news could arrive early next week.

Taurus (April 20 to May 20) The Taurean traits of reliability and thoroughness could be well-tested when decision-makers consider your proposals and/or requests. Be prepared to answer some probing questions.

Gemini (May 21 to June 20) A sudden attack of boredom leaves you with some tasks undone. It's OK to take a short respite. But get back to work by week's end so that you have time for other projects.

Cancer (June 21 to July 22) Avoid prejudging a situation just because it looks bad. Facts could emerge that would make your position uncomfortable, to say the least. A relative has interesting news to share with you.

Leo (July 23 to August 22) This is a good time to begin reassessing some of your recent decisions about your long-range goals to see if they still have merit. Spend more time with loved ones this weekend.

Virgo (August 23 to September 22) An unsettled situation at home or on the job early in the week could drain your energy levels, making it difficult to get your work done on schedule. But things improve by midweek.

Libra (September 23 to October 22) A temporary setback could give you time to go over your plans to find weaknesses you might have overlooked before. A romantic getaway with that special person is favored this weekend.

Scorpio (October 23 to November 21) Professional and personal situations benefit once you set a positive tone in getting things off to a good start. Honest dialogue smooths over any occasional display of balkiness.

Sagittarius (November 22 to December 21) A problem with workplace colleagues or family members seems to defy even your sage counsel. But be patient. Your words eventually will lead to a resolution.

Capricorn (December 22 to January 19) Don't just wait out that unexpected and unexplained delay in your career move. You could gain added respect if you ask why it happened and what you can do to move things along.

Aquarius (January 20 to February 18) Although your workplace strategies usually are accepted, you could be challenged by someone who isn't so favorably impressed.

Be prepared to defend your positions.

Pisces (February 19 to March 20) Your friendship circle expands, with new people coming into your life at this time. Welcome them warmly. But don't neglect those cherished longtime personal relationships.

Born This Week: You love to search for knowledge and share it with others. You would make an especially fine teacher.

STRANGE BUT TRUE

- It was way back in the 17th century when noted Scottish scholar Patrick Young made the following sage observation: "The trouble with weather forecasting is that it's right too often for us to ignore it and wrong too often for us to rely on it."

- As 2018 winds down, you might want to keep this crime fact in mind: Those who study such things say that New Year's Day is the No. 1 holiday for car theft. Perhaps they're making up for Christmas Day, which is typically the holiday with the fewest auto thefts.

- I bet you didn't know there's a word specifically used to refer to the space between your eyebrows. Yep: It's called the "ophryon."

- Fans of old Westerns have doubtless seen depictions of Native Americans scalping their enemies. Most probably don't realize, though, that the brutal practice didn't originate with the Indians. When the Dutch and English settlers were trying to clear out the natives, they were paid a bounty for each scalp they brought back. The Native Americans adopted the practice only after the Europeans' arrival on the continent.

- If you're a runner – and a compulsive counter – you might already be aware of the fact that the average person's feet hit the ground approximately 800 times per mile when running.

- The food eaten by a typical American travels between 1,500 and 2,500 miles from the farm where it was grown to the plate where it's consumed.

- Paleontologists claim that Neanderthals

used toothpicks. How can they tell, you might well ask? It seems that toothpick use leaves distinctive grooves on teeth.

THOUGHT FOR THE DAY

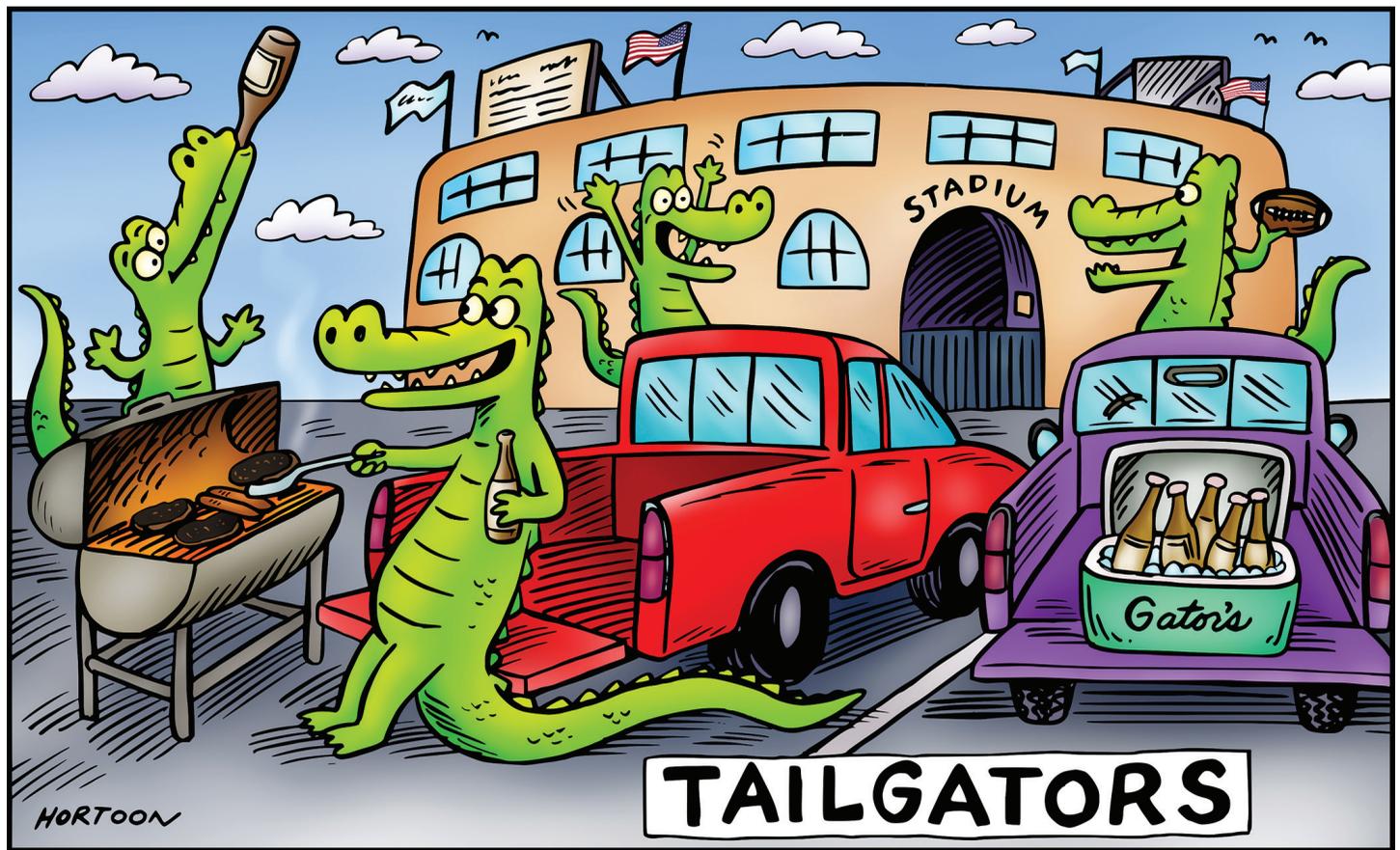
"We should not be simply fighting evil in the name of good, but struggling against the certainties of people who claim always to know where good and evil are to be found."
– Tzvetan Todorov

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1. Hateful; 2. Range;
3. Chorus; 4. Venture

Today's Word HANGOVER

HORTOONS



Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Siena	Bonita Springs	2012	4,028	\$1,479,000	\$1,355,000	228
Venetian Gardens	Fort Myers Beach	2002	1,562	\$1,379,000	\$1,245,000	59
Laurel Ridge	Bonita Springs	1992	3,044	\$949,000	\$925,000	8
Alva	Alva	1957	2,372	\$898,000	\$850,000	609
Dunes At Sanibel Island	Sanibel	1983	1,725	\$875,000	\$830,000	23
Dunes At Sanibel Island	Sanibel	1986	2,257	\$799,000	\$787,000	196
Carillon Woods	Fort Myers	2014	2,938	\$749,900	\$717,500	6
Gulf Shores	Sanibel	1977	1,896	\$729,000	\$675,000	144
Pine Island	Bokeelia	2004	2,040	\$699,900	\$675,000	50
Cape Coral	Cape Coral	2018	2,657	\$650,000	\$575,000	36

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1351 Middle Gulf Drive, Moonshadows #2C
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1050 White Ibis Drive, Gulf Shores
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1238 Isabel Drive, Sanibel Harbours
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