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Monday,
January 21

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SANIBEL & CAPTIVA ISLANDS, FLORIDA

JANUARY 18, 2019

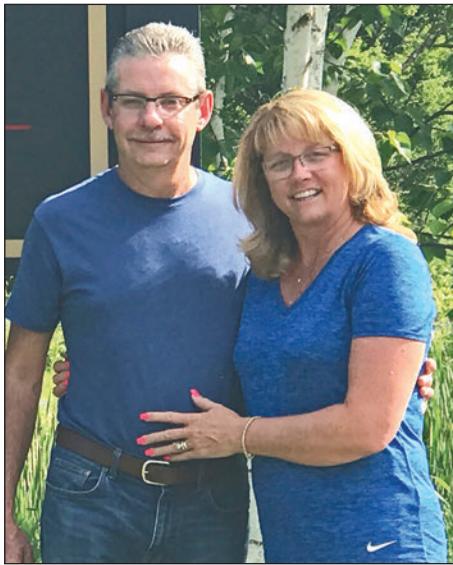
JANUARY SUNRISE/SUNSET: 18 7:18 • 5:59 19 7:18 • 6:00 20 7:17 • 6:01 21 7:17 • 6:02 22 7:17 • 6:03 23 7:17 • 6:03 24 7:16 • 6:04

Learn Best Birding Practices From The Experts

The Sanibel-Captiva Audubon Society welcomes back avid, expert birders Tamara and David McQuade, who will give a presentation entitled 600 Birds the Easy Way on Thursday, January 24 beginning at 7:30 p.m. at The Community House.

The McQuades have become the first people on eBird to see over 600 birds in the lower 48 states three years in a row. In their talk, they will share what they've learned over the last several years of birding in the lower 48. They will discuss chronologically how they bird throughout the year and discuss Tamara's exquisite photos of the bird diversity found in the lower 48. They have found that you can view over 600 bird species by simply visiting seven key states at specific times.

It wasn't that long ago that it seemed nearly impossible to see over 600 birds in the U.S. without birding full-time and doing a Big Year. The information



David and Tamara McQuade

photo provided

available through eBird and Facebook has completely changed the landscape for birding. Now you can see over 600 bird species in the U.S. in one year, with only a modest amount of traveling each month.

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'Ding' Darling Visitor Center Reopens

As one of America's 38 most-visited national wildlife refuges, the JN "Ding" Darling National Wildlife Refuge on Sanibel was permitted on January 10 to reopen its admission-free Visitor & Education Center with limited visitor services.

A scaled-back government staff will receive pay from refuge entrance fee dollars, not appropriations. This arrangement is approved for 30 days, upon which time, if the government remains shut down, further guidance will be issued.

Normal Visitor & Education Center hours apply: daily 9 a.m. to 4 p.m. The refuge nature store, operated by the "Ding" Darling Wildlife Society-Friends of the Refuge, is also open to resume its support of refuge programs and projects.

The schedule of films, lectures, free tours and programs as well as special exhibitions have resumed in the center. All other refuge facilities that have remained operational will continue to do so, including Tarpon Bay



The admission-free Visitor & Education Center and its interactive exhibits are open photo provided

Explorers, Wildlife Drive and its trails and Bailey Tract.

Refer to www.dingdarlingsociety.org for events and the latest updates.✪



Debbie S. Miller has authored and contributed to books on Alaska's birds and wilderness

photo provided

Lecture Series Takes Flight With Birds Of Alaska

Author of 12 children's and three adult nature books and contributor to *Arctic Wings: Birds of the Arctic National Wildlife Refuge*, Debbie

S. Miller will kick off the 2019 "Ding" Darling Friday Lecture series on January 25 with two presentations on Birds of Alaska: From the Arctic to Prince William Sound at 10 a.m. and 1 p.m. at the JN "Ding" Darling National Wildlife Refuge on Sanibel.

Miller's latest book, *A Wild Promise: Prince Island Sound*, explores a priceless

continued on page 5

Distinguished Speaker Series Begins In February

The Sanibel-Captiva Conservation Foundation (SCCF) is launching its newly instituted Paul F. McCarthy Distinguished Speaker Series on Wednesday, February 6. The first lecture, entitled *Change the Story, Change the World*, will feature well-known nonprofit advisor Andy Goodman. It will be held at The Community House, located at 2173 Periwinkle Way on Sanibel, beginning at 7 p.m. Doors will open at 6:30 p.m., and light refreshments will be available. The event is free but preregistration on EventBrite is required by January 30. Visit www.sccf.org, go to Programs and look for the event link.

The lecture series was conceived by the Boler Family Foundation, which provided a grant to cover program costs, as a way to honor a dear family friend, Paul McCarthy, founder of Captiva Cruises and an active presence on the islands for years. February 6 would have been McCarthy's 67th birthday.

The program offers a chance to learn how the approach to information or call to action can be framed to motivate or engage more people. The art of



Andy Goodman

photo provided

non-fictional storytelling can help engage more people in what may be a particularly challenging situation.

Goodman believes stories are the single most powerful communication tool we have, with the power to change the world. Some define him as a narrative fundamentalist. Storytelling begins with someone wanting to accomplish something

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SEA SCAPES Mainne EVENT

California Jewelry Artist Conni Mainne makes her first visit to Lily & Co. Jewelers

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11 a.m. - 4 p.m.

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Pastor To Retire, Leave Sanibel



Pastor Daryl Donovan packing up his desk at Sanibel Community Church, where he has served since 2001

photo by Jeff Lysiak

by Jeff Lysiak

After nearly two decades of spiritual leadership, Senior Pastor Daryl Donovan has decided to step down from his longtime post at Sanibel Community Church in order to retire to the Great Smoky Mountain region of Tennessee.

"I had never heard of Sanibel, so it's an absolute miracle that I wound up here," said Donovan as he began packing up his belongings last week at the church. "A friend of mine, Lee Southerd, who I knew from a church in Colorado, had recommended me for the job. I wasn't even looking to move because I was very content in Oklahoma."

However, some divine intervention helped nudge Donovan and his family southward.

"I was praying at my church, and the Lord told me to get ready for a big change," recalled Donovan. "God was in it from the very beginning."

A native of Missouri, Donovan grew up on the family farm raising hogs. He received his bachelor's degree from Phillips University in Enid, Oklahoma, a master's of divinity from Central Baptist Theological Seminary in Kansas City, Kansas and a doctorate of ministry from San Francisco Theological Seminary in San Anselmo, California.

During his 40-plus years in pastoral ministry, Donovan has served congregations in Kansas, Missouri, Ohio, Colorado and Florida. In 2001, he arrived at Sanibel Community Church shortly after the 9/11 tragedy, but full of hope.

"I remember the day that we arrived, a tropical storm had just passed," said Donovan. "The place was a mess and there were tons of mosquitoes. It certainly wasn't the tropical paradise I had envisioned... but I was very impressed with the people we met."

During his tenure on Sanibel, Donovan has seen tremendous growth in both the size of the church's congregation and the facilities in which he works.

A major renovation and expansion project completed in 2012 included the construction of a new 600-seat sanctuary.

"The fact that we moved into that \$5

million project completely debt-free was an absolute miracle," the pastor explained. "I had been told that it would probably take three capital campaigns to raise that money, but we did it in one."

Even greater, Donovan noted, was the spiritual growth of church members.

"That growth is a bit hard to measure," he added. "There's such a passion here for mission. Last year, we gave away more than \$1 million to help feed the poor and fund programs for those in need."

One particularly successful program whose growth is easy to measure, however, is the men's ministry group. "That started with four guys sitting around a table in a restaurant," Donovan said with a smile. "Now, we have between 70 and 100 members who get together every week for Bible study."

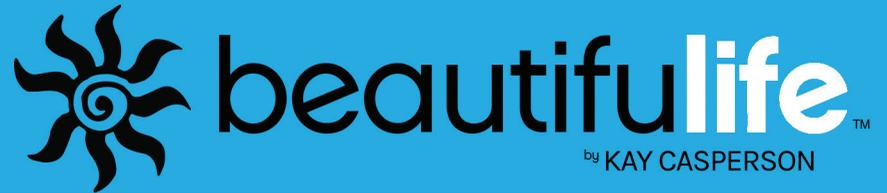
Donovan's last day at Sanibel Community Church will be celebrated on Sunday, January 27. Following the 11 a.m. worship service, both he and his wife, Elaine, will be honored at a luncheon beginning at noon in Fellowship Hall. Later, a community-wide celebration will be held in the main sanctuary. All are invited to attend and welcome to bring a dessert to share.

Soon, the Donovans will be heading north. Late last year, the couple purchased a home outside of Pidgeon Forge, Tennessee.

"We had driven through the Carolinas and all across the south, but we kept being drawn back to that area," said Donovan, who explained that location is ideal for visits from their five – soon to be six – grandchildren. "We weren't even looking for a house, but pretty quickly we found something that we both loved. And it's in an area that's great for camping and hiking, which are two activities our family likes."

The pastor reiterated that he plans on enjoying his retirement, however, he can also envision doing "some sort of ministry work" in the future.

"What a joy and a blessing it has been to be a part of Sanibel and Captiva all these years," said Donovan. "This is such a great community, and this church has been nothing but a blessing to me and my family. It's been a wonderful journey." ❄️



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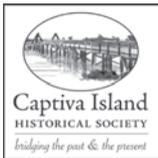
The Fishermen's Lodge

photo courtesy Captiva Island Historical Society Archives

Captiva Island Historical Society

Looking Back: Fishermen's Lodge

This photo was taken of the exterior of the Fishermen's Lodge pre-1940. The lodge was built in stages from 1911 to 1915 by FA Lane. Over time, it was also called the Bayview Hotel, Captiva Hotel and Captiva Lodge. It burned down in 1948.



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.captivaishistorical.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.

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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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Porch Concert This Sunday At Sanibel Church

The 4 ONE Quartet will perform at Sanibel Community Church for the first porch concert of the new season on Sunday, January 20 at 5 p.m.

An all-male southern gospel group, the quartet had the honor to share the stage with national artists such as Triumphant Quartet, The Collingsworth Family, The Perrys, Primitive Quartet, The Browns, and Soul'd Out Quartet. Their uplifting and music is sure to put a smile on your face and get your toes tapping.

The public is welcome to hear the inspirational sounds of 4-ONE in the church courtyard. Refreshments will be offered at 4:30 p.m., with the music beginning at 5 p.m. There is no charge to attend but a love-offering will be received for the group.

Sanibel Community Church is located at 1740 Periwinkle Way (next to Jerry's Market). Worship services are at 8, 9 and 11 a.m. on Sunday. For more information, call 472-2684 or visit www.sanibelchurch.com.✪

From page 1

Birds Of Alaska

natural gem: south central Alaska's Nellie Juan-College Fiord Wilderness Study Area. This wild expanse of more than two million acres, home to a broad array of wildlife that thrives in and around the nutrient-rich sound, has remained static as a designated wilderness study area for more than three decades.

A lover of wild places, Miller has explored and written about Alaska's wilderness and wildlife for more than four decades. She is also the author of *Midnight Wilderness: Journeys in Alaska's Arctic National Wildlife Refuge* and *On Arctic Ground: Tracking Time through Alaska's National Petroleum Reserve*.

"I will try to connect people to some of Alaska's birds, such as the rufous hummingbird, that is on record migrating from Prince William Sound to Tallahassee," said Miller. "What a flight for a little fluff of life that weighs less than a penny!"

The author will sign copies of her books, available in the Refuge Nature Store, following the two lectures. Profits from Nature Store sales directly benefit refuge wildlife, education and research.

HighTower/Thomas & Swartz Wealth Management sponsors the 11-lecture series with support from the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS). The free lectures are held twice each Friday through April 12 at 10 a.m. and 1 p.m. The season schedule follows.

Lectures take place in the admission-free "Ding" Darling Visitor & Education Center. Seating for the lectures is limited and available on a first-come basis. Early arrivals can save their seat and one extra with personal items and then can explore the Visitor & Education Center or Indigo Trail before the lecture starts. Saved seats must be filled 15 minutes before lecture time or they will be assigned to the next people waiting in line.

As usual, Wildlife Drive closes on Friday, but visitors are welcome to enjoy the Visitor & Education Center, Indigo Trail, Bailey Tract, and recreational opportunities at Tarpon Bay Explorers, the refuge's official recreation concession located at its Tarpon Bay Recreation Area.

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

For more information, call 472-1100 ext. 241 or log on to www.dingdarlingsociety.org/articles/lecture-and-film-series.

*January 25 – Author Debbie S. Miller, *Birds of Alaska – from the Arctic to Prince William Sound*

*February 1 – Author/photographer Richard Crossley, *The Crossley ID Guides: Waterfowl*

*February 15 – Author Paul Bannick, *Owl: A Year in the Lives of North American Owls*

*February 22 – Author Anurag Agrawal, *Monarchs and Milkweed: A Migrating Butterfly, a Poisonous Plant, and Their Remarkable Story of Coevolution*

*March 1 – Author Warner Shedd, *Owls Aren't Wise and Bats Aren't Blind: A Naturalist Debunks Our Favorite Fallacies about Wildlife*

March 8 – Yve Morrell, *The Big Year: A First for Women*

March 15 – Jeremy Conrad, *Sea*

Level Rise: Globally & Locally

March 22 – Dusty "Wildman" Crum, Robbie and Geoff Roepstorff, Mike Kirkland, Pythons: The Hunters, The Science

March 29 – Marine scientist Lauren Blickley, *Drastic Plastic – Turning the Tide on Plastic Pollution*

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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.

Dine And Design Workshops

Dine and Design workshops will be held from noon to 2 p.m. on the following Mondays: February 18, March 18 and April 15. Executive Chef Jarred 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. 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.

Duplicate Bridge

Play sanctioned duplicate bridge with the Willoughbys on Tuesdays at 12:30 p.m.

Joyful Living Workshops

Joyful Living with Jenny Li Ciccone workshops will be held on Tuesdays, January 22 and 29, and February 5, 12



The next Dine and Design workshop with Decorating Den Interiors will be held on February 18 photo provided

and 19. Cost is \$30 for members and \$35 for guests. Register online.

Cooking Demonstration

There will be a cooking demonstration with Executive Chef Jarred Harris on Wednesday, January 16 and Monday, January 21 from 4 to 6 p.m. Learn how to prepare vegetarian delights. Cost is \$35 for members and \$50 for guests.

Presentation On Bees

The next program in the Community Interest Series will be held on Monday, January 21 from 7 to 8:15 p.m. Marisol Mata will discuss how bees are essential to our way of life as she shares the need to give bees a fighting chance in our ever-changing ecosystem. A \$5 donation is suggested.

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.

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.

Gala Fundraiser

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.

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.

Kids Cooking First Mondays

The next kids cooking class will be held on February 4. Classes are held on the first Monday of the month from 2:30 to 5:30 p.m. Additional dates are 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 472-2155.

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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From left, Mayor Kevin Ruane, Jean and Ralph Woodring, Sierra Hoisington and Doris Hardy during the reading of a proclamation commemorating the 100th anniversary of the Woodring homestead photos by Jeff Lysiak

Owl Signs To Be Reinstalled Minus The Lights

by Jeff Lysiak

Four years after they were installed, two road signs warning passing motorists of the presence of low-flying eastern screech owls along a segment of Sanibel-Captiva Road will be reinstalled, but without the flashing lights that some residents considered distracting and dangerous.

During Tuesday's Sanibel City Council meeting, Councilman Jason Maughan introduced a discussion regarding the status of the signs, which were removed last November in order to perform routine maintenance. Manufactured by Solar Traffic Signs, Inc. at a cost of \$1,915 each, the high visibility signage includes flashing warning lights, illuminated between dusk and dawn when triggered by oncoming traffic.

According to Maughan, he had been contacted by several residents concerned with the safety hazard the signs pose to passing motorists, who claim that they are "blinded" by the flashing white strobe lights. Maughan suggested that the illuminated signs are a distraction to drivers, and may be doing more harm to humans than good

for owls.

"I'm not convinced by the science that's supporting the idea for these signs," he said. "Screech owl populations are no more in danger than any other species on the island."

Councilman Chauncey Goss questioned Holly Milbrandt, the city's deputy natural resources director, whether the signs have proven effective, and whether the flashing light element of the device is necessary. Milbrandt stated that the signs, installed in June 2015, have "improved the survivability of screech owls." She also provided statistics backing that claim: Between 2012 and 2015, 40 screech owls perished along that stretch of Sanibel-Captiva Road; after the signs were installed, those numbers decreased significantly (six fatalities in 2015-16, nine fatalities in 2016-17 and two fatalities in 2017-18).

"The challenge was alerting drivers at night," added Milbrandt, who noted that a number of different warning light options had been considered before the city selected the flashing lights. "(The signs) seem to be effective to this point."

Doris Hardy, the Sanibel resident who petitioned the city to install the screech owl warning signs, told members of the council that one day after the signs had been removed late last year for maintenance, she discovered a dead screech owl along the



Kevin Ruane presenting a proclamation for Arbor Day 2019 to Berdena Thompson, a 30-year member of the city's vegetation committee

side of the road. "I think that's pretty good evidence that they work," she added.

After Councilwoman Holly Smith read a letter into the record from Paul Tritaik, manager of the JN "Ding" Darling National Wildlife Refuge recommending the reinstallation of the signs, several residents offered their opinions on the subject. Bill Horvath suggested the signs be equipped with dimmer or non-flashing lights, Larry Schopp offered that the signs be changed from "WARNING" to "CAUTION" while Claudia Burns noted that screech owls help control the rodent population on the island.

After some additional debate, Maughan made a motion to reinstall the screech owl signs, but without the flashing light element; his motion was seconded by Goss. Smith asked Maughan if he would amend his motion to include a one-year look-back at the effectiveness of the non-illuminated signage, but her fellow councilor rejected the idea.

Council voted unanimously, 5 to 0, to reinstall the signs without lights.

In other business, a conditional use permit to allow Congress Jewelers to expand its retail space within Periwinkle Place Shopping Center to approximately 4,000 square feet – a 25 percent increase – was unanimously approved. Last week, the city's planning commission recommended approval of the application.

Councilors also appointed three members to the planning commission. Incumbent Roger Grogman was appointed to a full, three-year term, as was newcomer Eric Pfeifer. Both seats are effective January 15, 2019 through January 10, 2022. Another newcomer, Paul Nichols, was appointed to fill the remainder of Dr. Phillip Marks' term. Marks tendered his resignation last month after 13-plus years of service on the commission. Nichols was elected by a 3 to 1 to 1 vote, beating fellow nominees Robyn Cook and Michael Hullivan.

Also, councilors approved upgrading the MacKenzie Hall audio system with four additional microphones that will cost \$4,937.60.*

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Christine Niles

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Various Artists Featured In Church Exhibit

Each month throughout the year, Sanibel Congregational United Church of Christ exhibits the work of one or more fine artists with local ties. Paintings by Christine Niles are featured in January. There are also works in the exhibit by Barbara Cecala, Jennifer Desmarais and Ellen Hoeltgen as well as Carol Good, whose painting classes they attend.

Niles began painting at The Swain School of Design, from which she graduated in 1989 with a bachelor or fine arts degree. She has been studying at the Cape School of Art in Provincetown, Massachusetts since the summer of 2011.



Painting by Christine Niles

She lives in Newburyport, Massachusetts and is a member of both the Newburyport Art Association and the Provincetown Art Association.

"I like to show the viewer the beauty and color that is all around us and often goes unnoticed," said Niles. "I use color to paint the light that makes up how we see the world. It is this light in whatever form it comes in - sunny day, cloudy day, late afternoon warmth, winter cool - that communicates with us in a very personal and timeless way."

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

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Community members are invited to serve others less fortunate by packing dry meals on Friday, January 25 from 6 to 8 p.m. and Saturday, January 26 from 8:30 to 10:30 a.m., 11:30 a.m. to 1:30 p.m., and 2 to 4 p.m. in Fellowship Hall at Sanibel Community Church.

The organizer of the event is Feed My Starving Children, a national Christian nonprofit hunger relief organization that provides food to help communities in developing countries become self-sustaining. FMSC welcomes everyone who wants to help turn world hunger into hope with their own two hands.

Volunteers hand pack meals which are shipped to partners already operating in nearly 70 countries and are used in orphanages, clinics, schools, mission and community feeding programs. The Sanibel Island MobilePack has committed to raising \$24,000 and gathering 500 volunteers to produce 108,000 meals. That is just 22 cents per meal and only two-hour packing shifts.

Adults and children (5 years and older) will measure, scoop, seal bags and prepare boxes for shipping. This is a great family activity and a wonderful teaching moment for youth. To volunteer for one or more of the packing sessions, go to <https://give.fmsc.org/sanibel>. To help meet the \$24,000 goal, donations can be made online at <https://give.fmsc.org/sanibel>, by check to Feed My Starving Children with MobilePack #1901-266 on memo line and send to Feed My Starving Children, 401 93rd Ave. NW, Coon Rapids, MN 55433. You may also bring a donation to one of the packing sessions. Volunteers are also asked to bring a non-perishable food item for FISH of SanCap.

For more information, contact Karen Lawrence at 312-4926 or junonia45@aol.com, or Dave Truelsen at 847-305-9175 or dave.truelsen@gmail.com.

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MLK Jazz Sunday Celebration



Leader Bill Harris on trumpet and Tom Cooley on drums are among the members of the Bill Harris Experience Band photo provided

A celebration of Martin Luther King, Jr. Day will be the focus of worship services at Sanibel Congregational United Church of Christ on Sunday, January 20. The 9 and 11 a.m. MLK Jazz Sunday services will feature musical selections by members of the Bill Harris Experience Band.

In his sermon, Mountains, Martin and Steadfast Love, the Rev. Dr. John H. Danner will reflect on the legacy of the Rev. Dr. Martin Luther King, Jr. As always, the public is welcome to attend.

The 9 and 11 a.m. services will include the music of legendary jazz musicians; traditional spirituals; and the anthem of the Civil Rights Movement, *We Shall Overcome*.

The Bill Harris Experience Band is comprised of Dave McDonagh, saxophone; John Maik, piano; Ross Mannina, bass; Tom Cooley, drums; and Bill Harris, trumpet.

Dr. Danner said, “As we move into 2019 after a year filled with divisiveness,

it is vital that we remember and reclaim Dr. King’s inclusive vision of what he called the Beloved Community.”

Danner said, “The improvisational qualities of jazz remind us that as things change in our world, we too may need to improvise new ways of being together.”

In addition to the music provided by the Bill Harris Experience Band, the trio of saxophonist and song leader Shawn Allison and pianist Abbey Allison and guitarist Dave Dust will play at the 9 a.m. blended worship service. The Chancel Choir, led by Dr. Elwood Smith, with organist Norm Libby, will sing during the 11 a.m. traditional worship service. There will also be a 7:45 a.m. chapel service, with a piano prelude by John Fredericks.

The church is located at 2050 Periwinkle Way, across from Periwinkle Place Shopping Center. For more information, visit www.sanibelucc.org or call 472-0497.✪

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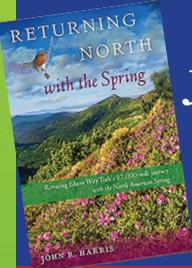
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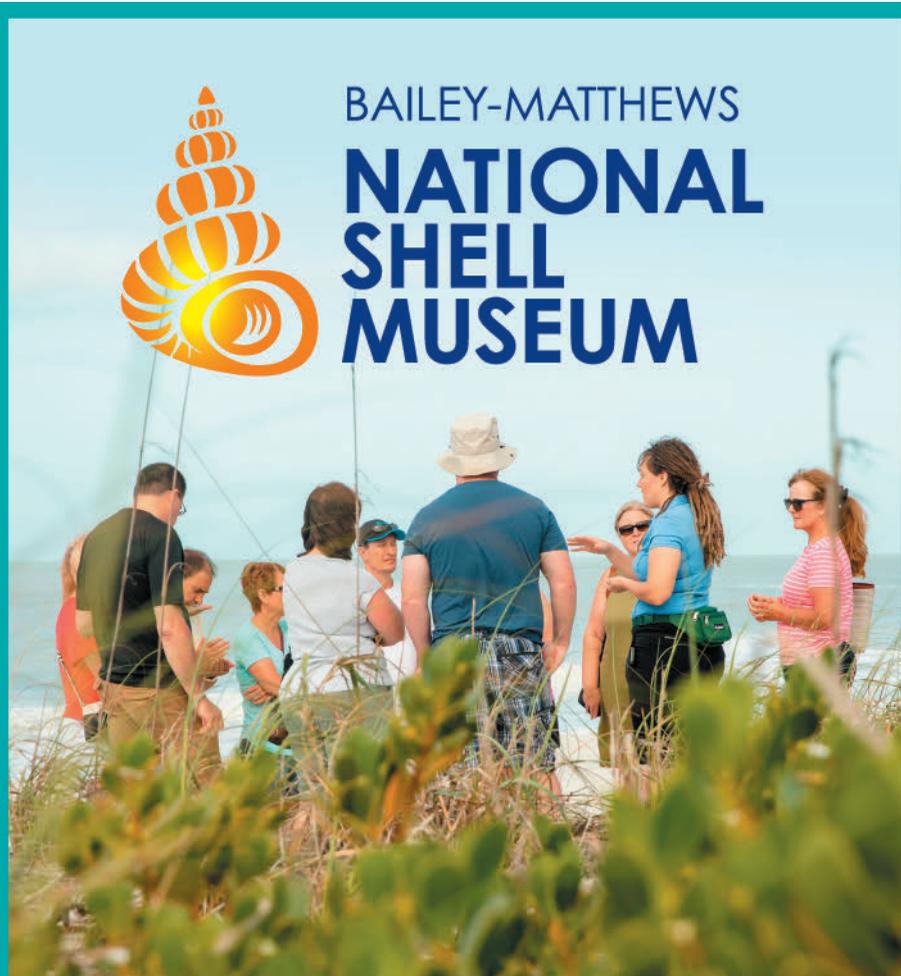
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Native eastern gamagrass is wildlife-friendly, low-maintenance groundcover - border or background photos by Gerri Reaves

Plant Smart

Eastern Gamagrass

by Gerri Reaves

Eastern gamagrass (*Tripsacum dactyloides*) is a member of the grass family and closely related to maize.

Native to the eastern half of the U.S. and much of the Midwest, it is also called Fakahatchee grass.

In Florida, its natural habitat is wet areas such as swamps, marshes and wet pinelands and along riverbanks.

This clumping perennial grows as tall as six feet in a fountain-like form, so it adds height and volume to the landscape.

From spring to fall, terminal inflorescences bloom on tall arching stems that extend above the leaves.

The spikes have separate male and female flowers. The stigma, the female part of the flower, is purple or reddish brown, and the stamens, the male part of the flower that carries pollen, is orange.

The blooms dangle from the stalk like a line of wine-colored fringe moving in the breeze.

This species is a larval host for several native skipper species and provides cover for small wildlife. The small hard yellow one-seeded fruit is consumed by birds and deer.



Spikes of separate male and female flowers appear spring to fall. The female flowers are purplish or wine-colored.

In the warmer parts of the state, the grass is evergreen.

Use it as a groundcover, background, or border, or plant it beside a pond.

Alternate linear leaves are flat and have sharp-toothed edges, giving the species some value as a security border.

Its height makes it a good substitute for non-native pampas grass (*Cortaderia selloana*).

This grass also works well as a soil stabilizer on sloping ground.

Give it full sun to partial shade. It can grow in nutrient-poor soil, but must have some organic content to thrive.

It is pest-resistant, salt-tolerant and hardy, and has a moderate growth rate. While it prefers moist soil, it is somewhat drought-tolerant.

Cutting back or mowing is optional, so it's virtually maintenance-free.

Propagate it with the seeds or by dividing the clumps of fibrous roots.

Sources: *Betrock's Florida Plant Guide* by Edward F. Gilman; *Florida, My Eden* by Frederic B. Stresau; *A Gardener's Guide to Florida's Native Plants* by Rufino Osorio; *Native Florida Plants* by Robert G. Haehle and Joan Brookwell; www.floridata.com; www.fnps.org; www.gardeningsolutions.ifas.ufl.edu; www.regionalconservation.org; and www.wildflower.org.

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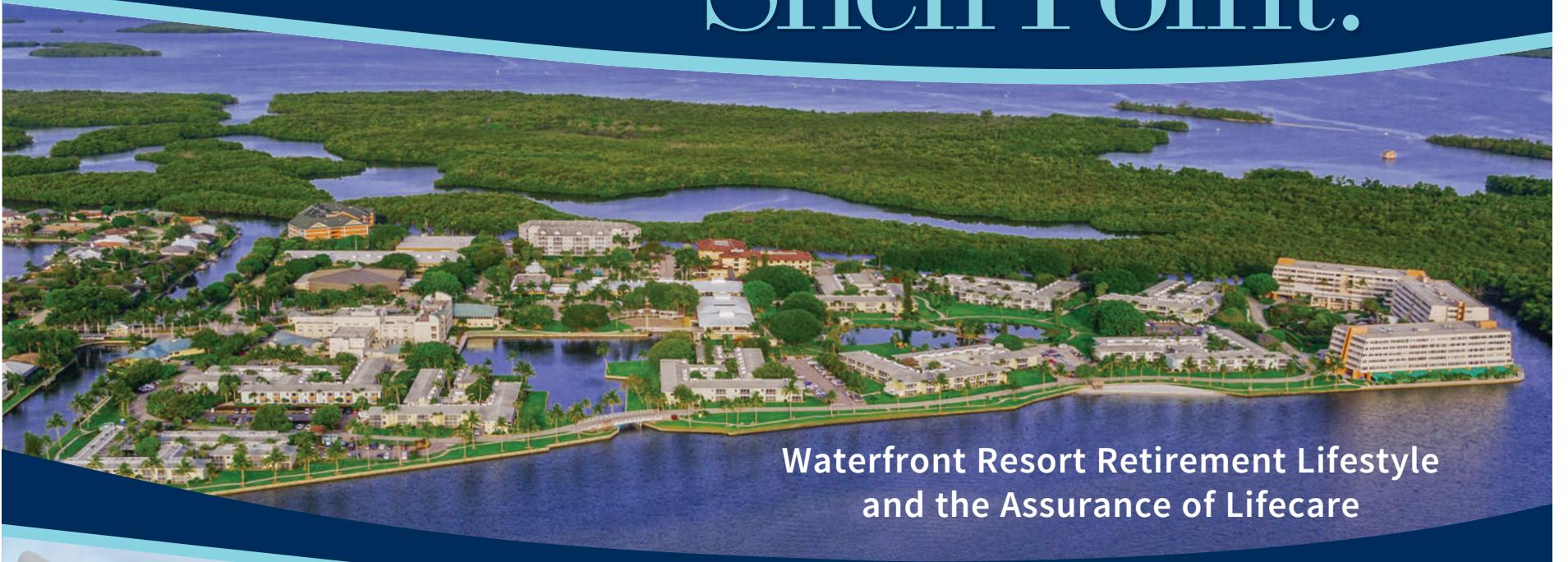


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Sheepshead Fishing Great In Cold Water



by Capt. Matt Mitchell

Falling water temperatures and more cold fronts made for another week of nonstop sheepshead fishing. Some days locating these fish took more

work than others, though after a few moves the daily result was the same with my clients smiling and a cooler of sheepshead heading to the fillet table.

Anywhere close to the passes was a good place to start the sheepshead rodeo. Docks, pilings, sea wall and blow downs or basically any place with moving current that has barnacles growing on it held these fish. Often the difference between catching them and not catching them was getting the boat positioned so you could present your bait right next to the structure. After getting the boat set up in the right position, an accurate cast is all that's required for game on.

Downsizing the tackle to 2500 series spinning reels on medium light rods rigged with 10-pound braid makes the larger sheepshead a real tussle.

This lighter tackle also makes for more accurate casting. I cannot stress enough how important it is to keep your bait close to the structure to be successful on these, what I refer to as finesse fish. The bite is often very light as they nibble at a bait, and knowing when to set the hook only comes with time spent. It's almost like you have to anticipate that the sheepshead is holding the bait to hook 'em.

Many of the places I'm catching the sheepshead are also giving up a few other species including redfish and black drum. During cold water times, chunks of shrimp fished on a quarter jig head has our catch all set up. Keep the bait on the bottom and don't move it as these fish feed by scent.

With each passing cold front, the average size of these fish continues to increase. With February and March, the prime months for this fishery will just keep getting better and better. It's amazing how this species of fish takes over our cold water months and becomes our main target species when it's just too cold for many other species to cooperate. With more cold fronts forecast over the next 10 days, our sheepshead fishing will only continue to get better.

*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.**



Mary Laser with another smiling sheepshead

photo provided

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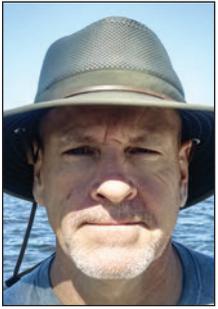
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CROW Case Of The Week:

Eastern Screech Owl



by Bob Petcher

An Eastern screech owl (*Megascops asio*) is known to be a master of disguise. The nocturnal owl blends well color-wise into its gray background in these parts. It is even hard to find when

sleeping upright and pressed against a tree log opening. Its hidability is also aided by its color patterns that involve complex bands and spots to provide excellent camouflage against tree bark. In fact, this owl species is far more often heard than seen with its vibrating trilling sound.

The short, stocky bird has a large head and almost no neck. The tree-friendly bird is roughly the size of a pint glass and enjoys a wide range of food from earthworms, insects and lizards to mice, squirrels and rabbits to small birds and woodpeckers to bats and, more rarely, other owls. Eastern screech owls can store extra food in tree holes for as long as four days.

If you'd like an Eastern screech owl to take up residence in your backyard's natural setting, attach a nest box to a

nearby tree. The structure should have a sloped roof, recessed floor and drainage floors in the floor of the box and proper ventilation holes in the walls.

At CROW, an adult Eastern screech owl was admitted from Labelle, when it was found along the side of the road. It was suspected to have been struck by a vehicle. As a result of the trauma, the owl suffered severe damage to its left eye. Just a couple days after being admitted, the eye showed no signs of improvement, and veterinarians involved with the case made the decision to remove or eviscerate the damaged eye.

"The luxation, or dislocation, of the lens meant that the eye could not be repaired," said Dr. Kyle Abbott, CROW veterinary intern. "The surgery was performed because this would be a source of chronic pain for this patient."

Since the surgery, the patient has reportedly been doing well. It was stated to have a great appetite and was recently moved to an outside enclosure where rehab staff is assessing its flight and hunting abilities before determining if it will be released.

"The assessment is generally a few weeks to assess the patient's flight and hunting prowess with only one eye," said Dr. Abbott. "This owl has shown that he can make flights and does well in an outside cage. The next step is to test this owl's ability to catch its own prey."

While one-eyed patients are less likely to be re-released into the wild, an owl has a better chance due to its hearing capabilities.



Patient #18-4724 needs to show it can catch its own prey before being released

photo by Brian Bohman

"In general, we do not release raptors that have only one eye," added Dr. Abbott. "However, this is different in owls because they rely on hearing for much of their hunting. This is still controversial amongst wildlife rehabilitators, but the majority of centers will still release owls that have passed flight and hunting tests in captivity."

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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Shell Of The Week

Antillean File Clam



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

Limaria pellucida (CB Adams, 1848) reaches 25 mm (one inch), and has, like

most species in the family Limidae, an oval-elongate shell that resembles a “distorted,” or asymmetrical, scallop. The shell is thin-walled, translucent-white, with many narrow radial ribs of irregular width and distribution. The hinge “ears” have about the same size. The clam has salmon-pink gills and relatively large translucent-white tentacles festooned with white “rings” over their entire length. Records of beached shells for Sanibel and Captiva are far and few between. The first two pairs (one in the photo) collected by William Brumbach in 1964, then a valve retrieved by Susan Hewitt in 2017, and the latest another valve collected by Rebecca Mensch on Island Inn beach in November 2018. Learn more about this species and other local mollusks at www.shellmuseum.org/southwest-florida-shells and www.shellmuseum.org/blog.



The Antillean File Clam, *Limaria pellucida*, collected in 1957, on Sanibel

Shell Museum Events

See truly giant shells. Watch a live Tank Talk. Take a daily beach walk. Check out our family programs. We are the only natural history museum in North America devoted entirely to shells. Drop

photo by José H. Leal

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.

Audubon ‘Ding’ Darling Bird Walk



Reddish egret photo by Sam Huntington

The next bird walk of the Sanibel-Captiva Audubon 2019 season will be held on Saturday, January 19 at the JN “Ding” Darling National Wildlife Refuge on Sanibel.

Participants will 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. Refuge fees will apply; the Duck Stamp and Federal Senior Pass are accepted.

For more information, visit www.san-capaudubon.org.

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**NATIONAL
SHELL
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ShellMuseum.org/ALIVE



WHAT'S NOW WHAT'S NEXT

Whether you're a long-time resident or a first-time visitor to Sanibel or Captiva, shells are probably on your mind. Your family delights in them at the beach. You might collect them to take home as souvenirs. Perhaps you've become one of our local shell experts!

AT THE BAILEY-MATTHEWS NATIONAL SHELL MUSEUM, WE KNOW THAT MOLLUSKS—THE MARVELOUS CREATURES THAT CREATE THE SHELLS—ARE AMAZING ANIMALS. THERE ARE MORE MOLLUSKS IN THE OCEAN THAN ALL THE FISH AND MARINE MAMMALS COMBINED. MOLLUSKS ARE A CRITICAL COMPONENT OF THE WORLD'S FOOD WEB—INCLUDING OUR OWN. MANY ARE ENDANGERED AND MOST PEOPLE DON'T KNOW THEY EXIST.

However, when people meet mollusks, they fall in love with them. It may start with a love and appreciation for their beautiful shells, then through the Museum's educational platforms; that love grows for the living creatures themselves—the shell creators.

There is no other community in the world that is doing this work. There is no other community in the world that is as invested in the health of these mollusks—and the ocean—as our island friends. **That's why we started the *Alive!* campaign which will expand the Museum to include an innovative aquarium with all types of amazing mollusks, including octopus, cuttlefish, and squid.**

One of the most gratifying aspects of the *Alive!* campaign is the enormous and broad participation we have already seen. We've already raised nearly 60% of our fundraising goal. We are thrilled to report that we're celebrating breaking ground. Construction will take about six months, with an additional six months for aquarium and exhibit design and installation. We are on track to open the aquarium in early 2020.

Based on our momentum, it's clear that the Museum's focus on mollusks and our natural environment is greatly

inspiring others. There's real excitement: new people, new ideas, and new resources. It will transform the way we create informed and engaged environmental stewards. That's more important than ever. Great things will come of this!

We're grateful to our wonderful community for all that you have done to make *Alive!* an enormous success so far, and for all that you will do to help us meet remaining priorities in the coming months. You are helping the Bailey-Matthews National Shell Museum make a difference in our community, and around the world.

In the weeks that follow, look for the **WHAT'S NOW WHAT'S NEXT** column each week.

THIS IS YOUR MUSEUM AND WE WANT TO KEEP YOU UP-TO-DATE EVERY STEP OF THE WAY ALONG THIS JOURNEY!

Dorrie Hipschman

DORRIE HIPSCHMAN
Executive Director

Richard Johnson

RICHARD JOHNSON
Campaign Cabinet Chair



NAUTILUS PHOTO: STEF (CC BY-NC-SA 2.0)



THE NEW AQUARIUM: FAQ

WHY SANIBEL?

- Sanibel is the shelling capital of the world.
- Sanibel is the only place whose identity, laws, and people have made shells—and the animals that create them—part of the very fabric of our community. We led the world when we passed the first-ever live shelling ban in 1994 and we have been protecting these animals ever since.
- The world will look to Sanibel as the leader and expert in live mollusks. We will preserve, care for, breed, and share these animals with the world. The work is just beginning. So little is still known about these creatures.
- Sanibel's local mission is now global. We are reaching out to the world—opening the minds of museum visitors and beachgoers, and spreading a passion for shells to a love for the animals that create them and the ocean they live in.

HOW WILL MY FAMILY BENEFIT?

- Sanibel families will enjoy a mollusk aquarium unequalled anywhere else in the world.
- These animals will surprise, delight, and entertain family members of all ages while they learn our important lessons of environmental and animal stewardship.



MAKITANI (CC BY-NC-SA 2.0)

WHERE DO WE START?

- FIRST: We start here. People come to Sanibel because of our shells and "shell brand."
- AND: 9 out of 10 people don't know that a shell was part of a living animal.
- FACT: If you don't know a creature exists, you can't help to save it.

WHAT CAN WE DO?

- FIRST: Create a unique aquarium: the first mollusk menagerie.
- AND: The diversity of these animals from all over the world is beyond belief.
- AND: Enable people to "meet" mollusks eye-to-eye, nose-to-siphon.
- FACT: It's an emotional, life-changing experience.

HOW WILL IT MAKE A DIFFERENCE?

- FIRST: Once you've learned that an animal exists, you can't forget!
- AND: We will add educational programs to complete the experience.
- AND: We will connect people, mollusks, and ocean stewardship.
- FACT: To save something—even the world—you have to emotionally care about it. That's the change we will make every day, every visitor, every time.

WHAT IS THE MOST COMMON VISITOR COMMENT AFTER A MUSEUM VISIT?

"WOW, I will never look at the beach in the same way again. You've opened up a whole new world for me."

WILL THIS BE GOOD FOR OUR ENVIRONMENT?

Yes. The Museum's vision is to connect people to the natural world around them. Our residents and visitors are more connected to shells than are people anywhere else in the world—by extending that connection to shells AND the living animals, we change perceptions of our natural world.

WILL THIS BE GOOD FOR KIDS?

Yes! The aquarium will educate, delight, inspire, and thrill kids of all ages. And, the revenue generated by the addition of the aquarium will enable the Museum to take our mobile educational programs to more schools throughout Lee County.





HOODED CUTTLEFISH BY SILKE BARON (CC BY 2.0)

WILL THE MUSEUM EXPAND OR REQUIRE MORE LAND?

No. All improvements will be within the existing developed area. The Museum's footprint will remain the same.

WILL THE MUSEUM HAVE TO BE CLOSED DURING CONSTRUCTION?

We will have to be closed for a couple of weeks, but we expect to be operational during most of the construction phase.

WHAT WILL HAPPEN IN A HURRICANE OR BAD WEATHER?

The building improvements will be built to current hurricane standards. The aquarium will have a generator for animal life support in the event of a power failure.

HOW WILL WE AFFORD IT?

The Museum is raising funds for the project. Once operational, the new facilities pay for themselves and can be used to underwrite programs.

HOW CAN I HELP?

Call Executive Director, Dorrie Hipschman or Assistant Director, Melanie Moraga at 239-395-2233.



WILL THIS BE GOOD FOR OUR ECONOMY?

Yes. The Museum has a \$1.6 million annual budget. We employ more than 20 people and spend about \$1.3 million in our local economy. The addition of the aquarium will sustain this, benefiting our community.

WILL THE PROJECT BRING MORE VISITORS TO SANIBEL?

The Museum does no off-island advertising. We encourage people who are already on the island to learn more about our wonderful sanctuary island and the need to preserve its wildlife, waters, and beaches.

WILL THE PROJECT CAUSE MORE TRAFFIC?

The Museum does not bring traffic to the island, and we persuade visitors to get off the road and spend several hours in the Museum. Even on our busiest days, we have plenty of parking.



"We have the opportunity before us to transform the way we teach residents and visitors about the ocean and our local habitat. Caring for the environment is important for each and every one of us. The aquarium addition will help us inspire the next wave of ocean leaders!"

—Chris Davison, Campaign Cabinet Member and Board Past President



"Most people do not know mollusks are the creators of the beautiful shells found on our beaches. Exhibits can go a long way to educate, but seeing live animals in the Museum's aquarium will solidify the importance of these amazing creatures."

—Richard Johnson, Campaign Cabinet Chair



"The aquarium expansion will improve the Museum's opportunity to connect children with the natural world through their love of seashells. It will help bring the Museum's mission to life!"

—Holli Martin, Board President

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Chris Davison

Roger Grogman

John Henshaw

Holli Martin

Dorrie Hipschman
Executive Director

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NATIONAL SHELL MUSEUM

ShellMuseum.org/ALIVE

3075 Sanibel-Captiva Rd.
Sanibel, Florida 33957

(239) 395-2233



Campers played Moon Phase Twister on the beach

photo provided

Sanibel Sea School Hosts Winter Camp

submitted by Leah Biery

Sanibel Sea School hosted two weeks of camp to coincide with students' winter break. The themes were celestial, Powered by the Moon Week and Powered by the Sun Week, and explored how the moon and sun are intricately connected to our oceans.

During Powered by the Moon Week, campers learned about the phases of the

moon, and how the moon impacts tides. They also played Moon Phase Twister, created moon-inspired art, and talked about creatures who depend on the moon in various ways – like sea turtles.

Powered by the Sun Week campers made solar s'mores, learned how sunlight supports the food web, and went seining in the seagrass at Bunche Beach. Both weeks also included plenty of time for surfing, macramé tying, and spending time with friends.

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

Optimist Club Food And Wine Festival March 3

The Sanibel-Captiva Optimist Club 11th annual Food and Wine Festival – Sanibel Uncorked will be held on Sunday, March 3 from 1 to 5 p.m. at Lily & Co. Jewelers. There will be free valet parking.

Distributors of many fine wines will have tasting stations to sample and compare the selections. Craft beers will also be available. Provision and selection of wines and beers will be arranged by Calli Johnson of Bailey's General Store.

In addition to the wines and beers, a number of local chefs will demonstrate methods for preparing some of their favorite dishes, with a taste for the onlookers. Hors d'oeuvres will also be served, arranged by Chef Karl Hamme of Sanibel Catering Company by Bailey's.

A silent auction with many fine prizes will accompany the tastings. Up for bid will be gourmet wines, jewelry, artwork, hotel and golf packages, and sports outings. There will also be an opportunity to bid on dinners prepared and served in your own home by several of the participating chefs.

Tickets will soon be available at Bailey's General Store, Sanibel Captiva Community Bank, Sanibel Café, as well as at the door and from members of the Optimist Club. Tickets are \$30; \$25 for designated drivers. Each paid guest receives an engraved, commemorative

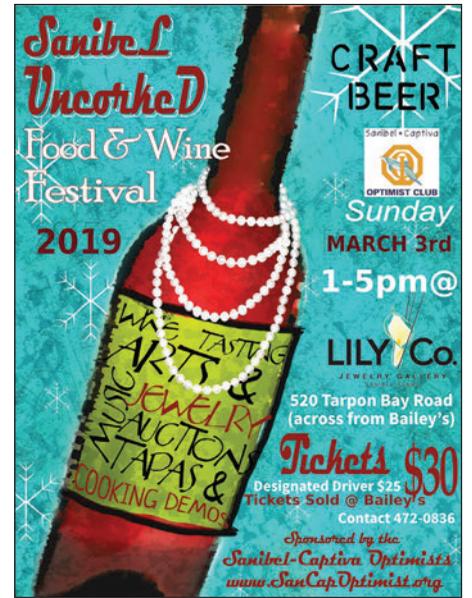
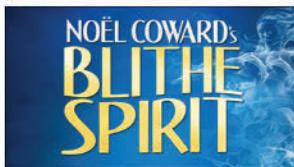


image provided

wine glass. A 50/50 raffle will be available as well.

The Optimist Club is seeking corporate or individual sponsorships at the following levels: \$100 per table sponsor, \$250 for safety officer, \$500 for event catering and \$1,000 for student enrichment. Donations of items and services are also needed for the silent auction. Sponsors will be recognized in local media and at the event, and receive free admission to the festival; free valet parking included.

To sponsor, make a donation or for more information, contact Stan Howard at 472-0836, Richard McCurry at 292-4631 or email at info@sancapoptimist.org.



BLITHE SPIRIT by Noel Coward

A séance goes awry when the first wife of a man with a current wife comes back from the dead and causes a lot of wreckage.

JANUARY 26, 7:30 P.M.



CHASING MANET by Tina Howe

Two female inhabitants of a retirement home plot their escape to sail on the QE2 to Paris.

FEBRUARY 16, 7:30 P.M.

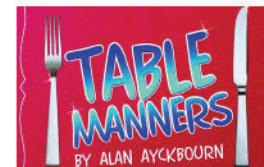


TABLE MANNERS by Alan Ayckbourn

Various comic disagreements ensue during a weekend family gathering.

MARCH 2, 7:30 P.M.

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 18, 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 18, 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 18, 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 18, 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 19, 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 19, 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 21, 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 21, 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 21, 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.

Tuesday, January 22, 11 a.m. to 12:30 p.m., \$25 per person, advance registration required – Wildlife Walk

continued on page 28

Ocean Discovery for Grown Ups

Join us as we explore locally relevant ocean topics in a fun setting!

Winter 2019: Harmful Algal Blooms

- January 18th (5 - 7 PM): Film & Discussion – DamNation
- January 25th (9 AM - 12 PM): Field Trip – Understanding HABs
- February 1st (5 - 7 PM): Red Wine & Red Tide Paint Night Social
- February 8th (9 AM - 12 PM): Float Down the Caloosahatchee
- February 13th (5 - 7 PM): Film & Discussion – 180 Degrees South
- February 15th (10 AM - 12 PM): Field Trip to Island Water
- February 22nd (5 - 7 PM): Guest Lecture – Dr. Valerie Paul, Smithsonian Institute

Spring 2019: Sea Level Rise

- March 1st (5 - 7 PM): Film & Discussion – Before the Flood
- March 8th (5 - 7 PM): Guest Lecture - James Evans, Director of Natural Resources for the City of Sanibel
- March 15th (5 - 7 PM): Social Event – Trivia Night
- March 22nd (9 AM - 12 PM): Boat Excursion with Doc Bruce – How will rising seas affect Sanibel's wildlife?
- March 27th (5 - 7 PM): Film & Discussion – Chasing Coral
- April 5th (9 AM - 3 PM): Field Trip to Lee County Recycling

Spring Birding Course: March 5th (Woodland Birds) and March 12th (Seabirds)

American Red Cross First Aid, CPR and AED Training: March 29th

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Shells Found



Joe and Di Rathbun

photo by A. Ziehl

Joe and Di Rathbun, visiting from Lowell, Michigan, found five alphabet cones, three large shark's eyes and two large horseshoe conchs on the beach while staying at Sanibel Arms Condominiums. "Awesome shelling! Can't wait to come back," the couple said.✱

Shell Found

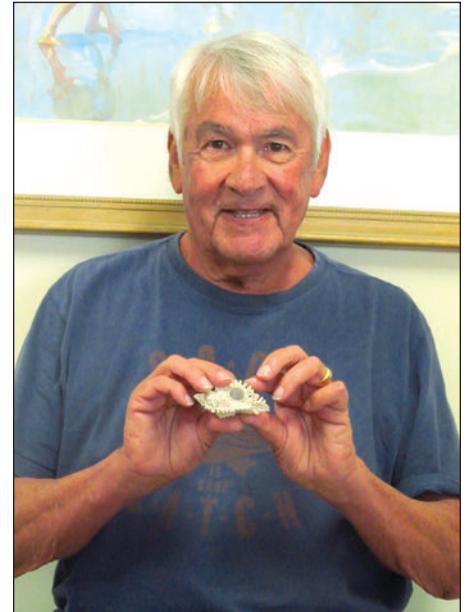


Jennifer Mazzio

photo provided

Jennifer Mazzio, visiting from Blue Point, New York, found a junonia at the end of her vacation. It was found on the beach adjacent to the Sundial Beach Resort & Spa on Sanibel.✱

Shell Found



Lex Robertson

photo by A. Ziehl

Lex Robertson, visiting from Lewes, Delaware (the first town in the first state), found a lace murex on January 8. It was lying right on the beach in front of Sanibel Arms, where he was staying.✱



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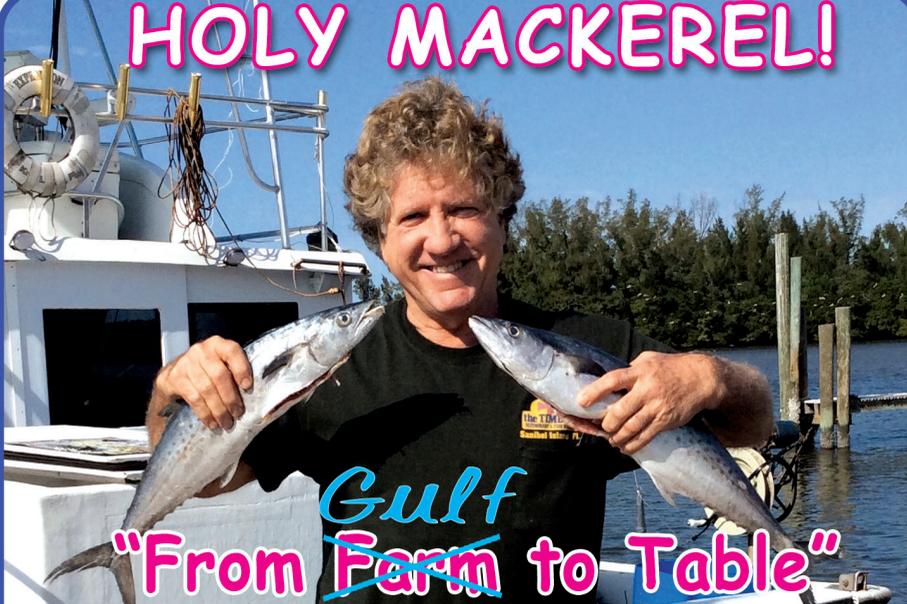


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Chicken Tortilla Soup

2-3 chicken breasts (cooked and diced into bite-size chunks)
 2 ear's fresh sweet corn, cut off the cob
 2 bell peppers (your favorite color), diced
 2 tomatoes, diced small
 1 small onion, diced small
 1 jalapeno (remove seeds to lessen the heat), finely chopped
 1 poblano pepper, diced small
 3 cloves garlic, minced
 1 small can green chiles
 2 cans black beans, rinsed
 2 tablespoons chili powder
 1 tablespoon cumin
 1 tablespoon oregano
 6 cups low sodium chicken broth
 2 cups water
 1 lime, juiced
 Hot sauce (your favorite kind, amount is up to you)
 5 small corn tortillas, cut into long thin strips



Chicken Tortilla Soup

Olive oil for cooking
 Sea salt and fresh ground pepper, to taste
 Pre-heat a large skillet; carefully add the oil. Sauté the onions, bell peppers, jalapeno, poblano, and corn until soft; about 8 minutes. Add the minced garlic, tomatoes, and green chilis and cook for additional 5 minutes. Next add rinsed black beans, chili

powder, cumin, and oregano. Stir all the ingredients to combine. Pour in the chicken broth and water; add the diced chicken and tortilla strips now. Cover and simmer for 30 minutes, finish with fresh lime juice. Taste and adjust seasoning as needed. Serve with fresh avocado, sour cream, and crushed tortilla chips if desired.✱

photo courtesy Fresh From Florida

LIVE ON THE ISLANDS

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

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

Traditions on the Beach at Island Inn has live entertainment on Friday with Woody Brubaker and Marvella Marzan. Dusk performs on Saturday. On Sunday, it's Woody Brubaker. Dusk returns on Wednesday. Woody Brubaker plays on Thursday.

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

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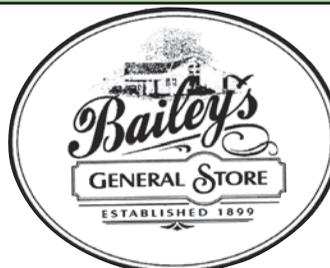
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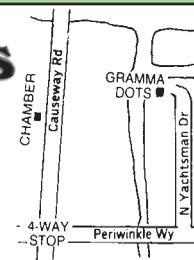


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Shells Found



Julie and Tom Smith

photo by A. Ziehl

Tom Smith, visiting from Grand Rapids, Michigan, found his third junonia on January 10 on the beach at the Caribe Beach Resort, where he was staying. Smith has been shelling for 40 years at the Caribe and has a competition going with his sister Lori Mosher from Michigan. His daughters Maggie and Libby are avid shellers and were with him when he found his first junonia 18 years ago and his second 15 years ago. During this trip, Smith and his wife Julie were celebrating their 30th wedding anniversary.✪

Fish Caught



Capt. Nathan Wider and Jordan Larrabee with a sheepshead

photos provided



Evan Larrabee with a redfish

Cousins Jordan and Evan Larrabee from New York had an exciting Christmas fishing trip to North Captiva with Capt. Nathan Wider from Whitney's Bait and Tackle. They caught sheepshead and redfish using shrimp and open-face reels.✪

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From page 24

CROW Calendar

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 22, 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 22, 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.

Tuesday, January 22, 4:15 p.m., adults: \$10, ages 13 to 17: \$5, ages 12 and under no charge, advance registration recommended (seasonal program) – Speaker Series: Living with Burrowing Owls presented by Beverly Saltonstall, Cape Coral Friends of Wildlife volunteer.

Cape Coral has the largest population of burrowing owls (*Athene cunicularia floridana*) in Florida, with an estimated 1,000 nesting pairs and upwards of 2,500 burrows within the city limits. While the owls are quite tolerant of humans, their homes are still being threatened. Learn about their habitat and hunting characteristics so you can cohabitate with this remarkable species.

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

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

Wednesday, January 23, 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 23, 2 to 3:30 p.m., \$25 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff (hospital tour).

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Thursday, January 24, 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 24, 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 24, 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 24, 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.*

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The Community House

The Hazelnut



Ancient Greeks used hazelnuts in the treatment of cough and baldness. Hazelnuts are rich in heart-friendly fatty acids, dietary fibers, vitamins A, E and folic acid. They also contain manganese, copper, magnesium, phosphorus and iron. Hazelnuts contain the powerful co-enzyme Q-10 as well as high amounts of folate. Other health benefits include ability to balance cholesterol levels, increase heart health, reduce blood pressure, boost the immune system, help manage diabetes, improve digestive function and help prevent certain types of cancers.

Here is a simple recipe to try:

Hazelnut Honey Pie

- Ingredients**
 1 - 9-inch readymade pie shell
Filling
 4 large eggs
 1 1/2 cups honey
 1/2 cup demerara sugar
 1 tsp. vanilla extract
 1 tsp. salt
 2 tbsp. melted butter
 8 ozs. toasted hazelnuts (chopped)

Method
 To prepare the crust: Preheat oven to 350F. Using a fork, poke the crust several times and add the chopped hazelnuts.

To make the filling: Place all the filling ingredients in a mixing bowl and mix until well blended. Pour the mixture into the pie shell and place in oven. Reduce heat to 325F and bake for 45 minutes.

Remove from oven and cool. Refrigerate for at least 1 hour before slicing.

Resident Chef Jarred Harris heads the Culinary Education Center at The Community House on Sanibel.

by Resident Chef Jarred Harris

The hazelnut, also known as the “cobnut” or “filbert” is a universal kitchen ingredient. From Asian, European and Caribbean cuisines, as well as salads, meat dishes and desserts, there is no dish that can’t be improved by some toasted, chopped hazelnuts.

Hazelnuts have been cultivated in China for more than 5,000 years and there are many different varieties of filberts or hazelnuts around the world. The name filbert is of French origin and derived after St. Philibert Day, which corresponds with the harvest of the nuts. Hazelnut is the name the first English settlers gave to the native species of filberts. The hazel part of its name comes from the Anglo-Saxon word “haesel,” meaning headdress. This refers to the shape of the nuts outer shell covering before harvest.

Ancient Romans used torches made of hazelnut branches during wedding ceremonies. They believed that hazelnuts ensured a long and happy marriage.

For volunteer opportunities or questions, contact him at kitchen@sanibelcommunityhouse.net or call 472-2155.*

Lee County's Paddling Treasure

by Kealy McNeal

One of the best ways to explore Lee County is by water. The 190-mile Great Calusa Blueway Paddling Trail was developed by Lee County Parks & Recreation for this purpose. The trail attracts paddlers from all over the world who are interested in exploring the beautiful bays, rivers, backwaters and shorelines of Southwest Florida.



Inspired by the indigenous Calusa, the Blueway encompasses three distinct regions. The first portion of the trail traverses through Estero Bay, while the second segment spans the waters around Pine Island and Matlacha Pass. The third segment of the trail takes paddlers inland to the Caloosahatchee and its tributaries.

The Great Calusa Blueway Paddling Trail is great for day trips as well as multi-day padding expeditions. The trail is easily accessible with numerous launching points, is clearly defined by markers, and has a dedicated app that

can help you stay on track. The app also provides tips and techniques, and suggests how and where to paddle with children, trails for beginner and advanced paddlers, upcoming events, and more. It is an excellent resource for those who would like to plan a paddle-based outing nearby – check it out!

And as usual, we are here to answer any questions you might have.

*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.**

Sea School Offering Free Beach Walk

Sanibel Sea School will offer a free guided beach walk on Saturday, January 26. The organization's marine science educators will lead the walk from 9 to 11 a.m. to explore what has washed ashore. They will talk about any interesting organisms and objects found on the beach, share some basic shell biology, and answer any questions you might have.

Participants will meet at Sanibel Sea School's flagship campus, located at 455 Periwinkle Way, beginning at 9 a.m. This event is free and family-friendly; no reservations are required.

For more information, visit www.sanibelseaschool.org.*



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SANIBEL COMMUNITY ASSOCIATION

American Legion Post 123

American Legion Post 123 is serving a meatloaf dinner this Sunday, January 20. The following Sunday, January 27, barbecued ribs and chicken are on the menu.



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.*

Adult Programs At Sea School

Sanibel Sea School will begin its winter season of educational opportunities for adults on Friday, January 18 with a screening of the award-winning film *DamNation*. The screening will be held at Sanibel Sea School's flagship campus, located at 455 Periwinkle Way, starting at 5 p.m.

DamNation evaluates whether dams are a positive form of development, and if better alternatives exist.

"You might be surprised by the impacts dams can have on things like communities, fish populations and

water quality," said educator Shannon Stainken.

The second session will be a field trip led by the organization's executive director, marine biologist Dr. Bruce Neill, to learn about harmful algal blooms (HABs). The trip will take place on Friday, January 25 from 9 a.m. to noon. Participants will learn about the organisms that cause red tide and other HABs in our area, how these blooms impact our ecosystem, and what we can do as individuals to help solve the problem.

The cost for each event is \$10. To RSVP, call 472-8585. To learn about additional sessions, visit www.sanibelseaschool.org/sanibel-adult-programs.*



Moonstone earrings photos provided



Moonstone ring

Jeweler Hosting Open House For California Artist

California jewelry artist Conni Mainne will make her first visit to Lily & Co. Jewelers and Sanibel Island on Thursday, January 24 with an open house from 11 a.m. to 4 p.m. Guests will be treated to appetizers created by Paper Fig Kitchen and a complimentary wine tasting.

"We are delighted to introduce Conni to the island and our wonderful community," said Dan Schuyler, co-owner of Lily & Co. with Karen Bell. "She is an inspirational designer who feels strongly about the positive role artists play in society and believes in bringing beauty into the world."

Nature inspires Mainne, especially the verdant environment of the California north coast she calls home. Working out of her studio in Mendocino, the striking shapes found in botanicals, surf, nautilus, clouds, stars and the moon infuse her work with a mystical quality of the natural world.

Moonstones are an integral aspect of Mainne's work, favored for their powerful color and sense of mystery. These gems, along with aquamarines, tourmalines, sapphires, pearls and diamonds, are all adorned with her distinguished metalwork in 18-karat gold and silver.

"We invite you to welcome Conni at the open house and discover her collection of exquisitely handcrafted jewelry, while enjoying a variety of tasty treats by Paper Fig," added Schuyler.

Lily & Co. Jewelers is located at 720 Tarpon Bay Road on Sanibel.*

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Book Review

The Tattooist Of Auschwitz



by Di Saggau

The *Tattooist of Auschwitz* is an unlikely love story set amid the horrors of a Nazi death camp. Based on real people and events, this debut novel from Heather Morris, takes place

in 1942. Lale Sokolov, a 25-year-old Slovakian Jew, is forcibly transported to the concentration camps at Auschwitz-Birtkenau. When his captors discover that he speaks several languages, he is assigned to the heinous task of tattooing incoming Jewish prisoners with the dehumanizing numbers their SS captors use to identify them. He is a Tätowierer tasked with permanently marking his fellow prisoners.

One day in July 1942, Lale, prisoner 32407, meets 17-year-old Gita, and he is immediately smitten. He carefully comforts the trembling young woman before tattooing the number 34902 on her arm. He later told Morris, "I tattooed her number on her left hand, and she tattooed her number in my heart." Eventually, the attraction becomes mutual, and Lale vows to somehow survive the camp and marry her.

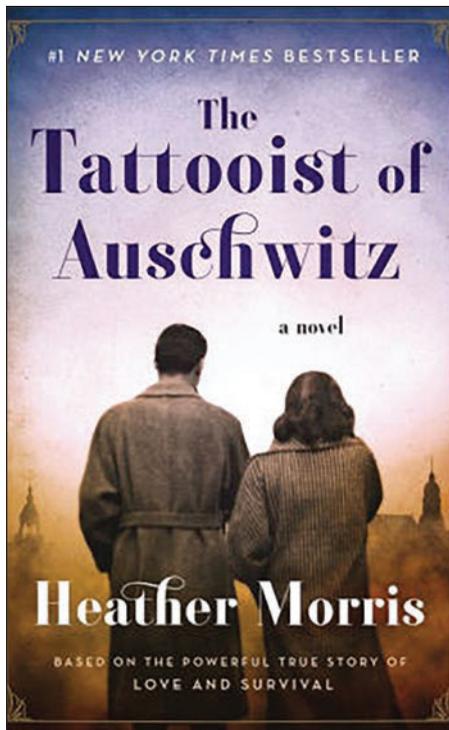


image provided

Imprisoned for more than two and a half years, Lale witnesses horrific atrocities and barbarism, but also incredible acts of bravery and compassion. Risking his own life, he uses his privileged position to exchange jewels and money from murdered Jews for food to keep his fellow prisoners alive. Morris explores some of the trickier issues, the guilt of those Jews, like the tattooist, who survived by doing

the Nazis' bidding, and some of the Slovaks in Lale's hometown, who failed to come to the aid of their beleaguered countrymen. With his knowledge of several European languages, he eavesdrops on conversations between SS guards, and befriends Russian prisoners of war.

Over time, a strange dynamic develops between Lale and SS officer Stefan Baretzki. Known for his sadism and enthusiasm at selections on "the ramp," he was sentenced to life in prison at the 1963 Frankfurt Auschwitz trials. In the camp, he acts as a messenger between Lale and Gita. Lale also adds

emotional support to many, including Leon, Lale's assistant who was castrated by Dr. Mengele, and 41-year-old Nadya, who is eventually sent to the gas chambers with the remaining Roma.

It took three years of thrice-weekly meetings between Lale and Morris for the author to gain the survivor's trust. The result is a vivid, harrowing and ultimately hopeful re-creation of Lale Sokolov's experiences during the Holocaust and his eventual reunion with Gita. *The Tattooist of Auschwitz* is a testament to the endurance of love and humanity under the darkest possible conditions.*

School Smart



by Shelley M. Greggs, NCSP

Dear Shelley, My second grade daughter is having a hard time following directions. She can't follow simple three step directions and she's struggling in school. Her hearing is fine, and she's able to pay attention so why can't she remember things better. What's going on?

Kayte, Fort Myers

Kayte, Kids who have a hard time "staying on track" may be having problems with working memory. Remembering a phone number, recalling directions, or remembering an assignment are all mental tasks that use working memory. Working memory is an executive function that plays a major role in how we process, use and remember information on a daily basis. Everyone struggles with the limits of working memory sometimes, but for kids who struggle with working memory, it often presents a more significant problem.

Dr. Matthew Cruger, senior director

of the Learning and Development Center at the Child Mind Institute defines working memory like this, "It's keeping in mind anything you need to keep in mind while you're doing something." While long-term memories stay with us even when we're not thinking of them, working memory is an active process, a mental chalk board where we hold and process all the information we need to access at any given time.

"Our brains have a finite capacity for juggling a lot of information at once," explained Linda Hecker, MED, education specialist at Landmark College. Hecker says she helps her students understand the role of working memory by describing it as a table. When you have a lot of new information, it's easy to overload your "table" and things start falling off."

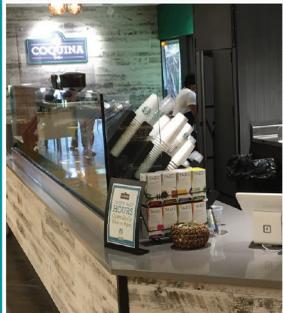
One of the challenges kids with working memory issues face, Dr. Cruger notes, is that their lapses can easily be misinterpreted as bad behavior. When they fail to follow a set of instructions, they appear to be unmotivated or even oppositional, which can lead to conflict and accusations of not trying hard enough. Kids hate having to admit that they can't remember things, he adds, and they tend to try to minimize the amount of effort they put into things that don't yield positive results. And

continued on page 37



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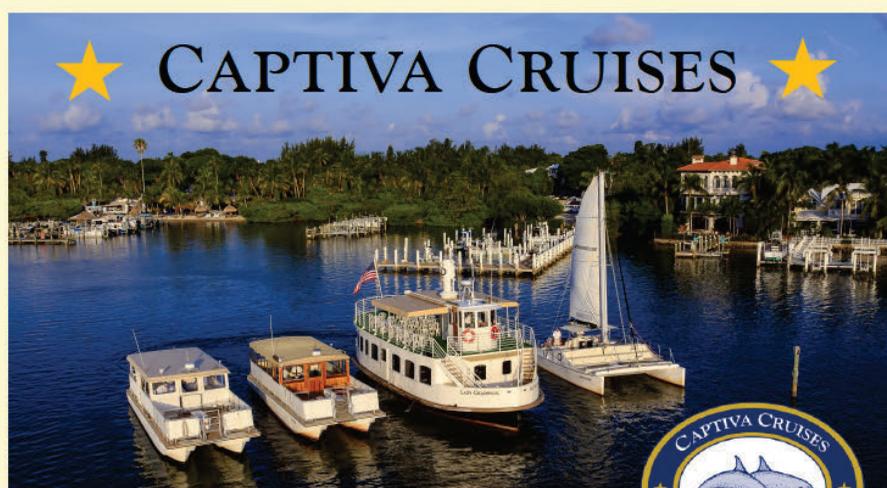






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Untold Stories: Sanibel I features historic black-and-white photographs of the Woodring family by their late neighbor Charlie McCullough photo by Charlie McCullough

Untold Stories Featured During Refuge Film Series

The 7th annual “Ding” Darling Wednesday Film Series continues its biweekly showings with a showing of the WGCU Public Media documentary *Untold Stories: Sanibel I* on Wednesday, January 23 at 1 p.m. in the JN “Ding” Darling National Wildlife

Refuge Visitor & Education Center.

Discover the history of Sanibel Island from local historians, family members of original settlers and other islanders. The film covers topics such as the island’s involvement in the Civil War, its hurricane hardships, life before the causeway and the rich culture that continues to make up the island today.

The half-hour film is part of the public unveiling of the Woodring 100th Anniversary Exhibition that day. Ralph Woodring speaks in the WGCU

documentary about his family’s deep island roots and islander camaraderie back in the pioneering era. The exhibition opens at 9 a.m. that day and other sit-down presentations, including talks by Woodring and Teddy Roosevelt repressor Joe Wiegand, will take place at 10 a.m. and 3 p.m.

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

Other scheduled films this season include *A Plastic Ocean* on February 6; *Saving Sea Turtles* on February 20;

Jane on March 6; *Invasion of the Giant Pythons* on March 20; and *Saving Atlantis* on April 3.

All films begin at 1 p.m. A short discussion will follow each film to allow visitors to gain more from their documentary-viewing experience by listening to other people’s points of view and analyzing what they just watched.

JN “Ding” Darling National Wildlife Refuge Visitor & Education Center is located at 1 Wildlife Drive on Sanibel. For full descriptions of the films, visit www.dingdarlingsociety.org/articles/lecture-and-film-series.✧

Jewish Film Festival Screening On Sanibel

For the first time, Bat Yam – Temple of the Islands will host a film screening on Sanibel, *The Oslo Diaries*, as part of the 23rd annual Jewish Film Festival of Southwest Florida, sponsored by the Jewish Federation of Lee and Charlotte Counties. The film will be shown at 3 p.m. on Sunday, January 27 in the Sanctuary of the Sanibel Congregational United Church of Christ, located at 2050 Periwinkle Way.

The HBO documentary *The Oslo Diaries* was presented at the Sundance Film Festival in January 2018. It

was a selection in the World Cinema Documentary Competition category. The directors are Mor Loushy and Daniel Sivan. The film is in English and runs one hour and 37 minutes. The film begins in 1992 as a small group of Israelis and Palestinians meet in a remote villa outside of Oslo and begin highly risky secret back channel negotiations. The unsanctioned meetings are chronicled over several years from footage shot during negotiations and from the negotiators’ diaries supplemented by interviews. There will be a discussion after the film is shown.

Tickets at \$12 may be purchased at the door or ordered online at www.jewishfederationlcc.org/jff2019. All other films in the Jewish Film Festival are being shown at the Regal Bell Tower Cinema in Fort Myers.✧

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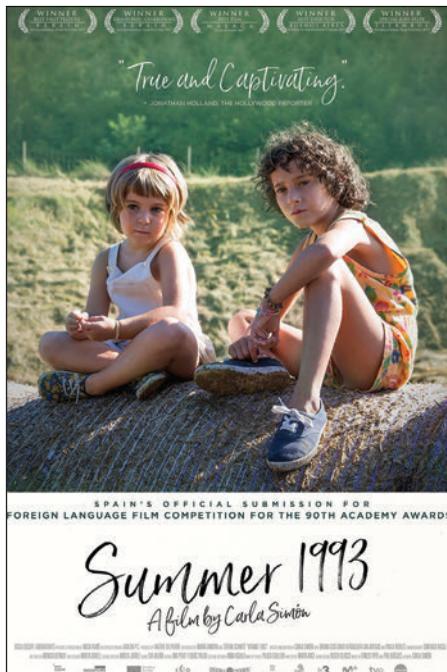


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BIG ARTS Monday Night Film Series

Summer 1993

by Di Saggau



The BIG ARTS Monday Night Movie for January 21 is a drama/comedy from Spain, *Summer 1993*. A 6-year-old orphan goes to live with her uncle's family in this sensitive, autobiographical debut by Carla Simón. The writer-director paints a vivid portrait of a light-filled summer when a little girl has to face the loss of her mother and integration into a new nuclear family.

The opening scenes underline the bewildered little girl's sense of loneliness while adults around her busily pack up her home in Barcelona. The grown-ups don't realize she needs some attention. Frida's mom just died and her emotions are unstable. She's in unfamiliar rural surroundings and she acts out on occasion, sometimes with her 4-year-old cousin, Anna.

One of the most striking elements of the film is the way it avoids sentimentality while showing the conflicting emotions of a child unable to know how to process her trauma. The scenes between Frida and Anna are remarkable for their unaffected naturalism. At a village dance, Frida watches as Anna hugs her father's leg

joyfully bouncing along to the music. She would be welcomed to join, but it will take more time for Frida to feel like a member of the family.

The uncle and aunt embrace their roles as Frida's new parents with warmhearted interactions. *Summer 1993* is a delicate

image provided

sleeper of a film that movingly looks at a young orphan's loneliness and confusion without the usual dip into sentimentality. The cinematographer treats his camera as a living, breathing observer, often viewing the world at Frida's level. More people share the little girl's frame as the film progresses and she looks out at her new, disorienting rural surroundings. The film runs 96 minutes. Moderator for the evening is Kathleen Mahan.

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

Top Ten Books On The Island

1. *Force of Nature* by Jane Harper
 2. *Leopard at the Door* by Jennifer McVeigh
 3. *In a Dark Dark Wood* by Ruth Ware
 4. *Educated* by Tara Westover
 5. *Sanibel Flats* by Randy Wayne White
 6. *Where the Crawdads Sing* by Delia Owens
 7. *If the Creek Don't Rise* by Leah Weiss
 8. *Alice Network* by Kate Quinn
 9. *Crazy Rich Asians* by Kevin Kwan
 10. *Past Tense* by Lee Child
- Courtesy MacIntosh Books and Paper.*

BIG ARTS Corner

Workshops And Seminars

BIG ARTS is offering the following workshops and seminars:
 Beginner Watercolors with Pen and Ink with Linda Benson – Tuesday and Wednesday, January 22 to 30, 9 a.m. to noon.

Cross Contour Line Drawing with Francesco Gillia – Tuesday, January 22, 9:30 a.m. to 3 p.m.

An Invitation to Photographic Storytelling with Harvey Schipper – Monday and Friday, January 28 to February 8, 9 a.m. to noon.

Acrylics for Beginners & Intermediate Painters with Jane Hudson – Fridays, February 1 to February 22, 9:15 to 11:45 a.m.

Intermediate Tap with Bobby Logue – Fridays, February 1 to 22, 9 to 10:30 a.m.

Hip Hop/Jazz with Bobby Logue – Fridays, February 1 to 22, 10:45 to 11:45 a.m.

Life Drawing, Open Studio, Non-Instructioned with Carol Rosenberg – Fridays, February 1 to 22, 9:30 a.m. to noon or 12:15 to 2:45 p.m.

HD LIVE at the Met Lecture on Carmen with Tom Cimarusti – Friday, February 1, 1 to 3 p.m.

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



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Red-billed tropicbird

photos by Tamara McQuade

From page 1

Birding Practices

The key is being strategic as to when and where you bird, and knowing your targets beforehand in each area you visit.

The McQuades have always had a love for the outdoors and birds, but it changed dramatically in 2012 when they saw the movie *Big Year*. Counting birds and deliberately targeting species

had a particular appeal which started with a big weekend in 2013 and hasn't stopped since. They are the All Time eBird record holders with 302 and 299 bird species seen in Lee County, and David is also the co-holder of the Lee County Big Day record of 134 species. They have been able to combine their business travel with birding which has allowed them to rack up 715 species in the U.S. in just a couple years.

The McQuades are both graduates



Boreal owl

of the Cornell Lab of Ornithology, Macaulay Library Sound Recording Workshop and are the administrators for the SW Florida Bird Alert, Facebook group. They are also the guides for the Cape Coral Burrowing Owl Festival and frequent contributors to the Lee County Bird Patrol.

This is the fourth of nine Sanibel-Captiva Audubon lectures to be held in 2019 on Thursday evenings at The Community House, located at 2173 Periwinkle Way on Sanibel. As always, all are welcome to attend. Doors open at 6:30 p.m. Parking is available at The Community House and across the street

in the Herb Strauss Theater parking area. A \$10 donation per attendee is appreciated with proceeds after costs being used to promote conservation on Sanibel and in Florida.

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

Exhibit Expanded In Recognition Of MLK Day

On Monday, January 21, in recognition of Dr. Martin Luther King, Jr. Day, the Sanibel Community Association and Circle of Community Leadership, Inc., will display an exhibit of images and quotations by Dr. Martin Luther King, Jr. This exhibit will complement the Civil Rights In The Sunshine State exhibit currently on display at The Community House until February 8.

On Monday, February 4 from 6:30 to 8:30 p.m., the public is invited to attend a presentation on Dr. Martin Luther King, Jr. and the Civil Rights Movement. Dr. Anthony Dixon, professor of history and archivist at Bethune-Cookman University, and Dr. Rev. John H. Danner, senior pastor of Sanibel Congregational United Church of Christ, will be the guest speakers.

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



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Academy Award Contenders

Bohemian Rhapsody



by Stan Gembicki

On Wednesday, January 23 at 12:30 p.m., the fourth movie in this year's BIG ARTS Film Society Academy Awards Contenders Series will be shown at Island Cinema.

After the movie, a discussion will take place at the cinema, where tickets are available. Other movies in the series will be announced prior to the weekly showing.

Bohemian Rhapsody chronicles the rise of fame of the legendary British rock band Queen, focusing on its lead vocalist, Freddie Mercury, who's thought to have one of the best singing voices in rock history. After a couple successful albums, the band decides they want to make an album that's truly experimental and groundbreaking, a rock opera titled *A Night At The Opera*. The primary single is called *Bohemian Rhapsody*, and goes on to become one of the biggest, most beloved rock and roll hits of all time.

For fans of Queen, or anyone who appreciates part or all of their music, *Bohemian Rhapsody* is a fascinating, highly entertaining musical biopic. Rami Malek completely transforms himself into the enigmatic Freddie Mercury in one of

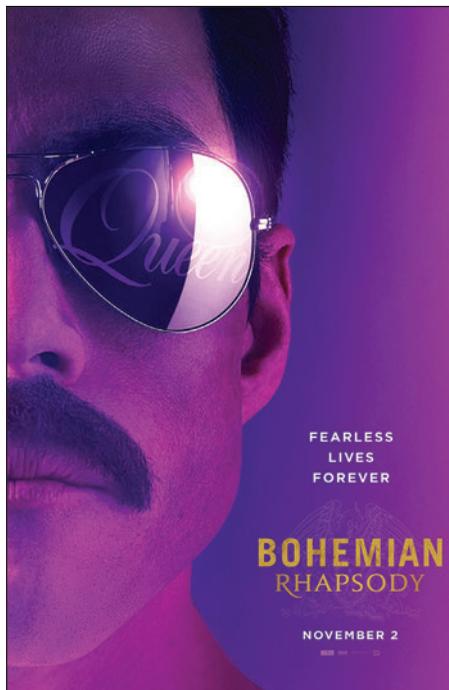


image provided

the year's most convincing performances. Queen's impact on rock culture is undeniably huge, yet the movie (for better or worse) focuses less on the culture at large and more on Mercury's personal journey of self-discovery. *Bohemian Rhapsody* won the 2019 Golden Globe award for Best Motion Picture – Drama and Rami Malek won Best Actor in a Motion Picture – Drama. The film runs 2 hours and 14 minutes.

Island Cinema is located at 535 Tarpon Bay Road in Bailey's Center.✪

Pianist To Perform In Shell Point Program

Shell Point Retirement Community's 2018-19 Fine and Performing Arts Series continues its Concerts & Conversations program with a performance by pianist Peter Fancovic in the Grand Cypress Room at The Woodlands on Thursday, January 24 at 7 p.m.

Tickets are \$30 and can be purchased online at www.shellpoint.org/concerts or by phone at 454-2067.

Born in Slovakia, Fancovic began his musical career at an early age as a soloist with the Conservatory's Symphonic Orchestra and Bratislava Chamber Orchestra, winning first prize in the National Conservatory Competition. He received his master's degree in piano performance at Manhattan School of Music in New York City.

In addition to his accomplishments as a classical pianist, Fancovic also has performed his own jazz transcriptions and renditions of early jazz piano music. He has been awarded prizes in the JN Hummel Piano Competition, held in Slovakia, as well as the Mariánské Lázně International Fryderyk Chopin Piano Competition and the Beethoven's Hradec International Music Competition in the Czech Republic.



Peter Fancovic photo provided

As part of Shell Point's Concerts & Conversations program, guests can partake in fellowship and a dessert reception with Fancovic following the concert.

The Woodlands at Shell Point is located at 14441 Woodsong Lane in Fort Myers. To learn more, visit www.shellpoint.org or call 1-800-780-1131.✪

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Programs At Sanibel 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.

Learn about Sphero robots from 3 to 4:30 p.m. on Monday, January 21. Program a robot to do simple commands like roll, flip and spin. Race against others and drive a Sphero ball around the library. For all ages, no registration required.

On Thursday, January 24 from 10 a.m. to 3 p.m., learn how to create green screen videos. Play with various screen effects using an app on a green screen wall. For all ages, no registration required.

Paint your own 3D masterpiece in a virtual world with Google Tilt Brush on Friday, January 25. The program runs from 10 a.m. to noon, 10 minutes per user. Ages 8 and older. First come, first served.

Learn about mixed reality, interact with holograms with Microsoft HoloLens, from 10 a.m. to noon on Tuesday, January 29. Ages 12 and older, no registration required.

Duane Shaffer's popular World War II lecture series continues with the 1943 Battle of Tarawa. The program starts at 10 a.m. on Friday, February 1 and will be repeated at 2 p.m. that afternoon. Tarawa, located midway between Truk and Hawaii, had a strategically-located airfield. Shaffer will review tactics of the 76 hours of intense combat.

From 10:30 a.m. to 3 p.m. on Monday, February 4, Lee County Supervisor of Elections staff will be at the library providing voter registration services.

Weekly Children's Schedule

Geared specifically for children in fourth through sixth grade, the After-School Clique will meet on Tuesdays



Bob Kent and Betty Shewfelt experience virtual reality at Duane Shaffer's World War II lecture series photo provided

at 3 p.m. The group will be crafting, building and playing, along 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 grades, will meet at 3 p.m. on Thursdays. There will be books, crafts, plus a snack provided. If you love dogs and books, you can read to Bessie, a bearded collie and trained reading education assistance dog. At 3:45 p.m. on rain-free Thursday afternoons, sign up on-the-spot; the program finishes by 5 p.m.

No registration is required for weekly children's library programs. 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.✳

a task, it no longer requires working memory to function," said Hecker. "Remembering what to do next takes up cognitive workspace — and that's not necessary."

Be consistent: Find a routine that works and stick with it.

Be patient: Don't expect kids to get it right away, it takes time to build habits. Reminding and praising your child's efforts to stay on course will help her stick with the routine until it sinks in.

Use verbal and visual cues: Help kids internalize routines by adding verbal and visual backups.

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

From page 32

School Smart

the criticism they get in turn is a disincentive for them to expend the extra energy it takes for them to keep track of what's expected of them.

Here are some suggestions to help your child. Observe your child carefully and figure out when and how often she starts to lose the thread. It will help you get a clearer picture of your child's capacity to hold information. Once you know where her limits lie, you'll be able to use that as a guide for giving effective directions.

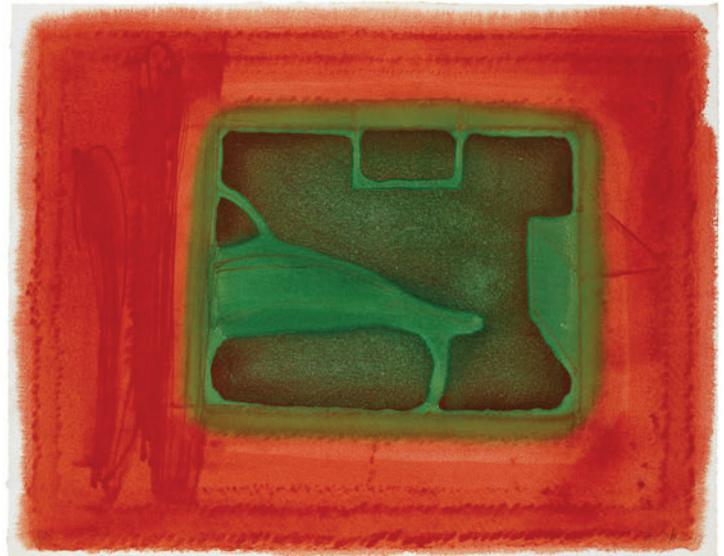
For example, if you notice your child has a hard time following multi-step directions, try breaking tasks down into smaller, more manageable steps. For example, try focusing on one task at a time: "We're getting ready to have dinner soon. It's time to put your toys away. When you're finished, let me know and I'll tell you what to do next."

Helping kids get into routines is essential for helping with working memory. "When we're able to automate

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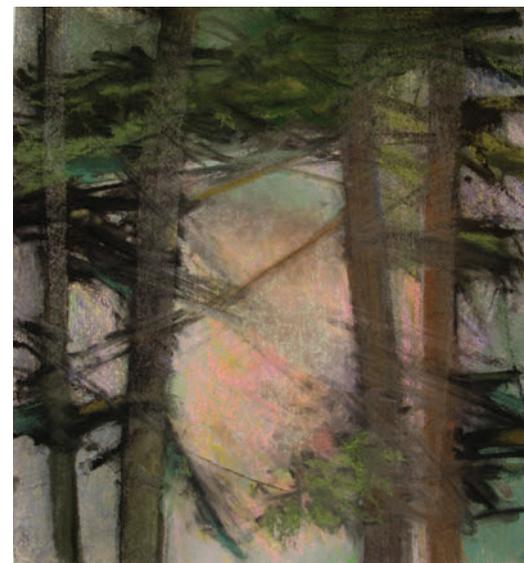
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"A Furnished Room," aquatint etching, 1977, Sir Howard Hodgkin

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"Woods X," pastel on paper, Hollis Jeffcoat

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Gulfshore Opera Festival Opens On Sanibel

The Gulfshore Opera touring opera festival hits the road with *GO Cabaret* at The Community House on Sanibel on Sunday, January 20. This fun and casual evening of nostalgic hits from the 1930s to 1960s highlights the work of America's great song writers: George Gershwin, Jerome Kern, Cole Porter and Richard Rogers. The fusion of classically trained voices and professional jazz musicians creates a unique sound sensation that is sure to delight and inspire the audience to want to come back for more.

Don Pasquale follows on Sunday, February 10 at Sanibel Congregational United Church of Christ on Sanibel. It is a comic opera about a stuffy old rich guy whose only heir is his rather deadbeat nephew. He threatens to disinherit his nephew for trying to marry an "unsuitable." Pasquale then decides to find a proper wife for himself and produce his own heirs.

The translations of the Italian text will be projected.

The Gulfshore Opera Professional Artists in Residence performing in these concerts include:

Returning Soprano Camille Ortiz, back from her summer European concert tour. She appeared as Gilda in *Rigoletto* and Christine in *The Phantom Gala* with Gulfshore Opera last season. Making his Florida debut, tenor Peter Lake recently



Cast members of *GO Cabaret*

photo provided

performed the title role in *Faust* at the Natchez Festival of Music. New to the region, baritone Paul La Rosa has performed in many of America's top opera companies, including Lyric Opera of Chicago, Los Angeles Opera, Houston Grand Opera and San Diego Opera. Mezzo soprano Lauryn Kay recently graduated from the University of Florida with a master's in vocal performance.

The title role in *Don Pasquale* will be performed by veteran Tony Dillon, a versatile artist whose repertoire ranges from the most dramatic to the highest comedy roles. Well known for his interpretation of Benoit and Alcindoro in *La Boheme*, Dillon has played these roles for Seattle Opera, Michigan Opera

Theater, Austin Lyric Opera, Des Moines Metro Opera, Tulsa Opera and Kentucky Opera. Recent engagements include Bartolo in *Il Barbiere di Siviglia* with Indianapolis Opera, Benoit and Alcindoro in *La Boheme* with Tulsa Opera, and Don Magnifico in *La Cenerentola* with Orlando Opera. Upcoming engagements include Benoit and Alcindoro in *La Boheme* with Florida Grand Opera and Bartolo in *Il Barbiere di Siviglia* with Sugar Creek Opera.

Tickets are \$50 for *GO Cabaret*, while general admission tickets for *Don Pasquale* are \$48 and \$50 for premium seats.

The Community House is located

at 2173 Periwinkle Way. Sanibel Congregational United Church of Christ is located at 2050 Periwinkle Way. To purchase tickets or to find a Gulfshore Opera event in your area, visit www.gulfshoreopera.org or call 529-3925.✪

From page 1

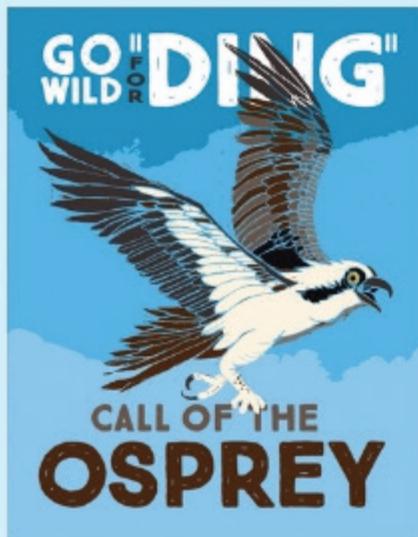
Speaker Series

and encountering obstacles as they proceed. It is how they deal with those obstacles that reveal character. The resulting changes in them, caused by their journey, have meaning for others and it's the story and that meaning that can lead to powerful communication by nonprofits.

Goodman is co-founder and director of The Goodman Center, which teaches communications and marketing professionals how to reach more people with more impact. Along with *Storytelling as Best Practice*, he is author of *Why Bad Ads Happen to Good Causes* and *Why Bad Presentations Happen to Good Causes*. He also publishes a monthly journal, free-range thinking, to share best practices in the field.

Goodman is best known for his speeches and workshops on storytelling, presenting and strategic communications, and has been invited to speak at Harvard's Kennedy School of Government, the Woodrow Wilson School of Public Affairs at Princeton, the Graduate School of Business at Stanford University, as well as at many national nonprofit conferences.

For more information about his work, visit www.thegoodmancenter.com.✪



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Noah Waddell

photo provided

Pianist Among Performers At Benefit Dinner

The 2019 annual benefit dinner for The Music Foundation of Southwest Florida will take place at The Helm Club at The Landings Yacht, Golf and Tennis Club on Tuesday, January 22. The fundraising celebration will be held from 5 to 8 p.m. and will include a social hour and silent auction followed by dinner. The foundation's high school scholarship recipients and featured artist, award-winning professional young pianist Noah Waddell, will perform.

The annual dinner is the main source

of funding for the programs that the foundation sponsors. The nonprofit's mission is to offer programs that reach out to the young people in Southwest Florida, including the Summer Music & Arts Camps, Fifth Grade Traveling Instrument program, Double Reed & Music Festivals and High School Summer Music Camp scholarships. Each year, the foundation benefits more than 4,000 students with its programs and awards \$10,000 to \$15,000 each year to disadvantaged and deserving students.

Waddell is a local musical prodigy who started playing the piano at age 7. He has won numerous competitions and performed with the Southwest Florida Symphony and the Tampa Bay Symphony. He performs weekly at Lee

Health's HealthPark Medical Center and has appeared on the nationally syndicated radio program *From the Top* with Christopher O'Riley. Waddell recorded his debut album at age 12.

Several of the award-winning high school scholarship students will perform at the showcase dinner. These include Grace Anderson, voice; Gus Bahruth, alto saxophone; Kassandra Cooper, cello; Carly Fulcher, cello; Jonathan Gardella, viola; Daniel Holmes, piano; Danyel Lawston, alto saxophone; Gwen Morris, oboe; and Victoria O'Donnell, violin.

This year, the foundation will also announce winners of the new Professional

Development Program that supports local music teachers with continuing education opportunities.

Tickets are \$50 each and can be purchased at www.music-foundation.org. For those unable to attend, tax deductible donations to support The Music Foundation of Southwest Florida can be given online.

The Helm Club at The Landings Yacht, Golf and Tennis Club is located at 4420 Flagship Drive in Fort Myers. For more information about the High School Summer Program Scholarship auditions and the Summer Music & Arts Camps, call Ruth Christman at 275-0057.*

CHR Mardi Gras Tickets On Sale

Tickets are now on sale for the Community Housing and Resources (CHR) 7th annual Mardi Gras fund-raiser taking place on Saturday, February 9. For the seventh year, it will be an evening of New Orleans-style food and entertainment while raising funds to support CHR's mission of providing affordable housing for the island's workforce, families, seniors and disabled residents.

"Our Mardi Gras party has earned the reputation of being one of the most fun and highly anticipated events of the season," said Melissa Rice, CHR executive director. "With the help of our enthusiastic board of directors and many community supporters, we have a few surprises in store this year which are sure to make

February's event the best ever."

There will be a beer and wine bar, signature bourbon tasting lounge, live music by the Porch Dogs and dancing, as well as other Mardi Gras-themed festivities, including a tarot card reader, fortune teller and palm reader, and games of chance, including blackjack, roulette, craps and poker. There will be more prizes than ever before, and a grand prize trip package to visit Bourbon Street and The Big Easy.

In addition, guests will once again have the opportunity to further support CHR with Give to Give opportunities at the Homes of Love area where cabinetry, appliances and other items can be purchased to help CHR with critical renovations needed for its 74 rental properties.

Tickets are \$150 per person and can be purchased at Bailey's General Store, located at 2477 Periwinkle Way, online at www.sanibelchr.org/mardigras or by emailing info@sanibelchr.org.*



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A bird's eye view of the Woodring's historical bayfront property, from the boat dock to the main house, nestled among a forest of Australian pines and mangrove trees

photos by Jeff Lysiak



Exterior of the historic Woodring home, constructed in 1916

Century Of Memories At Woodring Estate

by Jeff Lysiak

One of Sanibel's most historic properties is being recognized this year, with the reading of a 100th anniversary proclamation, a two-month-long exhibition of artifacts and photographs and a storytelling gathering featuring the grandson of the property's original homesteader and a nationally-renowned presidential repressor.

On January 15, members of the Sanibel City Council honored Ralph and Jean Woodring, current residents of the historic 30-by-20-foot home located on Woodring Point, which was acquired by Sam Woodring, Jr. and his wife, Esperanza, in 1919.

"Sam and Esperanza lived together in the home with their son, Ralph, and operated fish-guiding and other enterprises out of the home until Sam's death in 1942; Esperanza continued to raise her son and work out of the home until her death in 1992," the proclamation, read by Mayor Kevin Ruane, reads in part. "Ralph and his family have inhabited the home continuously to this day; and the Woodring family has preserved the home and its land for 100 years."

The property is also an important cultural heritage resource. According to the archives of Florida's State University Libraries, Samuel Woodring – the grandfather of Ralph Woodring – was Sanibel's first homesteader, who settled on Woodring Point in 1881. The residence is an exceptionally well-preserved example of



Detail of photo of Esperanza Woodring making biscuits, shown in photo on right

photo by Charlie McCullough

"Florida Cracker" architecture, one of the last of its kind on the island.

Also, the Florida Natural Areas Inventory recognizes the Woodring property as containing rare species habitats and supporting multiple state and federally listed rare, threatened or endangered species.

According to the city proclamation, the City of Sanibel, Lee County Conservation 20/20, the "Ding" Darling Wildlife Society-Friends of the Refuge, and the JN "Ding" Darling National Wildlife Refuge collaborated to protect the land from development in perpetuity. Back in 2013, a capital campaign was started to raise money to purchase the 6.56-acre Woodring Point property. The refuge currently manages the Woodring Point property as part of the "Ding" Darling complex.

The public unveiling of the exhibit celebrating the 100th anniversary of the Woodring home will take place at 9 a.m. on Wednesday, January 23 at the



Kitchen inside the Woodring house (Note: photograph of Esperanza Woodring on the left)

admission-free Visitor & Education Center Auditorium inside the JN "Ding" Darling National Wildlife Refuge. At 10 a.m., Teddy Roosevelt doppelganger Joe Wiegand will make a guest appearance, and Ralph Woodring will be on hand to recount stories about growing up in the home and living on the island. Another presentation will take place at 3 p.m.

In addition, a free showing of the WGPU film, *Untold Stories: Sanibel I*, will begin at 1 p.m.

Through March 25, the exhibit will feature historic black-and-white images by the late Charlie McCullough, a professional photographer who lived next door to the home, and artifacts from the Woodring home and the Sanibel Historical Museum & Village that chronicle the landmark and the family's life on Sanibel. Costumed museum docents will be on hand to interpret the

exhibits on the morning of January 23.

"We are thrilled to host this temporary exhibit, which will demonstrate the deep history represented by the Woodring Point property and the strength of partnerships in preserving island history and wildlife habitat," said DDWS Executive Director Birgie Miller.

During the run of the exhibit, the Refuge Nature Store will be selling copies of McCullough's book *Sanibel Memories* and sets of note cards featuring his historic photographs starting in the 1930s. Profits from Nature Store sales benefit refuge education and research projects.

"I think the U.S. Fish & Wildlife people and 'Ding' Darling Wildlife Society who made this happen," modestly remarked Ralph Woodring. "It was my ancestors that did the dirty work. They deserve the recognition, not me."✪

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Sanibel Museum Volunteers Learn About Calusa

Karen Nelson of the Sanibel-Captiva Conservation Foundation (SCCF) recently spoke to a group of Sanibel Historical Museum & Village volunteers about the life of the Calusa, Sanibel's earliest inhabitants.

Nelson became interested in the Calusa about 15 years ago. She participated in a few digs, was a tour guide at the Randell Research Center on Pine Island, and served on the board of the Southwest Florida Archaeological Society. She has spent the past five years or so researching a novel about the intense period of interaction between the Calusa and the Spanish in the 1560s on Mound Key in Estero Bay.

"We were delighted to have Karen talk to a group of more than 30 of our volunteers," said Historical Village Executive Director Emilie Alfino. "Our volunteers are always anxious to learn more about the history of Sanibel, and the Calusa is a subject that might be overlooked as we all focus on the pioneers of the island. This was a good opportunity to expand everyone's knowledge."

Nelson explained that her interest in the Calusa started back in 2002, when SCCF offered a Mound Key cruise and a native plant tour to Randell Research Center. Captiva Cruises took the students over to Pineland, and Nelson



Karen Nelson photo provided

tagged along to write a story for a local newspaper, at which time she was a reporter.

"The following Saturday, I returned to Randell for their regularly scheduled tour," she said. At that time, there was no visitor center but basically a small footpath for the trail and some picnic benches by Brown's Mound and a couple of porta-potties. "For that first tour, Randy Wayne White was hosting a writing weekend, and he came through the middle of the tour and spoke a little about the Calusa."

"Then, in July 2004, I had the chance to walk the trail with Randell Director Dr. William Marquardt and Dr. John Worth,

who was then at Randell as the on-site manager," Nelson said. "Although it was frustrating - I felt that I didn't know enough to ask really good questions - it was that tour that hooked me for good. Dr. Marquardt had his book, *Calusa and Their Legacy*, coming out that fall and I decided to organize a CalusaFest as a book signing in November."

Hurricane Charley nearly derailed CalusaFest, but she carried on and people did come. "It was a wonderful event," she added.

That 2004 tour also inspired Nelson to write a Calusa novel. "It's taken a lot of years of start-and-stop research and then writing and rewriting and rewriting, but I'm really close to finishing it," Nelson said. Called *Calusa Crossroads*, it focuses on the period of intense interaction between the Spanish and the Calusa from 1566 to 1569.

"There was a fort and a Jesuit priest on Mound Key, the Calusa capital at the time," Nelson said. "A lot of what we know about Calusa culture and religion comes from three surviving letters of the Jesuit priest. It's just a fascinating period."

Nelson made that period come to life in her talk, which was well received by the volunteers. "The volunteers were great. They asked wonderful questions, which kept the discussion lively," she said. "The Calusa are part of the history of Sanibel, and the historical village incorporates that."

The Sanibel Historical Village puts on these speaker programs for volunteers, called Volunteer Updates. They are held the first Monday of the month in Shore

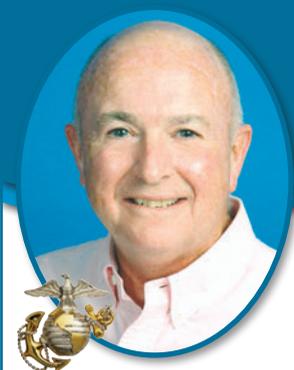
Haven within the village. On February 4, the speakers will be Ralph and Jean Woodring, and on March 4, Mariel Goss will speak about the formation of the island's shared use paths.

The Sanibel Historical Museum & Village is open Tuesdays through Saturdays 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. The Sanibel Historical Village is located at 950 Dunlop Road (next to BIG ARTS) and there is handicap access to the buildings. Admission is \$10 for adults over 18. Members and children are free. For more information or to make a donation, visit www.sanibelmuseum.org.

To purchase tickets to the February 19 gala fundraiser, An Evening on the Old Algiers, go to www.sanibelmuseum.org and click on the red "Gala" tab on the right-hand side.✪

Local Named To Dean's List

Saint Anselm College, located in Manchester, New Hampshire, has released the Dean's List of high academic achievers for the first semester of the 2018-19 school year. Mark W. Cronin, dean of the college, announced that Lauren Lockard, an education studies and elementary education major in the class of 2020 from Sanibel, was named to the Dean's List for the fall 2018 semester.✪



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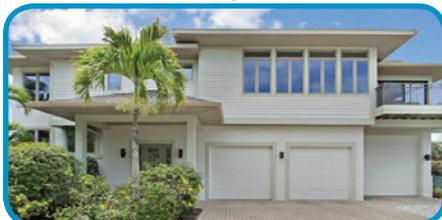
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Back row from left, Nate Grey, Derrick Grey, Michael Raab, John Grey and Chet Sadler. Front row, Charlie Emerson and Michael Cohn photo provided

Business Supports Rotary Arts And Crafts Festival

John Grey Painting and Construction Services is a bronze sponsor of the Sanibel-Captiva Rotary Club 36th annual Arts and Crafts Festival that will be held on Saturday and Sunday, February 16 and

17 at The Community House. The juried art show features more than 120 talented artists in a variety of mediums. The arts and crafts festival is the primary fundraiser for the Sanibel-Captiva Rotary Club, and the proceeds are used to support college scholarships and many local, regional and international projects. Each year, the Sanibel-Captiva Rotary grants about \$100,000 to both local and international charities.

John Grey, company founder and president, said, "We strongly believe in the importance of supporting programs and nonprofit organizations in our community through philanthropic efforts. As past president and current member of the Rotary, I have firsthand knowledge of impact of our college scholarships and the support of many worthy local, regional and international projects."

For more information concerning Rotary's Charity Giving or to make a contribution, contact Chet Sadler at 472-7257.*

Recycle Your Electronics With The Green Team

The Green Team, comprised of Sanibel Congregational United Church of Christ (SCUCC) members and others interested in environmental issues, is embarking on its 2019 programs. First up is an opportunity to recycle electronics. Next comes an enlightening film. Other programs and events are in the works.

On Saturday, January 19 from noon to 2 p.m., the Green Team is repeating the opportunity it offered last spring for people to recycle their electronics. Participants should bring items in small cardboard boxes, separating things that work from things that don't, and marking them as such. That is because Mike Peterson of Computer Medics of Southwest Florida gives the computers that

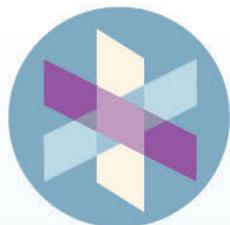
work to Komputers for Kids. In any case, he destroys all personal and business data on hard drives and storage devices before disposing of them.

The only electronics that will not be accepted are glass-screen CRT televisions and monitors, LED and LCD televisions, printers and copiers. Peterson accepts all kinds of electric wire, computer mice and keyboards, laptops, notebooks, computer towers, battery backups, hard drives, flat panel monitors, lithium batteries, automotive batteries, cell phones, standard phones and phone equipment, generators, industrial switching gear, hospital and medical test and monitoring equipment, gaming devices, VCR, DVD, Blu-ray and audio equipment, GPS items, mainframes, circuit boards, automotive and industrial machinery and test equipment, electric motors of all kinds, routers, speakers, external hard drives, smart phones, fluorescent light ballasts, marine electronics, servers, video equipment, electrical switches, circuit breakers and panels, and starters and alternators.

On Wednesday, January 23 from 2 to 4 p.m. in Fellowship Hall at the church, the Green Team will show the video, *Food Choices: How Our Diet Impacts the World*. According to Paul Hawken's book *Draughtdown: The Most Comprehensive Plan Ever Proposed to Reverse Global Warming*, adopting a whole plant-based diet is the fourth most powerful way to reduce the greenhouse gas emissions driving climate change. A plant-based diet not only helps the environment but is also optimal for health.

In this video, the filmmaker's concerns about getting proper nutrition sends

continued on page 8B



MEDICAL BREAKTHROUGHS & DISCOVERIES

HEALTHCARE SPEAKER SERIES

Shell Point is pleased to announce the lineup for its 2019 Medical Breakthroughs & Discoveries Series, a healthcare speaker series designed to share updates on the latest advances in medical research and healthcare practice.

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Tuesday, January 22, at 7 p.m.

Clinical Applications of Regenerative Medicine

Presented by Dr. Shane Shapiro, Mayo Clinic Center for Regenerative Medicine



Monday, January 28 at 2 p.m.

Advances in Alzheimer's Disease

Presented by Dr. Amanda Smith, Byrd Alzheimer's Center and Research Institute at the University of South Florida Health



Thursday, February 28 at 2 p.m.

Nutrition Meets Modern Medicine: The Key To Reversing Chronic Disease

Presented by Dr. Michael Klaper, internationally recognized author and speaker



Tuesday, March 26 at 7 p.m.

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The SanibelSusan Team L to R:
 Susan Andrews, David Anderson, Lisa Murty, Elise Carnes

Governor Praised For Fighting Water Quality Battle

Sanibel-Captiva Conservation Foundation (SCCF) CEO Ryan Orgera and Natural Resource Policy Director Rae Ann Wessel engaged in a roundtable briefing on January 10 with Gov. Ron DeSantis, Lt. Gov. Jeanette Nunez, along with other south Florida nonprofit leaders and regional legislative representatives in the fight for water quality.

Following that meeting and a similar event DeSantis held later in the day in Stuart, the governor called for all nine members of the South Florida Water Management District Governing Board to resign. The governing board voted in November – just two days after the election – to extend a lease to sugar farmers on land that has been designated for the Everglades Agricultural Area (EAA) reservoir. At the time, the governor sent a message through Congressman Brian Mast requesting that the governing board delay the decision on the lease until he had a chance to review it.

In his letter to governing board members, DeSantis said, “Everglades restoration is the centerpiece of our



Gov. Ron DeSantis in Bonita Springs on January 10, with SCCF Natural Resource Policy Director Rae Ann Wessel, right photo provided

strategy to improve our water, and the actions of the South Florida Water Management District (SFWMD) are incredibly important in aiding the success of that strategy... It is time for a clean reset of the leadership of the Board to focus the appropriate attention on this

bold vision. Therefore, I ask that each of you tender your resignation from the Board, effective immediately.”

In addition, DeSantis signed Executive Order 19-12 (Achieving More Now For Florida’s Environment), calling for:

\$2.5 billion for Everglades restoration and protection of water resources over the next four years (a \$1 billion spending increase over the previous four years and the highest level of restoration funding in Florida’s history);

The establishment of a Blue-Green Algae Task Force, charged with focusing on expediting progress toward reducing the adverse impacts of blue-green algae blooms immediately and for the next five years;

The South Florida Water Management District to immediately start the next phase of the Everglades Agricultural Area Storage Reservoir Project design and ensure the U.S. Army Corps of Engineers approves the project according to schedule;

The formation of a new Office of Environmental Accountability and Transparency to be charged with organizing and directing integrated scientific research and analysis to ensure that all agency actions are aligned with key environmental priorities; and

The appointment of a Chief Science Officer to coordinate and prioritize scientific data, research, monitoring and analysis needs to ensure alignment with current and emerging environmental concerns most pressing to Floridians.

“We are very encouraged by the governor’s action in calling for effective, consensus-driven, solutions-oriented

leadership at the SFWMD,” said Orgera. “Organizations like SCCF, fighting day in and day out for effective water management and natural resource policy in the state of Florida, need strong partners in Tallahassee. Our new governor has shown that he has the political will to throw down the gauntlet, and steady for the long political battle ahead.”

“By his actions today, our new governor has taken clear and decisive leadership on behalf of Florida’s citizens,” added Wessel.✪

From page 6B

Green Team

him on a three-year quest for answers and leads him to uncover many myths surrounding our diet, including the belief that you have to drink milk to get enough calcium, or eat meat to get enough protein. Through interviews with a range of experts, he learns there is a consensus that fruits, vegetables, whole grains, and healthy fats like nuts and seeds and avocados supply everything one needs, except vitamin B-12.

Since the same diet that is best for the planet is best for our hearts, brains and all-round health, the Green Team and the SCUCC Health Ministry Team plan to start a support group for people trying to move in this direction.

Both January events are open to the public. Sanibel Congregational United Church of Christ is located at 2050 Periwinkle Way on Sanibel. For more information, call 472-0497 or visit www.sanibelucc.org.✪

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Lifestyle Expert To Address ABWA Members

Kay Casperson will speak on Tuesday, January 22 as part of the Women in Leadership Speaker Series presented by the American Business Women's Association (ABWA). Casperson's topic for the new year will be Simple Steps to Living Your Most Beautiful Life Every Day.

As founder and CEO of BeautifulLife, as well as a respected author, columnist and lifestyle expert, Casperson is qualified to inspire everyone to find better balance in their lives and in her words, "help people feel beautiful from the inside out."

The first Kay Casperson lifestyle boutique on Sanibel Island opened in 2008. Less than a year later, she was asked by South Seas Island Resort to open her flagship Lifestyle Spa and Boutique on Captiva Island. Soon after, she opened another Lifestyle Spa and Boutique at Sundial Beach Resort and Spa on Sanibel. Visitors from across the United States and overseas are regular customers and have spread the BeautifulLife message worldwide.

"My philosophy is centered on simplicity, effectiveness and affirmation, while using the highest quality ingredients in products we can use every day," said Casperson. "My mission is simple – to inspire all people to live their most balanced life every day."

Casperson will share her professional journey, from early memories helping her friends look and feel more confident with simple style suggestions to development of her signature skin care collection, becoming an author, a national trainer, a columnist and a spa owner.

"Kay's inspiration, products and



Kay Casperson photo provided

Lifestyle Spas have been featured on national television and in many publications," said Gloria Garrett of HMG, president of Sanibel-Captiva ABWA. "But she continues to reach out to thousands of people through a weekly newsletter and newspaper column, social media and blogs. Her vision has always been to inspire people to live their most balanced life and she works on it relentlessly."

ABWA welcomes the community to its monthly luncheons and the Women in Leadership Speaker Series. Networking begins at 11:30 a.m., with lunch and speaker from noon to 1 p.m. Admission including lunch is \$20. RSVP at info@abwasanibelcaptiva.org or register on Eventbrite at <https://abwasanibelcaptiva.eventbrite.com>.

Sundial Beach Resort and Spa is located at 1451 Middle Gulf Drive on Sanibel.✪✪

Orchid Society To Meet Monday

Orchids in the Landscape will be the first topic of the new year at the Monday, January 21 meeting of the Sanibel Captiva Orchid Society. The program will be presented by Michael Coronado of RF Orchids in Homestead. The meeting will take place at 1:30 p.m. at The Community House, located at 2173 Periwinkle Way on Sanibel.

Orchid enthusiasts are encouraged to come to the meeting's fundamentals

session at 1 p.m. to hear Gary Murza speak on Insecticides – Why, When and How. Anyone with questions or an "ill orchid" that needs diagnosis can bring their plants to the meeting during show and tell. Orchid society members are invited to participate in a monthly show. Ribbons are awarded for best hybrid and best species orchids. At most meetings, orchids are for sale and there is an orchid raffle. Annual society membership is \$25 for individuals or \$45 for couples. Guests are \$5 per meeting.

For more information, visit www.sancaporchid.org.✪✪



(FROM TOP LEFT) STEVE BROWN, FOUNDER AND CHAIRMAN - AL HANSER, CHERYL GIATTINI, CEO - TERRY IGO. (BOTTOM LEFT) GEORGE HEISLER, GINNY FLEMING, HANK HUMPHREY, JIM PIGOTT, VIRGINIA STRINGER, CHUCK KETTEMAN.

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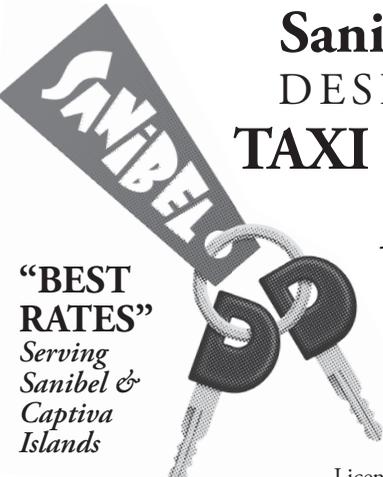
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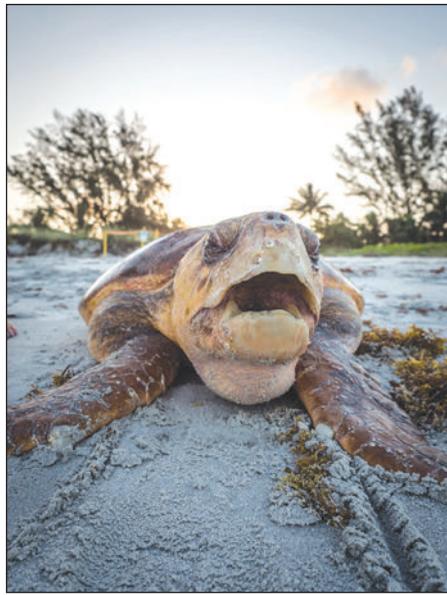
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Water Crisis Focus Of SCCF Lecture

Whether you lived through the water quality crisis that reached its crescendo this past summer, or followed the national news coverage remotely, attend the Sanibel-Captiva Conservation Foundation (SCCF) presentation to hear from those who worked on the front lines. SCCF experts will speak on Thursday, January 24 at the Bailey Homestead Preserve pavilion, located at 1300 Periwinkle Way. Doors open at 6 p.m. and the presentation begins at 6:30 p.m. Refreshments will be available. Tickets are \$10 through EventBrite; visit www.sccf.org and under Resources, click on Calendar. Advance registration is requested.

Guest speakers will be addressing the red tide in the Gulf of Mexico, the freshwater, toxic blue-green algae in the Caloosahatchee, and the devastating effects on marine life and the coastal economy. Attendees will learn about what happened from a scientific, policy and business perspective, the formation and recovery of a dead zone offshore in the gulf, and steps we can all take to prevent and minimize future disturbances to regional water quality.

2019 Update: This program will provide new information on the continuing water quality challenges, and ways in which the changes in Florida's political leadership may affect SCCF's policy outreach.



Stranded loggerhead sea turtle, which was taken to CROW for treatment

photo provided

There will be presentations and a panel discussion with:

Rae Ann Wessel, SCCF natural resource policy director;

Dr. Eric Milbrandt, SCCF Marine Lab director;

James Evans, director of natural resources – City of Sanibel;

Dr. Rick Bartleson, SCCF research scientist;

Kelly Sloan, SCCF Sea Turtle Program coordinator.

Call SCCF at 472-2329 for more information.*

Professor To Speak On Aging

Nobody escapes the aging process, stressed Kathy Black, a professor of aging studies at the University of South Florida, Sarasota-Manatee and a speaker for the BIG ARTS Talking Points series. Black will speak on Tuesday, February 12 at 10 a.m. at the BIG ARTS Strauss Theater.

"We are all stakeholders in an aging society," Black said in an interview about her talk, which will be titled Planning for Y(our) Longevity.

And there's no doubt we are an aging society. There are more people on the planet than ever, and they are living longer.

"What we need to be doing is planning for the 100-year life," Black said. "But as a society, we haven't really been doing that. If we considered the 100-year lifespan in every program, policy and service we have, I wouldn't need to talk about this. But everything has been designed for a younger society, for younger eyes and ears and physical abilities."

Black has been the principal investigator of more than a dozen grants. Her articles have been published in more than 50 peer-reviewed publications. She is on the editorial boards of *International Journal of Ageing & Society*, *Research on Aging*, *Social Work and Mental Health*, and the *Journal of Social Service Research* and holds multiple degrees in social work and gerontology, including a doctorate.

She has spent 40 years working with older adults and their families in multiple



Kathy Black

photo provided

settings, and has learned that there are things all of us can do to accommodate the people who are older today as well as those who will be older soon. Simple things like printing menus in a larger font can help, so can getting to know our neighbors, since more older people are living by themselves than ever. "That's particularly important in Florida, where about two out of three people moved to the state from somewhere else," Black said. "So we don't have those ties of growing up next to someone for 40 years."

"We did a study and found the biggest proportion of people were counting on their neighbors to help them. And we

continued on page 20B

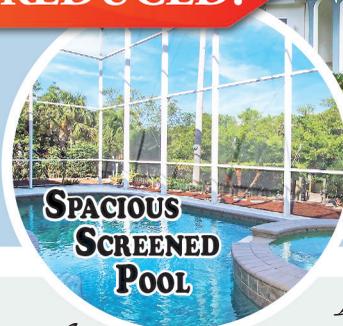
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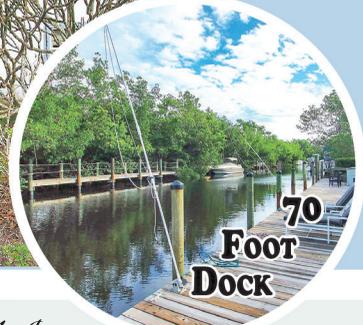
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Media Group Is Platinum Sponsor Of Village Gala

The Sanibel Historical Village has recently announced that TOTI Media will be a platinum sponsor of its February 19 Historical Village Gala. The theme of the gala is An Evening on the Old Algiers, to be held at The Community House from 6 to 10 p.m.

The gala will include a buffet dinner and dancing as well as opportunities to learn about the fascinating history of the glamorous Algiers riverboat that once sat on the beaches of Sanibel. Tickets to the gala can be purchased online at www.sanibelmuseum.org or by calling 472-4648.

The historical village has a long history of appearing in *Times of the Islands* magazine and will soon appear in *Generations* and *Sanibel-Captiva Beach Resorts*.

"Although we have many choices of causes we can support, if we do not preserve our history, there will be a great loss for future generations; therefore, I applaud and support the Sanibel Historical Museum & Village for their dedication and efforts to preserve the island's past," said Daniela J. Jaeger, group publisher of TOTI Media, a sponsor of the museum and village.

"TOTI Media is very generous in helping us take advantage of the wonderful opportunities their magazines



From left, Friedrich Jaeger, TOTI chairman and founder; Daniela Jaeger, TOTI group publisher; and Emilie Alfino, Sanibel Historical Village executive director photo provided

offer," said Emilie Alfino, executive director of the historical village. "We are grateful to everyone at TOTI Media for their generous support of our event at the platinum sponsor level. They have demonstrated strong support not just for the village but always for the entire

island community."

The Sanibel Historical Museum & Village is located at 950 Dunlop Road (next to BIG ARTS). For more information or to make a donation, visit www.sanibelmuseum.org or call 472-4648.*

Republican Caucus Meeting

Sanibel Mayor Kevin Ruane will address the Sanibel-Captiva Republican Caucus on Saturday, January 19 at 10 a.m. at Sanibel Community Church, located at 1740 Periwinkle Way. The meeting is open to the public.



Kevin Ruane

Ruane was elected to Sanibel City Council in 2007 and was appointed mayor in 2010, a position he has held for nine consecutive terms. In 2018, he was appointed to the Florida Municipal Investment Trust Board of Trustees and elected president of the Florida League of Mayors Board of Directors. He has received several awards, including the 2017 Florida League of Cities Home Rule Hero award.

Ruane will talk about his goals for Sanibel and issues affecting the city. Refreshments will be served.

Future Republican Caucus talks will be held at the Sanibel Public Library. Scheduled speakers include: Lee County Sheriff Carmine Marceno, February 16; Lee County School Superintendent Gregory Adkins, March 16; and Congressman Francis Rooney, tentatively April 20. For more information, call Will Smith at 395-0819.*

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The Sanibel Captiva Trust Company

Current Outlook First Quarter 2019



by Gary W. Dyer,
CFA, Senior
Portfolio Manager

Now that 2018 is in the books, it's time to reflect on the year just ended and look forward into 2019. As we all know, financial markets

were on a roller coaster in 2018 with investors focusing on positive news in the first nine months of the year then turning their attention to political and economic uncertainties in the fourth quarter.

For most of the year, the market focused on several constructive items

including low U.S. unemployment (between 3.5 percent and 4.0 percent all year), tame inflation of around 2 percent, and soaring corporate profits (S&P 500 companies registered a nearly 25 percent gain vs. 2017). However, during the fourth quarter, equity investors became increasingly anxious about the potential impact of several items.

For example, the decision by the U.S. government to initiate tariffs on some of its trading partners created growing concern that U.S. companies will pay more for their input costs and that the growth rate of the entire global economy would slow.

Actions by the Federal Reserve Board also have increasingly worried investors. Short-term U.S. interest rates rose throughout the year as the Fed implemented several rate hikes. However, longer-term interest rates increased a more modest amount, which created a nearly flat yield curve as 2018 ended. If short-term interest

rates ultimately rise above long-term rates – a phenomenon called an “inverted” yield curve – recession fears will rise. It bears noting that the last seven U.S. recessions were preceded by an inverted curve. At the very least, the bond market seems to be signaling that the U.S. economy may have already experienced its peak growth rate during this economic cycle.

The potential for a moderate global economic slowdown has also unnerved investors. Recently released data from the Eurozone and China indicates both are experiencing a deceleration. Eurozone real GDP grew only 1.7 percent in the third quarter, while China reported 6.5 percent growth in the quarter (figures we always view as suspect). Even so, China's quarterly growth was its slowest since 2009.

Finally, the results of the November U.S. mid-term elections did not appear to cheer investors. A split Congress, with the House controlled by the Democrats and the Senate by the Republicans, will likely result in legislative gridlock like it has so many times in the past.

While it is likely some of these issues (tariffs, global economic slowdown, etc.) will continue into the new year, our outlook for 2019 is cautiously optimistic. Corporate profit growth will slow considerably from 2018, since a great deal of the growth in 2018 was due to the recent tax bill. But we still estimate healthy corporate profit growth in the mid-to-high single-digit range. When 2018 and 2019 corporate profit growth

is combined with a relatively flat stock market, stock valuations are suddenly more attractive now than they were when we began 2018 – that is, price-to-earnings ratios (P/E) have declined. We also foresee the Fed modifying or halting its rate hike plans, if necessary, so as not to throw the U.S. economy into a recession.

As always, portfolio construction is paramount in determining a client's long-term return. While the volatility we have experienced is certainly unpleasant, we do not advocate changing one's asset allocation due to short-term market swings. Our goal is always to own top-quality, blue-chip companies in your portfolio and use pullbacks as opportunities to add to current positions or place new holdings in your portfolio at sale prices.

Here's to a happy, healthy and prosperous 2019.*

ISLAND SUN BUSINESS NEWSMAKERS

Pfeifer Realty Group

Kerri Maw was the top producer at Pfeifer Realty Group for the month of December. Maw was top seller and top lister for the company.*



Kerri Maw

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Reservations To Open For Peek At The Unique

submitted by Sue Denham

Peek enthusiasts, get ready! Reservations are now being taken for the 18th annual A Peek at the Unique, the record-setting home tour and signature fundraiser for the Zonta Club of Sanibel-Captiva and the Zonta Foundation of Southwest Florida.

Set for Saturday, March 16, the event promises yet again to be a sought-after day out for islanders, seasonal residents and visitors. Previous "Peekers" received their early-bird opportunity to buy tickets by special email invitation in early January. Now, that opportunity is open to all. Tickets are available online at www.eventbrite.com. People may also visit www.zontasancap.com for more information about the tour.

"This is our second year of using EventBrite for reservations, and we have found that our guests appreciate the ability to choose their departure time and to enjoy a safe and transparent purchase process," said Susan Tucker, Peek chair.

Anyone needing assistance in making reservations may send an email to PeekTickets@gmail.com.

Tickets are \$100 plus a small service fee to EventBrite. There is no limit, and you choose from available departure times, every half hour beginning at 8:30 a.m. Due to Zonta's successful Buy A Bus innovation this year, some departures are



Zontian bus guide Barbara Beran, left, ready for departure on the 2018 tour photo provided

sold out, but there are still plenty of times available. And don't delay – the Peek has earned its reputation as a sellout event.

The familiar, guided tour of four island homes, each reliably described as "unique," takes about three hours. As a Peeker, you'll ride comfortably on an air-conditioned bus with an experienced tour attendant, learning details about each home you will visit. Prior to boarding, participants enjoy delicious refreshments provided by leading island restaurants and caterers.

Proceeds from the 2018 Peek again topped previous records. Through its foundation, the club plans to distribute \$105,000 in grants to local organizations that focus on empowering women and

girls, and to pledge \$35,000 to Zonta International for global initiatives targeting women's health, economic independence, and freedom from violence and slavery. Funds come from ticket sales, business sponsorships, individual benefactors, the raffle Six Chances at the Unique and other innovations.

The Zonta Club of Sanibel-Captiva is a service organization of professional women working together to provide hands-on assistance, advocacy and funds to empower women and girls on the islands, in Lee County and around the world through Zonta International. Visit www.zontasancap.com for more information, and to donate to Zonta's work.*

ISLAND SUN BUSINESS NEWSMAKERS

VIP Realty Group



Mary Lou Bailey



Ted Benjamin

The top producers for December at VIP Realty Group were: Mary Lou Bailey, top sales; Teresa Baker and Glenn Carretta, top listings; and Ted Benjamin, top producer.*



Teresa Baker and Glenn Carretta

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Redfish Pass Tides				
Day	High	Low	High	Low
Fri	1:00 pm	5:06 am	10:04 pm	3:21 pm
Sat	1:48 pm	5:56 am	10:55 pm	4:12 pm
Sun	2:27 pm	6:43 am	11:47 pm	5:03 pm
Mon	3:00 pm	7:29 am	None	5:56 pm
Tue	12:40 am	8:13 am	3:29 pm	6:53 pm
Wed	1:34 am	8:55 am	3:57 pm	7:55 pm
Thu	2:29 am	9:35 am	4:25 pm	9:05 pm

Point Ybel Tides				
Day	High	Low	High	Low
Fri	12:05 pm	5:08 am	9:09 pm	3:23 pm
Sat	12:53 pm	5:58 am	10:00 pm	4:14 pm
Sun	1:32 pm	6:45 am	10:52 pm	5:05 pm
Mon	2:05 pm	7:31 am	11:45 pm	5:58 pm
Tue	2:34 pm	8:15 am	None	6:55 pm
Wed	12:39 am	8:57 am	3:02 pm	7:57 pm
Thu	1:34 am	9:37 am	3:30 pm	9:07 pm

Punta Rassa Tides				
Day	High	Low	High	Low
Fri	11:30 am	4:58 am	10:15 pm	3:58 pm
Sat	12:14 pm	5:49 am	11:08 pm	4:59 pm
Sun	12:55 pm	6:38 am	11:52 pm	5:53 pm
Mon	1:38 pm	7:25 am	None	6:47 pm
Tue	12:35 am	8:12 am	2:26 pm	7:45 pm
Wed	1:24 am	8:56 am	3:14 pm	8:44 pm
Thu	2:30 am	9:38 am	4:00 pm	9:42 pm

Cape Coral Bridge Tides				
Day	High	Low	High	Low
Fri	3:10 pm	8:22 am	None	6:37 pm
Sat	12:14 am	9:12 am	3:58 pm	7:28 pm
Sun	1:05 am	9:59 am	4:37 pm	8:19 pm
Mon	1:57 am	10:45 am	5:10 pm	9:12 pm
Tue	2:50 am	11:29 am	5:39 pm	10:09 pm
Wed	3:44 am	12:11 pm	6:07 pm	11:11 pm
Thu	4:39 am	12:51 pm	6:35 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 ocean@comcast.net or contact the center.

The book for discussion on Wednesday, February 13 at 2:30 p.m. is *The Death of Mrs. Westaway* by Ruth Ware.

“On a day that begins like any other, Hal receives a mysterious letter bequeathing her a substantial inheritance. She realizes very quickly that the letter was sent to the wrong person – but also

that the cold-reading skills she’s honed as a tarot card reader might help her claim the money. Soon, Hal finds herself at the funeral of the deceased... where it dawns on her that there is something very, very wrong about this strange situation and the inheritance at the center of it.” – *LitLovers*

Shell Point Train Exhibit & Garden Tour – Friday, January 18. Cost is \$17 for members and \$22 for non-members.

Take a tour of the model train display at Shell Point. It was started by Ted Richards who retired here in 1971 and brought his love of model railroads with him. The exhibit is in the shape of Florida with trains moving about notable landmarks. It is maintained by volunteers to this day. There will also be tours of the butterfly garden and orchid house. Lunch at the clubhouse will begin at 11:30 a.m. with bus transportation to the train display at 1 p.m. Carpooling available. Depart from Sanibel at 10:45 a.m.

True Tours Flavors of Matlacha Island Tour & Lunch at Blue Dog Café – Monday, January 28. Cost is \$23

for members and \$28 for non-members. Includes a 90-minute walking tour beginning at 10 a.m. followed by 11:30 lunch, then browsing at the galleries and shops. Transportation provided. Depart from the center at 8:30 a.m. and return at 3 p.m. Minimum of 10 participants; maximum 14. Registration deadline is Wednesday, January 23.

This adventure combines Matlacha’s salty history with the signature tastes of this fishing village that transformed itself into an artists colony. Blue Dog Café is an upbeat watering hole featuring American cuisine and seafood plus a back patio on the water.

The tour is not ADA compliant and will take place outside on uneven surfaces. Wear comfortable shoes and clothing. Bring/wear sunblock, bug spray, hat and sunglasses.

Line Dancing Classes – Tuesdays, January 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.

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 and Thursdays – January 22, 29 and 31 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,

continued on page 22B



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The Sanctuary's signature hole #4 overlooking Pine Island Sound photo provided

Sanctuary Charity Classic Set For January 26

The Sanctuary Charity Classic will take place on Saturday, January 26 and the public is invited to participate in this charitable golf event. Brunch begins at 10:30 a.m., with a 12:30 p.m. shotgun start followed by the awards presentation at 5 p.m.

Proceeds from this season's Sanctuary Charity Classic will again benefit the Charitable Foundation of the Islands (CFI), established in 2011 to better serve the community by assisting island nonprofit organizations as well as island residents and workers experiencing

hardships such as medical or financial emergencies. The mission of the CFI is to promote philanthropy and build a spirit of community to enhance the quality of life for residents and employees of the islands, now and for generations to come.

"The Sanctuary Golf Club's members overwhelmingly embraced this event, allowing the course to be closed to just this event," said Ken Kouril, chief operating officer of The Sanctuary Golf Club. "They are exceptionally generous and committed to this fundraiser. The fact that this is the 17th year and has raised over \$1.6 million demonstrates the dedication from the members to make The Sanctuary Charity Classic successful."

Organizers offered their thanks to those who have previously signed on as sponsors of the event.

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Show your support by participating in any part of the day or all day. For more information or to sign up, contact Jim DiMarino at 472-6223 or jdimarino@sanctuarygc.net.*

Hole-In-One



Clark Rambo photo provided

The Dunes Golf & Tennis Club member Clark Rambo hit a hole-in-one on New Year's Eve, December 31, 2018. It was on the par three hole number 9. Rambo walked away with the Dunes Men's Golf Association (DMGA) hole-in-one pot of \$150 to close out the year.*



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From left, Melissa Rice, Richard McCurry, Stan Howard, Tyler Lloyd, John Jones and Bonnie McCurry photo by Jeff Lysick

Optimists Deliver Check To CHR

by Jeff Lysick

Last week at the Library Way offices of Community Housing & Resources (CHR), several members of the Sanibel-Captiva Optimist Club delivered a donation of \$4,000 to the Sanibel-based low income workforce housing

organization.

According to Stan Howard, club president, the donation represents proceeds from last year's successful Sanibel Blues and Jazz Festival, which featured Kenny Neal, JP Soars, The Marty Stokes Band, Johnny Jensen and the FGCU Jazz Ensemble. The donation will be used to fund youth programs for CHR residents.

For more information, call 472-0836 or visit Sanibel-Captiva Optimist Club on Facebook.*

Mayor Discusses Water Quality At Chamber Lunch

Sanibel Mayor Kevin Ruane presented an overview of the environmental and economic impact of poor water quality to members of the Sanibel & Captiva Islands Chamber of Commerce during the monthly luncheon. He also spoke about federal, state and local water quality priorities.

"Our mayor has been and continues to be highly involved in resolving this critical issue," said Chamber President John Lai. "We can't thank him enough for all of his efforts on behalf of our community and for taking his time to speak with our members on this important topic."

There are a number of factors contributing to the poor water quality issues plaguing the state. Large-scale land use changes, loss of water storage and treatment and rapid population growth are just a few of those contributing factors. Poor water quality has hurt the tourism economy and threatens long-term economic viability.

"It's important to do our part and you can become involved by helping educate on the issues," said Raune. "We should also be good stewards of our environment."

Federal water quality priorities include completing CERP projects, rehabilitating the Herbert Hoover Dike and revising the Lake Okeechobee release schedule. The



Mayor Kevin Ruane photo provided

City of Sanibel water quality priorities are outlined online at www.mysanibel.com.

The January luncheon was sponsored by the Sanibel Recreation Center. Lunch was catered by Sanibel Catering Company by Bailey's.

The next business luncheon will be held from 11:30 a.m. to 1:30 p.m. on Tuesday, February 12 at Sanibel Harbour Marriott Resort & Spa. Sanibel-Captiva Conservation Foundation's CEO Ryan Orgera will be the guest speaker. Members who would like to join the next lunch need to register in advance at www.sanibel-captiva.org or by calling 472-1966.*

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Pay On Death Account Fail



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

Not to disparage bank employees, but many of my clients have been told by tellers, managers and other bankers to designate their accounts as “Pay on Death” to their beneficiaries rather than spending the money to create a revocable living trust. While a Pay on Death (“POD”) account will generally avoid the probate process, those accounts are not ideal for those with any degree of net worth.

PODs may name a single or multiple parties, but a beneficiary is not the same as an account signatory. A beneficiary is the person named as one to whom sums on deposit in an account are payable

on request after the death of the account holder. Generally speaking, if the account owner becomes incapacitated, the POD beneficiaries may not access the account funds for the account owner’s benefit.

In which case, the account owner should have a validly drawn, current durable power of attorney that would specifically enable the agent named in that document to handle pay on death accounts. Absent such a document, the account funds may not be accessed. The family’s choice would then be to head to guardianship court, which takes time and is expensive.

Further, the financial institution’s responsibility is to pay the account to the beneficiaries upon demand at the account owner’s death. If the account owner has a surviving spouse who would have rights to the account either as someone who contributed amounts to it, or under state law under a spousal elective share interest, then that controversy could very well end up in litigation.

The account may suffer if one of the owners is sued, then the funds in the account may become subject to a judgment lien. This could wipe out some, or possibly all, of the account.

If the original owner of a POD account adds one child as a beneficiary but has other children that he wants to share in the account, he may unintentionally disinherit the other children. If one of his children predeceases, the account may nevertheless go through that child’s probate. If one of the beneficiaries is a minor, a court ordered process may be necessary for the bank or financial institution to make a distribution of the account until the minor is an adult.

Upon the account owner’s death, the account cannot be used to settle the decedent’s final affairs, or be used to satisfy ongoing expenses that might be necessary to maintain a home, business or other asset. The account is not available to pay the last taxes of the decedent.

All of these problems may be alleviated through the use of a revocable trust. When you create a revocable trust and transfer your assets into the trust, you remain in control of your assets. When you become incapacitated, the person or institution that you’ve named to serve as your successor trustee steps in seamlessly to handle your financial affairs. Upon your death, the assets in the trust avoid the probate process.

I’ve had multiple clients who have already established revocable trusts have their bankers or financial firms instruct them to place their accounts as POD. This is absurd. When a client has already created a revocable trust, POD accounts may do nothing more than bypass the client’s express wishes and serve to complicate his trust administration.

In one recent case that I’ve handled, my client – unbeknownst to me – created several POD accounts, one for each of her grandchildren. Late in life, she became ill. One of her daughters, not realizing that the accounts each named different grandchildren as beneficiaries, drained an account fully to pay for the client’s medical and nursing home care before accessing a different account.

The result of her actions was to disinherit some of the grandchildren, since their accounts were consumed for their grandmother’s care. The other accounts that weren’t consumed were eventually distributed to the other grandchildren, who chose not to share their inheritance.

In yet another case, a client named her son as a POD beneficiary. At the time of the client’s death, son was undergoing a divorce. The account sums ended up included in alimony calculations. The frustrating aspect of this case was that the client had a revocable trust that was drafted specifically to protect the son’s inheritance from a divorcing spouse.

I could go on. I hope that you now realize that for those with even a modest net worth, POD accounts are not the best estate planning vehicle. Instead, talk to a qualified estate planning attorney to establish a proper estate plan.

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ISLAND SUN BUSINESS NEWSMAKERS

Royal Shell Real Estate

The top producers for the month of December at the Royal Shell Real Estate Sanibel-Captiva office were: McMurray and Nette, top listing producers team; Cindy Sitton, top listing producer individual/partners; Newman/Panico team, top sales producers team; and Andre Arensman, top sales producer individual/partners.✪



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Superior Interiors

Accent Prone



by Trinette Nelson

So, what is “accent furniture,” and what can it mean in your home décor?

Clearly, accent furniture suffers from an identity crisis as it is frequently lumped

into the “occasional furniture” category. But accent is not occasional – never has been, never will be.

Accent furniture celebrates individualism. It doesn't want to match and is contemptuous of hanging about in sets or suites of furniture. It stands apart, not in pairs. This individualistic trait distinguishes accent from occasional furniture, which is designed to blend in and match. Occasional is typically plural, as in two end tables, a cocktail table and a sofa table that match or a suite of bedroom furniture, all detailed and finished exactly alike. Accent pieces exist to break up this monotony by adding that hot spot

where there is none.

When carefully selected, the perfect piece can create bright and interesting spots in every room of the home. The category includes chests, tables, benches, chairs, console cabinets, secretaries, wine (social) cabinets, headboards and etageres.

Accent furniture commands attention and usually is the focal point in any room. Often colorful, these pieces can be hand-painted or crafted from exotic woods, fossil stones, sea grasses, various metals, hammered copper, glass, acrylic, driftwood, tiles, animal skins, or reclaimed woods. At last fall's International Home Furnishings Market in High Point, North Carolina, we saw many accent tables upholstered in fabrics, leathers and shark skin. Most every furniture showroom we visited offered an extensive array of accent pieces – unique, fun and functional.

If there are rooms in our homes that haven't changed in years, that still function well but don't excite, maybe it's time for a fabulous accent piece to liven things up a bit. Become prone to accents.

*Trinette Nelson is an interior designer on Sanibel/Captiva Islands and can be reached at linda@coinciden.com.**

Public Meeting For Captiva Property Owners

The Captiva Community Panel will host a public presentation of Captiva's long-term wastewater alternatives on Wednesday, January 23 beginning at 7 p.m. at the Captiva Civic Center, located at 11550 Chapin Lane. Speakers will be Doug Eckmann, chief operating officer of TKW Consulting Engineers, and Jay Brown, chair of the Captiva Community Panel's Wastewater Committee.

Historically, Captiva has relied extensively on conventional septic systems to process wastewater. In 2016, the Captiva Community Panel formed a committee to investigate alternative long-term wastewater strategies for the island. This action followed suggestions from Captiva property owners during focus groups and surveys. The wastewater committee conducted numerous information-gathering meetings with Lee County staff, Sanibel community leaders and staff, septic system maintenance firms, the Sanibel-Captiva Conservation Foundation (SCCF) and management of the FGUA treatment facility serving the South Seas area.

After these efforts, the wastewater committee recommended to Lee County that an engineering firm be retained to evaluate alternative wastewater strategies for Captiva. These alternatives might include the possibility of creating central sewer service or a program to upgrade septic systems over time to higher performance standards. The proposal was presented to Lee

County commissioners, funding was obtained, and the project was awarded to TKW Consulting Engineers of Fort Myers.

TKW completed the consulting project in September 2018 and the final study has been posted on the panel website (www.captivacommunitypanel.com). Also posted on the website is the Panel's summary of the TKW study and what it believes to be the important conclusions of the study.

The January 23 public presentation is intended to be an “in season” forum where Captiva property owners can be briefed on the TKW study findings and future efforts planned by the wastewater committee. Questions and public comment will be welcome.

The TKW study provides a comprehensive overview of current Captiva wastewater treatment systems now in place, potential issues with maintaining the status quo, an evaluation of latest technology on-site septic systems and an evaluation/preliminary cost estimates of various methods Captiva might employ to expand central sewer service to areas of Captiva now using septic systems. The purpose of the TKW study was to gather facts and analyses to help the Captiva community determine which wastewater treatment strategy would best meet the island's long term needs. Neither the TKW study nor the Captiva Community Panel recommend or advocate for any particular wastewater program.

All Captiva property owners are encouraged to attend the meeting to gain a good understanding of the TKW study findings and next steps planned by the Captiva Community Panel regarding this issue of great long-term importance to Captiva.**

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NFL Playoff Teams Earn Much Less Than Other Postseason Pro Squads



by Ed Frank

It's a well-known fact that the National Football League is a billion-dollar-plus business.

Surprisingly, however, that the NFL playoffs are not that profitable for the 12 teams that reach the playoffs. In fact, the four teams that exit after the first round could actually lose money.

A long playoff run in baseball, basketball and hockey can generate \$20 to 30 million in revenue with 50-percent profit margins.

NFL playoff teams collect a fraction of that amount as expenses and player incentives pile up.

You seldom hear that fact as all NFL teams already make big money thanks to about \$5 billion in media money from ESPN, FOX, NBC and CBS. For lack of a better term, the NFL model is a Socialist model. The NFL splits revenue evenly among all 32 teams from national media and licensing deals. That includes doling out equal portions of gate receipts. That model continues into the playoffs.

This is not the case in Major League Baseball, the National Hockey League and the

National Basketball League Association.

For example, a team like the New England Patriots can generate \$10 million in gate receipts for a playoff game, but they don't see a dime of that as it flows to the league. Each playoff team does get a stipend for expenses such as travel and to pay for players' contract incentives. And the home team does get to keep receipts for parking and concessions.

Remember there are only 11 playoff games, including the Super Bowl, in the NFL. Baseball playoff games can run 40 or more games and basketball and hockey as high as 80 to 85 games.

Last year, each player on the Super Bowl Champion Philadelphia Eagles was awarded a winner's share of \$115,000, the losing New England Patriots, \$57,000.

By comparison, in 2017, the playoff pool for the champion Houston Astros split a record \$84.5 million.

These facts are not written to make anyone feel sorry for the billion-dollar team owners and the millionaire team players. It's just a fact of the wide divergence in playoff money between the National Football League and the other professional leagues.

A Familiar Name To Manage Fort Myers Miracle In 2019

Toby Gardenhire, son of longtime Minnesota Twins manager Ron Gardenhire, this week was named manager of the Fort Myers Miracle, the high A farm team of the Twins.

The younger Gardenhire, in just his second year as a professional baseball manager, is moving up after a successful rookie year as manager of the Twins low A Cedar Rapids Kernels.

Gardenhire spent seven years in the Twins farm system as a player and five years coaching in college baseball.

Ramon Borrego, who managed the Miracle to the Florida State League Championship last season, was promoted to manager of the Twins new Double A affiliate Pensacola Blue Wahoos.

The elder Gardenhire is now the manager of the Detroit Tigers.✪

SPORTS QUIZ

1. In 2017, Pittsburgh's Josh Bell set the National League record for most homers in a season by a rookie switch-hitter (26). Who had held the previous mark?
2. Two Texas Rangers pitchers tossed a no-hitter during the 1970s. Name either one.
3. Between 2007 and 2017, how many of the 11 Heisman Trophy winners were either freshmen or sophomores?
4. Name the last second-round NBA draft pick before Milwaukee's Malcolm Brogdon in 2018 to win the NBA Rookie of the Year award.
5. Who took over as head coach of the Detroit Red Wings after Scotty Bowman retired following a Stanley Cup championship in 2002?
6. In 2018, Joey Logano won the NASCAR Cup Series championship while driving a Ford. Who was the last Ford driver before him to do it?
7. In what year did tennis great Rod Laver win his first Wimbledon men's singles title?

ANSWERS

1. Atlanta's Chipper Jones, with 23 homers in 1995. 2. Jim Bibby (1973) and Bert Blyleven (1977). 3. Six. 4. New York's Willis Reed, in 1965. 5. Dave Lewis. 6. Kurt Busch, in 2004. 7. It was 1961.

From page 10B

Aging

asked, 'But do your neighbors know that?' No, they don't, we found out."

That may be surprising, but there's another finding she shares in some of the presentations she gives that actually causes people to gasp: "Some demographers are predicting that 50 percent of children born today are likely to live to be 100."

And everyone wants to do that in the

healthiest way possible. Although there are wild cards of environment and genetics, we can all optimize our chances of staying vital and healthy both mentally and physically.

"The latest information is lifelong learning as well as good cardio blood flow to the brain and general fitness are the big lifestyle factors we can all do that can make a difference," Black said.

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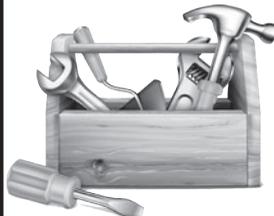
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New Agent Joins Realty Group

Wendy Kirschner has joined the team of real estate professionals at Pfeifer Realty Group.

Kirschner grew up primarily in Southeast Asia and South America as her father was a diplomat with the United States Foreign Service. She and her family lived in Bolivia, Colombia, Guatemala, Thailand and Indonesia. Kirschner then attended Brigham Young University where she earned a bachelor of arts degree followed by a master's degree



Wendy Kirschner

from Arizona State University.

After graduation, Kirschner worked for the sports marketing firm Advantage International and then began teaching high school. Upon starting a family, she decided to leave the classroom and build her own small business, which she did for the next 20 years as a private academic tutor. Kirschner and her husband, Rick, moved to Florida in 2009 from the Washington, DC area and more recently to Southwest Florida when he assumed the position as Canterbury School's head of school in Fort Myers. Having bought and sold several houses in the mid-Atlantic area, along with her fascination of the beauty of Southwest Florida, helped Kirschner easily transition into selling real estate.

"I love the tropical feel of this area as it reminds me of my early years overseas. I truly believe this region provides a unique lifestyle for almost anyone," Kirschner said.✧

Church Team Takes On Exercise Challenge

In 2017, Sanibel Congregational United Church of Christ (SCUCC) participated in the Million Mile Movement Challenge sponsored by Lee Health. The goal was for all of Lee County to get more active by moving one million miles in three months. Lee County, as a whole, fell slightly short of the goal, but SCUCC participants reached and surpassed the goal of 3,000 miles.

"By the end of the three months, we, as a team, had moved 7,317 miles," said Linda Convertine, parish nurse. "This year, I have signed us up again and have set a very ambitious goal of 10,000 miles."

Healthy Lee's Million Mile Movement is open to people of all ages and fitness levels. Any form of movement qualifies. Activities other than running and walking can be converted into miles by using the Activity Conversion Chart.

Convertine said, "In 2017, we converted all sorts of activities into miles. Aerobics, bicycling, dancing, gardening, swimming, tennis, golfing (with or without cart), bowling, elliptical,

weight lifting, dog walking, Tai Chi, yoga, water aerobics, pickle ball, 'sittercize,' and even vacuuming can be converted into miles. If you are moving, it can be converted."

The challenge has begun and ends April 14. Convertine has made arrangements to have Lee Health list SCUCC as a team. She will assist anyone who would like help in registering or converting their various types of exercise into miles. She tells golfers who are on the SCUCC team, "If you golf regularly, just let me know how many holes you play each week and if you use a cart. I will keep a list and routinely enter your miles once a week unless notified otherwise."

Participants who want to track their own miles can sign up online as individuals, look for Sanibel Congregational UCC, and click on "Join the Challenge." Conversion charts for various forms of exercise will be available in Fellowship Hall at the church.

"The Million Mile Movement is a fun way to get moving and energize our bodies and our minds," said Convertine. "It's also a great opportunity to unify our community and church, working toward a common goal. Let's move into this new year by moving."

For more information, visit www.healthylee.com, or call the church office at 472-0497. Sanibel Congregational United Church of Christ is located at 2050 Periwinkle Way and offers 7:45 a.m. chapel, 9 a.m. blended, and 11 a.m. traditional services on Sunday mornings.✧



Linda Convertine

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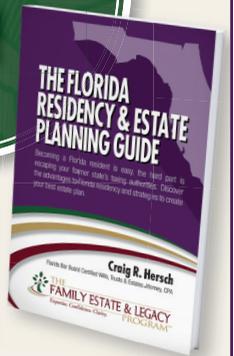
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Beautifulife:

Forever Young

by Kay Casperson



I can almost guarantee that some of you have heard over and over again, “you are not that old” or when you tell someone your age, they say, “no way, I would have never guessed that.” This

is because some of you have learned to master the art of living your life based on how you think and feel, not necessarily how old you are.

We all want to live in this world for as long as we are healthy and thriving, right? I believe that age is just a number and that your real age is how you feel, how you act, and ultimately what you want it to be or where you want it to stay.

My Dad is going to be 84 this year, and he is still very active; in fact, busier than most people much younger than him. He looks good, is in good shape and has a terrific attitude and outlook. Staying active with his hobbies is essential to him, from bowling, hunting, fishing and golf to taking care of his home and his summer lake house. He helps to run a weekly wellness center at his church that feeds, clothes and provides care to hundreds of people in need every week. How does he do it, I often ask, and his advice might not be the norm for others. His diet does not follow what others would think to be healthy, from avoiding most vegetables, salads or fruits, to eating everything he likes including sweets, treats and pastries. He doesn't drink much water throughout the day and does not have a regular exercise program. He would say that his key to staying young and healthy is to continue to do things that you love to do,

help others, surround yourself with family and good friends and say your prayers.

Being forever young does not just mean paying attention to how you can continue to look young but rather to keep your heart, mind and body all in balance so that you can stay vibrant, happy and healthy for as long as you can. I came up with a forever young package of skincare, vitamins and essential oils that work well in helping me stay vibrant and healthy, and also to be able to offer something that I believe in and use to my clients. I have learned in my life journey that there are so many other important factors in keeping that youthful feeling and staying vibrant and healthy above and beyond the products that you use.

I have actually done some studies on the lives of several centenarians to find out what the best advice was for living to be 100 and beyond. What amazes me the most is that there is not a cookie cutter way to living longer, and the ideas that worked for some were completely different than others. There were, however, a few common suggestions that popped up regularly and here are some of my favorites:

Be positive. Think about the good things that have happened in your life and focus on all the beautiful things that you can continue to look forward to.

Stay active. Even though exercising was not a priority for most centenarians, keeping busy with projects and activities was good for the mind and body.

Do everything in moderation. From eating to drinking to everything in between, many agreed upon enjoying most things without too much indulging.

Keep interested. Continue to do the things you love to do for as long as you can. If you have to stop, replace it with something else that makes you happy.

Help others. Get involved with an organization or give some of your time assisting others, and you will fill your heart with joy and continue to have a

sense of accomplishment.

Regularly connect with family and friends. Find every reason possible to stay close through phone calls, emails, social media or gatherings. Nothing replaces a hug now and then.

Have faith. Being able to pray and give thanks for the years you have been blessed with and the ones to come was unanimous amongst the group for having more hope, less worry and continued happiness.

Overall, the thing I learned the most in exploring the lives of people that are aging is that there is not just one single piece of advice but many. I would suggest that you find what ultimately works for you, and get into a routine that you can continue to follow. Don't worry or pay

attention to what others are doing, what age you are or how fast time is passing by. Instead, keep focused on the fact that in your heart and in your mind, you can stay forever young and live your best and most beautiful life.

My affirmation for you this week is: “I continue to love and cherish my life and know in my heart that I remain forever young.”

*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

Chronic Pain Healing In Our Community



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

We love talking with people and hearing their stories. Many people have been dealing with joint pain for so long, it has become part of how they must plan their days – and limits so much of their retirement enjoyment, their ability to work, or participation in travel or sports. Often, this results because they truly had no idea that other treatment options existed for their conditions. Is surgery really the only option? Pain pills for life? Just “deal” with it?

Our bodies have amazing healing potential! When we take care of ourselves by staying active, eating real food and limiting our stress, we have an even better chance to heal. But sometimes we need a little help! We recently experienced a very fun afternoon at the Community House speaking with people about regenerative options for pain, as well as ways to enhance our longevity using Blue Zone concepts.

We used our musculoskeletal ultrasound machine to examine attendees and answer questions about a variety of chronic pain conditions, including frozen shoulder, low back pain, neck and thoracic pain, headaches, post-knee replacement pain, meniscus problems, thumb arthritis and spinal stenosis (a common diagnosis that is, interestingly, often incorrect). Most chronic pain is due to looseness in the support structures (ligaments/tendons) which leads to unstable joints and spine. At our clinic, Caring Medical in Fort Myers, we offer a treatment called prolotherapy that stimulates the body to produce the healing cells it needs to strengthen and

tighten this looseness which results in pain resolution in most cases.

If you would like to meet us and discuss your case, we're hosting another event with food, wine and raffle prizes on the evening of February 5. If you have medical questions that you'd like to ask in person, please join us.

*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.**

From page 14B

Center 4 Life

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.*

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dearRPharmacist

Hypothyroidism Yields Depression, Anxiety And OCD



by Suzy Cohen, RPh

Dear Readers: If you have hypothyroidism, it can cause depression or anxiety, or OCD. The medications used to treat the psychiatric disorders work temporarily at best, if at all because they

don't address the low thyroid hormone.

Anxiety is sometimes overlooked and misdiagnosed. Anxiety can have many definitions and physical symptoms. For some, it could be defined as looping thoughts, heart racing, racing thoughts, trembling, internal tremors, feeling nervous, having unnatural fears or constant worry.

Failing to normalize your low thyroid hormone levels will make it harder, if not impossible for you to get well.

There's a very strong correlation between psychiatric disorders and thyroid disease.

Some of you who are hanging on by a thread with severe or suicidal depression will find solace in the fact that a simple, inexpensive thyroid medication (or supplement) could turn things around for you.

You cannot trust your lab tests even if they say "normal." The reference ranges were based upon a sick population. If you are in the "normal" reference range, that's not saying a whole lot. I cover this in my book *Thyroid Healthy: Lose Weight, Look Beautiful and Live the Life You Imagine*.

By the time it takes you to read the next paragraph below, someone else will have taken their own life. That's because every 40 seconds someone commits

suicide in the world, and completes it.

If you associate depression as a problem that impacts older people like people who recall the sound of a typewriter click, the ringing of a telephone or disco... well, you're wrong. It affects children, adolescents and adults of any age. In fact, one in 33 children and one in eight adolescents (age range 10 to 19) have a diagnosis of clinical depression.

Up to 60 percent of people with thyroid disease are 100 percent completely unaware of their condition. They assume they have some other condition that their physician has diagnosed them with, perhaps stress, high cholesterol, diabetes, bipolar, depression, anxiety, OCD, obesity, chronic fatigue syndrome, fibromyalgia or some other chronic illness or infection.

If you have depression or anxiety, you might benefit from a trial run of thyroid medication. The type that's right for you deserves a thoughtful, accurate response so I've written a longer version of this article, and you can receive it to your email by signing up for my free newsletter at www.suzycohen.com

In the meantime, it's safe to say I think that thyroid medication and/or dietary supplements are better than antidepressants? Impressive results from STAR*D Trial (Sequenced Treatment Alternatives to Relieve Depression) have confirmed this.

You can also take thyroid medication or supplements, along with a prescription antidepressant. It's not either/or, it could be both. Talk to your doctor about what's right for you. Finally, I would be remiss if I did not mention lithium and fish oils as other natural options for mood stabilization and neurotransmitter support.

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.

Got A Problem? Dr. Connie Is In



by Constance Clancy

Q: I hear that laughter is good for the spirit. Are there physical benefits as well?

A: Laughter is therapeutic in many ways for the mind, body, spirit and emotions. If

you ever see photos of Buddhist Monks, if they are not meditating, they are laughing, like the Dali Lama. They all seem to laugh at just about everything. Laughter loosens up the solar plexus, our inner guidance system or intuitive knowing. On a physical level, when one laughs, muscle tension loosens, fatigue lessens and energy increases. Emotionally, laughter lifts and lightens your mood, and elevates our immune response and endorphins, our natural painkillers. Laughter even takes the edge off stress, anxiety and depression. It is a preventative for heart disease.

Norman Cousins, the father of laughter therapy, treated his own joint pain with a daily dose of laughter for 10 minutes.

We adults especially get so serious, and we need to remind ourselves it's great to laugh daily and lighten up. I have to remind my clients to take laughter breaks

throughout the day and believe it or not, it's contagious. So get laughing and reap all the benefits you can.

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.*

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.*

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FEBRUARY 5
5:30-7:30PM

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Center 4 Life

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On Call Captiva Deputy	477-1000
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Fire Department - Captiva	472-9494
Florida Marine Patrol	332-6966
Florida Highway Patrol	278-7100
Poison Control	1-800-282-3171
Chamber of Commerce	472-1080
City of Sanibel	472-4135
Administrative Office	472-3700
Building Department	472-4555
Planning Department	472-4136
Library - Sanibel	472-2483
Library - Captiva	239-533-4890
Post Office - Sanibel	472-1573
Post Office - Sanibel (toll free)	800-275-8777
Post Office - Captiva	472-1674
Sanibel Community Association	472-2155
Center 4 Life - Senior Center	472-5743
ARTS	
Arcade Theater	332-4488
Art League Of Fort Myers	275-3970
BIG ARTS - Barrier Island Group for the Arts	395-0900
Broadway Palm Dinner Theatre	278-4422
Fort Myers Symphonic Mastersingers	288-2535
Gulf Coast Symphony	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	
ABWA - American Business Women's Assoc ..	http://abwasanibelcaptiva.org
American Legion Post 123	472-9979
Angel Flight SE	1-877-4AN-ANGEL
Audubon Society	472-3744
CHR Community Housing & Resources	472-1189
Community Foundation of Sanibel-Captiva	274-5900
COTI Committee of the Islands	coti@coti.org
CROW - Clinic For The Rehabilitation of Wildlife	472-3644
Democratic Club of the Islands	Demclubislands@gmail.com
Disabled Am Vets #108 (San-Cap Rep Ted Tyson) Help 211	984-5920
FISH OF SANCAP Neighbors Helping Neighbors	472-4775
FISH. OF SANCAP 24-hr service	472-0404
Sanibel Island Fishing Club	472-8994
Horticultural Society of the Islands	472-6940
Horticulture and Tea Society of Sanibel and Captiva	472-8334
Kiwanis Club	677-7299
League of Women Voters	sanibelLWV@gmail.com
Lions Club, Jeff MacDonald	302-521-1158
Master Gardeners of the Islands	472-6940
MOAA - Military Officers Assc. of America, Alex MacKenzie	395-9232
Newcomers	472-9332
Notre Dame Club of Southwest Florida	768-0417
Optimist Club	472-0836
PAWS	472-4823
Rotary Club	472-7257 or 472-0141
Sanibel Bike Club	sanibelbicycleclub.org
Sanibel Beautification Inc.	470-2866
Sanibel-Captiva Orchid Society	472-6940
Sanibel-Captiva Power Squadron	www.usps.org/localusps/sancap
Sanibel-Captiva Republican Caucus	395-0819
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

Bella And King

Hello, my name is Bella. I am a 6-year-old female rottweiler mix who is a chill girl that likes to hang out with my favorite volunteers. I like to get cozy with them on the benches in the play yards when I am not running around. The best part about me is that I am past the pesky puppy stage and will be your instant companion without the demands on your time of training a puppy.

My adoption fee is \$25.

Hi, I'm King. I'm a 6-month-old male pit bull mix that is a loveable pup looking for a devoted family for long walks, play time and to provide the occasional belly rub after a long day of being your faithful companion. Oh...cookies are important too. As you can see, I am healing from a case of demodex, but I am sure to be one handsome stud when all my fur comes back in.

My adoption fee is \$25.

Lee County Domestic Animal Services invites you to make Skip the Jog and Walk a Dog your New Year's resolution this year. Include pets as a



Bella ID# A764384



King ID# A764232

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 six months will be just \$25 through January 31 to assist potential pet owners in finding a new exercise partner and best friend.

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.*

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,



Lily



Sylvia

call Diane at 860-833-4472 or email havenearthanimalleague@yahoo.com.*

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.



Brava



Lucy

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.*

Sonny And Cher

This is Sonny and Cher. Some of you may remember them. Three years ago, four kitties, the momma and three kittens



Sonny



Cher

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.*

New Year's Kittens

Pictured are the three remaining PAWS kittens.



Donner, Cupid and Comet

Donner, Cupid and Comet are so adorable. Cupid, in the middle, is the only remaining female. These kittens are very sweet and now 10 weeks old. The only folks that came to see them left with two kittens. Maybe there's someone out there that will take home triplets. They are too cute to choose. Call Pam at 472-4823 to come spend time with these precious little babies.*

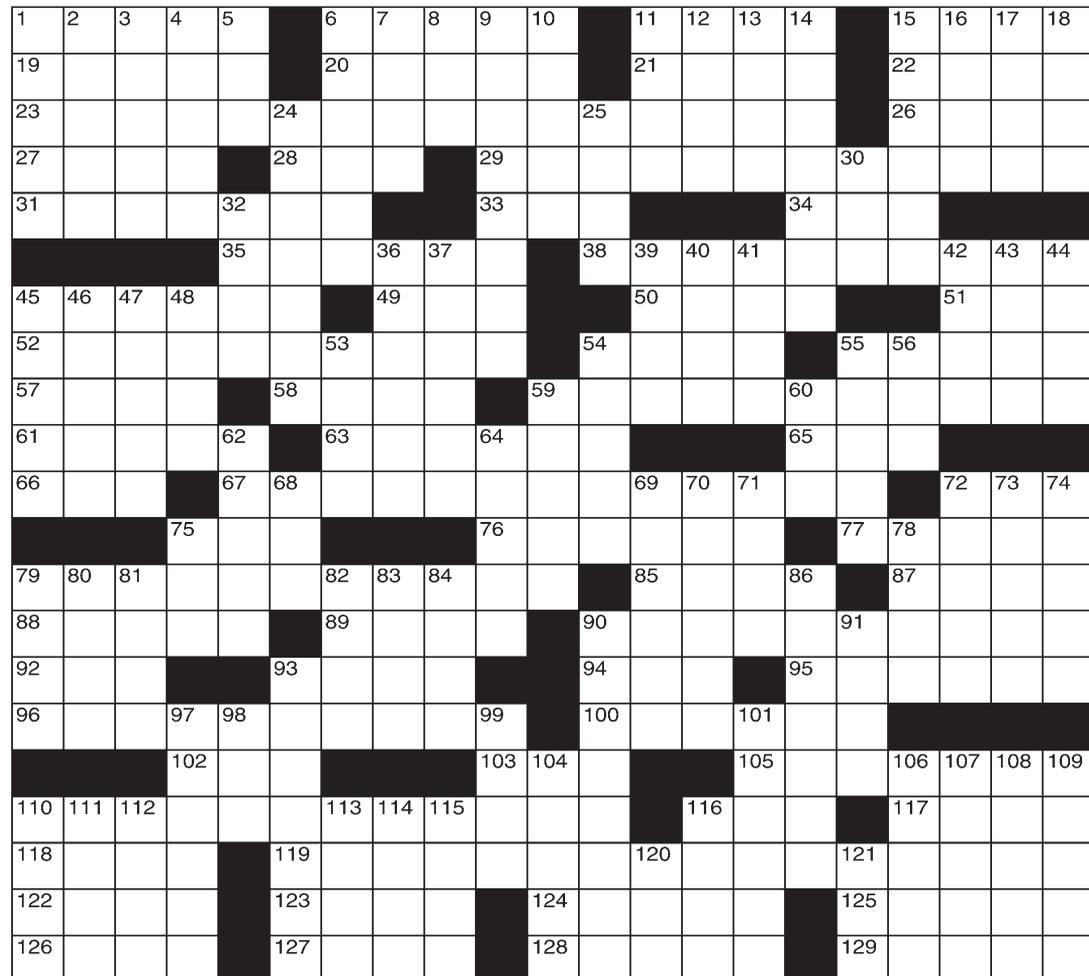
PUZZLES

Answers on page 29B

Super Crossword

APT OCCUPATIONS

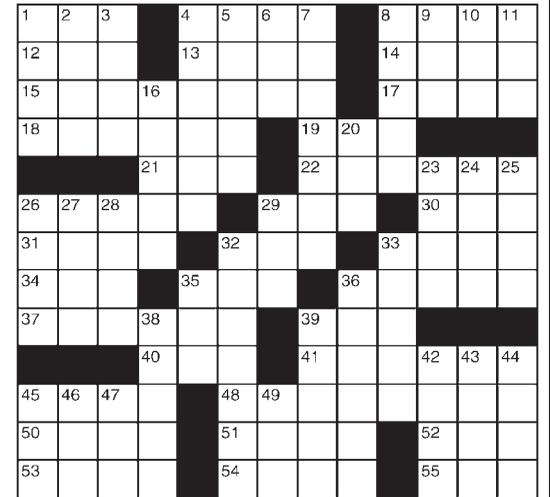
- ACROSS**
- 1 Ship parts
 - 6 One in a veil
 - 11 Very small: Prefix
 - 15 Sealed, say
 - 19 Early TV's Stu
 - 20 Posteriors
 - 21 Stick — in the water
 - 22 Songwriter's creation
 - 23 Martin the ticket collector?
 - 26 Actor Bana or Stoltz
 - 27 Pay to play poker
 - 28 Game with Wild cards
 - 29 Clinton the doctor?
 - 31 Caught at a rodeo
 - 33 Pollen lover
 - 34 Hardly fresh
 - 35 Worldwide
 - 38 Ellington the Peppermint Pattie factory worker?
 - 45 More greasy
 - 49 Ending for Israel
 - 50 Ilk
 - 51 Car owners' org.
 - 52 Kelly the minister?
 - 54 "Let's go!"
 - 55 Former Apple messaging software
 - 57 See 64-Down
 - 58 Primate studier
 - 59 Benny the golfer?
 - 61 Markey and Bagnold
 - 63 Actor Hinds of 2017's "Justice League"
 - 65 Negligent
 - 66 Sen. Kirsten Gillibrand's purview
 - 67 Bailey the philosopher?
 - 72 Folder flap
 - 75 Meal tie-on
 - 76 Rice-based Spanish dish
 - 77 Ivory's counterpart
 - 79 Benatar the dairy owner?
 - 85 Fuzzy stuff
 - 87 Departure
 - 88 Standoffish
 - 89 Karmann — (bygone VW sports car)
 - 90 Nolte the clockmaker?
 - 92 Skeleton part
 - 93 +
 - 94 Ariz.-to-Kan. dir.
 - 95 Girls in the family
 - 96 Liotta the lamp designer?
 - 100 Gets dilated
 - 102 Basic deg. for designers
 - 103 Supermodel Carangi or actress Scala
 - 105 End profit
 - 110 Behar the chef?
 - 116 Airport stat
 - 117 Hotel chain
 - 118 Morales of film and TV
 - 119 Arden the demolition contractor?
 - 122 Shady giants
 - 123 Get-out-of-jail money
 - 124 Super-mad
 - 125 "The Flea" poet John
 - 126 Blog addition
 - 127 Pot for stew
 - 128 Lauder of makeup
 - 129 Evil smile
 - DOWN**
 - 1 Get gold, e.g.
 - 2 Target
 - 3 Center, e.g.
 - 3 Smacks
 - 4 Spork parts
 - 5 — -cone
 - 6 "Viva Zapata!" star
 - 7 Alter totally
 - 8 Reply to "Who's in charge here?"
 - 9 Bounced down the court
 - 10 Actress Davis of two "Matrix" films
 - 11 Spam, say
 - 12 Langston Hughes poem
 - 13 Athletic team assoc.
 - 14 Film anew
 - 15 Not wobbly
 - 16 Throw
 - 17 Troop body
 - 18 Pt. of MIT or STEM
 - 24 Nuclear reactor tube
 - 25 Polar vehicle
 - 30 Polar pixie
 - 32 Curved arch
 - 36 High jump on a skateboard, informally
 - 37 Lacking a key, in music
 - 39 "Semper Fi" mil. branch
 - 40 Weirdo
 - 41 Rubik of cube fame
 - 42 Aiea's island
 - 43 Broccoli —
 - 44 Kit — (candy bars)
 - 45 Poet Nash
 - 46 Twisted wit
 - 47 — lazuli
 - 48 Frosted
 - 53 Abbr. on a pay stub
 - 54 "Please, Mommy, will you let us?"
 - 55 "Veni," in English
 - 56 Nero's 160
 - 59 Villain in Disney's "Aladdin"
 - 60 Waitress on TV's "Alice"
 - 62 Spruce (up)
 - 64 With 57-Across, Ali ring strategy
 - 68 Abate
 - 69 "Fighting" Big Ten team
 - 70 Cut, as pizza
 - 71 Cold and wet
 - 72 Like poison
 - 73 Japanese cartoon art
 - 74 Measures of memory
 - 75 Scaring cry
 - 78 — noire
 - 79 One of Henry VIII's Catherines
 - 80 Et —
 - 81 Mug in a pub
 - 82 Jamaican citrus fruit
 - 83 Mean ruffian
 - 84 Wife on "The Addams Family," to her hubby
 - 86 Cover for a truck bed
 - 90 Crystal rubbers, perhaps
 - 91 Jab deliverer
 - 93 Control in a clinical study
 - 97 Certain wind player
 - 98 Very loudly, musically
 - 99 9-to-5er's weekly cry
 - 101 Main dish
 - 104 Art house film, often aboard
 - 106 Went
 - 107 Nitrogen compound
 - 108 Words after all or hne
 - 109 San Fran griddler
 - 110 All-terrain vehicle
 - 111 Fjord city
 - 112 Tasty tubers
 - 113 Egg-shaped
 - 114 Eye, in Paris
 - 115 Nut with caffeine
 - 116 Rock finale?
 - 120 Perched
 - 121 LP replacers



King Crossword

ACROSS

- 1 Ref
- 4 Present
- 8 Jeans-maker Strauss
- 12 Seek damages
- 13 Dunkable treat
- 14 Mosque big-wig
- 15 Jogged untogged
- 17 Baby feeding finale
- 18 Standing
- 19 Parched
- 21 Started
- 22 Let slip
- 26 Reservation residence
- 29 Marry
- 30 Part of "to be"
- 31 Unoriginal one
- 32 Pickle container
- 33 Thick chunk
- 34 Grant opponent
- 35 Plague
- 36 Coffin
- 37 Duration
- 39 Bill's partner
- 40 Scooted
- 41 Turmoil
- 45 Gujarat garment
- 48 Vigor
- 50 Help hoods
- 51 Unctuous
- 52 "Holy cow!"
- 53 Uppercase
- 54 Untouchable Eliot
- 55 Agent
- 8 Tripoli's land
- 9 Aussie bird
- 10 Alt. spelling
- 11 Mischievous tyke
- 16 Swiss mathematician
- 20 Scarlet
- 23 Hardy cabbage
- 24 Historic times
- 25 "Pay later" aftermath
- 26 Lofty
- 27 Duel tool
- 28 Hammerhead part
- 29 Grow bigger
- 32 Lincoln successor
- 33 Rid of wool
- 35 Sch. org.
- 36 Rabbits
- 38 Southern side dish
- 39 Ringlets
- 42 Early birds?
- 43 Flight component
- 44 Yon folks
- 45 Pouch
- 46 Counselors' grp.
- 47 Agt.
- 49 Dead heat



DOWN

- 1 Cold War initials
- 2 Silent
- 3 Culprit, for short
- 4 Small beard
- 5 Annoyed
- 6 Retainer
- 7 Little kid

MAGIC MAZE • "DOR" WORDS

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

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

- Ambassador
- Corregidor
- Labrador
- Toreador
- Ardor
- Corridor
- Matador
- Tudor
- Candor
- Cuspidor
- Odor
- Vendor
- Condor
- Ecuador
- Splendor



"I was wondering if the latest popularity poll still has us behind the _____." 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!

Rank
GRADE

Climb
DANCES

Visual
OPTIC

Slight
HINT

TODAY'S WORD

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

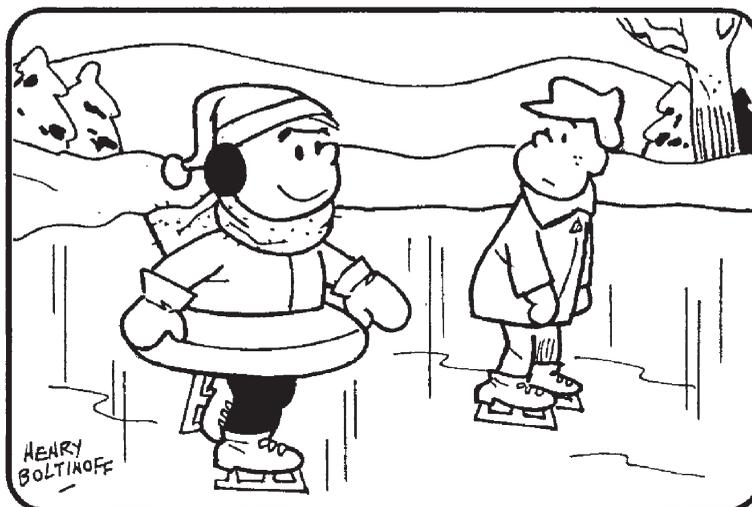
SUDOKU

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

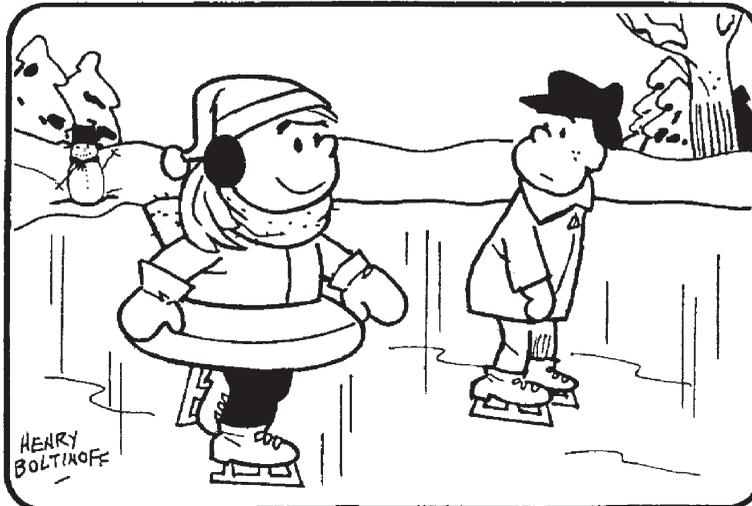
answer on page 29B

HOCUS-FOCUS

BY HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Snowman is added. 2. Boy's hat is black. 3. Girl's hair is different. 4. Background hills are missing. 5. Tree is added on right. 6. Boy's left arm is hidden.

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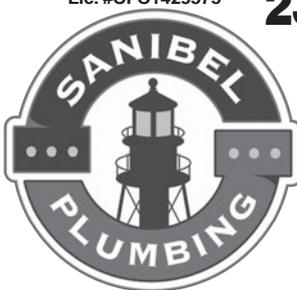
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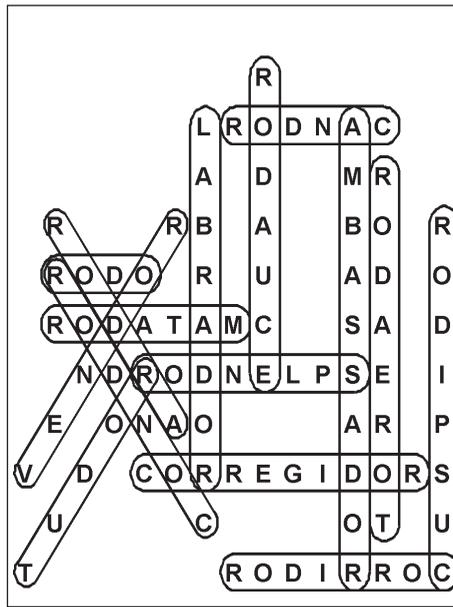
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1	7	4	2	9	3	6	8	5
8	2	6	1	7	5	4	3	9
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2	1	7	9	6	8	3	5	4
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9	8	5	6	2	1	7	4	3
7	4	2	8	3	9	5	6	1
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 1046 Sand Castle, Sanibel. No early birds! Fri/Sat 1/18 and 1/19 - 9 a.m. to noon. Moving sale. Not huge but fun stuff. Furniture, bike, dishes, lots of picture frames. Free stuff on lawn. Do not park on neighbors' grass.
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Jan. 26, Annual Yard Sale, A Local Favorite. East End towards the lighthouse and as always early birds welcome on that day.
 1/18 ★ 1/18

Cycling Safety Notes

Ride to the right

Warn to pass

Wear a helmet

Use lights at night

Always be courteous



SANIBEL BICYCLE CLUB

My Stars ★★★★★

FOR WEEK OF JANUARY 21, 2019

Aries (March 21 to April 19) Although you're getting kudos and other positive reactions to your suggestions, don't let the cheers drown out some valid criticisms. Better to deal with them now than later.

Taurus (April 20 to May 20) Following your keen Bovine intuition pays off, as you not only reassess the suggestions some people are putting in front of you, but also their agendas for doing so.

Gemini (May 21 to June 20) You continue on a high-enthusiasm cycle as that new project you've assumed takes shape. You're also buoyed by the anticipation of receiving some good news about a personal matter.

Cancer (June 21 to July 22) Your eagerness to immerse yourself in your new assignment is understandable. But be careful that you don't forget to take care of that pressing personal situation as well.

Leo (July 23 to August 22) This is a good time to learn a new skill that could give a clever Cat an edge in the upcoming competition for workplace opportunities. Enjoy the arts this weekend with someone special.

Virgo (August 23 to September 22) You could risk creating an impasse if you insist on expecting more from others than they're prepared to give. Showing flexibility in what you'll accept could prevent a stalemate.

Libra (September 23 to October 22) Although you can weigh all factors of a dispute to find an agreeable solution for others, you might need the skilled input of someone you trust to help you deal with an ongoing situation of your own.

Scorpio (October 23 to November 21) The good news is that your brief period of self-doubt turns into a positive "I can do anything" attitude. The better news is that you'll soon be able to prove it.

Sagittarius (November 22 to December 21) This is a good time for Sagittarians to start making travel plans while you still can select from a wide menu of choices and deals, and not be forced to settle for leftovers.

Capricorn (December 22 to January 19) Like your zodiacal sign, the sure-footed Goat, you won't allow obstacles in your path to keep you from reaching your goal. Don't be surprised by who asks to go along with you.

Aquarius (January 20 to February 18) Let your head dominate your heart as you consider the risks that might be involved in agreeing to be a friend's co-signer or

otherwise act as his or her backup in a financial matter.

Pisces (February 19 to March 20) **Prioritize:** Resolve to close the door and let your voicemail take your phone calls while you finish up a task before the end-of-week deadline. Then go out and enjoy a fun-filled weekend.

Born This Week: Your capacity for care and compassion helps to bring comfort to others.

STRANGE BUT TRUE

- In this time of bitter partisan rivalries, it would be well to remember the following sage observation: "Do not trust to the cheering, for those persons would cheer just as much if you and I were going to be hanged." The man who first made that observation was Lord Protector of England Oliver Cromwell, considered by some to be a hero of liberty, by others to be a regicidal dictator. He died in 1658, probably from

septicemia. He was so reviled that, three years later, his body was exhumed so that he could be posthumously executed, his body thrown into a pit and his head displayed on a pole outside Westminster Hall.

- Those who study such things say that if all the gold in the world were combined in one lump, it would result in a cube that measures 20 yards on each side.

- The acids in your digestive system are so corrosive that your stomach must produce an entirely new lining every three days.

- You might be surprised to learn that the mother of Sir Winston Churchill, that quintessential icon of Britishness, was actually born an American in Brooklyn, New York. Lady Randolph Spencer-Churchill, nee Jeanette Jerome, was a socialite, and it is through her that Winston Churchill is related to his wartime ally, Franklin Delano Roosevelt. The prime minister and

the president were seventh cousins, once removed.

- If you're planning to travel to Washington state with nefarious plans, here's an interesting law to keep in mind: Any motorist with criminal intent is required to stop before entering a town and inform the chief of police of his or her presence.

THOUGHT FOR THE DAY

"The difference between fiction and reality? Fiction has to make sense." – Tom Clancy

SCRAMBLERS

- Raged; 2. Ascend;
3. Topic; 4. Thin

Today's Word
PRESIDENT

HORTOONS



Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Westlake Court	Estero	2018	3,017	\$1,669,000	\$1,669,000	0
Sanctuary	Estero	1999	3,200	\$1,250,000	\$1,160,000	77
Riverwalk	Bonita Springs	1994	3,738	\$1,195,000	\$1,100,000	10
Del Sega	Sanibel	1989	2,111	\$1,175,000	\$1,000,000	211
Trevi	Fort Myers	2007	3,532	\$990,000	\$930,000	54
Venetian Gardens	Fort Myers Beach	1947	2,136	\$975,000	\$950,000	1
Sanibel River	Sanibel	1987	1,828	\$885,000	\$840,000	22
Lexington Country Club	Fort Myers	1997	2,492	\$829,900	\$800,000	0
Pinewater Place	Bonita Springs	1997	2,606	\$749,000	\$735,000	15
Town And River	Fort Myers	1975	2,662	\$709,000	\$702,000	6



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White Pelican 133 - 651 E Gulf Dr

Penthouse condo with private rooftop sundeck plus cabana! 3BD/3BA plus den, chef's kitchen, upscale appointments. Small 11 unit complex, pool, tennis, beach walk-over. Over 3000 SF, covered parking. \$1,850,000

Yacht Haven 2 - 800 Sextant Dr

Amazing bay views from spacious 3BD/2BA condo. Private boat slip & lift on direct access canal to Gulf. Large lanai & double garage. \$1,099,000

Kings Crown 311 - 2721 W Gulf Dr

Spacious 3 bedroom West End beauty with spectacular Gulf and pool views. \$999,000

532 Sea Oats Dr - Sea Oats

4BR/4BA home steps to the Gulf beach access. Fully furnished with upscale appointments throughout. Gourmet eat-in kitchen, wood floors, 9' ceilings, french pocket doors, large pool plus lake front views. \$1,575,000

4143 West Gulf Drive

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16405 Captiva Dr - Captiva

Incredible Property! 5 en-suite bedroom main house with generous pool area, dock & lift. 3BR/2BA Historical guest house with its own dock and lift. Deeded beach access too! \$6,200,000

10 AM – 12:30 PM

325 East Gulf Dr - Sanibel Estates

Quaint Sanibel cottage, on rare larger lot. Located in the East End "village" area. Beach, shopping, and dining all just a 5 minute walk! \$548,000

743 Windlass Way - Anchors Aweigh

Ground level 3BR, 2BA home on huge corner lot. Short walk down idyllic shell path to the deeded beach access. Terrazzo floors, huge screened lanai, awesome location. \$765,000

1212 Sand Castle Rd - Dunes

Delightful updated 3 bed 3 bath pool home with metal roof, impact windows and so much more. \$749,000

223 Southwinds Dr - Southwinds

Only 4 Houses from Deeded Beach Access! Ground level 3BR, 2BA, family & living room, huge screened lanai, fully furnished, 2-car garage, great rental potential. \$699,000

218 Daniel Dr - Seagull Estates

Peaceful 3BR/2.5BA lakefront home in Seagull Estates. Tastefully furnished, panoramic water views. Community pool, tennis, clubhouse and beach access. \$879,000

205 Hurricane Ln - Kearns

Directly Across from Gulf. 3 BR, 2 BA + loft. Over 3,000 sf, updated kitchen, enclosed lower level, peeks of the Gulf, furnished! \$1,089,000

1 – 4 PM

Lighthouse Point 111 - 200 Periwinkle Way

Fabulous remodel! 2BD, 2BA + den. Shows beautifully! Corner unit, private patio. \$665,000

534 N. Yachtsman Dr - Sanibel Estates

3 BD, 2BA home is a boater's paradise. 75' Dock, 3 minutes to Gulf, and close to the beach. \$999,000

735 Sand Dollar Dr - Shell Harbor

Sanibel Canal-Front Get-Away. 3BD/3BA plus den. Century-old wood floors, pool, and 13,000 lb lift. Tropical oasis close to the beach. \$1,179,000

734 Pyruia Ave - Bayshore Village

Stunning home near the beach, shopping, golf, and causeway. Open plan, hardwood floors, meticulous appointments, oversized pool. Enclosed lower level. Fully furnished. \$1,295,000

1284 Par View - Beachview Estates

Cute 2BD/ 2BA Beachview home with pool and lanai. Fairway views and beach access. \$679,000

9448 Cotton Ct - Gumbo Limbo

Privacy abounds in this 3 Bedroom, 2 Bath Home. Open and spacious floor plan, amazing pool, extensive upgrades. \$875,000

Atrium 207 - 2929 W Gulf Dr

Exquisite direct Gulf front 2 bed + den 2 bath tastefully decorated and updated unit. \$1,550,000

702 Durion Ct - East Rocks

Shows beautifully! This 3 Bed/ 2 bath home features a remodeled kitchen and baths, new flooring and painting throughout, and large, lakefront pool! \$849,900

686 East Rocks- East Rocks

3BD/ 2BA on cul de sac. Heated pool, electric shutters. Delightfully decorated, finished. \$889,000

984 Black Skimmer Way - Gulf Pines

Cute 3/2 Beach cottage in a nice subdivision. No signs allowed so please find me! \$565,000

1973 Wild Lime Dr - Sanibel Bayous North

A traditional Sanibel Island "island" living home with a separate two story guest quarters. A great family retreat. \$699,000

2564 Wulfert Dr - The Sanctuary

Lakefront on 17th hole of the Sanctuary Golf Course. 4 en-suite bedrooms, 5.5 baths, large office, pool, and spa. Indoor/Outdoor family rooms, ground level master. Upgrades are exquisite. \$2,149,500

5606 Baltusrol Ct - The Sanctuary

Expansive Golf Estate, 4BR/6BA, guest house, lavish master, gourmet kitchen, new roof, all impact glass, 3-car garage & more! \$1,995,000

11535 Wightman Ln - Captiva

Almost brand new 4BR/4BA +Den pool home. 6 homes from the Gulf. 2 master suites. EVERYTHING is new: plumbing, electric, HVAC, Roof, Septic, Pool... \$1,995,000

MONDAY, JANUARY 21 • ALL DAY • 10 AM – 4 PM

Surfside 12 A1 - 545 E Gulf Dr

3/2 East End, low density condo with great Gulf views. \$799,000

White Pelican 133 - 651 E Gulf Dr

Penthouse condo with private rooftop sundeck plus cabana! 3BD/3BA plus den, chef's kitchen, upscale appointments. Small 11 unit complex, pool, tennis, beach walk-over. Over 3000 SF, covered parking. \$1,850,000

Tennisplace C32 - 1250 Tennisplace Ct

Attractive 2BR, 1.5BA Condo with direct canal access, tennis courts, and pool. Low fees and great location near the causeway. Dock space available! \$310,000

Yacht Haven 2 - 800 Sextant Dr

Amazing bay views from spacious 3BD/2BA condo. Private boat slip & lift on direct access canal to Gulf. Large lanai & double garage. \$1,099,000

Kings Crown 311 - 2721 W Gulf Dr

Spacious 3 bedroom West End beauty with spectacular Gulf and pool views. \$999,000

225 Violet Dr - Long Acre Lake

Like-new olde Florida style, 3BD/2BA, new windows, roof/decking, etc. Cathedral ceilings, private setting. Fireplace, 2 screened porches, a very special near beach home! Deeded beach path and amenities, sited on Long Acre Lake. \$965,000

Atrium 207 - 2929 W Gulf Dr

Exquisite direct Gulf front 2 bed + den 2 bath tastefully decorated and updated unit. \$1,550,000

Wedgewood of Sanibel 305 - 3131 W Gulf Dr

One of Sanibel's Premier Newer Condos. Quiet corner penthouse, 3 BR, 3.5BA + den. 2 Covered parking spaces. Sunset views from private rooftop sundeck. Pool, tennis, & shelling beaches. \$1,695,000

532 Sea Oats Dr - Sea Oats

4BR/4BA home steps to the Gulf beach access. Fully furnished with upscale appointments throughout. Gourmet eat-in kitchen, wood floors, 9' ceilings, french pocket doors, large pool plus lake front views. \$1,575,000

4143 West Gulf Drive

Own a part of Sanibel history and International architectural icon; 1.7 acre Gulf front on prestigious W. Gulf Drive. Beachfront 3BD/3½BA Main House and iconic Guest House. \$6,795,000

16405 Captiva Dr - Captiva

Incredible Property! 5 en-suite bedroom main house with generous pool area, dock & lift. 3BR/2BA Historical guest house with its own dock and lift. Deeded beach access too! \$6,200,000

10 AM – 12:30 PM

1212 Sand Castle Rd - Dunes

Delightful updated 3 bed 3 bath pool home with metal roof, impact windows and so much more. \$749,000

651 Donax - Sanibel Shores

Excellent investment opportunity! Charming near beach duplex, 2BD/1BA. Each side with front porch, storage, and laundry. Easy on-off island. \$539,000

223 Southwinds Dr - Southwinds

Only 4 Houses from Deeded Beach Access! Ground level 3BR, 2BA, family & living room, huge screened lanai, fully furnished, 2-car garage, great rental potential. \$699,000

Pointe Santo D21 - 2445 W Gulf Dr

Well priced 2BD/2BA offering at Pointe Santo. Corner unit, private locations, lovely views of the water, and preserve across the street. On site resort programs, pool, clubhouse, tennis, and weekly rentals. Don't wait on this valuable offering! \$695,000

218 Daniel Dr - Seagull Estates

Peaceful 3BR/2.5BA lakefront home in Seagull Estates. Tastefully furnished, panoramic water views. Community pool, tennis, clubhouse and beach access. \$879,000

205 Hurricane Ln - Kearns

Directly Across from Gulf. 3 BR, 2 BA + loft. Over 3,000 sf, updated kitchen, enclosed lower level, peeks of the Gulf, furnished! \$1,089,000

11535 Wightman Ln - Captiva

Almost brand new 4BR/4BA +Den pool home. 6 homes from the Gulf. 2 master suites. EVERYTHING is new: plumbing, electric, HVAC, Roof, Septic, Pool... \$1,995,000

1 – 4 PM

534 N. Yachtsman Dr - Sanibel Estates

3 BD, 2BA home is a boater's paradise. 75' Dock, 3 minutes to Gulf, and close to the beach. \$999,000

735 Sand Dollar Dr - Shell Harbor

Sanibel Canal-Front Get-Away. 3BD/3BA plus den. Century-old wood floors, pool, and 13,000 lb lift. Tropical oasis close to the beach. \$1,179,000

1747 Jewel Box Dr - Sanibel Isles

Direct Access Canal Home fully renovated 10 years ago. Dock with 13,000 lb lift. Very private, tile throughout, 2 screened lanais. 2 Car garage, enclosed lower level. Impact windows & doors. \$989,000

9448 Cotton Ct - Gumbo Limbo

Privacy abounds in this 3 Bedroom, 2 Bath Home. Open and spacious floor plan, amazing pool - extensive upgrades. \$875,000

5606 Baltusrol Ct - The Sanctuary

Expansive Golf Estate, 4BR/6BA, guest house, lavish master, gourmet kitchen, new roof, all impact glass, 3-car garage & more! \$1,995,000

6123 Starling Way - Betts

Great value! Great 3BR, 2.5BA on over half acre with dock only 2 minutes to Bayou. Large master suite with office/den. Wood floors, wet bar, huge screened lanai and pool. Enclosed lower level. \$999,000

16221 Captiva Drive - Captiva

5BD/5BA estate on the bay. Lush grounds, huge pool, deeded beach access. Great Dock! \$4,950,000