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HAPPY
Valentine's
DAY

VOL. 24, NO. 33

SANIBEL & CAPTIVA ISLANDS, FLORIDA

FEBRUARY 10, 2017

FEBRUARY SUNRISE/SUNSET: 10 7:08 • 6:17 11 7:07 • 6:18 12 7:07 • 6:19 13 7:06 • 6:19 14 7:05 • 6:20 15 7:04 • 6:21 16 7:04 • 6:21

Wildlife Tours At Refuge Attract Birding Enthusiasts



Linda Parker, right, a resident volunteer docent at the JN "Ding" Darling National Wildlife Refuge, describes some of the behaviors of birds which can be seen within the refuge and around Sanibel

photo by Jeff Lysiak

by Jeff Lysiak

Hundreds of visitors descended upon the JN "Ding" Darling National Wildlife Refuge last Thursday morning in hopes of spotting the rare great white pelican, a native of Africa, Europe and Asia who was previously seen visiting Sanibel last February.



A female great white pelican spreading its wings among other white pelicans on February 1 just before 11 a.m.

photo by Roberta Schuldenfrei

According to refuge sightings volunteer Ed Combs, the great white pelican – which has a wingspan of up to 11.8 feet and can weigh as much as 33 pounds – returned to "Ding" Darling's observation tower area on the morning of February 1.

But 24 hours later, with the refuge swarmed by tourist and resident birders, the

continued on page 28



The Zukerman Trio

photo courtesy BIG ARTS

Classical Performances At BIG ARTS

February's classical lineup at BIG ARTS is a first-class treat for the fans of classical arts, both new and seasoned.

On Tuesday, February 21 at 7:30 p.m., The Zukerman Trio, headed by world-class violinist Pinchas Zukerman,

will take the stage at BIG ARTS' Schein Hall. Originally formed in 2011 as an alternative to the quintet works with the ChamberPlayers, and "officially" in 2013, the Zukerman Trio has delighted sold-out crowds with its music in some of the great music halls around the world. The group is led by Zukerman, a virtuoso on the violin and viola, who is considered by many to be among the greatest in history.

Over his illustrious career, Zukerman

continued on page 5

Last Call For Tickets To Valentine's Dinner Dance



Nazar and Irina

photo provided

Organizers have issued a final call for tickets to the Valentine's Dance For Stroke, to be held on Tuesday, February 14 from 6:30 to 9:30 p.m. at The Community House.

Hosted by the Stroke Recovery Foundation, the evening will feature hors d'oeuvres, a

continued on page 17



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CHR's Mardi Gras Lights Up The Dunes This Saturday

The Community Housing and Resources (CHR) Mardi Gras fundraiser will be held this Saturday, February 11 at 6:30 p.m. at The Dunes Golf and Tennis Club. Tickets are \$100 for general admission and are available at www.sanibelchr.org/mardigras. There will be Cajun-inspired food from Sanibel Catering Company and an open bar.

The evening's emcee is Victor Mayeron, known on the island as the former owner of The Mucky Duck. His infectious personality is sure to keep the fun going all night. In addition to eating and drinking, event-goers will enjoy music and dancing and get to stand poolside to witness the famed swim relay, featuring three teams of local island celebrity swimmers from Sanibel Captiva Community Bank, Sanibel-Captiva Trust Company and Sanibel-Captiva Beach Resorts.

Mimes, jesters and even a live marching band will make guests feel like they landed in the middle of Bourbon Street. Other entertainment will be available throughout the night for additional "Bourbon Bucks" and includes bourbon tastings from American Barrels Bourbon, palm readings and entry into the evening's raffle and grand prize drawing of a trip for two to New Orleans.

Lowe's Home Improvement stores will be on-site at the Homes of Love area, where CHR supporters can purchase entire rooms or select items to help CHR rehab and renovate five units in critical need, all at deep discounts extended by Lowe's for the evening. Mardi Gras is CHR's only fundraiser of the year and has proven to be one for the books. You won't want to miss this year's special fifth annual celebration!

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



Don't miss the 2017 Mardi Gras event this Saturday
photo courtesy CHR

Sanibel Shell Festival Theme Announced

The Sanibel Shell Festival will celebrate its 80th year from March 2 to 4.

Around The World In 80 Shells has been chosen as this year's festival theme. There will be a special class of competition in both the Scientific Exhibit Division and the Artistic Exhibit Division of the Sanibel Shell Show that will reflect this theme. Each exhibit entered in these classes must contain exactly 80 shells. This year, exhibitors are expected from around the United States, Canada and even as far away as Japan. The Shell Show is held inside The Community House, located at 2173 Periwinkle Way on Sanibel.

The Sanibel-Captiva Shell Club has created a new T-shirt for the 2017 Shell Festival. It features a whimsical cartoon by artist Ken Vinton that highlights the festival's theme. The ladies V-neck shirts are aqua or purple. The unisex crewneck T-shirts are black or forest green. Both are high quality, 100 percent cotton T-shirts. They will sell for \$15 each. One hundred percent of the profits from the T-shirt sales – like the other income from the Sanibel Shell Show – are given out in the form of grants to marine science-related programs and scholarships to the Marine Science Departments of the University of South Florida and Florida Gulf Coast University.



T-shirt design by Ken Vinton photo provided

The Shell Crafters have been diligently working the past nine months at the Sanibel Congregational United Church of Christ, making a variety of artistic creations from shells. These works of art will be sold during the shell festival. The Shell Crafters have now moved back into their home in The Community House, and they welcome anyone who wants to try their hand at shell crafting. All of the profits from the Shell Crafters' sales go to the maintenance of The Community House.*



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Captiva Island Historical Society

Looking Back: An Ambassador And His Wife

This week's image features Ambassador Bill Stevenson and his wife, Bumpie. Stevenson was an American track and field athlete, lawyer and diplomat, who won the gold medal in the 4x400 meters relay at the 1924 Olympics, and later was a New York attorney then founded a prominent New York firm. From 1946 to 1960, he was president of Oberlin College. He was appointed in 1962 by President John F. Kennedy to be Ambassador to the Philippines and served until 1965.

During World War II, Eleanor "Bumpie" Bumstead Stevenson organized and administered American Red Cross operations in four different countries. In addition, she was active in the civil rights movement and the first person to give a nationally broadcast speech on behalf of Planned Parenthood.

The Stevensons built a home on Captiva and named it Little Bamboo. They were avid shell collectors. After 1965, they divided their time between Captiva and Aspen, Colorado.

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



Bill and Bumpie Stevenson

Captiva Island Historical Society Archives

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 on Captiva and open during library hours.

Visit the Captiva Island Historical Society's website at www.captivaishistoricalociety.org/archives/research to view many more images to bring you closer to Captiva.*

After School Program For Spring Trimester

The After School program at the Sanibel Recreation Center runs Monday through Friday from 2:10 to 5 p.m. throughout the school year. It is available for children ages kindergarten through fifth grade. Offered again this year will be trimester payment options.

The After School program registration fees for the spring trimester – February 22 to May 26 – are (early bird, registered by February 15) \$268 for members or \$335 for non-members; regular fees are \$321 for members or

\$402 for non-members.

Financial assistance is available to families of program participants based upon individual need. For more information, call the Sanibel Recreation Center at 472-0345.*

Club Accepting Scholarship Applications

The Sanibel-Captiva Kiwanis Club is accepting scholarship applications for the 2017-18 school year. Scholarships of \$3,000 per year, over a period of four years, will be awarded. Additionally, several one-year scholarships in varying amounts are available.

Eligible applicants must be Sanibel or Captiva residents, employed full time on the islands or a family member of such (of any age) attending a college or vocational school.

The club collects the applications and an independent committee makes the selection.

Applications must be submitted by March 31. They can be obtained by directly accessing the Kiwanis website at www.SanibelKiwanis.org or by contacting any of the following: Loretta Kupper (579-0660 or loretta@sanibelinsurance.com), Bill Traum (561-2900 or billtraum@me.com) or Chris Heidrick (579-0660 or chris@sanibelinsurance.com).*

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Tickets On Sale For Wine And Food Fest

Tickets are now available for the 10th annual Sanibel-Captiva Optimist Club Wine and Food Fest – Sanibel Uncorked. This year, the fundraiser will be held on Sunday, March 5 from 1 to 5 p.m. at Lily & Co. Jewelry Gallery on Tarpon Bay Road across from Bailey's General Store. There will be free valet parking.

Tickets are available at Bailey's General Store, Sanibel-Captiva Community Bank, the Sanibel Café, at the door and from members of the Optimist Club. Donation tickets are priced at \$30 or \$25 for designated drivers. Each paid guest receives an engraved, commemorative wine glass. A 50/50 raffle will also be available.

Distributors of many fine wines will have tasting stations to savor and compare the selections. Craft beers will also be available. A number of local chefs will demonstrate methods for preparing some of their favorite dishes (with a taste for the on-lookers). Guests will be served hors d'oeuvres, arranged by Chef Karl Hamme of Sanibel Catering Company by Bailey's.

There will be a silent auction with several prizes including gourmet wines, jewelry, artwork, hotel and golf packages, and sports outings. Most notable may be an opportunity to bid on dinners prepared in your own homes by several of the chefs present.

All proceeds from Sanibel-Captiva Optimist Club fundraisers go to help kids in need, especially with college scholarships. For more information, call 472-0836.✪

Upcoming Water Quality Meeting

The City of Sanibel has been notified by the Florida Department of Environmental Protection (FDEP) that a meeting will be held to discuss the draft Total Maximum Daily Load (TMDL) for the Sanibel Slough eastern and western basins, located within Charlotte Harbor.

The meeting will be held on Friday, February 17 starting at 9:30 a.m. at the Sanibel Public Library, located at 770 Dunlop Road.

The draft TMDL documents for these impaired waters will be placed on the department's TMDL website (www.dep.state.fl.us/water/tmdl/) and will be provided upon request to interested parties by mail or via email distribution.

The department will accept written comments on the draft TMDLs, as well as the establishment of these nutrient TMDLs as site specific interpretations of the narrative nutrient criterion, through March 3.

Written comments should be directed to Ansel Bubel, Administrator, Watershed Evaluation and TMDL Section, Florida Department of Environmental Protection, Mail Station 3555, 2600 Blair Stone Road, Tallahassee, FL 32399-2400 or via email at ansel.bubel@dep.state.fl.us.✪

From page 1

BIG ARTS

has been nominated for 21 Grammy Awards, winning twice. Cellist Amanda Forsyth is an eminent recitalist, soloist and chamber musician who has appeared with leading orchestras around the world. Angela Cheng is the group's award-winning pianist, winning the gold medal in the Arthur Rubinstein International Piano Masters Competition and becoming the first Canadian to win the Montreal International Piano Competition.

The Zukerman Trio's performance is made possible by Patricia and Davis Thurber, The Family of Joe Boscov, and John and Susie Freund.

Jennifer Kronenberg and Carlos Guerra, drawing on over 50 years of cumulative experience – most of which were spent working with many of today's most celebrated international choreographers and directors – are motivated to show the residents of South Florida the ever-evolving nature of the ballet art form. "Enriching their lives through accessible performances of the highest quality which emphasize ballet's vast stylistic range and its significance as a part of American arts and culture" is the bold declaration of their mission statement. Dimensions Dance Theatre of Miami (DDTM) has engaged Miami's youth via community outreach and educational presentations and demonstrations, sparking a new interest for a classical art form in the youth of the city.

On Saturday, February 18, DDTM's production of Art of the Pas de Deux: A



Dance Theatre of Miami

Dance Dialogue opens at the BIG ARTS Schein Hall stage at 7:30 p.m. Following the success of their program From Havana To Heaven, comprised almost entirely of original dazzling pas de deux and group pieces, Art of the Pas de Deux acts as a companion to the founding couples' book *Experiencing the Art of the Pas de Deux*. The book both elaborates upon and demystifies the art of the pas de deux from an artistic, historic and emotional standpoint. The evening will be both a tour of the form's most classical elements as well as a presentation of new and challenging ideas in a rare, intimate performance, coupled with informal commentary.

Art of the Pas de Deux: A Dance Dialogue at BIG ARTS was made possible by Hans and Leslie Fleischner.

Visit www.bigarts.org or call 395-0900 to purchase tickets.✪

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OBITUARY



DR. RIFFAT FARID MORGAN

direct an anesthesiology department. Drs. Riffat And Margaret Morgan, with the help of the Benedictine Sisters and St. Alexius hospital, achieved medical milestones with the first cardiopulmonary clinic, intensive care unit, and neonatal unit in North Dakota. Morgan & Associates established the Heart & Lung Clinic in Bismarck, creating cardiac centers and satellite pulmonary clinics for rural North Dakota. Dr. Riffat Morgan was instrumental in the establishment of the pain care clinic and emergency air care transport in St. Alexius hospital.

They were committed to future education and medical research. Dr. Riffat Morgan supported anesthesia, critical care, cardiac, respiratory and other health science students' education. Scholarships continue at the University of Mary.

Dr. Riffat Morgan and his wife, Margaret, retired in 1992 and lived in Sanibel. Both stayed involved in the community board of Southwest Florida Symphony, Sanibel Harbor and The Dunes.

Dr. Riffat Morgan is survived by his daughter Elaine and son-in-law Larry Fredrickson; son John and daughter-in-law Kathy Morgan. He is also survived by three loving grandchildren, Alexander and his wife, Katie; Andrew and Lucy; and many nephews and nieces. He is predeceased by his wife, parents, two brothers, Shawkey Farid Morgan, Helmi Farid Morgan and sister Elean Farid Morgan.

The funeral was held at Memorial Gardens in Fort Myers on February 9. Donations in lieu of flowers may be given to University of Mary, 7500 University Drive, Bismarck, ND 58504.✽

Dr. Riffat "Riff" Farid Morgan, MD, 83, died on Tuesday, January 31, 2017. Born on April 23, 1933 in Assuit, Egypt, he was the son of Dr. Farid Morgan and Nabiha (Farg) Morgan.

Dr. Riffat Morgan received his medical degree at University of Enshamas in Cairo. He completed his internship in anesthesiology and critical care residency in United States. He took a fellowship in Manitoba where he met his wife and life-long partner, Dr. Margaret Forke-Morgan. In 1966, they moved to North Dakota and joined St. Alexius Hospital where they were recruited to create and

Kids Step Back In Time For A Fun-Filled Evening



Winner of the annual spoon hanging contest, Jessica Chevez-Santana, took center stage with LOGOS Dinner Dean Cindy Sifton

photos provided



Ava Selby finished second in the LOGOS spoon hanging contest

for '50s Night on February 1. The youngsters had grilled cheese sandwiches, tomato soup, French fries and root beer floats for dinner. Family fun time included the annual spoon hanging contest, where the kids all tried to keep their spoons stuck to their noses while doing the twist.

This intergenerational family ministry is held on Wednesday evenings for children ages 3 years through fifth grade at Sanibel Community Church, located at 1740 Periwinkle Way.✽

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Aviary: An Installation

February 7 – March 4, 2017

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Lucy Dierks, ceramic birdware

Amy Gross, fiber construction

Ann Hollingsworth, cast glass nest

Jane Jaskevich, stone sculpture

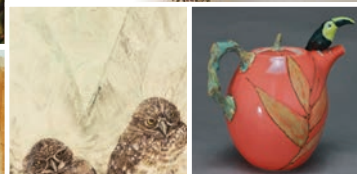
Hollis Jeffcoat, painting

Deborah Martin, encaustic drawing

Mark Messersmith, painting

Jane Rosen, vitreography

"Aviary: An Installation" celebrates a variety of birds from warblers to raptors in a variety of mediums from fiber to stone. This exciting exhibit features artists from both Coasts of the US and Florida whose love of birds is immortalized in their beautiful and remarkable work.



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Mayor Presents Valor Awards To Police

by Jeff Lysiak

The City of Sanibel took time during Tuesday's city council meeting to present five Valor Awards to law enforcement personnel who responded to last year's incident in which an officer was shot and wounded in the line of duty.

According to the official police report, Sanibel Senior Officer Jarred Ciccone was sitting in his vehicle around 8 p.m. on November 20 when a suspect – identified as Jon Webster Hay, 49, of 1476 Sand Castle Road – drove by and opened fire. Ciccone was struck in the shoulder; he was transported to Lee Memorial Hospital in Fort Myers, where he was treated and later released.

Recognized for their professionalism and bravery during the incident were:

- Sanibel Senior Dispatcher Allison Schulze, who was presented the Croix De Negotiator Laurel, awarded for maintaining the presence of composure, alert talk down under extreme circumstances, which prevented a life threat.



Sanibel Police Senior Officer Jared Ciccone, second from right, received the Medal of Honor from Mayor Kevin Ruane, second from left, during Tuesday's city council meeting. Also pictured is Interim Chief of Police Lt. William Dalton, left, and retiring Chief of Police Jamie Phillips

photo by Jeff Lysiak

- Lee County Deputy Julie Weber, who was presented the Combat Cross, awarded in recognition of her performance of an act of extreme heroism while engaged in personal combat with an armed adversary at imminent personal hazard of life in the

performance of duty.

- Sanibel Officer Chad Maik, who was presented the Combat Cross, awarded in recognition of his performance of an act of extreme heroism while engaged in personal combat with an armed adversary at

Council To Consider Center 4 Life Options

by Jeff Lysiak

On Tuesday, members of the Sanibel City Council approved a plan to investigate whether it could renovate the existing Center 4 Life, potentially move the city-supported Community Housing & Resources (CHR) offices from the current facility and potential alternative locations for building a new senior center.

Mayor Kevin Ruane suggested to his fellow councilors that they authorize City Manager Judie Zimomra to look into what it might cost to renovate the existing Center 4 Life, located at the corner of

Library Way and Palm Ridge Road. The facility is home to both the Island Seniors and CHR, and both parties have called for additional space and/or major renovations to the building.

"I think that we have all stated our commitment to the Center 4 life," said Ruane. "But we need to know what our options are."

Among the options to be considered are:

- Moving CHR out of the Center 4 Life building into another location
- The cost/benefit of the five additional parking spaces Island Seniors would gain from moving CHR to another facility
- The expense of renovating the Center 4 Life's roof and HVAC systems in order to bring both into compliance
- The potential of raising the existing Center 4 Life building
- The potential of constructing a new Center 4 Life building on an alternate site.

"What can be done for the facility on the site we currently have?" asked Vice Mayor Mick Denham, who suggested that the city evaluate the current site options before considering finding an alternative location for a new Center 4 Life facility.

Ruane agreed with Denham's suggestion, adding that he was attempting to gather as much data and information available before coming to any decision.

Following some additional remarks, council voted 5 to 0 in favor of authorizing Zimomra to gather data on all options to be considered. In addition, Ruane was appointed the city's liaison for the Center 4 Life investigation.

In other business, the council considered an appeal of the planning commission's ruling to deny a conditional use permit application made by Jay Stewart, who had applied to open a low speed vehicle rental business on Sanibel.

On November 22, Stewart – who owns

imminent personal hazard of life in the performance of duty.

- Sanibel Officer Christopher Dowaliby, who was presented the Combat Cross, awarded in recognition of his performance of an act of extreme heroism while engaged in personal combat with an armed adversary at imminent personal hazard of life in the performance of duty.

- Sanibel Senior Officer Jarred Ciccone, who was presented the Medal of Honor, awarded for an outstanding act in the line of duty at imminent personal hazard of life, with full knowledge of risk involved.

Each Valor Award recipient received an official commendation, a plaque and a bouquet of roses presented by Mayor Kevin Ruane on behalf of the city council and citizens of Sanibel.

"I can't thank all of you enough for keeping all of us safe," said Ruane. "I'm proud to be the mayor of a city with a police force as strong as ours."

In addition, Ruane presented Ciccone with the city's Employee of the Quarter Award. Ciccone received a standing ovation from all in attendance at MacKenzie Hall, which included current and former Sanibel Police Department personnel and representatives from the Lee County Sheriff's Office.*

A Plus Golf Carts and Parts of Fort Myers – had petitioned the commission, seeking to open a golf cart rental business at 2427 Periwinkle Way. During the lengthy public hearing, commissioners expressed concern over the potential traffic impact the business would add to Periwinkle Way along with the number of low speed vehicles that would be in use.

The appeal hearing included testimony from Noel Davies, the attorney representing Stewart, as well as James Strother, the professional engineer who presented the traffic impact statement on behalf of the applicant.

Following deliberations, council voted unanimously to uphold the planning commission's decision.

Also, councilman Marty Harity recommended the appointment of Jewel Jensen and Chelle Walton to the city's Historical Preservation Committee. Both candidates were unanimously approved.*

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4 ONE Quartet

photo provided

Quartet To Perform On Church Porch

On Sunday evening, February 19 at 5 p.m., Sanibel Community Church carries on the tradition of fabulous free concerts on the porch in the church courtyard. Bring your lawn chair and a friend for a delightful evening. There will be free hot dogs, sodas and all the fixings, plus gospel music with 4 ONE Quartet from Reed City, Michigan. A love offering will be received to bless the men of 4 ONE.

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

Preschoolers Learn About Science



From left, Ryder Sczmanczyk, Isla Mendez and Finley Hall

photo provided

Youngsters Ryder Sczmanczyk, Isla Mendez and Finley Hall learned about melting ice during their science experiment at Summit Christian Preschool at Sanibel Community Church, located at 1740 Periwinkle Way. Exploring science together, and drawing conclusions about what is taking place, is always fun when shared with friends. Summit Christian Preschool is for children ages 3 and 4 years old. For enrollment information, call the main campus at 482-7007.

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Republican Caucus To Meet

On Saturday, February 11 at 10 a.m., Sanibel Mayor Kevin Ruane and councilman Marty Harrity will speak at the second Sanibel-Captiva Republican Caucus meeting of 2017. The meeting will be held in the Sanibel Public Library Meeting Room 4, and is open to the public. The mayor was originally scheduled to speak on January 28, but his talk was postponed due to an emergency closure of the library.

Ruane held senior executive positions in both large and small companies and visited Sanibel for many years before becoming a full-time resident in 2004.

In 2005, he started a company that finances small businesses throughout the United States. He studied accounting and taxation at Pace University.

Elected to city council in 2007, Ruane was appointed mayor in 2010, a position he has held ever since. He was appointed to the South Florida Ecosystem Restoration Task Force by Governor Rick Scott, and is treasurer and executive committee chair of the Metropolitan Planning Organization. He is president of the Sanibel School Fund, and a member of many community committees. He coaches basketball, baseball and football, and umpires baseball for Sanibel leagues.

Harrity also has a long relationship with Sanibel, a background in sales

and marketing as well as owning a manufacturing company, and now owns Doc Ford's restaurant as well as two restaurants in Fort Myers Beach. He was involved in planning the current Sanibel Causeway bridge and the Recreation Center.

Elected to city council in 2000, Harrity was appointed mayor in 2004. He has served on the council since then, and is liaison to the Historic Preservation Committee and Employee Pension Board, as well as The Sanibel School and Tourism Development Council. He has coached baseball and football teams for many years.

Both Ruane and Harrity are running for reelection on March 7. All are invited to attend and hear them talk about their

goals for Sanibel and issues affecting the city. Refreshments will be served.

For more information, call Will Smith at 395-0819.*

Presentation With Renowned Photographer

World renowned *National Geographic* photographer Annie Griffiths will offer a special presentation on her work at Sanibel Community Church, located at 1740 Periwinkle Way, on Sunday, February 26 starting at 6:30 p.m. Join Griffiths for an hour-long presentation with a question-and-answer session, book signing and reception to follow.

Travel with Griffiths around the world to visit extraordinary places and fascinating cultures as she reflects on her personal journey from photojournalist to humanitarian. Griffiths is the founder and executive director of Ripple Effect Images, a collective of *National Geographic* photographers who use the power of visual storytelling to help scale solutions for women and children in the developing world.

Griffiths has worked in nearly 150 countries during her illustrious career. Her work has been featured in dozens of *National Geographic* magazine articles and books. She has received awards from the National Press Photographers Association, the National Organization of Women and the White House News Photographers Association.

This presentation is brought to audiences in conjunction with the Zonta Club of Sanibel Captiva.*

Captiva Community Panel To Meet

The next meeting of the Captiva Community Panel has been scheduled for Tuesday, February 14 beginning at 9 a.m. in the meeting rooms by Chadwick's Square at South Seas Island Resort. This meeting is open to all interested islanders and the public.

Among the agenda items:

- A review of plane/code interaction and schedule of upcoming hearings on the Captiva Plan
- Update on the sea level rise workshop in January
- Discussion on code enforcement and resident complaints
- Update on priority committees including wastewater and Captiva Drive bike/ped improvements, as well a call for new committee members
- A Captiva Erosion Prevention District update
- A Captiva Fire District update
- Other business as necessary

Public participation is invited and encouraged. The next Captiva Community Panel meeting will be held on March 14. Information and background documents are available online at www.captivacommunitypanel.com.*



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Fundraiser Helps Preschool Assist Children And Families



From left, director Laura Miltner, Deb Ames and teacher Ana Abella

photos courtesy SCUCC



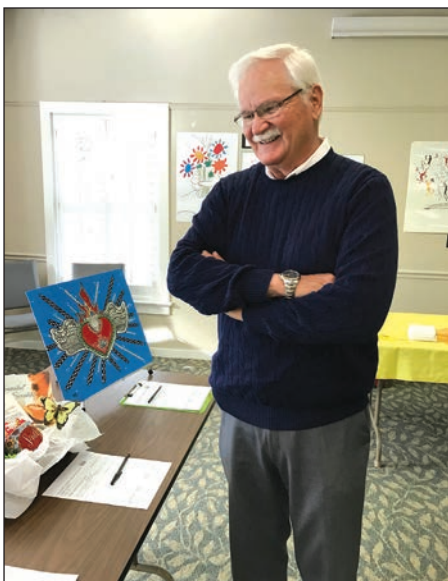
Susan and Jim McCallion

to give each child individual attention and to tailor the program to the child's needs. The preschool also introduces the students to classical music and fine arts through exploration of each student's



Abbey Allison of the Allison Duo

own creative endeavors. For more information about the preschool, call 472-0497, visit the Facebook page or www.sanibelucc.org.



Larry Good bidding at the silent auction

Food, fun and helping families were all part of the Sanibel Christian Preschool's Silent Auction Closing Reception on January 28. As an outreach of Sanibel Congregational United Church of Christ (SCUCC), the preschool is made up of children of all backgrounds, including diverse economic situations. The fundraiser raised money for the scholarship fund of the preschool, as well as for other educational needs of the students.

Those at the closing reception not only had a final chance to bid on a variety of items but also enjoyed a meal prepared by members of the church. In addition, they were entertained by the musical stylings of the Allison Duo, Shawn and Abbey Allison. In one-on-one conversations, director Laura Miltner and teachers Ana Abella and Lora Lea Plummer shared information about the lives that the Sanibel Christian Preschool has touched. The evening ended with the awarding of door prizes, announced by Miltner and Associate Pastor Deb Kunkel.

The event raised close to \$5,000 to enable the preschool to continue welcoming children regardless of their



Director Laura Miltner with Abbie McCallion

family's current financial situation. Currently, 52 percent of the students receive some sort of financial assistance from either the scholarship fund or from the church's Danner Preschool Fund. Sanibel Christian Preschool thanked all who supported the fundraiser.

Sanibel Christian Preschool provides a quality education in a loving, nurturing environment for 2-, 3- and 4-year-old children. Small class sizes allow teachers

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Naples Chorale Group To Perform



The Voices of Naples Chorale, directed by Dr. Doug Renfroe and selected from the larger chorus, will perform an afternoon concert at Sanibel Congregational United Church of Christ on Sunday, February 12 photo courtesy SCUCC

The Voices of Naples Chorale will appear on Sunday, February 12 starting at 3 p.m. at the Sanibel Congregational Church of Christ (SCUCC). The auditioned chorale group is comprised of 38 singers selected from the full 70-voice chorus that performs major concerts throughout the season in Southwest Florida.

For the February 12 concert, the chorale will present a varied program ranging from the music of Handel and Brahms to spirituals and Broadway tunes.

The chorale's artistic director is Dr. W. Douglas Renfroe, who is in his seventh season in that capacity. He has also served as cantorial soloist and music director for Temple Bat Yam on Sanibel since 2001.

Now in their 14th season, the Voices of Naples' primary focus is raising money for their highly appreciated annual scholarship program, which has provided more than \$35,000 in financial assistance to winners pursuing a vocal major in college. Their very first winner is now appearing on Broadway, proof positive that there is a rich talent base in Southwest Florida.

The February 12 concert will be held in the church's spacious sanctuary. Plenty of free parking will be available. There is no admission charge; a free-will offering will be collected. Reservations are not necessary.

This concert is one of several presented as part of the Sanibel Congregational Church of Christ's annual concert series. Next on the schedule is the Wartburg College Castle Singers and Chamber Strings at 7:30 p.m. on Thursday, March 2.

The church is located at 2050 Periwinkle Way, across from the Periwinkle Place Shopping Center. For more information, call the church office at 472-0497.*



Sanibel Baptist Church Concert

**Sunday, Feb. 12
9am**

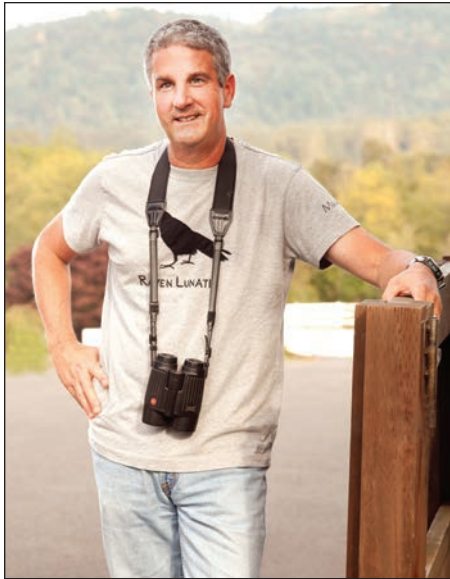
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Lecture On Living With Wildlife



John Marzluff photos courtesy DDWS



In *Welcome to Subirdia: Sharing Our Neighborhoods with Wrens, Robins, Woodpeckers and Other Wildlife*, Dr. John Marzluff, professor of wildlife science at the University of Washington, explores the relation between wildlife and man as urbanization spreads. On Friday, February 17, he will be presenting two free programs at 10 a.m. and 1 p.m., part of the 2017 “Ding” Darling Lecture Series at the JN “Ding” Darling National Wildlife Refuge

on Sanibel.

“In *Welcome to Subirdia*, I reveal that our suburbs and city parks are often remarkably rich in bird diversity – holding more species than either wilderness areas or urban centers,” said Marzluff. “In fact, suburbs may play a key role in preventing loss of species in the face of the dramatic disruptions of climate change and other human impacts.”

Marzluff’s research on wildlife social behavior has been the focus of articles in the *New York Times*, *National*

Geographic, *Audubon*, *Boys Life*, *The Seattle Times*, *National Wildlife*, *Consumer Reports*, *Time* and *Science*. He will sign copies of his book, available in the Refuge Nature Store, following the two lectures. Proceeds from Nature Store sales directly benefit refuge wildlife, education and research.

“Just as we affect the birds around us, they shape our culture, commerce, and quality of life,” said the author. “When we make an effort to enhance bird habitat in our cities and towns, we cultivate communities that value nature, that are attractive and exciting places to live and work, and that improve the mental and physical health of our neighbors.”

HighTower/Thomas & Swartz Wealth Management sponsors the free 12-lecture series with support from the “Ding” Darling Wildlife Society-Friends of the Refuge (DDWS). The season’s complete schedule is listed below. Book signings follow all except the one starred (*) lecture.

Seating for the lectures in the “Ding” Darling Visitor & Education Center Auditorium is limited and available on a first-come basis. Early arrivals can save one seat each and then may explore the Visitor & Education Center or Indigo Trail before the lecture starts. Saved seats must be filled 15 minutes before lecture time.

As usual, Wildlife Drive closes on Friday, but visitors are welcome to enjoy the center, Indigo Trail, and recreational opportunities at Tarpon Bay Explorers, the refuge’s official recreation

concession located at its Tarpon Bay Recreation Area.

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

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

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

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

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

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

March 24 – Author Denege Patterson, *A Tour of the Islands of Pine Island Sound: Their Geology, Archaeology, and History*

March 31 – Author Will Stolzenburg, *Heart of a Lion: A Lone Cat’s Walk Across America*

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

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

* Indicates no book-signing to follow the lecture**



Sanibel Historical Village

Sanibel Historical Village Announces New Location For Twilight Talk

Feb. 16: Siblings of Sanibel and Captiva - Mark McQuade & Deb Gleason, twins, will talk about their early days growing up on Sanibel (the 1950s and 1960s). Ellen Mayeron & Victor Mayeron will share stories of doing business on Sanibel and Captiva in the 1970s and 1980s.

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Barn owl

photo courtesy SCCF

The Barn Owls Are Back At SCCF

In 1980, the Sanibel-Captiva Conservation Foundation (SCCF) Research Committee built and installed 50 barn owl nest boxes on the islands to bring them back. The owls left when island agriculture was abandoned. There were no more barns to nest in and much less open areas in which to hunt their favorite prey, rats.

Within three months, the owls had returned and the first box occupied was at the SCCF Nature Center. Barn owls continued to nest at the nature center for the next 25 years and then they were gone.

For the first time since 2005, a barn owl has been spotted at the nature center. After an owl pellet was found, the barn owl was photographed by a trail camera on the covered bridge behind the nature center. This summer, habitat management enlarged the center tract grass swales. Now, there is more open space to hunt those rats.*

Documentary Screening



Sonic Sea cover

image courtesy SCCF

The Sanibel-Captiva Conservation Foundation is hosting a viewing and discussion of the award-winning film, *Sonic Sea*. This film is a moving and provocative 60-minute documentary created by International Fund for Animal Welfare (IFAW) and the Natural Resources Defense Council (NRDC) about the devastating impact of industrial and military ocean noise on whales and other marine life.

Narrated by Rachel McAdams and featuring Sting, the film offers solutions and hope for a quieter ocean, and underscores that the ocean's destiny is inextricably bound to our own. Local organizers are honored that Patrick Ramage, IFAW's Whale Programme Director, will participate in SCCF's screening. Ramage played a key role in the production of *Sonic Sea*, and is the son-in-law of SCCF's immediate past president Ron Gibson.

The screening will be held on Wednesday, February 15 at the Bailey Homestead Preserve, located at 1300 Periwinkle Way. Advance purchase is required through the link on SCCF's website - www.sccf.org. Doors open at 6:30 p.m. Cost of the program and refreshments is \$10 per person. Please carpool, if at all possible.*

Audubon Bunche Beach Bird Walk

The next Sanibel-Captiva Audubon Saturday bird walk will be held on Saturday, February 11 at Bunche Beach. Participants will meet at the beach parking lot at 8 a.m. The parking fee is \$2 per hour. Waterproof shoes are a must because participants walk through tidal pools on the walk. These bird walks are open to public and all levels of experience. A \$2 donation is appreciated.

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



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Program On Rookery Monitoring



Stephanie Erickson
photos courtesy Sanibel-Captiva Audubon



Watching a pelican in flight



Birds roosting in the rookery

Aquatic Preserve.

A graduate from University of North Carolina-Wilmington, Erickson she received a BS degree in marine biology and a BA in environmental studies. She has worked in the Florida Department of Environmental Protection's Florida Coastal Office for over 10 years doing resource monitoring, education and outreach, and interagency coordination. Prior to that, she served in AmeriCorps with the Florida Department of Environmental Protection's Division of Recreation and Parks and was active in the eco-tourism industry locally for six years.

This is the seventh of eight Sanibel-Captiva Audubon lectures to be held on Thursday evenings at 7:30 p.m. at The Community House, located at 2173 Periwinkle Way on Sanibel. All are welcome to attend. Doors open at 6:30 p.m., and parking is available at The Community House and in the Herb Strauss Theater parking lot. A \$5 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 the San-Cap Audubon website at www.san-capaudubon.org.✪

The Sanibel-Captiva Audubon Society will host a program entitled Rookery Monitoring and Protection in Estero Bay Aquatic Preserve on Thursday, February 16 at 7:30 p.m. at The Community House. Stephanie Erickson, preserve manager of the Estero Bay Aquatic Preserve, will share a pictorial overview of Florida's first aquatic preserve with detailed emphasis on the many rookeries within the preserve.

The Estero Bay Aquatic Preserve was established in 1966. It includes many historic and archaeological sites such as those on Mound Key. Several species of birds nest together in rookeries on the islands in Estero Bay including five state-listed species of special concern: brown pelican, reddish egret, little blue heron, tricolored heron and snowy egret. Preserve staff and volunteers annually monitor rookery activity including monthly surveys throughout the nesting season. They also conduct trash cleanups to protect nesting colonies and work with local agencies to educate the public about the rookery islands. Her presentation will emphasize rookery observation activities, but will also outline other recreational and volunteer opportunities available to the public at the Estero Bay

From page 1

Valentine's Dinner

sit-down dinner by Sanibel Catering Company by Bailey's, a cash bar, dancing to the DJ music of David Flory, a romantic song set performed by Sanibel talent Sandy Greco, plus a dazzling dance performance by the number one United States rhythm dance champions Nazar and Irina.

There will be silent and live auction baskets that feature themed items for her, for him, and for them.

Reserve your table (seating for eight) by calling Gloria at 395-2661 or by emailing gbaker9367@aol.com. Tickets are \$100 per person (\$50 tax-deductible) or \$87.50 per person for a table of eight. Reserve by Monday, February 13.

Major sponsors include Edison National Bank and Bailey's General Store.✪



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Getting The Most Out Of Different Daily Conditions



by Capt. Matt Mitchell

What a swing in temperatures and crazy weather conditions we experienced on the water this week. The good news was that if you targeted the correct species

at the right time, fishing was fantastic and gave my clients some very memorable trips.

During the first few days after the passing of last weekend's strong cold front, morning low temperatures were in the 40s and, as was expected, we got another huge push of big sheepshead into the sound. We took advantage of this during the first few cold days by doing really well on these big sheepshead both up around the passes and deep in the back country. We down-sized the gear to 10-pound test and light spinning

rods. These hard-fighting sheepshead fill both the cooler and the void until conditions improved. The winter sheepshead bite is always the best when no other species will bite due to the cold.

As temperatures gradually rebounded and crept back up over a few-day period, anglers quickly switched gears from sheepshead fishing. With warmer conditions, shiners slowly started reappearing out on the flats, and it was back to business as usual with catch-and-release snook fishing along with some bonus upper slot or even over slot sized redfish. Watching a big redfish blow up on a live shiner in a narrow mangrove creek is a sight not quickly forgotten. Longtime client Kevin Murray caught and released the big redfish of the week on my boat. It was a 29-inch fish caught doing close hand-to-hand combat in a tiny narrow mangrove creek.

Other crazy conditions Mother Nature threw at us this week included almost total white-out dense fog that stuck around until mid-morning and days of doldrum-like conditions with zero wind. During these periods of zero wind, the no-see-ems back in the mangroves made fishing in any mangrove creek or even close to the mangroves unbearable. Even though the bite was nonstop back in these mangrove creeks, after a few



Kevin Murray with a 29-inch over-slot redfish caught and released with Capt. Matt Mitchell this week

minutes swarms of hungry flying teeth sent us running for open water. I don't remember a February in recent memory that we had to deal with insect issues.

Adapting to the day's conditions is always the key to a successful day's fishing no matter where you fish, but this week tested those boundaries in so many different ways. Knowing which species of fish to target is a little more cut and dry during winter than certain

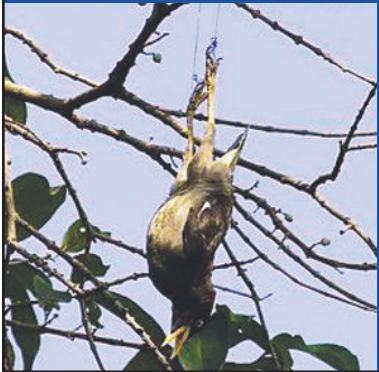
other seasons of the year. The variety of species we have available lets us catch fish in just about any weather condition.

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.*

Send Us Your Fish Tales

We would like to hear from anglers about their catches. Send us details including tackle, bait and weather conditions, date of catch, species and weight, and include a photograph with identification. Email to press@islandnews.com or call 395-0113.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
13 Weeds & Seeds - 8:45	14 Panthers/Corridors-10 Tides & Currents-1:30 Guided Trail Walks at 11 a.m.	15 Making Land Work tour at Bailey Homestead-10 Gator Tales-10 Sonic Sea-6:30 @BHP	16 Turtle Tracks-10	17
20 SCCF OPEN HOUSE 10-1 Sea Turtle Tagging Project -1	21 Beach Walk-8:30-Meet @ Bowman's Hurricanes-1:30 Guided Trail Walks at 11 a.m.	22 Making Land Work tour at Bailey Homestead-10 Sun Tea from the Garden-BHP-11	23 Photography Ethics-10 Shorebird Talk-2	24 Tank Talk-10 am

Learn more about SCCF programs at:

472-2329
www.sccf.org



All events are at the Nature Center (or meet at the Nature Center) unless otherwise specified. BHP is Bailey Homestead Preserve.

SCCF Nature Center — 3333 Sanibel-Captiva Road, 472-2329
 SCCF Native Landscapes & Garden Center — 1300 Periwinkle Way, 472-1932

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The Shipley Trail — Located on the Bailey Homestead Preserve (entrance at Roadside City Park on Periwinkle)
Demonstration Gardens – At the Bailey Homestead Preserve

SCCF Nature Center 472-2329
 Open Monday-Friday 8:30 a.m. - 4 p.m.

OPEN HOUSE

- Land critters
- Animal Sounds Contest
- Hotdogs
- Sea critters

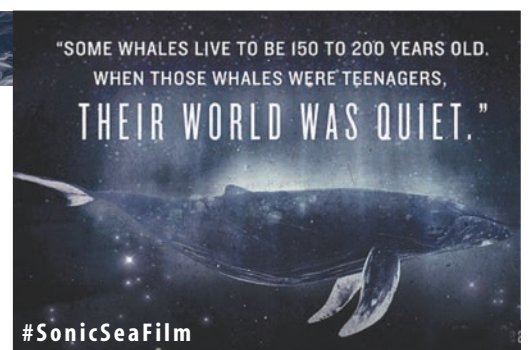
Mon/Feb 20
 10am - 1pm



SONIC SEA — Feb. 15

Join SCCF on February 15 for Evenings at the Homestead at the Bailey Homestead Preserve, 1300 Periwinkle Way, in the Pavilion for a screening and discussion of *Sonic Sea*. Doors open at 6:30 p.m. \$10 per person includes program and refreshments.

Advance online registration required, please visit: www.sccf.org
Sonic Sea is a moving and provocative 60-minute documentary created by International Fund for Animal Welfare (IFAW) and the Natural Resources Defense Council (NRDC) about the devastating impact of industrial and military ocean noise on whales and other marine life. Patrick Ramage, IFAW's Whale Programme Director, who played a key role in the production, will participate in SCCF's screening. Narrated by Rachel McAdams and featuring Sting.



Safety First On The Water Programs



Vessel Safety Examiner K.B. Makoui inspecting a boat at St. Charles Yacht Club
 photos courtesy Sanibel Captiva Power Squadron

The Sanibel-Captiva Sail & Power Squadron promotes boating safety and education. The organization currently provides two vital programs that help to assure the safety of you and your passengers in the event of an emergency at sea.

The first is a free examination of your vessel's equipment for compliance with federal, state and local marine safety requirements. When your boat is judged to be in compliance by a certified vessel examiner, an official USCG decal will be placed on the

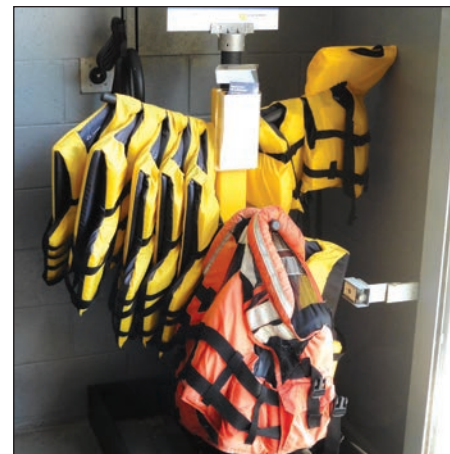
port side of your boat's superstructure. During the examination, there is an opportunity to discuss various aspects of your boat's safety profile in the context of the way in which your boating is done and where you are likely to go. The local squadron has a team of certified vessel examiners with extensive experience.

For more information, call Bob Healey at 466-4169. An examiner will then call to arrange to meet you at your boat at an agreed time and place. All local boat owners are encouraged to

make their appointments as soon as possible.

The second safety program is a free life jacket loaner program. The life jacket loaner stand is located at the Sanibel Fire and Rescue Station on Palm Ridge Road. The stand holds life jackets that boaters and swimmers may borrow to replace missing or damaged personal flotation devices. or to use for extra guests on their boats. The life jackets are free to borrow and are available in a variety of sizes including infant, child, youth, adult and adult XL.

The Sanibel-Captiva Power squadron meets the third Tuesday of the month. Membership information can be obtained by calling membership chair JoAnne Heroy-Giller at 244-1165.*



The life jacket loaner stand at the Sanibel Fire and Rescue Station on Palm Ridge Road



Native water cowbane is a perennial aquatic wildflower and larval host plant for the Eastern black swallowtail butterfly
 photo by Gerri Reaves

Plant Smart

Water Cowbane

by Gerri Reaves

Water cowbane (*Tiedemannia filiformis*) is a native wildflower found in freshwater wetlands and marshes throughout most of Florida.

In developed areas, swathes of this pretty emerged plant are seen in swales and ditches. In a home landscape, it works well in a moist wildflower or butterfly garden.

This perennial aquatic is a member of the carrot family, as are dill, coriander, parsley, fennel and celery.

It grows two to five feet tall, with umbrella-shaped inflorescences perched on erect wiry hollow stems.

Each flower stem, which is tipped with

one tiny white flower, arises from the same point, creating lacy "umbrellas."

Also called water dropwort, it blooms in all year, mostly in summer and fall.

The term *filiformis*, which means "thread-like," refers to filament-like phyllodes, enlarged flattened petioles, or leaf stalks.

It has a moderate growth rate, likes full sun, and will not tolerate dryness. It spreads by seed.

This wildflower is the larval host plant for the eastern black swallowtail butterfly.

If you have a swale or wet area in your yard, this might be a good choice for the spot.

Sources: *Everglades Wildflowers* by Roger L. Hammer, regionalconservation.org, and wildflower.org.

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

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Include name, phone and a short description of the photo.

Finalists will be posted on In The Garden's Facebook page, our website and displayed at R.S. Walsh In The Garden.

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Photo by Cheri Hollis, January 2017 Winner



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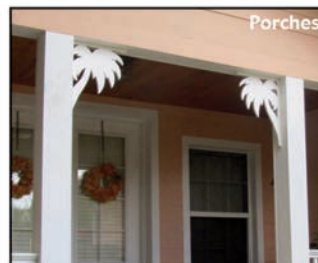
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CROW Case Of The Week:

Share The Road

by Bob Petcher



Welcome to Sanibel and Captiva! They are beautiful islands that have an abundance of wildlife. Many of these island animals do find their way onto the

roadways, either by accident or they may need to get to the other side of the street.

While we are constantly educated about sharing the road with bicyclists, we should also be cognizant that island wildlife will be present on such streets and avenues. The answer is not laying on the horn while increasing speed. Give them time.

On a related note, a cormorant suffered an injury during a near tragic incident on one of the Sanibel Causeway bridges. The dark, long-bodied diving bird arrived at CROW clinic on January 25 after being rescued by Lynn Morningstar, a CROW volunteer, on the Sanibel Causeway on bridge A. Morningstar told CROW officials she was on her way home when she saw the disoriented cormorant in the middle of the road. She pulled over on the bridge to assist the bird, and traffic behind her vehicle came to a halt. While Morningstar approached the unbalanced cormorant, an oncoming car did not stop and almost hit the volunteer. Also, as a result, the draft from the car sent the cormorant flailing in the air. The bird damaged its foot upon landing.

At CROW, medical officials ordered x-rays for the cormorant, but radiographs showed no fractures or internal injuries. Medical staff did determine the patient had ataxia, the complete loss of body control. CROW DVM intern Dr. Spencer Kehoe stated the bird's condition was a direct result of red tide.

"When wildlife such as a cormorant or pelican is unable to fly or walk, it's commonly a result of red tide," he said.

Cormorants look like a combination of a goose and a loon, yet they are

unrelated to either but instead are relatives of frigatebirds. From land, these birds draw attention when they stand on docks, rocky islands and channel markers with their wings spread out to dry. These expert divers tend to float low in the water with their necks and bills raised.

At CROW, the cormorant was given supportive care to treat the toxicosis. In time, the patient became bright and alert and began eating on its own. It was moved to the outside enclosure to work on its flying technique.

The patient was released last week after 12 days. The nearly two-week period was seen as an extended visit for an average patient with red tide sickness.

"The length of stay for any patient depends on how much red tide is in their system," said Dr. Kehoe. "It usually takes a few days with supportive care with fluids, but the cormorant stayed a bit longer than usual due to a foot abrasion from being tossed in the air from the car."

Not surprisingly, the cormorant was released by the same volunteer that rescued it. CROW officials say volunteers often go into traffic and put themselves at risk to rescue animals, so take heed when driving. This occurrence is not uncommon on our small islands.

"Today is an example of why I volunteer," said Morningstar on the day of the release. "To rescue wildlife then release them after a successful rehabilitation is just an amazing experience."

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.



Lynn Morningstar releases the cormorant on the causeway

photo by Kenny Howell

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WE SHIP!

CROW Calendar Of Events

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

For reservations, contact Rachel Rainbolt at rrainbolt@crowclinic.org or 472-3644 ext. 229 to register. Hours are Monday through Saturday, 10 a.m. to 4 p.m. CROW is located at 3883 Sanibel-Captiva Road.

Friday, February 10, 11 a.m., adults \$7, teens \$5, 12 and under no charge – Why Animals Come to CROW.

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

Friday, February 10, 2 p.m., adults \$7, teens \$5, 12 and under no charge – Wild About Rehabilitation, presented by CROW staff.

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

ambassadors will be present.

Friday, February 10, 2 to 3:30 p.m., \$20 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff.

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

Photography opportunity following the tour with an animal ambassador.

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

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

Saturday, February 11, 2 p.m., adults \$7, teens \$5, 12 and under no charge – Wildlife Rescue 101.

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

Monday, February 13, 11 a.m. to 12:30 p.m., \$20 per person,

advance registration required – Wildlife Walk with Rehabilitators and Staff.

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

Monday, February 13, 11 a.m., adults \$7, teens \$5, 12 and under no charge – Opossums at CROW.

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.

Monday, February 13, 2 p.m., adults \$7, teens \$5, 12 and under no charge – CROW Case of the Week, presented by a CROW student.

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

Monday, February 13, 4 to 4:15 p.m., adults \$7, teens \$5, 12 and under no charge – Speaker Series: Amphibians and Reptiles of Sanibel and Captiva: A Natural History, presented

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

The book *Amphibians and Reptiles of Sanibel & Captiva Islands: A Natural History* was published in late 2013. It is a culmination of work conducted by Charles LeBuff and Chris Lechowicz spanning the period from 1959 to 2013. The book is a field guide as well as a history source. The lecture will focus on a few topics covered in the book, as well as an overview of these beautiful animals on the islands. Books will be available for purchase.

Tuesday, February 14, 11 a.m., adults \$7, teens \$5, 12 and under no charge – CROW Case of the Week, presented by a CROW student.

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

Tuesday, February 14, 11 a.m., adults \$7, teens \$5, 12 and under no charge – Wild About Rehabilitation, presented by CROW staff.

After a patient stabilizes in the hospital, CROW's rehabilitation staff provides them with a combination of balanced diet, husbandry and physical therapy. This supportive care is necessary to ensure success during the final step in the rehabilitation

continued on page 24

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Shell Of The Week

Antillean Sphenia



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

The Antillean Sphenia, *Sphenia fragilis* (H. Adams & A. Adams, 1854) is a locally

uncommon species of bivalve that reaches a little less than a half-inch in size. The shell is roughly rectangular, very thin and brittle, and chalky-white, with a very thin, yellowish-brown periostracum (the organic outer shell layer). In some cases, the shell extends posteriorly to form an elongate siphonal tube that may be as long as the rest of the shell; this tube is reinforced by a thicker periostracum. Sphenias belong in the Myidae, a bivalve family that also includes the Soft Clam *Mya arenaria*, a basic staple of New England clam chowders. Learn more about local mollusks at <http://shellmuseum.org/shells/southwest-florida-shells>.

Shell Museum Events

Daily programs are included with paid admission:

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

Mollusk Matinées – Talks presented by staff every Wednesday from 2 to 3



The Antillean Sphenia, *Sphenia fragilis*, from Sanibel

photos by José H. Leal

p.m.

Arts & Crafts – 1:30 to 2:30 p.m.

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

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

Dredging And Renourishment At Blind Pass

Beginning on February 8, the Lee County Department of Natural Resources' contractor began mobilization activities, placing equipment and pipes along Blind Pass and northern Sanibel. Maintenance dredging along the inside of Blind Pass (north side of bridge) is expected to commence on February 21. The dredged sand will be used to renourish portions of eroded beach south of Blind Pass and the north end of Bowman's Beach.

Upon completion of the inside of the channel, the equipment will be moved seaward of the Blind Pass bridge, this is expected to take place on or around March 11, with an estimated completion date of May 2.

Beachgoers should use caution when construction equipment is present on the beach. Fishing from the Blind Pass Bridge may be intermittently restricted during the maintenance dredging project. The project is expected to last for approximately 84 days.

This project is being funded through tourist tax revenues from Lee County and a grant from the Florida Department of Environmental Protection.

For more information, visit www.leegov.com/naturalresources/blind-pass-2017-construction or call the Lee County Department of Natural Resources at 533-8109.

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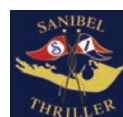
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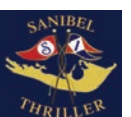
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From page 22

CROW Calendar

process. Ask the staff how they work their magic. One of CROW's animal ambassadors will be present.

Tuesday, February 14, 2 to 3:30 p.m., \$20 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff.

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

Wednesday, February 15, 11 a.m., adults \$7, teens \$5, 12 and under no charge – Wildlife Rescue 101.

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

Wednesday, February 15, 12 to 1:30 p.m., \$30 per person, advance registration required – Lunch and Learn with Dr. Barron.

An intimate and engaging discussion with CROW's Hospital Director Dr. Heather Barron. Dr. Barron will explain CROW's role in supporting the interconnectedness of human health, animal health and environmental health.

Reservations include a boxed lunch catered by the Sanibel Deli and concludes with a tour of CROW's hospital and rehabilitation grounds. Not recommended for children under the age of 13.

Wednesday, February 15, 2 p.m., adults \$7, teens \$5, 12 and under no charge – Wild About Rehabilitation, presented by CROW staff.

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

Thursday, February 16, 11 a.m. to 12:30 p.m., \$20 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff.

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

Thursday, February 16, 11 a.m., adults \$7, teens \$5, 12 and under no charge – Patient Profiles: Gopher Tortoises, presented by a CROW volunteer.

The life of a gopher tortoise revolves around its burrow. These tortoises are found digging from southern Georgia to southeast Florida. Because of its contributions to the ecosystem, it is classified as a "keystone species." CROW's presenter explains why they

are admitted and how the medical staff treats this species. One of CROW's animal ambassadors will be present.

Thursday, February 16, 2 p.m., adults \$7, teens \$5, 12 and under no charge – Birds of Prey, presented by CROW staff.

Raptors are birds that prey on other

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

Learn The Fundamentals Of Orchids

Orchid Culture for Everyone will be the topic of the Monday, February 20 meeting of the Sanibel-Captiva Orchid Society. The program will be presented by Mickey Carnell, co-owner of Blue Pagoda Orchids. The meeting will take place at 1:30 p.m. at St. Michael & All Angels Episcopal Church, located at 2304 Periwinkle Way.

Orchid novices are encouraged to come to the meeting's fundamentals session at 1 p.m. to hear Bill Overton discuss mounting orchids. Overton has been growing orchids for over 40 years and is an accredited American Orchid Society judge. He will moderate this season's monthly fundamentals sessions.

Anyone with questions or an "ill orchid" that needs diagnosis can bring their plants to the meeting during show-and-tell. San-Cap Orchid Society members are invited to participate in a monthly show. Ribbons are awarded for best hybrid and best species orchids. Most meetings will have orchids for sale as well as an orchid raffle. Annual society membership is \$25 or \$45 for couples. Guests are \$5.

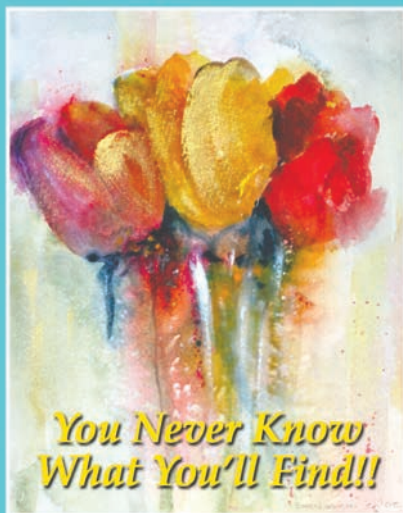
For more information, visit www.sancaporchid.org.*



Ronn Downey of Sanibel displays his award-winning orchid at the January meeting of the San-Cap Orchid Society photo provided

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They are available at:

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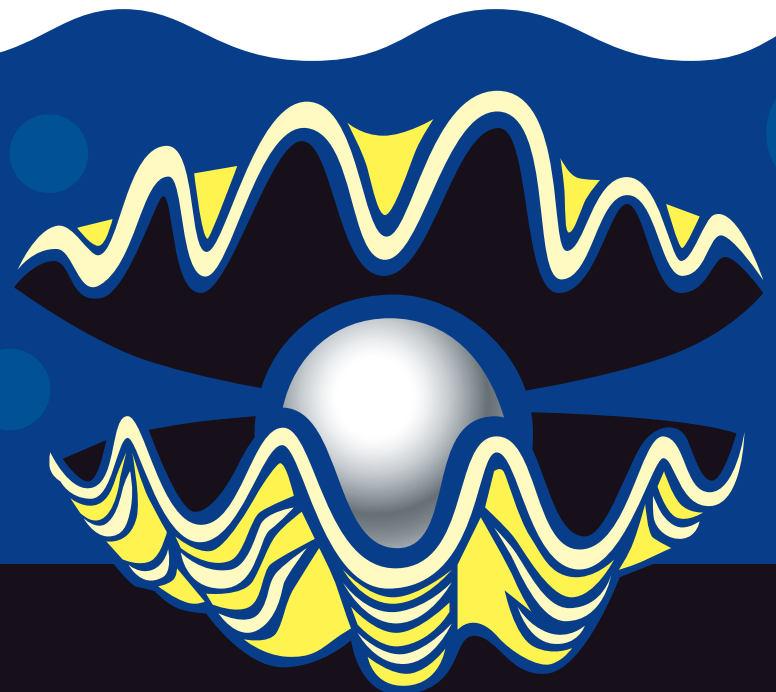
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ISLAND FARE

BAILEY'S GENERAL STORE

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

2477 Periwinkle Way, 472-1516

BEACH PIEZ

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

2441 Periwinkle Way, 472-3224

THE BLUE GIRAFFE

The Blue Giraffe, under new ownership, offers casual island dining for "no wait" breakfast from 7 a.m. to noon daily as well as lunch and dinner seven days a week until 8 p.m. Dine outside in the garden atmosphere of Periwinkle Place or inside at hand-painted tables, inspired by local artists.

The new menu is full of traditional and unique breakfast items, signature burgers, custom sandwiches, fresh and local seafood, salads, steaks, pork and vegetarian options. There is a full liquor bar and various local beers on tap.

2075 Periwinkle Way (Periwinkle Place), 472-2525

CIP'S PLACE

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

2055 Periwinkle Way, 472-0223

DOC FORD'S RUM BAR & GRILLE

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

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

DUNES GOLF & TENNIS CLUB

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

Featured monthly events include Trivia Night,



The Johnson family of Bailey's General Store: From left, Calli, Richard, Mead, Dane and Baillie

photo by Bob Petcher

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

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

949 Sand Castle Road, 472-3355

GRAMMA DOT'S

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

634 North Yachtsman Drive, 472-8138

GREEN FLASH

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

15183 Captiva Drive, 472-3337

IL CIELO

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

1244 Periwinkle Way, 472-5555

ISLAND COW

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

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

2163 Periwinkle Way, 472-0606

JACARANDA

The Jac, as it is known to regulars, has been serving excellent seafood for three decades and offers the best of two worlds: dining room seating or dinner under the stars in the screened garden patio. The patio lounge is home to some of the best nightlife on the islands, seven nights a week, including live outdoor entertainment from 5 to 7:30 p.m. and 8:30 p.m. to midnight. Expanded happy hour menu and reduced happy hour drink prices from 5 to 7 p.m. and 10 p.m. to midnight. Dinner reservations are suggested.

1223 Periwinkle Way, 472-1771

JERRY'S RESTAURANT AND DELI

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

1700 Periwinkle Way, 472-9300

JOEY'S CUSTARD

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

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

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

LAZY FLAMINGO

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

ship with its portholes and hewn wood surfaces. The atmosphere is definitely casual and beer is available by the bottle, on draft or by the pitcher.

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

MATZALUNA ITALIAN KITCHEN

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

1200 Periwinkle Way, 472-1998

MUCKY DUCK

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

11546 Andy Rosse Lane, 472-3434

OVER EASY CAFÉ

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

630 Tarpon Bay Road, 472-2625

PASTURE & PEARL

Sanibel's newest restaurant, Pasture & Pearl is the latest collaboration from the well-traveled husband and wife team Chef Elaine Dammeyer and General Manager Christian Jego. Come as you're comfortable for a modern, fine dining experience. The cuisine celebrates locally, regionally, ethically and sustainably sourced ingredients, and wine selections are curated by resident sommelier Kory Lynn. The intimate atmosphere and attentive service evoke the hospitality of a dinner party. The menu offers seasonal vegetarian preparations, fresh, wild-caught and responsibly farmed seafood, and the finest cuts of freely pastured beef, lamb, chicken, duck and rabbit from White Oak Pastures, a 150-year-old, multigenerational farm in Southwest Georgia, including a custom cut especially developed for the signature dry aged bone-in ribeye.

The Village Shops, 2340 Periwinkle Way, 810-5514

PECKING ORDER

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

2496 Palm Ridge Road, 472-2534

ROSIE'S CAFÉ & GRILL

Rosie's repertoire includes crab cakes, grouper and shrimp entrees and steaks with all the trimmings, Southwestern dishes such as burritos and fajitas, soup and sandwich combos and salads. Among the most popular items is Rosie's Famous Cheesesteak made from shaved rib eye, grilled mushrooms, onions and green peppers, Ultimate Cuban and Classic Reuben, homemade muffins and cinnamon rolls and Key lime pie, root beer floats and banana splits. A children's menu is also available. Carry out, indoor or outdoor seating. Check out the new menu items for breakfast, served from 8 to 11 a.m. Monday through Saturday and 8 a.m. to 2 p.m. Sunday. Happy hour is from 3 to 6 p.m. seven days a week with two-for-one draft beer and wine. The ice cream bar has 20-plus flavors of locally made Royal Scoop Ice Cream.

2230 Palm Ridge Road, 579-0807

SANIBEL BEAN

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

2240 Periwinkle Way, 395-1919

SANIBEL DELI & COFFEE FACTORY

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

2330 Palm Ridge Road, 472-2555

SANIBEL GRILL

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

703 Tarpon Bay Road, 472-3128

SANIBEL SPROUT

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

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

SUMMERLIN JAKE'S

Summerlin Jake's Seafood and Steaks, a sunset dining water view restaurant in Fort Myers, located near the Sanibel Bridge, offers new American cuisine prepared in the old Florida tradition. Paying tribute to the rich history of Punta Rassa, where Jake Summerlin owned a wharf that he used to ship his cattle to Cuba and the local waters that are famous for being the home to big game fishing, Summerlin Jake's offers freshly caught local seafood, tender, juicy prime steaks, smoked ribs, brisket & chicken and heart-healthy, vegan choices that are locally sourced,

hand-selected and artfully prepared. Summerlin Jake's is open Monday through Friday 11 a.m. to 10 p.m. and Saturday and Sunday 8 a.m. to 10 p.m. (Breakfast served 8 to 11:30 a.m.). Happy Hour is 3 to 6 p.m. daily. Live music on Friday and Saturday 5:30 to 10 p.m.

17501 Harbour Pointe Drive, 466-5377

TOTALLY BAKED ON SANIBEL

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

2407 Periwinkle Way Suite 1, 312-4503

SUNDIAL BEACH RESORT & SPA

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

1451 Middle Gulf Drive, 472-4151

TIMBERS RESTAURANT & FISH MARKET

The Timbers Restaurant & Fish Market and the adjoining Sanibel Grill are mainstays of the island dining scene, boasting 35 years of fresh fish on Sanibel Island. The restaurant offers 13 dinners for \$15 daily before 5:30 p.m. plus a large selection of local

seafood, such as grilled shrimp, fried grouper, oysters, clams and crab cakes. Besides specializing in fresh local seafood, the restaurant has a seafood market that opens at 11 a.m. (except Sunday, when it's open at 2 p.m.) Restaurant is open seven days from 5 to 9 p.m.

703 Tarpon Bay Road, 472-3128

TRADERS GULF COAST GRILL & GIFTS

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

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

1551 Periwinkle Way, 472-7242

TRADITIONS ON THE BEACH

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

3111 West Gulf Drive, 472-4559

"Top 5 Breakfast in Florida" - Southern Living

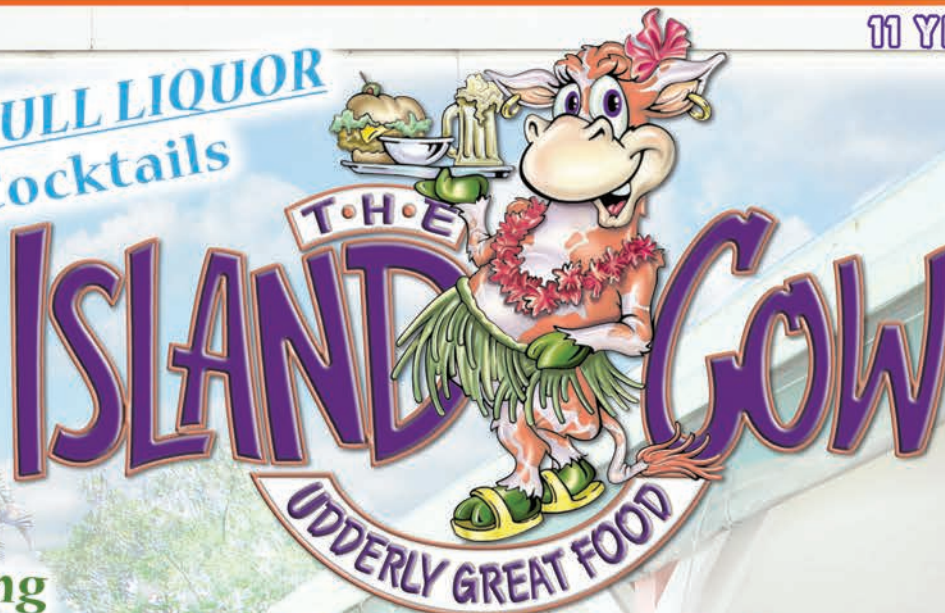
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From page 1

Wildlife Tours



From left, Kathryn and Jim Muirhead, Patti Ark and Linda Parker

uncommon fowl species was nowhere to be seen.

"It is far off its usual migration route," noted Combs, "or it could be an escaped bird."

The absence of the great white pelican, however, didn't disappoint the group taking in the refuge's semi-weekly Birds & Wildlife Tour. Led by resident volunteer docent Linda Parker, the tour provides expert birding advice and points out some of the local native plant and wildlife species for people following along in their vehicles, caravan-style.

"You need to look closely at that group of white birds," said Parker during the first stop along Wildlife Drive. "At first glance, you might think they're all the same species

of bird, but if you pay close attention to some of their behaviors and subtle physical characteristics, you'll see that there are actually four different species out there."

During the 90-minute excursion, which is offered Mondays through Thursdays at 9:30 a.m. through April 23, Parker shared her knowledge of local avian species, native wildlife and flora found throughout Southwest Florida.

Using binoculars to get a closer perspective, birders celebrated spotting the refuge's "signature bird," the roseate spoonbill, pausing several minutes to watch it walk through the shallow brackish waters, dipping its beak into the water quickly before shaking it back and forth after capturing its prey.

Along the way, the group spotted several other bird species – including ibis, snowy egret, reddish egret, little blue heron, great blue heron, kingfisher, pied-billed grebe, anhinga, brown and white pelicans, osprey and green heron – as well as other wildlife including a periwinkle snail, mangrove tree crabs and mullet, which jumped from the water every so often.

Parker pointed out some common plants found locally, including a giant leather fern, cabbage palms and three species of mangrove: white, black and red.

Kathryn and Jim Muirhead, visiting from New Hampshire with friend Patti Ark from western New York, all said they learned quite a bit during the tour.

"Ever since we came down in early January, we've taken this tour three times and even went on a few Audubon bird walks," said Kathryn Muirhead. "We've been focusing a lot on our birding skills."

"It's fantastic the way that Sanibel cares so much about nature and preserving it," added Jim Muirhead. "Every time we come back, it gets better and better... we just hope it doesn't get bigger and bigger."

In addition to the semi-weekly Birds & Wildlife Tour, the refuge offers several free daily programs including:

- Birds of the Refuge – Not sure which feathery friends you are seeing through your binoculars? Learn interesting facts about birds and how to identify them in the estuary.
- Endangered Species – Habitats throughout the world are disappearing, affecting species everywhere. Discover endangered species of Southwest Florida and what you can do to help them.
- Florida Manatees – Explore the world of one of America's most endangered species, the Florida manatee, as it faces a challenging future. Find out what you can do to help save this species.
- Gators and Crocs – Is it an alligator or crocodile? Learn about the Order *Crocodylia*, including crocodiles, gharials, alligators and caimans. Learn how to identify families and local species in the refuge.
- Reptiles and Amphibians – Discover some of the underappreciated refuge residents: snakes, lizards, toads and frogs.
- Family Craft & Story – Join a naturalist for storytime at the refuge. Bring your family to hear a wildlife-themed story and make a craft about an animal from the estuarine ecosystem. Storytime is appropriate for pre-K through sixth grade, although everyone is welcome.
- Florida's Venomous Wildlife – Learn about the venomous wildlife species that live in Southwest Florida, how to identify these animals and their habitats.
- Birds of Prey of Southwest Florida – Discover which birds of prey live in Southwest Florida and learn about their adaptations for survival.
- Nature Photography – Get back to nature. Learn the art of nature photography using basic equipment.
- Shorebirds of the Refuge – Stumped by those little brown birds? Learn how to identify these tricky shorebirds.

For more information about programs and activities offered at the JN "Ding" Darling National Wildlife Refuge, call 472-1100 or visit www.dingdarlingsociety.org.



A mangrove tree crab

LIVE ON THE ISLANDS

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

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

The Jacaranda has live entertainment Friday and Saturday with the Riverside Band. On Sunday, it's Sir Mitch. Renata plays on Monday. On Tuesday, it's Karaoke. Wednesday is the Jerry B. Variety Show. Eric Malibu plays on Thursday.

The Mucky Duck on Andy Rosse Lane, Captiva features live music by Peter Redpath on Thursday and Sunday. Gary Earle plays Friday. Gene Federico performs on Saturday

and Wednesday. Mark Dupuy plays on Monday. On Tuesday, it's John McLane.

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

Traditions on the Beach at Island Inn has live entertainment Friday with Woody Brubaker and Kathy Buda. Dusk plays on Saturday. On Sunday, it's Barbara Dexter. Mike Arnone plays Monday. Woody Brubaker and Barbara Smith play on Tuesday. Woody Brubaker and Kathy Buda play on Wednesday.

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

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

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American Legion Post 123

On Saturday, February 11, the inaugural Auxiliary 123 Sale will take place at American Legion Post 123, with proceeds going to assist local veterans.

Every Monday is the 8-ball pool league tournament at 5 p.m. Stop in and watch some good shooting. On Tuesdays, tacos are served all day. Spaghetti and meatballs are served

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

The Ladies Auxiliary has shell ornaments available.

If you have a flag that needs to be retired, drop it off at Post 123, located at Mile Marker 3 on Sanibel-Captiva Road. It is open Monday through Saturday from 11 a.m. to 9 p.m. and Sunday from noon to 9 p.m. The public is welcome. For more information, call 472-9979.*

Top Ten Books On The Island

1. *A Man Called Ove* by Frederik Backman
2. *The Little Paris Bookshop* by Nina George
3. *Gift From the Sea* by Anne Morrow Lindbergh
4. *Clownfish Blues* by Tim Dorsey
5. *The Hour of the Land* by Terry

Tempest Williams

6. *Sanibel Flats* by Randy Wayne White
 7. *Heart of the Sanibel Sunset Detective* by Ron Base
 8. *Annabelle* from Sanibel by Jane Kirschner-Tuccillo
 9. *Our Souls at Night* by Kent Hanuf
 10. *The Swans of New York* by Melanie Benjamin
- Courtesy of MacIntosh Books and Paper.*

Shell Found



Blake, Miranda, Kim and Ken Carlson

photo by A. Ziehl

Ken Carlson, visiting with his family from Mystic, Connecticut, found a junonia on East Gulf Beach while staying at the Sanibel Inn on January 30. "Woo-hoo!" the excited sheller said. "Sanibel is our happy place."*



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Upcoming Programs At Sanibel Library

Sanibel Public Library's upcoming programs can be found on the library's website calendar at www.sanlib.org.

Sanibel Public Library Youth Services Librarian Deanna Evans invites young readers to join one of the book discussions on Saturday, February 11. The books are free and available for pick up at the Sanibel Public Library. The discussions include Neil Peter Brown's *The Wild Robot*, Ms. Bixby's *Last Day* by John David Anderson and *The Inquisitor's Tale* by Adam Gidwitz. More information is available online at www.sanlib.org.

Learn about your Medicare options at the Informed Choice educational event from noon to 4 p.m. on Monday, February 13 at the library.

On Monday, February 13 at 2 p.m., there will be a book signing with Dr. Ellen Kenner, author of *The Selfish Path To Romance*. Kenner is an author, lecturer, talk show host and contributor to national magazines and has been featured on popular health and wellness sites.

Join Sanibel Public Library's Betsy Eidem and hear stories featuring a taste of French kitchen gardens. "Potager" gardens grow vegetables and herbs



The Potager Garden

with the visual appeal of ornamented gardens. Stirring Stories with Betsy will be held at 10 a.m. on Tuesday, February 14.

At 2 p.m. on Wednesday, February 15, make Steampunk Jewelry with Cathy Cameron of the Sanibel Public Library. Supplies will be included.

From 9:30 a.m. to 1 p.m. on Friday, February 17, the Florida Department of Environmental Protection is having a public workshop on Total Maximum Daily Loads (TMDLs) for impaired

waters of the Sanibel Slough in the Charlotte Harbor Basin.

Scene of the largest banzai charge of the war, The Battle of Saipan was part of the 1944 Pacific campaign of World War II, fought in the Mariana Islands. Duane E. Shaffer of Sanibel Public Library presents The Battle of Saipan at 10 a.m. on Friday, February 17.

Ross Hauser, MD and Marion Hauser, MS, RD of the Caring Medical Regenerative Medicine Clinic present a talk on treatments for pain at 2 p.m. on

Friday, February 17.

At 2 p.m. on Monday, February 20, John Raffensperger, MD presents *The Real Sherlock Holmes and the Medical Life of Arthur Conan Doyle* for lovers of the great British crime-solving detective.

Edison & Ford Winter Estates antique automotive curator James Moss will present a program on historic Fords at 2 p.m. on Tuesday, February 21.

Art curator and restoration expert Jeremy Fogg presents a program about Edmund C. Tarbell of the Boston School of Painting on Wednesday, February 22 at 1 p.m.

The weekly youth programs run through March 16, with the 3rd To 5th After-School Clique held on Tuesdays at 3 pm. The K-2 After-School Crew is held on Thursdays at 3 pm., snacks provided. Bessie the READ dog visits Thursdays at 4 p.m. There are two "all ages" storytimes on Wednesdays, at 10 a.m. and at 1 p.m. A children's book discussion will be held on Saturday, February 11. The full youth program schedule can be found in the calendar online at www.sanlib.org. For more details, contact Youth Services Librarian Deanna Evans at devans@sanlib.org or call 472-2483 ext. 201.

The public is invited to attend these library programs. There is no registration required or any additional cost to participate.

For more information about the Sanibel Public Library, call 472-2483 or visit www.sanlib.org.

SAN-CAP Art League Presents...

ART SALE WEEKEND

Two great shows - two different locations

Saturday Feb.11



Art on the Veranda at Bailey's Center

10am to 3pm
(Rain or Shine)

2477 Periwinkle Way, Sanibel Island

Local award winning artists selling original art

Sunday Feb.12

15th ANNUAL

CLOTHESLINE ART SHOW



9am to 2pm
(Rain or Shine)

Inside and Outside the Sanibel Community House
2173 Periwinkle Way, Sanibel Island

Artist's Works On Display

Every month throughout the year, Sanibel Congregational United Church of Christ (SCUCC) highlights a different artist or group of artists. In February, the paintings of Nory McNelis are on view. There will be an artist's reception at the church on Thursday, February 23 from 4:30 to 6:30 p.m., and the public is welcome to attend both the exhibit and the reception. Paintings are being offered for sale, with a portion of sales benefitting the church.

"I paint our islands," said McNelis, adding that all but one of the nearly two dozen paintings she's chosen for this show are all about her winter home on Sanibel. She finds that wintering here opens her to all kinds of plants and animals that live here. In fact, trees and birds that attract her attention while she's taking a walk sometimes find their way into her paintings. She is a member of the San-Cap Art League and often paints en plein air.

A native of Minnesota, McNelis summers in the Minneapolis suburb of St. Louis Park. She has included in the exhibit one painting that depicts autumn at the University of Minnesota



Nory McNelis creates a painterly effect as she captures the Sanibel Lighthouse in oils

photos courtesy SCUCC

Landscape Arboretum near her home. She often visits the arboretum, which is beautiful in any season. However, she explained, "When all of the leaves have fallen off the trees, I fly south for the winter with all of the other snowbirds."

"It is my hope that you will enjoy this unique interpretation of our Islands,"



Local scenes inspire Nory McNelis as she creates oil paintings of her winter home

she added. "I try to remember to never take the familiar for granted."

The exhibit is in Fellowship Hall at Sanibel Congregational Church of Christ, located at 2050 Periwinkle Way, across from the Periwinkle Place Shopping Center. For more information, call the church office at 472-0497.*

Local Author To Speak

Author WC Highfield's recent memoir of his father's World War II experiences will be presented at the Captiva Memorial Library on Wednesday, February 15 at 3 p.m.

Highfield's latest book is *Liberated: A World War II Memoir of Lt. Harlan E. Highfield*. He wrote three previous novels, all set in Southwest Florida. This will be his fourth presentation at Captiva Memorial Library.

Written from his son's perspective, and coupled with autobiographical material, *Liberated* chronicles the World War II experiences of Lt. Highfield. His training as a P-40 fighter pilot in the U.S. Army Air Corps led to flying combat missions in the North African Campaign. After being shot down in the Tunisian desert, and following his subsequent wounding, Lt. Highfield spent over two years as a prisoner of war in camps in Italy and Germany.

The April 29, 1945 liberation of Stalag VII-A by Gen. George Patton's 14th Armored Division allowed Lt. Highfield to return to civilian life, where he was successful as an educator, administrator, coach, husband and father.

This is one person's story that serves as an example of the many sacrifices made by millions during World War II.

Captiva Memorial Library is located at 11560 Chapin Lane. Call 533-4890 for more information.*

To advertise in the *Island Sun* Call 395-1213

MARK YOUR CALENDARS FOR

THE FABULOUS 2017 BIG ARTS BENEFIT

Tickets for BIG ARTS Annual Benefit, Neil Berg's 100 Years of Broadway are now available! Join Elissa Karasin-Samet and Susan Scott, co-chairs for the BIG ARTS Annual Benefit, for a truly memorable evening with an acclaimed cast of Broadway headliners.

Get transported back to the Broadway shows you've known and loved.

Doors open at 7:30 pm for a champagne toast and stick around for post-concert fine wines, desserts, and dancing!

\$150.00 PER PERSON

Contact us and join the fun!

www.bigarts.org | 239-395-0900

Saturday, February 11

Neil Berg's
100
YEARS OF
BROADWAY



Artist To Speak At League Meeting

Artist Sam Hollingsworth will be the guest speaker at the Sanibel Captiva Art League (SCAL) meeting on Thursday, February 16. Beginning with light refreshments at 1 p.m., the meeting will be held at The Community House and all are invited to attend.

Hollingsworth, a graduate of the University of Cincinnati College of Design, Architecture, Art and Planning, is a noted award-winning artist. He has been the lead jurist in regional art competitions and has served as curator for several art and cultural displays. He teaches art appreciation and art history at the University of Cincinnati OLLI while maintaining a studio in Newport Kentucky. His work hangs in private collections in Cincinnati, New York, Youngstown, Boston, Santa Fe and Florida. Painting a variety of subjects in watercolors and acrylics, he specializes in surrealistic and abstract images. He notes that his subjects are based on Surrealist themes, and his skill at juxtaposing highly realistic objects with landscapes that have a dreamlike



Sam Hollingsworth photo courtesy SCAL

feel lets him create worlds that compellingly communicate an almost ethereal impression.

The program by Hollingsworth will consist of a presentation discussing common issues which artists face,

regardless of how experienced they are, and why at times the process is so difficult. All art mediums present various challenges regarding learning the craft of art making to finding one's own voice in creative expression. Hollingsworth will conduct a brief watercolor painting demonstration explaining how he develops the subject content, the preliminary sketches, a value study and the finished work.

Sanibel Captiva Art League, as well as sponsoring educational meetings, offers an invitation to all to participate with members in weekly paint-outs on Thursday mornings. During the month of February, the judged member show is on exhibit in the Sanibel Public Library. Information about the Sanibel Captiva Art League, including details about paint-outs and art exhibits, is available online at www.sancapart.com.✪

Comedy Nights At Sundial Beach Resort

Sundial Beach Resort & Spa announced the addition of Comedy Nights to its weekly lineup of events. Running February 14 through April 5, Gulf Coast Comedy will present nationally touring comedians in the resort's Sanibel-Captiva Room on Tuesdays and Wednesdays at 7 p.m.

The lineup begins with a Valentine's Day performance by Kerry Pollock, who offers a unique blend of comedy and magic. *Variety Magazine* noted that Pollock is "a thoroughly enjoyable alternative to ordinary stand-up," and Penn Jillette of Penn & Teller pronounced Pollock to be "one of the most powerful and charming performers I know." Pollock also

appears on February 15.

Scheduled comics include Emmy Award winner and Grammy nominated Dennis Blair, Comedy Club Network's Mark Klein and Las Vegas regular Jimmy Carrol, who has appeared on Comedy Central.

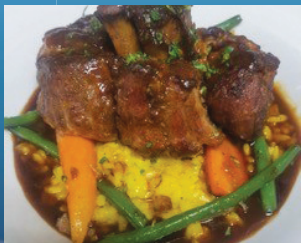
Priced at \$15, tickets are available at www.gulfcoastcomedy.com or by calling 542-3869. Doors open at 6:30 p.m. for open seating. Bar service will be offered. For the full schedule of performers, visit www.gulfcoastcomedy.com.

"Comedy Night brings a fresh, lively entertainment experience to both our guests and the local community," said Phillip Starling, general manager. "Paired with dinner at Sea Breeze Café or Shima Japanese Steakhouse & Sushi Bar, it will make for a fun and relaxing evening out on the island."

Other weekly events at the resort include Margarita Monday with live entertainment, Wednesday Ladies Night and Prime Rib Thursday.✪

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--	--

<p>Fresh Strawberries</p> <p>save 1.00 lb.</p> <p>3⁹⁹ lb.</p>	<p>Fresh, Sweet Cantaloupe</p> <p>save 1.00 ea.</p> <p>2⁹⁹ ea.</p>
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<p>Jerry's Deli Egg Salad</p> <p>save 1.00 lb.</p> <p>6⁹⁹ lb.</p>	<p>Bakery Fresh Baguette 12 oz.</p> <p>save .99</p> <p>1⁰⁰</p>	<p>Sanibel Wine 750 ml.</p> <p>save 1.00</p> <p>11⁹⁹</p>
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At Periwinkle & Casa Ybel

Author Series Features Literary Icon



From left, Margaret Atwood, Kim Morris, Scott Shotwell, West McCann and Betsy Alderman
photos courtesy Sanibel Public Library

The Sanibel Public Library welcomed Margaret Atwood to its 2016-17 season Author Series on January 25. Atwood is the author of more than 40 volumes of poetry, children's literature, fiction and non-fiction. Her dystopian novel *The Handmaid's Tale* has sold more than 10 million copies worldwide. Her works have been translated into more than 30 different languages.

Atwood's friend Anne Golden introduced her to the library audience. As children, Anne and Margaret went to Camp White Pine together where Atwood was called "Peggy Nature." Atwood had a tool shed converted into a makeshift station to teach campers about the flora and fauna in the woods of Ontario.

In her lecture, Atwood talked about the new introduction she recently wrote for *The Handmaid's Tale*, which will be aired as a TV series in April on Hulu.

Atwood is a big supporter of public libraries. She said, "Libraries are more important than ever, not only for books, but for open access to information."



From left, Priscilla Friedersdorf, Margaret Atwood and Max Friedersdorf

Libraries are the people who use them."

The library, partnering with the Sanibel Public Library Foundation, is celebrating nine years of success in bringing award-winning, high caliber authors to the library.

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



Jan England and Margaret Atwood

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Special Appearance By Award-Winning Jewelry Designer



Award-winning designer Denny Wong, center, with Lily & Co. Jewelers guests and staff photo provided

Award-winning designer Denny Wong returns to Lily & Co. Jewelers in time to be the hero of Valentine's Day with his Hawaiian-inspired collections. For two days only, Wong will be part of Save The Males, an annual event designed to make Valentine's shopping effortless.

"It's a pleasure to be part of this brilliant Valentine's event. It's an opportunity to present the person you love with beautiful piece of jewelry and an evening they'll remember for years," said Wong, who will be at Lily & Co. on Friday and Saturday, February 10 and 11.

Wong began crafting fine pieces of jewelry in the early 1980s and emerged as a leader in design within the industry by the end of the decade. Wong's collections gracefully showcase tropical flowers, marine life, Tahitian pearls and precious gems. He is legendary for capturing the elegance of the plumeria, the flower of

Aloha, and the Hawaiian state flower, hibiscus.

"Workmanship, detail and quality are the hallmarks of Denny Wong pieces," said Dan Schuyler, owner of Lily & Co. with Karen Bell. "We are thrilled to have him back in time to help us Save The Males with a sweet deal."

The complete Save The Males package covers professional gift wrapping, a red rose from Wilson Landscaping, a plush teddy bear, handmade Norman Love chocolates and a romantic card from MacIntosh Books and Paper. Purchases of \$750 or more includes dinner for two at Trader's Cafe. The Save The Males offer runs through Tuesday, February 14.

Lily & Co. is located at 520 Tarpon Bay Road on Sanibel, and open from 10 a.m. to 5 p.m. Monday to Saturday.*

Interior Design Company Among Top 10

Decorating Den Interiors, North America's largest home furnishings and interior design company, recently announced that Linda and Dana Coin, owners of Decorating Den Interiors of Sanibel-Captiva, achieved Chairman's Circle status for being in the company's top 10 for retail sales in 2016. The Coins and their team were also recipients of this award in the previous year.

"The Chairman's Circle awards are the first we announce each year," said Jim Bugg, Jr., president and CEO. "These award winners were significant in helping to lead our company to its sixth consecutive year of retail sales growth. The Coins are also exemplary partners that run a full sample studio/office with a team of decorators and other support staff."

This past month, the Coins were also presented with Decorating Den Interior's



Dana and Linda Coin photo provided

regional award titled Business Owner of the Year 2016.

Decorating Den Interiors design professionals represent more than 150 home furnishings suppliers and provide convenient complimentary design consultations in the client's home or office.*

Explosive Musical Celebration of Louis Armstrong and Ella Fitzgerald



Strauss Theater

FEBRUARY 17- FEBRUARY 28

The captivating tale of Ella Fitzgerald, the First Lady of Song, and the inimitable Louis Armstrong reunited in Heaven and accompanied by The Angel Gabriel in a fast-paced, heartwarming musical revue celebrating their lives and passion.



BIG ARTS Monday Night Film Series

Sweet Bean

by Di Saggau



The BIG ARTS Monday Night Movie for February 13 is *Sweet Bean*, a Japanese movie about food and the joys of a good day's work. You could call it a "foodie" film.

In this movie, Sentaro runs a small shop where he cooks dorayaki, a pancake-based snack for a group of schoolgirls who often request it at the establishment. The pancakes contain a large dollop of An, the sweet bean paste of the title. To create his perfectly shaped tiny pancakes, he rises early and any rejects that do not come up to his standards are handed out for free. The camera treats his work on the griddle like a sacred ritual lovingly ogling each measured spoonful of batter as it hits the grill.

There is a help wanted sign in the shop's window. Competing for the job is Tokue, a senior citizen and 50-year veteran of making the tasty pancakes. She is critical of the shop's sweet bean paste because it comes from the supermarket and she demands that Sentaro make it from scratch, or hire her to do it. When he declines her offer, she drops off some of her homemade filling and Sentaro is so stunned by its flavor he hires her.

Soon, word spreads and there are lines around the block with people anxious to try the new delicacy. *Sweet*



Bean tugs at the heartstrings now and then. The director, Naomi Kawase, favors close-ups and medium shots of her actors and the action which creates an intimacy that the lead actors thrive upon. They bring a wealth of subtle emotion to their characters. She depicts the passage of time with beautifully shot changes of season including the vivid cherry blossoms of spring. The film runs 113 minutes and 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. Film Sponsors: June Rosner and Russ Bilgore, Stan and Visnja Gembicki, Hyde Tucker, Penny Wilkinson and the *Island Sun*. BIG ARTS is located at 900 Dunlop Road. Tickets are available at www.BIGARTS.org, at the door or by calling 395-0900.*

DiCaprio Film To Be Screened

The next film to be shown as part of the "Ding" Darling Wednesday Film Series is *National Geographic's Before The Flood*, starring producer and environmental activist Leonardo DiCaprio. The screening will be held on Wednesday, February 15 at 1 p.m. in the "Ding" Darling Visitor & Education Center auditorium.

Before The Flood presents a riveting account of the dramatic changes now occurring around the world due to climate change, as well as the actions we as individuals and a society can take to prevent catastrophic disruption of life on our planet.

The 96-minute film follows DiCaprio as he travels five continents and the Arctic to speak to scientists, world leaders, activists and local residents and gain a deeper understanding of this complex issue and investigate concrete solutions to the most pressing environmental challenge of our time.

"Ding" Darling Wildlife

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

The the season's remaining schedule of films follows. All showings begin at 1 p.m. For full descriptions of the films, visit dingdarlingsociety.org/articles/lecture-and-film-series.

- March 1 - *Sonic Sea*
- March 15 - *Why Just One?*
- March 29 - *Seed: The Untold Story*
- April 12 - *The Future of Energy*.*

Stories For Grownups 15th Anniversary

It's hard to believe, but storyteller Dr. Sidney B. Simon did his first Friday Stories for Grownups at the Sanibel Public Library back in 2002. It quickly found an audience and down through the years, there were close to standing room only audiences on many Fridays.

On Thursday, February 9 at 7 p.m., friends of First Friday Stories For Grownups will hold a 15th anniversary celebration where Dr. Simon will tell stories from the first year through 2017. There is no charge to attend.

Dr. Simon wanted to host an evening for those people who were not available at 2 p.m. on Fridays.

For more information, call the Sanibel Public Library at 472-2483.*

SHELL POINT PRESENTS

Spectrum of Sound

RIVER CITY BRASS

Thursday, February 16, at 7:30 p.m.



Don't miss the rich sounds of River City Brass as they perform live at Shell Point during the 2016-2017 Concert Series. This group's signature style, developed during 30 years of touring from California to New York, includes featured concert performances by superb soloists and a powerful repertoire from classical to pops, and from jazz to marches.


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Book Review

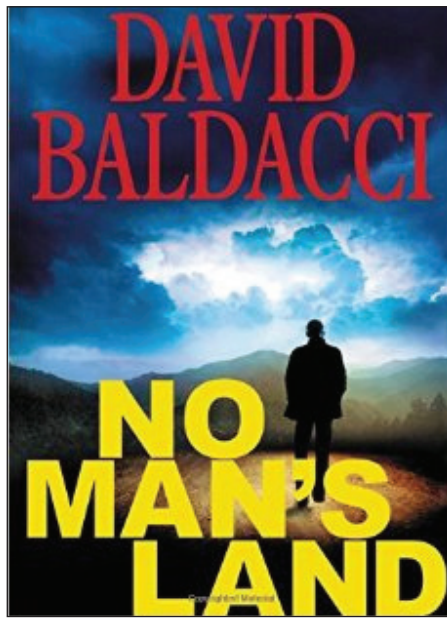
No Man's Land

by Di Saggau



David Baldacci's storytelling is addictive. It's no wonder he is one of America's favorite mystery writers. He turns out one readable and enjoyable adventure after

another. In his latest novel, *No Man's Land*, Baldacci introduces us to another John Puller story. It all starts when Puller learns that his father, a legendary three-star general suffering from dementia, has been accused of murdering his wife 30 years ago. A



woman who was friends with Puller's mother, who is now dying from pancreatic cancer, sends a letter to the CID, claiming that John Puller, Sr. killed his wife. Puller knows his mother's disappearance has never been solved or fully explained, but the thought of his father being involved is something he cannot believe. With the help of his friend, intelligence operative Veronica Knox, they begin an investigation to get to the truth. His brother, Robert Puller, also helps out.

John Puller is not the only troubled character in the book. Paul Rogers is another. He has just been paroled after spending 10 years in a high-security prison for murder. With his freedom comes a desire to pay back old debts. He harbors a dark past that changed him in unimaginable ways. A stupid mistake cost him 10 years of his life. He made the wrong choice, but the thing in his head had not let him make

a better choice. Rogers becomes a man with a mission: to find the person responsible for his condition and rid the world of her. One night 30 years ago, Puller's and Rogers' worlds collided with devastating results, and until now, the truth has been buried. At the same time Rogers begins his own journey, Puller begins one that will take him into his own past, to find the truth about his mother.

Puller knows that for the Army to open a formal investigation against someone like his father, they must have something else they aren't sharing. Puller is told to stay out of his father's case at all costs or it could jeopardize his career. The chance to find out the truth about his mother and his father's past is something John cannot pass up.

No Man's Land is told with relentless pacing and plenty of action. It's another David Baldacci winner.*

School Smart



by Shelley M. Greggs, NCSP

Dear Readers, I've been reading a bit about about kids becoming self-advocates. I want to work on this with my daughter who has ADHD. What are some

things I can do?

Alex K., Fort Myers

Alex,

Self-advocacy is a very important skill for students to learn in order to be successful at all stages of their lives. Formerly, self-advocacy was a term applied for the most part to adults with disabilities but recent research suggests that learning to self-advocate is an important part of success for college and in the workforce.

According to psychologist Jodie Dawson, "Self-advocacy is understanding your strengths and needs, identifying your personal goals, knowing your legal rights and responsibilities, and communicating these to others." Since your daughter has learning struggles, she must learn how to maneuver through life's challenges to make sure her needs are met. She must understand her strengths and limitations, know how they affect her performance, and be able to communicate this to other people.

Dr. Dawson has shared some ideas for developing self-advocacy skills. She says that the young person must understand his or her learning difficulty and then understand how they learn best. The student should know his or her strengths and weaknesses and the strategies, accommodations and environments that help them learn best. Teachers and specialists at school can help with this and personal reflection on these issues is also important.

To self-advocate successfully the student must be able to communicate this self-knowledge to others. Your child must be clear in her requests and prepared with explanations. The manner in which

she communicates can either create supporters for her or push people away. Your daughter will probably need your help preparing ahead of time, planning what she will say. Role-playing is a great way to practice communication skills by helping her anticipate different situations, creating a script that she can use and thus raise her level of confidence for these encounters.

Throughout high school and beyond, your child will face many situations where she'll be required to inform and educate others about her learning disability. Friends may ask questions about her "special attention" at school and teachers unfamiliar with her needs will need more information about how she learns. On the job, she may require a specific work-related accommodation. At times, these situations may feel uncomfortable for your child, but the more self-knowledge she has, the better she'll be at advocating for herself.

It's important to help your child identify her support system early on. Whom does she trust and feel comfortable talking to – parent, relative, teacher, administrator, counselor, mentor, tutor? She needs to have people she can turn to for help, especially once she leaves home. This way, she won't have to feel so alone as she navigates through life.

By enabling your teenager to self-advocate, you'll help her develop skills necessary for success in learning and life. Talk with her regularly to reflect on what's going well for her and what isn't. Using a self-reflective questioning technique may also be helpful. Here is an excellent site for a great list of questions a teen can use for this activity – www.emotional-intelligence-education.com/self-reflection.html. Self-evaluation is often where the greatest learning takes place.

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

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Highlights From Shell Museum's Under The Sea Gala Fundraiser



A capacity crowd gathered at the Bailey-Matthews National Shell Museum last Saturday for the annual Under The Sea gala. The fundraiser included passed hors d'oeuvres, drinks and a spirited live auction
photos by Jeff Lysiak



From left, Doreen Ruane, Mary Bodurant, Kevin Ruane and Fred Bondurant



From left, Kay and John Morse with Nicole McHale



Al Hanser of the Sanibel Captiva Trust Company



From left, Mary Burton with Margery and Lee Almas



Jewel Jensen and Stefanie Wolf



Robin Roberts and Tiffany Onischuk



Leigh Gay and Rebecca Mensch



Shelby Peters and Fran Peters



Annika, Art and Eli Van Zanten



Dorrie Hipschman, executive director of the shell museum



Joey Giangreco conducting The Sanibel School Steel Drum Band

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- CROW
- F.I.S.H. of Sanibel-Captiva
- For Kids' Sake
- Friends Who Care
- Golisano Children's Hospital
- Human Trafficking Awareness Partnerships
- Kiwanis
- Lions Club
- Noah's Ark
- Old Schoolhouse Theater Fdn
- P.A.W.S.
- Periwinkle Partnership
- PURRE
- Rotary
- Saint Isabel's Church
- Sanibel-Captiva Cares
- SCCF - Sanibel-Captiva Conservation Foundation
- Sanibel Community Association
- Sanibel Community Church
- Sanibel Congregational Church
- Sanibel D.A.R.E.
- Sanibel Library
- Sanibel School
- Sanibel Scholarship Fund
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Peekers from last year's tour on the bus with guide Karen Pati second from left photo provided

Limited Tickets Available For Peek At The Unique Home Tour

There are still a few tickets left for afternoon departures for A Peek at the Unique, Zonta's renowned home tour, bringing in funds to support programs that empower women.

Now in its 16th year, and set for Saturday, March 11, the home tour has built a devoted following among islanders and winter visitors. Each year, the majority of participants come from island zip codes, and a not-insignificant number have been

continued on page 19B

Get Ready For Spaghetti

submitted by Tom Sharbaugh

One of Sanibel's favorite events is coming soon. Each year on the last Saturday in February, the Kiwanis Club throws a party for the whole community – the annual Kiwanis Spaghetti Dinner. This year, the dinner will be held on Saturday, February 25 from 4 to 8 p.m. This year's event will be the first ever to be held at The new Community House. Every year, tickets are in demand, so get your tickets early.

Admission to the spaghetti dinner is \$8 per person in advance or \$9 at the door; children age 10 and under are free. For that small price, you'll get all-you-can-eat pasta, meatballs, Kiwanis' secret spaghetti sauce, salad, bread, and wine or soda, plus a chance to rub elbows with everyone you know.

Following the feast, there will be music, dancing, desserts and the chance to be a winner at the raffle tables, and to bid on desirable items in the silent auction



Kiwanis Past President Eric Pfeifer is a veteran at serving up meatballs photo provided

and live auction. Items for the raffle and auction are donated by island merchants, artists, writers, restaurants, resorts and

continued on page 12B



The Community House's new eastern entrance contains a covered drop-off area photos by Jeff Lysiak

Community House Project Completed

by Jeff Lysiak

After nine months and more than \$3 million in equipment, construction and landscaping costs, The Community House is finally open and ready to welcome island residents and visitors following a massive reconstruction, restoration, renovation and expansion project.

Last Wednesday afternoon, Sanibel

Community Association Executive Director Teresa Riska-Hall offered the *Island Sun* staff a personal tour of the recently completed work done at the nearly 90-year-old structure.

"It's really amazing to have helped pick out the colors, the swatches and the tiles," said Riska-Hall, who along with her fellow Sanibel Community Association staffers were busy unpacking boxes in their new offices on February 1. "But to see everything finally done was our hallelujah moment."

According to Riska-Hall, renovations at The Community House included:

- Restoration of the historic North Room, which is now called the Founders



The new Community Room is connected to the kitchen by a large pass-through feature Room

• Adding a fresh, attractive exterior design befitting "Old Florida," including a new roof and porch style entryway/drop-off area

- Redesigning the building's interior space for a more open, flexible floor plan
- Redesigning the existing kitchen and restrooms to be larger, with modern fixtures and equipment

- Adding a new conference room for smaller meetings, called the Islanders Meeting Room
- Redesigning office space and storage areas for more flexibility
- Updating audio, video, Internet, electrical, plumbing and HVAC systems to efficient and effective modern standards
- Revamping the parking lot to add

continued on page 26B

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Council Candidates Address Issues Affecting The Island



Marty Harrity photos by Jeff Lysick



Kevin Ruane



Mick Denham
by Jeff Lysick



Jason Maughan



FGCU Professor Dr. Roger Green moderated the debate

More than 75 interested residents gathered at the newly-reopened Community House to hear the four candidates running for election to the Sanibel City Council engage in a debate regarding significant issues pertinent to islanders, including water, traffic, budgets and the future of the city.

On February 1, the three incumbents – Mayor Kevin Ruane, Vice Mayor Mick Denham and councilman Marty Harrity – along with one challenger, planning commissioner Jason Maughan, engaged in a lively two-hour discussion on a variety of subjects. Three four-year seats are up for election this year.

Moderated by Professor Dr. Roger Green of Florida Gulf Coast University, the debate – hosted by the League of Women Voters of Sanibel – offered the audience an opportunity to hear the candidates' views and opinions about local issues of concern.

The first question posed by Dr. Green asked what the top three issues were of greatest concern for city councilors to address. Ruane responded fiscal responsibility, water quality and redevelopment; Maughan responded water quality, millage rates and the community itself; Harrity responded water quality and the city's finances; and Denham responded the financial health of the city, water quality, building relationships at the federal and state levels, building a new Center 4 Life (senior center) and traffic management.

Regarding the construction of a new Center 4 Life, Ruane explained that the city has an opportunity to build the facility when interest rates are low. "I'm confident that it could be something everybody will be proud of," he said. Maughan, who called the island's senior population "my heroes" when he first arrived on Sanibel, added, "Now it's time to give them back what they deserve." Harrity also called for a state

of the art facility to be built because the island boasts "probably the most active seniors I've ever seen." Denham called for locals to follow the example set by the Sanibel Community Association when renovating and rebuilding The Community House. "We need to do something urgently," he said. Dr. Green also posed questions about what the city learned after going through the recently rebuked Sanibel Civic & Cultural Core project process, local projects which may be ideal candidates for funding by Lee County, what the city could do better regarding water quality and potential solutions to the island's traffic woes.

"We're not going to solve the traffic problem," said Ruane. "The best we can do is manage it." He explained that the city is looking at ways to calm traffic on the island through technology, behavior modification and hardscape improvements.

Regarding traffic, Maughan opined that Sanibel has "hit critical mass" and called for looking into adding a center left turn lane along portions of Periwinkle Way. "We are losing good people here because they are sick of traffic on the island," he added.

"Traffic is going to be around here
continued on page 6B

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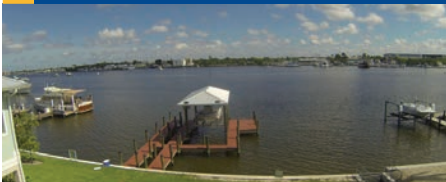
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International Refugee Crisis Focus Of FORUM



Neal Halleran and Roger Cohen photos courtesy BIG ARTS

New York Times columnist Roger Cohen addressed the audience at BIG ARTS' FORUM on January 25 on the challenging topic of the world refugee problem.

Cohen's comments painted a situation that is not only painful to the people fleeing their homelands but in addition threatens the future of the European Union and the stability of Europe. Europe must now cope with the influx of refugees and other displaced persons and with pressures from abroad, particularly from Russia.

Cohen expressed particular concern about the consequences of past

U.S. inaction and uncertainty about President Trump's intentions.

The numbers are enormous. Over 60 million people are on the move, about one-third officially classified as refugees, the others also displaced. Western society doesn't have capacity to absorb them, but, Cohen reminded his audience, no one becomes a refugee by choice. He speaks with personal feeling because of his own family history of Lithuanian Jews fleeing first to South Africa and subsequently to England, Israel and, for him, the United States.

Cohen asserted that barring people based on their ethnicity or faith is always a mistake. Speaking days before President Trump's order restricting certain immigrants, Cohen said any anti-Muslim move would create a terrible backlash against the U.S.

In Syria, there are now 500,000 dead, five million refugees and six million internally displaced. Aleppo has become a symbol of devastation and the murder of civilians. Syria has become a regional conflict and a symbol of American fecklessness.

Former President Obama's failure to do anything in Syria has left Russia to dictate the Syrian end game through military means – which we had been told could not achieve anything useful. Syria has taught that nonintervention can be as disastrous as intervention.

President Trump has belittled the European Union and called NATO obsolete. But it is the EU that ended

continued on page 12B



Roger Cohen, left, chatting with BIG ARTS FORUM attendees

From page 3B

Candidates

for a long, long time," said Harry of the ongoing traffic concerns of islanders, while Denham pointed out that the addition of off-island signage – currently positioned along both Summerlin Road and McGregor Boulevard in South Fort Myers – may help day-trippers visiting Sanibel. "We're just beginning to learn how we can best use that," he said, later noting that the SanibelBound app was just approved by Apple.

Following a brief intermission, the

four candidates responded to questions posed by members of the audience.

Sanibel's general election will take place on Tuesday, March 7. Polls will be open from 7 a.m. until 7 p.m. in the city's three precincts:

- Precinct 16 – Center 4 Life, 2407 Library Way
- Precinct 117 – Sanibel Community Church, 1740 Periwinkle Way
- Precinct 118 – Sanibel Congregational United Church of Christ, 2050 Periwinkle Way

For more information about the League of Women Voters of Sanibel, visit www.lwvsanibel.org.



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Trust Company Sponsoring Museum Gala And Programs



Sanibel Captiva Trust Company Chairman Al Hanser, right, along with Executive Vice Presidents Steve Greenstein and Robin Cook present Sanibel Historical Village and Museum Manager Emilie Alfino, left, with a check in support of the annual gala and seasonal Twilight Talks program photo courtesy SCTC

The Sanibel Captiva Trust Company (SCTC) returns as a sponsor of the Sanibel Historical Village and Museum annual gala to be held Wednesday, March 15 and supports the monthly Twilight Talks. History is replayed through Twilight Talk speakers who bring anecdotes of life on Sanibel and Captiva before they evolved into the islands known today.

"This is the sixth year for Twilight Talks, which attracted roughly 500

people last year," said Emilie Alfino, museum manager. "It was the idea of our past board president Alex Werner that has become wildly popular, so we are grateful for the support of the Trust Company to keep it going."

Mark McQuade and his twin sister Deb Gleason join brother-sister duo Victor and Ellen Mayeron for a Twilight Talk at 7 p.m. on Thursday, February 16 in Shore Haven, a 1924 Sears Roebuck kit home that serves as the

museum's entry point. The families will share their memories of growing up on the islands in the '50s and '60s, then doing business in the '70s and '80s.

The museum is home to 10 historic buildings, each telling a part of the island's story from Calusa and Spanish eras to pioneer families. Volunteer docents share the story with approximately 10,000 visitors each year.

"The museum is vital in representing our island's rich history and the Twilight Talks bring it to an interesting level with

diverse speakers," said Al Hanser, trust company chairman. "We are delighted to be a part preserving our island's story through our contributions to the museum."

The Sanibel Historical Village and Museum, located at 950 Dunlop Road, is open from 10 a.m. to 4 p.m. Tuesdays to Saturdays through April. For more information on Twilight Talks or the gala fundraiser, call the museum at 472-4648 or email info@sanibelmuseum.org.*



Grant recipients for 2017 received their checks at the Zonta meeting of January 18 photo courtesy Zonta Club of Sanibel-Captiva

Zonta Awards Local Grants Totaling \$88,500

submitted by Sue Denham

With plans in full swing for the 2017 Peek at the Unique, Zonta's annual home tour, and Zonta members out in the community signing up sponsors and benefactors, it's time to pause and celebrate the distribution of funds raised during last year's event – an unprecedented total of \$117,260.

Each January, proceeds from the previous Peek are awarded in grants, through the Zonta Foundation of Southwest Florida, Inc./Sanibel-Captiva, a 501(c)3, to organizations that share Zonta's mission of empowering

women. Zonta had already pledged \$28,760 to Zonta International for its global initiatives empowering women, and now, with \$88,500 available for local awards, 15 approved applications and requests totaling \$145,801, the committee again faced a challenging task.

Carol Gestwicki, grants co-chair and club vice president, said: "We have come to rely on our ability to bring in more money each year, but the demands consistently surpass the funds available. We can only do our best to meet the needs, and continue to be grateful for the community's support."

She added that, through the generosity of island businesses and individuals and the home tour's success in 2016, Zonta is again about to impact the lives of many women in Southwest Florida. At its regular business meeting

continued on page 10B

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Kiwanis Continues History Of Support For Island Youth

submitted by Tom Sharbaugh

Maybe it's because they are still kids at heart, but nothing makes Kiwanis Club members happier than being able to support youth education and recreation programs. Their annual fundraising work is all geared toward underwriting support activities for deserving local Island kids through the Sanibel-Captiva Kiwanis Foundation.

Recently, the local Kiwanians had the pleasure of presenting three such grants at their weekly breakfast meeting at The Dunes, supporting groups that provide formative experience for younger children. Those receiving grants included the local boy and girl scouting programs for younger children – recently re-established on Sanibel – and the Sanibel Sports group, a local non-profit which runs team sports leagues for local children.

Kiwanian Tim Drobnyk accepted the grant on behalf of Sanibel Sports. Team activities provided by Sanibel Sports include a flag football youth league,



Eric Pfeifer and Brian Boyd photos provided

co-ed baseball league and soccer league. Each league is organized to serve a variety of ages.

Accepting the grant for the Girl Scouts organization was Lindsey Peelman, staff member at The Sanibel School and one of the organizers who created the new group and helps to lead their activities. The new scout groups provide scouting opportunities for younger girls, including Daisies (kindergarten and first grade), Brownies



Eric Pfeifer and Lindsay Peelman

(second and third grades) and Junior Girl Scouts (fourth and fifth grades).

The grant for Sanibel's new Cub Scout program was received by Brian Boyd, also a Kiwanian, who worked to establish a home for Cub Scout Pack #1740 on the island. Previously, local boys had to travel to Fort Myers for scout meetings and activities.



Tim Drobnyk and Eric Pfeifer

Kiwanis Club members were all smiles as they heard about the benefits their foundation's grants are making possible through these organizations. It's a message they'll think about as they gear up to host the annual Kiwanis Spaghetti Dinner fundraiser on Saturday, February 25, which raises money for their youth programs.✧

From page 8B

Zonta Awards

on January 18, Zonta welcomed representatives from local organizations receiving grants, in amounts ranging from \$2,500 to \$8,600. The projects being funded are:

Abuse Counseling & Treatment (ACT): partial salary of a bilingual counselor

Children's Network of SW Florida: outreach program for teen mothers

Community Housing & Resources (CHR): emergency funds and educational support for women

Dress for Success/Fort Myers: training and mentoring in the career center

*Dr. Ella Piper: additional volunteer "foster grandparents" to mentor girls

FISH of Sanibel-Captiva: mammography and medical costs

Habitat for Humanity Lee County: rehab costs for up to two homes for women

*Healthy Start: support for two courses for Lee Adolescent Mothers Program

*Heights Center Fort Myers: support for 14-week culinary arts program

Human Trafficking Awareness Partnerships (HTAP): ArtReach programs

teaching awareness to middle-school students

OILE (Organizacion Internacional de Latinos en el Exterior of SW Florida, Inc): sewing classes for immigrant women

PACE Center for Girls Lee County: teaching items including textbooks and classroom supplies

Parent University at Head Start: literacy classes for immigrant women

Partners for Breast Cancer Care: mammograms and follow-up in underserved communities

SalusCare: ongoing education for women in recovery

*new for 2017

The foundation grants committee screens applications, ensuring each request fits with Zonta's mission. Grantees must honor accountability measures such as half-year and year-end reports.

The 2017 Peek at the Unique is set for Saturday, March 11. Tickets for the tour are still available: send an email to zontapeektickets2017@gmail.com. There are many ways to support Zonta's work, including purchasing raffle tickets (from any Zonta member and at Bailey's General Store each weekend), and becoming a general benefactor by visiting www.zontasancap.com.✧

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For Sanibel City Council



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Dear Friends and Neighbors,

Over 25 years ago, Brenda and I chose Sanibel as our home. In that time, we have raised our family and grown our business right here on the island. Like you, we chose this community for its beauty, the water and the unique quality of life that only Sanibel provides.

It was for that love of our island and the need to protect and preserve those qualities we all enjoy that I first ran for City Council. Representing you on the council has been an amazing privilege, and I would like to thank you for your support over the past few years.

Together, the members of your City Council have done a great job dealing with the finances, water issues and traffic management of Sanibel. Your City Council's continued support and adherence to our Sanibel way of life is unwavering.

I am proud of the things we have accomplished together as a city and there is still more we can do. With continued financial oversight and a business-minded approach we can ensure Sanibel's fiscal security for years to come.

The fight to protect our quality of life must continue in order to keep Sanibel the unique and special place it is. We have worked hard to create our way of life, and we must always fight to protect what we all treasure.

And, of course, water quality must always be a top priority for our Island. I will continue the fight for our beaches and estuaries.

Serving on your City Council has been a great honor, and I am asking for your support so we can continue building on our accomplishments.

All the Best, *Marty Harrity*

- ★ **Preserve our Island's special character and lifestyle**
- ★ **Fight to protect and improve our essential water resources**
- ★ **Deliver sound financial leadership with a business-like approach**



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The 2016 top producers at John R. Wood Island Real Estate are: Phaidra McDermott, Dave Russ, Mary Bondurant, Mike Neues and Pat Messerich, John Petel, John Van Voorhis, Tonya Johnson, Valerie Tutor, The Starr Team and Ellie See.✱

From page 6B
FORUM

Europe's repetitive self-destruction, and NATO has bound the U.S. to Europe in the name of collective defense and shared values. Trump's comments undermine the E.U. even as it is Europe that bears the brunt of the refugee burden.

These threats to Europe are happening at the same time as a resurgent Russia pursues its long-held strategic aim of driving a wedge between Western Europe and the U.S. and rolling back European unification. Russia seeks these goals in order to enable its own expansion. Russia now feels closer to those objectives than it has in decades.

Europe faces great strategic uncertainty because it doesn't know whether Trump will carry out his anti-E.U. and anti-NATO statements or whether the more moderate positions of his Secretary of State, Rex Tillerson, will prevail.

Cohen said there is not enough consciousness in this country that the E.U. is the great miracle of the second half of the 20th century, stabilizing and giving peace to Europe. Cohen fears that Trump is not aware of the significance of the E.U. or how dangerous it is to be dismissive of the E.U. and NATO.

Cohen cautioned that there is now an angst-filled undercurrent in the European environment. Masses of arriving refugees come into an

atmosphere where taxpayers feel oppressed by inequality. In their search for scapegoats they look to immigrants as a source of their problems. Trump's political genius was to intuit this popular sentiment in the American election.

Even though Great Britain has not accepted large numbers of refugees, the refugee issue underlay the Brexit vote to leave the E.U. That move could lead ultimately to unraveling the European Union if other countries follow England's lead. Russia makes no secret of its preference for Europe's anti-E.U. political candidates. Cohen encouraged Europeans not to throw out what they've gained on the basis of narrow-minded moves such as Brexit and hopes America will not retreat from the world.

During the question period, Cohen described the U.S. policy in the Middle East as recurrently weak and encouraging Russian resurgence. When Assad breached Obama's "red line," the French were ready to respond quickly with a four-day air strike; there would have been "no boots on the ground." At that time, there weren't a million refugees, Russia was not in Syria and Brexit hadn't happened. Strong action could have sent a message to Assad and Moscow.

When asked what would be the best remedy for the refugee crisis, Cohen responded, "Peace in Syria."

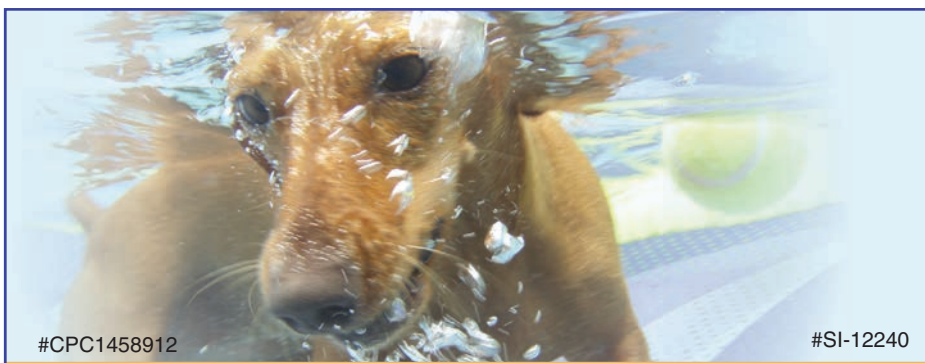
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From page 1B

Spaghetti Dinner

service companies. The spaghetti dinner has been an island tradition for almost 40 years, and all the fun is for a good cause. Funds raised from the dinner are used by Kiwanis to fund island youth recreation and education activities, including its scholarship program.

Primary sponsors for the 2017 Kiwanis Spaghetti Dinner at the Gold Level are: Bank of the Islands, Il Cielo Restaurant, and Lee Health. Silver Level sponsors include: Bailey's General Store, Sanibel Captiva Beach Resorts, Sanibel Captiva Trust Company, Billy's Rentals, Santiva Chronicle, Barefoot Charley's Painting Co., Island Photography, Island Sun and The Sanctuary Golf Club.✱



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Realtors Working Together To Make A Difference

Ever wonder what members of a realtor organization do other than list and sell real estate? This year, Working Together To Make A Difference, the Sanibel & Captiva Islands Association of Realtors will report each month highlighting some other things accomplished by its members. Association members include realtors, their brokers, office managers, staff and affiliate business partners (mortgage brokers, insurance providers, home inspectors, appraisers, title companies, decorators, builders, non-profit organizations, attorneys, etc.).

This is the first monthly report. It covers volunteer activities that members of the Sanibel & Captiva Islands Association of Realtors did in January. They include:

- **Mints For The Military** – Through mid-March, local Girl Scout Troop 673 is collecting donations for boxes of Girl Scout cookies as part of their Mints For The Military drive. Association member Carol McCarley, Noack & Company CPA's, and her daughters help in this effort, with hundreds of boxes expected to go overseas from their troop. Last year, the Girl Scouts Gulf Coast of Florida Council sent 57,854 boxes in total. That's a lot of cookies!

- **Water Quality** – On January 11 and 25, Association Past-President and realtor David Schuldenfrei and others attended and spoke in Tallahassee at Florida Senate subcommittee hearings on Lake Okeechobee discharges. The hearings went well, with Sen. Joe Negron on January 27 filing SB 10 for the purchase of land south of the lake for water storage and cleaning before it goes south into the Everglades and Florida Bay. The bill now must pass the House and Senate before being signed by the Governor. It has a long way to go, but is headed in the right direction.

- **Collections, Contributions, Volunteers & Donations** – Working Together To Make A Difference, the CRPC members will be reaching out to local organizations and non-profits to find ways the association may get more cooperatively involved in the community; if donation items are needed and if there is a time of the year when they are needed most; and if there are small hands-on projects that could



From left, Daniel Andrews, Captains For Clean Water; realtor David Schuldenfrei; Island Inn General Manager Chris Davison; and City of Sanibel Natural Resources Director James Evans

photo courtesy Sanibel-Captiva Association of Realtors

use a team of five to 10 volunteers to get them done. An investigation already is underway to help the Sanibel Historical Preservation Committee, which is chaired by Realtor Deb Gleason, with the new Sanibel Heritage Trail.

If you have suggestions, contact Association Communications & Public Relations Committee members Judie Anderson, Sarah Ashton, Deb Gleason, Kelly Huguenin and Cathie Lewis; Affiliate Business Partners Nanci Berlin, Barrier Island Title Services, and Angela Larson Roehl, Rosier Insurance; or realtor chair Susan Andrews.

Watch next month for the February progress report.✧

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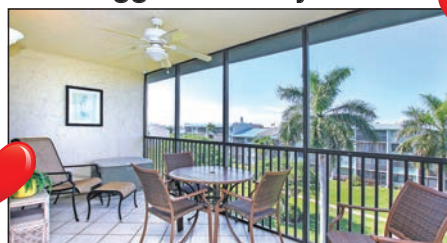


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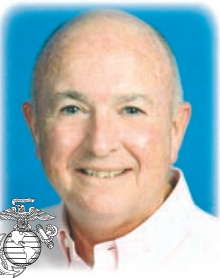
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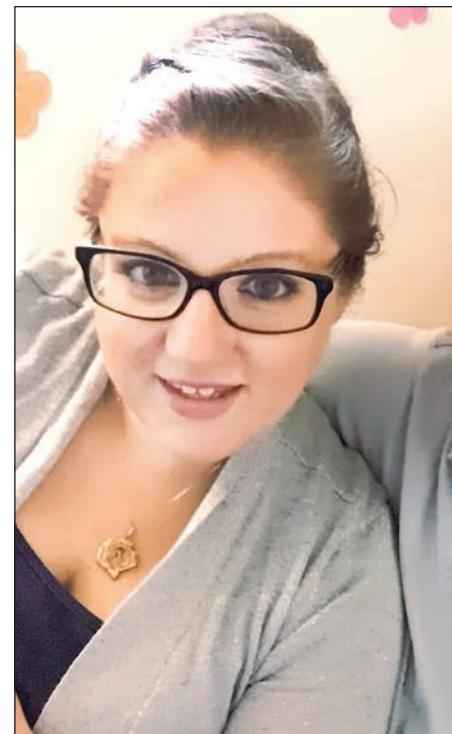


Immigration Attorney To Address Club

On Thursday, February 16, immigration attorney Lindsay Ray will address the Democratic Club of the Islands with the topic Trump's Assault on Immigration: Where Do We Go From Here? The meeting will be held in the North Room at the newly-renovated Community House, located at 2173 Periwinkle Way, starting at 7 p.m. The meeting is free and open to the public.

An immigration attorney with the Amigos Center in Bonita Springs, Ray graduated from Ave Maria School of Law in 2012 and became a member of the California Bar in 2013. During her first year in law school, she and a group of her classmates volunteered at Legal Aid Services of Collier County, filling out immigration papers to help Haitian citizens who became eligible for benefits. Staying on as an intern for two more years, her work at Legal Aid sparked her desire to practice law at a nonprofit agency and to serve her clients by providing the highest quality legal services for the lowest possible cost.

From 2012 to 2014, she worked at Catholic Charities as an immigration case worker, and then was employed by the Amigos Center in Bonita Springs in 2015. The Amigos Center is a nonprofit organization that offers low-cost, legal immigration services, and has special programs for immigrant victims of crime. Ray is the sole immigration practitioner in this program, and spends half of her time working exclusively with victims of crime.



Lindsay Ray photo provided

Ray is passionate about "opening the mind and softening the heart" of any interested person, and gives presentations to groups interested in learning about the immigration system in the United States.

"I am an immigration attorney," said Ray. "I serve the hardest working, most gracious and truly inspiring group of people in the world."

To join the Democratic Club, bring your check for \$25 payable to DCI on February 16. For more information, e-mail demclubislands@gmail.com or call 313-5718.✪

Superior Interiors

Making A Grand Entrance



by Linda Coin

You never get a second chance to make a good first impression – an old saying that is also applicable to your home. Foyers, grand or modest, set the stage for your entire home

décor. This is a keynote area that should say "welcome" to family and friends, reflect your personality and introduce the mood and style of the remainder of your home.

How can so much be achieved in what is usually a limited space? Indeed, it is the very limitation of this area that permits the greater scope of your ingenuity and imagination. Since it is a transitional area, where one seldom lingers, you can use unusual objects and striking colors with little danger of their becoming overwhelming. Here is where you can indulge your decorating fantasies.

A vital consideration in planning an entrance is that it is a high traffic area.

Floors should be durable and easy to maintain. If it is a small, furniture should be compact and placed close to the wall if space is limited. Space permitting, a small bench and an umbrella stand are handy accessories. Small permanent botanicals will help transition from outdoors to in.

Newer homes with very large entries can accommodate a beautiful round table centered below the chandelier with a large floral or statuary. A lovely area rug under the table will also serve to lower the "echo" problem in those tall foyers.

Mirrors are good choices, especially in a foyer with no windows or limited light. A sconce on either side of the mirror or one directly opposite will bring additional light into the area. Reflective paint or wall coverings will also brighten the room. If you choose to use chandelier lighting, make certain that the scale is appropriate to the area and that the direction of the light (up or down or both) will be as you need it.

Entrances come in countless shapes and sizes. If yours is rather small, you will want to make it look as interesting as possible. If it is unusually large, you will want to create warmth and friendliness. Either way, some careful planning can assure that your home's foyer will make its own very grand entrance.

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



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Will Power

A Different Way Of Looking At Estate Planning



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

Nobel Prize winning economist Friedrich (FA) Hayek (1899 to 1992) once commented that it's a shame that capitalism is so named. He noted

conveniently located around the block. I found the ATM, inserted my bank debit card to withdraw about \$200 worth of the local currency, punched a few buttons and out it came. Talk about a system of cooperation among strangers! Here I was in Europe, and within moments had local currency in hand, with an appropriate amount deducted from my checking account here in Florida at a favorable exchange rate.

So please allow me to relate Hayek's definition of capitalism to your estate plan. Most people tend to limit their view of estate planning as handling the transfer of wealth upon their death. In other words, that pile of paper that you signed in my office is merely a means to transfer your hard earned capital to your spouse, children or other loved ones when your time on Earth is finished.

If instead you view your estate plan as the capitalistic endeavor that it truly is, you see it as a never ending system of increasing cooperation among your loved ones with strangers. It begins with the creation of your estate plan, which requires the work of your estate planning attorney. But he's not the only one working on the creation of your

that the tragedy of capitalism is that it was named by its enemies who hated it. "Capital – money," Hayek said, "isn't the central point of capitalism. Rather, capitalism is the never ending system of increased cooperation among strangers."

This never ending system of cooperation is all around us. I'm always amazed by technology, so even something as simple as an Automatic Teller Machine (ATM) tends to engage my imagination. ATMs have been around a long time, as they became popular in the early 1980s, and their capabilities have been exponentially expanding ever since. When I was recently overseas, I needed some local currency and wanted to get the best exchange rate. The hotel clerk advised that the best rates are found at the ATM, and there happened to be one

documents. He has legal assistants, clerks, and a host of others (and even far off computer programmers) who are necessary to provide you this service.

Assuming that his system assists with the transfer of your assets to your trust, his team then interacts with your financial advisors, banks and trust companies to ensure that all of your assets are properly titled into your revocable trust and that the proper beneficiary designations have been named. To prove my point that your estate plan is something more than the transfer of capital wealth upon your death, if you should become disabled then you can see how more cooperation among strangers becomes beneficial.

A good estate plan will put into motion the installment of your successor trustee and perhaps your agent under a durable power of attorney document who will now interact with your financial institutions to write your checks, pay your bills and manage your assets. Your trustee may be a loved one or it may be a professional. In either event, many others will be cooperating to ensure that your affairs are kept in proper order and that you are well taken care of.

I make the argument that a good estate plan is worth more to the client than it is to the client's beneficiaries for this very reason. That's why it's so important to have the triumvirate of a good estate planning attorney, CPA and financial advisor because, at some point, we all decline and become

vulnerable. Waiting until something tragic happens is asking for what I call a "transition in a time of crisis," which nobody wants to have happen.

Too often clients rely simply on family members rather than developing relationships with "strangers" such as attorneys, CPAs, trust officers, bankers and financial advisors. When you engage these professionals for a mere transaction – drafting an estate plan for example rather than developing an ongoing relationship with you on a constant basis to keep your estate plan up to date – you are not using all of the true resources in our capitalistic society.

There's an inherent problem with working with professionals on a strictly transactional basis while relying solely on family members. Your adult children and other loved ones lead busy lives and may reside hundreds, if not thousands of miles away. The better course of action is to transform strangers into confidants who will be there to support you and your family when they are most needed. This way, your team of professionals can cooperate and support you and your family.

Capitalism and the technology supporting it are only going to improve over the coming years and decades. Like a good capitalist, look at your estate plan in a different way – as a valuable tool to preserve and protect what you've worked so hard to earn over the course of a lifetime.

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From page 1B

Home Tour

on all or almost all of the tours.

The event has raised increasing amounts each year, from \$20,000 to over \$130,000, thanks to the generosity of "Peekers" and the business community. Every dollar raised goes in awards to local non-profits that support Zonta's mission of improving women's lives, along with a pledge to Zonta International for its global initiatives.

"Every Zontian is part of the effort, and we all work very hard to put on this event every year, and it is definitely a labor of love," said Zonta President Barbara Beran, who also serves as Peek co-chair, "Through its foundation, Zonta recently awarded local grants totaling \$88,500, the highest ever, and still the needs outstrip what we are able to provide."

Participants travel in comfort, in air-conditioned buses with a tour guide, after having treats at home base, Sanibel Community Church. The tour is about three hours, and "Peekers" visit four extraordinary and normally private island homes, chosen not just for their unique qualities but also for balance and contrast.

"We'd love to have some new 'Peekers' on board this year," said Beran. "And the cause of empowering women is so important – one of our goals is to see many more living lives that are safe, healthy and hopeful."

To inquire about purchasing tickets, email ZontaPeekTickets2017@gmail.com. Visit www.zontasancap.com for information about Zonta, the event and the club.✱



Homes such as this Captiva villa, featured in 2014, are on the tour photo provided

Free Seminar On Facial Advancements

The first and only injectable to dissolve fat under the chin, commonly referred to as a double chin, will be explained at a free seminar conducted by facial plastic surgeon Dr. Stephen Prendiville.

Kybella will be among the latest procedures for rejuvenating the face and removing unwanted fat at a seminar Dr. Prendiville will conduct on Friday, February 24 at 11:30 a.m. at Gulf Harbour Yacht & Country Club on McGregor Boulevard in South Fort Myers. A light lunch will be served. The seminar is free, but reservations are required by calling 437-3900. Space is limited.

Kybella (deoxycholic acid) contours and improves the appearance of moderate to severe submental fullness under the chin. Each in-office treatment is typically 15 to 20 minutes with most patients seeing visible results in two to four treatments spaced at least one month apart. Up to six treatments may be administered, according to Dr. Prendiville.

"When injected into subcutaneous fat, Kybella causes the destruction of fat cells. Once destroyed, those cells cannot store or accumulate fat. After the desired effect is achieved with Kybella, re-treatment is not expected," he said.



Dr. Prendiville photo provided

Dr. Prendiville will also discuss the latest advances in facelifts, eyelid lifts, nose surgery, lasers and reconstructive surgery; injectable wrinkle fillers Botox, Sculptra, Juvederm, Restylane, Restylane Silk, Radiesse and Voluma; and FDA approved SculpSure, the world's first non-invasive fat-melting laser device to treat stubborn fat in just 25 minutes,

Attendees will have the opportunity to make an appointment for a free consultation with Dr. Prendiville.✱

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Secluded Oasis on Periwinkle Preserve



Newly added additions to this tiled 3 BD/2 BA, W/DEN and French doors, light and bright décor throughout. New roof and impact doors, new kitchen and baths. Added family room nestled onto Periwinkle Preserve with over 1/2 acre. Cozy and private, central island location to medical, shopping, restaurants Gulfside, beaches. **\$535,000**





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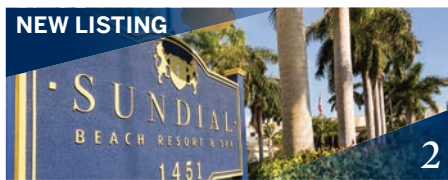
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1



2



3

1. Bay Front Views – Sanibel

- 3 BR/4 BA direct Gulf access canal with dock and lift
- Elevator, fireplace, multiple lanais with Bay views
- **\$2,895,000** EUR €2,767,276

2. Sundial East Top Floor Unit S404 - Sanibel

- True 3 BR/2 BA Gulf Front Unit
- Over 60K in rental income
- **\$850,000** EUR €794,964

3. Mariner Pointe - Bay Views – Sanibel (new price banner)

- 2 BR/2.5 BA townhouse style condo
- Spectacular Bay views, boat dock available
- **\$498,000** EUR €462,251

4. Captiva Village

- 4 BR/3 BA - "Beach Lodge", turnkey home
- Impact glass, salt water pool, granite, stainless
- **\$1,775,000** EUR €1,660,073

5. Pointe Santo Best Buys

- Unit E6, Gulf front - **\$1,250,000**
- Unit B25, Gulf view - **\$789,000**
- Unit D6, Gulf view - **\$719,000**

6. 3 BR/3.5 BA on West Gulf Drive - Sanibel

- Steps to the Gulf, swimming pool, beach access
- Newer construction, large open kitchen
- **\$1,349,000** EUR €1,289,483



4



5



6



7



8



9

7. Captiva - "Villa Elena"

- 4 BR/3 BA Mediterranean style home
- Updated, swimming pool, beach & dock access
- **\$1,699,000** EUR €1,582,187

8. Sanibel Bayous

- 3 BR/3 BA with deeded beach access
- Large private pool and spa with 2 story enclosure
- Bright open floor plan with soaring ceilings, wood floors
- **\$775,000** EUR €719,367

9. 2 Sanibel Near Beach Home Sites

- Build your very own island retreat
- Very Close to world famous Bowman's Beach
- **\$185,000** Each EUR €172,446 Each

10. Canal Home on Quiet Cul de Sac – Sanibel

- 4 BR/4 BA Gulf access canal home
- Spacious home with large caged pool
- **\$1,965,000** EUR €1,879,843

11. Colony Beach Estates

- 4BR/4BA Direct Gulf front gated community
- Gorgeously updated throughout
- **\$2,999,000** EUR €2,829,512

12. Best of Loggerhead Cay 2BR/2 BA Furnished Units

- #592-Beautifully updated, partial view **\$649,000**
- #402-Updated interior, partial view **\$595,000**



10



11



12

OPEN HOUSE Schedule

2/09 9-12	11490 Dickey Lane - Captiva
2/12 1-3	2090 W 1st Unit F906 Street - Ft. Myers
2/13 1-3	267 Ferry Landing Dr - Sanibel
2/13 1-3	924 Pecten Ct - Sanibel
2/14 1-3	924 Pecten Ct - Sanibel

2/14 1-3	979 East Gulf Dr 592 - Sanibel
2/15 1-3	924 Pecten Ct - Sanibel
2/15 10-12	267 Ferry Landing Dr - Sanibel
2/16 1-3	3386 West Gulf Drive - Sanibel
2/17 1-3	924 Pecten Ct- Sanibel

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Heart Walk Supporters



Sanibel Captiva Trust Company founder and chairman Al Hanser, right, along with Heart Walk committee members Steve Greenstein, left, and Art Cassell photos courtesy SCTC

The Sanibel Captiva Trust Company (SCTC) was a Platinum Sponsor of the American Heart & Stroke Association's 4th annual Sanibel-Captiva Heart Walk, which took place on January 29.

For the fourth year in a row, SCTC has supported the 5K walk, which brings public awareness and education about heart disease and stroke prevention and raises funds for research, education and advocacy. The event included many local heart and stroke survivors, illustrating the benefits that the Heart Walk has on island residents and the community.



From left, Heart Walk participants Mandy Greenstein with Steve and Sue Peltzman

"The Heart Walk is such a great way to raise funds and awareness in support of heart health and disease prevention," said Al Hanser, trust company chairman. "We are honored to return again this year as the Platinum Sponsor for this great event." ❄️

February Fun Days At Rec Center

Register your child now for the upcoming Fun Days at the Sanibel Recreation Center on Monday and Tuesday, February 20 and 21. Fun Days will offer a variety of athletic games, craft projects and special entertainment. Enrollment is available for children in kindergarten through eighth grade. This program operates from 8 a.m. to 5:30 p.m. Each child needs to bring a lunch, swimsuit and towel. Light snacks will be provided. Register in advance and receive the early bird rate.

Date	Program	Early Bird Rate	After Early Bird Rate
Monday, February 20	Fun Day	Member: \$30 Non-Member \$40 (registration by February 13)	Member: \$36 Non-Member: \$48 (registration on or after February 14)
Tuesday, February 21	Fun Day	Member: \$30 Non-Member \$40 (registration by February 14)	Member: \$36 Non-Member: \$48 (registration on or after February 15)

The Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road. For more information, call 472-0345 or visit www.mysanibel.com. ❄️

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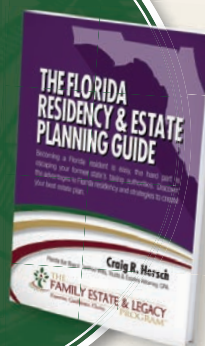
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- Second Floor breezes and views
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- \$349,900 (2170138)

Amy Wainwright 472-5187 x 206

GROUND LEVEL - WALK TO THE BEACH!

PRICE REDUCED



- 3BR/3BA pool home
- Neighborhood deeded beach access
- Tropical landscaping - large private lot
- Backs onto the Sanibel river
- \$699,000 (2161260)

Janie Howland 472-5187 x 268

CUSTOM BUILT VERIDIAN HOME!

PRICE REDUCED



- 2879 feet under air
- Includes over \$40,000 in furnishings
- Pool and spa
- Gorgeous home with high end upgrades
- \$559,000 (216076843)

Brian Johnson 472-5187 x 291

BREATHTAKING GULF VIEWS



- Furnished 2 Bedrooms/2 Baths condo
- Recently renovated
- Small Complex with old Sanibel Charm
- On-site property & rental manager
- \$949,000 (2160528)

Becky Mulka 472-5187 x 204

GORGEOUS VIEWS OF LAKES PARK

NEW LISTING



- 3 BR/3BA with over 1,700 sq. ft. of living space
- Completely remodeled with a designer's touch
- Screened balcony with electric shutter
- Luxurious master bath with walk-in closet
- \$359,000 (2170146)

Debbie Ringdahl 472-5187 x 269

HERON'S LANDING

PRICE REDUCED



- Private lot overlooking Clam Bayou
- 3 Bedrooms/2 Baths
- Great room with fireplace
- Amenities: Pool, tennis, fishing pier
- \$1,295,000 (2161312)

Karen Bell 472-5187 x 270

NEAR BEACH

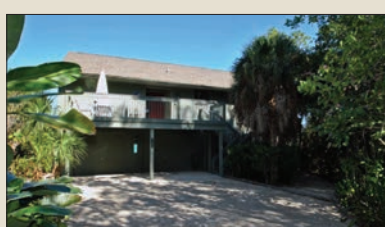
PRICE REDUCED



- Totally remodeled
- Wood & tile floors throughout
- Granite kitchen
- Large pool & patio
- \$699,900 (2160258)

Susan Dunn 472-5187 x 238

LAKE FRONT - GULF PINES



- Furnished 3BR/2BA + den home
- Fireplace, private elevator
- 2 community pools, tennis courts
- Deeded beach access, 2+ garage
- \$549,000 (2170005)

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

CLEAN, CRISP, CAN BE YOURS!

PRICE REDUCED



- 3 Bedroom, 2.5 Bath Duplex
- Impact windows, wet bar, large storage areas
- Expansive views of the golf course & lakes
- Close proximity to Dunes amenities.
- \$477,500 (2170092)

Mary Lou Bailey 472-5187 x 246

4 BEDROOM CANAL HOME

PRICE REDUCED



- Direct gulf access dock & lift
- Updated kitchen & master bathroom
- Great room with new plank tile floors
- Amazing views of intersecting canals
- \$1,749,000 (2160968)

David Schuldenfrei 472-5187 x 250

BEACH FRONT COMMUNITY

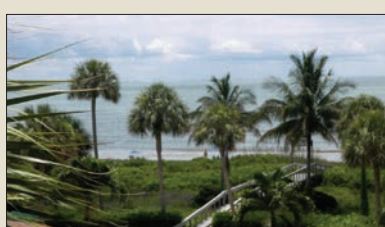
PRICE REDUCED



- 3BR/2.5BA well maintained home
- Located at the end of the Bayou
- Beautiful coral fireplace
- Caged pool w/diamond brite decking
- \$699,000 (2161286)

Linda Gornick 472-5187 x 261

SUNDIAL EAST TOP FLOOR CONDO



- Spacious floor plan, excellent income potential
- Under building parking and private storage
- 2/3BR/2BA, screened porch with gulf views
- Furnished, resort style amenities
- \$749,000 (2160826)

Robin Humphrey & Martha Smith 472-5187 x 218/241

PEACEFUL BAYOU RETREAT

NEW LISTING



- Completely updated 4BR/2BA + large loft
- Wood floors, soaring ceilings, panoramic water views
- Chef's kitchen, fireplace, lush tropical plantings
- Dock on the bayou, gated community w/ pool & tennis
- \$1,495,000 (2170166)

Jim Hall 472-5187 x 215

MAGNIFICENT DIRECT GULF FRONT

PRICE REDUCED



- Beautifully updated & furnished 3-BR/2.5-BA
- Granite counters, solid stone flooring and more
- Storm windows, black stainless kitchen appliances
- Luxury condo complex, heated pool, tennis
- \$1,695,000 (2170029)

Lynda Traverso 472-5187 x 226

SANIBEL PRIVACY IN THE DUNES

NEW LISTING



- 3BR/2BA elevated home with pool
- Highly upgraded in 2014 including new metal roof
- Open floor plan overlooking conservation land
- Upgraded kitchen & baths
- \$659,000 (2170111)

Dave/Judy Osterholt 472-5187 x 235/230

PROVINCETOWN CONDO



- Fantastic 2BR/2BA unit
- New kitchen, updated bathrooms
- New wood floors, carpet & tile
- 2 pools, 4 tennis courts, gated
- \$120,000 (2170124)

Judy Reddington 472-5187 x 331

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Last Eight Months In Pro Sports Are Unlike Any Other In Recent Memory



by Ed Frank

If you're a sports junkie like this reporter – and I'm guessing there are untold millions that would fit this description – would you agree that in the last eight months we have witnessed historic events and accomplishments unmatched in decades?

Atop that list, of course, was last Sunday's phenomenal, unbelievable comeback victory by the New England Patriots over the Atlanta Falcons that was sparked by what many say the greatest quarterback of all-time, Tom Brady.

Trailing 28-3 late in the third quarter, Brady, who completed 43 of 62 passes for 466 yards in route to his and the Patriots fifth Super Bowl title, engineered his team to two touchdowns and two

two-point conversions in the final six minutes to send the game into the first overtime in the 51 years of Super Bowl history.

To complete that epic performance, he directed his team down the field in overtime by completing five of six passes for 50 yards to cement the victory, the biggest comeback in Super Bowl history.

There have been other legendary Super Bowl quarterbacks, Joe Montana and Terry Bradshaw with four Super Bowl titles apiece, and Green Bay great Bart Starr, who won five NFL championships, but they never came through like the 39-year-old Brady did against the Falcons.

Just the week before Brady's "win for the ages," another sports elder, 35-year-old Roger Federer, won his 18th tennis Grand Slam coming back from a fifth-set deficit against Rafael Nadal, five years his younger, to win the Australian Open.

This comeback came after a six-month layoff following a knee injury and notched his first Grand Slam singles title in nearly five years since Wimbledon in 2012. He is the only male with 18 Grand Slams and one of the few to win one past the age of 30. He is now regarded as the best men's tennis player of all time, joining fellow Australian Open champion Serena Williams on the female side.

But like Brady's Super Bowl heroics, Federer's Australian Open win at an age long past tennis standards will be major chapters in sports history.

We began this column noting the past eight months in professional sports have been unlike any others. Adding to the victories by Brady and Federer have been championships we've described in the past – the Chicago Cubs first World Series title in 108 years and the Cleveland Cavaliers first NBA title that ended a 52-year championship drought in that city.

Just like Brady's and Federer's comeback victories, both the Cubs and the Cavaliers etched their places in history after being down three games to one.

Yes, it's been a remarkable eight months in professional basketball, baseball, football and tennis.

Twins, Red Sox Players Report Next Week; Chubb Golf Classic Next Weekend

Spring Training is upon us with pitchers and catchers reporting here Monday for the Minnesota Twins and the Boston Red Sox, and position players reporting later in the week.

Full team workouts for the Twins at CenturyLink Sports Complex will begin Sunday, February 19 and the Red Sox at JetBlue Park on Friday, February 17.

Next weekend also is the 30th Chubb Classic at TwinEagles Club in Naples where the top professional golfers on the Champions Tour will compete. The Chubb Classic is the

longest running golf tournament in the same metropolitan area on the PGA's Champions Tour.✪

SPORTS QUIZ

1. In 2015, the Nationals' Max Scherzer became the sixth pitcher to toss two no-hitters in a season. Name three of the other five to do it.
2. The New York Mets' Daniel Murphy set a record in 2015 for homering in the most consecutive postseason games (six). Who had held the record?
3. Who was the first NFL player to tally 1,000 points for two different teams?
4. When was the last time before 2016 (Wisconsin) that a winning team in an NCAA Tournament men's basketball game scored 47 or fewer points?
5. Which did NHL legend Gordie Howe win more of: the Hart Trophy (league MVP) or the Art Ross Trophy (top scorer)?
6. When was the last time before 2016 that the Colorado Rapids reached the conference finals of the MLS Cup playoffs?
7. In 2016, Nyquist became the second horse in 10 years to win the Breeders' Cup Juvenile race one year and the Kentucky Derby the next. Who was the other?

ANSWERS

1. Johnny Vander Meer (1938), Allie Reynolds ('51), Virgil Trucks ('52), Nolan Ryan ('73) and Roy Halladay (2010). 2. Carlos Beltran of the Houston Astros did it in five consecutive postseason games in 2004. 3. Adam Vinatieri, with New England and Indianapolis. 4. Butler scored 47 points in a win versus Mississippi State in 2003. 5. He won six of each. 6. It was 2010, when the Rapids won the MLS Cup. 7. Street Sense, in 2006-07.

SANIBEL 8-BALL POOL LEAGUE 2016-17 Standings through February 6

Standing	Team Name	Won	Lost
First	Bunt's Ball Busters	234	106
Second	Sandycappers	161	179
Third	Fresh Legion Crew	150	190
Fourth	Sanibel Cafe	134	206

February 6 Results

Bunt's Ball Busters	14	Sanibel Cafe	6
Sandycappers	14	Fresh Legion Crew	6

Sanibel 8-Ball Pool League

Cappers Retain

After 18 weeks of play, Dave Doane finally notched his third 4-0 effort with a superlative display of pool power against Sanibel Café's Kayla McCurry. Doane led Bunt's Ball Busters to a 14-6 victory over the Café team. His teammates, Mike DeWitt, Terry Ricotta and Steve Gordon, went 3-1 against Randy Carson, Jimbo Gaubatz, and Rich McCurry to aid the Ball Buster cause.

Sanibel Café shooter Pete Mindel won the final three games of his match against Noah Smith to help the Café avoid disaster. Mindel closed out his last game with a long bank kick of his 11 ball into the corner pocket followed by rolling two cushions into perfect position on the 8 ball, which he sunk with a flourish. Smith, who just arrived back on Sanibel from the snows of Maine, vowed to do better next week.

Both Kevin Pottorf and Gary Murza notched 4-0 wins over Tom Yorgey and

continued on page 28B

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The women's restroom facility features seven stalls and five sinks with vanities

photos by Jeff Lysiak



The state of the art kitchen facility has ample room for food preparation and storage



One of the fireplaces in the Founders Room

From page 1B

Community House

space and fit with new landscaping
Architect Amy Nowacki completed the renovation designs, Benchmark Construction was the general contractor and Soon Come Landscaping – under the direction of Mary Ann Ravena – completed the landscape design.

Walking inside from the eastern doorway, visitors enter the centrally-located 940-square-foot lobby, which is surrounded by the Founders Room to the north, the Community Room to the west and a hallway to the south.

On both sides of the 1,480-square-foot Founders Room, twin fireplaces have been decorated with mantles constructed of repurposed wood from the room's original floor, each adorned by a large sailor's valentine created by Bill Jordan. The room is separated from the lobby

area with large, accordion-style dividers. Below the windows along the northern side of the space, open display cases have begun to be filled with shells crafts, awards and other artifacts from The Community House's past.

Next to the 1,190-square-foot Community Room is the expanded and modernized kitchen. The 780-square-foot space contains state of the art cooking equipment, larger food preparation areas, and modern appliances and fixtures.

A 24-foot storage area is located between the kitchen and west porch entrance while another nearly 30-foot storage area has been added along the south.

Adjacent to the building's new offices, restrooms and 400-square-foot meeting space is a hallway containing four storage closets, each dedicated to clubs who frequently use The Community House. Another foyer has been added to the south side of the facility.

In the 3,080-square-foot auditorium, dubbed the Great Hall, a fire suppression system has been installed. The stage area contains an ADA-compliant wheelchair access along with a state-of-the-art A/V and curtain system.

While SCA staff began moving their office equipment and files into The Community House on January 19, the first official event at the venue – Cooking with the Islands' Stars – wasn't held until January 28. Thus far, the reviews from the public of the newly opened facility have been positive.

"Everybody seems to love it," added Riska-Hall. "I haven't heard a single negative comment."

Groups and organizations interested in booking events and activities at The Community House should call Teresa Riska-Hall at 472-2155 or send an email to teresa@sanibelcommunityhouse.net.✪

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Sanibel Night At FGCU Basketball

The Sanibel Recreation Center is hosting Sanibel Night at the Florida Gulf Coast University women's and men's basketball games on Saturday, February 11. Game times are 4 and 7 p.m. at Alico Arena. There is a reduced ticket rate of \$16.25 per person for both games, which includes an FGCU T-shirt.

Purchase tickets at the Sanibel Recreation Center by February 9. For more information, call 472-0345.✪



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Osprey with chicks

photos by Kay Casperson

BeautifulLife:

Cherish Wildlife

by Kay Casperson



Are you taking the time to enjoy all of the amazing wildlife that surrounds us every day? We are so lucky to be in a place where we can see and experience so many things that people can only read or dream about.



Yellow crowned night heron



Baby birds

cherish your experiences. Share them with people that might not get the chance to see these amazing creatures up close. I am starting a wildlife album on my Facebook page soon as well as a nature album so that I can start sharing these beautiful things.

My affirmation for you this week is:

"I am thankful for all the opportunities that I have to see and hear the wildlife that surrounds me and I will cherish the moments that they cross my path."

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

The wildlife on Sanibel and Captiva Islands is endless and we are also fortunate that most of it is protected so we can truly enjoy capturing the moments.

I am also very blessed to have an osprey platform in my yard so that each year I can see the ospreys come back and make their home, one stick at a time, to lay their eggs and have their little families. Then my family and I get to watch them grow enough to fly off on their own. It amazes me how they watch the other birds fly and even see their parents fly by many times before getting up the nerve to go and leave the nest.

Dolphins surround us, manatees pop their heads up now and then and alligators can be seen on the golf courses and sometimes, even heading across a path or street.

Eagles, egrets, pelicans, spoonbills and many other species of birds are constantly flying around our heads and swimming in front of us. You may even spot a coyote or a bobcat now and then. I even saw a bear cross the road in front of me once a few years back on a commute to the airport.

We are so fortunate to have the "Ding" Darling Wildlife Refuge in our backyard to enjoy seeing many of these things as well as the Clinic for the Rehabilitation of Wildlife (CROW) to save these beautiful creatures. We have called CROW many times when we have seen a bird on the beach caught in a fishing line or even an animal clearly displaced.

I encourage you to take time while you are here, either working or living to stop into the refuge to enjoy a peaceful, beautiful time just taking in the nature and wildlife of these islands. Take the time to take photos of the things that you see and

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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.

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

The featured book on Wednesday, March 8 at 2:30 p.m. is *The Nest* by Cynthia D'Aprix Sweeney.

7th Annual Justine Smith Charity Bridge Tournament – Friday, February 10. Cost is \$25 per person. Lunch will be served at noon and the tournament begins at 1 p.m. This is the fifth tournament to honor Justine Smith, the former volunteer Bridge director. All proceeds go to PAWS of Sanibel. In four years, over \$4,600 has been raised to help PAWS. Sign up soon, space is limited to 40 players.

Damaris Peters Pike Presents Women of Note Series: Women Who Dared to Compose in a Man's World – Friday, February 17 at 1:30 p.m. A \$5 donation is requested with proceeds benefitting the Island Seniors program.

In this presentation, you will meet six fascinating women beginning with a 12th century nun. The audience will hear from a gifted woman whose father would not permit her to present her compositions to people, but allowed her brother to use her songs as though they were his. You will learn some surprising facts about women composers. Sign up in advance to reserve

your seat.

Keeping up with Technology with Gerard Damiano – Lesson 2: iPad Intermediate – Tuesday, February 28 from 1 to 4 p.m. Cost is \$50 for members and \$75 for non-members.

Discover the powerful built-in apps that come on your iPad. Get organized with the Contacts and Calendar apps, then Sync with all of your Apple devices instantly using iCloud. Connect with others using Text and Multi-Media Messaging or Video Conference with FaceTime. Register in advance. Bring your own device. You will need your Apple ID and password.

Sanibel Health Fair – Friday, March 3 from 1 to 4 p.m.

Free screenings by health care professionals, plus information about FISH on SanCap, Hospice and other services. Senior resource guides, healthy snacks and door prizes provided. Sponsored by Parish Nurses of Sanibel Congregational United Church of Christ, St. Isabel's Catholic Church, Sanibel Community Church, Sanibel Fellowship Church and St. Michael & All Angels Episcopal Church.

Beginner Bridge Basics with Christl and Bruce Smith – March 6, 8, 13 and 15 from 9 to 11:30 a.m. Cost is \$20 for members and \$35 for non-members. Class is limited to eight students and you must register in advance and attend all four classes.

Session 1: The Basics (Players, trick taking, choosing a trump suit and the bidding ladder.)

Session 2: No Trump Opening Bids and Responses

Session 3: Major Suits Opening Bids and Responses

Session 4: Major Suit Opening Bids and Responses.

AARP Driver Safety Course – Thursdays, February 23 and March 2, 1 to 4 p.m. Course fee is \$20 and AARP members receive a \$5 discount.

Island Seniors, Inc. is sponsoring the AARP Driver Safety course. This is a fast-paced interactive six-hour class for drivers 50 and older to learn proven safety strategies such as rules of the road and how to deal with aggressive drivers to help you maintain confidence in your driving. You will be eligible for a discount on your auto insurance. Classes will be held at the

Center 4 Life. Register by contacting Ed VanderHey at 292-4012. You need not be a member of Island Seniors to attend but you must attend both classes in order to receive course certificate.

Games

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

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

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

continued on page 30B

Mom And Me



by Lizzie and Pryce

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

Dear Mom & Me,

My 92-year-old mother is driving me crazy. She is a very determined woman who has lived in the same house from her early childhood and has outlived two husbands there. She refuses to leave and go into a sheltered environment.

Her attorney says we should forcibly remove her, her physician says that she should leave, and he would help us by giving her some type of medication. She requires around the clock help and they are robbing her blind. Keeping her in her home is very expensive and it would be so much easier for us to have her where she would be safe.

What would you suggest we do now?

Andrea

Dear Andrea,

I do not think a 92-year-old woman should be in such control. While her spunk is an asset in some areas, something should be done to protect her from herself

and help you with her care. If she refuses to help you, I think it would be appropriate for you to seek the help of authorities who are experienced with this type of problem.

Lizzie

Dear Andrea,

The short answer is, if your mother is competent, can afford in home care and is reasonably safe, she can live where she wants to live. If she is not competent, cannot afford the services she needs in the home and is unsafe, abused and/or neglected, there are proper and legal avenues to use.

Talk with her attorney to understand legal competence. Talk with Adult Protective Services to gain an understanding of the statutes around abuse and neglect. Your family is not the first or the last to struggle with this issue. There are community resources and professionals that can assist you and your mother with a plan.

Pryce

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

From page 24B

Sanibel 8-Ball

Becky Skog to lead Sandycappers to its 14-6 pounding of Fresh Legion Crew. John Bates helped the Capper cause with a 3-1 performance over Gator Gates. Top shooter for Fresh Legion Crew was Tarzan Russell, who chalked up a total of three wins over John Riegert and Bill Valerian. Sandycappers now have moved 11 games in front of Fresh Legion Crew for second place and will try to maintain the position next week when they meet league-leading Bunt's Ball Busters. Come watch the play on Monday night at 5 p.m. at the American Legion.✪



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Meet our Closing Team: Nicole Naumann and Samantha Baker

dearRPharmacist

Avoiding Salt Is Bad For Your Heart



by Suzy Cohen, RPh

Dear Readers: Before you reach for the salt shaker, you need to know that the kind of salt you eat matters. Typical table salt found in almost all kitchens and restaurants is

similar to the industrial chemical used to de-ice highways. Not very appetizing, is it?

Despite its bad rap as a prime driver of heart disease, good salt is actually

an essential component of a healthy diet. Even the mainstream medical establishment is starting to understand that good salt isn't the bad guy it's been made out be. In 2010, a study published in *JAMA* found that (in exactly the opposite of what most of you think about salt consumption), the risk of heart disease and related deaths rises with seemingly modest salt reductions. Yes, rises!

This is troubling when you consider that the U.S. Dietary Guidelines have steadily recommended American reduce their sodium intake, from 6,000 mg per day in the 2005 guidelines to 2,300 mg per day in the 2015 guidelines.

Another 2010 study, published by researchers out of Harvard, found a link between a low-salt diet and an increase in insulin resistance, which is the gateway problem that leads to diabetes and obesity.

Table salt is so refined that I consider it a food additive and not a food. It's

high in sodium and chloride only, it has been stripped of life-sustaining minerals like copper, iodine, potassium, magnesium, chromium, zinc and iron. There is nothing left except sodium chloride. It's nutritionally naked. Sea salt is different. Avoiding sea salt (the unrefined kinds) could actually be bad for your health.

Refined table salt (ie sodium chloride) is often mixed with chemicals to keep it from clumping up inside your shaker. They may use an anti-caking agents called talc, which is a possible carcinogen found in "baby powder."

Unrefined sea salt, is not chemically modified in a lab or stripped of it's minerals. Be careful because sea salt can also be refined too much. But colorful, unrefined sea salt is essentially water from a sea (or river) that gets evaporated and purified. These types of salts should not dramatically impact blood pressure like table salt, in fact they offer healthy minerals which drive thousand's of metabolic reactions all day long. I will now list a few salts, but please go to my website to read the longer version of this article which includes other unique salts:

Pink Himalyan Salt – The color comes from iron oxide, but this one has over 80 trace minerals, the most of any type of salt.

Red Alaea Hawaiian Salt – This sea salt starts white but then develops a beautiful rich red color when it's dried in salt ponds that are lined with red volcanic clay (known as alaea in

Hawaiian). That red hue comes from the presence of iron.

Celtic or French Grey Sea Salt – This comes from France, and gets its color from the clay found in the tidal pools where the salt is dried. It is a particularly good source of magnesium.

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.

Free CPR Class At Rec Center

The American Red Cross Compression Only CPR course will be held on Tuesday, February 21 from 1 to 2 p.m. at the Sanibel Recreation Center, located at 3880 Sanibel-Captiva Road.

The purpose of this American Red Cross course is to teach untrained bystanders how to perform hands-only CPR. Having more citizen bystanders trained in this simple skill can help save lives by putting more cardiac arrest victims within a few steps of lifesaving assistance.

There is no cost for this course but pre-registration is preferred. For more information and to register, call the Sanibel Recreation Center at 472-0345 or visit www.mysanibel.com.

Eden Energy Medicine

Create Immune Resilience



by Karen L. Semmelman, Certified EEM, JD, AAML (03-01)

The thymus gland is intimately involved in our immune system, production of T cells to fight off invading

microorganisms. Thumping thymus boosts the immune system. Connecting thymus to other locations or systems, including the spleen, the electrical system, the "gut" via the navel and the hippocampus (part of the limbic system) is critical to building resiliency to disease and boosting the immune function. We have learned the connection to the main heart electric point, spleen 21 points and the navel. Today, will learn the final connection to the hippocampus.

Per Wikipedia, the hippocampus is a major component of the brain. There are two hippocampi, one in each side of the brain. The hippocampus is part of the limbic system and plays important roles in the consolidation of information from short-term memory to long-term memory, and in spatial memory that enables navigation. In Alzheimer's disease, the hippocampus is one of the first regions of the brain to suffer damage; memory loss and disorientation are included among the early symptoms.

According to Dr. Majid Foruhi, in a November 2105 *Sharper Brain* article, new neuroscience discoveries provide evidence on how simple lifestyle interventions can grow the hippocampus size. Stress reduction and meditation have been shown to

substantially expand the volume of hippocampus. Thus, he concludes science shows we have the capacity to grow the part of our brains that shrinks with aging and makes us prone to developing Alzheimer's disease. A bigger hippocampus can protect us against dementia symptoms in our 70s and 80s. So, when we actively engage the hippocampus in the exercise below, we are certainly influencing our energies in a very positive way.

The fourth connection is between thymus gland and hippocampus to increase immune function. Here is the technique:

- Begin by thumping the thymus with either hand. Or if it feels better to merely place the palm of the hand on the gland, that is fine, too (especially if you are sensitive to the thumping motion).
- Thump thymus and hold heart electric point, the main electrical point of the body. Thump thymus with spleen 21 points (both sides); thump thymus with navel (see previous columns).
- Thump thymus while placing middle finger on thumb on the arches of both eyebrows. Locate the high point in on the eyebrow, slide the finger and/or thumb down under the ridge of the eye into a small divot. These are called YuYao points in Chinese medicine, directly accessing the energy of hippocampus.
- Hold this connection for two to four minutes or until you fill a shift in your energy – perhaps a deep breath or deep sigh.

You have learned all four connections. Bask in knowing you have calmed the nervous system; boosted immune function and health; and given your being an energetic immune boost. Use this exercise regularly to feel better.

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

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Doctor and Dietician

Is Key To Weight Loss Using Smaller Plates, Spoons?



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

Portion sizes are getting larger and larger, which as we all know is causing an increase in the rate of obesity. It makes sense that an increased portion size would increase food intake, which would then increase our weight. Could a simple change in the way we eat help us to lose weight?

We've all heard about portion control, but what about using smaller utensils to affect the rate of weight loss? A new study published in the *British Journal of Nutrition* appears to be saying just that. They recommend reducing the size of tableware to reduce the risk of weight gain and obesity caused by consuming large portion sizes.

Twenty-nine obese adults joined this study to test this recommendation. For seven to 12 weeks, they alternated between larger and smaller plates and larger and smaller spoons. Twenty-one of the participants lost weight.

How does this work? Can we actually fool ourselves with smaller utensils? Won't we just go back for more? There are different theories and thoughts about that. However, perception plays a big role.

Identical quantities of food appear larger when served on a smaller plate. We perceive this as the amount of food available, and we eat smaller portions. It's like the reverse of the salad bar phenomena which involves grabbing a large plate and piling on all of the different varieties of food. We tend to serve ourselves more when our plates and bowls are bigger. The space is available, so we fill it up; driving up the calorie count.

The approach of using smaller utensils is appealing because it's simple. If we can regulate calorie intake and achieve weight loss success by eating on smaller plates and using smaller silverware, it sure is worth a try.

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

Got A Problem?
Dr. Connie Is In

by Constance
Clancy

Q: What are some good tips for holiday fulfillment and less stress?

A: 1. Breathe! Take a deep belly breath throughout your day to clear your mind of clutter and incessant

thoughts. This will bring about a calm sense of awareness with being in the present moment.

2. Boost your immune system. With winter fast approaching and hectic holidays upon us, get plenty of rest and practice extreme self-care from mindful eating to exercise and meditation. Take a good source of vitamins and when you sit down to eat a meal and even a snack, close your eyes, breathe in slowly and chew your food mindfully to properly digest the meal.

3. Learn to laugh. Try not to take things so seriously. We know that laughter is the best medicine and one of the best ways to manage stress. Minimize the news and watch the funny. Comedies are great ways to bring up the laughter and joy.

4. Notice little moments of beauty. Whether it's being out in nature or simply hugging your pet or child, take a moment to breathe it in and practice gratitude. As you breathe in relaxation and exhale stress and tension... same with a smile, an act of kindness, a loving gesture. It is a potent way to de-stress and it is even contagious!

5. Curb perfectionism. While we may want everything to go perfectly, it won't. Be aware if you are a victim to holiday perfection. You can cut corners and you don't have to participate in every holiday

event. Prioritize and create the holiday you want. Make saying "no" a "yes" for you. Challenge yourself to do things that are imperfect. Be creative with your gift giving. It's not about the money and material things. Rather it's about love, compassion, giving and gathering.

6. Keep your expectations realistic. We tend to spend more time with loved ones with emotions and expectations running high. It can be a set up for arguments. It's better to address emotional issues in a more relaxed, private setting.

7. Stay on a regular schedule. During holiday time, it is so easy to get thrown off schedule. Try and stay with the kids regular meals along with the same bedtime schedule as much as you can. Routine helps them with a predictable order and it will improve their mood while maintaining a peaceful household.

8. Have compassion for yourself and others. Try not to take things personally. Most people are trying to get their needs met including love and/or validation. Work on suspending judgement and criticism. Try not to think how people should be, people are coming from and there will be far less frustration and more compassion.

9. Take some time to volunteer or donate goods and services. It feels good to give. There is much need and many organizations can use your help.

10. Prioritize and delegate. Rather see how many tasks can you realistically do per day. You don't have to do them all. make your list and if it's too overwhelming, then scratch off what isn't priority. Perhaps you can delegate to children and/or spouse.

11. Write some of your own ways to make your holidays special and less stressful.

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

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In the Tiki Hut
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for more info



From page 28B

Center 4 Life

Hand & Foot - Thursday at 12:30 p.m.

Hearts - Friday at 12:30 p.m.

BINGO - Friday, February 24 at 1 p.m.

Kayaking on Tuesdays and Thursdays - February 14 and 16 (weather permitting) at 8:30 a.m. There is space for 16 people on eight two-person kayaks and limited space for those who own their own kayaks. Island Seniors will provide kayaks, paddles and life jackets. Bring water, a snack, sun lotion, bug spray, sunglasses, towel, hat and change of clothing. Cost is \$5 for members and \$10 for non-members. Advance registration is required.

Line Dancing Classes - Tuesdays, 12:30 p.m. Cost is \$5 for members and \$8 for non-members.

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

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

Happy Hour Fitness - Monday,

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

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

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

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

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

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



Crisp Autumn Salad

- 1 large cucumber, peeled, seeded, and cut into 1/4-inch diced pieces
- 2 large tomatoes, diced
- 2 medium red bell peppers, diced small
- 1 cup red cabbage, finely shredded
- 2 bunches green onions, finely chopped
- 1/3 cup radish, finely diced
- 1 medium half-sour pickle, finely diced, or
- 1/3 cup chopped green olives
- 3 tablespoons olive oil
- Fresh squeezed juice of 1/3 to 1 lemon, or to taste
- Kosher salt and freshly ground pepper to taste

Combine all the vegetables and pickles or olives in a salad bowl. Use enough olive oil to moisten the vegetables and add lemon juice to taste. Season with salt and pepper, then toss.

Yield eight servings

Look for Fresh from Florida ingredients at your grocery store.*



Crisp Autumn Salad

photo courtesy Fresh From Florida

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Fire Department - Captiva	472-9494
Florida Marine Patrol	332-6966
Florida Highway Patrol	278-7100
Poison Control	1-800-282-3171
Chamber of Commerce	472-1080
City of Sanibel	472-4135
Administrative Office	472-3700
Building Department	472-4555
Planning Department	472-4136
Library - Sanibel	472-2483
Library - Captiva	239-533-4890
Post Office - Sanibel	472-1573
Post Office - Sanibel (toll free)	800-275-8777
Post Office - Captiva	472-1674
Sanibel Community Association	472-2155
Center 4 Life - Senior Center	472-5743
ARTS	
Arcade Theater	332-4488
Art League Of Fort Myers	275-3970
BIG ARTS - Barrier Island Group for the Arts	395-0900
Broadway Palm Dinner Theatre	278-4422
Fort Myers Symphonic Mastersingers	288-2535
Gulf Coast Symphony	472-6197
Lee County Alliance for the Arts	939-2787
Naples Philharmonic	597-1111
The Herb Strauss Schoolhouse Theater	472-6862
Sanibel Music Festival	336-7999
Sanibel-Captiva Art League	sancapart.com
SW Florida Symphony	418-0996
CLUBS & ORGANIZATIONS	
ABWA - American Business Women's Assoc.	565-7872 or 433-7798
American Legion Post 123	472-9979
Angel Flight SE	1-877-4AN-ANGEL
Audubon Society	472-3744
CHR Community Housing & Resources	472-1189
Community Foundation of Sanibel-Captiva	274-5900
COTI Committee of the Islands	coti@coti.org
CROW - Clinic For The Rehabilitation of Wildlife	472-3644
FISH OF SANCAP Neighbors Helping Neighbors	472-4775
FISH. OF SANCAP 24-hr service	472-0404
Sanibel Island Fishing Club	472-8994
Horticultural Society of the Islands	472-6940
Horticulture and Tea Society of Sanibel and Captiva	472-8334
Kiwanis Club	677-7299
League of Women Voters	sanibelLWV@gmail.com
Lions Club, Jeff MacDonald	302-521-1158
Master Gardeners of the Islands	472-6940
MOAA - Military Officers Assc. of America, Alex MacKenzie	395-9232
Newcomers	472-9332
Notre Dame Club of Southwest Florida	768-0417
Optimist Club	472-0836
PAWS	472-4823
Rotary Club	472-7257 or 472-0141
Sanibel Bike Club	sanibelbicycleclub.org
Sanibel Beautification Inc.	470-2866
Sanibel-Captiva Orchid Society	472-6940
Sanibel-Captiva Power Squadron	www.usps.org/localusps/sancap
Sanibel-Captiva Republican Caucus	395-1202
Sanibel-Captiva Shell Club.	facebook.com/sancapshellclub 267-7291
Sanibel Youth Soccer	www.sanibelsoccer.org 395-2040
United Way of Lee County	433-2000
United Way 211 Helpline 24 hour	211 or 433-3900
Zonta Club	728-1971
ISLAND ATTRACTIONS	
Bailey-Matthews National Shell Museum	395-2233
JN "Ding" Darling National Wildlife Refuge	472-1100
Sanibel Historical Museum & Village	472-4648
SCCF Sanibel-Captiva Conservation Foundation	472-2329

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

PETS OF THE WEEK

PAWS Of Sanibel

Miss Kitty

Hi there, my name is Miss Kitty. A very nice lady found me all alone, in the wild, and took me inside her home. She could tell I was a really sweet girl that just needed a chance. She took me to the vet hospital and had me combo tested and spayed. I'm approximately 6 to 7 months old and a beautiful (if I do say so myself) Calico kitty. My foster mom would love to keep me, but someone in the household doesn't do well with cat fur. She is going to keep me until she finds me the "purr-fect" home.

If there is someone out there that's looking for an extremely sweet, beautiful kitty, and knows they must keep me totally inside, call my foster mom, PAWS of Sanibel volunteer Jenny at 699-1149.✪



Miss Kitty

might be able to get out, and do something ahead of time to prevent it. Check out your lanai and pool screens, and if need be, add heavier wire or lattice to prevent them from getting out. If possible, don't allow them entrance into rooms with direct outside access, especially where you may have visitors coming and going.

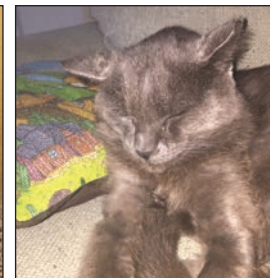
If you need advice on how you can make your house escape-proof, don't hesitate to call me at 472-4823.✪

Haven On Earth Animal League

Natalie And Beauregard



Natalie



Beauregard

Hi, my name is Natalie. I'm 6 years old, spayed and up to date on all vaccines. I'm looking for a genuine cat lover who speaks "cat." I am a very sweet and loving kitty. Come see me at PetSmart, located at Six Mile Cypress and Colonial Boulevard in Fort Myers. My big round eyes will melt your heart. My adoption fee is \$75.

Hello, my name is Beauregard. I'm a Russian blue - notice my handsome, sleek, grey fur. I'm 5 years old, neutered and up to date on all vaccines. I was found outdoors with a broken healed jaw. I was ear-tipped, but my rescuers realized that I was too sweet to be left without a home. I have a huge heart and love all cats and people. I'm just waiting for someone to love me back. I prefer soft food. Come see me at PetSmart, located at Six Mile Cypress and Colonial Boulevard in Fort Myers. My adoption fee is \$75.

We are being cared for by Haven On Earth Animal League. For more information, email havenonearthanimalleague@yahoo.com.✪

PAWS Of Sanibel

Urgent Note To Small Pet Owners

submitted by Pamela Sullivan

During this past week, I have had three calls from different Sanibel residents looking for their lost cats. Some have been missing for a week or more and some have been missing for days. One had no claws, completely declawed, front and back. Here on Sanibel and Captiva, even if cats have claws, they usually don't make it outside overnight unless they are in a protected, screened/wired space. Without claws, they have no chance. These animals that I heard about this week managed to get out and I expect they are no longer alive. Small animals on the islands rarely make it outside, even for one night. I've had calls from people describing the death screams of their animal. I am heartsick that I'm getting all these calls about these missing - likely dead - animals.

Please make sure your animals have no way of getting out the door. Think about the ways they

HORTOONS



PUZZLES

Answers on page 37B

Super Crossword

- ACROSS**
- 1 Deluding deliberately
 - 8 Stiff cat hair
 - 15 Capital of Morocco
 - 20 Of the side
 - 21 Plane for short hops
 - 22 Put a hex on
 - 23 Dog having no bounds?
 - 25 "I repeat ..."
 - 26 Gal pal, in Grenoble
 - 27 Parts of lbs.
 - 29 Bring to ruin
 - 30 Dog hanging out with pride members?
 - 39 Gawk rudely
 - 40 Restrained with shackles
 - 41 Bit in trail mix
 - 42 British money depicting a dog?
 - 45 Capital of Indonesia
 - 49 Hollywood's Raines
 - 50 Edible mushroom
 - 51 Sack fiber
 - 52 Catering hall receptacle
 - 53 Take eager advantage of
 - 55 Equaling a dog's level of coziness?
 - 60 Plant pore
 - 63 "When I was ..."
 - 64 With 32-Down, Lucille Ball's partner
 - 65 Dog carrying a container of high-fat spread?
 - 73 Verdi song
 - 74 Cozy recess
 - 75 Old heads of Iran
 - 76 Dog along with Mrs. Truman?
 - 81 Gunfire noise
 - 86 Pindar work
 - 87 Heavy cart for haulage
 - 88 Ejects
 - 91 — Alto, California
 - 92 Fund for the future
 - 94 Dog's felt-tip pen?
 - 98 — Vicente
 - 99 Drum machine
 - 100 Property claims
 - 101 Dog that doesn't dial long-distance?
 - 107 Latin love
 - 108 Detroit-to-Charlotte dir.
 - 109 Golfer Mclroy
 - 110 Circle measures
 - 112 Hit by a dog?
 - 122 Heart's place
 - 123 French "Stephen"
 - 124 Resembling element #50
 - 125 Speediness
 - 126 Electrified
 - 127 Made irate
 - 10 Audit gp.
 - 11 Racecar fuel additive
 - 12 Chiang — -shek
 - 13 Glorifies
 - 14 "The Godfather" character
 - 15 TV maker
 - 16 Capital of Maine
 - 17 Ranch iron
 - 18 Brief digression
 - 19 Carpentry joint part
 - 24 Harder to grab hold of
 - 28 Haydn work
 - 30 Ripped off
 - 31 St. — Girl (beer brand)
 - 32 See 64-Across
 - 33 Memo words
 - 34 Nabisco's — Wafers
 - 35 Prefix with 20-Across
 - 36 Sugar pie
 - 37 H.S. subj.
 - 38 Zaps in the microwave
 - 39 — Out of My League"
 - 43 Whacked, biblically
 - 44 Thus far
 - 45 Wine vessel
 - 46 Indian money
 - 47 Tie up tightly
 - 48 #1 Rolling Stones hit
 - 51 A tribe of Israel
 - 54 Subj. for U.S. aliens
 - 56 Burlap bags
 - 57 Camera inits.
 - 58 Scottish refusals
 - 59 Gator's tail?
 - 61 Mork's girl
 - 62 First little bit of progress
 - 65 BLT part
 - 66 Wear slowly
 - 67 Buenos — (capital of Argentina)
 - 68 Comedy bit
 - 69 Weeding aid
 - 70 Cuban hero José
 - 71 Deep fissure
 - 72 President before DDE
 - 77 Noble goal
 - 78 Dialects
 - 79 Equine loser
 - 80 Hercules player Kevin
 - 82 Spring month
 - 83 Sulu player George
 - 84 Coeur d'— (Idaho city)
 - 85 Rocky crags
 - 89 Atop
 - 90 Gender determiners
 - 93 Like Russia before 1917
 - 94 Visualize
 - 95 Chance, old-style
 - 96 Pt. of NCAA
 - 97 Siding (with)
 - 99 Yasmine of "Baywatch"
 - 101 Pine relative
 - 102 Nebraska city
 - 103 Ciphers, say
 - 104 Kefauver of old politics
 - 105 Terra- —
 - 106 Hatch of politics
 - 111 Ending for Tokyo
 - 113 Copa's home
 - 114 Fun and games, for short
 - 115 Printer fluid
 - 116 Butyl ender
 - 117 Lipstick color
 - 118 The Indians, for short
 - 119 Aperitif with white wine
 - 120 Scrape (out)
 - 121 Beatty of "1941"

DOWN

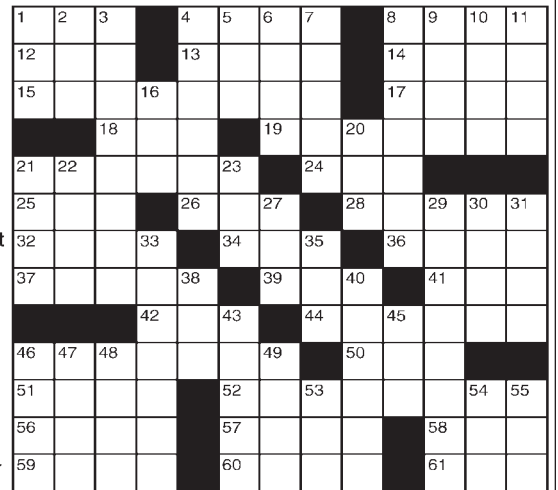
- 1 Atty.'s degree
- 2 Retired
- 3 "Addams Family" cousin
- 4 NBA nylon
- 5 Made a pained sound
- 6 Motown singer Terrell
- 7 Stan's "Swiss Miss" co-star
- 8 Lived
- 9 That man's

PLAYFUL BREEDS

King Crossword

ACROSS

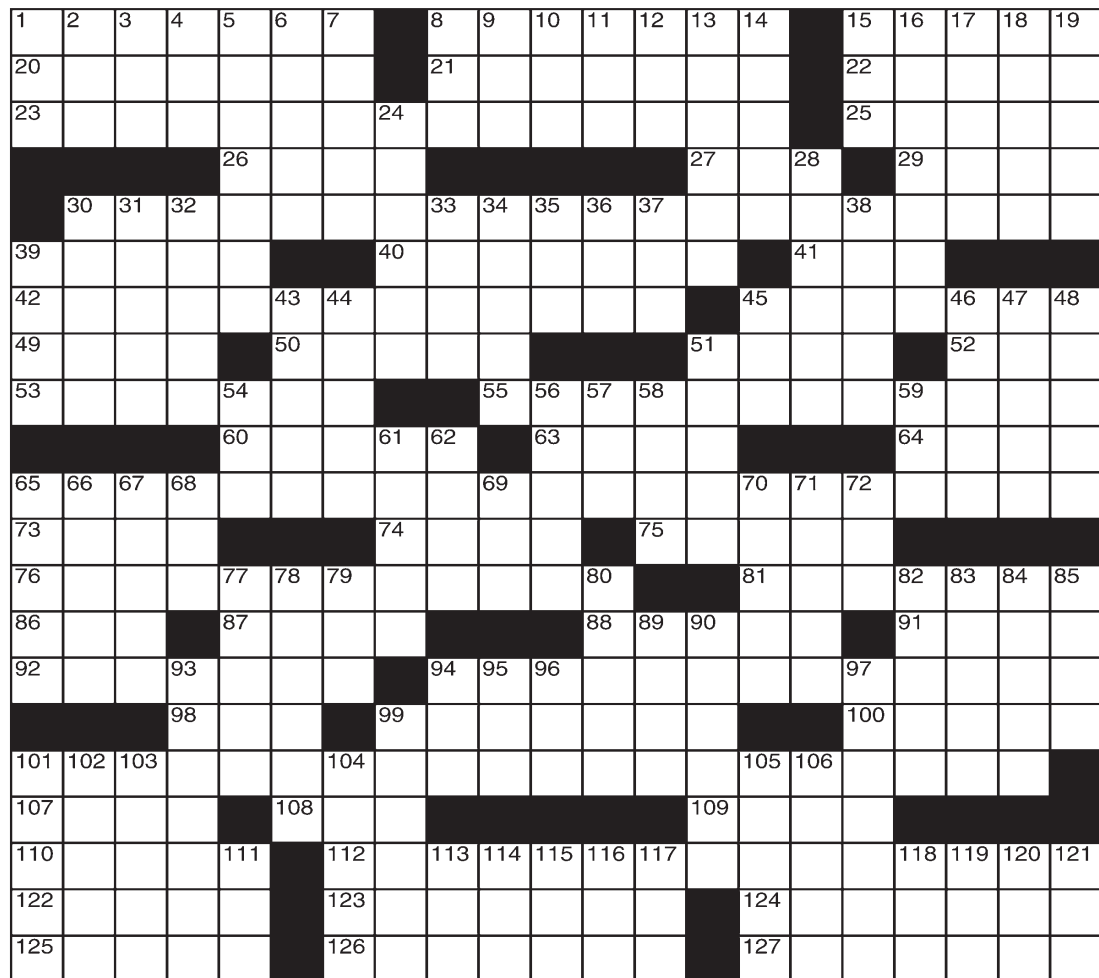
- 1 Tavern
- 4 Tosses in
- 8 Slays, "Sopranos" style
- 12 Altar affirmative
- 13 Voice in an iPhone
- 14 Law office aide, for short "Sinkers"
- 15 Caspian feeder
- 18 Teut.
- 19 Financial rescue
- 21 Decapitate
- 24 Fish eggs
- 25 Greek vowel
- 26 Coffee holder
- 28 Family member
- 32 Tatters
- 34 Physique
- 36 Grabbed
- 37 Astronaut John
- 39 Speck
- 41 Work with
- 42 Wet wriggler
- 44 Persistent attacks
- 46 Bug
- 50 To the — degree
- 51 Smell
- 52 Buffers
- 56 Otherwise
- 57 Throw
- 58 "To be or — ..."



- 59 Start a garden
- 60 — Stanley Gardner
- 61 Wildebeest
- 10 Herr's wife
- 11 Shaker contents
- 16 "Golly!"
- 20 Debtor's letters
- 21 Ice mass
- 22 List-ending abbr.
- 23 Fix the sound-track
- 27 Deity
- 29 Cold symptom
- 30 Misplace
- 31 Stretches (out)
- 33 Showed disdain
- 35 Two, in
- Tijuana
- 38 Butterfly catcher
- 40 Feels pins and needles
- 43 Workshop machine
- 45 Ordinal suffix
- 46 Troubles
- 47 Not working
- 48 American Beauty, e.g.
- 49 Rain hard
- 53 Web address
- 54 A billion years
- 55 Disco fan on "The Simpsons"

DOWN

- 1 Auction
- 2 Commotion
- 3 Fiber
- 4 Religious retreat
- 5 Cacophony
- 6 Defeat
- 7 Shankar's instrument
- 8 Rich
- 9 Gambling game

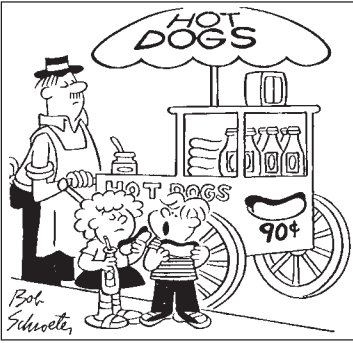


MAGIC MAZE ● HEAD —

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

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

- | | | | |
|--------|---------------|--------|-----------|
| Band | Covering | Gear | Of state |
| Board | For the hills | Honcho | Restraint |
| Cheese | Game | Lice | Waters |
| Cold | Gasket | Nurse | |



"What does that mean, 'you don't like the _____'?"

answer on page 35B

SCRAMBLERS

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

Intense
RANTED

Scold
ABTREE

Number
MAUTON

Gentle
COLIDE

TODAY'S WORD

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

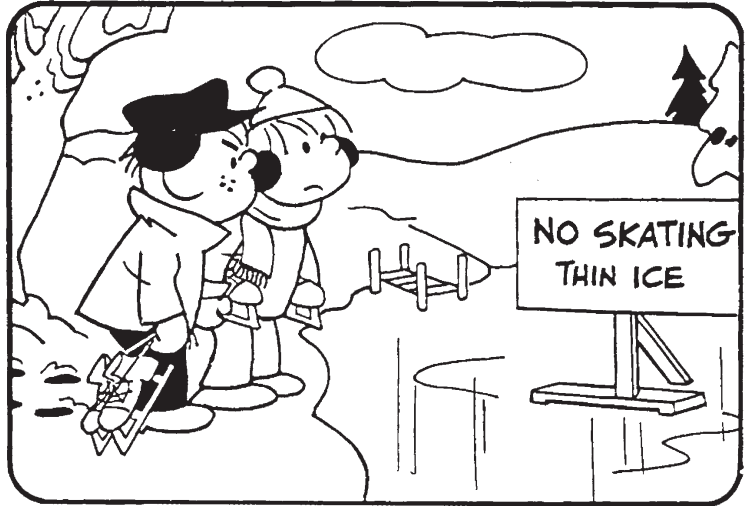
SUDOKU

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

answer on page 37B

HOCUS-FOCUS

BY HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Earlap is missing. 2. Jacket is different. 3. Scarf end is shorter. 4. Dock is missing. 5. Cloud is missing. 6. Sign is smaller. 7. Sign is different.

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My Stars ★★★★★

FOR WEEK OF FEBRUARY 13, 2017

ARIES (March 21 to April 19) You don't like rejection. But instead of trying to "ram" your ideas through to an unreceptive audience, stand back and wait for a more favorable environment later this month.

TAURUS (April 20 to May 20) Job commitments call for the tidy Taurean to charge into those problem-plagued projects and get them into shape. Then go ahead and enjoy the fun and friendships of your expanding social life.

GEMINI (May 21 to June 20) The pressures of the workplace are beginning to ease. While you still need to stay connected to your ongoing commitments, you'll be able to take more time to relax with family and friends.

CANCER (June 21 to July 22) You might feel that you need to prove how much you can do. But be careful not to take on more than you can handle, or you risk being bogged down. An Aries has a message for you.

LEO (July 23 to August 22) Financially it could be a little tight for a while. So resist the urge to splurge on things you don't really need. There will be time enough to indulge

yourself when the money squeeze eases later this month.

VIRGO (August 23 to September 22) You demand trust from others. But someone is creating a situation that could put your own trustworthiness in question. Be sure to keep all lines of communication open.

LIBRA (September 23 to October 22) A problem delays the recognition that you hoped to receive for your hard work. But all will soon be resolved. Remember to make patience your watchword this week.

SCORPIO (October 23 to November 21) Those wonderful ideas could expand your workplace prospects and ultimately lead you on a new career path. Your personal life also opens up new vistas.

SAGITTARIUS (November 22 to December 21) So much seems to be swirling around you these days that you might find it hard to focus on priorities. Best advice: Take things one at a time, and you'll get through them all.

CAPRICORN (December 22 to January 19) Work out situations with what you have, and avoid the temptation to create complications where they don't exist. This applies both at home and in the workplace.

AQUARIUS (January 20 to February 18) Keep your keen senses open to possible changes in personal and/or professional

situations. Knowing what might lie ahead gives you an edge on how to handle it.

PISCES (February 19 to March 20) Personal pressures at work could create a problem with your performance. Best advice: Focus on the job ahead of you. If necessary, you can deal with the other issue later.

BORN THIS WEEK: Like your fellow Aquarian Abraham Lincoln, you have a way of handling the most difficult situations with grace and conviction.

STRANGE BUT TRUE

- In many Mediterranean countries, a typical breakfast consists of some combination of the following: tomatoes, olives, cheese, bread and hard-boiled eggs.

- The Guinness Book of World Records (now known simply as Guinness World Records) is so named because in 1951, Sir Hugh Beaver, the managing director of the Guinness Breweries, wanted to settle an argument over whether the golden plover or the red grouse was the fastest game bird in Europe. Unable to find the answer in reference books, Beaver realized that there must be many such questions debated in pubs, but no reference book to settle them. Another Guinness employee recommended professional fact-finders (and twin brothers) Norris and Ross McWhirter to compile such a

book. The first edition was printed in 1954, and all 1,000 copies were given away.

- It was a New Yorker named William Shepherd who patented the first liquid soap. The recipe? One pound of soap, 100 pounds of ammonia solution and enough water for the mixture to reach the consistency of molasses.

THOUGHT FOR THE DAY

"I love America more than any other country in this world, and, exactly for this reason, I insist on the right to criticize her perpetually." -- James Baldwin

SCRAMBLERS

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1. Ardent; 2. Berate;
3. Amount; 4. Docile

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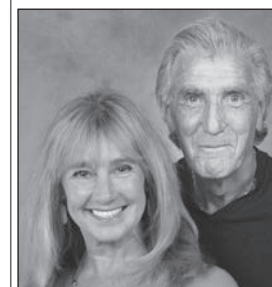


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5	9	4	2	7	3	1	8	6
4	3	1	7	6	8	2	9	5
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LEGAL NOTICE

THE FLORIDA DEPARTMENT OF ENVIRONMENTAL PROTECTION ANNOUNCES A PUBLIC WORKSHOP

To present and give the public opportunity to provide comments on draft nutrient Total Maximum Daily Loads (TMDLs) for estuaries in the Charlotte Harbor Basin and having these nutrient TMDLs, if adopted, constitute site specific numeric interpretations of the narrative nutrient criterion. Friday, February 17, 2017 9:30 am. Sanibel Public Library, 770 Dunlop Road, Sanibel, Florida.

For more information on the meeting, contact Ms. Shamyah Gibson, Watershed Quality Evaluation and TMDL Program, Florida Department of Environmental Protection, 2600 Blair Stone Road, MS 3555, Tallahassee, Florida 32399-2400, or by e-mail at Shamyah.Gibson@dep.state.fl.us
*NS 2/10 CC 2/10

FICTITIOUS NAME

NOTICE UNDER FICTITIOUS NAME LAW

According to Florida Statute Number 865.09 NOTICE IS HEREBY GIVEN that the undersigned, desiring to engage in business under the Fictitious Name of Accipiter USA (Fictitious Name) located at 14812 Captiva Dr. #251, in the Community of Captiva Florida 33924, Lee County intends to register the said name with the Division of Corporations of the Department of State, Tallahassee, Florida. Dated this day in Captiva, Florida, and this day of February 3, 2017. Accipiter Industries, Inc. 14812 Captiva Dr. #251 Captiva, FL 33924
*NS 2/10 CC 2/10

FICTITIOUS NAME

FICTITIOUS NAME

NOTICE IS HEREBY GIVEN that the undersigned, desiring to engage in business under The fictitious name of EMI & MATT, LAWN SERVICE, located in Fort Myers, Florida, with address of 4790 S Cleveland Fort Myers, Fl. 33907 has registered said name with The Division of Corporation of the Department of State, Tallahassee, Florida. Dated the 3rd day of February, 2017. Tania Altamirano Santana
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*NS 2/10 CC 2/10

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Barefoot Beach	Bonita Springs	2016	9,065	\$11,999,000	\$11,600,000	89
Shell Harbor	Sanibel	1975	2,735	\$1,695,000	\$1,625,000	36
Palmetto Point	Fort Myers	2008	4,978	\$1,650,000	\$1,550,000	11
Avieto	Bonita Springs	2013	4,058	\$1,199,000	\$1,150,000	10
Water Shadows Unrecorded Subdivison	Sanibel	1987	2,037	\$1,195,000	\$1,050,000	232
Edgewater	Fort Myers	1996	4,009	\$1,190,000	\$1,100,000	0
Woodlake At Bonita Bay	Bonita Springs	1986	3,569	\$824,900	\$735,000	344
Cottage Point Subd	Fort Myers	2003	3,359	\$819,000	\$809,000	42
Bonita Lakes	Bonita Springs	2016	2,720	\$778,600	\$770,000	163
Pinehurst	Estero	1999	2,797	\$775,000	\$750,000	0



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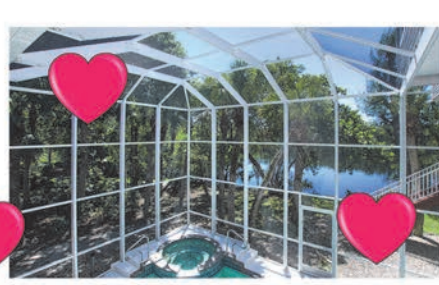
Expansive Water Views

Fully-enclosed piling home with elevator in Little Lake Murex. Upper level has 3 full bedrm suites, living room, dining room, family room, new kitchen, & utility room. \$899K



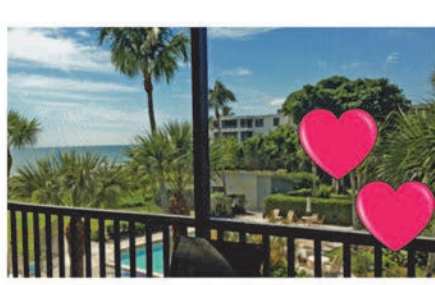
Residential Condo

Nutmeg Village penthouse with gulf views from great rm, balcony, master bedrm, guest rm, & kitchen too. Covered parking, storeroom, & beach-side amenities. \$799,000



Lake-Front Privacy

Great value on Sunrise Circle cul-de-sac. 4 bedrm split-plan with elevator, pool & spa, great rm with fireplace, large family rm, plus den/office or 5th bedrm. \$799,000



Years of Rental History

Income-producing 2nd floor fully-equipped 2 bedrm at Sand Pointe. Remodeled kitchen, baths; balcony with new tile & this view. Handy to elevator. \$724,000



Investors' Dream

Cottage Colony West #119 at Casa Ybel Resort has this gulf view, full use of resort amenities, & is in easy on-site guaranteed-income rental program. \$674,000



Big Condo & Bay View

East-end easy-access ground-level nearly 2000 sq. ft. 3 bedrm with expanded living space. Lighthouse Point #129, with beach, clubhouse, pool, tennis, & pickleball. \$599,000



Beach Escape With Income

3rd floor Pointe Santo 1 bedrm at center of courtyard so huge water views over tropical lagoon to gulf. Earnings as high as \$45K/yr. Offered turn-key with bookings. \$599,000



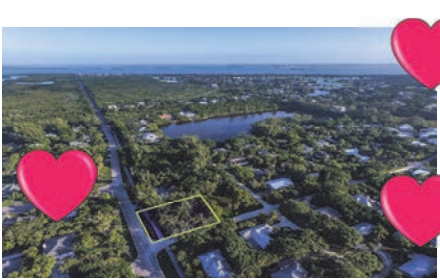
"Sanibel's Rainbow"

Top-floor Loggerhead 2 bedrm marketed on internet with this name. Has gulf view & new kitchen. Grossing ~\$60K/yr with many repeat tenants. Investor-ready. \$598.3K



Build in Gumbo Limbo

Oversized parcel at 9441 Peaceful Drive. ~170' x 155'. Backyard faces west to sunsets & borders preserved land. Suitable for large or small pool home. \$299K



Mid-Island Convenience

Residential lot one block north of Periwinkle on corner of Dixie Beach Blvd & Centre St. Close to bike path, bay & gulf beaches, shopping at Jerry's Center, & more. \$199,000

**472-HOME (4663)
888-603-0603**

Happy Valentines Day

Sanibel
REALTY ASSOCIATES *Susan*

The SanibelSusan Team



Susan Andrews, Realtor® Broker-Owner; David Anderson, Realtor® Office Manager & Closing Coordinator; Lisa Murty, Realtor® Sales Associate; Elise Carnes, Listing Coordinator, Notary, & real estate license-holder

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More info & real estate blog at SanibelSusan.com