Thanksgiving At Community House

The annual Sanibel Thanksgiving Celebration service will take place on Sunday, November 24 at The Community House at 6:45 p.m. Everyone is invited to join this non-denominational service which is a celebration of Thanksgiving in words and song. Admission is free.

Sanibel Mayor Kevin Ruane, City Manager Judie Zimomra and representatives of all the island churches will take part, and there will be music and song from BIG ARTS Community Chorus, the Sanibel Youth Choir, created by Marj Nordstrom and made up of children from Sanibel or Captiva who like to perform. Cookies, donated by Jerry’s Supermarket, and cider, donated by Bailey’s, will be served following the celebration.

continued on page 9

City Pauses To Say Thanks To Veterans Past And Present

by Jeff Lysiak

During Monday’s annual Veterans Day ceremony at Sanibel’s City Hall, tributes were paid to the men and women who have served this country as members of its military in patriotic music, in spoken word and in revered silence.

Sanibel resident Douglas Quelch, a member of the Lee Coast Chapter, Military Officers Association of America (MOAA), served as master of ceremonies.

Following the presentation of the colors and the raising of the flag by the Sanibel Police Department Color Guard, supervised by Lt. Anthony Thompson, Anna Snow, president of The Sanibel School’s National Junior Honor Society, led the crowd in the Pledge of Allegiance.

Following the invocation by Rev. Ed VanderHey, retired pastor from Sanibel Community Church, and a scripture reading by Rev. Woody Stemple, MOAA chapter chaplain, city council members Mick Denham and Marty Harrity offered opening remarks in the absence of Mayor Kevin Ruane and Vice Mayor Doug Congress, both of whom were out of town.

Harrity highlighted the phrase “Freedom isn’t free” during his speech.

continued on page 2

Wendy Webb And Friends November Moon Concert

BIG ARTS welcomes back local favorite, singer-songwriter Wendy Webb on Sunday, November 17 at the Herb Strauss Theater. The evening will kick off with a pre-performance reception hosted by Doc Ford’s Rum Bar & Grille at 7:15 p.m. before Webb takes the stage at 8 p.m.

Webb has been called an “undiscovered American treasure” by Tim Cahill of Outside Magazine and has also been praised by Jeff Klinkenberg of The St. Pete Times for her “achingly beautiful” voice. Accompanied by musicians Danny Morgan and John McLane, Webb’s concert during the November full moon will feature new compositions as well as popular favorites and acoustic guitar performances.

The November Moon Concert and reception tickets are $30 for adults and $5 for students with valid student ID as well as for children 17 and under. For tickets or more information about BIG ARTS, including upcoming concerts, continued on page 18

Kids Honor Vets With Free Lemonade

With the day off from school on Monday, three Sanibel youngsters – siblings Jake and Riley Mann along with Amelia White – set up their own business at the corner of Periwinkle Way and Casa Ybel Road, selling lemonade and loom bracelets to passersby. While the lemonade sold swiftly for 75 cents per cup, the children gave it away free to veterans in honor of Veterans Day.

photo by Jeff Lysiak
City Veterans Day Ceremony

adding that America’s veterans “put themselves in harm’s way so that people like me can enjoy the freedoms we enjoy every day.” Denham remembered his father, who fought for Great Britain during World War II, seeing action during the infamous D-Day invasion. “For me, Veterans Day is a special day,” he added.

Sixth grader Sarah Jarlowe and seventh grader Aaron Rose, winners of the essay contest on the topic “Why do veterans deserve our support, respect and understanding?” both read their essays. Each received a $100 check donated by Bank of the Islands.

Under the direction of Debby Dorr, the Sanibel Community Youth Chorus entertained the crowd with a medley of patriotic songs, which was followed by keynote speaker Lt. Gen. Gary Speer, USA Ret. The Southwest Florida resident gave a heartfelt tribute to veterans of all four branches of the military, noting, “They spent the best years of their lives serving with the Army, Navy, Marines and Air Force, dedicated to protecting their country. “Today, 25 million veterans walk among us,” said Speer. “And all of them deserve our thanks.”

Following the traditional sing-along, accompanied by BIG ARTS Concert Douglas Quelch, right, of the Lee Coast Chapter, Military Officers Association of America, presents essay contest winners Aaron Rose and Sarah Jarlowe with their $100 checks donated by Bank of the Islands. Aaron and Sarah read their essays during the city’s Veterans Day program on Monday morning. photos by Jeff Lysack

Trash & Treasures SALE

Saturday, November 16 • 9 a.m. - 1 p.m.
The Center 4 Life
Palm Ridge & Library Way, Sanibel, FL

Don't miss this great opportunity
to discover great “finds” at low, low prices!

- Household Items
- Toys
- Books
- Furniture
- Hardware
- Linens
- Sporting Goods
- Kitchen Gadgets
- Glassware
- Artwork
- Jewelry
- Luggage
- Collectibles
- Purses
- Surprises!

Refreshments will be for sale!

The Condominium Associations of Sanibel, Inc.
CASI Kick-Off Breakfast
with Mayor Kevin Ruane
Sponsored by Gulfshore Insurance

Tuesday, November 19th • Clubhouse at The Sanctuary
8 a.m. Registration • 8:30 Breakfast Buffet • 9-10 a.m. Program
$15 members • $25 non-members

For reservations call 334-2138 or e-mail suitors@earthlink.net by Friday, Nov. 15th

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LINDA • MARISA • JEANNE • JOSEPHINE
featuring FACIAL THREADING BY JOSEPHINE
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Under the direction of Debby Dorr, the Sanibel Community Youth Chorus entertained the crowd with a medley of patriotic songs

Band and Sanibel Community Youth Chorus, and the sharing of remembrances by veterans in attendance, the program closed with the playing of Taps by Gary Eertmoed and Fred Henry.

City council members Mick Denham, left, and Marty Harrity offered opening remarks

Rev. Woody Stemple delivered the scripture reading

The invocation was given by Rev. Ed VanderHey

The keynote speaker for the Veterans Day ceremony was Lt. Gen. Gary Speer, USA Ret.

Douglas Quelch speaks during Monday's Veterans Day program at Sanibel's City Hall

Sanibel Community Association needs your support.

Go to www.sanibelcommunityhouse.net

for more information, and become a member today!
Sanibel Historical Village Launches $200,000 Shore Haven Campaign

A hard hat party was held November 13 on the grounds of the Sanibel Historical Village. Volunteers and donors kicked off a $200,000 campaign to restore Shore Haven and make necessary improvements to the village infrastructure. Janet and Peter Halliday are chairing the campaign, which will be officially launched November 25.

The Sanibel Captiva Trust Company and Bailey’s General Store were recognized at the event for their sponsorship donations.

The village’s board has allocated $150,000 from its reserves toward these projects, but the scope of the Shore Haven renovation requires this 30th anniversary campaign.

“Anyone interested in making a substantial donation to the Sanibel Historical Museum and Village 30th Anniversary Campaign, please consider donating appreciated stock from your investment portfolio,” said Peter Halliday. “You can achieve increased tax benefits while helping us plan for the future.

The Sanibel Captiva Trust Company has established a Gift Account where donors can have their appreciated stock delivered directly into the account from their broker or investment manager. The stock will then be sold and all proceeds wired to the museum, all without any fees or expenses from the sale of the stock. The Sanibel Historical Museum and Village will receive 100 percent of the value of the donated stock.

“We thank the Sanibel Captiva Trust Company for their generosity in helping us with this effort,” said Halliday.

The stock must have been held for more than one year to be eligible for the “qualified appreciated stock” deduction. “Prior to making a donation of stock, consult first with your tax professional and/or investment advisor,” Halliday said. “You may also donate directly from your IRA to the Historical Village if you are over 70½ and avoid federal income tax for donations made by year’s end.” Prospective donors can contact Steve Greenstein, executive vice president of Sanibel Captiva Trust Company at 472-0999.

Silk Scarf Painting Workshop Offered At The Community House

The Community House is offering a silk scarf painting course on Tuesday, November 19, from 3:30 to 6:30 p.m. Professional working artist Jenny Licht will teach the course.

All materials are provided with class fee: Silk scarf, use of brushes, stretching frame, silk dyes and paints, media to move the dyes and art instruction.

Indicate the style of design you would like to paint at time of registration and Licht will make the scarf ready for painting.

Attendees may bring their own snacks. Alcoholic beverages will be available by donation.

Minimum class size is four, maximum is six. Participants will complete painting of the scarf in class and Licht will take them home complete the process. They need to set for 24 hours before washing.

For more information on this event call 472-2155.

A painted silk scarf
Kids Thankful For FISH Cooking Program

With the feel of fall and Thanksgiving in the air, eight young chefs and their parents brought together education, nutrition and the meaning of Thanksgiving to create a three-course lightened up, kid-friendly Thanksgiving meal at the FISH of Sanibel Cooking With Kids program. The program, now in its second year, motivates and empowers children and their families to make healthy food choices through hands-on activities. The event took place on November 5 in the St. Michael & All Angels Episcopal Church kitchen on Sanibel, and was taught by Celia Hill, Lee County Extension agent.

Children ages three through 16 prepared a lighter version of the traditional Thanksgiving meal. They made turkey nuggets, green bean casserole, make-over corn casserole, glazed butternut squash and light pumpkin pie. Participants learned that delicious food can be easy to create and is an important way to take care of yourself and your family.

Hill used foods available from the FISH food pantry to teach the children and their parents/guardians about the importance of a balanced diet. Once the meal was prepared, everyone got an opportunity to taste their kitchen creations.

“This was a very special evening, as the preparation and meal was centered on the Thanksgiving tradition. It was wonderful to teach children that one aspect of Thanksgiving involves gratitude for having enough food to eat, and to explain the importance of what FISH does for the community,” said Christine Swiersz, FISH program director.

“We focused on the education and nutrition while emphasizing the joy of celebrating with family and friends, learning to be grateful for what we have, and to help those who may have less than we do.”

American Legion Post 123 News

On Sunday, November 17, American Legion Post 123 will serve corned beef and cabbage all day. Sunday, November 24 is barbecue chicken and ribs. The Legion will be open Thanksgiving, serving turkey dinner with all the fixings. Every Wednesday, Post 123 offers $5.95 Hump Day specials. Sanibel 8-Ball Pool League action continues every Monday at 5 p.m. Texas Hold’em is played Thursdays at 7 p.m. and Saturdays at 4:30 p.m. New players are welcome but must be American Legion members.

Every Friday, Post 123 serves a six-ounce rib eye steak sandwich all day. The half-pound burgers are a local favorite. Food is served all day, every day, with specials daily. The public is welcome. Hours are Monday through Saturday from 11 a.m. to 9 p.m. and Sunday from noon to 9 p.m., located at mile marker 3 on Sanibel-Captiva Road. For more information, call 472-9979.

CARD OF THANKS

Halloween at The Community House magically captured that hard to put into words elusive essence of what makes Sanibel, Sanibel. If you long to bask in sweet, simple moments in which people pause and authentically enjoy the presence of their neighbors (from the island and around the world), the sincere connectedness and spirit of our sanctuary island, you must come to one of these events.

I went to this children’s party as an empty-nester sans children, had a ball and left with a sense of true belonging. In the eyes of my idealistic heart, it was everything a community party should be. It was what makes Sanibel, Sanibel; a true sanctuary island that nurtures the simple, sincere sense of community we all cherish.

Thank you particularly to Salli and Billy Kirkland and everyone at The Community House for being the keepers of the community spirit that is Sanibel. I am so grateful to belong to such a community such as this.

Linda Linsmayer
Sanibel
Sanibel School Math Team Competes

On November 2, The Sanibel School’s math team competed in the Lee County Math competition. The team placed eighth out of the 20 teams entered.

Send your editorial copy to: press@islandsunnews.com

Remembering The USO Dance

Nicole McHale poses for a picture with Bob Hope (Art Cassell) and Marilyn Monroe (Sandy Grecco) impersonators at the Remembering The USO Dance, held on Friday evening at The Community House. Photos by Jeff Lysiak

Some of the veterans in attendance included, from left, John Boone, Ed Greenan, Rodger Bunnell and Fred Bondurant

Enchanted Ballroom provided dance instruction to people attending Friday’s World War II-themed soiree.
**Holly Ball Preparations Are Under Way**

To kick-off the holiday season while supporting a great cause, CROW has enlisted a group of Holly Belles to plan the 2013 Holly Ball fundraiser. The event will be held Sunday, December 8 at The Sanctuary Golf Club from 6 to 10 p.m. It will feature cocktails and hors d’oeuvres, a sit-down dinner, live auction, raffle and dancing to live music. Proceeds will support the medical care and rehabilitation of local wildlife.

The Sanibel Captiva Trust Company is the Master Sponsor of the event. The 2013 Holly Belles are Paige Babcock, Mary Jo Bogdon, Vonnie Dressel, Melinda Graham, Jeannie Kendall, Nicole McHale, Harriet Pattison, Mary Jo Bogdon, Melinda Graham and Lindy Roy. Holly Belles not pictured: Nicole McHale, Vonnie Dressel, Jeannie Kendall and Merrill Taylor.

**Sanibel Captiva Orchid Society Meeting**

Phalaenopsis Simplified will be the topic of the Monday, November 18 meeting of the Sanibel Captiva Orchid Society. The program will be presented by Bob Busch, co-owner with his wife, Anna, of Exotic Orchids in Fort Myers. The meeting will take place at 1:30 p.m. at St. Michael & All Angels Episcopal Church, 2304 Periwinkle Way on Sanibel.

Orchid novices are encouraged to come to the meeting at 1 p.m. to hear a member of the Orchid Society talk about fundamentals of growing orchids. Participants are encouraged to come early to purchase orchids or to do so during intermission. Anyone with questions or an “ill orchid” that needs diagnosis can bring their plants to the meeting during Show and Tell.

Orchid Society members are invited to participate in a monthly show. Ribbons are awarded for best Hybrid and best Species Orchids. Members and guests are also invited to participate in a monthly orchid raffle.

Annual Orchid Society membership is $20, which covers monthly meetings through May 2014. Guests may attend for $4 per meeting.

For more information, call Nannette Lehr at 395-3327 or visit www.sancaporchid.org.
Periwinkle Place Gets Variances For New Eatery
by Jeff Lysiak

Continuing the public hearing from the previous meeting, the planning commission on Tuesday approved a conditional use permit application from the owner of the Periwinkle Place Shopping Center to establish a fast food restaurant with 24 seats within the site. The approval is subject to 13 conditions.

The applicant, Ben Dahlmann, represented by attorney Steven Hartsell and architect Raymond Fenton, was seeking variances to the land development code, increasing the maximum permitted commercial floor area ratio from 10 percent to 15 percent; increasing the maximum permitted land area permitted to be covered with impermeable surfaces from 45 percent to 62 percent; increasing the maximum permitted land area used as developed area used as developed area and cleared of vegetation from 50 percent to 63 percent; and seeking relief from the installation requirements for the front, side and rear vegetation buffers.

The applicant will swap out unused space elsewhere in the center to make up for increasing the floor area by removing access to that space.

However, the variances that were requested by Dahlmann Periwinkle Place LP needed to overcome one final hurdle during Tuesday’s meeting before being granted by the seven-member panel.

According to Roy Gibson, acting director of planning, representatives of Periwinkle Place and city staff met following the last planning commission meeting. On November 5, the applicant submitted a revised landscape buffer plan. Gibson submitted a memorandum from Holly Milbrandt, the city’s environmental biologist, reviewing the revised landscape buffer plan and a recommendation that the buffers be maintained as required by the Sanibel Code.

In addition, Gibson’s report also included a review of the 13 conditions his staff prepared for the planning commission, including:
• The use is not permitted to be a food or retail center.
• No walk-up or drive-through facilities are permitted on-site.
• At least one additional bicycle rack shall be provided.
• The parcel shall comply with the restrictions and regulations for signs; any new signage shall require separate approval.

“We do not object to this plan as presented by the applicant,” said Gibson.

However, Gibson did request an additional requirement of providing connectivity between the Forever Green Shopping Center – located next door to Periwinkle Place – as well as improved connectivity with Sanibel’s shared use path system.

“There is respect to connectivity of the Forever Green and Periwinkle Place parking lots, staff recommends that the applicant be required to provide/ maintain a pedestrian/bicycle path at the location of an existing footpath that currently connects the two parking lots,” his memorandum noted. “Moreover, staff is recommending that the applicant be required to establish at least one pedestrian/bicycle connection to the shared use path system to provide pedestrian/bicycle access away from Periwinkle Place driveways.”

Hartsell voiced his objection to the pedestrian/bicycle path requirement, pointing out that it not only is not a standard code requirement, but the existing shared use path already has been “serving the community suitably for many years.” He also explained that electrical wires and utility equipment located between Periwinkle Place and Forever Green would make adding a pathway between the two shopping centers difficult.

Michael Valiquette, chairman of the planning commission, questioned City Attorney Ken Cuyler whether they could impose a requirement of a pedestrian/bicycle connection to the shared use path. Cuyler confirmed that they could.

Commissioner Chuck Ketteman said that he was “surprised” by the applicant’s objection to including an additional pedestrian/bicycle connection, noting that improving movement between the two shopping centers would be good for business and might improve the safety of their customers. Hartsell responded that their objection was only being consistent with the city’s code requirement, not due to a lack of concern for safety.

“You could set an example here,” fellow commissioner Dr. Philip Marks said to the applicant group. “You are the biggest shopping center on the island.”

After hearing the objections of Valiquette, Ketteman, Holly Smith and John Talmage, Hartsell told the commission that they will work with city staff on all aspects of the variance requirements, including a pedestrian/bicycle connection to bike path. After a brief discussion, commissioners agreed not to require any connectivity between Periwinkle Place and Forever Green.

Ketteman made a motion to approve the application, which was seconded by Chris Heidrick, and will include amendments to maintain landscaping to current city codes. The motion passed, 5-2, with Marks and Thomas Krekel opposed.
League Of Women Voters

On November 20, the League of Women Voters will hold a panel discussion and luncheon at Sundial Resort, Sanibel. Speakers are Dr. Larry Antonucci, chief operating officer of Lee Memorial Health Systems, and Dr. Andy Oakes-Lottridge, family practising physician of Fort Myers. Dr. Rick Siders will moderate the discussion of the consequences of the Affordable Care Act and lack of Medicaid expansion for Florida residents, doctors and hospitals.

Registration is at 11:30 a.m. and luncheon is at noon. Cost is $25 payable at the door. Reservations can be made at econell1607@yahoo.com before November 18.

Thanksgiving At Community House

Mary Bondurant, this year’s coordinator, said, “The Thanksgiving celebration is a community event for sharing your blessings with those less fortunate and makes Thanksgiving more meaningful.” She also encourages guests to bring canned food or monetary donations for FISH.

For more information, contact Bondurant at Mary@BondurantRealtyGroup.com or 839-3633.

Corrections

In last week’s Island Sun, the vote in favor of drafting city legislation to stop buses from dropping off and picking up passengers at beach parking lots was incorrect. It passed 3-1, with Vice Mayor Doug Congress opposed. Also, the three planning commissioners whose terms expire in January will not be formally appointed until council passes a resolution in December.

Democratic Club

On Thursday, November 21 at 7 p.m., the Democratic Club of the Islands will meet at the Sanibel Public Library, 770 Dunlop Road. The meeting is free and open to the public.

Award-winning journalist Roger Williams, who holds a master’s degree from Columbia University, will discuss Voting Water, or what it takes to make a real change in our current water dilemma.

As a columnist for the Florida Weekly, he noted that: “Politicians control the flow of money and voters control the politicians. If we want to clean our water and carry on living like the blessed, we can’t support politicians who don’t show an aggressive willingness to wean ourselves from Big Sugar.”

He is careful to point out that as Governor, Charlie Crist almost completed a deal that would have sold the 700,000-acre Everglades Agricultural Area to the state of Florida and possibly could have saved the Everglades and dramatically improved local and state water systems.

Progressive thinkers, Democrats of all stripes and anyone concerned with the impact of releases from Lake O, are urged to attend and learn more about this issue, and to discover what steps are needed now.

Members of the Democratic Club will be reviewing by-law changes. Those attending who wish to participate more fully in the club’s activities and become members or renew their membership, are reminded that dues are payable at the meeting for $25 per person. Checks are payable to DCI.

For more information contact demclubislands@gmail.com or call 395-9078.

Metz To Speak At Lions Club

On Wednesday, November 20 beginning at 7 p.m. at The Community House, the Sanibel-Captiva Lions Club will present a special speaker event featuring Steen Axel Metz, author of A Danish Boy In Theresienstadt: Reflections of a Holocaust Survivor.

Metz, who splits his time between Sanibel and Illinois, was arrested along with his family from his Odense, Denmark home in 1943 and spent 18 months at Theresienstadt concentration camp until being rescued and evacuated in April 1945.

He writes in his memoir, “It is my intention and hope that my story will provide an eyewitness report for current and future generations, since it is imperative that no one should ever forget those awful times that resulted in the death and murder of six million Jews.”

The San-Cap Lions Club welcomes all members of the public to come and hear Metz’s presentation. The Community House is located at 2173 Periwinkle Way on Sanibel.

MacIntosh Books & Paper

MEET THE AUTHORS

Three nationally recognized writers of young-adult and children’s literature will sign copies of their books at MacIntosh Books and Paper—great personalized gifts!

Helen Ketteman • Cristin Bishara • Trish Doller

Wednesday, November 20, 11 am - 1 pm
Beach Walk For A Good Cause

The Sanibel-Captiva Optimist Club invites families, friends and leashed pets to walk/run on Bowman’s Beach in the charity 5k Jingle Bell Walk. Proceeds will benefit local children’s needs through the Sanibel charitable organization FISH.

Participants can start the walk any time between 9 and 10 a.m. on Saturday, December 7. Santa will stop to see children at the beach.

Pre-registration is available on the website www.sancapoptimist.org, and mail-in forms are available at the Sanibel Café, Bailey’s General Store, the Sanibel-Captiva Bank, the FISH walk-in center on Periwinkle Way and from members of the San-Cap Optimist Club at the Sanibel Grill/Timbers early evenings. A registration table will also be available at the Sanibel Recreation Center as well as at the beach starting at 8 a.m. on walk day. Credit cards will be accepted. Registration donations are $20 per person; kids 10 and under and pets register at no charge.

Parking is free at Bowman’s Beach for participants as are T-shirts, water and refreshments.

“Dogs that participated in past year’s Optimists Jingle Bell beach walk speak highly of the fun and are straining at their leashes to romp on the beautiful Sanibel beach, all for a great cause,” said Optimist Randy Carson. “People have fun, too,” he added.

Sponsors are sought for donations. Call Richard at 292-4631.

Further information on the walk is available from Carson at 699-8739.

Santa Draws a crowd of walkers at 2012 Jingle Bell Walk

Women’s Guild Hosts Fall Cruise

In early November, St. Isabel Women’s Guild and guests sailed on the Lady Chadwick from McCarthy’s Marina on Captiva. More than 100 passengers were aboard and refreshments were served throughout the evening as they watched a beautiful sunset. They complimented the captain and crew for an excellent job.

Walk Through Bethlehem At Church

Sanibel Community Church invites the public to take a Walk Through Bethlehem. A special performance will be held on Wednesday, December 4 from 5:30 to 8:30 p.m.

The walk is designed to take participants back 2,000 years to the night of Jesus’ birth and to experience the hope and longing of the Israelites for their long-promised Messiah, as well as the derision of the Roman guards and the wonder of a night beneath the stars in the marketplace of the ancient city of Bethlehem. They can gaze upon the infant born in the cave behind the inn.

Organizers want to recreate the streets on which the shepherds traveled all those years ago searching to see if the promised Messiah had been born.

Additional performances include Friday, December 6 (Luminary Night), 6 to 9 p.m. Sanibel Community Church is located at 1740 Periwinkle Way (next to Jerry’s Market).
In recognition of his lifelong efforts to build bridges of understanding between different faiths, Rabbi A. James Rudin, a member of Sanibel’s Temple Bat Yam, was honored by the Anti-Defamation League (ADL) with its Abraham H. Foxman Exceptional Leadership Award during the league’s annual meeting in New York on November 1.

“Through decades of leadership and service, Rabbi Rudin has been a trailblazer in interfaith relations throughout his career,” said Ronald D. Balser, ADL National Commissioner, in presenting the award.

“While his accomplishments are impressive unto themselves, it is the humanity, grace and empathy with which Rabbi Rudin conducts himself that really speaks to his character,” Abraham H. Foxman, ADL National Director, said during the award presentation that Rabbi Rudin has been “tireless in building bridges between faiths and promoting interreligious understanding and respect,” and that his work with the Catholic Church has been “exemplary.”

Rabbi Rudin is senior interreligious adviser of the American Jewish Committee (AJC) and also served as the organization’s longtime director of interreligious affairs. In more than 35 years at AJC, he was involved in several momentous interfaith dialogues and convocations and established interfaith understanding as a priority for the Jewish community. He is the author and editor of other works including Israel for Christians: Understanding Modern Israel, Evangelicals and Jews in Conversation; Evangelicals and Jews in an Age of Pluralism; Twenty Years of Jewish-Catholic Relations and A Time to Speak: The Evangelical-Jewish Encounter.

Rabbi Rudin served in Japan and Korea as a United States Air Force Chaplain where he shared the same quarters and chapel with those of different faiths and was able to teach servicemen about Judaism and the State of Israel. He was also a steadfast champion of civil rights and marched in Mississippi in the early 1960s.

In 1997, he was awarded the Person of Reconciliation Award from the Polish Council of Christians and Jews in Warsaw and in 1999, the International Council of Christians and Jews awarded him its Interfaith Medallion.

“Interfaith relations is needed now more than ever,” Rabbi Rudin said in accepting the award. “Religion, for good or ill, is playing a major role in world politics, culture, economics and international relations. And if we want a world free of hatred—as the ADL has worked so hard to do—a world that is safer for Jews; if we want a world that our beloved State of Israel has finally achieved (its own) safety, security, survival; we must continue to deal with religious leaders and the religious folk throughout the world, whether we agree with them or not, or whether they agree with us or not.”

The ADL Abraham H. Foxman Exceptional Leadership Award was established by Ronald D. and Barbara B. Balser as a tribute to the league’s longtime national director, who for more than four decades has fought the forces of inhumanity and indecency and all forms of prejudice and discrimination.
Hello Shoppers of Sanibel,

When you shop Jerry’s of Sanibel you’ll experience much more than just quality grocery shopping. From H2O Outfitters to Sanibel Surf Shop’s flagship store to Sanybel’s Finest and more, there are just enough shops at Jerry’s to turn an ordinary day into an extraordinary day. Before shopping at Jerry’s Foods, you can enjoy PocoLoco’s exclusive ice cream selection from local favorite, Love Boat Ice Cream, or you can get pampered at Sanibel’s only organic spa and salon— Spatini Teabar. And our courtyard is a wonderful spot to relax with family and friends; it’s a little piece of paradise teeming with colorful exotic birds!

Stop by and say hello!

Regards,
Jerry’s of Sanibel

1700 Periwinkle Way, Sanibel Island, FL 33957
**Shadows & Hope Of Christmas**

Sanibel Congregational United Church of Christ invites the public to join their Shadows and Hope of Christmas service and dinner on Sunday, December 8 at 4:30 p.m.

Christmas is “the most wonderful time of the year,” but for many it can also accentuate the sense of loss and isolation as well as trigger new feelings of grief. People who are dealing with loss of a loved one, loss of health, depression or being away from long time friends and family at times may feel as if there is shadow over the holiday season.

That’s why on Sunday, December 8 at 4:30 p.m., the church is offering a candlelight vespers service so people can gather to give each other support and offer hope. This service will give space to honestly acknowledge the difficulties of dealing with grief during the Christmas season, while still offering the hope of the One whose birth we celebrate. Afterwards, dinner will be shared in Fellowship Hall.

This event is open to the public. Please reserve your place for the supper by calling the church office at 472-0497, or call if you have any questions. Supper will be hosted and provided by SCWIM (Sanibel Congregational Women In Mission).

Sanibel Congregational United Church of Christ is located at 2050 Periwinkle Way, across the street from Periwinkle Place.

**FISH Names First Contest Winner**

Paula Schuttera and Bub Howell of Hilliard, Ohio, are the winners of the FISH unscramble word contest, receiving a $20 gift certificate to Doc Ford’s Rum Bar and Grille.

FISH of Sanibel is promoting the weekly contest to help raise awareness about the organization.

Schuttera entered the contest after reading about it in the local paper. She was visiting the area with Howell who is working to complete the Florida Master Naturalist program. They also plan to become permanent residents within a year.

To visit the contest entry page, go to www.fishofsanibel.com. Each week the entry page will be located in a different place throughout the web site, and the word or phrase will relate to what FISH is and what it does as a human services agency.

One random name will be drawn per week. Contest continues through November 15 and will resume after the first of the year.

**Church Offers ‘Open’ Painting**

It’s “open season” on Open Painting at Sanibel Congregational United Church of Christ.

“Tap into your creative side, and make new friends at the same time. You will be inspired, even as you walk through our campus… and by sharing ideas with other artists while you work on your own collection,” said Carol Good, church member.

The painting sessions are Tuesdays from 1:30 to 4:30 p.m., November through April.

Attendees are asked to bring their own supplies (drop cloths are provided). There is no charge, but space is limited.

For additional information, call Good at 618-201-6252.

Sanibel Congregational United Church of Christ is at 2050 Periwinkle Way.
Baby care is a substantial portion of the rehabilitation work performed at CROW. Each year, the wildlife clinic treats thousands of orphaned, abandoned and injured baby bunnies, squirrels, opossums and raccoons, in addition to ducklings, songbirds, fuzzy owlets, raptors and the occasional tiny turtle. The team of staff members, students and volunteers works around the clock to administer species-specific diets and critical medications while providing environments in which the youngsters will thrive.

In September, seven healthy baby striped skunks were admitted to CROW after their mother was trapped and removed from her territory in Lee county. The kits were approximately three to four weeks old. They were initially housed in a separate room in the nursery to avoid any stinky mishaps with other babies. Students bottle-fed them several times a day, resulting in rapid growth. The kits have since been relocated to an outdoor enclosure and are nearly old enough to be released.

A flying squirrel arrived last month as an orphan. The tiny nocturnal creature was hairless and its large black eyes were not yet open, indicating that it was less than a month old. After several weeks of care in the nursery, it was transferred outside where it will learn to feed and care for itself. Once Dr. Heather has deemed the patient mature enough to survive, the flying squirrel will be returned to a wooded area to glide from limb to limb under the cover of night.

The avian nursery, which is perpetually at capacity, currently houses dozens of tiny patients, most of which arrived with light, downy feathers. Lined with incubators, the shelves of the room also contain tall stacks of clean towels and old newspapers. Volunteers, staff and students move quickly and efficiently from one hungry bird to the next, meticulously recording individual body weights and dietary requirements. Each cage and carrier must be disinfected daily to minimize the possibilities of spreading germs. As soon as each patient has been fed, the team begins the well-choreographed routine once again.

It takes weeks or months for babies to mature enough to survive in the wild. Most of the babies raised at the clinic from babyhood do not need to be returned to the exact location in which they were found, since they were too young to have established a territory. If you are interested in having wild mammals, birds or reptiles released on your property, contact the clinic for the set of guidelines to determine if your land is suitable.

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 PO Box 150, Sanibel, FL 33957. Call 472-3644 or visit: www.crowclinic.org.
Wittkopf Shares Shell Knowledge With Curious Kids

R
nowned shelling expert and best-selling author of several shell books Harlan Wittkopf was invited last week to be the special guest star in an upcoming episode of WGCU’s Curious Kids program. The segment was filmed on the beach behind Sandalfoot condominiums on Sanibel.

“Curious Kids is a show from a kids’ point of view,” said program producer Rosie Emery. “The kids conduct the interviews, and they come up with the questions all by themselves.”

In the segment filmed last Thursday morning, three local children – Jaden Wicker, 12, of Naples, and siblings Nicole Kelly, 11, and Natalie Kelly, 9, of Cape Coral – ask Wittkopf about his professional background as a lawyer and small claims court judge and how he eventually became an expert on shells.

“Is this a hobby or a career for you?” one of the kids asked.
“Do you think that you made a difference being a judge?” asked another.
“Shelling used to be a hobby for me, but over the years it eventually became another career,” Wittkopf told the kids.

“Everybody loves sea shells. I’ve never seen anybody get angry at a sea shell.”

According to Emery, the episode of Curious Kids filmed on Sanibel – which will focus on career choices – will include a music video, but will also likely be the last in the series. Lack of funding at WGCU has forced the cancellation of the show following this final episode, which will be broadcast in March 2014.

After filming was completed, Wittkopf gave each of the kids a copy of his book Alphie Finds The Seashell Alphabet as well as an alphabet cone containing the first initial from their first names.

After the live shell was placed on the sand, it slowly began to move on its own.
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An Inside Look At Wildlife Recovery

The CROW Picture Show offers insights about the native and migratory wildlife species brought to the Clinic for the Rehabilitation of Wildlife, with photos of patients in treatment at the facility.

In 2012, CROW’s wildlife hospital cared for 3,583 sick, injured and orphaned animals. Of the 200 different species, 61 percent were birds, with 33 percent mammals and 6 percent reptiles.

CROW is not permitted to display its patients publically, so this presentation offers the next best thing: numerous candid snapshots of current and past patients, with commentary by Claudia Burns, a veteran clinic volunteer.

The next CROW Picture Show will be held on Friday, November 15 at 11 a.m. and 2 p.m. in CROW’s Visitor Education Center, located at 3883 Sanibel-Captiva Road, across from The Sanibel School.

Admission is $5 for adults, $3 for teens and free for members and children 12 and under. The entry fee also includes access to the Visitor Education Center, which exhibits CROW's efforts to save wildlife through care, education and collaboration.

For more information, call 472-3644 ext. 228 or visit www.crowclinic.org.

Audubon Needs Christmas Bird Counters

San-Cap Audubon will conduct its annual Christmas Bird Count on Saturday, December 14. The results of the local count will be forwarded to the National Audubon Society for inclusion in the 114th National Christmas Bird Count.

More than 50,000 observers participate each year in this census of early-winter bird populations. The results are compiled into the longest running database in ornithology, representing over a century of unbroken data on trends of early-winter bird populations across the Americas. Simply put, the Christmas Bird count, or CBC, is citizen science in action.

Prior to the turn of the 20th century, people engaged in a holiday tradition known as the Christmas Side Hunt. They would choose sides and go into the field with their guns; whoever brought in the biggest pile of feathered (and furred) quarry won.

Conservation was in its infancy around the turn of the century, and many observers and scientists were becoming concerned about declining bird populations. Beginning on Christmas Day 1900, ornithologist Frank Chapman, an early officer in the then budding Audubon Society, proposed a new holiday tradition, a Christmas Bird Census that would count birds in the holidays rather than hunt them. So began the Christmas Bird Count. Thanks to the inspiration of Chapman and the enthusiasm of 27 dedicated birders, 25 Christmas Bird Counts were held that day. The locations ranged from Toronto, Ontario, to Pacific Grove, California with most counts in or near the population centers in northeastern North America. Those original 27 Christmas bird counters tallied a total of 90 species on all the counts combined.

Volunteers are needed for this year’s count. Birding skills are desirable but not necessary. To participate in this year’s count or for more information, call 437-2459.

Wendy Webb
volunteer opportunities, membership options and the full season lineup of exhibits, performances and classes, contact BIG ARTS in person at 900 Dunlop Road on Sanibel, online at www.BIGARTS.org, by phone 395-0900 or via e-mail info@BIGARTS.org.

Tickets are also available at the Herb Strauss Theater box office, located at 2200 Periwinkle Way on Sanibel, or by calling 472-6862.

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Call 395-1213
Plant Smart

Gingerbread Palm
by Gerri Reaves

The gingerbread palm (*Hyphaene thebaica*) is native to Egypt and other parts of coastal Africa.

Also called doum palm, it prefers a hot, dry, sunny climate and is therefore very drought tolerant. It is also very salt tolerant.

In Egypt, the tree has been considered sacred since ancient times and was thought to provide shade, water, and food to the dead. The fruit was buried in the tombs of the pharaohs.

It typically grows to about 25 feet high, with large fan-shaped leaves and leaf stalks armed with curved thorns.

The spikes of male or female flowers bloom on separate trees.

The female tree produces the dark-brown woody fruit that tends to remain on the tree for an extended time.

Shiny, rounded, and smooth, the fruit emits a gingerbread odor that gives the palm its common name. The dried and powdered fruit is used in flavoring foods.

The single ivory-colored seed called vegetable ivory is currently popular in jewelry-making because it is a durable renewable resource.

In the tree’s native region, the ivory has long been used for making buttons, carvings, and artificial pearls.

In fact, all parts of the tree have a traditional use. The leaves, for example, are used in making baskets, mats, brooms, ropes, and various textiles, and the wood is used in building. The roots have medicinal properties and are also used to make alcoholic drinks.

Sources: kew.org, ntbg.org, palmpedia.net, fairchildgarden.org, and worldagroforestry.org.

Plant Smart explores sustainable gardening practices that will help you create an environmentally responsible, low-maintenance South Florida landscape.
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Bird’s Eye View

It’s Never Over

by Mark ‘Bird’ Westall

When I began my osprey study back in 1979, I had to explore what would eventually become the Wilderness Area of the J. N. “Ding” Darling National Wildlife Refuge looking for nests. The Wilderness Area encompasses all the mangrove forest on the right side of the Wildlife Drive.

Once, as I was entering a hidden tidal pool in my canoe from a tunnel through the mangroves (before Hurricane Charley I used to call these tunnels “mangrove caves” because you felt like you were in one), I suddenly heard what sounded like thunder and a wave of water about a foot high rose up in front of my canoe for no apparent reason.

Pilgrim that I was in the mangrove environment, I had no idea what was happening, I looked up at the sky and there wasn’t a cloud to be seen, so the wave couldn’t have been caused by stormy weather. Thoughts began to cross my mind that maybe I had just come across some sort of Loch Ness Monster.

I was soon to discover that it was a huge school of mullet that had been hiding in the deeper waters of the mangrove cave and my passing had herded them up over a shallow delta at the entrance to the pool. There were so many of them that they pushed a wall of water in front of them as they fled over the sandbar and escaped. The sound of thunder was caused by their tails striking the bottom.

In those days, mullet were still plentiful and most locals had old refrigerators that they turned into homemade “smokers.” I still think smoked mullet salad (fixed like tuna fish salad) is delicious. But by the late ’80s, the large schools were nowhere to be found and you were lucky if you saw schools of maybe 10-15 fish.

What had happened was “over harvesting” by the commercial fishermen. The Asians were paying large amounts of money for the roe of the mullet and eating it like caviar. Thus, like many scenarios that involve humans making money off the planet’s natural resources, the mullet and the industry that harvested it almost disappeared. But in the mid-’90s, the large, quarter-mile-long “gill” nets were outlawed by state constitutional amendment and the mullet have slowly been making a comeback.

This fall it has been very exciting for my customers to watch the large schools of mullet boil around my canoe in the shallow waters of the refuge; watching the fish participate in the “mullet Olympics” (the high jump and the long jump). I tell them that I have caught five mullet over the years by having them jump in the canoe.

Unfortunately for the fishermen, the mullet hadn’t been so easy. And with the mullet’s return, the push by the commercial fishing industry to return to how it used to be has increased with vigor. Therefore, the mullet’s comeback may have been for only a few years because on November 7, Leon County Circuit Judge Jackie Fulford agreed with the commercial fishing industry that there is something, somehow, wrong about protecting Florida’s fisheries from commercial gill nets.

Personally, I always felt a little sorry for the local commercial fishermen (most of them these days live on Pine Island) because I don’t like to see a livelihood that was participated in for generations suddenly being outlawed. First of all, I thought it was silly to manage a natural resource by changing the state’s constitution. But I also had hoped that the state’s commercial interests would come to understand that some sort of workable management program must be enacted if a natural resource is to provide economic support for future generations.

But my concerns were stirred into anger and I eventually supported the amendment mostly as a result of seeing the impact the heavy commercial activity had on the sensitive environment of the shallow mudflats of the refuge. I started seeing long, circular scars on the mudflats caused by the fishermen herding the fish (most likely not only mullet) with their boats into their set nets. The clincher for me was when I discovered several times in the backwaters of the refuge the stingrays strung up and hanging in the trees with their bellies cut open and their insides hanging down to the water.

What were the fishermen trying to do? Teach the stingrays that they better not get hung up in the fisherman’s net?

I have said many times, you have to think of Florida as a third world country that will support any short-term economic gain even if it means destroying a valued natural resource in the long run. The state commercial fishermen did not want anyone to tell them how to manage their mullet populations and they had (and still have, it appears) the support of the state government.

We can only hope that a higher court will overturn Judge Fulford’s decision soon because until that time the mudflat ecosystem is not safe.

So, any environmental fight that appears to have been won, don’t count on it. Those that would rape the environment are just waiting for the right moment to get their chance to start over again!

A former city council member and mayor, Mark “Bird” Westall has owned and operated Canoe Adventures, Inc. on Sanibel for over 33 years. Visit www.canoewithbirdwestall.com for more information.

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Dr. Leal To Present The Shells In My Life

His love for shells and sea life goes back to his childhood years in Rio de Janeiro, Brazil, and it was that love that brought Dr. José Leal, Ph.D. to a career that would focus on the study of mollusks and their shells.

Dr. Leal will be the guest speaker at the November meeting of the Sanibel-Captiva Shell Club. In his presentation, The Shells In My Life, Dr Leal will present some of the shells that made an impact on his career and personal life, from the first shells he collected as a child to the new species he discovered and described.

Before coming to Sanibel Island in 1996 to serve as the director of The Bailey-Matthews Shell Museum, Dr. Leal's career took him to Paris as a Visiting Professor at the Muséum National d'Histoire Naturelle, and to the Smithsonian Institution's National Museum of Natural History in Washington, DC where he was a Postdoctoral Fellow.

The public is invited to hear Dr. Leal's presentation in the Anna Marie Nyquist Education Room of The Bailey Matthews Shell Museum on Sunday, November 17 at 2 p.m.. Door prizes will be awarded and refreshments will be served.

Hits Of The Brits To Headline Shell Museum Gala

Union Jacks will be flying high on January 26 at The Sanctuary Golf Club when Under the Sea 2014 welcomes a British Invasion. The same great band from last year’s sold-out event will perform Hits of the Brits – songs of the 60s. A sumptuous buffet dinner will be preceded by a silent auction. After the live auction, the band swings into action.

“All the proceeds from Under the Sea 2014 go to further the educational programs of the Shell Museum,” said event co-chair, Pete Bender. That includes the 2,200 fourth-grade students who visit the museum each year, hundreds of school kits that are distributed free to teachers for use in their classroom, visiting lecturers and classes.

The Sanibel-Captiva Trust Company will once again be the event sponsor. “Our success is dependent on the generous sponsorships of community businesses and individuals and we truly appreciate their support,” said Dorrie Hipschman, museum executive director. In addition to publicity opportunities, sponsorships include between one and six tickets to the event depending on level. For more information about sponsoring or donating to the auctions, contact Hipschman at 395-2233.

The non-profit Bailey-Matthews Shell Museum features more than 30 exhibits of mollusks from around the world and hosts more than 50,000 guests each year. Two half-hour videos about mollusks alternate continuously. The museum store offers a selection of shell books and shell-themed items. The museum is located at 3075 Sanibel-Captiva Road, Sanibel, and is open daily from 10 a.m. to 5 p.m.®
With Good Bait
You Can Catch
Fish Near Home

by Capt. Matt Mitchell

Shiner fishing this week continued to go off with snook, trout, mangrove snapper and jacks being the majority of species caught. Most of my week was spent hiding from the wind in mangrove creeks and shallow sheltered bays. As long as the tide was moving the action was fast paced with fish responding to chummed live shiners by crashing them right on the surface. This method of live bait fishing adds such a visual aspect to our fishing even when you’re not catching fish you’re watching fish feed. Basically, if you could get good bait and lots of it, the fishing was easy.

Action this week also included the largest trout I have seen all year. Narrow, deep creek mouths in the southern sound were loaded up with trout ranging from 16 inches all the way up to a 28-inch, 6-pound-plus monster gator trout. Having these big trout blow up on the surface as they chase the shiners around is an awesome thing.

Once these trout show themselves, it’s often as simple as casting your bait to where the blow up on the live chum was and the fish will quickly hit the hooked bait. These big trout put up a real fight and generally make a few runs before coming boatside.

The best bite for these monster trout came during the first hour of the incoming tide during the lowest water periods. Mangrove shorelines way back in the “Ding” Darling Refuge held some quality snook this week too. Several of my favorite dead-end bays had lots of snook of all sizes during periods of higher incoming water which came during the late afternoon hours.

Our big refuge snook this week measured 32 inches but several times I had clients hook into fish much bigger than that which parted ways after reaching the barnacle-crusted trees. Many of these bigger snook seem to be hanging out in shallow water over sandy bottom in the two- to three-foot range. Hooking a 15-pound plus snook in two feet of water is an experience that is not soon forgotten by any angler.

After chumming these bays with live shiners, you quickly hear and see where the big snook are hanging out feeding. The sound of a big snook crashing a bait on the surface is a sound that only a snook can make. They sound so different than surface feeding trout and jacks. Imagine someone dropping a bowling ball in the water from 10 feet up. When one section of shoreline would really explode with feeding fish I used the trolling motor to get within casting range and power-pole down, casting to where we are seeing the fish feed. It’s basically live bait sight fishing. Once the action on shoreline quits keep moving; feeding these fish shiners really makes them eat when they won’t feed on anything else.

Several of these same bays and shorelines held a few real quality redfish too. What these redfish lacked in numbers made up for in size. One such redfish this week was 26 inches and weighed just over eight pounds on the Boga Grip. This was quite possibly one of the latter redfish I have ever seen.

Most trips, while targeting and catching snook, we managed one or two top of or over-the-slot redfish. With the tides finally flipping over this week giving us big high water in the mornings, mangrove redfish action should really pick up.

One of my favorite things about November is that you don’t have to go far to catch fish. This really held true this week as most of the running I did was spent to go catch quality bait. Once I had my clients on board as much action as you wanted was within a few miles of the dock. With windy, rough conditions most days having great bait meant being able to stay close to home and keep everyone comfortable while finding non-stop action.

November 15 marks my favorite day of the year, the end of the pointless “no science” manatee zones in the sound. This really opens up a lot of water to anglers that usually just takes too long to reach or is to shallow fish without running on plane. After the 15th I get to fish places I have not fished since April. It’s better than Christmas!

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

The Island Sun 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 photographs with identification. Drop them at the Island Sun, 1640 Periwinkle Way, Suite 2, Sanibel, or email to islandsun@sun.com; or call Anne Mitchell at 395-1213.

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Local golf pro Gene Taylor, caught a 26-inch snook on a fishing trip with Sea Reed Charters. The snook was caught using white bait in Pine Island Sound. After this photograph was taken, the snook was quickly released back into the water.

Joe Brooks from Delray Beach, Florida, caught a 40-inch snook at Matlacha, Pine Island November 8. He was using a Mirrorlure. The wind was blowing from the north.

Email your editorial copy to:
press@islandsunnews.com
Sanibel Middle School Presents
Willy Wonka Jr. November 14, 15

The Sanibel Middle School performing arts student production of Willy Wonka Jr. is showing on Thursday and Friday, November 14 and 15 at The Sanibel School. Curtain is at 7 p.m. and tickets are $8 for adults and $3 for children. The public is invited to attend. The Sanibel School is located at 3840 Sanibel-Captiva Road; the school office is open from 8 a.m. to 3 p.m. weekdays.

The show is being produced and directed by Sanibel School Music Director Joe Angelo. The middle school students put on two musical productions each year, in November and May. Performing arts class at The Sanibel School provides experiences ranging from learning musical instruments, singing, acting and dancing, to running the audio-visual equipment and other crew responsibilities. The students must help plan the choreography and staging of the show.

Roald Dahl’s Willy Wonka Jr. is the story of a poor boy, Charlie Bucket, as he receives a golden ticket and visits Willy Wonka’s chocolate factory with four other children from around the world. Along the tour, mishaps befall each of the loathsome children, but can Charlie beat the odds and achieve success?

Anna Snow as Willy Wonka with Oompa Loompas
Female bobcats now have kits following them through their territory as they hunt rats and rabbits. For those interested in learning more about these shy felines that live so peacefully amongst us, Sanibel-Captiva Conservation Foundation (SCCF) will and learn more about these shy felines that live so peacefully amongst us. The program begins at 10 a.m. on Wednesday, October 30 at the SCCF Nature Center. Cost is $5 per adult with SCCF members and children admitted free. Following the program, attendees can take a walk on the trails to the Sanibel River, look for bobcat scat, and climb the tower overlooking the Sanibel River.

How to catch a cane toad

On Tuesday, November 19 at 10 a.m. there will be a program about Sanibel’s newest invasive non-native amphibian. The giant marine toad aka cane toad was documented during SCCF frog call surveys this summer on Sanibel for the first time. The program will discuss how to help control them in neighborhoods and yards. A live cane toad will make an appearance for the program, which is free to all. Call SCCF at 472-2329 for more information on these programs. Sanibel-Captiva Conservation Foundation is located at 3333 Sanibel-Captiva Road.®

Shells Found

The Karras family from Des Moines, Iowa, found 12 alphabet cones and a junonia at Blind Pass on November 6.

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Sally’s Waterfront Adventures
‘Ding’ February Trailgate Party
Theme Is Iconic Roseate Spoonbill

The second annual “Ding” Darling Trailgate Party is scheduled for February 21 with a portion of event proceeds going to support continued mangrove cuckoo research and other education and research efforts at the J.N. “Ding” Darling National Wildlife Refuge. The theme this year is In the Pink, in homage to the iconic bird, the roseate spoonbill.

Last year’s inaugural Cuckoo for ‘Ding’ Trailgate Party took its theme from the mangrove cuckoo research study being conducted at the refuge the past couple of years.

“So the roseate spoonbill will be the second of our Big 5 birds we are featuring,” said Birgie Vertesch, executive director of the “Ding” Darling Wildlife Society-Friends of the Refuge, which hosts the event. “It’s part of our forthcoming video and social media campaign, where we invite birders to find their Big 5 – that is, their favorite and our most sought-after coastal birds at the refuge.”

The trailgate party will take place at the refuge and will include live entertainment and silent and live auctions to provide support where government funding falls short for the refuge.

“In Southwest Florida, we have a calendar chock full of community events, but the ‘Ding’ Trailgate Party is becoming the one not to miss,” said society board president John McCabe. “Taking place under a tent and having truck tailgates as serving tables, it’s a fun, laid-back, island-style party with good food, live music, and uniquely ‘Ding’ auction items.”

Silent auction items already on the table include an original, framed “Ding” Darling cartoon from 1937 commenting on the stock market, a hand-painted roseate spoonbill plate, and his and her artist-painted, island-themed bicycles.

“Seating is limited and we once again anticipate a sold-out crowd,” said event committee member and DDWS vice president Doris Hardy. “We encourage people to contact us if they would like to receive an invitation.”

Event sponsorships are available; for more information, contact Birgie Vertesch at 292-0566 or director@dingdarlingsociety.org.

Attendance is by reservation only. Tickets are $75 each. To register and view a list of auction items as they accumulate, visit www.dingdarlingsociety.org/auction. For more information, or to receive an invitation, call 292-0566.

After visiting Jensen’s Marina on Captiva, artist Johnna Patterson and Al Romanoski, owner of www.customartbikes.com in St. Pete Beach, contributed custom island-themed bicycles for the upcoming Trailgate auction. With them is Refuge Ranger Toni Westland.
Call To Artists For Juried Exhibit At BIG ARTS

Sanibel-Captiva Art League and the Art Council of Southwest Florida invite artists to submit original artworks to be considered for the juried visual arts exhibit, entitled Patterns. BIG ARTS Phillips Gallery will display works in watercolor, oil, acrylic, mixed media, collage, sculpture and original prints that feature patterns. Entries will only be accepted from members of any of the organizations within The Art Councils of Southwest Florida or members of the Sanibel-Captiva Art League. However, artists may become a member during receiving.

There is an entry fee of $20 for one piece, $30 for two pieces (the maximum entries permitted) and all entries must be delivered for judging Tuesday, December 3 between 9 a.m. and noon. The exhibition will be free and open to the public for viewing from December 4 through January 15.

Steve Rogers, internationally renowned watercolor artist and workshop instructor, will serve as judge for this exhibit. A signature member of the American Watercolor Society (AWS) and an ambassador/director of AWS as well as a signature member of the National Watercolor Society, Rogers was the national invited juror for the AWS Annual Exhibition in 2007 and served on the jury of selection. Rogers was also the chair of the 2010 American Watercolor Society Jury of Awards and his work was featured on the cover of the winter 2007 issue of American Artist’s Watercolor Magazine. His painting, Aegean Blue, was included in the First Invitational Exhibition of Contemporary International Watermedia Masters at the Jiangsu Watercolor Research Institute in Nanjing, China. Rogers is also a signature member of the Florida Watercolor Society, where he has won 15 awards including three for second place. Rogers will lead a gallery lecture at BIG ARTS on Tuesday, December 2 at 2 p.m.

The 38th annual Juried Art Council of Southwest Florida exhibition and awards ceremony will be held on Friday, December 13 from 5:30 to 7 p.m. in Phillips Gallery. The artists reception is free and open to the public and during the reception, awards will be given for first place ($500), second place ($250) and third place ($125) as well as four Merit Awards ($75 each).

BIG ARTS Community Players Conducts Open Casting Call

BIG ARTS Community Players will be holding open auditions for An Evening of Radio Theater beginning at 6:30 p.m. on Wednesday, December 4 and continuing at 6 p.m. on Thursday, December 5. All auditions will be held in Schein Performance Hall at BIG ARTS, 900 Dunlop Road on Sanibel. Actors must bring a headshot and biography to the casting call and be prepared to do a cold reading from the script.

The BIG ARTS Community Players An Evening of Radio Theater will be staging readings of two of America’s favorite episodic radio programs from the 1940s and 1950s, The Bickersons and Dragnet, as well as include a segment devoted to a selections of hit songs originally performed by the Andrew Sisters.

AUDITION DATES
December 4, 6:30 p.m. for The Bickersons
Lead: Clara – female; voice-match for 50 to 60 year old
Lead: John Bickerson – male; voice-match for 50 to 60 year old
Supporting: Blanche – (off stage recorded) female; voice-match for 50 to 60 year
Lead: Officer Frank Smith (Joe’s partner) – male; voice-match similar to original actors and demeanor important
Supporting: Surgical Nurse – female; any age
Supporting: Doctor – male; 30 years old and up
December 4, 7:30 p.m for Dragnet
Lead: Sgt. Joe Friday – male; voice-match similar to original actors and demeanor important
Lead: Officer Frank Smith (Joe’s partner) – male; voice-match similar to original actors and demeanor important
Supporting: Tina Millot – female; voice-match for 30 to 50 years old
Supporting: Ralph Portlong (suspect) – male; voice-match for 40 to 50 years old
Supporting: Policeman – male; any age
Supporting: Bessie Mason (Martha’s sister) – female; voice-match for elderly woman
December 5, 6 p.m. for two announcers and three jingle singers

Announcers – any age with a rich voice; please bring a recording of your speaking voice
Jingle Singers – any age; please bring a recording of your singing voice

The presentation of The Bickersons at BIG ARTS will feature two 15-minute scripts based on the couple who seemed to have no business being married at all. The iconic battling comedic duo may have inspired other popular television couples, such as Ralph and Alice Kramden (The Honeymooners), Nels and Harriet Oleson (Little House On The Prairie) and, more recently, Al and Peg Bundy (Married... With Children).

Dragnet, the popular radio, television and film series, will be performed from a 30-minute script by the BIG ARTS Community Players. Originally starring Jack Webb as Sgt. Joe Friday and Ben Alexander as Officer Frank Smith, the weekly television series focused on the cases of the dedicated Los Angeles police detective. The big screen version of Dragnet featured Dan Aykroyd (Sgt. Joe Friday) and Tom Hanks (Det. Pep Streebek).

Produced by BIG ARTS Community Players, An Evening of Radio Theater showcases dedicated volunteers and performers, both onstage and backstage, and will be performed at Schein Performance Hall at BIG ARTS, 900 Dunlop Road on Sanibel, on Thursday, January 30 and Friday, January 31 at 8 p.m.

The Community Players are also in need of volunteers to help with set-building, prop acquisition, stage managing and stage hands for theater productions. The Community Players provide local live theater, performed for the community, by the community.

A non-profit 501(c) 3 organization, programming at BIG ARTS is made possible through the generous support of corporate sponsors, donors and more than 300 dedicated volunteers.

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Islanders gathered at BIG ARTS for an elegant evening of music Saturday, November 2 for Noah’s Concert for the Kids. The star of the evening was local 12 year-old Noah Waddell, performing the concert to benefit the Golisano Children’s Hospital of Southwest Florida. The nearly sold-out event raised approximately $30,000.

Noah’s dynamic performance held guests spellbound. In his white tuxedo, Noah treated hospital representatives, event sponsors, and attendees to classical selections from Beethoven, Chopin, Rachmaninoff and Liszt. Local restaurants catered the event by donating desserts, including Cip’s Place, Sweet Melissa’s, Doc Ford’s and Traders Store & Café. Joe and Linda Mondelli of John R. Wood Island Real Estate, master sponsor of the event, provided beverages.

Don Rice, president of BIG ARTS, said, “Noah and the event volunteers knocked it out of the park Saturday night. This will be a most remembered event of BIG ARTS season.” He and his wife, Joyce, were among the many island sponsors for the event, including City Manager Judie Zimomra and Councilman Marty Harrity.

Richard Johnson of Bailey’s General Store took the stage as the emcee for the event. He and his wife, Mead, were Virtuoso sponsors of the evening, along with Jason and Sherry Huff of Huff Insurance, Julie and Tim O’Neill, and Amanda Cross. Cross is one of the founding members of Sanibel-Captiva Cares, the organization founded by a group of island mothers that has focused on fundraising for the Golisano Children’s Hospital since 2000. They have raised over $5 million for the hospital since then.

Amanda Cross introduced Kathy Bridge-Liles, chief administrative officer of the Golisano Children’s Hospital. Bridge-Liles began working as a nurse 20 years ago, but most recently served as the interim head of the children’s hospital. She had just been named to the permanent position earlier that week. Other hospital staff in attendance were Susan Ryckman, interim VP patient care Services and Dr. Emad Salman, medical director of Golisano Children’s Hospital. The hospital is quite familiar with Noah, who voluntarily plays every Friday afternoon in the atrium at HealthPark for the Arts in Healthcare Program.

The new $100 million Golisano Children’s Hospital facility at HealthPark Medical Center on the corner of Summerlin and Bass Roads will provide better specialized care.
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– Hippocrates 460 BC
Highlights Of The 5th Annual Cracker Fest To Benefit START

Cracker Fest volunteers included, from left, Elizabeth Farnham, Brittany Parker and Adam Sauerland

Paul Tritaik, left, manager of the JN “Ding” Darling National Wildlife Refuge, and Dr. Bruce Neill, director of the Sanibel Sea School at the 5th annual Cracker Fest, a fundraiser for the Sanibel-Captiva chapter of START

Live entertainment was provided throughout the event

Doug Schallmoser demonstrated how to throw a cast net

Chris Heidrick and Richard Johnson

Tom and Lisa Meredith

Jim and Sharon Thomas

Crowds mingled throughout The Bait Box property, where Cracker Fest was held

Live entertainment was provided throughout the event
Brother And Sister Publish Book About Growing Up At South Seas

by Jeff Lysiak

“Tod...
Smiles Abound At Off Broadway Palm
by Di Saggau

Talk about a crowd-pleasing production. Away in the Basement, A Church Basement Ladies Christmas, fits the bill and then some.

Opening night at Off Broadway Palm found the audience smiling from ear to ear and laughing out loud at the antics of the talented cast. It’s inspired by the best-selling book Growing Up Lutheran and there are lots of Lutheran one-liners and a few funny jabs at Catholics. All in good fun.

It’s December 1959, the day before the annual Sunday School Christmas program. The play opens with the church pastor, Victor Legarreta, three church ladies and one intern preparing food and decorations for the event.

Jennie Hollander is Vivian, a stern-faced widow who does not approve of the widowed pastor’s interest in Helen, a new member of the church. Kelly Legarreta is Mavis, a farmer’s wife who can handle just about anything if she doesn’t forget about it. ML Graham is Karin, a mom who can’t believe her daughter is 15. Lisa Bark is Beverly, her daughter.

This is a holiday sequel to the original Church Basement Ladies comedy. As the youngsters rehearse upstairs, the ladies are finishing up goodie bags and touching up nativity pieces. Little do they know what surprises and challenges await them.

What adds to the fun is that this is a musical comedy. Victor Legarreta has been part of the Southwest Florida theater scene for years and it’s always a treat to have the opportunity to hear him sing. The ladies are in fine voice too as they whisk through songs about unforgettable Christmas programs, pinatas and a popular Norwegian Christmas song written in 1859, Jeg er so glad hver Julerkveld, which translates to “I am so glad each Christmas Eve.”

There are references to lutefisk and egg coffee, which brings back strong memories and scents to quite a few people, myself included. Kelly Legarreta handles her role with admirable comic finesse and timing. Her inspection of a piñata and the name she comes up with for it are hysterical. Hollander portrays Vivian with great skill. She’s the one in charge of the kitchen and no one better forget it. There is another side to her that is revealed later on. Graham and Bark make the perfect mother-daughter pair.

Mom is protective and daughter is growing up. And she does not want to portray Mary in the pageant. This is a show that is perfect for the holidays because it’s about good old-fashioned church people who care about one another. It’s bound to brighten your spirits.

Away in the Basement, A Church Basement Ladies Christmas plays through December 25 at The Off Broadway Palm Theatre, 1380 Colonial Boulevard, Fort Myers. For tickets go to www.BroadwayPalm.com or call 278-4422.

An Enchanted Evening To Benefit Gulfshore Ballet

An Enchanted Evening with the Gulfshore Ballet fundraiser will take place on Wednesday, November 20 from 6 to 8 p.m. at Saks Fifth Avenue in the Bell Tower Shops.

Saks Fifth Avenue will be decorated for the holidays and will feature Craig Signer holiday fashions and Barry Brinker Jewelry, along with informal modeling. Advanced ballet students will be performing vignettes from The Nutcracker. The fundraiser, sponsored by Innovative Billing Professionals and Dwayne Bergmann, will also include holiday music, refreshments and an auction. The holiday shopping event will benefit the Gulfshore Ballet with 10 percent of sales donated to the non-profit ballet school.

With the addition of distinguished former principal ballet dancers Franklin Gamero and Iliana Lopez as the ballet’s 2013-14 season’s artistic director and assistant artistic director, respectively, the Gulfshore Ballet students are now able to benefit from the instruction of two internationally acclaimed dancers whose experience spans four decades.

For tickets or to make a donation, visit: http://gsballet.org/an-enchanted-evening-tickets.

The Gulfshore Ballet studio is located in Fort Myers. For more information, call 590-6191, email Gulfshoreballet@gmail.com or visit www.gsballet.org.
Monday Night Movie

Rust And Bone

by Di Saggau

The BIG ARTS movie for Monday night November 15, is Rust and Bone, an emotional, powerhouse film that details the relationship between an arrogant Marineland trainer of orcas and a brutish street fighter. With Marion Cotillard and Matthias Schoenaerts as stars, and director Jacques Audiard in charge, all the pieces fall exactly into place and bring the story alive.

Cotillard plays Stephanie, a woman whose world falls apart when she loses her legs. Schoenaerts is Ali, a former boxer who helps her out of her post-traumatic despair in a way she did not imagine and gives her the courage to go on living. Their relationship is complicated and the two actors make it a strong, emotionally satisfying experience.

The orca that maimed Stephanie was a creature behaving according to its nature. The digital removal of her legs, including scenes in which she wears a bathing suit, is one of the most impressive special-effects feat of the year. But it is Cotillard herself, an actress of limitless bravery and poise, who is both beauty and beast.

Rust and Bone is a tour de force of directorial button pushing. Audiard is excellent at manipulating the audience’s feelings and expectations with quick edits and well-chosen songs. The film concerns itself primarily with the social realities of contemporary France. It is about the unlikely bond that forms between two damaged souls and the battered bodies that house them.

Admission to BIG ARTS Monday Night Film Series is $8 and all screenings begin at 7 p.m. in Schein Performance Hall. Each film is followed by a complimentary reception and discussion in Phillips Gallery. Sponsors are Bank of the Islands and Stan and Visnja Gembicki. Supporters are Sanibel Taxi, Jerry’s Foods of Sanibel and John R. Wood Real Estate.

BIG ARTS is located at 900 Dunlop Road. Tickets are available by calling 395-0900, online at www.BIGARTS.org or via email: Info@BIGARTS.org.

Poet’s Corner

selected by Tanya Hochschild

Wild Woods, Wild Fires

by John H. Danner

I.

Ancient trees, Planted before nation Planted before Calvin and Muslims and Caesar Augustus, Planted by wind or chance,

II.

“They’re twenty-five miles away,” The waitress says Laying down our burgers and slaw. Some days, the smoke here’s so thick You have to put a hankie to your face.”

And then she leaves to wait on others As if burning forests Were just one more way To pass time with tourists.

You can tell, though, She is worried.

John H. Danner is the Senior Pastor at Sanibel Congregational United Church of Christ. His essays have been published in The Christian Century and he is a contributor to Touch Holiness and the forthcoming From Psalms To The Cloud, published by Pilgrim Press. His weekly blog, Pastoral Ponderings on Periwinkle Way, can be found at www.periwinkleponderings.blogspot.com.

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Art League’s November Show

San/Cap Art League invites the public to see the current art show at the Sanibel Library, 770 Dunlop Road. The three artists are league past presidents and award-winning artists who have collaborated to produce a collection of watercolor, oil, and acrylic paintings for this show.

Artists Ann Bischoff, Neil Glaser and Randon Eddy will have their works on display through November 30 during library hours.

Share your community news with us.
Call 395-1213, Fax: 395-2299
or email press@islandsunnews.com

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Beach Read For A Dollar A Day

The Island Book Nook has reinvented the beach read. You no longer need to make room for it in your luggage, says bookstore owner Melanie Wiford. Now you can rent a best seller for just a dollar a day.

Select releases from the New York Times top of the charts list are available in hardback from The Island Book Nook to rent or to own. Renters pay a deposit (price of book plus sales tax), which is refunded when the book is returned, minus a dollar-a-day charge to the reader. If the reader chooses not to return the hardback book, reader owns it outright.

Best-selling authors’ 2013 releases already available at The Island Book Nook include One Summer (Bill Bryson), The Death of Santini (Pat Conroy), Sycamore Row (John Grisham), And the Mountains Echoed (Khaled Hosseini), Doctor Sleep (Stephen King), The Lowland (Jhumpa Lahiri), Gone (James Patterson), The Longest Ride (Nicholas Sparks), Deceived and Night Moves (Randy Wayne White).

The Island Book Nook, A Paperback Exchange Bookstore, is located in the Palm Ridge Plaza on Palm Ridge Road, Sanibel. The store is open Monday-Friday, 10 a.m. to 5 p.m., Saturday 10 a.m.to 1 p.m., and closed Sunday. The Island Book Nook sells a wide selection of used books, mostly paperbacks as well as paperbacks by local authors sold at the publisher’s marked price, recent-edition used hardbacks for $5 and up and inspirational gifts from Suzy Toronto. For more information, contact Melanie Wiford at 472-6777 or books@theislandbooknook.com.

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Noah’s Concert

needed to save the tiniest lives in its neonatal intensive care unit or help a child win a battle with cancer. Their team of physicians, nurses, volunteers and clinicians stands ready, 24-hours a day, 7-days a week to help make miracles happen. Each year, twenty percent of area children have to leave Southwest Florida to receive treatment at other hospitals because the hospital doesn’t have enough rooms. The new facility provides those rooms, a pediatric emergency department, and other specialized pediatric equipment.
Book Store To Host Signing For Three Authors

MacIntosh Books and Paper will host a book signing for three well-known local authors on Wednesday, November 20, from 11 a.m. to 1 p.m.

The public can meet these three writers and purchase personalized copies of their books, just in time for the holidays.

Cristin Bishara, a former Sanibel resident, released her debut young-adult novel, *Relativity*, in September. It has been a hit locally and globally, most recently being published in Italian.

*Relativity* is the story of Ruby Wright, who has a handful of moments in her teen life that she would like to change. When she stumbles upon a lightning-powered tree, a doorway to a series of parallel universes, she is faced with the choice of permanently changing her world or embracing the life she knows. This book is highly recommended by the entire MacIntosh staff.

Trish Doller lives in Fort Myers and is currently working on her third young-adult novel. *Something Like Normal*, her debut novel, is available in paperback and is an NPR Top 100 Teen Books finalist and was featured on The Atlantic Wire Best Books of 2012 list.

*Something Like Normal* tells the story of Travis, a young soldier who returns home after a stint in Afghanistan. He has lost his best friend and is forced to confront family problems he didn’t see coming. Travis’s sense of humor and honor make him an irresistible and eminently lovable hero. The book continues to be a staff favorite at MacIntosh.

Trish’s latest effort, *Where the Stars Still Shine*, was recently released with much praise and is now available in hardcover.

Helen Ketteman is a beloved children’s author, former teacher, and long-time Sanibel resident. She has written more than 19 picture books for young readers and their families. *Armadilly Chili* and *Goodnight Little Monster* are perennial bestsellers, featuring colorful illustrations and wise and witty prose.

Three Little Gators, a swampy twist on *Three Little Pigs*, is a MacIntosh staff favorite, highly recommended for kids of all ages.

Light refreshments will be served.

MacIntosh Books and Paper is located at 2407 Periwinkle Way. For more information, call 472-1447.

Top Ten Books On The Island

1. *For All of Us, One Today* by Richard Blanco
2. *Looking for the Gulf Motel* by Richard Blanco
3. *Husband’s Secret* by Liane Moriarty
4. *Deceived* by Randy Wayne White
5. *Honors Rendered* by Robert Macomber
6. *Sycamore Row* by John Grisham
7. *Mama Gets Trashed* by Deborah Sharp
8. *Never Go Back* by Lee Child
9. *Dry Grass of August* by Anna Jean Mayhew
10. *Sanibel Flats* by Randy Wayne White

Courtesy of Sanibel Island Bookshop.

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Best Meat – Thistle Lodge (Asian braided short rib)
Best Take Out – Rosie’s Cafe & Grill (Philly steak sandwich)
Best Seafood – Traders Cafe & Store (shrimp and crab cocktail with avocado salsa)
Best Dessert – Rosie’s Cafe & Grill (cake sundae with ice cream)

additional photos on page 4B and 5B
submitted by Shirley Jewell

Mark “Bird” Westall is not really a river. It is slough, or low area between ridges on the Gulf of Mexico and Pine Island Sound. Originally, the slough was fed by water collected on a series of low-lying swales and ridges after extended periods of rain with only a couple of run out exits, one being Kinzie Island on the east end of the Sanibel. Two of the main ridges are the mid-island ridge and gulf beach ridge. He told us that when Francis Bailey used to talk about being at the old Bailey homestead on San Carlos Bay and being able to see the Gulf of Mexico, that absolutely was the truth… the low-lying slough existed between the bay and gulf and at times would flood but the locals only took that in stride.

The mosquito population was bountiful and the over the years, the slough was dredged for mosquito control and to provide fill for development; channels were connected to create the “river” which now holds water all year. Water levels are controlled by weirs at Tarpon Bay and Beach roads.

As you paddle and glide down the Sanibel River’s interior fresh water habitat and through its mangrove canopies, Westall relates information about this very special environment and will help identify the many species of birds and wildlife. This is the quiet nature of Sanibel and a morning or afternoon spent with him will give you respect and appreciation for this very special part of Sanibel. Rotarian Roger Olsen has taken this canoe trip and highly recommends it.

Center 4 Life Schedule

Sanibel Fit 4 Life is the motto at Center 4 Life. All ages are welcome.

Island Seniors, Inc. members may attend fitness classes by paying $3.50 per class or visitors $6 per class. Island Seniors, Inc. annual membership is $20. Sanibel Recreation Center members must show their membership cards to attend.

Trash and Treasures Sale – Saturday, November 16, 9 a.m. to 1 p.m. at the center. Lots of great buys on gently used items of all kinds. Come early for best selection.

Happy Hour Fitness – Monday, Wednesday and Friday at 8 a.m. This class keeps your brain fit and your heart, lungs and muscles strong with a combination of aerobics and muscle conditioning exercises and balance. Hand weights, stretch cords and your body weight will be used. Class begins with a joke and ends with a positive thought for the day.

Essential Total Fitness – Monday, Wednesday and Friday at 9:30 a.m. Cardio, muscle strengthening and flexibility training with hand weights, stretch cords, chairs and stability balls.

Power Hour Fitness – Tuesday and Thursday at 8 a.m. Hand weights, stretch cords and stability balls, along with mats, are used to strengthen your muscles. Improve core strength and balance.

Gentle Yoga – Tuesday and Thursday at 9:30 a.m. Stretch, tone and strengthen while improving flexibility, proper alignment and circulation. Mats are used to meet the needs of varying experience levels. Bring a towel.

Chair Yoga – Classes resume Tuesday, November 19 at 11 a.m. Similar to Gentle Yoga but all poses are done in a chair. Classes will be held Tuesday and Thursday. Kris Brown is the instructor.

Tuesday Kayaking – November 19, 26, December 3 at 8:30 a.m. There is space for 16 people on two-person kayaks and unlimited space for those who own their own kayaks. Kayaks, paddles and life jackets provided. Bring water, a small snack, sun lotion, bug spray, sunglasses, hat and change of clothing. Cost is $5 for members and $10 for non-members. Advance registration is required.

Bridge – Monday and Wednesday at 1 p.m. Cost is $2.50 for members and $5 for non-members. Prizes are awarded.

Hand & Foot – Tuesday at 1 p.m. Cost is $2.50 for members and $5 for non-members. Prizes are awarded.

Canasta – Tuesday at 1 p.m. Cost is $2.50 for members and $5 for non-members. Prizes are awarded.

Mahjong – Thursday at 1 p.m. Cost is $2.50 for members and $5 for non-members. Prizes are awarded.

Watercolor with Bea Pappas (only one few class left) – Friday, November 8. If you have some painting experience and would like to work from still life or photos, join Pappas and other artists. Cost is $20 per session for Island Seniors, Inc. members and $25 for non-members.

What’s a Spreadsheet? – Wednesday and Thursday, December 4 and 5, 1 to 3 p.m. Spreadsheets can be continued on page 8B
Sweeping Lake & Golf Course View
Spectacular lake & golf course views from this ground level 2 bedroom, 2 bath pool home. Walk into this inviting home and observe the sweeping lake view from the living area, kitchen and lanai. Of course the lanai, just off the family room, kitchen and living room, affords extra living space for your enjoyment. Great location for bird watching or watching a “birdie” on the Dunes golf course. Dunes club membership is optional. Dunes homeowners have a deeded beach path. 475 Sea Oats Drive. Offered at $575,000

Adorable Island Home in the Dunes Community
Bright open floor plan in this Dunes 3BR 2BA home which lends itself to beautiful architectural design. The vaulted ceilings in the living space & decking off all bedrooms and open kitchen add an open airy feel. Close to San Carlos Bay at Bailey Rd for fishing, kayaking or sunning. Only a few homes away from the Dunes Clubhouse. The best priced 3BR/2BA home in this community! 970 Sand Castle Rd. Offered at $540,000

Immaculate East End Canal Home
Magnificent Canal View in the desirable neighborhood of Shell Harbor. With 3 bedrooms plus a den/office and 2.5 baths this home has a wonderful flow. Enter through the outdoor atrium into this immaculate home with canal views. Other features include screen enclosed pool/lanai area with a hot tub, fireplace in the family room, boat dock & lift and a deck off of the Master Bedroom suite. Deeded beach access. Enjoy quiet East End living with easy access on and off the island. 1001 Kings Crown. Offered at $997,000

A Tranquil Paradise
Stunning Florida Style 3 bedroom, 3 bath home in desirable neighborhood of Sea Oats. Enter into a bright and airy Great room with a fireplace, wet bar and three French doors that lead to a glass and screen enclosed porch overlooking a beautiful pool and luscious landscaping. Other features include bay windows, beautiful cabinetry throughout and a two car garage with loads of storage space. Near beach. A beautiful and tranquil paradise! 475 Sea Oats Drive. Offered at $875,000

Ocean’s Reach Condo
This second floor 2 bedroom, 2 bath condo has a picture perfect view of the Gulf of Mexico. Excellent onsite amenities and covered parking. Make this your home or use as a great rental/investment property. Excellent rental history. Complex has been fully renovated to include impact windows. Picturesque butterfly garden & picnic area with gas grills, tables, shuffleboard, basketball and tennis courts. Unit 4C2. Offered at $825,000

Panoramic Views - Dunes Duplex
Relax and enjoy the beautiful views from the 3/2.5 duplex on the 18th fairway of the Dunes golf course. This bright and airy duplex offers a master suite on the first living level plus a half bath. Your guests are accommodated on the second level where they can enjoy their own space. Enjoy your evening on the screened in lanai and watch the sunset skies. Make your appointment to see this, it won’t last long. 1465 Sand Castle. Offered at $439,000

Beautifully Remodeled - Dunes Duplex
This immaculate 2/2.5 duplex in the desirable Dunes Golf and Tennis Community offers a master suite and 2nd bedroom on the second level and a living room and den on the first living level that open to a glassed lanai. Relax and enjoy panoramic views of the golf course and sunset skies. 1655 Sand Castle. Offered at $449,000
Taste Of The Islands

Staff of The Thistle Lodge

The judges: Greg Van Horn, Stephanie Davis, Christian Vivet, Jeff Acol and Scott Kazalla

Volunteers Juliana Fawcett, Melinda Roy, Pam Sullivan and Jo Bogdon

Matt Asen and Harry King

Island Cow: Ricardo Hernandez, Juan Angeles, Kyle Kuhn and Raul Sanchez

CROW staff members Judy Lewis, Kyle Miller, Carol Robinson and Louis Hellriegel

Staff from Gramma Dot’s/Sanibel Marina

Sara and Shamlian Gremore of Rosie’s Café & Grill
Sampling some of the cuisine offered at Sunday’s Taste of the Islands were, from left, volunteer Nancy Seagull, CROW development director James Robinson and volunteer Cecilia Tweedy.

From left, Marietta and Don Short, Tom Shriner and Mary Bondurant.

Serving food at the Fresh Taqueria booth were, from left, Whitaker Avedikian, Patsy Whitaker and Maxime Miville.

Taste attendees Dave Prescott and Louise Phelix from Cape Coral.

Send your editorial copy to: press@islandsunnews.com
Breast Cancer Ultrasound Screening

Coming direct to you.
Sanibel Island / Captiva - November 15th & 16th - 8a to 5p

NEW Painless Ultrasound Technology

Ultrasound is capable of detecting cancers that cannot be found by mammography or physical exams, particularly in women with dense breasts. Dense breast tissue appears white on a mammogram, just like cancers do, it’s described as “looking for a snowball in a snowstorm.” Adding a whole BREAST ULTRASOUND screening to your breast health regimen can provide the earliest detection.

Early detection is everything.

• Painless, No Compression
• Fast Test Results
• No Prescription Required
• Affordable & Confidential

$139.00

Fort Myers Boat Show

The 41st annual Fort Myers Boat Show at Harborside Event Center and City of Fort Myers Yacht Basin returns from Thursday, November 14 through Sunday, November 17, 10 a.m. to 6 p.m. Thursday through Saturday and 10 a.m. to 5 p.m. on Sunday.

Widely considered the west coast of Florida’s must-see boating event of the year, the show will feature brand new interactive displays for guests of all ages. Additionally, the exhibit will showcase even more boats, both in and out of water, highlighting new models and innovative features.

New to the show this year, visitors will be invited to take part in hands-on displays such as the Fishin’ Frank’s Fishin’ Simulator and the Mercury Experience Tour Truck. The Fishin’ Simulator offers a true-to-life fishing experience, allowing guest to learn techniques in tangling with redfish, snook or tarpon. The Experience Tour Truck is equipped with a fully integrated joystick system and invites attendees to try their hand at gaining control of a 30- to 50-foot boat on a windy day.

Guests can also discover how easy it is to get into boating at the You Can Afford To Go Boating area in Centennial Park. This special section will include a display of boats that can all be purchased on a budget of $250 or less per month. Informational signs will accompany each boat, allowing visitors to gather more information at their leisure.

“Including interactive displays this year truly broadens the show’s appeal. Add to that boats, accessories, seminars and supplies, and you’ve got a total boating experience... all in one place!” said John Good, Event Manager.

continued on page 26B
SCCF’s Wines In The Wild

Total Wine representatives Jennifer and Justin Goddard worked with Tom Uhler on the selection.

Wendy Lambrix, who introduced Tom and Linda Uhler to her stepdaughter’s California winery. The winery donated its cabernet sauvignon, California Square, in distinctive square bottles to this year’s Wines in the Wild. With her is her husband Don Lambrix.

SCCF Trustee Claude Crawford (second from left) with wife Marsha and Nancy and Mike Marn

George and Lynne Campean with Gerry and Rod Verblaauw

SCCF Treasurer Don Rice and trustee Philip Puschel were volunteer pourers

Wines in the Wild organizer Tom Uhler, with his wife and co-organizer, Linda, and SCCF Executive Director Erick Lindblad. Uhler led the live auction.

SCCF’s Wines In The Wild organizer Tom Uhler, with his wife and co-organizer, Linda, and SCCF Executive Director Erick Lindblad. Uhler led the live auction.

The Cabernet Sauvignon CA Square 2012. Square bottles can be packed more efficiently than round ones.

SCCF Trustee Martha Siders and husband Rick manned the 50/50 raffle.
Heights Center Opens

The ribbon cutting of the Harlem Heights United Way House and Heights Medical Clinic took place on November 13.

The center partners with United Way to serve as the Harlem Heights United Way House, coordinating programs and resources of the United Way network. It’s also the site for Senior Friendship Centers, Goodwill Job Link, and VITA tax preparation services among many other programs and services.

“The opportunity to meet the needs of the Harlem Heights community in one convenient location is a great benefit to the neighborhood,” said Clif Smith, president of the United Way of Lee, Hendry and Glades.

The clinic provides access to free medical primary care and health advocacy for low-income, uninsured members of the Harlem Heights community. It is run by Lee County Volunteers in Medicine.

“Harlem Heights is a distressed community that is medically underserved. Adults are experiencing diabetes and its lifelong complications at a rate twice that of members of typical communities,” said Andrea Kuzbyt, executive director of Lee County Volunteers in Medicine. “The Heights Medical Clinic will help us achieve our mission of providing access to healthcare for the uninsured as well as helping individuals keep themselves healthy and productive. Additional volunteer medical practitioners interested in assisting in the operation of the clinic are welcome to contact us for more information,” Kuzbyt added.

“Our alliances with the United Way and Lee County Volunteers in Medicine allow us to leverage our resources to better serve the Harlem Heights community,” said Kathryn Kelly, president and CEO of The Heights Foundation. “Together we can operate more efficient programs, gain from each other’s strengths and reach more people who can benefit from our services.”

The Heights Foundation supports the Heights Center, a place for education, opportunity, and enrichment. The Center’s mission is to promote family and community development, support education, health and wellness, and provide the benefits of enrichment, expressive and cultural arts in the Harlem Heights neighborhood.

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From page 2B

Center 4 Life

useful to balance your checkbook, manage rentals or expenses or keep address lists. There is a spreadsheet program with Microsoft Works or Excel. If you are new to spreadsheets or find them intimidating, this class is for you. Class size limited to six. Cost is $60 for members and $90 for non-members.

Island Seniors, Inc. Annual Meeting – Friday, December 13 at 11:30 a.m. Guest speaker is island resident Jim Sprankle, world-renowned waterfowl wood sculptor. There will be an update from the board members on membership. Lunch will be served. Sign up at the center. Seating is limited.

Page Turners with Ann Rodman – Wednesday, December 11 at 2:30 p.m. The featured book is Winter Solstice by Rosamunde Pilcher. Contact the center if you would like to participate.

Wednesday, January 8 at 2:30 p.m. The featured book is The Forgotten by David Baldacci.

For more details on programs or to become a member of Island Seniors, Inc., contact the Center 4 Life at 472-5743 or stop by 2401 Library Way.
OUR FAMILY HAS CALLED SOUTHWEST FLORIDA HOME FOR MORE THAN 100 YEARS.

IT HAS BEEN AN HONOR WORKING WITHIN THE SAN-CAP COMMUNITY OVER THE PAST 18 MONTHS TO BRING QUALITY REPRESENTATION TO THOSE IMPACTED BY THE ACTS OF BP.

WE ARE BLESSED TO CALL OURSELVES NATIVES, GRATEFUL TO BE WELCOMED BY THE SANIBEL AND CAPTIVA COMMUNITIES AND PRIVILEGED TO CONTINUE TO OFFER REPRESENTATION TO THOSE IMPACTED BY THE BP OIL SPILL.
Minella Wins In Straight Sets To Capture Pro Classic On Captiva

In Sunday’s singles finals at the Women’s Pro Classic at South Seas Island Resort, Captiva, #2 seed Mandy Minella of Luxembourg defeated Canadian Gabriela Dabrowski in straight sets 6-3, 6-3 to capture the inaugural event of the $50,000 USTA Pro Circuit Women’s Event. With professional tennis making its debut on Captiva this week, it was the final opportunity for players to obtain WTA Tour points in the U.S. to qualify for the 2014 Australian Open and that’s exactly what Minella accomplished this week.

“This tournament was really important for me to win because now I am going to get directly into the Singles Main Draw of the Australian Open in January,” said Minella. “The Women’s Pro Classic at South Seas was a perfect place to play a pro circuit event with all of the amenities and activities, I felt like I was on holiday half of the time I was here.”

Singles finalist Gabriela Dabrowski of Canada was also the doubles champion in Saturday’s doubles finals with partner Allie Will (who were seeded #1) and topped American duo Julia Boserup and Alexandra Mueller 6-1, 6-2 to claim the title.

Also making a special appearance at the Women’s Pro Classic Singles Final on Sunday was U.S. Open Tournament Director Brian Earley, who joined Captiva’s tournament director, Nick Blackwood, in the awards presentation ceremony.

“I was very excited about how well the Women’s Pro Classic went for our first year and all of the community support and involvement we had, I am already looking forward to next year’s event,” said Blackwood. “It was great to see so many of the top ranked WTA Tour players come to a first year event at South Seas Island Resort and also see that our event made a major impact on one of the players who will now get directly into the Australian Open Main Draw in January.”

Others who also played in the Women’s Pro Classic this year included American tennis stars Melanie Oudin (who has been ranked as high as #31 in the WTA Tour singles rankings) and is known for her thrilling run at the 2009 US Open where she defeated Maria Sharapova to advance to the quarter finals along with Victoria Duval who captured the hearts of Americans at the 2013 U.S. Open this summer after defeating Grand Slam Singles Champion Sam Stosur in the first round. In addition to this, Taylor Townsend also played on Captiva this week and has had breakthrough junior accomplishments on her way to playing the USTA Pro Circuit events including the Junior Australian Open Singles Championship in 2012 and finishing the year ranked number one in Girls Singles Junior ITF World rankings.

The women’s pro classic was held November 3-10 at the Pavel & Blackwood Tennis Academy at South Seas. Throughout the week, the Women’s Pro Classic showcased world class tennis by bringing the game’s emerging and future tennis stars to the area while benefiting three local philanthropic causes – the Golisano Children’s Hospital of Southwest Florida, Madisen’s Match and Partners for Breast Cancer Care.

This year’s title sponsor is the South Seas Island Resort with Doc Ford’s Rum Bar and Grille as the presenting sponsor. Additional sponsors include Sofibella, NU Men’s Formal Tennis, Pro Graphx and PSAV.
Local Completes New York City Marathon

Island resident Dr. Toniann Conte is recognized by many because of her neon colored mismatched running shoes, her big smile and friendly wave to all she encounters while training on Sanibel’s Shared Use Paths.

Dr. Conte completed the 26.2 mile 2013 ING New York City Marathon on November 3 in three hours, 58 minutes, 18 seconds. She finished 14,871st out of more than 48,000 runners, and 177th in her age division.

Dr. Toniann Conte

Play Pick Up Softball Mondays

Pick-up softball games are available at the Sanibel ball fields every Monday at 6 p.m. year round and weather permitting. This recreational opportunity is available to anyone ages 44 and over. There is no fee to participate. Just bring your glove.

Players must wear closed toe shoes. No metal cleats of any type may be worn.

Those with questions or who want more information may contact Kayla Schuneman, recreation center program coordinator, at kayla.schuneman@mysanibel.com or call the Sanibel Recreation Center at 472-0345.

Sanibel 8-Ball Pool League

Standings through November 11, 2013

<table>
<thead>
<tr>
<th>Standing</th>
<th>Team Name</th>
<th>Won</th>
<th>Lost</th>
</tr>
</thead>
<tbody>
<tr>
<td>First</td>
<td>Bunt’s Ball Busters</td>
<td>53</td>
<td>27</td>
</tr>
<tr>
<td>Second</td>
<td>Sanibel Café</td>
<td>52</td>
<td>28</td>
</tr>
<tr>
<td>Third</td>
<td>Odd Balls</td>
<td>46</td>
<td>34</td>
</tr>
<tr>
<td>Fourth</td>
<td>Sandycappers</td>
<td>41</td>
<td>39</td>
</tr>
<tr>
<td>Fifth</td>
<td>Island Lifers</td>
<td>28</td>
<td>52</td>
</tr>
<tr>
<td>Sixth</td>
<td>Fresh Legion Crew</td>
<td>20</td>
<td>60</td>
</tr>
</tbody>
</table>

November 11 Results

- Sanibel Café 13 Sandycappers 3
- Bunt’s Ball Busters 9 Odd Balls 7
- Island Lifers 9 Fresh Legion Crew 7

Cafe Crew Dishes It Out

With a 13-3 bashing of Sandycappers, the Sanibel Café cue magicians moved within one game of league-leading Bunt’s Ball Busters. Pete Mindel went 4-0 for the Café guys and captain Richard McCurry, John Earle and Joe Mason pitched in with three wins each to add to the slaughter.

Sanibel Café takes on the basement-dwelling Fresh Legion Crew next Monday and is looking to take over first place from the Ball Busters.

Bunt’s Ball Busters edged second place Odd Balls 9-7 to barely hang on to top standing in the league. The Ball Busters were paced by four masterful wins by their ace, Rich Ennis. Newcomer Nate Buffam produced three wins for the Odd Balls.

Gary Murza, Jack Cunningham and Tom Walters opened with three wins each as their Island Lifer team took a 9-3 lead in their match against Fresh Legion Crew. The Lifers ended up with a 9-7 squeaker when the Legion’s captain, Gator Gates, racked up four straight wins over Lifer captain Connie Lee.

Featured match next Monday is Bunt’s Ball Busters vs Sandycappers. The Busters need a big win to avoid dropping out of first place and the Cappers need to halt the free fall from their first place position after the league’s first week of play on October 14.
Sanibel Island Golf Club
Women’s League Opener

The Sanibel Island Golf Club’s Women’s League opened their season on November 6. Beautiful skies and stellar golf were in order for the day. Thirty ladies took to the course in a four-person scramble. The winning team of Sandy Sauer, Terry Lohser and Alice Salzman took first place with a score of 62. Shooting a 65 and taking the runner-up position was the team of Jane Lautermilch, Nancy Stell, Carol Allen and Anne Marie Sprotte. After the golf, the ladies were treated to a fabulous lunch at the newly-opened Blue Coyote Supper Club.

First place team, from left, Sandy Sauer, Terry Lohser and Alice Salzman. Also pictured is Ann Cogswell

Second place team Jane Lautermilch, Nancy Stell, Carol Allen and Anne Marie Sprotte

The Dunes Golf Club
Match Play vs Par

The Dunes Women’s Golf Association members played a Match Play vs Par tournament on November 8 and the results were as follows:

Winners
Gussie Blue -63
Anne Frymoyer -64

Chip-ins
Ann Humphrey #17
Anne McCarthy #15
Maureen O’Brien #15
Grethe Christensen #13
Janice McNeal #18

Next week’s format will be Best Score on Odd or Even holes.

SANIBEL FLAG FOOTBALL
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NOV. 5TH - DEC. 12TH
2013 2014

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949 Sand Castle Rd., Sanibel, FL 33957

Laugh-In Comedy Cafe Night
November 21 at 7pm
Featuring Live Comedian Janet Williams

JOIN NOW AND NEW MEMBERS SAVE UP TO $1000 FOR 2013
Sanibel Island Golf Club
Men’s League Scramble

On Saturday, November 9 the men’s league at Sanibel Island Golf Club played a 4-person scramble. The scoring was a little different than in the past. They took 50 percent of the lowest handicap player in the foursome and subtracted that amount from the final score.

The winners, with a score of 54.5, were Barry Humphries, Jim Sauer, Guy Tober and Tom Rathbone. Humphries had the lowest handicap of 11 so they got to deduct 5.5 strokes from their final score. They had no bogies and seven birdies for a very good round.

When asked how they accomplished such a feat, they all said everyone contributed to either a great putt or a chip closest to the hole. The old adage of drive for show and putt for dough must be true.

In second place was the foursome of Jim Mulka, Dick Codair, Dick Waterhouse and Richard Chocol with a score of 56. In third place with 56.5 was the team of Bob Hodosky, David Lewis, Bill Daly and John Gillespie. All the scores for all 10 foursomes were very close. The golf was followed by luncheon at the new Blue Cayote restaurant at the Sanibel Island Golf Club.

The Dunes Golf Club

Nifty Niners

The Dunes Golf & Tennis Club Nifty Niners event results from Thursday, November 7.

Format: Substitute Par for the Worst Hole

First Flight – Net Score
1st Maureen O’Brien 23
2nd Judy Yenkole 24

Second Flight – Net Score
1st Joan Dyke 27
2nd Gerri Perkins 31
Sandy Jones 31
Chip-Ins
Joan Kelly #1

The Dunes Golf Club

Interclub Event

The Dunes Golf & Tennis Club Men’s Golf Association results from Wednesday, November 6, 2 Net Better of 4 event were:

1st Jim Boughton 107
Tom Veratti
John Frymoyer
Tom Donovan
2nd Norbert Kunz 108
Jack Pagel
Bruce Noble

3rd Jim Burkholder 108
Olivier Perrotte
Skip Jewett
Max Friedersdorf

Next week’s event will be Individual Quota Points. The players will also be qualifying for the GCMI Interclub Match to be held at The Dunes on November 18.

Dunes Men’s Golf

The Dunes Men’s Golf Association event results from Wednesday, November 6, format 2 Net Better of 4, are:

1st Jim Boughton 107
Tom Veratti
John Frymoyer
Tom Donovan
2nd Norbert Kunz 108
Jack Pagel
Bruce Noble
3rd Jim Burkholder 108
Olivier Perrotte
Skip Jewett
Max Friedersdorf

Share your community news with us.
Call 395-1213
Fax: 395-2299
or email press@islandsunnews.com
Bullying Is The Latest Scandal To Hit Professional Sports

by Ed Frank

The never-ending saga of violence in professional sports boiled over this past week involving the Miami Dolphins football team in an issue heretofore centered in the classroom – bullying.

Perhaps it should come as no surprise that Dolphins guard Richie Incognito, voted by fellow NFL players as the dirtiest player in football, is in the middle of the scandalous issue having been suspended indefinitely by Miami while the NFL investigates the matter.

Incognito’s alleged bullying resulted in fellow lineman Jonathan Martin fleeing the team saying that Incognito bullied him by leaving racist and threatening voice mails, emails and texts.

Of course, the 300-pound Incognito downplays the entire issue saying it was all locker room antics that is prevalent throughout professional football.

It has been well documented that rookie hazing has long been tolerated in the NFL even to the point where rookies have been forced to pick up $30,000 dinner tabs for veterans.

But this is the first time that a player left a team in fear of his life and his family’s well-being.

We find that Incognito was kicked off the Nebraska football team for inappropriate conduct last year for allegedly harassing a female volunteer at the team’s annual golf tournament.

The team investigated that incident and reported “we took immediate action,” not saying what that action was.

How this all plays out and whether Martin and Incognito return to the Dolphins will be watched closely.

Bullying has been a serious problem in schools and in the workplace. And it should not be tolerated or excused in professional sports as mere “locker room hazing.”

Mauer Moves to First Base to Prevent Injuries

The Minnesota Twins announced Monday that All-Star catcher Joe Mauer will move from behind the plate to the first-base in order to preserve his health.

“He suffered a concussion on a foul tip off his mask August 19 and did not play the remainder of last season.

The team investigated that incident and reported “we took immediate action,” not saying what that action was.

“He had a concussion and was placed on the 10-day disabled list. He was 7.1.5.1.7.1.9.5.7.1.9.5.7.1.9.

The Florida Everblades are on the road for four games, two at Gwinnett, one at South Carolina and one at Orlando before returning to home ice next Saturday against Orlando.

Everblades Start Week with 8-1-1-1 Record Beginning a Four-Game Road Trip

The Florida Everblades are on the road for four games, two in Gwinnett, one in South Carolina and one in Orlando before returning to home ice next Saturday against Orlando.

Bullying has been a serious problem in schools and in the workplace. And it should not be tolerated or excused in professional sports as mere “locker room hazing.”

Mauer Moves to First Base to Prevent Injuries

The Minnesota Twins announced Monday that All-Star catcher Joe Mauer will move from behind the plate to the first-base in order to preserve his health.

“After consultation with doctors from the Mayo Clinic and team doctors, and given the inherent risks of future injury at the catcher position, the organization and Joe determined that it would be in the best interest of both him and the Twins for a position change,” the Twins said in a statement.

He suffered a concussion on a foul tip off his mask August 19 and did not play the remainder of last season.

The Twins said he is now symptom-free and has begun his off-season conditioning.

Mauer batted .294 last season in 113 games and earned an American League Silver Slugger Award. He previously has played 56 games at first base committing just four errors.

Having traded their All-Star first-baseman Justin Morneau, the Twins obviously are in need of a big bat at that position.

Everblades Start Week with 8-1-1-1 Record Beginning a Four-Game Road Trip

The Florida Everblades are on the road for four games, two in Gwinnett, one in South Carolina and one in Orlando before returning to home ice next Saturday against Orlando.

With a season-starting record of 8-1-1-1, Florida began the week in second place in the ECHL South Division trailing South Carolina by two points.

Last week, the Everblades split a pair of games against Elmira and suffered a 4-3 overtime loss to Toledo.

SPORTS QUIZ

1. In 2013, Baltimore’s Chris Davis became the fourth player in major-league history to hit homers in the first four games of a season. Who else did it?

2. Don Larsen pitched a perfect game for the New York Yankees in the 1956 World Series. How many career regular-season games did he win?

3. When was the last time before 2012 that Georgia Tech’s football team won a bowl game?

4. Name the last Golden State Warrior before David Lee in the 2012-13 season to be selected to an NBA All-Star Game.

5. When the NHL expanded in 1967 from six to 12 teams, it located two franchises in California. Name them.

6. In 2013, Morgan Shepherd became the oldest driver to start a NASCAR Cup race. How old was he?

7. Who was the only player Rafael Nadal has lost to at the French Open?

ANSWERS

1. Willie Mays, Mark McGwire and Nelson Cruz.

2. He won 81 games over 14 major-league seasons.

3. The Yellow Jackets won the 2004 Champs Sports Bowl.


5. The Los Angeles Kings and the California (Oakland) Seals.

6. He was 71.

ISLAND FARE
Dine Your Way Around Sanibel And Captiva With Anne Mitchell
For more information, check out our advertisers in this week's Island Sun

RESTAURANTS

The variety of dining options on Sanibel and Captiva just keeps getting better. For their size, the islands offer an extensive culinary array – all making the most of the area’s fresh and abundant seafood and local produce. You’ll find everything from burgers to barbecue, bistro style, Italian, Mexican, American, classic deli fare, organic, vegan, gluten-free, café food and Caribbean.

In this column, each week you will be able to stay updated on our local dining establishments and what they’re offering and get the scoop on the island dining scene, whether it’s fine or casual, take-out or frozen desserts.

BAILEY’S GENERAL STORE

Bailey’s General Store has a full deli, bakery, 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. The bakery has freshly made donuts, scones and breads. The deli offers a variety of hot foods for breakfast, lunch and dinner, as well as catering services for special events. 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.

The Coffee Bar at Bailey’s serves espresso based drinks, hot chocolate, smoothies and specialty coffees.

BLUE GIRAFFE

Blue Giraffe serves breakfast, lunch and dinner from 10 a.m. to 9 p.m. This restaurant offers casual island dining seven days a week from a menu featuring fresh local seafood, chowders, salads and steaks. Besides dessert choices, you can get hand-dipped Edy’s Grand Ice Cream. Dine outside on the boardwalk or inside at hand-painted tables decorated by a local artist, or sit at the full liquor bar for a mixed drink, glass of wine or cold beer.

CIP’S PLACE

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

CHIPS SANIBEL STEAKHOUSE

Chip’s Sanibel Steakhouse has many great options for locals and tourists alike. It is open seven nights a week with daily happy hour from 5 to 6 p.m., featuring two-for-one drinks and $4.95 appetizers. For early diners, there’s a three-course prix fixe menu for $35 including a cocktail. In addition to an updated wine list, seasonal house-infused liquors such as strawberry-galapacho tequila, blood orange vodka and cucumber gin are available. The menu features steaks and seafood, including a six-ounce filet mignon topped with jumbo lump crabmeat finished with Hollandaise and served with a bed of asparagus and choice of potato; Parmesan-crusted seabass served with mushroom risotto and finished with a creamy dill sauce. Save room for dessert though, because whether you are a chocolate lover or Key lime pie fan, Chip’s has something for every sweet tooth.

THE CROW’S NEST AT ‘TWEEN WATERS INN

The Crow’s Nest at ‘Tween Waters Inn is a more casual place than its sister the Old Captiva House. It’s home to the famed Captiva Crab Races on Mondays and Thursdays and is a popular venue for live entertainment on Fridays and Saturdays. There is a nightly happy hour.

DOC FORD’S RUM BAR & GRILLE

Doc Ford’s Rum Bar & Grille is named for the Doc Ford character in local author Randy Wayne White’s best-selling mystery novels. This summer, in addition to its Sanibel restaurant, Doc Ford’s added a Captiva location, in Chadwick’s Square. It’s a well known gathering place and tropical theme sports bar with indoor and outdoor patio seating. The combined menu offers all the lunch and dinner items from 11 a.m. until closing. It includes cedar plank salmon topped with a mango chutney glaze or a marinaded grilled chicken sandwich. The fish tacos are an island favorite and there’s a well provisioned raw bar. Tropical drinks are a specialty, notably the signature rum drink, Island Mojito.

THE DUNES RESTAURANT

You may not be aware that the restaurant at The Dunes Golf & Tennis Club on Sanibel is open to the public for lunch and dinner. The clubhouse offers great views of the lush greens and fairways and the sunsets are spectacular. There’s a new gourmet chef on board, a brand new lunch menu and sunset dinner specials every night. In addition, there are comedy nights, wine dinners, trivia nights, murder mysteries and Name that Tune.

GEORGE & WENDY’S SEAFOOD GRILLE

George & Wendy’s Seafood Grille features live music Fridays and Karaoke on Thursdays. Specials include prime rib on Tuesdays for $18, snow crab legs on Wednesdays for $18, and Chef’s Choice Pasta for $15 on Thursdays. Happy hour is celebrated all day at George & Wendy’s. The full bar has an extensive wine list, 10 beers on tap, local, domestic and craft beer, mojitos, martinis and tropical favorites.

Football specials are served in the bar area during NFL games and Saturday college games. Food specials include 50-cent wings, $1.50 sliders and $2 chili cheese jumbo hot dog. For $5, choose from pretzels with beer cheese, chicken quesadillas, jalapeno poppers, loaded cheese fries or bratwurst. Cheese flatbread is $6.

Drink specials include $1 Jello shots, $2 drafts of Bud Light and Yuengling, $2 bottles of Bud, Bud Light, Coors Light, Miller Lite and Rolling Rock, and $2 off all wines by the glass. Bloody Marys are $3. There are free Jello shots with each Chicago or Buffalo touchdown.

Hours are 11 a.m. to midnight seven days a week.

GRAMMA DOT’S

Gramma Dot’s, the only dockside dining on Sanibel, offers a lunch and dinner menu seven days a week from “Sanibel’s only Seaside Saloon” where you can leisurely dine at the Sanibel Marina in view of luxury yachts and modest fishing boats and watch the comings and goings of seagull folk and fishermen. The menu features a full line of “only fresh” seafood, salads, sandwiches and more. Appropriate dress is required.

If you’re arriving by boat, check in with dockmaster for a lunch slip, monitor VHF 16. You can tie up for a night or two at the available dockage if you wish. Gramma Dot’s is open daily at 11:30 a.m. For dinner, arrive before 8 p.m.

GREEN FLASH

The Green Flash has marvelous waterfront views of Captiva’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.

GREENHOUSE GRILL

The Greenhouse Grill offers happy hour pricing on a special appetizer of the day as well as beer and wine by the glass from 4 to 6 p.m. daily. The menu stretches from fresh salads, homemade soups and grilled black Angus burgers to pasta, steaks and fresh seafood. A must-have is the signature dish of the house, bouillabaisse, a medley of six seafoods prepared in a light broth of fresh aromatic herbs. All meals focus on fresh seasonal ingredients. You can sit under the market umbrellas on the pet-friendly patio or inside the quaint and casual dining room.

The grill is open daily from 10:30 a.m. to 9 p.m. Reservations appreciated and carry out orders are welcome.

IL CIELO

Il Cielo features eclectic fine dining as well as the more casual Cloud 9 Grille. The happy-hour menu includes specially priced appetizers and drink specials from 4:30 to 6 p.m. and patrons can enjoy appetizers priced at $6 each and two-for-one drink specials on all domestic bottled beer, well drinks and house wine selections. A three-course $25 per person price-fixed menu, complete with one bottle of house wine per couple, is available Tuesday through Thursday evenings from 5 to 6 p.m. In addition to the two dining areas, Il Cielo’s interior also allows space separate from the main dining room for private functions or community events as well as outdoor patio dining. Il Cielo features a fully liquor bar with a wide selection of wines as well as homemade desserts.

Sarah Gremore, a server at Rosie’s Cafe & Grill

IL CIELO

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IL TESORO
Il Tesoro serves authentic Italian food “with the taste and feel of a Tuscan holiday,” according to owner Chef AJ Black. He infuses flavors from the old world to the new world of cooking using only fresh seasonal ingredients to bring his dishes to life. Daily specials focus on pairing authentic meals with a bold array of fine Italian wines.

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.

JACARANDA
The Jacaranda Restaurant & Patio Lounge is a Corner Unit. Beautifully Furnished! The Jacaranda’s focus on pairing authentic meals with a bold array of ingredients to bring his dishes to life. Daily specials include a raw bar.

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 to the well-stocked salad bar to take out. The restaurant is open for breakfast, lunch and dinner from 6 a.m. to 8:30 p.m.

LAZY FLAMINGO
The Lazy Flamingo is a famed island hang-out with two Sanibel locations: one at 1036 Periwinkle Way, the other – the original – at 6520 Pine Avenue, near Blind Pass. “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.

MATZALUNA ITALIAN KITCHEN
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 selection including 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 recently added craft beers on tap. On Wine Wednesdays, every bottle priced $25 and over will be discounted by $8 all evening. Hours are 4:30 to 9:30 p.m. daily and happy hour is from 4:30 to 6:30 p.m.

OLD CAPTIVA HOUSE
Old Captiva House at “Tween Waters Inn, Captiva, offers romantic sunset dining in an historic setting with live piano music. Executive Chef Jason Miller prepares New Florida island favorites, tropical seafood, classic meats and daily fresh-baked breads and pastries, served with an extensive selection of wines, liquors and coffees. First built as a one-room school for children of Captiva’s pioneer settlers, the Old Captiva House still reflects much of its original charm – from white French doors to hardwood floors to the Gulf of Mexico sunset that streams through the western windows. Its collection of famed cartoonist JN “Ding” Darling’s 1930s whimsical vacation illustrations has led to its designation as a landmark in Southwest Florida.

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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 specials and wraps, eight salads and 26 sandwiches and burgers, plus baked goods. Beer and wine is available. Breakfast is served all day. Summer hours are 7 a.m. to 3 p.m.

ROSE’S CAFÉ & GRILL
Rosie’s repertoire includes crab cakes, grouper and shrimp entrees and steaks with all the trimmings, Southwestern dishes such as burritos and fajitas, soup and sandwich combos, and salads. Among the most popular items is Rosie’s Famous Cheese Steak made from shaved rib eye, grilled mushrooms, onions and green peppers, Ultimate Cuban and Classic Reuben, home-made muffins and cinnamon rolls and Key lime pie, root beer floats and banana splits. A children’s menu and carry-out are also available and outdoor seating is available.

SANDIEgef 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.

SANIBEL DELI & COFFEE FACTORY
Sanibel Deli & Coffee Factory offers a gluten free menu in addition to regular choices, along with pizza and wings, Boar’s Head meats, frozen yogurt and ice cream. There are outdoor tables shaded with umbrellas and free wi-fi.

continued on page 18B
SANIBEL GRILL

The Sanibel Grill has 16 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.

SANIBEL SPROUT

The Sanibel Sprout is the island’s only health food store and vegetarian/vegan gourmet take-out eatery. Fresh organic juices, smoothies and pure, clean food is their hallmark and “Let Food Be Thy Medicine and Let Medicine Be Thy Food” is their motto.

Juices: Emerald Island, Pink Citrus Sunrise, Carrot Zinger, Garden Goodness and Sweet Sails including shots and elixirs.

Smoothies: Chocolate Pecan Bliss, Strawberry Kiss, Mango Morning, Emerald Mermaid and Chakra Sunrise.

Meals: soups, kale salad with creamy avocado chickpea dressing, coconut quinoa salad, pesto quinoa pasta, arugula salad with feta, pine nuts and raspberry hummus, tuna, corn chips and guacamole, almond butter and homemade jam, bananas and coconut on sunflower bread, raw artisan crackers. Watch for daily specials. Custom meals can be ordered. Catering available.

The Sanibel Sprout’s juice bar attracts a lively crowd of health conscious islanders and visitors, and the daily lunch specials are very popular.

SUNDIAL BEACH RESORT & SPA

Sundial’s Fall Festival features fine dining Wednesday through Sunday from 5 to 10 p.m. in the elegant Waterview restaurant with panoramic views of the gulf. Be sure to sample their signature dish: Clay Pot Baked Mediterranean Gulf Grouper. Or enjoy the more casual Turtles Beach Pool Bar or Sea Breeze Café with al fresco dining. Sea Breeze Café serves breakfast, lunch and dinner.

Happy Hour is twice daily from 3 to 5 p.m. at Turtles and 5 to 7 p.m. in the Sea Breeze Café.

Sundial also presents a poolside BBQ Buffet every Saturday from noon to 4 p.m. with live entertainment. The buffet includes grilled hot dogs, hamburgers, chicken, and mah-mah-lah along with fresh salads, corn on the cob and baked beans, plus a selection of fresh fruits. Price is $19 for adults and $12 for children five years and older.

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 $13 daily before 6 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 2 p.m.)

TRADITIONS ON THE BEACH

Traditions on the Beach is one of the few Sanibel restaurants with beachfront dining. The menu features Italian and Mediterranean cuisine based on fresh local seafood, meats and produce. Dining is from 5 p.m. until late and there is live entertainment most nights for listening and dancing.

Besides fish and steaks, you’ll find Moroccan Lamb, roast duck, Texas Wild Boar Saddle and veal. Pasta, grilled items and a raw bar round out the menu. There’s an attractive bar area also serving food and an extensive wine and cocktail list.

ZEBA FROZEN YOGURT

This bold and bright cafe/store offers a variety of frozen yogurt flavors – try the caramel sea salt pretzel – with more than 50 toppings such as strawberries, blueberries, chopped candy and sprinkles. Other offerings include milk shakes, smoothies and frappes.

Zebra has indoor and outdoor seating. The store recently added frozen yogurt to go, by the pint and quart.

TRADERS STORE & CAFE

Traders is unique in that it combines a bustling restaurant with a large shopping emporium selling casual clothing, jewelry, accessories, home decorating and gift items, books and lamps. The restaurant serves bistro style food with an island flair with offerings such as black beans and rice, blackened fish and fresh salads from an open kitchen.

There’s no fryer in this place! The tables are freshly wrapped in white paper for each party and there’s a pot of colored crayons for doodling, whether you’re an adult or a child. Traders has been around long enough to have become a favored local hang-out. Lunch is served from 11 a.m. to 3 p.m., happy hour from 3 to 6 p.m. and dinner from 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.

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This week’s lineup at Traditions on the Beach at the Island Inn includes: Friday Night Dance Party with Joe McCormick and singer Barbara Smith; Saturday, smooth music and dancing with Joe McCormick and Marvila Marzan with the sounds of Broadway, Latin hits and all styles of popular dance music; Wednesday, Pianoman Joe McCormick with popular favorites and smooth vocal stylings, R&B, jazz and pop for dancing and listening. Live entertainment starts at 7 p.m. Scott McDonald plays piano every Friday and Saturday at Il Cielo’s Cloud 9 Grill from 7 to 9 p.m. McDonald, a Sanibel resident, has had a long music career including being pianist for singer Andy Williams.

The Crow’s Nest at ‘Tween Waters Inn has live entertainment on Fridays and Saturdays from 9 p.m. to 1 a.m. This weekend, it’s Taylor Stokes. Crab races take place Mondays and Thursdays.

For one night only, Wednesday, November 27, the Dan Miller Jazz Quartet will be playing at Traditions on the Beach Restaurant, Bar and Lounge, Sanibel. Miller is a renowned jazz player known all over the United States. He has been a part of many great musical groups including Woody Herman Orchestra, Harry Connick Jr. Orchestra, Maynard Ferguson Orchestra, Wynton Marsalis Big Band, Harry Connick Jr. Funk Band, Tom Jones, and The Naples Philharmonic Jazz Orchestra.

Members of the quartet include bassist, Don Mopsick; pianist, Jerry Stawski; and drummer, Patricia Dean. All, including Miller, are performing members of the Naples Philharmonic Jazz Orchestra.

“Joe has been a wonderful evening of real American Jazz for Traditions on the Beach,” said owner Andrea Mucciga. “I want to welcome everyone to come out see these amazing artists perform.”

Dan Miller performing

photo courtesy www.danmillerjazz.com

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Dan Miller Jazz Quartet Comes To Traditions

The Mucky Duck on Andy Rosse Lane, Captiva, features music by Mark Dupuy on Mondays; Rich Lancaster, Wednesdays; Gene Federico, Thursdays and Saturdays; and Buckeye Ken, Fridays.

Sea Breeze Cafe at Sundial Beach Resort features the Danny Morgan Band Fridays from 7 to 10 p.m. as well as live entertainment on Saturdays at the same time.

Turtles Beach & Pool Bar at Sundial Beach Resort features live entertainment every Friday, Saturday and Sunday from 1 to 4 p.m. with Danny Morgan performing on Fridays.

The Island Cow on Periwinkle Way has live entertainment on Friday with Dan Confrey; Saturday, Diana Lynn; and Sunday, Buckeye Ken.

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

NOW AVAILABLE

1826 Ardsley Way, Sanibel Island

Built in 2002, this Key West inspired home offers 1852sf of living area with 4 bedrooms and 3 full bathrooms. Centrally located on Sanibel with a large front and back porches overlooking .40 acres of newly installed yard and landscaping and private wooded areas. Features include oak and tile floors, Bahama shutters in the family room, volume ceilings, new stainless steel appliances, new interior/exterior paint, and updated bathrooms. Soundly built with concrete pilings, impact resistant windows, and above current flood zone. A great family residence or vacation home at a great price...... $498,500

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<td>239.292.3707</td>
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**Sanibel, Captiva, Fort Myers & Surrounds**

13,700 associates. 640 offices. 49 countries worldwide. 20 locations along the Gulf Coast.
My Stars

FOR WEEK OF NOVEMBER 18, 2013

ARIES (March 21 to April 19) (March 21 to April 19) Although your energy level is high, be careful not to commit to too many projects at this time. You’ll do better focusing on just a few tasks rather than spreading yourself too thin.

TAURUS (April 20 to May 20) Your heart might be leading you in one direction, but pay attention to your keen Bovine intellect. I’m cautioning you to think things through before making any commitments.

GEMINI (May 21 to June 20) Your “serious” Twin has been dominant in your life for quite a while. It’s time now to let that “wild” half take you out for some good times -- perhaps with someone very special.

CANCER (June 21 to July 22) Career aspects are high for Moon Children who make a good impression. Show people not only what you can already do, but also how you can be more valuable to them in the future.

LEO (July 23 to August 22) Things start to brighten for the Lion’s immediate financial future. But be careful to resist the urge to spend or party needs. We’ll take care of you! Plan B just in case you need it.

LIBRA (September 22 to October 22) Your usually carefully made holiday plans could be subject to change later this month. Use this week to prepare for that possibility by starting a Plan B just in case you need it.

SCORPIO (October 23 to November 21) Be careful about joining a colleague’s plan to solve a workplace problem. Investigate it thoroughly. Otherwise, you could find yourself in a predicament with other associates.

SAGITTARIUS (November 22 to December 21) Slow down that high-paced whirl you’ve been on. Spending quiet time alone or with people you care for can be both physically and spiritually restorative.

CAPRICORN (December 22 to January 19) Make suggestions, not demands. You’ll be more successful in getting people to follow your lead if you exercise quiet patience instead of strong persuasion to get your ideas across.

AQUARIUS (January 20 to February 18) You still need more facts before you can make an informed career choice. One note of caution: Be careful about whom you ask for that information; otherwise, you could be misled.

PISCES (February 19 to March 20) Changing situations through the end of the week could lead to some challenging opportunities for those perspicacious Pisceans who know how to make them work to their advantage.

BORN THIS WEEK: You have a way of being both daring and cautious, traits that could make you a research scientist or maybe even a rocket-ship designer.

THIS WEEK IN HISTORY

• On Nov. 18, 1863, President Abraham Lincoln boards a train for Gettysburg, Pa., to deliver a short speech at the dedication of a national cemetery. The Gettysburg Address became one of the most famous speeches in American history.

• On Nov. 21, 1927, Time magazine puts it in the ever-proper Emily Post when he was sent to prison for three years.

• On Nov. 18, 2013, legendary Mississippi Delta bluesman Robert Johnson is recorded for the very first time in a San Antonio recording studio. He spent only five days in the studio, recording 41 total takes of 29 different songs. Almost immediately, Johnson’s recordings gained a cult following among blues collectors.

• On Nov. 14, 1863, President Abraham Lincoln boards a train for Gettysburg, Pa., to deliver a short speech at the dedication of a national cemetery.

• On Nov. 20, 1955, Bo Diddley introduced himself and his namesake beat with his debut on “The Ed Sullivan Show.” Diddley opened his appearance with his song “Rock & Roll.” Sullivan had expected him to perform Ernie Ford’s “Sixteen Tons,” and he was furious enough to ban Diddley from future appearances on his show.

• On Nov. 19, 1976, Patty Hearst is released on bail pending the appeal of her conviction for participating in a 1974 San Francisco bank robbery that was caught on camera.

THOUGHT FOR THE DAY

“In the United States there is more space where nobody is than where anybody is. That's what makes America what it is.” -- Gertrude Stein

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Timbers Donates Proceeds To FISH

Last week, Timbers Restaurant & Fish Market owner Matt Asen, center, presented a check for $944 to Friends In Service Here (FISH) of Sanibel, represented by board member Nicole McHale, left, and John Pryor, vice president/resource development. The funds were collected during Timbers’ 35th anniversary party, held on October 26.

photo by Jeff Lysiak

Doc Ford’s Rum Bar And Grille Sponsors Financial Aid Program

Doc Ford’s Rum Bar and Grille of Sanibel, Captiva and Fort Myers Beach is continuing its sponsorship of the City of Sanibel Financial Assistance Program at the 14 Karat Gold level.

The Financial Assistance Program assists children of parents and grandparents who live or work on Sanibel or Captiva. Financial help is provided on a sliding fee scale to eligible applicants so that their children can attend the after school program, summer day camp, holiday camp and fun days at the City of Sanibel Recreation Center.

In fiscal year 2013, 35 percent of children attending these programs received financial assistance. Awards range from 35-80 percent of the program fee. The difference between the program fee and the award is paid on an installment plan by the recipient. All moneys awarded stay on the island.

This program is celebrated on New Year’s Eve and this year is the fifth. The party is from 9 p.m. to 12:15 a.m. and will include professional entertainers, games, dancing, food and surprises at the recreation center.

For more information on the financial assistance program and on the New Year’s Eve party call 472-03455 or event chair Barry Roth at 313-9591.‡

Doc Ford’s owners and team employees: Marty Harrity, Elizabeth Harris, Kris Zook, Mark Marinello, Brenda Harrity, Barry Roth, event chair, and Dan Howes

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Top Producers

Premier Sotheby’s International Realty has announced the top producing agents for the month of October. They are Deb Smith, top listing associate, and Torry Sigvartsen, top sales associate.‡

Jennifer Berry and Ken Frey have joined the team of agents at Royal Shell Real Estate.

Berry began her career in the luxury real estate industry of Southwest Florida in 1996 after relocating from Michigan. Frey, originally from Greenwich, Connecticut, began visiting Sanibel with his family in 1972 and relocated permanently in 1989. He has been a multi-million dollar producer since his first year in real estate on Sanibel and Captiva.‡

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Agents Join Team

Ken Frey and Jennifer Berry

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ISLAND SUN BUSINESS NEWSMAKERS
Dear Shelley,

My high school senior son is very stressed out about the college process. He wants to apply to college and then the next minute, he says that he wants to take a year off and wander in Alaska for a while. I don’t know how to help him, what to encourage and figure out what he wants. What can I do?

David G., Fort Myers

School Smart

by Shelley M. Greggs, NCSP

Dear Shelley,

My high school senior son is very stressed out about the college process. He wants to apply to college and then the next minute, he says that he wants to take a year off and wander in Alaska for a while. I don’t know how to help him, what to encourage and figure out what he wants. What can I do?

David G., Fort Myers

First of all, watch carefully for signs of strain. Some kids can handle all the activities that go along with the college process, but others need some help to

get through it. If you see that your child is feeling overwhelmed, may seem irritable, depressed or exhausted or their schoolwork is suffering, it’s time to step in and insist that your teenager relax a bit. It might mean giving up an activity, reducing part-time work hours, not to go to every weekend party and more, but they need that extra down time to relax and renew themselves.

Make sure that you are serving healthy meals and that your teen is getting enough sleep. You might even suggest (strongly) that they leave their technological devices by the door at bedtime. In fact, it may be a relief for them to do so and could provide an easy way to save face for your teen by saying that my parents are making me do this.

Take some time to sit down with your teen and examine both yours and his expectations. Are they realistic? If he loves the outdoors and survival camping, maybe he should go to Alaska. Is he really a good student or is it always a crazy push to stay off of academic probation every year? What are his strengths and weaknesses? While it is very exciting to say I got accepted to such and such college, if he isn’t a great student maybe he does need some time to think about his life and what he wants to achieve. There are many young people who don’t come into their own until later in life. They may try their hand at working for a few years, and then go to college. It’s never too late to go back to school and real world experiences can make a huge difference in career decision-making.

The key here is that your son has a plan – even if it’s short term or not the ambition you would have chosen for him. All of us progress through life at our own pace and according to our own timetable. Some kids know from a young age what

continued on page 28B

Boat Show

The 41st annual Fort Myers Boat Show at Harborside Event Center and City of Fort Myers Yacht Basin returns from Thursday, November 14 through Sunday, November 17, 10 a.m. to 6 p.m. Thursday through Saturday and 10 a.m. to 5 p.m. on Sunday.

Widely considered the west coast of Florida’s must-see boating event of the year, the show will feature brand new interactive displays for guests of all ages. The exhibit will showcase even more boats, both in and out of water, highlighting new models and innovative features.

New to the show this year, visitors will be invited to take part in hands-on displays such as the Fishin’ Frank’s Fishin’ Simulator and the Mercury Experience Tour Truck. The Fishin’ Simulator offers a true-to-life fishing experience, allowing guests to learn techniques in tangling with redfish, snook or tarpon. The Experience Tour Truck is equipped with a fully integrated joystick system and invites attendees to try their hand at gaining control of a 30- to 50-foot boat on a windy day.

Guests can also discover how easy it is to get into boating at the You Can Afford To Go Boating area in Centennial Park. This special section will include a display of boats that can all be purchased on a budget of $250 or less per month. Informational signs will accompany each boat, allowing visitors to gather more information at their leisure.

“Including interactive displays this year truly broadens the show’s appeal. Add to that boats, accessories, seminars and supplies, and you’ve got a total boating experience... all in one place!” said John Good, event manager.

Food and beverages will be available inside the event as well as several new downtown venues. Admission is $10 per person, per day and free for children under 16 with a paid adult admission. Tickets can be purchased at the door.

For more information, visit www.goboatingflorida.com/41st-annual-fort-myers-boat-show.
The Sanibel Captiva Trust Company Announces Management Promotions

The Sanibel Captiva Trust Company announced that Richard E. Pyle, CFA has assumed the role of President and Craig J. Holston has been promoted to Chief Investment Officer.

Dick Pyle has overseen the Trust Company’s investment management operations since 2003. His 43 years of investment research and portfolio management experience has included being co-founder of Winslow Capital Management, Inc. in Minneapolis and serving as Managing Director and Research Analyst at Piper Jaffray in Minneapolis as well as a Director of Piper Ventures. He earned his B.A. in Economics and Political Science from Macalester College and did graduate work in economics at the University of Minnesota. He was awarded the Chartered Financial Analyst designation in 1976 and was president of CFA Minneapolis-St. Paul. He currently serves as Ex-Officio Board Member and Treasurer of BIG ARTS of Sanibel and a member of the Sanibel General Employees Pension Board.

Craig Holston is the Chief Investment Officer of the Trust Company and is responsible for the overall management of the firm’s investment process. Prior to becoming Chief Investment Officer, he served as a Senior Vice President and Senior Portfolio Manager. Craig joined The Trust Company in 2005 after a long career in institutional equities trading on Wall Street. He earned a B.A. in 1990 at Temple University and has completed courses in Portfolio Management at New York University. He serves on the boards of The Sanibel Police Officers Retirement Trust Fund and Sanibel Youth Soccer.

“Our strong financial performance this past year is due to our exceptional management team and their efforts have not gone unrecognized,” said S. Albert D. Hanser, founder and co-chairman. “It is a pleasure to promote from within our ranks of long-standing employees who have done a great job for our clients.”

Richard E. Pyle

Craig J. Holston

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~ Hans and Marie
The Sanctuary Golf Club’s Chef Awarded President’s Medallion

Executive Chef Mark Brown from The Sanctuary Golf Club was one of eight chefs awarded the President’s Medallion at the American Culinary Federation (ACF) National Convention held at The Cosmopolitan of Las Vegas, Nevada in July.

Craig Panneton, president of the ACF Southwest Florida Chapter, recommended Brown for “his work with the chapter members in advancing them through the ranks of certification.” Panneton said, “Brown took the challenge of developing two test sites in Lee County and pushing three chefs to receive ACE evaluator status, and developed a three-day workshop to prepare chapter members for the exams to become a CEC, CCC, CSC, etc.”

More than 1,500 chefs, cooks, students and foodservice professionals attended the annual event. Attendees were provided with numerous opportunities to advance their professional development and enhance their culinary skills through information workshops and seminars, cutting-edge demonstrations, a trade show featuring more than 115 exhibitors, national competitions and ACF’s annual national awards.

“The ACF has more than 20,000 members spanning 200 chapters nationwide. I believe they are the leader in offering educational resources, training, apprenticeships and programmatic accreditation. ACF operates the most comprehensive certification program for chefs in the United States. It is an honor and a privilege to be a part of this organization,” said Brown. “I am an advocate for continuing education and encouraging others to become certified. In tandem, the members at The Sanctuary Golf Club do as well.”

“Simply put, Chef (Brown) continues his culinary journey to improve all aspects of the culinary program for the members at The Sanctuary Golf Club and we are all very proud of him,” said Ken Kouril, general manager of The Sanctuary Golf Club.

Bank Of The Islands
Customer Thank You Day

As Thanksgiving approaches, Bank of the Islands is giving thanks for its customers and island neighbors. On Monday, November 18, all visitors to the bank’s Sanibel and Captiva offices will receive a gift for their Thanksgiving celebration.

“This is just a small way we can show how grateful we are to be your island bank,” said Bank of the Islands Sanibel Office Manager Rob Lisenbee. “It’s also an important time to remember those less fortunate, so we hope you will bring a contribution to our canned food drive.”

Donations to the Bank of the Islands canned food drive will be delivered to Friends In Service Here (FISH). Non-perishable food items are needed for the FISH Food Pantry.

“FISH provides urgently needed support and services for our neediest neighbors,” said Bank of the Islands Captive Office Manager Willy Ocasio. “While we accept lobby donations for FISH all year long, it’s our honor to spearhead this community drive to offer extra help as we enter the holiday season.”

Freshly baked cookies and coffee will be available for visitors on November 18 between 9 a.m. and 4 p.m. Bank of the Islands’ Sanibel office is located at 1699 Periwinkle Way, at the corner of Casa Ybel Road. The Captive office is at 14812 Captiva Drive, next to the Captiva Post Office. For more information, visit www.bankoftheislands.com or call 472-7211.

Lights! Camera! Action!

by Marcia Feeney

When the sun sets, and the lights are turned on in your rooms, do you see dark corners, or too much brightness? Lighting is a functional yet wonderful way to accessorize your room. But how much light is needed to make the room usable – by day or night – is often a homeowner’s greatest dilemma.

Interior lighting falls into three basic categories. Mixing these types of lighting into your room’s overall design plan will definitely add drama and ambiance.

• General Lighting: Basically, this type of lighting is considered “indirect.” Lighting such as track lighting or chandeliers would fall into this overall category. This type of lighting bounces off walls and ceilings and provides an overall, general illumination to your rooms.

• Task Lighting: This type of lighting does exactly what it says – provides the necessary illumination for specific tasks or jobs you enjoy doing in your rooms, such as reading, cooking, hobbies or computer work. Pendant lamps over a kitchen counter would be a definite asset if cooking is your passion. An attractive table lamp would provide the perfect “up” light for a dark corner. Accent lighting is generally placed in a room to call attention to the room’s appealing aspects.

With the myriad of lighting choices available today, there is simply no need to be in the dark about lighting. With the right lighting plan, you can make even an average room look spectacular, disguise flaws and emphasize assets.

Marcia Feeney is an interior designer on Sanibel/Captiva Islands. She can be reached at marcia@deceden.net.
Local Resident Joins Carroll University Board

Reynolds “Renny” Challoner, a resident of Luxemburg, Wisconsin and Sanibel, has been elected to the board of trustees at Carroll University for a three-year term starting fall 2013. Most recently he has been president of NEW Paradigm Advisors, LLC, a consulting firm for private business owners on systematic approaches to strategic business issues and market opportunities.

From 1990 to 2000, Challoner was owner, president and chief executive officer of Lord’s Dental Studio, Inc., in Green Bay, a leading full-service dental laboratory. In 2000, he was elected chairman of the American Dental Trade Association and received its Distinguished Award.

Throughout his 48 years in business, Challoner has held general management, strategic planning, marketing, materials research and purchasing positions for corporations in the specialty chemicals, food ingredients, packaging, paper and dental industries.

He graduated from Carroll with a bachelor’s degree in business administration in 1964. He completed, among other continuing education opportunities over the years, Columbia University’s strategic business management courses at its Arden House. With his wife Barbara, Challoner has held general management, strategic planning, marketing, materials research and purchasing positions for corporations in the specialty chemicals, food ingredients, packaging, paper and dental industries.

He graduated from Carroll with a bachelor’s degree in business administration in 1964. He completed, among other continuing education opportunities over the years, Columbia University’s strategic business management courses at its Arden House. With his wife Barbara, Challoner has held general management, strategic planning, marketing, materials research and purchasing positions for corporations in the specialty chemicals, food ingredients, packaging, paper and dental industries.

Komen Names Race For The Cure Chairwoman

Susan G. Komen Southwest Florida has announced Ann Simon as chairwoman of the 2014 Race For The Cure fundraiser. The 5K race and one-mile walk will take place March 8 at Coconut Point, while a kick-off Pink Out Party will take place on March 7. The annual event has attracted more than 10,000 runners and walkers who raise money for treatment, education and research of breast cancer.

Simon is especially qualified for the position of chairwoman, as both of her parents were diagnosed with breast cancer and she also underwent treatment for breast cancer more than ten years ago. “For more than eight years I’ve been a witness to what Susan G. Komen Southwest Florida does for those who have been diagnosed with breast cancer,” stated Simon. “They provide emotional and financial support and guidance along the journey. Knowing that 75 percent of the profits stay here in Southwest Florida and 25 percent is given to national breast cancer research reassures me that my time is well spent.”

Before retirement, Simon was a health educator in New Jersey and West Virginia for 33 years.

For more information about Race For The Cure, visit www.komenswfl.org.

Seventy five percent of the affiliate’s net fundraising proceeds stays in the local community to provide education, screening, treatment and support; the remaining 25 percent of the net proceeds supports groundbreaking national breast cancer research programs. Since 2002, Susan G. Komen Southwest Florida has given more than $5 million in grants to local agencies in the five-county area. Susan G. Komen is the largest source of non-governmental breast cancer research in the world. Visit www.komenswfl.org or call 498-0016 for more information.

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Commentary From The Trust Company

by Craig J. Holston

Earlier this year, Fed Chairman Ben Bernanke introduced the term “taper” to Congress and the investing public. Bernanke let us know that in the minds of the Fed, the U.S. economy had shown enough improvement to merit a slowdown in the bond buying program known as quantitative easing. Investors’ immediate reaction was “good news is bad news,” as the fear of potentially higher interest rates outweighed the better economic news. Equities sold off in the month of June, and bond yields rose dramatically.

As the third quarter of 2013 began, however, investors seemed to realize that better news on the economic front actually can translate to better news for corporate profits. This was reflected in higher equity prices, as the total return of the Standard and Poor’s 500 index was 5 percent in the three months ending September 30. Even more telling was the outperformance of growth-oriented sectors of the equity markets, with the industrials and consumer discretionary sectors leading the way with returns of over 7 percent for the quarter. Materials companies also performed well, along with energy, which rose 6 percent in the third quarter.

The lagging sectors, although still positive for the quarter, were utilities and consumer staples companies, whose dividends may be seen as less competitive as interest rates potentially rise in the future. As we look to build diversified equity portfolios going forward, it makes sense for us to overweight these names and overweight growth-oriented companies that can take advantage of an improving economy.

Investors also looked to the international equity markets, which had struggled in the first half of 2013. Signs of recovery in developed Europe, along with lower relative valuations, has made these investments attractive. Although we recognize that headlines related to Middle East turmoil adds to the volatility of foreign markets, we continue to recommend a meaningful allocation to international equities, including exposure to emerging markets for long-term, growth-oriented portfolios.

A volatile fixed-income market resulted in essentially no return for bond investors both in the third quarter and year to date, as principal losses offset low current income yields. We would need to see substantially higher yields before recommending new bond purchases, partially because we realize that many investors require a higher level of income from their portfolios. For those individuals, we continue to find higher income alternatives, including preferred stocks and, for taxable accounts, master limited partnerships. The goal is to provide steady income streams along with below-market volatility.

When we look at the positive performance of equities so far in 2013, we are reminded that future returns on an investment have more to do with the price you pay than with sentiment or political headlines.*

Top Producers For October

Royal Shell Real Estate recognized their top producers for the month of October.

Top Listing Producers – Team: McMurray & Nette
Top Listing Producer – Individual: Jim Branyon
Top Sales Producers – Team: McMurray & Nette
Top Sales Producer – Individual/Partners: Fred Newman and Vicki Panico

Top Associates

LeAné Taylor Suarez
Bob Berning
Ken Colter

From page 24B

School Smart

they want to do professionally while others kids set their sights on one career but change their mind once they achieve it or at some point along the way based on personal growth and interests and that’s OK, too. However, the question to consider here is that it may have been someone else’s vision for them more so than their own. So take some time now to listen carefully to you son and hear his concerns and dreams to help him set his future plans.

Ms. Greggs is adjunct faculty at Edison State College where she teaches psychology and education courses. She is also 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.
What happens when a man dies with a will or a revocable trust that was originally created by an attorney, but later that man apparently removed some of the pages and replaced them with new pages containing different provisions? Those pages have handwritten changes scratched through them in several places, and were not witnessed in accordance with the statutory requirements.

I’ll tell you what happens. The estate becomes a bloody mess. Believe it or not, I’ve seen this scenario play out several times. I can only guess that when people try to self-amend their documents that there is a gaping hole. Assume for example that the man ripped out the provision that says to leave 25 percent of his estate to his sister. He replaced that provision with one that directly bequeaths 25 percent to his church, but the new provisions weren’t validly executed. The provisions he left alone direct a 25 percent bequest to his son and a 50 percent bequest to his wife. So if we assume that he intended to revoke the 25 percent gift to his sister, but that the 25 percent gift to the church wasn’t signed correctly, who is entitled to that 25 percent?

Here, there are a number of legal theories that may apply. One is called the doctrine of dependent relative revocation. Under this theory, the man intended for his sister to reclaim the 25 percent if the provision for the church was found to be invalid, as it likely will be.

This court may follow this theory if the trust or will prior to the one he destroyed gave his sister 25 percent as well. But let’s assume that his sister did not appear in any prior version of his will or trust. In that case, there are at least two alternative solutions a court may find.

The first solution would be to declare the man to have died intestate (without a will) as to the 25 percent. Here, the Florida intestacy statutes would say who is to receive the 25 percent. If the man was survived by his spouse and not by any minor children, and if his children are the children of his spouse, then his spouse would likely receive the 25 percent. But let’s say that the man’s prior trust gave the 25 percent to his brother.

Seeking Ethical Businesses

Nominations for the ninth annual Business Ethics Award of the Uncommon Friends Foundation are being accepted until February 1. The award will be presented in recognition of the critical importance of ethical leadership in today’s businesses and organizations during the Uncommon Evening event on Thursday, March 26, at Harborside Event Center, Fort Myers.

The award will be presented to a Southwest Florida business that exemplifies the highest standards of ethical behavior. Business, political, community, and religious leaders from the five-county region may nominate companies and organizations that consistently demonstrate a systemwide commitment to business ethics. Companies and organizations may also self-nominate. Applications will be judged by an independent panel of ethics experts from across the country.

Applications and nomination forms for the award are available at www.uncommonfriends.org. Click on the Business Ethics tab and scroll down to click on the application download. Businesses must meet the following criteria:


- For more information, call 337-9505 or visit www.uncommonfriends.org.

Do It Yourself Amendments

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

The poor judge has one big headache. The lawyers have a lot of work to do (and hence a lot of fees to collect from the estate) including reviewing prior wills and trusts, and taking depositions of family members and of the lawyers who drew the trusts. Each lawyer will try to build a case that would prove the man’s intent as benefiting that lawyer’s client. This courtroom drama could drag on for years before being settled or resolved.

As I’m sure one can now see, the man would have saved his family and his estate a great deal of aggravation and expense if he had only hired a qualified lawyer to help him amend his legal documents in the first place.


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Mom And Me

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,

During the holidays, we decided one night to go to the movies. As we approached the two available seats, I could not help but notice the three people sitting in the seats closest to me. A severely obese father, his very fat daughter who was about 10 years old and his wife who was at least 80 pounds overweight.

Just before the movie was to begin, the wife started to drink her colossal soda, followed by two boxes of chocolate-covered raisins, then she opened a box of cookies and shared them with her child and husband. She consumed calories during the entire movie. She was really working hard on her apparent plan to become grossly obese. Please share with me what is happening to some of the boomer generation?

Cathryn

Dear Cathryn,

Based on the diet industry, I don’t think obesity is limited to the boomer generation.

Good health habits of proper nutrition and exercise are a day-to-day lifelong commitment. There are many who can make the commitment and many who cannot. My heart goes out to the overweight kids of the world, whose parents are not setting good examples or teaching good habits. Kids can be cruel to overweight peers.

Pryce

Dear Pryce,

Many seniors also over-indulge and gain weight. Some seniors have limited ability to move due to arthritis and other medical conditions. Their main source of entertainment revolves around food. Food becomes their pleasure and they want to enjoy themselves.

Children who are overweight can become obese in adulthood and face many problems. Their insurance premiums are two to four times higher. They have higher medical bills, face job discrimination, do not become candidates for job promotion, have shorter life spans, along with the possibility of diabetes and becoming blind.

Unfortunately, many people live to eat, rather than eat to live.

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

Got A Problem? Dr. Connie Is In

by Constance Clancy

Q: Is it true that there are calming foods to reduce stress?

A: Yes, there are foods that you can eat that will assist is calming stress. Some of these foods include:

1. Blueberries. They are loaded with antioxidants which counteract the effects of stress hormones like cortisol in your body.

2. Spinach. This leafy green vegetable contains magnesium which is known to reduce the effects of stress in your body.

3. Oatmeal. While this carb contains serotonin, a calming hormone that helps fight anxiety’s negative effects – which is probably why many of us crave them when we’re stressed. Go with the craving and choose healthy sources. Oatmeal is high in fiber, which means that your body will absorb it slowly. In one fell swoop, you’ll prolong the serotonin boost, keeping yourself feeling full for longer (and on less) and making sure your blood sugar’s in check.

4. Salmon. This food contains omega 3 fatty acids and also contains serotonin, the calming hormone that helps reduce anxiety. An omega-3-rich diet can also help suppress the production of the anxiety hormones cortisol and adrenaline.

5. For you chocolate lovers, dark chocolate is high in flavonoids, which are lauded for their relaxing properties (chamomile tea is another great source). Chocolate also contains phenethylamine, a chemical that enhances your mood. The darker the chocolate, the more healthy substances you’re getting in your diet, so look for bars that are 70 percent cacao or higher.

These are just a few foods that can help keep you calm and relaxed. You may want to explore more with a nutritionist or dietitian for a more detailed list of calming foods.

Read us online at IslandSunNews.com

Flushing or Tracing the Meridian Backwards: Remember that if there is too much energy in a meridian, you may want to trace it backwards and see if that makes you feel better. If experiencing pain or disease in the area of a meridian, it is likely that removing the energy from the meridian will provide relief. If it does, then trace it backwards three times, but never trace heart backwards. If it seems there is not enough energy in your meridian then trace it forward three times. If you feel better, this is what was needed.

Experience the impact of the energetic shifts. To flush a meridian, as if you are de-clogging a pipe, trace the meridian once backwards to loosen the sludge and then trace the meridian forward three times. flushing really helps reset the meridian’s balance.

You are set. Keep this column as a reminder of how to trace Stomach while you learn the last meridian next week.

If you have a question for Semmelman, email her at ksemmelmanenergy@gmail.com. Learn more at www.semmelmanenergy.com. EEM does not diagnose or cure illness, but working with subtle energies of the body has been known to help many conditions.

Send your editorial copy to: press@islandsunnews.com

Eden Energy Medicine

Trace Stomach Meridian For Bloating, Gas Or Nausea

by Karen L. Semmelman, Certified EEM, JD, AAML

Stomach (Yang) receives the food we ingest, decides what nutrients to keep and then transports this energy to spleen (Yin), which converts it to energy (chi) and blood, to nourish the entire system. This digestive process is pretty important. So, if ST is imbalanced, one can’t assimilate nutrients needed to strengthen the body, mind and spirit — resulting in a weak energy level. The importance of nutrition is imperative. One may experience bloating, gastrointestinal pain, nausea, acid reflux, allergies, bags under the eyes; breast issues, digestive issues, gallopian tube issues; hunger frequently, laryngitis; lumps, mouth and lip sores, neck pain, nervous tension, ovary issues, sinus issues, stomach aches, ulcers or weight issues.

As a reminder, view the August 9 and 16 columns, since the basics of tracing are set forth. ST meridian’s high tide is 7 to 9 a.m.

We always begin and end by tracing Central and Governing meridians before starting to trace the other meridians. If you begin tracing your meridians at 7:30 a.m., then begin with ST.

Although it is best to trace all your meridians as one continuous flow, you may want to trace ST if you have some of the symptoms listed in the opening paragraph or if one is meddlesome, has sugar cravings, shows obsessive worry or is co-dependent.

Affirmation for this meridian is, “I trust the mystery of life.” Remembering that matter follows energy, stating a positive thought shifts the energy just by the intention — this is the metaphysical fabric of life. We are all part of that pure fabric of existence so reap its benefits.

Pathway of meridian: Do both sides at the same time. Place both hands underneath your eyes, trace down to your jawbone and then circle the outside of your face up to your forehead; bring your hands directly over the middle of your eyes to the collarbone; follow the collarbone outward several inches; now go straight down over your breasts; jog in at the bottom of the ribs straight down to the waist; flare out at the hips and then straight down the front of your legs and off the second toe. That’s it. You just traced Stomach meridian. See the insert.
Low Testosterone A Risk Factor For Heart Attack

by Suzy Cohen, RPh

Dear Pharmacist: I have a bedroom problem. I took Viagra for several years and it stopped working, so I was put on Cialis. Sometimes that helps, sometimes not. I’m too embarrassed to ask my doctor again. She says this is a part of aging because I am 58. Any suggestions?

TM, Bethesda, Maryland

I have many! I’m stunned that she’s never mentioned bio-identical hormone replacement for you, as in testosterone or T. The reason most men develop erectile dysfunction in the first place is because they are low in their natural “manly” hormone, which starts to decline with age. The declining T causes a relative increase in circulating estrogen, a hormone found in higher concentrations in women. Restoring testosterone or T puts balance back, so it’s my best recommendation for increasing mojo.

Giving a man one of those super sex pills like Viagra, Levitra or Cialis is the equivalent of jump starting the car every two miles, rather than just fixing the battery. Why do men medicate themselves every weekend, when they can fix the root cause by balancing hormones? It’s a good question isn’t it? A good physician should evaluate your hormones and neurotransmitters and decipher if it’s low testosterone, low dopamine, high cortisol, high estrogen, low progesterone, high insulin, low DHEA or oxytocin. If you’re a man or a woman, and you’ve ‘lost that lovin’ feelin’’ that’s what you need to evaluate and replenish. Prescribed sex pills, as useful as they are, can’t balance hormones.

There’s another reason I get hot under the collar about this topic. Men are dying every day from heart attack and stroke that may have been prevented. The clue that you’re headed for trouble is erectile dysfunction. Think that out, it’s not hard to understand… if the blood isn’t effectively flowing down south to your penis, it isn’t flowing up north either, to your heart. The blood vessels are clogged and that could cause erectile dysfunction years before a massive heart attack occurs.

What does conventional medicine do? Prescribe a quick fixer upper, so you can have a night of fun, instead of helping you clear your arteries, improve vessel flexibility, correct hormonal imbalances and manage cholesterol (they don’t even measure it correctly but that’s another column). I think there is an incomplete knowledge or understanding of physiology or hormones because sex pills should not be your go-to drug for erectile dysfunction. You think it’s just me saying that to alarm you? Not a chance, I would never scare you, that’s not how I roll.

A study published in March 2010 in Circulation concluded, “Erectile dysfunction is a potent predictor of all-cause death and the composite of cardiovascular death, myocardial infarction, stroke, and heart failure in men with cardiovascular disease.” There’s no doubt, low testosterone is a risk factor for heart attack. Replacement therapy is controversial. Some studies suggest the very use of testosterone increases heart attack risk, but I find flaws with those studies. Balance is key.

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.dearpharmacist.com.

---

Suffer from burning, tearing, stinging, blurred vision, scratchy/gritty eyes?

You may have Dry Eye Syndrome. See the professionals at the Dry Eye Center of Excellence at Doctors Eyecare Centers for evaluation and treatment.

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15620 McGregor Boulevard, Suite 100
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Sweet Corn and Chorizo Sausage Stuffed Florida Clams

24 to 30 medium-sized live clams, rinsed
1 cup yellow corn meal
¼ cup Jack cheese, shredded
1 link chorizo sausage, diced small
1 red bell pepper, diced small
1 cup corn kernels
1 small onion, diced small
¼ cup fresh cilantro, chopped
1 egg
1 teaspoon chili powder
oil for cooking
sea salt to taste
fresh ground pepper to taste

Fill a medium-sized stock pot half-way with water. Place stock pot on the stove over medium-high heat and bring to a boil. Lightly salt the water in the stock pot. When a boil is reached, add the live clams to the pot. Cook the clams until they just start to open. Drained them in a colander and run cold water over them until they are cooled off. Discard any unopened clams. Let clams drain well and place them in the refrigerator until later.

Preheat a medium sauté pan over medium heat. Add 1 teaspoon of oil to the preheated pan. Add the diced onions and chorizo sausage to the pan. Cook the onions and chorizo until the onions are translucent and the chorizo is golden brown. Add the bell pepper, corn, and chili powder to the pan. Continue to cook for two to three minutes and season lightly with salt and pepper. Remove ingredients from heat and add them to a medium-sized mixing bowl. To the mixing bowl add cornmeal, cheese, cilantro, egg, and ¼ cup of water. Mix ingredients thoroughly; add a little more water if necessary so the stuffing is moist.

Preheat the oven to 375 degrees F. Remove cooked clams from the refrigerator. Open up each shell the rest of the way so they can be stuffed. Place an even amount of stuffing in each shell. Place stuffed shells in a baking dish and put on the center rack of the oven. Bake clams for 7 to 12 minutes or until heated throughout. Remove from oven and serve immediately.
SCRAMBLERS

Rough

ESCORA

Give

WETSOB

Level

BLASTE

Hearty

TURBOS

TODAY’S WORD

answer on page 35B

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 35B
## Top 10 Real Estate Sales

<table>
<thead>
<tr>
<th>Development</th>
<th>City</th>
<th>Year Built</th>
<th>Square Footage</th>
<th>Listing Price</th>
<th>Selling Price</th>
<th>Days On Market</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bayshore Park</td>
<td>Fort Myers</td>
<td>1993</td>
<td>13,723</td>
<td>$5,999,999</td>
<td>$5,750,000</td>
<td>919</td>
</tr>
<tr>
<td>Imperial Shores</td>
<td>Bonita Springs</td>
<td>2008</td>
<td>3,618</td>
<td>$1,600,000</td>
<td>$1,400,000</td>
<td>182</td>
</tr>
<tr>
<td>Montelago</td>
<td>Miromar Lakes</td>
<td>2004</td>
<td>2,730</td>
<td>$855,000</td>
<td>$825,000</td>
<td>55</td>
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<tr>
<td>Belle Meade</td>
<td>Fort Myers</td>
<td>2006</td>
<td>3,315</td>
<td>$660,000</td>
<td>$635,000</td>
<td>405</td>
</tr>
<tr>
<td>Cypress Marsh</td>
<td>Fort Myers</td>
<td>2005</td>
<td>3,131</td>
<td>$669,000</td>
<td>$618,000</td>
<td>11</td>
</tr>
<tr>
<td>Fort Myers Beach</td>
<td>Fort Myers Beach</td>
<td>1979</td>
<td>1,800</td>
<td>$494,000</td>
<td>$470,000</td>
<td>586</td>
</tr>
<tr>
<td>Bella Terra</td>
<td>Estero</td>
<td>2005</td>
<td>4,150</td>
<td>$464,900</td>
<td>$450,000</td>
<td>67</td>
</tr>
<tr>
<td>Hills T.P.</td>
<td>Fort Myers Beach</td>
<td>2007</td>
<td>1,225</td>
<td>$449,000</td>
<td>$432,000</td>
<td>100</td>
</tr>
<tr>
<td>Town &amp; River</td>
<td>Fort Myers</td>
<td>1961</td>
<td>2,274</td>
<td>$435,000</td>
<td>$400,000</td>
<td>226</td>
</tr>
<tr>
<td>Island Park Woodlands</td>
<td>Fort Myers</td>
<td>1991</td>
<td>1,982</td>
<td>$419,000</td>
<td>$395,000</td>
<td>9</td>
</tr>
</tbody>
</table>

*Courtesy of Royal Shell Real Estate*
**PUZZLE ANSWERS**

**SUDOKU**

```
4 9 1 7 8 3 2 5 6
6 3 5 4 2 9 8 1 7
8 2 7 6 5 1 4 3 9
9 4 6 3 7 5 1 2 8
7 5 8 2 1 4 9 6 3
2 1 3 9 6 8 5 7 4
5 6 2 8 9 7 3 4 1
1 8 4 5 3 6 7 9 2
3 7 9 1 4 2 6 8 5
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**KING CROSSWORD**

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ROWS GOV TSAR
ANATOLIA HOPE
FORETELL ROSA
PIN KRONER
WRAPS DYN
HERE FØRGØY
YEN ERNIE OAF
FORTUNE POLE
ARIA WAKEN
PRIVET EAR
LEVIT FORCÉFUL
ALAN UNIONIZE
NONE LEE TRIG
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**MAGIC MAZE**

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FILE
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**SUPER CROSSWORD**

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

solution

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# Classifieds

## Real Estate

<table>
<thead>
<tr>
<th>Listing</th>
<th>Details</th>
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<tbody>
<tr>
<td><strong>ISABELLA RASI</strong>&lt;br&gt;Happy To Help You With All Of Your Real Estate Needs!</td>
<td>- International Client Base&lt;br&gt;- 600 Shops Worldwide&lt;br&gt;- Multi-Lingual Staff</td>
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**Isabella Rasi**<br>(239) 246-4716<br>Email: IsabellaRasi@aol.com

1101 Periwinkle Way #105<br>Sanibel, FL 33957<br><br>$95,000.00<br>&nbsp;&nbsp;&nbsp;&nbsp;60 x 12 with metal roof-over plus 20<br>&nbsp;&nbsp;&nbsp;&nbsp;36B | 2 bedroom, 2 bathroom, pool, 250 steps access to beach. Rental monthly. Please call for information: 917-208-6018

<table>
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<tr>
<th>Listing</th>
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</table>
| **MOBILE HOME PERIWINKLE PARK** | $95,000.00<br>&nbsp;&nbsp;&nbsp;&nbsp;60 x 12 with metal roof-over plus 20<br>&nbsp;&nbsp;&nbsp;&nbsp;36B | 2 bedroom, 2 bathroom, pool, 250 steps access to beach. Rental monthly. Please call for information: 917-208-6018

<table>
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<tr>
<th>Listing</th>
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| **TOWNHOUSE FOR RENT**<br>2 Bed, 1 1/2 Bath, Shared Pool, Davis Rd. area, near Island. | $670.00/month. 239-472-3071. <br>**SEALOFF VILLAGE**<br>Private community. Quaint cottage-two bedroom, two bathroom, pool, 250 step access to beach. Rental monthly. Please call for information: 917-208-6018

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<th>Details</th>
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| **GULF PINES HOME W/PRIVATE BEACH PATH**<br>SANIBEL ANNUAL RENTAL $3,500/MO – UNFurnished | 3200 SqFt single family home in beautiful, private community. One house from beach, short walk to 2 community pools and tennis courts. Large, private landscaped lot. 3-4 Bedrooms – most with decks; 3.5 baths, large open living room -- LR & EIK open to screened porch. High end appliances, 2nd fridge, W/D. 2 car garage. Contact: (917) 680-4440. <br>**SEALOFF VILLAGE**<br>Private community. Quaint cottage-two bedroom, two bathroom, pool, 250 step access to beach. Rental monthly. Please call for information: 917-208-6018

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<tr>
<td><strong>S. FL LINE DANCE</strong></td>
<td>With Robert Robbaille&lt;br&gt;Line dance classes. Fun and great exercise with energetic instructor. All styles of music! No experience or partner required. Audience: adults and seniors. First 30 minutes of class is an introduction for beginners. Call 239-245-8196 or cell 954-309-3778. Welcome all...&lt;br&gt;    ★ ★ ★ ★ ★ ★ ★ ★ ★</td>
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## Vacation Rental

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<tr>
<td><strong>ISLAND VACATIONS</strong>&lt;br&gt;Of Sanibel &amp; Captiva</td>
<td>Million $ Views Await You!</td>
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<tr>
<td><strong>RE/MAX OF THE ISLANDS</strong>&lt;br&gt;Putting owners and tenants together</td>
<td><strong>Re/Max of the Islands</strong>&lt;br&gt;★ ★ ★ ★ ★ ★ ★ ★ ★</td>
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| **LIGHTHOUSE REALTY**<br>Paul J. Morris, Broker | VACATION RENTALS<br>1/2 Duplex, 2 BD 1BA<br>Available: Nov, Dec, Jan<br>Call Bob 410-913-2234<br>239-579-0511<br>239-472-7277 | **RE/MAX OF THE ISLANDS**<br>Putting owners and tenants together<br>&nbsp;&nbsp;&nbsp;&nbsp;★ ★ ★ ★ ★ ★ ★ ★ ★

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<tr>
<td><strong>SEALOFF VILLAGE</strong>&lt;br&gt;Private community. Quaint cottage-two bedroom, two bathroom, pool, 250 step access to beach. Rental monthly. Please call for information: 917-208-6018</td>
<td><strong>GULF PINES HOME W/PRIVATE BEACH PATH</strong>&lt;br&gt;SANIBEL ANNUAL RENTAL $3,500/MO – UNFurnished</td>
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## Annual Rental

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<th>Listing</th>
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<tbody>
<tr>
<td><strong>SANIBEL HOME WATCH</strong>&lt;br&gt;Retired Police Captain lives on Sanibel</td>
<td>Will Check Your Home Weekly&lt;br&gt;Very Reasonable Rates&lt;br&gt;(239) 728-1971</td>
</tr>
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## Services Offered

<table>
<thead>
<tr>
<th>Listing</th>
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<tbody>
<tr>
<td><strong>HOME/CONDO WATCH</strong></td>
<td><strong>RE/MAX OF THE ISLANDS</strong>&lt;br&gt;Putting owners and tenants together</td>
</tr>
</tbody>
</table>

## Help Wanted

<table>
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<th>Listing</th>
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<tbody>
<tr>
<td><strong>FRONT OFFICE POSITION</strong></td>
<td>Sanibel real estate office offering FT front office position. Please fax resume with cover letter to: 239-472-3637 or email to: <a href="mailto:sales@remax-oftheislands.com">sales@remax-oftheislands.com</a></td>
</tr>
</tbody>
</table>

## Volunteers Needed

<table>
<thead>
<tr>
<th>Listing</th>
<th>Details</th>
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</table>

## Classified Deadline Friday at Noon
Lee County Human Services Helps House Homeless Veterans

Sixty-seven homeless veterans have found housing in Lee County, thanks to providers including Lee County Department of Human Services, Lee County Homelessness Coalition, Veteran’s Affairs, American Red Cross, the Fort Myers Housing Authority and the American Legion Post 38.

The effort started back in April, when local homeless providers were invited to join the 100,000 Campaign to house 100,000 homeless veterans nationwide by the end of December 2013. Local providers committed to housing 50 homeless veterans in 90 days. By the time the 90-day period ended, 52 homeless veterans found housing. So in July, the same local groups committed to housing another 50 to reach 100 by the end of December.

So far, 67 veterans have been housed with another 33 to go to reach the goal. There are 20 veterans in the system currently looking for housing.

The team teleconferences with each other every other week to identify program glitches and individual barriers to a veteran getting placed into stable housing. An innovative aspect of the team includes a partnership with the American Legion Post 38 for veterans to be with other veterans for support. Post 38 also secures and disburses household items to homeless veterans as they transition into their new life.

Lee County Human Services is housed in a downtown building shared by Lee County Veterans Services at 2440 Thompson Street, Fort Myers, FL 33901. Veterans can call 533-8381.

“The motto for my office is, ‘Every day is Veterans Day,’” said John Ebling, director of Veterans Services for Lee County. “Our primary mission is to assist veterans or the widows of veterans with claims on different benefits.”

On average, Ebling sees 100 new clients each month. Many clients also arrive at Veterans Services seeking assistance with rent, utility bills and more, and he refers these individuals to Lee County Human Services for help.

Read us online at IslandSunNews.com
**Pets Of The Week**

**Mindy**

My name is Mindy and I am a tan female cat mix age 1½ years. Hi, they call me Mindy but I respond just as well to Bella. I am a big hound with a very sweet temperament. I am still pretty shy but with love and patience I am getting braver every day. I love to romp in the grass and sit to be petted. I will reward your time and patience with loyalty and love.

Adoption fee: $45 during Animal Services Petsgiving adoption promotion.

My name is Gretchen and I am a domestic, two-year-old female brown tabby. Gretchen was a young mother when she came to the shelter. She spent a couple of months in a foster home with her kittens and was an excellent mother. Her foster mom reports that she is a very gentle, easy-going cat with a good disposition. She loves to be handled and doesn’t even mind having her nails clipped. She gets along fine with dogs too and would do well in a multi-pet household.

Adoption fee: $20 during Animal Services Petsgiving adoption promotion

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

The shelter is open for adoptions from 11:30 a.m. to 3:30 p.m. Monday through Saturday. The shelter is located at 5600 Banner Drive, Fort Myers, next to the Lee County Sheriff’s Office, off Six Mile Cypress Parkway.

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

The adoption package is valued at $500.

**Jezabella**

Jezabella ID# 573955

Photos by squaredogphoto.com

**Rambo**

Three-year-old Rambo needs a forever home. PAWS of Sanibel believes he belonged to someone before because he is very sweet and he has been neutered.

His right canine protrudes, but that just adds to his charm and good looks. He is friendly with other cats, but it would be best if he was the only cat in the home.

Call Pam at PAWS at 472-4823 for more information about adopting Rambo.

**Gretchen**

Gretchen ID# 573060

**PAWS Pets**

Meet Mindy, a young female cat in need of a forever home. She was found in a parking lot living in the wheel well of a car. We are looking for her owner, but she may not have one because her clipped ear is consistent with the trap/spay and release program. She is shy at first, but very sweet.

Call Pam at PAWS at 472-4823 for more information about Mindy.

**PAWS Pets**

Sanibel & Captiva Islands
Come out of your shell and into one of ours.

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