





2330 Palm Ridge Rd. Sanibel Island 239-356-2300 37 Rems on the "Consider the Kids" menu.

Rems on the "Consider the Kids" menu All specials subject to availability. Meter Card, Visa, Discover Credit Cards Accepted



Meet your traffic aides, or STOP! in the name of love

By Jenny Burnham Staff Writer

Just who are the most powerful people on Sanibel—the mightiest ones, the movers and shakers, so to speak?

What individuals on the island possess ultimate control over the very course of your daily life at zip code 33957 between November and April of every year?

The Sanibel Police Department traffic aides, that's who.

With the smallest gesture of a whitegloved hand, an SPD aide can bring a ton of charging metal behemoth to a halt. An aide's sense of timing can ensure harmony on Periwinkle Way, or cause the veins in your neck to bulge as fury makes the blood rush to your head.

The aides are masterful. They are commanding. To those who wish to turn left out of the parking lot at Jerry's, they are omnipotent.

And yet, what do we know of these beings who hold such sway over our lives? who are these sunglassed Caesars of the stop signs? Behold: your SPD traffic aides.

Police Aide Profile
• Name: Raymond Lacen

- Nickname: Ray
- Home town: Born in Fajardo, Puerto Rico, raised in New York state, near Buffalo. Moved to Cape Coral nine years ago.
- Family: A girlfriend.
- How long have you been a police aide? About six months.
- Why did you want to be a traffic aide? It's a good opportunity. And a chance to meet people. I'd like to move into the Sanibel Police Department.
- What do you like about your job? Everything. The people, the atmosphere. It's nice out here.
- What do you dislike? The heat. But that can be worked with. I drink a lot of water.
- Favorite comedian: Jim Carrey is my favorite.
- Favorite food: I would have to say,



Photos by Amy Fleming Raymond Lacen

Chinese food.

- What drivers do that makes you laugh? I like when people wave back, or smile back.
- What makes you nuts? When they don't stop. Or they get confused, don't know what to do, and keep going.
- Hobbies or de-stressing activities: I like to play basketball. And video games, especially "Ratchet & Clank." That's a 3D world, with robots and lots of shooting and stuff.
- Motto or favorite saying: "Things happen."

Police Aide Profile

• Name: Ann Newman

- Home town: Pittsburgh, Pennsylvania
- **Family:** I've been married 30 years this year to a wonderful man named John. And I have April, Johnny Jr., and Rachel. And Duke and Duchess, English Sheepdogs. I have a grandbaby, Brandi Nicole, who is two months old. She was born September 14, which is one day after my birthday, so I guess I won't forget her birthday. Brandi lives in Naples. April is in Roanoke, Virginia. Johnny is in Charlottesville, Virginia. His fiancee is there, she's going to be a doctor. He's going to be a pilot for the Air Force. Their wedding is in December, on December 30.

How long have you been a police aide? 2001, March. I started right in the middle of season, brand new on the job. I got "broke in," you could say.

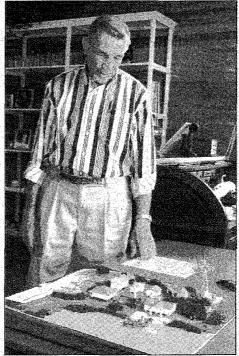
Why did you want to be a traffic aide? Well, I was looking for a job, and I knew people here. They're like a family. They're all kind and they try to help immediately, like if I call in for relief, if an aide can't help, then a policeman will. They're very thoughtful.

It's been a tough year for me. My father passed away, and my mother totaled her car at the same time. People at the Department were very understanding. It was a happy year, too, with Brandi Nicole, and it will be happy again with a wedding in December. But it's been tough.

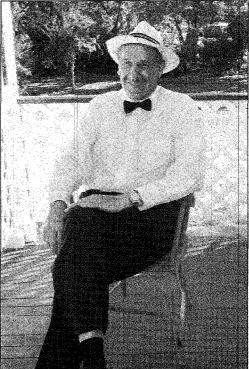
There are great people to work with here. That's why I've stayed so long. They're wonderful to work for and with, and the aides are the same. They're all kind. I couldn't put one level above another, at all levels they're so kind.

- What do you like about your job? Every day I see the same people, they know my name and say hello. I look at my watch and know what time I'll see people, driving by or on their bikes, crossing the street. It's the "Mayberry Effect," that hometown feeling, where everybody knows everybody. It's all ages. It makes a difference when you like the people you work with.
- What do you dislike? Turn signals. Absolutely. Sometimes the turn signal is on, but the car is not turning. Or the car is turning, but the turn signal is not on. If I could see that both sides were

1910 at the Historical Village



Sam Bailey (not circa 1910!) in the old General Store, standing by the model for the Village, which already incorporates the old schoolhouse. "In all the plans we had, that was always planned to be here," he noted.

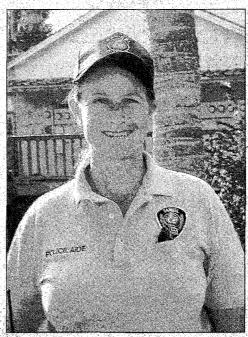


Hal Theiss as Henry Shanahan taking a break on the front porch of the Burnap Cottage. Nola Theiss (with grandson Indigo) was the second Mrs. Shanahan; she (with her five children) married



Photos by Karen Nelson The Sanibel Packing Company Model T, parked outside Bailey's General Store and ready to make a delivery.

turning, then I could clear those lanes and go back to Periwinkle. But they (the drivers) don't always know where



Ann Newman

one more child together.

Henry (with his seven

children) in 1900, after both their spous-

es died, and they had



Special to the Islander

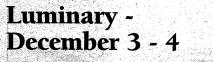
they're going.

- Favorite comedian: Jeff Foxworthy.
- Favorite food: Lobster. And shrimp.
- What drivers do that makes you laugh, or makes you nuts? When people don't know where they're going, they stop and ask me for directions. They'll ask, "Where's Sanibel?" And I tell them, "Welcome, you're here."

Lots of drivers ask me, "Where's Fort Myers Beach?" or "Where is Sanibel Harbour?" Then I have to tell them, turn right around, and go back off-island. And of course, I think, "Uh-oh—you paid the toll." You don't want people to pay the toll if they don't have to. **Hobbies or de-stressing activities**: I like boating and fishing. And reading, although I don't have a lot of time. And of course, seeing Brandi Nicole.

Motto or favorite saying: "Keep on movin." For the traffic, but also for life, because you have to. You're busy at work all day, and then you go home and there's more to do. You have to keep moving.

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The 20th Annual Luminary Festival of the islands is this Friday and Saturday. See story on page 4.

Periwinkle replanting

The City of Sanibel asks citizens to write local legislators See story on page 6.

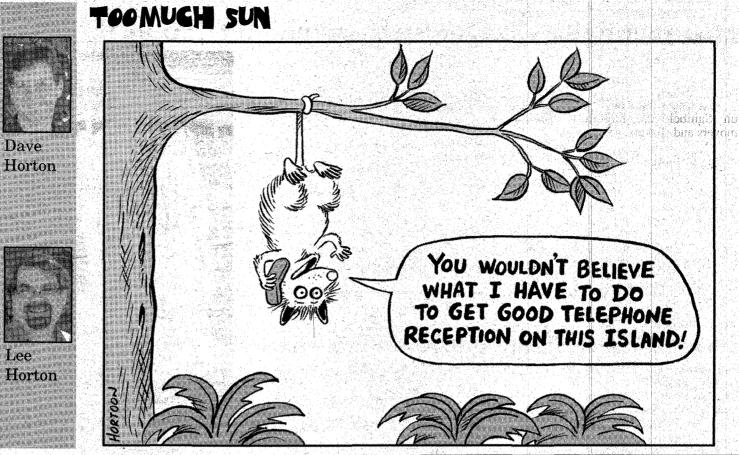
Oannes, a Native American ecologist, journalist and director of the Yat Kitischee Native Center, will be speaking at the Sunday, Dec. 5 meeting of the Unitarian Universalists of the Islands, meeting in the second floor Fellowship Hall of the Sanibel Congregational United Church of Christ at 2050 Periwinkle Way at 7:30 p.m. The public is welcome to attend.

His topic will be "Wahkochobee and the Principle of the Seventh Generation: Indigenous Peace, Ethics and Wisdom.' The Yat Kitischee Native Center is an inter-tribal cultural/environmental/social justice native news organization.

The theme for the UU's this season is "Exploring Ethics and Values in our Relationship to the Natural World," and this year's series was kicked on by Dr. Peter Corcoran, head of the Center for Sustainability and Environmental Education.

UU programs are on the first Sunday of each month, November through April. There is also a potluck at a member's home the third Sunday of the month.

The Sanibel-Captiva Chapter of the Military Officers Association of America will meet for breakfast at the Dunes at 9 a.m. on Saturday, Dec. 4. The guest speak-



er will be Dr. David Pilcher, who will discuss his experience in a MASH unit during the Korean War. The cost of the breakfast is \$10. Everyone who has served as a commissioned officer in the U.S. military and their spouse is invited to attend.

Everyone's invited to the SCA December Holiday Dinner Social being held on December 8. Mr. Kaess, a member of the Houston Grand Opera, will be performing starting at 6:45 with his delightful one-man show of wonderful songs - a South Pacific medley, Christmas carols and patriotic medley — with orchestral recording accompaniment. Kaess precedes his songs with short stories or dramatic stagings about the show

Social time starts at 5:30; dinner at 6:15, followed by the performance. SCA members \$13, non-members \$15.



Sanibel's shared use paths are now usable! For those who witnessed the immediate aftermath of Hurricane Charley, such prompt restoration seemed very improbable, if not impossible. The Sanibel Bicycle Club thanks the City

Council, Judie Zimomra and Gates Castle for their superb planning and many extra hours of work that made possible the availability of one of the outstanding features of Sanibel island living. Robert F. Lynd

Vice President Sanibel Bicycle Club



THE 1031 TAX DEFERRED EXCHANGE

Has your business or investment real estate become Has your business or investment real estate become unprofitable, does it require large or growing maintenance expenses, or has it reached the peak of its value (making it a lackluster investment)? If so, you would probably like to have a more profitable investment but are concerned about the tax consequences of acquiring new and different properties. Because of internal revenue code 1031, it is possible to

Because of internal revenue code 1031, it is possible to relieve yourself of current properties and make new real estate investments while remaining tax-free. One or more properties can be sold and reinvested in any number of other properties without being subject to the normal income tax from a sale as long as they are like-kind exchanges. In a like-kind exchange no gain or loss is recognized unless unlike property is received in the transaction, in which case only a portion of the gain would be taxable and the rest tax deferred. This process is called a "tax deferred exchange". The tax deferred exchange poses myriad benefits, but it can be easy to invalidate a tax-free exchange without a comprehensive understanding of the forms and codes. Meeting the requirements of a "trade of investment" property, filing for a delayed exchange, establishing intent, and working

filing for a delayed exchange, establishing intent, and working with a facilitator who can hold funds during the exchange process are all crucial and if done incorrectly can cause an exchange to be invalidated by the IRS. For these complexities consulting an expert is invaluable.

Margie specializes in Sanibel, Captiva and Ft. Myers real estate. Sample specializes in Sambel, Capilva and FL Myers real estate. She was named Realtor of the Year by Sanibel and Captiva Assn. of Realtors in 2000 and 2002. Her new book, "How To Make Your Realtor Get You The Best Deal--South Florida Edition" is must reading if you are thinking of buying or selling. Call Margie at PMR 472-1511, or e-mail her at Margie@MargieDavison.com.

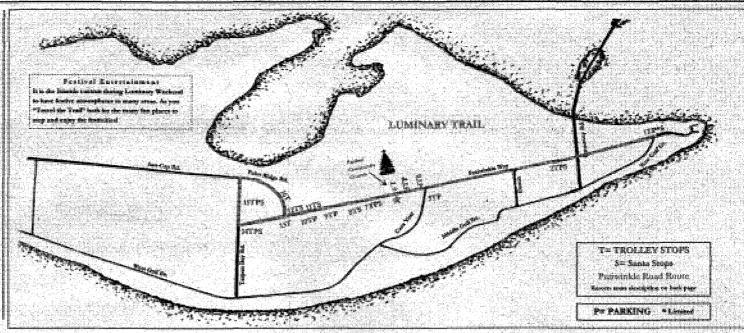
OBITUARY -

John E. Britton

John E. Britton, age 83, died Wednesday, November 24, 2004 in Erie, PA. A resident of Sanibel Island for many years, he was one of the founders of The Salar and Golf Clarb. In Eric, he was a well-known attorney,

In Eric, the was a well-known attorney, businessman and philanthropist. He is survived by his wife of 55 years, Suzanne Eckerd Britton, a daughter, Judith B. Bonanno, and her husband Robert of Meredith, New Hampshire, and a son, John W. Britton, and his wife, Meg, of Erie. He is also survived by four grandchildren, Catherine S. Bonanno, Sarah Ann Bates, Jeffrey D. Britton and Andrew J. Britton.

Services and burial were in Erie, Tuesday, November 30, 2004.



The islands celebrate Luminary this weekend

Sanibel Luminary festivities kick off on Friday at 5:55 at the Sanibel Captiva Conservation Foundation gazebo on Periwinkle ("star" on the map) with remarks by reps from the Chamber, SCCF and the City of Sanibel.

The Christmas tree lighting this year will be at the Sanibel Community Church (#6) at 6:30; there will also be a live Nativity scene and the children's choir will be performing

Elvis will be making his popular return performance to the Seaborse Shops at the East End (#1) from 7 - 9 p.m. The Bait Box (#2) will be giving free castnet lessons and a 10% discount off everything in the store (excluding G. Loomis). Sanibel & Captiva Community Bank (#2, East end location) will be providing refreshments and Lazy Flamingo (#2, East End) will be serving the coldest beer in town.

At Jerry's (#5), Santa will be on hand for that must-have photo op and Danny Morgan will be providing live music. The Boy Scouts will be selling live Christmas wreaths and there will be refreshments and snacks.

At Tahitian Gardens (#7), there will be live tropical music and Luminary shoppers are invited to judge the store windows that were painted by kids last weekend.The winner will receive a prize. There will be

There will be Mermaid desserts and beverages at Forever Green (#8).

Periwinkle Place (#9) will also have pictures with Santa (what a busy man that night!) and there will be a children's choir performing. At the Sanibel

At the Sanibel Community Association (#10), performers from the Schoolhouse Theatre will be performing Christmas carols throughout the evening and the SCA Shellcrafters will be creating fun island art.

At Sanibel Square and The Bean (#11), there will be refreshments and music, with all proceeds going to help fund the rebuilding of the Sanctuary at St. Isabel's Catholic Church.

Enjoy the music of Rissa Yvette Arias (Carnegie Hall performer) at The Village

On Luminary Night, ride the Trolley to Periwinkle Place. Starting at 5 p.m., Santa Clause will be present for photos (cost of \$5 - proceeds benefit the Children's Center of the Islands). The Children's Center Choir will also sing holiday songs at 5 p.m. on the east side of the shopping center.

Don't forget the month long promotion called **Holiday Shopping in the Park to benefit C.R.O.W.** where shoppers who donate their shopping change are entered to win one of five holiday gift baskets packed with gift certificates and merchandise from the stores. There will be drawings every week until the 24.

On Luminary Night all the Periwinkle Place stores will be open with sales and holiday cheer, openhouse style. At Gully's Family Restaurant, four musicians from nationally the know radio show, Polka Time USA. will have a holiday iam session and sing along from 5 -8 p.m.

Town Waters Into

Shops (#12), where the windows have been decorated by Sanibel School second graders. There will be refreshments and music.

Mel Fisher's Treasure Museum (#13) will offer free admission from 6 - 9 p.m. and refreshments will be served.

Bailey's (#14) will have snacks and live music; Tarpon Bay Explorers will be featured.

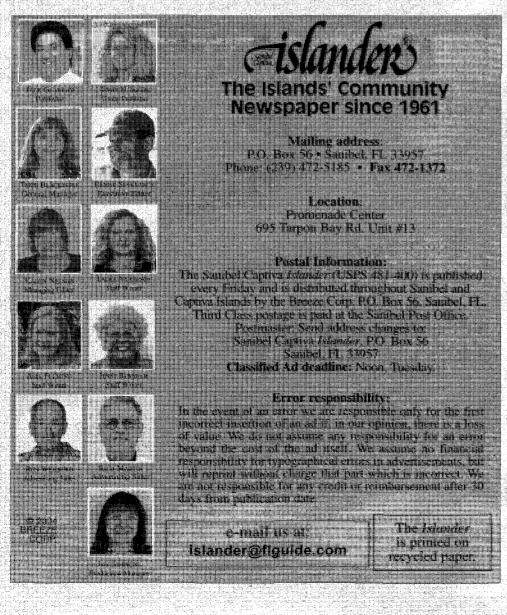
Tower Gallery (#15) is featuring the works of Ikki Matsumoto and on Palm Ridge Road, there will be refreshments at the Palm Ridge Shops (#16). On Captiva on

December 4, Andy Rosse

Lane will be abuzz (Captiva map #1-5) with entertainment at R.C. Otters, Keylime Bistro, Confused Chameleon, Jungle Drums and the Celebration Center. And don't forget to "ooh!" and "ahh!" the glittery holiday decorations at "Tween Waters Inn.



Vote for your favorite window at Tahitian Gardens — they were painted by Sanibel kids, and the winner will get a prize.



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Of Christmas kettles and trees

Sanibel is a small island with a big heard when it comes to the Salvation Army Christmas Kettles and the Holiday season. Seventeen years ago, a few men called the Army and asked for two kettles, saying they would do the rest. With a kettle at Bailey's and Jerry's supermarkets, they got started. Today, with over 50 volunteers, these two kettles have been the best producing groups for the entire Lee County, averaging over \$9,000 for the past five years!

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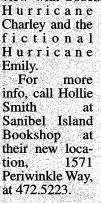
So, please come and visit us, see our great stores, many restaurants and visit with our friendly "elves" who are ringing the bells. Also, please do not forget the great selection of Christmas trees sponsored by the Sanibel-Captiva Lions Club. They are as beautiful as ever this year.

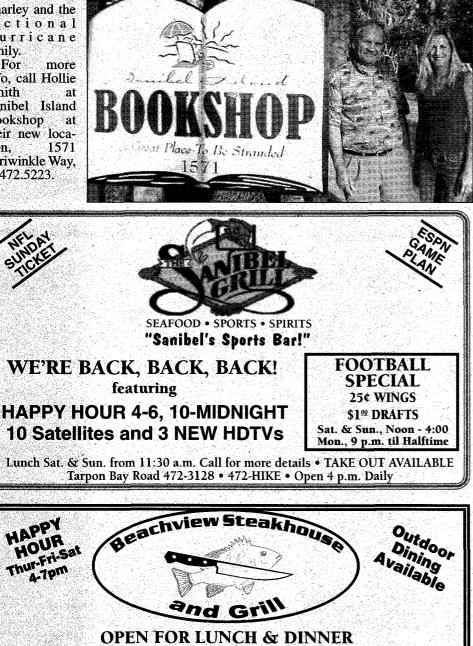
Thank you for supporting a worthy cause!

> Pat McGuffin **Clint Parsons** Tom Judson

Sanibel author Charles Sobczak will be signing copies of his four books on Luminary Night, December 3, at the Sanibel Island Bookshop. Festivities begin at 5 p.m., with refreshments being served until 9 p.m.

Charlie's second novel, Way Under Contract, will be available at a special \$10 holiday price. This tongue-in-cheek black comedy tells the tale of a category five hurricane hitting an overdeveloped Southwest Florida barrier island - feeling a little deja vu? This winner of the 2001 Patrick Smith Award was recently the focus of a BBC radio interview with Sobczak, centering on the uncanny resemblance between the all-too-real





Lunch 11 a.m. - 3 p.m. - featuring Sandwiches, Salads, Wraps, Fresh Seafood such as the Crunchy Grouper & more. **Dinner 5 p.m.** - 9 p.m. - offering our sought after Steaks including Prime Garlic Rib Steak, Chateaubriand, Roast Rack of Lamb, Fresh Fish & Shell Fish and more Gene Federico on guitar, Thur. - Fri. & Sat. 1100 Par View Drive, Sanibel Island - 239-472-4394



Carolyn's Christmas Drum

Take a peek into the past at the Shell Net, with the Christmas Drum that was created by Bobbe Coyne and her family is on display.

Made from a plaster cast of a dental drum (used by dentists to make molds), the family scene includes miniature portraits on the wall. These are all of family members, including Carolyn's father, Coady Coyne and his siblings, Tom, Peter and B.Z. Coyne.



Photos by Karen Nelson

Dr. Robert Coyne, who was a dentist, has been acclaimed as Time Magazine's "Man of the Year." Son Tom Coyne drew a pen-and-ink portrait, which was reduced to serve as the cover illustration.

This family effort, made in the late 60s, has become a cherished heirloom to Sanibel School 4th grader Carolyn Coyne and her brother Thomas.

And don't miss Shell Net's Upside-Down Christmas tree! (Photo above right)



PERIWINKLE REPLANTING

From the City: Residents requested to contact local legislators re hurricane restoration funds

Since Hurricane Charley's devastating assault on our island vegetation, the City has received queries from citizens asking how they can assist the Hurricane recovery efforts.

December 8, the State Legislators representing Lee County will be meeting to consider the legislative agenda that they will pursue in Tallahassee during the upcoming session. The City of Sanibel has two budget requests pending before this group. The first is a request for the State of Florida to contribute to the restoration of the Periwinkle Corridor, and the second is a request for the State of Florida to participate financially in the restoration of the Beach parks, both devastated by Hurricanes.

It is important that prior to December 8, our local legislators are advised of how important these two projects are to the economic recovery of our City and the entire southwest Florida region.

You can help this effort by communicating directly with our local State legislators in support of these two important projects. Our greatest opportunity to receive funding for these projects is the link to the State's number-one industry - Tourism - as well as the aid to small businesses and the restoration of the native vegetation that makes Sanibel so attractive as a wildlife habitat.

Following is the list of state legislators — and their addresses, phone numbers and e-mail addresses - who represent Lee County in Tallahassee:

Senator Burt Saunders 3301 E. Tamiami Trail Administration Bldg., Suite 304 Naples, FL 34112-4902 Phone: 239,417.6220 saunders.burt.web@flsenate.gov

Senator Mike Bennett 3653 Cortez Road W. Suite 90 Bradenton, FL 34210 Phone: 941.727.6349 bennet.mike.web@flsenate.gov

Senator Dave Aronberg Lee County Courthouse 2120 Main Street, Suite 206 Fort Myers, FL: 33901 239.338.2646 aronberg.dave.web@flsenate.gov

Representative Bruce Kyle 2120 Main Street Suite 208 Fort Myers, FL 33901-3010 239.335.2411 kyle.bruce@myfloridahouse.gov

Representative Jeff Kottkamp 3501 Del Prado Blvd., Suite 305 Cape Coral, FL 33904-7223 Phone: 239.344.4900 kottkamp.Jeff@leg.state.fl.us

Representative Mike Grant P. O. Box 494397 Port Charlotte, FL 33949-4397 Phone: 941.743.2033 grant.michael@myfloridahouse.com Representative Paige Kreegel 410 Taylor Street Punta Gorda, FL 33950 Colored Phone: 941.626.3785 paige.kreegel@myfloridahouse.gov

Representative Trudi Williams 5621 Banner Drive Ft. Myers, FL 33192 Phone: 239.278.1992 trudi.williams@myfloridahouse.gove

Visitors to Lee County contribute over \$1.1 billion annually in expenditures to the local economy. In studies and surveys conducted by the Lee County Visitors and Convention Bureau, among the most influential factors consistently cited by the two million visitors to Lee County for selecting this destination are the quiet atmosphere, non-commercialized beaches, clean, unspoiled environment, and the tropical plants and animals. Both of these projects will begin to recapture our greatest losses from the Hurricanes: our native vegetation, and our wildlife.

Thank you for your efforts to communicate to our legislators just how important these projects are to us all. I am confident that by continuing to work together with our partners at the Statehouse, Sanibel can emerge from these storms an even stronger community. If you have any questions regarding this matter, please do not hesitate to contact us at City Hall: 239.472.3700.

Judie Zimomra City Manager

Periwinkle Partnership to play key role in City replanting

By Laura Nickerson Staff Writer

Members of a new Sanibel organization named Periwinkle Partnership met Tuesday, Nov. 30, to further define the role it will play in the replanting of the Periwinkle corridor, which has been forever altered due to Hurricane Charley.

The group - comprised of Sanibel Beautification, Inc., Sanibel-Captiva Conservation Foundation, and the Sanibel & Captiva Islands Chamber of Commerce was formed back in October to amplify each member agency's commitment to the replanting effort.

On Oct. 20, a letter was sent to City Manager, Judie

Pick Up

Zimomra, stating the new Partnership's commitment to the City of Sanibel to actively participate in the planning of the Periwinkle Corridor restoration as a named party in the request for proposals. The Periwinkle Partnership's mission was defined as:

- Promoting public participation in the planning process.
- Providing all parties at interest with the consensus of the community's priorities.
- Assisting the City Council in the selection of whichever firm will actually prepare and implement the plan to restore Periwinkle Way.
- Insuring incorporation of the community's priorities into the final plan.



· Continuing involvement in the implementation of the plan.

Last week. the city sent a return letter, which prompted the Partnership's meeting on November 29. In that letter, Zimomra formally accepted their offer on behalf of a unanimous City Council, but cautioned the Partnership against harboring too many expectations with regard to their offer of assistance in selecting the plan implementation firm, due to state laws and city statutes already in place.

At this week's meeting, over 60 pages of possible grant applications were introduced, to be reviewed by the Partnership. Erick Lindblad of the Conservation Foundation offered to go through the grants, limiting the list to those that might be most useful to — and look most favorably on — the islands' post hurricane situation. It was agreed that this list would have to be tentative, until the focus of a chosen restoration plan is known.

Setting up accounts for the acceptance of donations was discussed, as was a plan and a date for a community open

Replanting, see page 7



Judith Alexander: Almost 100 years old

By Jenny Burnham Staff Writer

Judith Alexander had typhoid as a child. "She was the child that wasn't supposed to live," said her daughter, Ann McDonnell. "They thought she was going to die, but I guess she got even."

Mrs. Alexander will be 100 years old on December 17 of this year.

She attributes her longevity to her ancestors, she said, "the Scotch grandparents from Canada," and her Norwegian grandparents.

Mrs. Alexander was horn in Blanchardville, Wisc., to Oscar and Leah Olsen.

Her older sister, Janet, "dominated me, absolutely dominated me," said Mrs. Alexander feistily. "We were very close."

The family moved to Dousman, where her father started a small bank, and then to Madison, where he served as Deputy Insurance Commissioner for the state.

It was at the University of Wisconsin in Madison that she met her husband, Andrew Alexander.

"He saw me," she said, "walking on campus, and wanted to know who I was." "He was with another girl at the time," added Ms. McDonnell.

On their first date they went to an ice cream parlor with another couple.

"Andy quoted poetry, 'I must go down to the sea again,' and I was so impressed. I thought he'd be quoting poetry all the time, but he wasn't."

"He shot his wad," commented her daughter.

After University, Mrs. Alexander spent a year teaching in Montana.

"Women didn't 'do' things in those days. I taught school in Montana. Andy was in Chicago, but you were not allowed to be a teacher if you were married."

It was after her return to Chicago, according to her daughter, that Judith Olsen and Andy Alexander went out and got married on a lunch hour. "It was a perfectly happy marriage," said Ms. McDonnell.

Mr. Alexander worked for Northwestern Mutual Insurance Co., which moved the couple several times, from Chicago to Milwaukee, and from Milwaukee to San Francisco. After Pearl Harbor, the Alexanders returned to Milwaukee, but the lure of San Francisco soon took them back to California.

"Andy loved that town," said Mrs. Alexander. "He loved it. He walked it at

Judith Alexander

night." The Alexanders lived in Berkeley, with a view of the Golden Gate Bridge. And they sent their only child, Ann, to a pro-

gressive playschool at Berkeley. "It wasn't quite like the progressive school in 'Auntie Mame,'" said Ms. McDonnell, "but close."

"She was an active child," said Mrs. Alexander.

Mr. Alexander died in San Francisco about twenty years ago.

In the first few years after her husband's death, "when I was alone," Mrs. Alexander read her way through all of 19th century literature.

"My standards are high," she said, although now she enjoys some light entertainment. She likes the Mrs. Pollifax books, and is currently reading the Ellis Peters Father Cadfael books.

What about talking books?

"I tried one and didn't like the reader," Mrs. Alexander said. "She put the emphasis in all the wrong places, I wanted to take it away from her and do it for her."

Despite aches in her joints and bones, Mrs. Alexander stitches exquisite petit point. "I covered Ann's chairs in her house" in Pound Ridge, she said. She also used to have a kiln and molds to pour ceramics.

"And I don't have a single piece left," Mrs. Alexander said. "I gave mugs and every single butter dish to friends."

Currently, Mrs. Alexander lives with her daughter, commuting between Pound Ridge, New York, and Sanibel.

"I think she was very surprised to find herself living in Southwest Florida," said

Alexander, see page 8

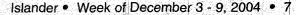
Replanting, from page 6

forum. It was decided that these also should be postponed until the landscape architectural plan that will be implemented, is chosen.

Although local fundraising is also premature, work will begin on a logo design that will keep community attention on the Periwinkle corridor restoration project.

Meanwhile the city has two major budget requests before the state legislators representing Lee County, one asking for financial participation in the restoration of Periwinkle Way, and the other seeking aid for our beach parks, which were also severely damaged by the summer storms. It is imperative that these legislators hear personally from as many South Floridians as possible about the impact of the hurricanes on the area's economy, and the absolute necessity of the island restoration projects for the area's economic recovery.

Émails and letters must be received by December 8. See detailed instructions in accompanying story top of page 6.





ALL THE BEST GIFTS

Perfect gifts for everyone on your list. Elegant fashions for holiday events. Beautiful accessories and delicious food for entertaining at home. With Saks Fifth Avenue, Bed Bath & Beyond, The Fresh Market and 40 great specialty shops and restaurants. The Bell Tower Shops is the best destination for all your holiday shopping needs.

Saks Fifth Avenue Bed Bath & Beyond Bell Tower 20 Cinema The Fresh Market SPECIALTY SHOPS Ann Taylor Anna's Moroccan Banana Republic Bath & Body Works Brookstone **Cheshire** Cat Toys Chico's Clockworks Draper's & Damon's EchoSurf Eyetopian Optical Gap Gap Kids Island Pursuit JoS. A Bank Clothiers Opening 2005 Key West Boutique Mayors Jewelers Merle Norman Cosmetics Natural Comfort Footwear Olde Florida Gallerie **Omaha Steaks** Patchington Portfolio Soft as a Grape

Sunglass Hut Swim 'n Sport Talbots The Mole Hole Touch Spa & Salon Trader Rick's Ulta Victoria's Secret Vitamin World Wallaby Trading Co. Williams-Sonoma RESTAURANTS **Big Olaf Creamery** Bistro 41 Blackhawk Coffee Café Blue Pointe Oyster Bar & Seafood Grill Cantina Laredo Crü D'Amico & Sons Johnny Rockets Mimi's Café Taste of New York T.G.I. Friday's HOTELS

Soma by Chico's

Holiday Inn Select Homewood Suites by Hilton



BELL TOWER SHOPS BECAUSE YOU DESERVE THE BEST Corner of U.S. 41 & Daniels Parkway, Fort Myers Open daily. www.thebelltowershops.com (239)489-1221



Photos by Kevin Duffy

Friends Who Care: Confidential help in a crisis

By Jenny Burnham Staff Writer

Although the core number of people who work year 'round with Friends Who Care on Sanibel is small — only six to eight volunteers - the organization is a "whole community endeavor," according to Theresa Louwers, one of the leaders of the group.

Pitching in to help Friends Who Care assist families that live or work on Sanibel are the Kiwanis, ABWA, and Sanibel realtors, among others.

Friends Who Care acts in confidence on information from such sources as churches, the Sanibel School, and the Sanibel Police Department.

"We don't take care of rent or make car payments," said Louwers, "but if the kids need food or clothing, or a mom needs extra help keeping the family together, then we act." The group furnishes gift certificates for Bailey's, so families can do their own shopping.

This Thanksgiving, the group provided holiday dinners for 30 families.

The organization protects the privacy of those it helps as much as possible. Only the inner circle knows the names of those who receive assistance, said Louwers. Volunteers who participate in the annual ritual of wrapping donated gifts for children and seniors see just a card indicating the gender, age, and first name of the recipient. Once the gifts are all wrapped, Friends Who Care matches the cards with

This year has been difficult for many families as a result of hardships

liurticane season. Many individuals have experienced the loss of income

If you know of anyone that useds ssistance, please contact Friends Who

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the children --- and then the fun begins. Families who live on the island receive a message telling them to be home between 6 and 8 p.m. on December 23, because "Santa's Coming." Then five members of the Kiwanis, dressed as Santa Claus, deliv-er the gifts on the "Santa Run."

Using a complex route laid out by 31year Santa Run veteran Dick Muench, the red-clad holiday harbingers manage to deliver the gifts in just two hours.

"We do the routes between 6 and 8 pm. so the little kids are still awake," said Muench,

The Santa Run is a "totally free" Kiwanis service to the community, said Muench. The Santas will help out "anybody who would like a present delivered to anybody of any age.

This year the drop-off point for presents is the Sanibel-Captiva Community Bank on Library Way. "Just drop them off before 5 p.m.," Muench said.

Muench himself does not dress as Santa, although he will ride along. "It's too much to plan it all and then be Santa." Besides, said Muench, "I've seen these guys lose five to eight pounds in a night, because they're sweating so heavily in those suits.

As for delivering for Friends Who Care, he added, "We have to have a whole wagon for them.

Said Muench, "I've been doing it for 31 years, and sometimes I get a chance to see the faces on the kids and the parents and everybody, it's just wonderful. It's



Above: Dick Mucnch (left) and Stuart Hitt preparing for last year's Santa Run. Below left: Thomas Louwers and Santa confer

really a great time." In 2003, Friends Who Care provided Christmas gifts for 138 children. This year, said Louwers, the group expects to give even more.

You can donate a toy to a child through Friends Who Care by selecting a recipient from one of the group's Christmas trees. The trees will be located at the Post Office, the Senior Citizens' Center, the Planning Department at City Hall, the Dunes, and the Sanibel-Captiva Community Bank,

As for the families who will be waiting for Santa on December 23, Dick Muench has this advice: "Have your camera ready."

Alexander, from page 7

Ms. McDonnell. "She used to ride down with me, in the car. It was mother, two dogs, a cat and me. Then she broke her hip last April. So now she flies and I've replaced her in the car with a parrot."

Ms. McDonnell admitted to some trepidation about telling the world her mother's age

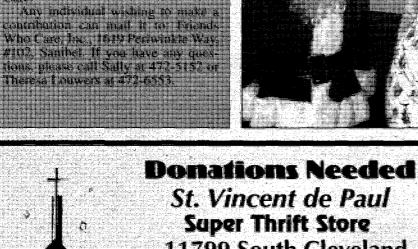
"I'm flirting with being disinherited," she said. "And, you know," she added with a twinkle, "T've been waiting so long,

What advice would Mrs. Alexander give for living a long and happy life? "Well," she said with an even, thought-

ful look, "long is ancestors. Happy - you have to do it yourself pretty much."



A photo of Alexander, her sister, two playmates, "and the pony," she said, playing in the snow in Wisconsin. Mrs. Alexander's sister Janet, at 14, is on the left, and Mrs. Alexander, at 12, is the youngster on the right.



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Island premiere of Sanibel films set for December 12

Untold Stories of Southwest Florida is locally produced by WGCU Public Media, and presented on WGCU-TV/3. December's focus will be on Sanibel island.

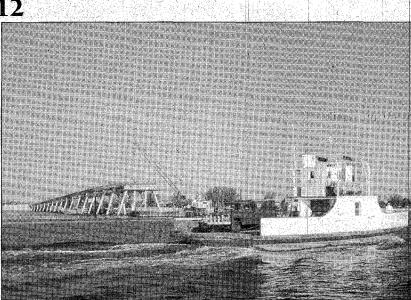
An island premiere will be held from 3-5 p.m. on December 12 at the Sanibel Community Association. The public is invited to this free event and refreshments will be served. The premiere will include Sanibel: After the Ferry; Sanibel: Civil War to Pre-Causeway; and a video created by Sanibel School student Tyler Cruickshank, The Birth of a City.

Sanibel: After the Ferry revisits the island community of Sanibel as controversy surrounds the building of a new causeway. This is a time of prosperity and development as citizens elect their first mayor, Porter Goss. The program examines the historical significance of conservation and preservation as well as the community's growing

commitment to the arts. After examining the challenges that face the Island, it ends where it began - with talk of a new causeway, once again, stirring deep emotions.

The first television airing will be at 9 p.m., on December 24.

Sanibel: Civil War to Pre-Causeway is the first program in the Sanibel series. From the days of Civil War, the history and growth of Sanibel Island have been shepherded by families who triumphed over tragedy. Meet the people who discovered what it took to transform a homestead into a beloved community in which to live, work and raise a family. Also a look at the history of the Island's landmark, the Sanibel Lighthouse, and what it takes to maintain it. This previously broadcast show will re-air at 9:30 p.m. on December 24.



BOTI lobby construction begins

Bank of the Islands is grateful for the patience and understanding of its customers as their lobby renovation gets underway.

"Hurricane Charley really left its mark on our bank lobby," said Bank of the Islands Manager Rob Lisenbee. "We've been working with the architect and are now ready to begin construction. It's going to give new meaning to 'shabby chic,' but the end result will be better than the original. People have always enjoyed visiting the bank. The new changes will make it an even more welcoming space."

With construction set for completion in

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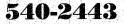
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the first quarter of 2005, the bank plans to unveil its new customer-friendly changes during a weeklong open house.

The bank's own hurricane repair process has reinforced the support we have for our customers who had home and business damage from Charley," said Loan Officer Allen Myers. "Whether it's processing home equity loans or accepting donations for the Community Foundation Hurricane Relief Fund, we see everyday that people are still in recovery. We are pleased to be part of the healing process.



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(left to right) LCLS Deputy Director Terri Crawford, Naomi Pastor of the Captiva Memorial Library, Roman Maksimov and LCLS Director Cvnthia Cobb.

Sanibel School student Roman Maksimov was the Captiva Memorial Library winner of the Lee County Library System's Design a Bookmark Contest. Winners received a bundle of bookmarks with their design, a certificate of appreciation and a \$10 gift certificate to Barnes & Noble, where a reception for the winners was held in November. Nearly 2,000 children participated in this year's contest; Captiva Memorial Library received entries from 104 children.



Randell's new Calusa Heritage Trail opens December 10

The Calusa Heritage Trail at the Randell Research Center — opening on December 10 brings to life the Calusa Indians and their home at Pineland.

Pictured is the sign that tops Brown's Mound one of the two large mound complexes at Pineland — showing the Calusa cacique (chief) and his wife dining while overlooking the Pineland site, which stretches out grandly below them. This and several other signs vividly transport modern-day viewers back into the Calusa past, inviting them to use their imagination to search for historical clues in the present day landscape.

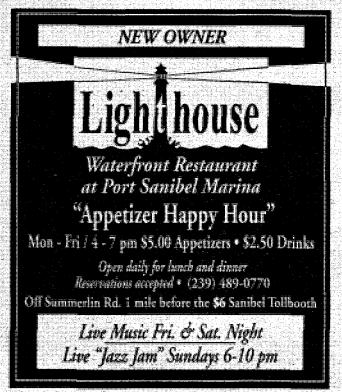
William Marquardt, Karen Walker, John Worth and Darcie MacMahon formulated the trail design, working with Synergy Design Group to create the actual signs. On a walk-through of the site last July with William Marquardt and John Worth, Marquardt explained how they had reassessed the existing trail, talking to groups and to teachers and fine-tuning the approach. There were earlier signs at spots that were natural talking points; many of those spots are included in the new Trail but the number of signs has more than doubled, and the signs are much more attractive and far more comprehensive.

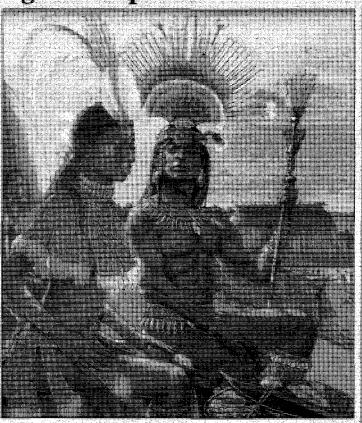
As an example of the improvement, the tour route previously began at Brown's Mound and concluded at Randell, with the rest of the site sandwiched inbetween. Now, the tour proceeds from Brown's Mound directly to Randell, giving a much better sense of the relationship between the two large mound complexes and the canal.

Thirteen signs with illustrations by Merald Clark bring the Pineland site to life. Illustrated are the early stilt homes built along the 300 AD shoreline and a scene of the villagers surveying the devastation left by the hurricane that hit Pineland around 350 AD. There is an illustration of men preparing for a ritual in the structure that once topped the low mound in the Brown's Mound complex. Scenes of daily life at different periods in the history of Pineland include people cooking, children running alongside canals full of traveling canoes. A sign about the Pine Island Canal explains how it was constructed and maintained.

An illustration of the Calusa harvesting the bounty of the estuary appropriately tops Randell Mound, with its spectacular view of the Sound and Captiva Pass. Seine netters and shellfish gatherers work in the water as men pole canoes in the background. Fish leap, pelicans swoop down and a startled ray scuttles off in a cloud of sand.

Those with knowledge of the Calusa will appreciate the elegant overall design, while the signs are a superb introduction to those just learning about the Calusa. The





Art by Merald Clark, courtesy Florida Museum of Natural History

signs work on several levels: visitors can quickly scan the main points or take the time to peruse sub-sections full of details relating to the theme of each sign.

Maps and timelines trace the growth of "Tampa" (the Calusa name for Pineland, mislocated to the north by an early mapmaker). There are explanation of how sea level and climate changes affected that development. Quotes from Spanish historical records and illustrations of Calusa artifacts bring the context of a museum exhibit to the immediacy of being at the actual site.

Merald Clark has been allowed to let imagination to take wing here; the sign by the Smith Mound (the burial mound) has a soaring illustration of the three principal Calusa deities. They are overlooking an elaborate religious ceremony, which is taking place at the edge of the lake which originally surrounded the mound.

The tour schedule at Randell has been revised; the Calusa Heritage Trail will be open to visitors daily from 10 a.m. - 4 p.m. Guided tours are now offered on Wednesdays at 10 a.m. instead of Saturdays, with a requested donation of \$7 for adults and \$4 for children.

The Trail was originally set for a September 10 opening but Hurricane Charley intervened. While Charley caused some major damage to the Gill House, RRC was fortunate that the Heritage Trail signs were largely untouched, although there were a large number of downed trees which required removal.

Audubon outing on Dec. 4

The next Sanibel-Captiva Audubon birding outing will take place on Saturday, December 4 (tomorrow) at the Blind Pass. At the end of San-Cap Road, meet in the parking lot just before Blind Pass bridge at 8 a.m. Parking \$2/hour.

Parking \$2/hour. All birders are welcome. These outings are open to the public and the suggested donation is \$2. Call Malcolm Harpham at 395-3804 for other details.

Storm recovery with native plants

With the Native Plant Nursery, help is on the way to recovery after Hurricane Charley. Come join the nursery staff in four very helpful classes in the month of January:

Meet the Natives - every Thursday in January at 2 p.m. meet at the Native Plant Nursery. Donations appreciated. Please call 472-1932 for reservation.

Designing with Natives - every Friday in January at 2 p.m. in the conference room at the Sanibel Captiva Conservation Foundation. Fee is \$10/person and please call 472-1932 for reservation.

Sanibel Vegetation Standards Protect our Sanctuary Island will meet on Jan. 12 at 1 p.m. in the conference room at the Sanibel-Captiva Conservation Foundation. Donation approciated. Please call 472-1932 for reservation.

Littoral Landscaping Love will meet on Jan. 27 at 10 a.m. in the nursery and conference room at the Sanibel Captiva Conservation Foundation. This is a new program that discusses landscaping along the banks of ponds. Donation appreciated. Please call 472-1932 for reservation.

Furthering ocean research

The Florida Department of Environmental Protection and the Florida Fish and Wildlife Conservation Commission gathered top marine scientists and resource managers from across the state in a meeting in St. Petersburg to begin exchanging research and scientific information regarding ocean protection and marine resource management.

Last spring, Governor Jeb Bush announced an initiative to further ocean protection by focusing Florida's resources on four key areas of coastal protection: closing the science gap to improve environmental management; establishing partnerships to enhance recreation, ecotourism and commerce; conserving and restoring critical ocean habitats; and enhancing stewardship through education.

Issues discussed ranged from current ocean management to linking science and resource management. DEP and FWC will take the group's recommendations and develop a continuing mechanism to ensure the best available science is informing management decisions.



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Hammerheads lend helping hand at GREATPERFORM Schoolhouse

By Laura Nickerson **Staff Writer**

Later this month, possibly during the week of Christmas, the one room schoolhouse known to everyone on the islands as the Old Schoolhouse Theatre at 1905 Periwinkle Way, will be taken to what is presumably its final resting place, an honored spot on the grounds of the Sanibel Historical Village and Museum, at 850 Dunlop Road. There it will be restored to its original simple beauty as the schoolhouse that some older islanders might still remember attending.

For the past few weeks, the Hammerheads, that handy group of Sanibel-Captiva Conservation Foundation volunteers who have helped to tear down, build, or remodel various edifices around town at C.R.O.W., S.C.C.F. and other locations, have been working to disconnect the original schoolhouse from additions that had been added to it during its years as a community theatre.

"The schoolhouse itself is a 20 x 40 foot building with an attached front porch." said Ralph Curtis, a volunteer specifically for the schoolhouse project, who is working with the Hammerheads. "We have found no termite damage to any of the original structure, only to parts that were added later. This building dates back to the 1880s and there's really nothing much wrong with it that can't be easily restored.'

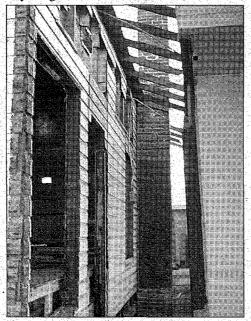
The schoolhouse retains many of its original windows and most of the tonguein-groove beadboard that was used on interior walls and the porch ceiling. It is a typical, graceful southern style schoolhouse with high ceilings and classical dimensions.

The City of Sanibel awarded Southwest Builders the demolition contract for the additions to the structure. which will not be saved. The teardown is scheduled for December 1.

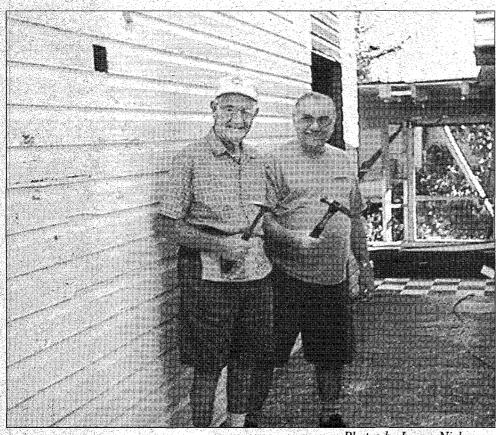
Regarding the moving of the schoolhouse, the City Council has authorized negotiations with Flint Doyle. Although a contract has yet to be signed, "progress is encouraging," according to the Parks and Department.

Once the old building is moved to its new location, the Hammerheads will once again take over, this time in the restoration mode.

John Veenschoten and George McKinnel, both veteran hammerheads, along with several others, plan on being involved. McKinnel said "I've been a hammerhead for over 20 years and we've sure saved, put up, or fixed a lot of places around here. I wouldn't miss this one for anything.



Only a few rafters still connect the old schoolhouse to its later additions.



Hammerhead George McKinnel (l.) and Historical Museum volunteer Ralph Curtis, wielding hammers with equal panache.

Photos by Laura Nickerson



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FISHING & SHELLING THE ISLANDS Told you to look out

A couple of weeks ago I mentioned that there was a virtual mine field of fallen trees in the water east of North Captiva Island where the hurricane blew through and flat-tened 22 capture and swept it clear of all trees.

One morning recently I was running the shore on the western side of the island, heading on north towards Captiva Pass. My charter people were photographing the extensive damage of the homes on the island and I edged the boat closer to the beach to them to get better photos.

In seconds I hit the first stump, about 200 feet off the shore. It threw me against the console, but I swerved to avoid the second tree off the beach. We stopped and checked the prop. One blade was bent into a "U" shape. We went on but the wheel shook hard and once we got back to "Tween Waters, I could see the damage.

One of the reasons I always use an aluminum prop is that it will bend and not break the lower unit drive train. The majority of boaters like the stainless steel propellers and they are wonderful. They last probably four times longer than aluminum and they can be rebuilt a couple of times; however, they cost about three times more than the softer metal.

So in a matter of seconds I bought a \$150 prop because of the tree no one could see in the water.

Expect to hear more stories like this as more boaters get back on the waters. There is reported to be another bad one on the north shoal of Redfish Pass. It is said there is an entire tree just of the channel. We with shallow draft boats run this shoal all the time. Until now, of course

One of our other guides at 'Tween Waters has paid the price twice in striking submerged logs and trees. If you

get lucky, it will be a seal broken, otherwise, it would be the trim and tilt pump, a major expense.

The place they usually stay on Captiva Island

is still being repaired from the hurricanes so

they took a place on Gulf Drive. There are tons

of people out there all the time, at just about any

Fat horse conch



Capt. Mike Fuery

time of the day. Just the top portion of the shell showed above the sand.

The lady who found it said she assumed it was just another piece of a shell, but she dug around with her toe and it started to come uncovered and out popped a horse conch about 14 inches long. That's the biggest shell of our island shells. This one had a lot of barnacles and even jingle shells attached. It will have to be carefully restored, but this is one of the fun parts of the whole thing of collecting.

Horse conchs are called so because they can grow so large. I believe a really big one would be 18 inches tall, but most average 12 inches or so. If you're into "big," this is your shell. On my charters, we see some this size once or twice a year.

Actually, the smallest of the species, called the golden conch, is about an inch to three inches tall, vivid golden and prized for it's color and form. Eventually, the conch. grows to the taller state, but some collectors will opt for the golden, rather than the older tan color of the larger shells,

Pier messure

Now that the Sanibel fishing pier is back open, things should be easier for you shore-bound anglers. The loss of that great spot for anglers has hurt a lot of people.

However, it can get crowded. And it can get buggy. If there is a westerly wind, then the no-see-ums can make fishing impossible. Given an easterly wind, in the morning, no problem. I've been out there when you could actually see the unseeable "no see-ums."

An alternative is wade-fishing off the toll booth just off the island. Only pick a dead low tide because you will have to slosh through about 100 yards of shallows, but once you get to the grass flats on the outside of the last sand bar, things start to happen.

It's a gathering point for we fly fishing people and a great no-cost place to fish for a long as you want.

Good fishing and shelling this week.

Have a question or comment? You can reach Capt. Mike Fuery at 466-3649 or by e-mail at junonia4@aol.com

San-Cap Power Squadron - Safe boating

Safe Boating Course

The Sanibel Captiva Sail & Power Squadron's public Safe Boating Course, which includes four classroom sessions, an educational cruise and an exam, will be held from 9 a.m. - 12 p.m. beginning on Saturday, Jan. 8, at the Satibel School. Class size is limited and pre-registration is required. To pre-register for the course, contact Jim Strothers at 395-1856.

The introductory course teaches the basics of safe boating. Topics included are boat handling; types of boats, use of marine radios; elementary seamanship, knots and lines, governmental regulations; basic weather, understanding charts; aids to navigation; engine trou-

Free Vessel Safety checks

bleshooting; basic piloting, determining position; boat trailering and Florida and local laws.

As part of the course, students take a two-hour cruise of the local area to learn what the different markers mean as well as what the same area looks like after dark.

On Sambel Safe Boating Day (February 5) students will participate in live demonstrations presented by the U.S. Coast Guard, Sanibel Marine Patrol and the Sanibel Fire Department.

Upon completion of the course, students are offered membership in the Power Squadron, which will allow then to take many more advanced courses to improve their boating knowledge and skills.



for Jesus group, will be singing songs from their albums and using drama and the spoken word to tell their story on Thursday, Dec. 9 at 7 p.m. There is no admission; an offering will be received.

There will be a dinner and a Christmas Musical on Sunday, Dec. 12 at 6 p.m.; and a local harpist will play favorite Christmas carols during dinner. At 7, the musical program will be presented, featuring a pageant in song, solos, narration and interpretive dance presented by the Sanctuary Choir and friends. There is no admission; an offering will be received. Please call for reservations.

The Sattibel Community Church is located at 1740 Periwinkle Way. For info call 472.2684.

Shell Islands Garden Club

Holiday decorations with a tropical twist will be the program offered by the Shell Islands Garden Club on Tuesday, Dec. 14. The club meets at the parish hall of St. Michaels and All Angels Church, 2304 Periwinkle Way at 12 noon on the second Tuesday of each month.

Members are reminded to bring an unwrapped Christmas toy for "Friends Who Care." The toys are later wrapped and delivered to deserving children living on Sanibel. Come early and bring a sandwich to share. Delicious desserts and beverages will be provided by hostesses Dotty Mount, Janet Wight, Lucille Dickinson, Rosalie Smith and Mary Welsh.

Once again there will be a silent miction table. Costume jewelry donated by members will be available for bidding. At the January meeting we will have the ser-vices of Victor Mayeron, owner of The Mucky Duck in Captiva as our celebrity auctioneer for the 2005 fund raising auction.

Guest and prospective members are always welcome. If you have an interest in gardening, floral arranging or horticulture, consider becoming a member. For information, please call club president Glenda Campbell at 472-8994.





Free vessel safety checks were offered to boaters at Punta Rassa by members of the Sanibel Captiva Sail & Power Squadron and the U.S. Coast Guard Auxiliary. From left: George Irwin, John Topp, Duwayne Swindle (U.S. Coast Guard Auxiliary), John Carney. Bob Healey, who was also present, is not pictured but if you want to schedule a free boat safety check, give him a call at 466.4169.

One of my long-time charter people brought me one of the largest horse conchs I've seen in some time and it was found on Sanibel right along condo row.

Islander • Week of December 3 - 9, 2004 • 13

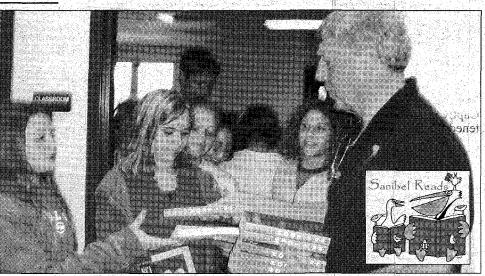
The San-Cap Orchid Society is sponsoring top entertainer Connie Bransilver, author of A Wild Love Affair at a holiday luncheon at Ellington's on Dec. 20 at 11:45 a.m. Faye Granberry, president of the Society, is fast to ad that this is about orchids — wild orchids of our area.

Bransilver makes viewing wild orchids thrilling, and her book title is in keeping with the "new spin" that she puts on orchid lectures. As she notes in the foreward of her book, the book takes her where she wants to go, "into a realm of the spirit, on a ride, on a wild love affair with orchids and wilderness, across to an acquaintance with both beauty and the wildness" in her own heart.

The public is invited; reservations are required. \$17 for members; \$18 for nonmembers. Checks should be mailed to Anna Bralove, 1480 Royal Poinciana Drive, Sanibel 33957 before Dec. 15. Call Anna at 472.0862 or Faye at 472.6940.



Ethel Sinow, Anna Bralove, Faye Granberry and John Bralove, co-chairs of the Orchid Society Holiday Luncheon.



Sanibel "Readers" get a *Hoot* as Mike Cuscaden, president of the "Ding" Darling Wildlife Society handed out copies of *Hoot* by Carl Hiaasen at the Sanibel School on Tuesday, Nov. 23.

The Society, along with Sanibel Seniors, donated the books to all students in grades 4 - 8 in cooperation with the Sanibel Reads program. Students in all grades have been learning about burrowing owls and other endangered animals and have also been working on owl projects in art class.

"Ding" Darling Environmental Educator Toni Westland has been dissecting owl pellets with the students to teach them more about burrowing owls, the topic of *Hoot*, a Newbury Award winner.



IO YOUR HEALTH Holistic Health Notebook: What do cardiovascular disease, migraines, and Parkinson's have in common?

Some supplements have been studied and attituded, for so many disease conditions that we begin to think we are being sold snake oil. How could one little nutri-

ent be good for so many conditions? It is easy to think how suspicious that sounds if we think that nutrients work like

drugs. Drugs are very specific in their targets; they tend to focus on one primary pathway and alter it, or a similar process, and while every drug has "side effects" (these are really primary effects that we do not want), they have a narrow direction of action.

Nutrients, however, work on a completely different basis. Nutrients like the vitamin B complex activate every enzyme in the body. Naturally, then, the B complex vitamins provide a vast array of benefits in the whole body.

Coenzyme Q10 (COQ10) is one of those nutrients that confer a wide variety of benefits because it goes to the heart of the most fundamental of body processes: the production of cellular energy. As it increases cellular energy, the whole body works more efficiently.

An article in the *Pharmacist's* Letter/Prescriber's Letter (July 2004) published by Therapeutic Research Center, recently reviewed the literature regarding the benefits of COQ10. According to this journal, COQ10 (ubiquinone) is present in virtually all cells and in many parts of the cells, with the highest levels found in the heart, liver,



Carol mite

Simontacchi

kidneys, and pancreas. Most COQ10 is synthesized in the body, although a small amount is obtained from the diet.

COQ10 is an essential participant in a variety of physiological processes. For example, it is a lipid-soluble electron transporter in the mitochondrial respiratory chain and oxidative phosphorylation. It

is directly involved in the production of cellular energy (ATP). It has antioxidant properties, and may inhibit fat oxidation. It may also have membrane-stabilizing properties and inhibit inflammatory prostaglandin synthesis.

COQ10 may be helpful in treating Huntington's disease and mitochondrial diseases such as Kearns-Sayre syndrome, and

MELAS (myoclonic epilepsy with lactic acidosis and stroke-like episodes).

It may be useful in treating pediatric congestive heart failure.

As COQ10 levels are highest during the first twenty years of life and decline with age, it may be helpful to supplement with increasing age, although rodent studies have failed to show that it affects lifespan.

Migraine headaches may respond to supplemental COQ10, as some researchers believe migraine may be caused by a depletion of energy reserve related to a defect in mitochondrial metabolism. Some studies show that supplemental coenzyme Q10 can reduce migraine attacks by about a third.

Parkinson's disease treatment with

COQ10, in doses from 300 mg to 1200 mg/day, seem to slow functional decline in people with early Parkinson's disease; the effect seems to be dose dependent; in other words, the higher levels lead to better results.

Cardiovascular disease is where coenzyme research really takes off - and shines. Congestive heart failure may respond to COQ10. Some research suggests that it improves cardiac output in combination with other drugs; other research is not as clear, but clinicians believe that higher doses are required to achieve a desired beneficial effect.

Ischemia-reperfusion injury after bypass and vascular surgery may be lessened by preoperative administration of COQ10.

While COQ10 is not a panacea, it can be very helpful in helping prevent several serious medical conditions and, according to some research, helping treat cardiovascular disease. Because cholesterol and COQ10 share the same biosynthetic pathway, taking statin drugs to lower cholesterol simultaneously lowers the body's production of this important coenzyme, and it may be prudent, as a preventive measure, to supplement with additional coenzyme Q10.

For more information, contact Carol at Island Nutrition Center (472-4499)

Island Nutrition to offer organic produce

Want to eat healthy, organic produce but can't always find it? Do you ever wonder where your store-bought produce comes from, and how long it has been in transit? Would you like to buy directly from the farm, without having to go to the farmer? Locally grown organic produce, delivered fresh from the farm, will soon be available to Sanibel residents who join a local food co-op organized by the Island Nutrition Center and Worden Farm Community Supported Agriculture (CSA).

Based in Punta Gorda, Worden Farm CSA is certified by a USDA-accredited organic certification agency in Gainesville, FL. Worden Farm will offer each crop in its prime, with harvests from December through May. Produce that is "certified organic" means naturally grown without conventional pesticides or synthetic fertilizers. Worden Farm's growing season begins with a variety of greens and herbs, and progresses to include, at its height, tomatoes, peppers, and other longer-season crops.

Donna Roberts, president of ECOSanibel, met the Worden family in September when both groups were cohosting the Open Space of Democracy Tour. Roberts and other islanders had been

Organic, see right





San-Cap Christian Women's Club luncheon

The Sanibel-Captiva Christian Women's Club invites all women to their Holiday Magic Luncheon at The Dunes on thursday, Dec. 9 from 11 a.m. - 1 p.m. Featured will be Christmas crafts from

Three Crafty Ladies; Ginger Webster will speak on "Sinking in the Quicksand Can

Be Avoided" and music will be provided by Marj and Fred Nordstrom. Cost is \$16 inclusive; reservations are required by Dec. 3. Call Eva Barbour at 454.6948 or Jean Wilson at 472.2017. Uncancelled reservations must be honored and paid for.

Organic, from left

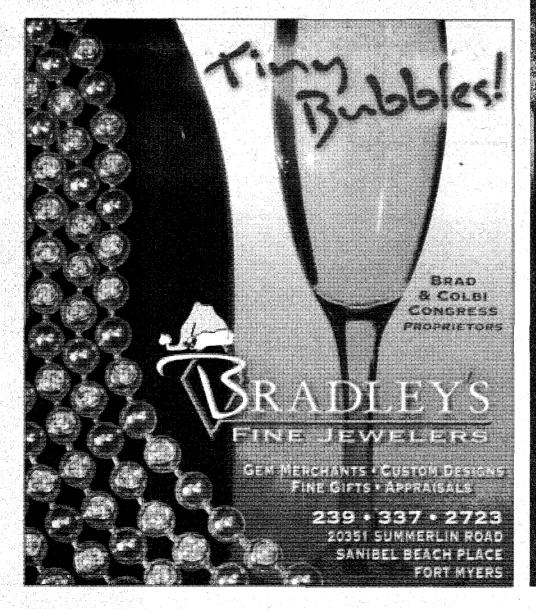
searching for an organic farm to collectively support, and were thrilled to learn that the Wordens would deliver to Sanibel. When the Island Nutrition Center agreed to serve as the local coordination point, the dream of a reliable source for fresh, organic, locally grown produce became a reality. "I was a member of a CSA co-op when I lived in Montreal," Roberts said. "It was a great experience. We are grateful to Carol Simontacchi for taking on the role of local coordinator. She is a tremendous resource in our community."

There is still time to join the co-op, according to Carol Simontacchi, owner of the Island Nutrition Center. Members purchase a "share" in the season's crops and the produce is delivered weekly (Thursday mornings for Sanibel) in boxes sufficient to feed two - four people. Each week, the box typically includes salad greens (lettuce, arugula, mizuna), cooking greens such as kale, collards, and cabbage, root crops and culinary herbs, and fruit crops in season. Membership benefits include a handbook, a weekly farm letter with recipes, free farm tours and discounts on gardening workshops at the farm. "To me, the best part is not only eating healthy food produced in a healthy manner, but also not knowing exactly what will arrive each week," Simontacchi said. "It can make menu planning an adventure." Membership is available in two cate-

Membership is available in two categories: full season (24 weeks, December-May) for \$800, which equates to \$33/week, or half season (12 weeks, February-April) for \$425, which is \$35/week. Membership is payable in full on signing up. Since the weekly produce box feeds two to four, Simontacchi said she has a number of people interested in sharing the produce, along with the cost of membership.

Earth Charter of Sanibel will host a holiday dinner party for its members on Sunday, Dec. 12, serving foodstuffs from Worden Farm. The Wordens, as well as Simontacchi, will be on hand to discuss the benefits of eating organic and supporting local farmers.

For information on the food co-op and membership application forms, visit the Island Nutrition Center. For information on ECOSanibel membership and the dinner party, call Donna Roberts at 810-0241.



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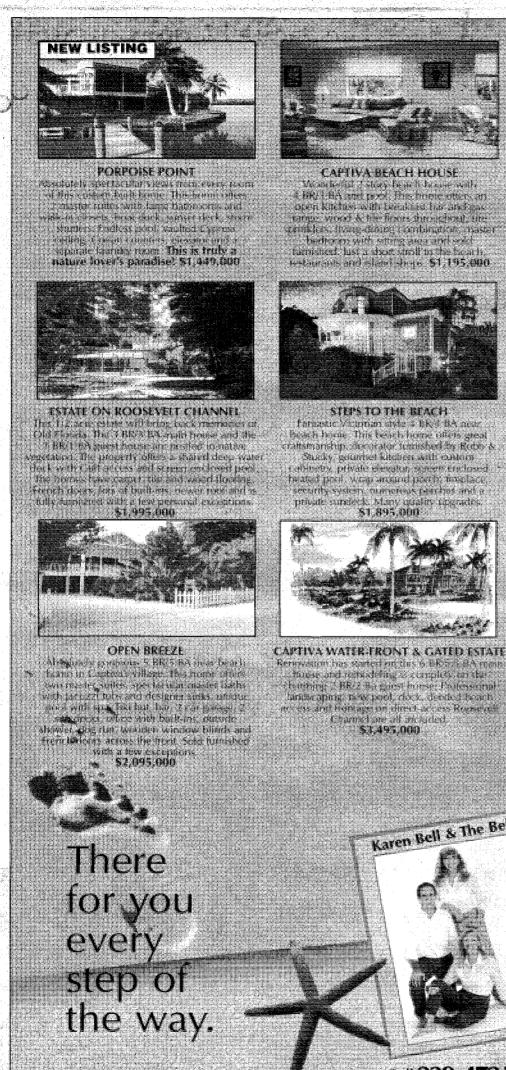
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Islander • Week of December 3 - 9, 2004 • 19

causeway was built, and take the raw honey back to LaBelle. In those days, the company was named after its founder, and called George E. Curtis and Sons.

If you are wondering why a company based in Labelle would gather honey almost 50 miles away on Sanibel, the answer lies in the type of honey being made and gathered. The bees will make honey from whatever nectar is available to them wherever their hives are located. The Curtis family was already extracting and bottling orange blossom honey gathered closer to home; but in order to have the bees make more exotic honeys, such as wildflower, mangrove, or seagrape honey, the beehives needed to be placed in an area where such vegetation is plentiful. The barrier islands of Southwest Florida were a natural choice.

On a recent visit to the LaBelle facility, I was fortunate to find Harold Curtis, who now lives and maintains hives in Graham, North Carolina, visiting his daughter Rene, who now gathers all the honey from Sanibel with her uncle, Elliot Curtis. Harold had quite a few memories of his family's earliest Sanibel honey days. He said, "We could have gone to Pine Island for the seagrape and mangrove honey, but there was some other guy already doing that from over near Port Charlotte. So by a kind of gentleman's agreement, we took Sanibel, and at that time, also Boca Grande, so as not to step on another man's toes."

The Curtis family's original agreement on Sanibel was with the Baileys, and Harold and Rene both thought the original placement of the Sanibel hives was probably on land owned by them, though neither could swear to it after so many years. Harold explained, "If it hadn't been for the Baileys, we wouldn't still be gathering honey on Sanibel. They really believed in the honeybees for pollination of all the native plants, and they were right." He then continued, "Everything was very relaxed then. We even moved the bees, when we had to, right on the ferry and nobody minded. At one time we had hives in 22 locations on Sanibel, including quite a few for awhile at "Ding" Darling. Now there are only four spots left."

The procedure for gathering honey has several involved steps, and demands accurate knowledge of not only the honeybee's habits, but also of the seasonal cycles of native and exotic plants in a given area. If you want seagrape honey, for instance, you must place the beehives in an area where and when you know that the seagrape trees will come into bloom. The queen bee automatically starts laying many more eggs, sometimes up to 2,000 a day while a given plant species is in full bloom and the nectar is at full flow. And all of those honeybees will be gathering nectar and making honey until the bloom season ends.

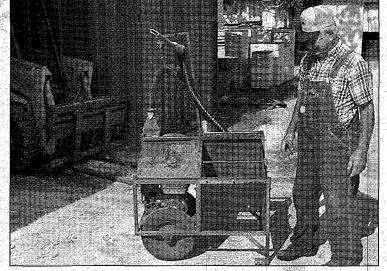
Honeybees will continue honey production, with almost machine-like precision, until a chosen nectar site dries up, or a better one is found. It is this "workaholic" trait of the honeybee that led to humans gathering its surplus honey. It is up to the beekeeper to know when there are enough bees producing enough honey to warrant placing additional boxes for honey storage, called "supers," on top of the hive.

When you see beehives in a wild location, during a nectar flow, it is not unusual to see them with the boxes or supers stacked six or more high. The first one, on the very bottom, is the actual hive, and is called the brood chamber. This is separated from all other chambers or supers by a flat barrier called the queen excluder, which has an opening for all the bees to pass through except the queen, who is too large. This prohibits her from indiscriminately laying eggs in the supers used for gathering the honey. The second one, or even two

chambers, will be for the storage of the honey that the bees actually live on. Everything above those food chambers

the honey.

are the supers filled with removable racks, called frames, on which the bees continue



Photos by Laura Nickerson Harold Curtis and the smoker, used when harvesting

age of the to build their honeycombs and fill them with nectar that they have converted to honey. As long as the nectar lasts, more new bees will keep making more honey.

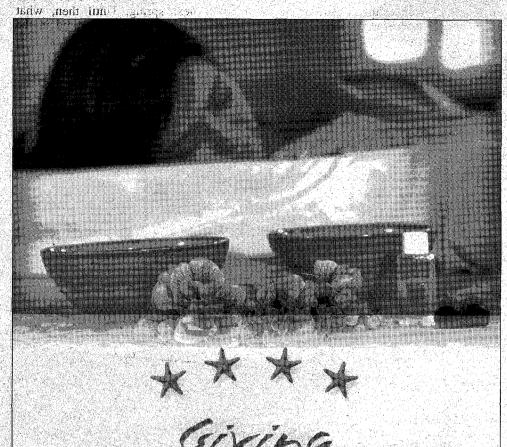
The beekeeper must remove these





Honey, from page 19

upper supers when they are full of honey, and then extract that honey at a location set up for the purpose. He has to blow or smoke the bees out of the frames with a machine, so that the frames can be moved. Those bees return to the hive. At the same time, he must replace the supers he took off, with the appropriate number of empties, based on how much longer he feels the bloom time of the given species will



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*Free with White Sands, Gentleman's or Retreat Package. Holiday offer valid through 12/31/04. Web or mail orders placed after 12/17/04 are not guaranteed for arrival by 12/25/04. last, and juggle that with how many bees are working the hive. The queen will again automatically know when a flow is ending, and slow down, or even cease producing eggs in direct relationship to how much nectar will be available. The beekeeper can then move the hives to a location nearer a new nectar source that he wants the bees to gather, or leave them where they are, if another plant with desirable nectar will be coming into bloom there.

At the extraction location, the collected frames full of honeycomb and honey are "uncapped," as the beekeepers say, because the bees have literally capped off each frame with wax. The frames are then run along a conveyor belt that helps to start the honey dripping from the comb. Next, each frame is loaded, fan style, into a large centrifuge, called the extractor, which looks like a big stainless steel washing machine. Its motion causes the honey to be flung to the outer walls of the machine, by centrifugal force, and then to drip to the bottom. It is then piped into a large settling tank, where any wax particles are screened out. Finally the honey is poured into 55 gallon drums for storage, or into large stainless steel vats with spigots for hand bottling.

On Sanibel, seagrape honey was gathered in June and early July. Mangrove honey is just finishing up now, being gathered in July and early August. After that comes wildflower honey. Rene Curtis let me know that the wildflower honey is a mix from many different plants and places, and is no longer a strictly Sanibel product, though it is always gathered here in Southwest Floridas

"When the Brazilian pepper trees, which were a huge source for the wildflower honey, were eradicated from the island," she said, "we were forced to gather the honey from a variety of plants at many locations and blend it, in order to be able to gather enough to meet the demand, and still make a true quality wildflower honey." Generally the wildflower mix produces a dark, rich, and complex honey with hints of fruits and flowers.

The only time the bees on Sanibel get a vacation is in December, when no major species used for honey production are blooming. In the early spring, the cycle begins again, with orange blossom honey, which is light and perfumed, then saw palmetto, which is deeper, with a slightly herbal quality, indicative, perhaps, of its medicinal use for men in the maintenance of a healthy prostate gland. Then back to seagrape, which is also a light honey, and slightly tart. The making of the mangrove honey in deep summer, is entirely dependent on nature and the elements. Although the mangroves only grow with their roots in the salty water, it must rain enough to wash the salt water from their blossoms, or the bees will not gather the nectar at bloom time. Mangrove honey is dark and rich, tasting somewhat earthy and elemental, in the same manner as wild mushrooms or wild game.

Honeybees have a highly complex and organized society and an amazing intelligence system that includes bodily produced chemicals called pheramones, foraging techniques by a designated scout bee, and something called "the dance language," which is a very sophisticated preordained series of movements performed by the scout on a comb just inside the hive. The movements not only alert the other bees to a new source of nectar, pollen, or water, but measure accurately both the quality of this new source, and its distance from the hive.

Nectar, pollen, and water are the only things honeybees need from outside the hive. Everything else they produce themselves, and all survival skills are encoded and inherited, including decisions for the sex of each and every bee, the eggs for which a hive's one queen will fertilize individually, according to the hive's needs.

Many volumes have been written regarding the fascinating subject of honeybees, covering every angle, including beekeeping, which at its best, appears to be both a science and an art. The Harold P. Curtis Honey Company is accomplished in both camps, not only securing rare, tropical island honeys in a scientific and sanitary manner, but also producing or carrying many fine and creative products made with honey or its derivatives. Beeswax soap and candles, dressings and marinades, filled fruit and honey candies and many sizes and types of bottled honey are among the items available at their shop in LaBelle.

A day trip to this sleepy little village that is still very much an Old Florida style town, deserves a stop at the Curtis' shop on Bridge Street, or Route 29, just a quick block north off Highway 80. Call them at 863/675-2187. If you are loathe to leave Sanibel, honey from Harold P. Curtis Honey Company is available on island at Bailey's General Store, Jerry's Supermarket and the Bait Box. Rene Curtis mentioned that honey will

Rene Curtis mentioned that honey will crystallize in varying temperatures, and for some reason, the mangrove and seagrape honeys do this rather quickly, due to their natural fructose content. She told me, "Crystallization in no way affects the quality of the honey and all honey will do this over time." To liquify honey that has crystallized, she advised, "Leave it out in the sun and it will be liquid again in a few hours. Or, place the bottle in a pan of warm water, and let the honey melt back naturally." Rene added that you could also use your microwave, but if you are using honey for medicinal purposes, this might be too severe a temperature change for the medicinal benefits to remain intact, and could also scorch the honey.

Honey is considered one of nature's most perfect foods, being already broken down into a healthier form of natural sugar that the body can use more easily than processed sugars. It is also loaded with vitamins and minerals and is therefore a healthier choice than other sweeteners. Honey can be used in any recipe that calls for sugar, with minor liquid adjustments. Here are two of the Curtis family's simple honey recipes.

Quick Honey Salad Dressing

1/3 cup honey

- 1/3 cup vinegar, lemon, or lime juice 1/3 cup good salad oil, such as canola, or light virgin olive
- Mix ingredients together and shake well. Store in refrigerator.

Honey, from page 20

Chicken a la Honey

- 2 cut up frying chickens 1/2 cup honey combined with
- 1/4 cup keylime juice.

Place chicken single layer in baking pan. Using half the honey, and all the juice, pour honey mixture over chicken, then cover pan with foil. Bake at 350° for 1 hour. Remove foil and baste with pan juices. Return to oven uncovered

for up to 1/2 hour, pouring rest of honey over top of chicken.

Post Hurricane Charley update:

On August 10 of this year, when news of hurricane Charley's impending arrival began to be worrisome, Rene Curtis, her brother, and her uncle Elliot began to move the bees off-island, fearing a total loss if they didn't. "It took us three days to move the bees by truck back to LaBelle.' she said. "By the time we finished up, the

islands were like a ghost town. Almost no one was left. Wouldn't you know it, our truck blew a tire right at that moment." Rene continued, "My brother found someone to help and we were able to put on a new tire and get off the island in time. My uncle left a few hives there, but they were positioned at mid-island and away from the shore. The hives were still there afterwards, but the bees were gone.'

Although the Curtis family did not sustain many actual losses to their bees or

hives, the aftermath of Charley has insured a terribly limited Fall honey production schedule. "The wind blew all the blossoms right out of the trees, so our production is down by 75%. The next good crop of honey we're hoping for will be the orange blossom next spring. Until then, what we've got in the shop and stored in the vats, is all we've got.'

This story originally appeared in the Aug. 13 Islander.



Holiday fun at BIG ARTS

Hirdie Girdie Gallery is opening for

Sanibel's

Best Happy Hou

4 · 7 p.m. Minhibe

Save the date and join the fun! Get in the holiday mood with BIG ARTS popular favorite, light music and family concert, Tuesday, December 14 at 7:30 p.m. The Chorus, conducted by Carol Gnat, and The Band, under the direction of Don Knowland, will present a

the secon on Dec. 6.

2 for 1 Drinks

Call & Well Liquer, Draft & Bottle Beer, Select House Wine

program of holiday music, popular marches, and a sing-a -long.

Refreshments will be offered following the concert. Tickets are available for \$5, children, 12 and under, free of charge. Call BIG ARTS, 900 Dunlop Road. 395-0900.

Visiting Artists at BIG ARTS

BIG ARTS is pleased to announce three special workshops in the month of December. One may be just the right gift for the artist on your holiday gift list! Register early to guarantee a spot.

Raku with Tim Smith

 Saturday, Dec. 4, 10 a.m. - 3 p.m. - one day. Cost: \$75 + bisque

werk In this "hands on" workshop, students will experience the Japanese an of Raku. Each student will choose, glaze and fire a piece during class. The workshop will begin with a discussion of the history. techniques, tools and equipment of this ancient art form.

Monoprinting with Cathy Taylor

 Friday - Saturday Dec. Cost: two-day class:

Explore your creative potential with the spontaneous art process of monotype. A fun, extremely productive workshop for beginners and advanced

The Schoolhouse

Theater

Christmas on Sanibe

Yele Loye h.

<u>December 2 finu 31</u>

Just arrow the "Sonta Bell Clauseway" or Principle yes will celebrate the rollidays like you never have belone? ome join us as we ring in the bolidays with loy, Love, and of example Laughter. Christmas on Sambel will become a traffic traffic yes will keek betward to year after year. Cir, and kills.

There will every be a great appearance by the Figurity himself

For More Info or Tickets

Call 472-6869

Please visit us at our website www.theschoolhousetheater.com

Nov Elavine



printmaking will focus on methods and techniques for producing high quality prints without a press.

Helen Baller Tuesday, Dec. 14, 9

a.m. - 4 p.m. Cost: oneday class: 565

In just one day make a treasured heirloom basket under the expert guidance of Helen in her studio. This workshop is always extremely popular and limit-ed in size. Please register early to secure your spot!

In addition to the special workshops listed here, BIG ARTS offers a large variety of weekly courses and discussion groups as well as world famous entertainers, well-known speakers, internationally recognized films and spectacular visual arts exhibits. Call 395-0900, or visit

BIG ARTS Center, 900 Dunlop

Tickets make

great Gifts!

the Community Center will be host to Natalic Guess, a batik artist who Baskets with Helen with will speak and demonstrate her art. An artist who loves

working patiently with her hands, Natalie Guess is a natural for the rare art form known as batik. Originating in Egypt and found in pyramidal tombs. it is an art form most popular in Indonesia, Africa and Sri Lanka, today. The word "batik" means wax True batik writing." involves the painting of hot clear wax on the silk or cotton fabric to resist the dyes of color that the fabric is dipped in. This is done one color at a time until the work of art is finished. 'The "crackle" or "webbing" effect is created by crunching the waxed fabric in the hands prior to putting it in the dye. Natalie is one of a small

Art League meeting on Thursday, Dec. 9 at 1:30 at

The Sanibel-Captiva number of professional fine batik artists across the United States. She has worked in this medium for more than 25 years and finds that the possibilities are exciting and endless, She appreciates the natural environment of Florida and reflects this in her work. Her particular attention to shadows gives her pieces a drama and depth that renders itself especially striking in the batik medium. It has a look unlike any other an form.

Sanibel-Captiva Art League

An award winning artist, her work is included in many collections among them, Lee Memorial Health Park and the VanLiebig Art Center in Naples. Her work may be purchased at the Guess-Fisher Gallery in Naples.

An all member exhibit will be at the Sanibel Library in December with receiving on December 6 from 9 to 11 a.m. The showing will end January 3.

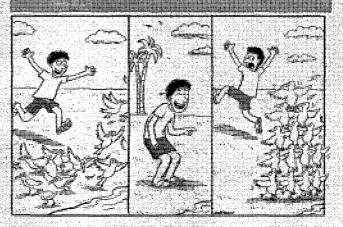




San-Cap Art League paint-outs

- The next San Cap Art League paint will be on Thorsday, Dec. 9 at the Sanibel Library. All artists are
- invited to join these informal paint-outs at 9 a.m. They are followed by a casual discussion during build Bring a sandwich and have some creative inn Upcoming paint-outs will be at

- Dec In-
- Sambel Lighthouse area Santhel Lighthouse area Dec XX
- Der: Sti ten n. I Stell Bont, East Meets





10-11, 10 a.m. - 4 p.m. \$106 Road. Sanibel f 0 f more info.

art students, monotype Clockwise from right: Tim Smith, Helen Baller and Cathy Taylor.

CENTER STAGE -**Great fun at Florida Rep**

And it came to pass that a light in the East (NYC to be exact) guided three wise men -– James Hindman, Ray Roderick and John Glaudini — to produce A Christmas Survival Guide and relieve the

world's holiday stresses (also known as holidaze). This unusual musical revue, currently playing at the Florida Repertory Theatre 'til Dec. 19, pokes fun at virtually every holiday tradition, from office parties to department store Santas, while hinting at the real meaning of Christmas. From the opening announcement which struck fear into everyone's heart that ... "there were only 174 shopping days left until Christmas. Happy Fourth of July!" we

were off and running as the small but talented cast launched into a fast-paced hunt for some much-needed holiday cheer. With original musical numbers, such as "Everybody's Waiting for the Man with the Bag," "Reindeer Boogie," "The Christmas Party/I'd Like to Hitch a Ride' and "All those Christmas Clichés," this is one Ho! Ho! Ho! hilarious show - a really cool Yule Revue.

This intimate revue takes a twisted yet wise view of this usually stressful season. Armed with a copy of A Christmas Survival Guide, along with a positive attitude, the cast of characters searched the anxiety-ridden, urban holiday scene for the essential quality of Christmas. They went about it via musical numbers strung together with a series of comical sketches and the disembodied voice-over of Dr. Ted (Don Abbott), a vacationing psychiatrist who reads to us from his best-selling selfhelp book, A Christmas Survival Guide. Dr. Ted offered us tacky affirmations sprinkled with prudent advice on how to decorate, holiday recipes... plus wherefore and whence to shop.

The show features a quintet of outstanding performers, some of whom are familiar to Florida Rep regulars — Kevin Duda, Kelly Legarreta; others are making their Rep debuts — Tracy Ganem, Louis Goldberg (pianist), Aaron Lake, and Amiee Turner. Tracy shows off her pleasant voice in several numbers, including ... Christmas Cliches," "Christmas Eve, and "O Holy Night." Tracy has a perky wide-eyed, sweet quality and is a Marlo



Wagner

Thomas look-alike. Kelly Legarreta plays it for laughs in "This Will be the Best Christmas Ever" and was especially funny in an unusual parody of an old favorite, herein called "The 12 Steps of Christmas."

Broadway Palm Dinner Theatre audiences will recognize Aaron Lake as he offers us a number of wonderful moments throughout the show. One standout was his frazzled department store Santa who also happens to be Jewish; another was his touching rendition of "O Holy Night," which should get you straight away into the holiday mood. Kevin Duda shines in his clever version of "Silver Bells" which

features everything from a ringing cell phone to automobile horns, from ambulance sirens to jack hammers. His hilarious bit as a red latex -suited, red-caped Elvis, complete with bevy of back-up singers, shakin' to "Santa Claus is Back in Town" has to be seen to be believed. Sexy Amiee Turner turned up the heat with her hotterthan-hot song and dance version of "The Christmas Party," while her Marlene Dietrich take of "Surabaya Santa" fairly singed the beard of the fat man in the red velvet suit. Super pianoman, Louis Goldberg, got in his comedy licks with the sketches, but his big moment came when, as a sunglassed Santa's helper, he encouraged the boogying Reindeer to descend upon the audience and capture a game spectator to act as Rudolph.

With only six members in the terrific cast, Robert Caecioppo's deft direction was able to convince the audience of the crushing crowds of holiday shoppers. He also convinced us of the family's Christmas/office party-related stresses, due to his well-staged musical numbers, along with playing for and getting all the laughs in the sketches, of this off beat show. Bruce Bailey's simple but effective sets, Roberta Malcom's bright holiday attire, Jim Hunter's lighting, added much to enliven the festivities.

So go, get tickets to this fun off-the-wall show, and you'll find that you can indeed survive this Yuletide season with A Christmas Survival Guide. Don't wait for anxiety, isolation, desperation" to hit you, phone 332-4488 for your holiday fix. When you call, remind 'em Marsha sent you.

MUSIC NOTES -The Diamonds shine at Schein

As part of the BIG Arts 2004-05 Music Series sponsored by the BIG Arts' Angels and WAVV-FM101, The Diamonds, a doo-wop vocal/instrumental group, presented their '50s music to a large and enthusiastic audience in Schein Hall on Saturday, Nov. 2.

The original Diamonds began their recording career in 1956, disbanded in 1959 and reunited in 1973. After another breakup, they again reformed in 1989 to join an "oldies" rock and roll tour with other big-named '50s groups and never looked back. Members of the present Diamonds are Joe Finetti, tenor vocal and slide trombone, Jerry

Siggins (who joined in 1991), bass vocal and valve trombone, Gary Owens (a member since 1975), baritone vocal, tenor sax, flute and chief arranger for the group, and Bobby Poynton, tenor vocal and trumpet. They were accompanied by pianist, Tony Copolla, drummer, Robert Schubert, and a separate computerized track featuring guitars and strings engineered by Gary Owens. The Diamonds, a "clean-cut" white vocal group, at times singing in four-part "barber shop" style harmony, had 16 hits between 1956 and 1961 - 10 of which were covers - of songs sung by black R&B artists, a practice that stopped around 1957 when record buyers wanted the "real thing." Saturday, the group performed many of their signature hits along with seasonal Christmas music.

The first selection was a medley -"Jingle Bell Rock" and "I Saw Mommy Kissin' Santa Claus" — that featured the trombones and trumpet playing vintage rhythmic riffs behind a '50s-style honking tenor sax solo. Unfortunately, the amplified sound was loud and distorted as the speakers could not handle the volume produced by the piano, drums, computerized tracks and vocals. It is too bad, as The Diamonds are well rehearsed and professional in their presentation and display great energy and visual appeal with their showy, well tailored blue-sequined jackets and '50s choreography. The strong rhythms of the '50s rock and roll genre evoked a dancing mood and a few members of the audience left their chairs to shake, rattle and roll.



Harold Lieberman

A 1956 Diamond's hit, "Ka-King-Kong," originally recorded by Frankie Lymon and the Teenagers and similar to the old standard, "Blue Moon," was pre-sented along with "My One and Only Love" and "Why Do Fools Fall in Love?

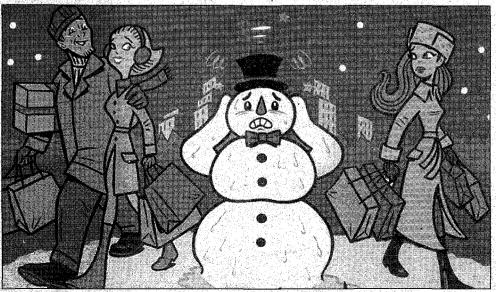
The next song was the group's original hit, "The Stroll" — a bluesy, stripper-type song that had the audience moving in their chairs and mouthing every word. A tribute to Dick Clark followed with an energetic instrumental version of his theme song, "Bandstand Boogie."

over-amplified sound. An uptempo "Church Bells May Ring" was followed by Benny Hill's TV theme song, "Yakety Sax," played by Owens and sounding very much like the song's originator, Boots Randolph. This led into a change of pace with another '50s oldie, "You Belong To Me."

Songs seemed to just flow, one to another — a tribute to Bill Haley's "Rock Around The Clock," complete with catchy Las Vegas choreography, the Big Bopper's "Chantilly Lace," a soulful ren-dition of the "Wanderer." During the rendition of Elton John's 1972 hit, "Crocodile Rock," the Diamonds encouraged audience participation as they simulated the mouths of crocodiles. Perhaps their biggest hit, "Little Darlin"" (a 1957 cover of the R&B Gladiolas) was performed as the last selection before intermission and, again, the audience responded with sheer delight. Over the years, the Diamond's record of "Little Darlin" has sold over 20 million copies.

After intermission, decked out in flashy seasonal outfits, the Diamonds Hashy seasonal outlits, the Diamonds performed mostly Christmas songs — "Silver Bells," "Let It Snow," "Rudolph The Red Nosed Reindeer," "Here Comes Santa. Claus," and "Santa Claus Is Coming To Town." Unfortunately, Sanibel's power faltered and corrupted the computerized tracks, resulting in a

Diamonds, see page 30



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After the next number, 'Radio Heroes," the group per-

formed a poignant à capella rendition of the Beach Boys! "In My Room" — a welcome change of pace from the

Crooner Paul Ventura is Sanibel's own "Blue Eyes"

Nancy

Santeusânio

When Ventura's uncle recorded Paul singing "You Are My Sunshine" at the age of six, little did be know that this young boy, who never took vocal lessons but listened to the Sinatras and the Bennetts, would soon become fas-

cinated with the Big Band style of music. One year for his birthday, Paul received fifty dollars and immediately bought The Golden Edition of the Glen Miller Orchestra. "My parents were furious at me for blowing all my money on one album."

In 1957, when Ventura graduated from Snowden Township High School in South Park, Pennsylvania, he moved to Hollywood, Florida and lived with his "Nona." There he put together a five-piece band and worked out of the Fort Lauderdale/Miami area. One evening a New York agent asked Ventura if the band would be willing to travel on the road. Excited about the offer, he

answered quickly, "Oh, yes, without a doubt." The first gig was in Schenectady, New York and from there they received bookings throughout the United States and Canada.

In 1961 Ventura was inducted into the Army and sent to Germany as part of the Signal Corps. He hated working on the teletype but luckily, before he was discharged. Ventura's musical talents were recognized and he became part of the All Army Show. As part of these shows, Ventura traveled throughout Germany and played with many big name musicians. Upon his discharge in 1963, Ventura returned to Germany as a civilian for almost four years. There he entertained in many big name European cities, working

with such celebritics as Tony Bennett and The Four Aces.

By this time, many clubs and shows were inviting Ventura to return to Florida's East Coast and he was receiving bookings from the Fountainbleau Hotel on Miami Beach and The Red Carpet, an exclusive supper club on Pompano Beach. This schedule required Ventura to work six and seven nights per week

performing in three shows daily. "I was one of the star performers with Milton Berle, Jerry Lester, Denise Darcel, George DeWitt and various celebrities. Stars waited in line to get into this 'hot spot' which was the 'in' place." Following the sale of The Red Carpet, which had

been owned by "the boys," Ventura wanted a different venue and this time chose the cruise ships out of Miami, entertaining on the Italian and Norwegian cruise lines in the late seventies. Here he worked with different celebrities including Tony Martin and Jackie Gleason. One evening, Sammy Spears, band leader for Gleason's TV show, was in the audience and right after the show Spears walked up to Ventura, shook his hand and said, "Good job, Paul." That was one memorable moment Ventura will never forget.

For a time he toured as a vocalist throughout the United States and Canada but in the late eighties, he moved back to Florida and continued singing around the hotel and big condo circuit on the East Coast. One unforgettable moment was at the Eden Roc Hotel on Miami Beach. This was a big toast for Milton Berle and Ventura was one of the acts. The big stage was as slippery as ice. At that time Ventura played the saxophone, danced and sang. He came out onto the stage, slipped, tore his suit pants, hit his saxophone and broke some of the keys. Ventura rose quickly, tried to compose himself and said. "Oh! Excuse me. I like to make a grand entrance." All the celebrities on stage were clapping and laughing and Berle thought it was one of the funniest acts he had ever seen.

One afternoon in Lima, Ohio, Ventura was rehearsing with the band and a man walked in through the front door and yelled, "Don't anyone move!" All the musicians were on stage. The drummer ducked behind his drum, the bass player behind his bass and Ventura behind the piano. The gumman shot the last fellow at the bar but luckily didn't injure him seriously. Ventura explains, "Later the gumman was caught but we played reluctantly that evening."

As part of a tour, Ventura took an unbelievable nineteen-hour train ride from Frankfort, Germany to Naples, Italy. The train was filled with people returning to Naples. They had strung up clotheslines in their compartments, washed and hung clothes, added sausages and salami to these same lines plus chickens in a cage. "You could smell the salami, the wine and the chickens throughout the train, but these were fun people who included me as part of their family," chuckles Ventura.

In the seventies, Ventura happened to be booked in Tampa, Florida in a show called *South Terrific*, a takeoff on *South Pacific*. He was singing "Some Enchanted Evening" to a very beautiful lady who was also performing in the act and before the show, he had freshened his breath with Listerine. Throughout the song, the lady —

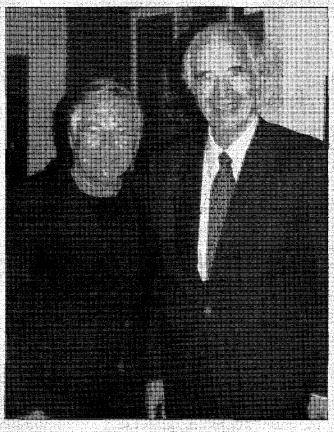
who apparently didn't like the smell of Listerine — kept giving him "dirty



Clockwise from above: Ventura performing this year at Ellington's; Ventura with jazz great Dave Brubeck at Ellington's; Ventura in 1962, in the Army; Ventura in his cruise ship days, in 1972; Ventura at age 7

looks" and Ventura said to himself, "Okay, baby, I'll fix you." Before the next show, he ate a clove of raw garlic and as he was singing right up close to her, she kept trying to breathe. At the end of the song Ventura and the beautiful lady ran offstage in different directions and she never complained about Listerine again.

Ventura made another perfect turn in his career when he came to Sanibel in 1999 and married Liliana in 2002. During the past four years he's been entertaining audiences and singing in some of the finest clubs and hotels on the West Coast. Last Christmas Day he and Liliana were invited to dinner with Dave Brubeck, renowned world famous jazz group leader, who dashed off a note, "Thank you, Paul, for all the good songs." That was as special a moment as the time Sammy Spears, Gleason's band leader, shook his hand and said, "Good job, Paul."







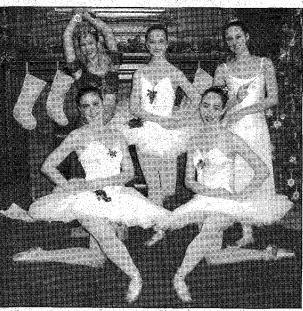
The Nutcracker returns to Sanibel

On Saturday, December 18, Schein Hall at the BIG ARTS on Sanibel will be a-glitter with The Sugar Plum Fairy, the dancing sweets, and waltz-ing flowers! Yes, it's Nutcracker time again, and the world's best-loved holiday ballet is returning to Sanibel by popular demand for the fourth consecutive year.

Gulfshore Ballet and BIG ARTS are co-sponsoring this very special holiday program as a community event. There will be both a Matinee and Evening performance to give more people the opportunity to attend. The matinee performance at 4 p.m. will be an allstudent performance. The evening performance at 7:00

p.m. will feature New York City Ballet guest dancers Ashley Bouder and Jock Soto in the roles of the Sugar Plum Fairy and her Cavalier. Both performances will be introduced by Steve Greenstein, executive director of the Sanibel-Captiva Islands Chamber of Commerce. The evening performance will be followed by a complimentary "Nutcracker Sweets" reception on the veranda.

The Nutcracker is an event to be enjoyed by the entire family and is a wonderful way to begin the holiday weekend. Ticket prices for the matinee performance are only \$10 for adults, and



this performance is FREE for all children and students. Tickets for the evening performance and "Nutcracker Sweets" reception are \$15 for adults and \$10 for students and children. We expect both performances to sell out early, so families are urged to reserve their tickets now by calling the BIG ARTS box office at 395-0900.

Gulfshore Ballet is a nonprofit educational institution providing classical ballet training and education to children in Lee, Charlotte and Collier counties. The School is located at 2155 Andrea Lane in Ft. Myers. For information, call 590-6191.

The only Nutcracker in town this season If you need your holiday Nutcracker fix, the Gulfshore Ballet Nutcracker playing at BIG ARTS will be the only production of the Nutcracker in the area - the Sarasota Ballet is not doing their Nutcracker at Barbara B. Mann this year. There will be both a matinee and evening performance this year. Tickets always sell out quickly, so be sure to call early,

Urban Cowboy Fun-raiser to benefit **Gulfshore** Ballet

Mark your calendars for Friday evening, January 21 at the Sanibel Community House. That's the time and place for "Urban Cowboy - A Boot Kickin' Island Fun-Raiser" to benefit Gulfshore Ballet.

'Most people don't know that Melinda Roy, one of the ballet school's founders, is also a Tony-nominated Broadway choreographer," said event co-chair Nanelle Wehmann. "She choreo-

graphed the musical Urban Cowboy, and is able to bring the show's stars to Sanibel for a real downhome, fun event"

"This is going to be an evening for eating barbeque and kicking your heels up," said Roy. " We'll have a deejay, I'll be teaching line dancing, and most importantly, the stars of the Broadway cast are performing the show's hit numbers.

"This is another great opportunity for our stu-dents," said Gulfshore Ballet co-founder Jan

Egeland. "They have been learning the routines and will be participating in the Urban Cowboy numbers with our guest artists.

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Priced at only \$50, tickets can be purchased by calling Nanelle Wehmann at 395-2774.

Located at 2155 Andrea Lane in Fort Myers, Gulfshore Ballet is Southwest Florida's only non-profit classical ballet school.



Myra Roberts at Arts for ACT

Sanibel artist Myra Roberts will have an exhibit, "Greetings from Florida" at the Arts for ACT Gallery at 2265 First Street in downtown Fort Myers. The opening reception will be on Friday, Dec. 3 from 7 - 10 p.m., and the show will continue until Jan. 5.

Captiva's RedFish BluFish will cater the opening reception, along with Thai Silk Café, located on First Street.

Roberts is an award-winning artist who has been featured in numerous group exhibitions and solo shows. As an accomplished portrait artist, her commissioned paintings capture the unique personality of her subjects. Painting endangered wildlife is one of her passions. A love of historical images, in particular post-World

War II Florida, provides a continual source of inspiration.

She works as a full time studio artist on Sanibel and her week in represented by the Seaweed Gallery on Sanibel and Captiva, as well as at the Arts for ACT Gallery.

Roberts describes her work as nostalgic. "I want people to have fun with my art, just like I'm having fun with my everchanging styles and venues.'

benefit Proceeds | help Abuse Counseling and Treatment, a non-profit agency established to provide shelter, 24hour hotline, counseling and education to victims of domestic violence and their families. For more info about ACT, contact Claudia at 939.2553.

Christmas Open Mic at the Bean

The Sanibel Spoken Word will continue on Friday, December 17 between the hours of 4 and 6 p.m., with a Christmas Open Mic reading at The Bean on Sanibel. Writers, residents and visitors to the islands are invited to read and listen to original and favorite selections of poetry and prose.

Open Mic readings are informal. The only requirements are that performers sign the Reader's List and limit their reading time to five minutes. If you choose not to read, you are welcome to listen. For further information, please call Joseph Pacheco, 472-1280 or the Bean, 395-1919.

BIG/small Buy It off the Wall

BIG ARTS' BIG/small BUY It off the Wall exhibit opens on December 6 in Phillips Gallery at BIG ARTS Center.

This non-juried show is open to all island and near-island artists, and will appeal to a wide spectrum of artists, collectors, and holiday shoppers. Each piece will be no larger than 10" X 14" and each time something sells it will be replaced by a new work until the show closes on December 29. Although this is a nonjuried show, BIG ARTS Visual Arts Committee maintains very high quality standards and reserves the right to accept only appropriate work. Consequently, shoppers are sure to find something to

please the most discriminating art lover on their gift list!

Meet the show's artists at the December 7 opening reception at BIG ARTS, 5:30 - 7:00 p.m. Come enjoy the fun and excitement of BIG ARTS' constantly changing art show! For more information, please call 395.0900



Basically Bluegrass

The next Basically Bluegrass Concert & Pick-in will be Sunday, Dec. 5 at the Lee Civic Center, 11831 Bayshore Road in North Fort Myers. Admission is \$5 per person; free for AMS members. Scheduled to play are Telegraph Creek,

The Hartleibs, Rebecca, Paul & Friends and Curtis Dunn. Acoustic musicians are invited to bring their instruments and join various jam sessions. Call 239.693.5743 for info.

Cuttings at Theatre Conspiracy

Theatre Conspiracy debuted the second production of its 2004-2005 season, Cuttings by Thomas M. Atkinson on Dec. 2. A finalist in the Seventh Annual New Play Contest, *Cuttings* is a circuitous recounting of a childhood accident and the long shadow it has cast on a woman's life. This production will be a regional premiere and feature a talk back session with the playwright, cast and director following the first two performances. Cuttings was originally produced at

Craft Guild call for artists

The Southwest Florida Craft Guild has issued a call for artists for the Fine Craft Market Day on Sanibel, to be held at the Community House at 2173 Periwinkle on Saturday, April 9. The event is the major Ensemble Theatre of Cincinnati, with a workshop production at Odyssey Theatre in Los Angeles. Shows will be Dec. 2 -Dec. 18 on Thursdays, Fridays and Saturdays at 8 p.m,. with matinee performances at 2 p.m. on Sundays.

Joanna Olsen, an Equity actress and resident of Fort Myers, stars. Tickets are \$16 or \$7 for students.Call Theatre Conspiracy at 936.3239. Season subscriptions and flex passes are still available.

scholarship fundraiser for students at Cypress Center for the Arts; the art program at the Sanibel School will also benefit. Entry deadline is February 14. For info, call Jerry Churchill at 472-3876.

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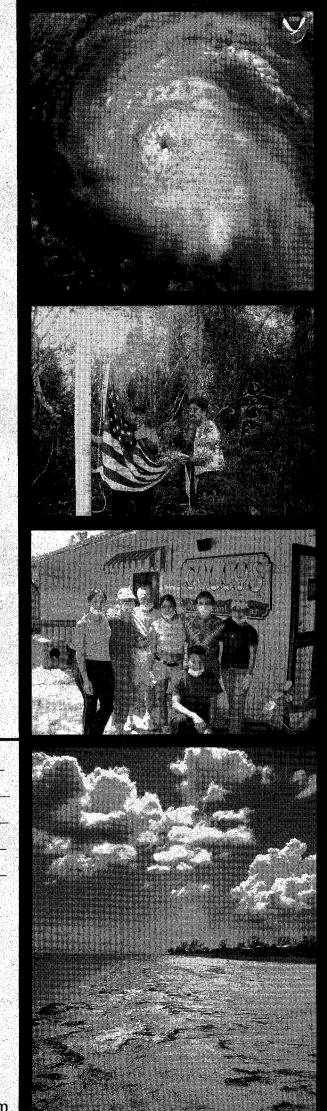
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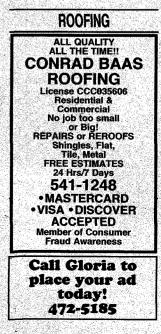
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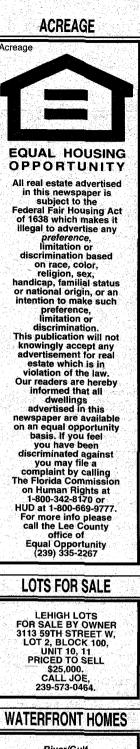
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Diamonds, from page 23

brief, musical "train wreck." But these seasoned performers took it in stride and moved on light-heartedly to the next song.

Breaking from the usual cover songs, Siggins sang an original song written by a close friend of the Diamonds titled "What Can I Give You This Christmas?" He conveyed deep emotions as his rich bass voice, coupled with just the right facial and body expressions, seemed to reach everyone in the room. More seasonal music followed with Andy Williams' "It's The Most Wonderful Time Of The Year.," Leroy Anderson's "Sleigh Ride" and Irving Berlin's classic "I'm Dreaming Of A White Christmas"

A standing ovation moved the performers to present an encore of The Righteous Brothers' 1965 hit, "You've Lost That Lovin' Feeling." This selection was, perhaps, the most inspired music heard in the two-hour concert. The dynamics and pacing of this rather somber song (unusual for an encore) reached an intense and emotional climax that was deeply felt by all.

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Congratulations to the winners!	Bev Forslund			E.
	Congratulations to the winne	rél		

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Sanibel Youth Soccer concludes best year ever

Saturday was the season-ending tournament for Sanibel Youth Soccer. Every player received a trophy, and the champion teams were awarded larger first place trophies. In the U8 division, SW Florida Dental won first place, coached by Carmen Aulino and assistant coach Mike Connor.

Max Fisher's U10 team, Bailey's General Store, took top honors for the 8- and 9-year-olds. Lazy Flamingo prevailed in the U12 division, coached by Julie Neal and assistant Bob Radigan. And in the U15 division, Sanibel Island Bookshop came out on top, with Danny Mitchell at the helm with assistants Ron Rosen and Steve Fisher.

See pictures right below.

Coaches game

Our season concluded with a coaches game, perhaps the first Sanibel Youth Soccer has ever held. Twenty parent-coaches formed two teams and battled it out on Saturday, after the trophies were handed out for the kids. Standouts included our intrepid leaders Alex Alves and Danny Mitchell, plus Steve Taub, Kirk Williams, Scott Messinger, Rob Price,

Carolyn and Kerry Cooper, Kristinn Blount, Carmen Aulino, Mike Connor, Scott Hall, Bob Radigan, Kevin Greten, Ron Rosen and Kevin Theissen.

Julie Neal played the key role of allowing the other players to be able to say that at least they weren't the worst player on the field. The yellow team, headed up by Coach Alex Alves of Congress Jewelers, beat the "skins" headed by Coach Danny Mitchell of Sanibel Island Bookshop, by a score of 4 to 2. Afterwards, everyone agreed that the kids on our teams deserved much, much, much more respect for the job they do! (And that Kirk deserved a yellow card for flattening Julie in the first half.)

Thanks

Sanibel Youth Soccer thanks everyone who helped make this season successful, even with the hurricanes that delayed our start and changed our plans. Thanks to all the coaches and board directors who volunteered their time and effort. Thanks to all the referees and concession workers, and to our generous sponsors. Thanks to everyone at the City of Sanibel for helping us set up the season. And especially thanks to the soccer players and parents for your enthusiastic support.

Results from the tournament:

Shi Qitti ya

U-8 Division
 Sanibel Print vs. Mucky Duck: Winner Mucky

Duck, Score 4 to 2

Beachview Women's Golf Results:Wednesday, M A small group of women golfers Thanksgiving preparations to g Event: Low Gross, Low Net,	lov. 24 put aside their olf on Nov. 24.
18-hole Scor Low Gross Jill Bugby 103	
Low Net Jill Bugby 76 Low Putts Barbara McGuffin 32	

• Macintosh vs. Azteć Plumbing: Winner Macintosh, Score 4 to 0

• SWFL Dental vs. Prime Financial: Winner SWFL Dental, Score 2 to 1

U-10 Division

• Billy's Rentals vs. Sandcastle: Winner Billy's, Score 8 to 1

• Bailey's vs. Sanibel Air Conditioning:

Winner Bailey's, Score 7 to 6

U-12 Division VIP Realty vs. Bank of the Islands: Winner Bank

- of the Islands, Score 10 to 4
 - U 10 4

• Lazy Flamingo vs. Sanibel Co: Winner Lazy Flamingo, Score 6 to 1

U-15 Division

 Corke Dentistry vs. Captiva Island Store: Winner Captiva Island Store, Score 10 to 0
 San. Isl. Bookshop vs. Congress Jewelers: Winner Sanibel Island Bookshop, Score 7 to 3

Final standings:

U8 Division

1st place champions SW Florida Dental

- 2nd Prime Financial
- 3rd Macintosh Books,
- 4th Aztec Plumbing
- 5th Mucky Duck
- 6th Sanibel Print and Graphics

U10 Division

1st place champions Bailey's General Store 2nd Sanibel Air Conditioning . 3rd Billy's Rentals 4th Sandcastle Construction

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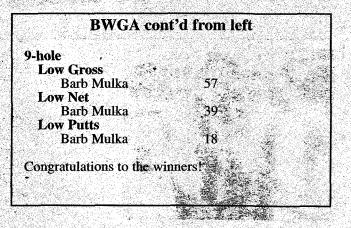
U12 Division

1st place champions Lazy Flamingo 2nd The Sanibel Company 3rd Bank of the Islands 4th VIP Realty

U15 Division

Ist place champions Sanibel Island Bookshop 2nd Congress Jewelers 3rd Captiva Island Store

4th Corke Dentistry





- C Flight: A) Hanser and Al Lane
- D Flight: Ken Steele and Rob Cutler



from fundraiser to "fun-raiser"



Above: Lazy Flamingo won 1st place in the U12 division. Front: Amber Falde; 2nd row, 1 to 7: Georgia Price, Jocelyn Harder, Julia Leal. 3rd row, 1 to r: Kirsten Harlow, Sander Put-Tolman, Collin Harlow, Caitlin Radigan, Hayden Cummins, Michael lurn

Left: Head coach Danny Mitchell hands out 1st place trophics to his champion U15 playe ta

