

YOUR SANIBEL

April 2017

Are You Murdering Your Palms?

by Jim McCallion

Are you a palm murderer? Maybe you're just an accomplice or possibly guilty of palm-slaughter? Could you be slowly, excruciatingly, yet unknowingly killing your valuable palms?

These iconic trees are the first plants most folks envision when thinking of our islands. Fort Myers is even nicknamed the City of Palms. Coconut Palms are so important to our landscape that the City of Sanibel grants them a rare exception to our strict native plant ordinance.

Healthy, mature palms add value to our real estate. Almost everyone moving to Sanibel or Captiva wants to have tropical palms in their yard! But most of us are from "Up North" and have no idea how to care for these stately plants. And improper care is causing an epidemic of sick and dying trees on our island.

How? By continually over-pruning palms, you cause irreparable damage.

Surprisingly, most palms do not require any pruning. In fact, you should only prune green fronds when they endanger people or buildings. But lawn care crews routinely turn your beautiful palms into feather-dusters, making yards

look silly and causing serious harm to valuable trees. Because palms are slow growing, this damage can take years to show.

Why? Lawn care companies think over-pruning is what YOU want. It also means less work for them as drastic pruning means less frequent trimming.

Most lawn crews have no idea how to care for palms. They come in with power trimmers and hack plants into shape. While most of your landscape tolerates this, palms cannot.

Palm trees, unlike ordinary trees, do not have extensive root systems. They can

CONTINUED ON PAGE 5



Drastic over-pruning is damaging these hardy cabbage palms - see the shortened fronds and pinching trunks.

SANIBEL EVENTS



SCCF Beer in the Buses

April 15, 2017

6:00 p.m. - 10:00 p.m.

SCCF Nature Center



See The Full Sanibel Event Calendar on Page 4

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Recently Sold on Sanibel and Captiva Islands

We've compiled a list of every property that has sold on Sanibel and Captiva Island over the past two months. Turn to page 2 to see what homes sold during the months of January and February, 2017. We also list how quickly each home sold, and the

final closing price of each transaction. If you're thinking of selling your Sanibel home, these details can help you better understand the current real estate market here on the islands. ■

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HOUSES SOLD

Island Sales - January & February

CAPTIVA ISLAND

	Subdivision	Address	Beds	Baths	Sq.Ft.	DOM	Close Date	List Price	Sold Price
CONDOS	BAYSIDE VILLAS	5228 Bayside Villas #5228	1	2	684	114	02/27/2017	335,000	320,000
	BAYSIDE VILLAS	5316 Bayside Villas #5316	3	3	1452	428	02/22/2017	599,000	590,000
	BAYSIDE VILLAS	4214 Bayside Villas #4214	1	2	684	165	01/18/2017	317,500	315,000
	BEACH COTTAGES	1406 Beach Cottages #1406	3	2	825	0	01/19/2017	995,000	995,000
	BEACH VILLAS	2322 Beach Villas #2322	1	1	687	828	02/03/2017	499,000	480,000
	TENNIS VILLAS	3121 Tennis Villas #3121	1	1	586	29	02/02/2017	255,000	253,000
SINGLE FAMILY	CAPTIVA BEACH	11537 Laika Ln	4	3	2010	329	02/24/2017	1,549,000	1,475,000
	FA LANES BAYVIEW	11524 Andy Rosse Ln	5	5	4200	199	02/13/2017	2,695,000	2,250,000
	FA LANES BAYVIEW	11536 Andy Rosse Ln	3	3	2962	24	01/06/2017	1,775,000	1,675,000

SANIBEL ISLAND - EAST

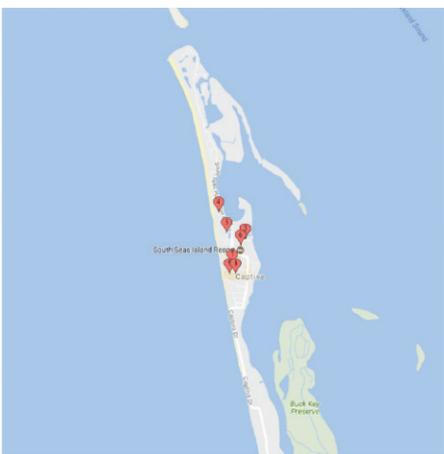
	Subdivision	Address	Beds	Baths	Sq.Ft.	DOM	Close Date	List Price	Sold Price
CONDOS	COQUINA BEACH CONDO	629 Nerita St #4C	2	2	1079	317	01/27/2017	449,900	430,000
	LOGGERHEAD CAY	979 E Gulf Dr #234	2	2	1235	58	02/23/2017	579,000	537,000
	LOGGERHEAD CAY	979 E Gulf Dr #181	2	2	1184	72	02/15/2017	699,000	689,000
	LOGGERHEAD CAY	979 E Gulf Dr #574	2	2	1235	296	01/04/2017	569,000	542,000
	MARINER POINTE	760 Sextant Dr #622	2	2	1474	59	01/17/2017	639,000	600,000
	SANIBEL ARMS WEST	827 E Gulf Dr #J6	2	2	967	182	01/25/2017	495,000	485,000
	SANIBEL SURFSIDE	610 Donax St #127	2	2	1136	29	01/11/2017	1,150,000	1,137,000
	SEAWIND	820 E Gulf Dr #A103	2	2	1288	61	01/23/2017	564,000	538,000
	SUNDIAL EAST	1401 Middle Gulf Dr #L402	2	2	1519	91	02/28/2017	749,000	735,000
	SUNDIAL EAST	1401 Middle Gulf Dr #P-201	2	2	1516	84	01/27/2017	789,000	760,000
	SUNDIAL WEST	1501 Middle Gulf Dr #K203	2	2	1208	25	02/21/2017	879,000	859,000
	SUNSET SOUTH	1341 Middle Gulf Dr #11C	2	2	1900	49	01/27/2017	599,000	592,000
	SINGLE FAMILY	DUNES SANIBEL	8991 Mockingbird Drive	3	2	1725	45	01/09/2017	829,000
DUNES SANIBEL		1559 Sand Castle Rd	3	2	2800	16	01/04/2017	799,000	625,000
LAS CONCHAS DEL MAR		810 Elinor Way	3	2	1663	112	01/30/2017	599,000	570,000
LAS CONCHAS DEL MAR		750 Nerita St	3	2	1596	363	01/27/2017	699,000	650,000
SANIBEL ESTATES		1089 Skiff Pl	3	2	2005	24	02/28/2017	1,089,000	1,089,000
SANIBEL ESTATES		1153 Sabal St	3	2	2280	45	02/28/2017	699,000	707,000
SANIBEL ESTATES		521 Lighthouse Way	3	2	1636	103	01/23/2017	995,000	938,000
SANIBEL ISLES		1511 Angel Dr	3	3	2198	32	02/14/2017	1,250,000	1,250,000
SANIBEL ISLES		1717 Jewel Box Dr	3	3	2484	69	01/24/2017	2,100,000	2,000,000
SHELL HARBOR		775 Conch Ct	4	3	2250	56	02/16/2017	1,595,000	1,600,000
SHELL HARBOR		800 Sand Dollar Dr	3	3	2735	60	01/31/2017	1,695,000	1,625,000
WATER SHADOWS		1665 Sabal Palm Dr	3	2	2037	356	01/31/2017	1,195,000	1,050,000
WHISPERWOOD COVE		1052 Whisperwood Way	3	3	3800	128	01/27/2017	1,489,000	1,325,000
1/2 DUPLEX	DUNES SANIBEL	980 Sand Castle Rd	3	3	1734	328	02/28/2017	489,000	470,000
	DUNES SANIBEL	1411 Sandpiper Cir	2	2	1054	84	01/27/2017	439,000	430,000

SANIBEL ISLAND - MID

	Subdivision	Address	Beds	Baths	Sq.Ft.	DOM	Close Date	List Price	Sold Price
CONDOS	GOLDEN BEACH	164 Southwinds Dr #2	3	2	1518	50	01/24/2017	1,499,000	1,392,500
	GULFSIDE PLACE	1605 Middle Gulf Dr #115	2	2	1628	473	02/01/2017	1,595,000	1,400,000
	KINGS CROWN	2721 West Gulf Dr #315	2	2	1480	411	02/13/2017	899,000	790,000
	POINTE SANTO DE SANIBEL	2445 W Gulf Dr #E37	3	2	1243	21	01/20/2017	1,475,000	1,375,000
	SOMERSET AT THE REEF	3215 W Gulf Dr #302	3	2	2360	193	02/10/2017	1,650,000	1,550,000
SINGLE FAMILY	ISLAND WOODS	1851 Farm Trl	3	2	1555	123	02/27/2017	525,000	505,000
	LAKE MUREX	474 Lake Murex Cir	2	2	1272	10	01/31/2017	399,000	360,000
	LITTLE LAKE MUREX	3118 Twin Lakes Ln	3	2	1698	270	01/20/2017	599,900	550,000
	METES AND BOUNDS	3019 Poinciana Cir	5	3	3868	71	01/25/2017	950,000	890,000
	PERIWINKLE PINES1	2142 Egret Cir	3	2	1800	161	02/03/2017	499,000	485,000
	SANIBEL LAKE ESTATES	1983 Roseate Ln	2	2	1171	46	01/24/2017	539,000	505,000
	WOODRINGS	1842 Woodring Rd	3	3	2921	264	02/13/2017	1,950,000	1,700,000
MULTI FAMILY	LAGOON ESTATES	1709 Sand Pebble Way	5	3	2164	32	01/13/2017	510,000	495,000

SANIBEL ISLAND - WEST

	Subdivision	Address	Beds	Baths	Sq.Ft.	DOM	Close Date	List Price	Sold Price
CONDOS	HERON AT THE SANCTUARY II	5675 Baltusrol Ct #1B	3	2	2565	831	02/23/2017	610,000	580,000
	SANCTUARY GOLF VILLAGES I	2633 Wulfert Rd #3	2	2	2815	372	01/13/2017	650,000	625,000
SINGLE FAMILY	BELLE MEADE	9209 Kincaid Ct	3	2	1728	204	02/15/2017	479,000	439,500
	DEL SEGA	2549 Harbour Ln	3	2	2129	293	01/13/2017	749,500	726,000
	GULF RIDGE	5125 Joewood Dr	4	4	4135	145	01/19/2017	2,595,000	2,350,000
	HERONS LANDING II	5406 Osprey Ct	3	2	2771	15	02/28/2017	889,000	830,000
	METES AND BOUNDS	2401 Shop Rd	2	1	748	130	02/03/2017	278,000	205,000
	ROCKS EAST	539 East Rocks Dr	5	5	2536	62	02/28/2017	1,300,000	1,275,000
	ROCKS WEST	3941 Coquina Drive	3	2	2096	407	01/11/2017	699,000	650,000
	SANCTUARY AT WULFERT	5751 Baltusrol Ct	3	4	3165	209	01/24/2017	1,050,000	975,000
	SANIBEL RIVER ESTATES	533 Rabbit Rd	3	2	1229	158	01/20/2017	548,000	530,000
	SEASPRAY	1314 Seaspray Ln	3	3	2733	40	02/21/2017	2,700,000	2,400,000



Captiva Island



Sanibel Island

Data is taken from the Sanibel and Captiva Island MLS and represent the number of homes sold from January 1, 2017 – February 28, 2017.



The House that Stands out: A GOOD THING?

Q Dear Susan ,
My wife and I have owned our home for a number of years and have done quite the renovations to it. We are looking to move in the next few months and are a little concerned about the quality of the other homes for sale in our neighborhood. While, we have taken the liberty of updating and beautifying our home in preparation for our impending sale; I fear the conditions of other homes might affect the pricing of ours. How can I ensure that we receive the best price?

-Pete

A This is an excellent question, thank you for asking! Fortunately, this scenario is all too familiar. Firstly, I would like to commend you on updating your home. Renovations can sometimes be costly but consistent maintenance is the best way to up the

value of your home with any market. Given your efforts on your home, I can understand your concern. Here are few suggestions that might help ease your mind.

CHOOSE THE RIGHT AGENT

This is one of the most important part of selling your home in a competitive market. Be sure to choose an experienced agent that can understand, support, and work with your concerns with respect to aggressive listing tactics.

STAGE YOUR HOME

In regards to your already updated home; this will allow you to take it to the next level. While, the quality of the homes in your neighborhood should coincide with the conditions of each home, there is nothing wrong with having the best house on the block! As long as the houses in your

neighborhood are not violating any city codes, feel free to detail your home both inside and out. Buyers like to emotionally connect with a home first. For example, you can do this by creating a focal point or a theme in each room to achieve the perfect impression.

KNOW YOUR AREA

Before you put your home on the market, you should have a good knowledge of the value of the homes in your neighborhood and surrounding areas. Do your homework to ensure competitive pricing. This will help you come up with the best price as you work with your Realtor® to gain traction. It will also give you insight on the buyer's perspective so you can tailor your selling strategy to their needs.

Thank you for allowing me to answer your question, Pete. I

understand how important it is to sell your home competitively after all your hard work and I am confident you will succeed. Please, give me a call if you have any additional questions. I'm always here to help! ■



Susan McCallion

1640 Periwinkle Way,
Suite 1, Sanibel
239.472.1950

www.McCallionRealty.com

Legal Loopholes Can Cost You Thousands When Selling Your Sanibel Home

Sanibel – When you're buying or selling a home, there are many small but important legal issues that you may be unaware of that are, nevertheless, critical to understand. Residential real estate is not an uncomplicated process.

When such a major investment is transferred from one party to another, there are subtle details to take care of that can turn into major problems if not handled correctly. It is essential to understand the legal ins and outs that will properly protect you when you buy or sell a home.

There are several issues that will certainly cost you if you are not

properly informed.

In answer to this predicament, Industry Insiders have prepared a FREE special report entitled, "Legal Mistakes to Avoid When Buying or Selling a Home."

To order a FREE Special Report, visit www.SellerLegalIssues.com or to hear a brief recorded message about how to order your FREE copy of this report call toll-free 1-800-298-9845 and enter 1011. You can call any time, 24 hours a day, 7 days a week.

Get your free special report NOW to protect your investment when you buy or sell your home. ■



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YOUR SANIBEL



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Jim & Susan McCallion

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1640 Periwinkle Way,
Suite 1, Sanibel
239.472.1950

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EVENTS

what's happening on Sanibel Island



Children's Education Center Annual Spring Festival

April 15, 9:00-11:00am
Sanibel City Park

The Festival begins with a free Easter Egg Hunt by age group at 9:00am sharp. Festival fun will continue with pony rides, a bounce house, grand slide, face painting, arts and crafts, and much more. Best of all, the Easter Bunny will make an appearance at 10:15am, and will be available for free pictures! The festival will also include a silent auction with over 60 baskets to choose from.

APR
15



Island Churches and Service Times

Captiva Chapel By The Sea
Seasonal, November - April
Sunday, 11:00 am

Sanibel Community Church
Sunday
8:00 am - Traditional with Communion
9:00 am - Contemporary with Kid's Church
11:00 am - Traditional with Choir

Sanibel Congregational United Church of Christ
Sunday
7:45 am - Chapel
9:00 am - Full Service with Childcare and Sunday School
11:00 am - Full Service with Childcare

St. Michael and All Angles Episcopal Church
Saturday, 5:00 pm - Rite II
Sunday, 8:00 am - Rite I
Sunday, 10:30 am - Rite II

St. Isabel Catholic Church
Saturday, 5:00 pm
Sunday, 8:30 am & 10:00 am

APR
2-30
Island Jazz
April 2, 9, 16, 23, 30
3:00-5:00pm
BIG ARTS Boler Garden

Spend a lazy Sunday afternoon enjoying the tunes of the ever-popular Island Jazz musicians. Bring a chair and come early to enjoy this free concert in the open air.

APR
6
Sanibel School Performance
April 6, 7:00pm
BIG ARTS

Middle school students from The Sanibel School's Performing Arts class will perform selections from The Wizard of Oz. The Middle School Steel Drum Band and Elementary Choir will also perform repertoire from a variety of genres.

APR
8
Octifest 2017
Sanibel Sea School
April 8, 6:30-11:30pm
Sanibel Causeway Island A

A big-top tent on the Sanibel Causeway is the perfect setting for Sanibel Sea School's annual fundraiser. The evening includes dinner, drinks, a silent auction, stargazing and more. Proceeds help fund the Sanibel Sea School, a nonprofit dedicated to teaching children and adults about marine ecosystems.

APR
9
17th Annual SanCap Cares Island Celebration
April 9, 5:30-9:30pm
Sanctuary Golf Club

The mission of SanCap Cares is to raise money and awareness for Golisano Children's Hospital of Southwest Florida at HealthPark in Fort Myers. The "Island Celebration" evening includes a live auction, food, fellowship and fundraising for a good cause.

APR
11
Friendly Faces Luncheon
April 11, 11:30am-1:30pm
George & Wendy's Seafood Grille

On the second Tuesday of each month, F.I.S.H. of Sanibel-Captiva partners with George & Wendy's Seafood Grille to sponsor a monthly local community lunch dining experience. The event reminds us that sometimes it's the simple things in life—like a meal shared with others!

APR
22
Family Craft & Story
April 22, 10:00-10:30am
"Ding" Darling

Gather in the Educational Center for family story time. Bring your family to hear an exciting wildlife themed story with arts and crafts to follow. Everyone is welcome to join this free program.

APR
15
SCCF Beer in the Bushes
April 15, 6:00-10:00pm
SCCF Nature Center

Beer in the Bushes has become the unofficial End-of-Season Party. Enjoy craft beer tasting and food truck offerings as you stroll the grounds of SCCF's Nature Center. There will be fantastic live music and a few surprises, all of which benefits the Sanibel-Captiva Conservation Foundation.

APR
21
SCCF - Earth Day with Clyde Butcher
April 21, 2:00-3:30pm
SCCF Nature Center

There's no better place to celebrate Earth Day than our beautiful sanctuary island! And there's no better way to capture the island's wonder than through Clyde Butcher's presentation of amazing art work and wildlife photography.

For a complete list of events, visit www.YourSanibel.com

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IS APRIL TOO LATE TO SELL YOUR SANIBEL HOME?

by Susan McCallion

As we move out of “Season” on our islands, I’m often asked if it is too late to list a home for sale. Instead of just giving you my opinion, let me discuss some facts:

- **Over 60% of our total sales close May through December**
- **Average days on market does not vary much throughout the year**
- **Buyers, on average, do not get bigger discounts off-season**

Properties that are in vacation rental programs can be difficult to show to

buyers during season. This can cause them to sit on market for longer than they would off-season.

Also, my experience is buyers that view homes off-season are more serious about buying soon.

Though a bulk of our sales close in the first half of the year, missing peak season doesn’t mean your home will languish without buyers or that you will have to sell at a discount. Market strategy, exposure and proper pricing are still the key factors for selling your home. ■

About the Author: Susan McCallion Island Resident and Broker of McCallion & McCallion Realty.

Sanibel by the Numbers: Quarterly Sales, 2011 thru 2016

Quarter	% of Sales	Average Days on Market	List to Sell Price Ratio
Q1	25%	299	93%
Q2	38%	268	94%
Q3	19%	271	93%
Q4	17%	282	94%

SPOTTLIGHT



Palm Care (continued from page 1)

only reach a small amount of soil for nutrients. They have evolved an efficient recycling system, drawing nutrients out of old fronds before dropping them. When fronds are removed early, the tree cannot re-absorb the nutrients and suffers deficiencies. Over time, the tree is weakened, becomes deformed and can eventually die.

Where? Once you learn to identify the signs, you’ll see damaged trees all over the island, possibly in your own yard!

What can you do? Instruct your lawn care company to only remove dead or dangerous fronds.

WHAT ABOUT HURRICANES? THE ‘HURRICANE CUT’ IS A MYTH.

Many folks incorrectly believe that drastic pruning of palms before hurricane season makes them safer (sometimes called a ‘hurricane cut’ by yard crews). But evidence shows that this pruning has the opposite effect and actually weakens palms. Over-pruned palms are more likely to snap in storms. Plus, fronds protect the most delicate part of the tree from wind damage. Remember, most palms evolved in hurricane prone zones and have adapted to surviving storms.

MINIMIZE PALM FERTILIZER

South Florida soil lacks many of the nutrients required by exotic palm species and the application of fertilizer can be necessary for some trees. Palm fertilizer also helps trees recover from recent over-pruning, but it cannot repair long-term damage and weakness caused by ‘penciling’. However, fertilizer pollutes our water and we should minimize its use. By not over pruning, you should need less fertilizer to keep your palms healthy.

NO CLIMBING SPIKES

Never let your lawn care company use spikes to climb your palms. This common practice wounds the trunk of your tree and will NEVER heal. Palms cannot repair their trunks like normal trees. Trees should be climbed with ladders or accessed with bucket lifts.

Don’t tolerate damage to your trees. Require proper care of your palms by removing only brown or unsafe fronds and not climbing with spikes. ■

Jim McCallion, Island Resident and Broker of McCallion & McCallion.



Top: Damage to pruned palms from Hurricane Wilma. Lack of fronds may have made the palms more susceptible to wind damage.

Above: These unpruned palms only a few blocks away survived Hurricane Wilma undamaged.

Left: “Penciling” - the narrowing of the trunk is caused by over-pruning. The palm cannot repair this damage. This deformed and weakened tree needs to be replaced.

EASY HOME ORGANIZATION HACKS FOR FAMOUSLY MESSY AREAS

by Kathryn Weber

There's a lot of talk about clutter in our homes, but often what seems like clutter is

simple disorganization. Take a little time to put some systems into place, and a lot of that clutter magically disappears. Use these quick organization hacks to get

some of your home's messiest spots orderly in no time.

1. Put a wine rack the laundry room. Organize items like dusters, cleaning

gloves and flashlights by installing a vertical wine rack on the wall. It will corral those items you use frequently and keep them in easy reach.

2. Make your bed. One of the first things all new military recruits learn to do is to make their beds properly. It may sound trite, but having a made bed instantly makes the room look neater, and you feel better too.

3. Divide and conquer. Use clear plastic boxes in your drawers and on shelves to organize. For example, place shoe boxes side by side in a drawer to sort socks by color or to store camis, wristlets or scarves.

4. Tame your Tupperware. The plastic storage containers we use in the kitchen get notoriously messy. Use a clear box and store all the lids on their sides, like a file. Next, stack containers inside one another.

5. Get a utensil holder. Add a round ceramic pot to hold all the utensils you most frequently use at the stove to have them at the

ready. The rest? Put them in a drawer.

6. Organize kitchen drawers. Adding dividers to your utensil or knife drawers will help you keep them from becoming a jumbled mess.

7. Tackle bathroom counter chaos. The bathroom counter is often the scene of a beauty product explosion. Curb the chaos by adding Lazy Susan to cabinets. Put frequently used items on the first shelf in the cabinet. If all you have is space under the sink, go for a double Lazy Susan like the double under vanity Lazy Susan (available at Target.com). The top rail keeps small items from toppling over.

8. Use magazine racks. Libraries and airline clubs know that keeping papers and magazines organized keeps the whole place neat. Get a standing magazine floor rack with multiple sections to put all your reading material in one place instead of spread out on the top of tables, end tables and nightstands. ■

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Antique Style of Appliances Adds RETRO VIBE TO THE KITCHEN

by Kathryn Weber

Stainless steel is the new norm in appliances, with white running a close second. But if the ubiquitous metal look isn't your style, it might be fun to look at appliances that are either retro-looking or are genuine throwbacks. These old-fashioned appliances have some real up-to-the-minute appeal too. If you're ready to replace your appliances with something more than gray metal, maybe retro is the way to go.

THE LOOK

Appliances with an antique or retro style often merely look old, but function like appliances of today with all the same features and energy savings. A good example of this is Elmira Stove Works (www.elmirastoveworks.com). This company has been producing reproductions of your grandmother's appliances, even your great-grandmother's appliances, since 1975.

Elmira Stove Works' appliances come in two distinctive lines. One that looks turn of the 20th century is called "Antique," and one that harkens to the eras of the '40s and '50s is called "Northstar." Both come in colors reminiscent of sock hops and swing bands. Make no mistake, these only look like throwbacks, but all have the modern features like smooth top electric, gas or raised ceramic burners.

But if you want the look and the function of a genuine antique, you can still find wood-burning stoves. AGA Marvel's Heartland line of ranges has five styles of wood-burning stoves that will take you back in time in style. Visit www.agamarvel.com/heartland for more information.

THE PERFORMANCE

Maybe you're looking for a fridge that feels retro and looks cool too. Retro appliance company Big Chill (www.bigchill.com) will help you make a statement in the kitchen with a pink fridge, a gas range or a microwave that looks like it came straight out of the "The Jetsons."

If induction cooking is what you are looking for, Big Chill's new ranges feature induction cooktops combined with the homey style of a retro range. Now you can get the antique feel without sacrificing on function.

Of course, when the genuine appliance is what you're after, bonafide classic appliances can be found on eBay or on specialty websites like www.antiqueappliances.com. This website has a variety of reworked antiques that are ready to go into your kitchen today.

COLOR DISTINCTION

One of the ways in which retro appliances are set apart is by color. Appliances today are much more limited in color than they were in decades past, but that's part of what helps



them appear ageless and keeps them from looking dated.

If color is something you'd like in your appliances, but you are looking for a current style that combines colors from the past, the Big Chill's Pro line of appliances pull the best of today's appliances with the colors that will make them stand out in the kitchen.

Few retro kitchens would be right without the countertop appliances that also have a classic look. Grab an aqua stand mixer

or a pink toaster that has the aura of an antique at www.smegusa.com, or go for the real deal with a beehive style blender at www.1stopretroshop.com. But don't overlook other online retailers for retro appliances because the resurgence means you can find them at retailers like Overstock.com and Amazon. ■

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by Kathryn Weber

Just 20 years ago, the idea of telecommuting or working from home was unimaginable. Yet today, it's estimated there are more than 50 million at-home or telecommuting workers. But if you don't have an actual room for your home office, you can create one from a simple closet so being at home won't always feel like being at the office.

DIVIDE AND CONQUER

Once you've found your work closet, you'll need to decide whether to have a door on your office or not. Having a door helps you to separate your office from the rest of your home. Plus, if you have a messy desk, this enables you to just close the door on your mess. If you're a neatnik, you may want to take the door off.

Think about replacing your sliding door with a set of double hung doors. This will give you better access to your desk and to storage in your closet. Another simple and budget-friendly door fix is to install a rod of plumbing piping and hang grommet-topped panels that will enable you to close off your closet workstation.

DESK SURFACE

To create your work surface, head to your local hardware store and have a piece of laminate countertop cut to size. A 6-foot piece will cost less than \$100, or you can give yourself an upgrade with a butcher block-style wood surface for less than \$300 (www.homedepot.com). You can also go super-saver and just attach a cut-to-size piece of 3/4-inch plywood covered with a metallic contact paper in your choice of gold or stainless steel (Amazon). To attach the desktop to the wall, use a brace bar made of an inexpensive two-by-four or by using L brackets, being sure to attach to the wall studs and checking that the desk is level.



CREATE A HOME OFFICE IN A CLOSET

STORAGE

No matter whether your home office is in a bedroom or a closet, you always need storage for your work materials, such as staplers, tape dispensers and paperclips. With a countertop work surface, simply purchase rolling cabinets with drawers. Or try a file drawer cabinet on

either side of the desk if you have the room. The Stow file drawer (www.poppin.com) has a bottom drawer for files and two drawers for storage for your desk essentials and comes fully assembled and in a variety of colors.

Because you don't have room to spread out, think about using your vertical space by outfitting your desk

wall with shelving. Wire shelving is inexpensive and comes in both white and stainless versions. Of course, there's also pegboard that you can paint to match your decor and then outfit with bins and hangers to keep your office organized. Or, go for solid shelving. All types are usually available at your local home center.

LOOKS

Don't forget to make your office look stylish. Add a spot or two for inspiration such as vacation photos, artwork or fun knickknacks. Add interest by painting the back wall of the closet with a bright color or using unique wallpaper. Get work papers organized with coordinated boxes and

filing stands. Lastly, replace your closet lightbulb with a pendant lamp and funky shade for more light and a touch of pizzazz. ■

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STYLISH

Meet Your New Neighbors!

Hugh & Rachel Gloster just purchased a home in Sanibel Estates, on the east end of Sanibel.

Hi! We are Hugh, Rachel and Mack Gloster from Cincinnati, Ohio. We recently worked with Susan to sell our vacation home in Fort Myers and purchase a beautiful home here on Sanibel Island.

Like many of you, we have visited Sanibel for years and years. We even got married on the island back in 2013! As you can tell, Sanibel holds a special place in our hearts. We have always dreamed of owning a home here, and finally our dream has come true!

With many family beach walks in our future, we are excited to settle into our new home, and further immerse ourselves in the Sanibel Community.



*Sincerely,
Rachel, Baby Mack & Hugh Gloster*

For delicious, affordable wines, check out Cotes du Rhone



by Fred Tasker

Foodies who like to sip a glass of wine at each dinner, maybe even at lunch, are always seeking bargains. They can find them in the Cotes du Rhone wines of France's Southern Rhone Valley for usually under \$20.

France's Rhone river runs south from the Swiss Alps 500 miles to the Mediterranean Sea, bordered for the final 150 miles by the Rhone Valley. At the southern end lies most of the Cotes du Rhone area, which makes the tasty, wallet-friendly wines.

The Northern Rhone Valley, which is cooler, makes powerful, sometimes expensive reds, mostly from syrah; and

whites from viognier, marsanne and roussanne.

In the South, Cotes du Rhone wines are mostly blends. Red wines permit 10 grapes, including grenache, syrah, mourvedre, carignane and cinsault. Whites permit grenache blanc, roussanne, clairette, bouboulenc and picpoul.

The classic red blend is called simply GSM, for grenache, syrah and mourvedre. Borne in the Rhone, it's copied in major wine areas with similar climates around the world. California, Washington and Australia are major producers

The reds are fruity, food-friendly, medium-bodied, spicy everyday wines, sometimes called "pizza wines"

or the "anti-cabernet sauvignon" wines. Grenache adds lightness, red raspberry flavors; syrah adds darker blueberry and plum flavors and a hint of smoky bacon fat; mourvedre adds tannin and structures.

They go well with weeknight foods, both white and red meats, meatloaf, casseroles and such. And many can be bought for around \$15.

Cotes du Rhone white wines, a tiny percent of the area's production, are light and crisp, with flavors of citrus and vanilla—excellent seafood wines. ■

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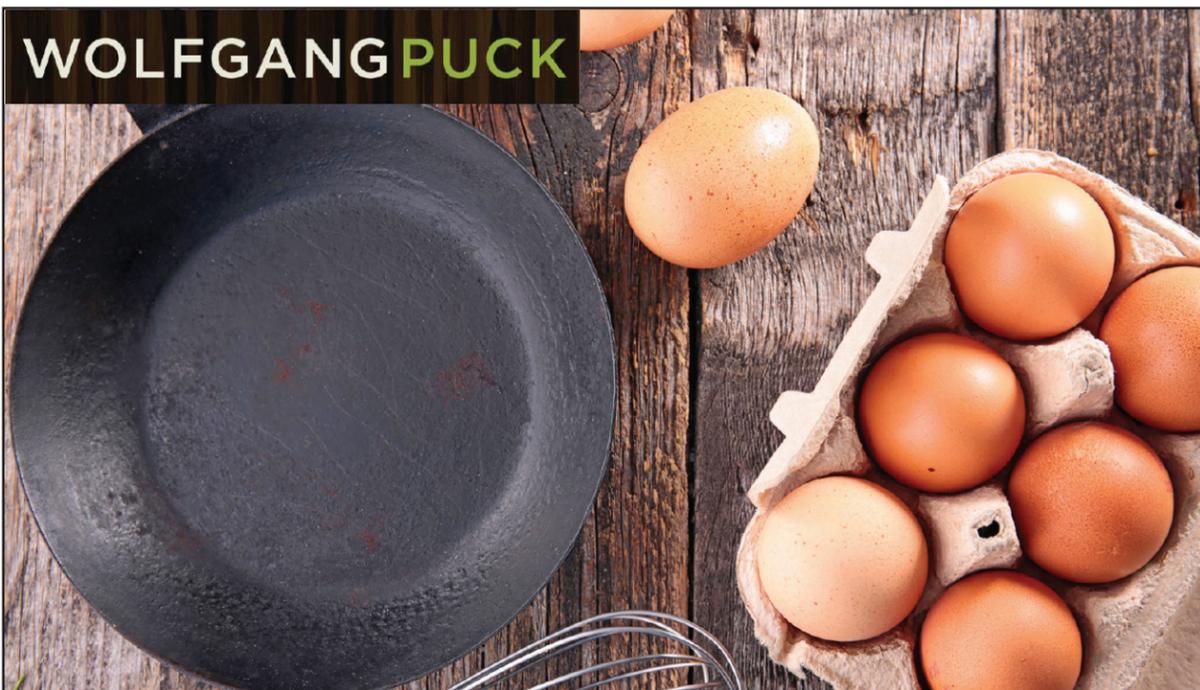
HIGHLY RECOMMENDED

- **2014 E. Guigal Cotes du Rhone Blanc** (white wine) AOC Cotes du Rhone (viognier, marsanne, roussanne grapes): floral aromas, flavors of ripe pears and minerals, heady and rich; \$13.
- **2013 Cadaretta Winery "Windthrow" red wine**, by the Middleton Family, Columbia Valley, Wash. (syrah, mourvedre, cinsault): hint of oak, aromas and flavors of black cherries, spice, vanilla and smoke, medium body; \$60.

RECOMMENDED

- **2015 E. Guigal Cotes du Rhone Rose**, AOC Cotes du Rhone (grenache, cinsault, syrah grapes): pale pink hue, floral aromas, crisp and dry, with flavors of tart strawberries and herbs; \$14.
- **2012 E. Guigal Cotes du Rhone Rose**, AOC Cotes du Rhone Rouge (red) (syrah, grenache, grenache, mourvedre grapes): aromas and flavors of black plums, herbs and chocolate, medium body, crisp; \$15.
- **2014 Adelaida Vineyards "Anna's White" blend**, Adelaida District, Paso Robles, Calif. (grenache blanc, viognier, picpoul blanc, rousanne): aromas of citrus and apricots, flavors of tart apples and limes, crisp and lively; \$35.

WOLFGANG PUCK



INGREDIENTS

- Olive oil-flavored nonstick cooking spray
- 1/2 cup (125 mL) diced red bell pepper
- 1/2 cup (125 mL) diced yellow bell pepper
- 1/2 cup (125 mL) diced green bell pepper
- 1 garlic clove, finely chopped
- 1/2 jalapeno chile, stemmed, seeded, deveined and finely chopped (optional)
- Kosher salt
- Freshly ground black pepper
- 1/2 cup (125 mL) seeded and diced tomato
- 2 large cage-free eggs
- 12 large cage-free egg whites
- 1/4 cup (60 mL) pitted Kalamata olives, sliced
- 3 ounces (185 g) thinly sliced lean cured ham, cut into thin ribbons
- 6 basil leaves, cut into fine strips

HEALTHY SPANISH-STYLE OMELET WITH BELL PEPPERS AND HAM

Preheat the oven to 400 F (200 C).

Heat an 8-inch (20-cm) oven-proof nonstick skillet over medium heat. Spray with the nonstick cooking spray. Add the peppers and sauté, stirring occasionally, until they have softened and their edges begin to turn golden, about 5 minutes. Add the garlic and jalapeno, if using, and sauté until fragrant, about 30 seconds longer. Season to taste with salt and pepper. Add the tomatoes and cook for 2 minutes longer.

Put the eggs and egg whites in a large bowl. Season to taste with salt and pepper and whisk until thoroughly blended. Add the egg mixture to the skillet with the vegetables and stir constantly over medium heat until curds start to form. Continue cooking until the mixture has begun to set but is still fairly moist.

Remove the skillet from the heat and scatter the olives and ham evenly over the top. Put the skillet in the oven and bake until the omelet is completely set but still slightly moist, about 5 minutes.

If the eggs on top still look a little underdone for your liking, switch the oven to the broil setting, or preheat a separate broiler, and pop the pan under the broiler for 1 to 2 minutes until they are set and light golden.

Set the skillet aside to let the omelet settle for about 5 minutes. Sprinkle with the basil. Cut it into wedges and serve hot, lukewarm or even cold. *Serves 4.* ■

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The Quest for Income

WHY DIVIDENDS MATTER

by Timothy P. Vick

In the face of uncertainty, corporate boards often strive to maintain their dividends in the belief that returning a portion of profits to shareholders every year not only signals their confidence in the future, but is a good use of capital. We want to remind investors how dividends play a vital role in achieving long-term return goals.



Timothy P. Vick
Senior Vice President,
Director of Research
The Sanibel Captiva
Trust Company
239.472.8300

a thick layer of protection against share-price fluctuations because dividends are paid based on the number of shares you own, not on the value of your stock at a particular point in time. Investors who may have been rattled by occasional market corrections ultimately learned that their dividend income remained intact during the correction – and their lifestyles were maintained.

IS A DIVIDEND INCOME STRATEGY STILL PRUDENT IF INTEREST RATES RISE?

Yes. Quality companies habitually raise their dividends as their profits rise – a feature that makes dividends more appealing than bonds that pay a fixed rate year after year. Investors who held certain dividend-paying blue chips for a decade or more now earn very

attractive yields off their original purchase price, as these companies were able to raise their payouts since 2005 at rates much faster than inflation. Though our recommended allocation between stocks and bonds will change over time as interest rates rise, a healthy dose of dividend paying stocks is always appropriate.

WHAT CHARACTERISTICS SHOULD INVESTORS LOOK FOR IN DIVIDEND STOCKS?

We focus most of our attention on dividend safety and dividend growth. In other words, we prefer businesses that are well capitalized (not overly burdened by debt) and have the ability to grow their dividends over time at a rate that exceeds inflation – without sacrificing the

strength of their balance sheets. We typically prefer companies with a lower current yield (3-4%) and strong dividend growth guidance over a business with a higher current yield and riskier prospects for the future.

Investors that require income from their portfolios benefit from implementing a strategy that includes dividend paying stocks. As always, we welcome the opportunity to discuss our dividend income strategies with you and answer any questions you may have. ■

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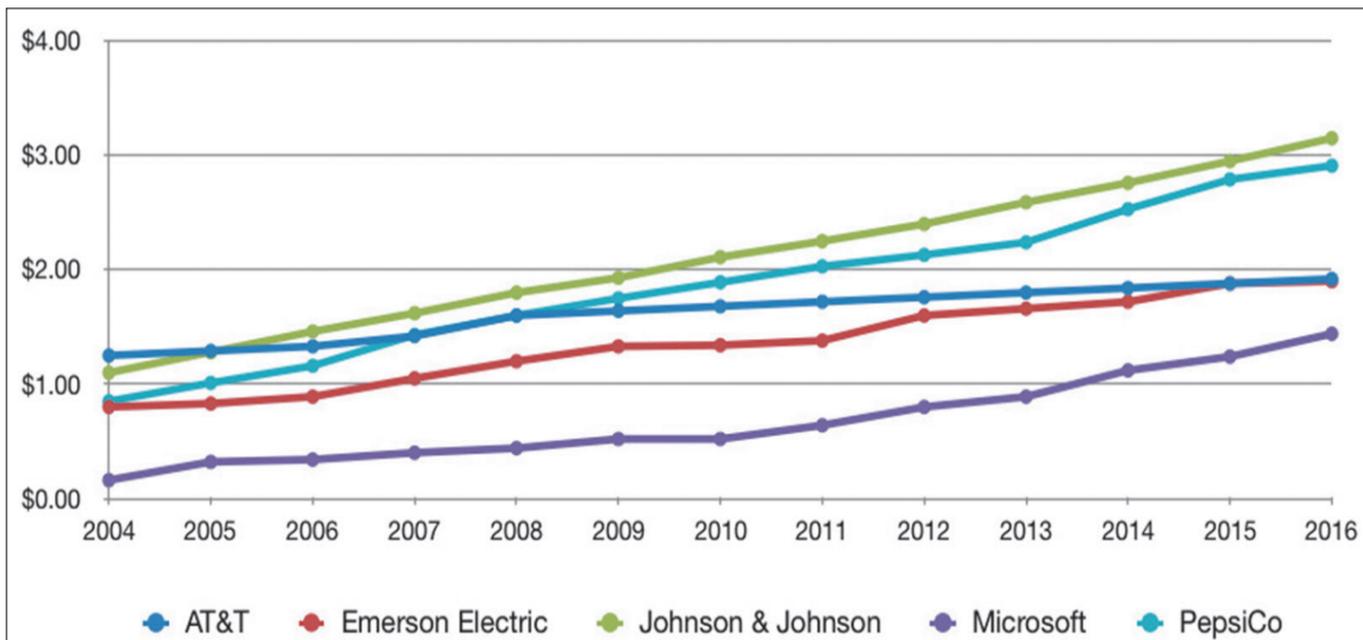
WHY ARE DIVIDENDS IMPORTANT?

Large-cap stocks today collectively pay a dividend yield much higher than bond yields – the first time that has occurred since the 1950s. For the past few years we have been building blue-chip portfolios with dividend yields averaging 4%. Dividends can provide a hefty boost to total returns and have greatly helped investors meet their total-return objectives. An investor who needs a 7% long-term return, for example, can collect 4% every year just from dividends, and thus needs only 3% yearly appreciation in the share price to meet final goals.

WHAT HAPPENS TO MY DIVIDENDS WHEN THE STOCK MARKET IS VOLATILE AND PRICES FALL?

In short, nothing. This is an important point, because investors often mistakenly associate stock price declines with lower dividends. Instead, dividends often provide

Per Share Dividend Growth



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health and mental wellness

SMART STEPS TO PRESERVING BRAIN HEALTH

by BPT

Everyone knows aerobic exercise gets the heart pumping and lifting weights keeps muscles strong. But when it comes to keeping the brain healthy, most people are unsure what to do.

As you age, brain health and maintaining memory functions becomes a top concern. Turns out, these issues may begin sooner than you think.

“We tend to think about memory decline as an older person’s issue, but that’s not the case at all,” says Dr. Aimee Gould Shunney, a licensed naturopathic doctor specializing in women’s health and family medicine. “There was a study published in 2012 in the British Medical Journal that examined cognitive function in people age 45 to 70. The researchers did not expect it, but they found evidence of cognitive decline in the 45-year-old participants as well as the older participants.”

She notes there are two basic pathological processes

that cause degeneration of the brain: oxidative stress and inflammation. Basically, the standard American diet and lifestyle contribute to those processes. So who is this really an issue for? Men and women of all ages.

No matter your age, you can take charge of your brain health by following these five smart steps from Dr. Shunney:

HEALTHY EATING

“A Mediterranean-type diet that focuses on whole foods, good fats and foods high in antioxidants is a great place to start,” says Dr. Shunney.

She encourages her patients to focus on getting omega-3 fats from fish and monounsaturated fats from olives, olive oil, nuts and seeds. She also recommends increasing fruits (especially berries) and beans (they’re packed with antioxidants). What’s more, research shows a little cocoa, coffee and red wine can act as antioxidants and are beneficial in low to moderate amounts.

SUPPLEMENTS

In addition to a quality multivitamin, Dr. Shunney recommends an omega-3 supplement. “Getting enough omega-3s is one of the most important measures we can take,” she says. “DHA is the dominant omega-3 in the brain. Just like we need to make sure babies have enough DHA to grow their brain, we need to make sure older people get enough DHA to keep their brains healthy.”

She suggests Omega Memory by Nordic Naturals. It’s a DHA-dominant omega-3 formula that also includes other brain healthy ingredients: curcumin, phosphatidylcholine and huperzine A. Learn more at www.nordicnaturals.com.

REGULAR SLEEP

Poor sleep is a risk factor for cognitive decline. “Studies show both sleep deprivation and sleeping too much impact cognitive performance,” Dr. Shunney says. “A good goal is to go to bed around the same time each night, sleep for 7-8 hours, and get up around the same time every morning.”



Make memories and support brain health by spending time with friends and family.

THINKING ACTIVITIES

“I recommend anything that keeps your mind working,” says Dr. Shunney. “Activities that require things to be arranged or puzzles that have to be put together. Crossword puzzles, word games and board games are all great.”

She also notes some activities to avoid: “It’s important to limit certain activities. The constant

scanning of social media and newsfeeds eliminates creativity and keeps us on edge. Limit the time you spend doing that and instead do things that cause you to explore and think and put ideas together on your own.”

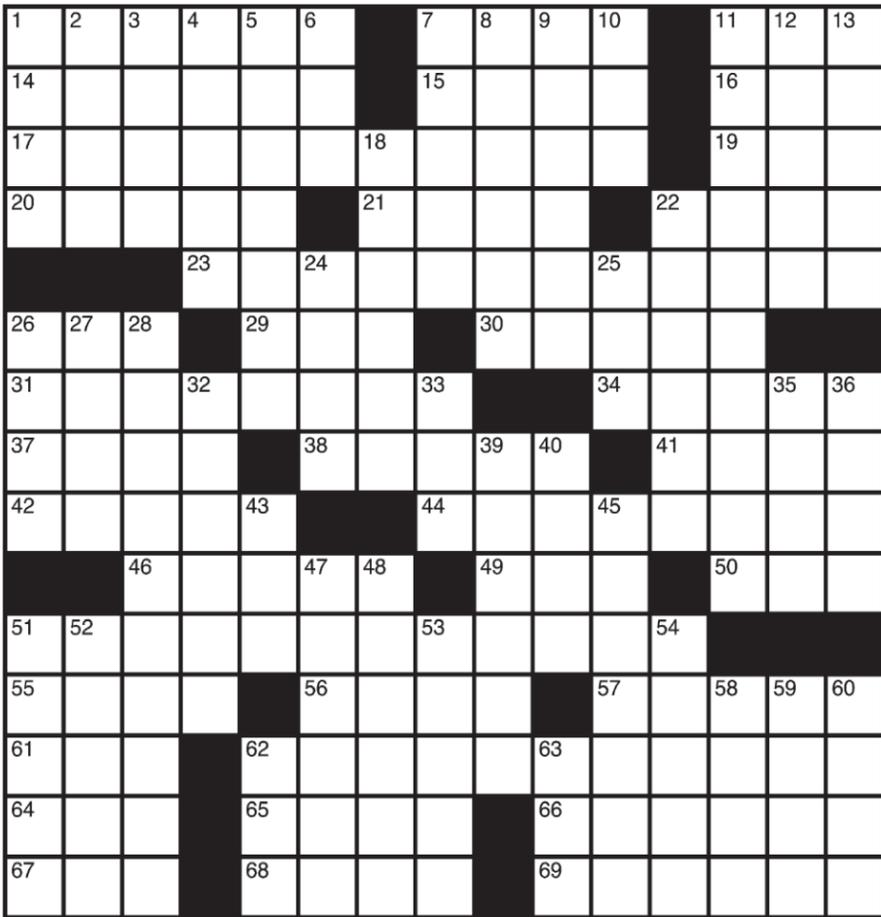
SOCIALIZE

“Social isolation has been linked with cognitive decline,” says Dr. Shunney. “In one

study, people who were lonely experienced cognitive decline at a 20 percent faster rate than people who were not lonely.”

Make time to take a foreign language class, join a Toastmaster’s Club, take a watercolor class—anything that connects you regularly to other people. ■

CROSSWORD PUZZLE



ACROSS

- 1 Bumper car, at times
- 7 Cookbook author Rombauer
- 11 Smoke
- 14 Lancelot's unrequited lover
- 15 Assam products
- 16 Barcelona bear
- 17 Equipment for picnic competitions
- 19 Grabbed a chair
- 20 Melee
- 21 Ballet bend
- 22 State with five national parks
- 23 Embryo development sites
- 26 Priestly vestment
- 29 Right Guard rival
- 30 Old anesthetic
- 31 Willy Loman, in a 1949 play
- 34 Architect Jones
- 37 McDonald's founder
- 38 Make really happy
- 41 Nobel Prize subj.
- 42 "Cheers!"
- 44 Connections traced on ancestry.com
- 46 Tiny amounts
- 49 Chill in the air
- 50 Denials

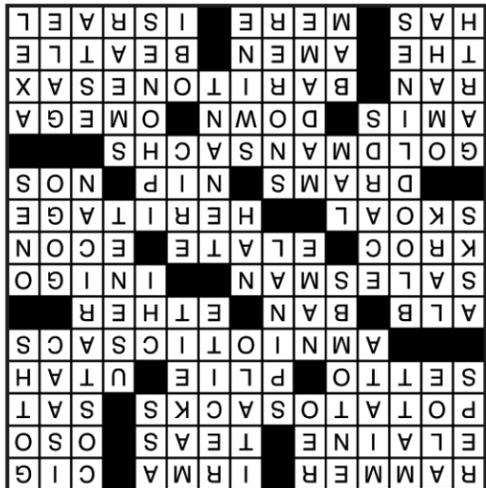
- 51 Big name on Wall Street
- 55 French friends
- 56 Elevator option
- 57 Horseshoe-shaped letter
- 61 Tried to get into an office
- 62 Lisa Simpson's instrument
- 64 With 43-Down, what a criminal might be on
- 65 Augusta National's ___ Corner
- 66 British Invasion star
- 67 Doesn't lack
- 68 Nothing more than
- 69 Its flag features a six-pointed star
- 18 "This Is ___ Tap"
- 22 Early Web forum
- 24 Title
- 25 City with two MLB teams
- 26 More than wonders
- 27 Carefree adventure
- 28 Connections traced on ancestry.com
- 32 Modern birthday greetings
- 33 "Can't help ya"
- 35 Disco adjective
- 36 Tip jar fillers
- 39 Lease signer
- 40 "The Very Hungry Caterpillar" writer Carle
- 43 See 64-Across
- 45 Galaxy alternatives
- 47 Title for Bovary
- 48 Distracting bedmate
- 51 "Party on, Wayne" speaker
- 52 City on the Missouri
- 53 Sty denizens
- 54 Ugly campaign tactic
- 58 "¿C-mo ___?"
- 59 "The Wizard of Oz" family name
- 60 Skater's maneuver
- 62 Impact sound
- 63 Geisha's sash

DOWN

- 1 Weight room count
- 2 Burn soother
- 3 Damon of "The Martian"
- 4 Mazda roadster
- 5 Inters
- 6 Classic auto
- 7 Novelist Calvino
- 8 Deliver from memory
- 9 Succeed
- 10 In the Gospels, Jesus rode into Jerusalem on one
- 11 San José denizen
- 12 First name in gravity
- 13 Some black-clad teens

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PUZZLE answers



1	7	3	4	5	6	11	12	13
9	4	6	3	2	8	1	7	5
2	5	8	7	1	9	3	4	6
3	8	5	8	7	1	9	3	4
7	9	2	6	4	3	8	5	1
8	5	8	7	1	9	3	4	6
6	1	4	5	8	2	7	9	3
5	2	7	2	3	5	4	1	9
8	6	7	2	3	4	6	3	7
4	3	9	1	6	7	5	8	2

SCRABBLE G R A M S

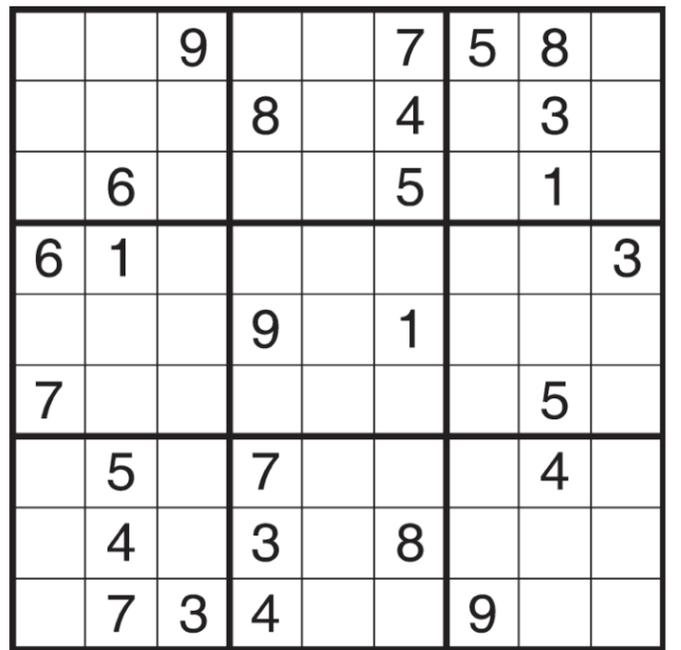
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A ₁	U ₁	U ₁	T ₁	R ₁	L ₁	B ₃	2nd Letter Double	RAK 1
A ₁	E ₁	E ₁	U ₁	T ₁	Q ₁₀	D ₂		RAK 2
U ₁	U ₁	B ₃	S ₁	N ₁	N ₁	R ₁		RAK 3
A ₁	A ₁	D ₂	K ₅	R ₁	T ₁	N ₁		RAK 4
E ₁	Y ₄	Y ₄	G ₂	R ₁	S ₁	N ₁	Triple Word Score	RAK 5

PAR SCORE 260-270
BEST SCORE 340
 FIVE RACK TOTAL
TIME LIMIT: 25 MIN
 DIRECTIONS: Make a 2- to 7-letter word from the letters in each row. Add points of each word, using scoring directions at right. Finally, 7-letter words get 50-point bonus. "Blanks" used as any letter have no point value. All the words are in the Official SCRABBLE® Players Dictionary, 5th Edition. SOLUTION TOMORROW
 For more information on tournaments and clubs, email NASPA - North American SCRABBLE Players Association info@scrabbleplayers.org. Visit our website - www.scrabbleplayers.org. For puzzle inquiries contact scrgrams@gmail.com.

Sudoku

created by Crosswords Ltd.



What Island Residents Have To Say...

★★★★★ Highly likely to recommend

07/05/2016 - Mark T.
 Purchased and Sold a Home in Sanibel, FL

- Local knowledge: ★★★★★
- Process expertise: ★★★★★
- Responsiveness: ★★★★★
- Negotiation skills: ★★★★★

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