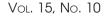
Daylight Savings Time Begins Sunday, Spring Ahead One Hour





From the Beaches to the River District downtown Fort Myers

MARCH 11, 2016

FREE

Take Me

Home

American Virtuosi Concert At The Davis Art Center



American Virtuosi will perform at the Davis Art Center on March 25 and 26

Join your friends and neighbors on Friday, March 25 and Saturday, March 26 at the Sidney & Berne Davis Art Center to experience the sounds of the esteemed American Virtuosi in concert. They will be performing prominent classics from the great masters. Cocktails will be served at 7 p.m. prior to the concert at 8 p.m. both evenings.

This season, special guest performers include violinist Erin Keefe, concertmaster of the Minnesota Orchestra, and Cynthia Phelps, principal violist of the New York Philharmonic. Returning for a seventh season, the incredibly talented American Virtuosi concert artists include some of the world's leading renowned concert musicians:





Erin Keefe

Cynthia Phelps

- Peter Winograd, first violinist, American String Quartet
- Jim Griffith, violist, Artis-Naples and CEO of the Sidney & Berne Davis Art Center
- Andrés Díaz, concert cellist/professor, Southern Methodist University
- Wendy Chen, concert pianist

Two exciting programs include the Friday night concert and the Saturday night gala fundraiser dinner and concert. The program for Friday includes Martinu's *Cello Sonata no. 2*, Mozart's *G minor viola quintet* and Dohnanyi's *Piano Quintet*, *Opus 1 no. 1*. Saturday's program features Martinu's *Madrigals*, Brahms' *Sonata movements* and Mendelssohn's *Octet*.

The Chamber Music Series is sponsored by Rob and Ruth Diefenbach.

Tickets for the American Virtuosi concert on Friday, March 25 are \$25 in advance; tables are still available. Call 333-1933 or visit www.sbdac.com for more information. The American Virtuosi will also perform on Saturday, March 26 at the American

continued on page 24



Beth Yazvac and Jim Yarnes in a scene from The Nether

A Cyber Thriller At Theatre Conspiracy

by Di Saggau

Now showing at Theatre Conspiracy is *The Nether*, a brilliant production of Jennifer Haley's deeply disturbing and very responsibly provocative play. It is not for everyone. If you are a fan of the cutting edge theater that artistic director Bill Taylor brings our way, then be sure to see it. I'm glad I did.

Alliance Outdoor Movie Night

utdoor Family Movie Nights continue with *Epic* at Alliance for the Arts on Friday, March 18 at 8 p.m. Bring your lawn chairs, coolers and blankets for A fun and endearing animated film under the stars with your family and friends. There is a \$5 suggested family donation.

Epic is the story of a teenager who finds herself transported to a deep forest setting where a battle between the forces of good and the forces of evil is taking place. She bands together with a rag-tag group of characters in order to save their world and ours.

The Outdoor Family Movie Night series concludes with *The Peanuts Movie* on Friday, April 15 at 8:15 p.m. A suggested \$5 family donation helps the Alliance continue offering affordable family programming. Support for Family Movie Nights is generously provided by DinoLingo.com, language learning programs for children; Pediatric Dentistry of Fort Myers-Dr. Tim Verwest; CopyLady; Riverside Realty; and Staging Matters.

For more information, call 939-2787 or go to www.artinlee.org



Epic will show on Friday, March 18 at Alliance for the Arts

2 | THE RIVER - MARCH 11, 2016

Historic Downtown Fort Myers, Then And Now:

Stewart's Ready To Relocate



by Gerri Reaves, PhD

When this 1949 photograph of the Roberts Building was taken, big changes on Main Street were on the way. The 1890s structure built by pioneer Carl F. Roberts would soon be demolished, and several businesses, such as Stewart's Drug Store (center), would be affected.

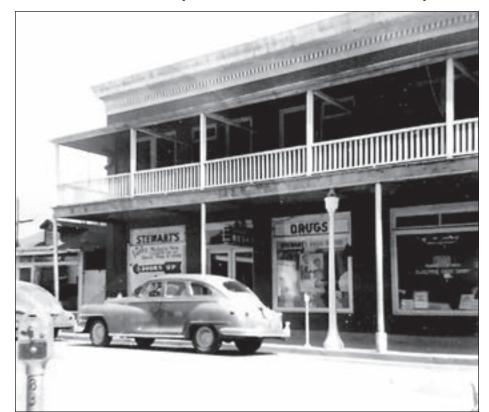
(Note that another "Roberts Building" once stood on the southeast corner of First and Lee. It was demolished in the late 1950s.)

LF Battastini and Cecil L. Bennett bought the building on the southeast corner of Main and Hendry in 1949, planning to demolish it and construct a modern drug store.

Notice Stewart's large window sign reading "Notice: Moving to a new location on or about May ??, 1949."

WW Stewart had started managing that drug store about 1923, when it was still Franklin's Drug Store and owned by "Pee Wee" Franklin.

That would have been shortly after that block of Main had been created by Peter



A window sign at Stewart's Drug Store announces that it will relocate in May 1949. Since the 1920s, it had been located in the Roberts Building, which would be demolished in 1949. Stewart's neighbor, the Taminosian Brothers' Electric Shoe Shop (right), also had a long history on Main. In the small structure just east (left) of Stewarts were Geraci's Package Store and the Flamingo Grill.

courtesy Southwest Florida Historical Society (Sue Bennett Grimes Collection)



Today, the former Thrifty Drugs is occupied by law offices

photo by Gerri Reaves

Tonnelier, when he built the Grand Central Hotel on the southwest corner of Main and Jackson (where a City parking garage is now). He extended Main to Jackson, and around that time, Main Street – previously called Oak Street – was renamed.

Years later, Stewart bought the drug store he had managed and renamed it Stewart's.

Tom "Tinker" Stewart has many memories of working at the soda fountain in his father's drug store on Main. He enjoyed inventing concoctions of ice cream, crushed fruits, nuts, sprinkles, syrups, sauces and soda, and giving them kooky names like "Duke's Mixture."

He especially treasures memories of Saturday nights, when he would sit on one of the town's famous "green benches" and watch the entertaining parade of characters. Everyone from Seminole Indians, cowboys, bums, society matrons and just plain folks passed by.

By the time his father sold the drug store to Battastini and Bennett in 1949, Tinker had gone away to attend college. He says the new owners ran the store under the same name for a short time, and his father opened WW Stewart Prescriptions near Hendry and Second.

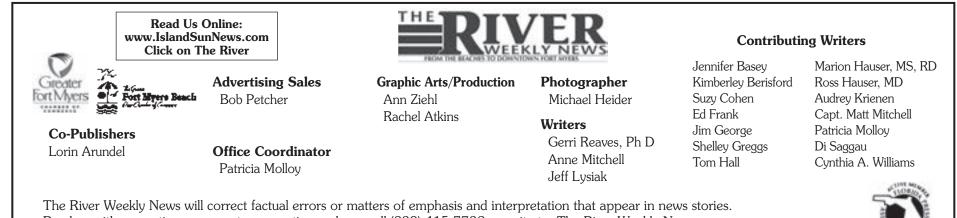
Of course, the sale of the Roberts Building forced other businesses to relocate, too, including the Taminosian Brothers' Electric Shoe Shop (right) and the residents of the second-floor apartments.

In 1949, the Western Auto – which faced Hendry – displayed a big "Removal" sale banner.

By the end of year, the \$70,000 air-conditioned Thrifty Drugs opened. The building is now occupied by law offices.

Stroll down Main and Hendry to the former site of the Roberts Building, which housed the long-lived Stewart's Drug Store and many other businesses in early Fort Myers.

Then, walk a few blocks south to the Southwest Florida Museum of History at continued on page 6



Readers with news, tips, comments or questions, please call (239) 415-7732 or write to: The River Weekly News, 1609 Hendry Street, Suite 15, Fort Myers, FL 33901. Fax number: (239) 415-7702. E-mail: press@riverweekly.com. The River Weekly News reserves the right to refuse, alter or edit any editorial or advertisement.

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Art Southwest Florida Honors Veronica Shoemaker



by Tom Hall

March is National Women's History Month. The theme of this year is women who have shaped America's history and its future through their public service and government leadership. In this context, the National Women's History Project has chosen 16 women who have led the way in establishing a stronger and more democratic country. From championing basic human rights to ensuring access and equal opportunity for all Americans, these 16 women have employed a combination of skill, determination and the art of collaboration to create inclusive solutions and non-partisan policies that

serve to inspire future generations. Their tenacity in the face of seemingly insurmountable obstacles underlines the fact that women from all cultural backgrounds in all levels of public service and government are essential in the continuing work of forming a more perfect union.

tinuing work of forming a more perfect union. One of the women on the NWHP's short list is Civil Rights organizer Daisy Bates, a journalist and Civil Rights activist who famously facilitated the 1957 integration of public schools in Little Rock. Growing up in southern Arkansas during the early 20th century, Bates experienced first hand the poor conditions and discrimination of the segregated school system. She spent her entire adult life standing up to physical threats and other forms of intimidation in order to champion causes of racial equality. Bates was elected president of the Arkansas Branch of the NAACP in 1952. In that role she led the protest against the Little Rock School Board's plan for gradual integration. After the school board announced plans to commence desegregation at Central High School in 1957, Bates worked with the nine African American students chosen to attend the school, ultimately escorting them inside after President Dwight Eisenhower sent 1,000 U.S. Army paratroopers to enforce integration of the school. When Daisy Gatson Bates died in 1999, more than 2,000 guests attended her memorial service.

A number of women likewise helped shape Fort Myers' history and future through public service and government leadership. Over the next 31 days, Art Southwest Florida will honor those women by drawing parallels to their national counterparts chosen by the NWHP. The first of ARTSWFL's honorees is Veronica Shoemaker.

Like Daisy Bates, Veronica Shoemaker was a civil rights activist from an early age. Veronica went to a segregated high school and learned first hand the magnitude of the racial inequality faced by both students and their parents. Although she was just a teen, she used her experiences at Dunbar High School to establish herself as a community leader and spokesperson. By the time she graduated, she was already setting up PTAs and other organizations to better the community. "Given this background, she was poised to act when the United States Supreme Court handed down its decision in *Brown v. Board of Education* in 1954, ruling in favor of school desegregation," noted authors Robin Tuthill and Tom Hall in *Female Pioneers of Fort Myers: Women Who Made a Difference in the City's Development*, a new book that chronicles the contributions made by 24 women who left their imprint on our town.

For 10 years, Lee County refused to comply with *Brown v. Board of Education*. When it finally acted, the Lee County School Board only approved a plan of "gradual integration" that would take up to 12 years and did not allow for integration of teachers or for transporting black students to white schools. "That's when Veronica, now president of the Lee County NAACP, filed a lawsuit against the school board asking for accelerated desegregation of students and teachers and adequate transportation to allow all children access to integrated schools," added Tuthill and Hall. "Lee County was one of the last counties in the United States to fully integrate its school system."

The NWHP has also chosen to recognize Ella Grasso, who is the first woman ever elected governor of a U.S. state. Grasso's political career spanned more than 45 years, and she won all 10 elections in which she ran. "Ella Grasso is remembered as a trailblazing woman and a champion of marginalized groups including minorities, women, young people, the elderly and the working class."

While Veronica Shoemaker did not serve as Florida's governor, she did become the first African American to serve on the Fort Myers City Council. And it wasn't easy. Unlike Grasso, Shoemaker lost every campaign she mounted until, in 1982, her efforts finally paid off. But after 17 years of unsuccessful bids, winning the election was not just a personal milestone for Shoemaker, who famously stated that she felt like she had opened doors for others to be elected. Like Grasso, Shoemaker advocated for fair wages, equal education and voting rights.

And when Shoemaker died a few weeks ago, so many people wanted to pay their respects that the city of Fort Myers donated the use of Harborside Event Center for the service and obtained an order from the governor to allow flags to be flown at half-staff in Shoemaker's honor.

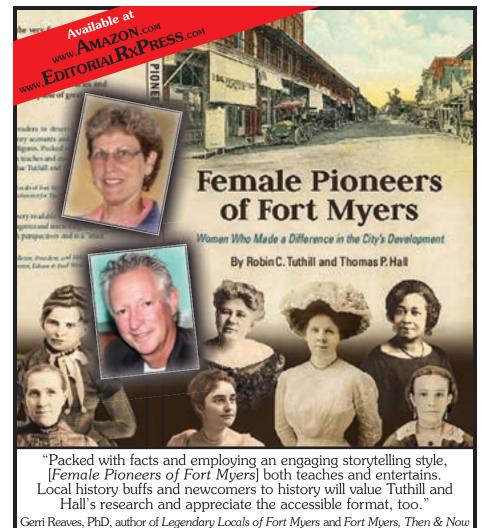
Veronica Sapp Shoemaker is unequivocally the kind of iconic woman in Public Service that the NWHP had in mind to honor during National Women's History Month.

"Hers is probably the most inspiring story we tell in *Female Pioneers of Fort Myers*," says Tuthill, who finds Shoemaker's "strength of character and passion for effecting change to be the ultimate inspiration."

Tom Hall is both an amateur artist and aspiring novelist who writes art quest thrillers. He is in the final stages of completing his debut novel titled Art Detective. A former tax attorney, he lives in Estero with his fiancé and their four cats.



Artist Linda Benson and her portrait of Dunbar's Veronica Shoemaker, who is being honored this month by Art Southwest Florida as part of National Women's History Month



Founding Female Exhibit Features Artist Kyra Belan



Clara Bryant Ford by Dr. Kyra Belan

Pr. Kyra Belan, Florida resident artist of national and international renown, has created a portrait of Clara Bryant Ford for the 2016 Fort Myers Founding Females Portrait Exhibition at the Edison and Ford Winter Estates in Fort Myers.

The show will be in the art gallery at the Caretaker Cottage and will run through May 8. Belan's other two portraits – exhibited last year – will be also included in this show, courtesy of the permanent collection of the Sidney and Berne Davis Art Center.

Belan chose Clara Ford as her subject due to the fact that this lady's presence in South Florida has been of a positive nature. Clara Ford was an outstanding individual that supported her husband, who often called her the believer, functioning in a traditional role as a perfect partner, but also showed her character as a philanthropist of significance and a skillful manager of the Ford estate. She also enjoyed her rose gardens, therefore the flowers are included in the composition is the drawing, created by Belan in colored pencil on paper in her style of magical realism. Belan depicts Clara standing next to her residence and in the proximity to her rose gardens; three of the roses are depicted as close ups within this original composition. Belan is aware of the symbolism of the flowers, equated with ideal femininity, beauty and female spirituality.

Belan enjoys creating portraiture of outstanding women in contemporary history. Her preoccupation with the subject stems from her realization that the percentage of portraiture that is dedicated to women of achievement is small. Her goal is to help correct this inequity, therefore one of her series of works, *The Amazing Ladies*, is subtitled in her book as Portraiture as a Social Statement, and is in chapter 10, *Earth, Myths and Ecofeminst Art*.

Currently, Belan is represented with her acrylic paintings and prints at the newest art gallery on Pine Island, the Island Conclave. Her recently published book, *Divine Ladies In America*, is available at the exhibit and also at the Arts For ACT Gallery in For Myers.

For more information, visit www.kyrabelan.com.🌣



Ave Maria University Choir

Ave Maria Choir To Perform

The St. Peter Lutheran Concert Series presents a special evening of music with the Ave Maria University Choir on Thursday, March 17 at 7:30 p.m. The performance by the acclaimed 30-voice choral group will include inspirational,

Americana and classical works. Doors open at 7 p.m. A free-will offering will be taken.

St. Peter Lutheran Church is located at 3751 Estero Boulevard, Fort Myers Beach, phone 463-4251.

Democratic Club

n Saturday, March 12 at 10:30 a.m., the Democratic Women's Club (DWC) of Lee County will hold its monthly membership meetings at the Quality Life Center of Fort Myers, located at 3210 Dr. Martin Luther King, Jr. Boulevard (main entrance and parking located on Cuba Street) in Fort Myers.

The featured speaker at the meeting will be Betty Osceola, a member of the Miccosukee tribe and Panther clan, who has made it her mission to protect the Everglades. The 49-year-old grandmother, who operates an airboat tour company in the Everglades, plans to spend the rest of her life protecting the land of her ancestors for future generations.

There will be beverages available at the meeting but no lunch service. Members wishing to have lunch after the meeting will gather at the Oasis Restaurant, located at 2260 Dr. Martin Luther King Boulevard in Fort Myers, at 12:30 p.m. Please let Helen know if you will be attending the luncheon when you check in.

For more information, contact Kelly Fitzgerald at atkcfitzge@gmail.com or at 471-7481 or visit www.dwc-lee.com.*

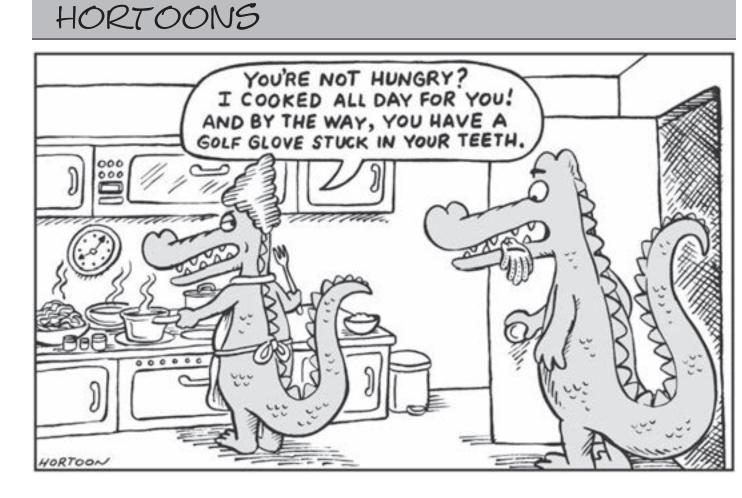
ArtPoems

A rtPoems celebrates its 10th anniversary at the Alliance for the Arts on Wednesday, March 16 at 7 p.m. The collaborative event brings together 11 artists and 11 poets. Poets have written new poems inspired by a piece of art, and artists have created new works inspired by a poem, all resulting in 22 brand new creations which are presented during a stage performance incorporating poetry, music and artwork in a variety of mediums including paintings, jewelry and sculpture.

Participating poets include Joyce (JD) Daniels, Joyce Berrian Ferrari, Dan England, Sandy Greco, Linda Hughes, Holly McEntyre, Gary McLouth, Joe Pacheco, Sid Simon, Larry Stiles and Lorraine Walker Williams.

Participating artists include Paul David Adamick, Jaye Boswell, Honey Costa, Paula Eckerty, Beth Everhart, Scott Guelcher, Kathy Kuser, Linda Lally, Roy Rodriguez, Ava Roeder and Jonas Stirner.

ArtPoems 2016 will take place on Wednesday, March 16 at 7 p.m. in the Foulds Theatre at the Alliance for the Arts. There is a \$10 suggested donation at the door. Visit www.ArtInLee.org or call 939-2787 for more information.



Science Fair Winners Ride In Edison Festival Of Light Parade



The carriers of the banner are (left to right) Cheryl Futch, Allen Bova, Lydia Sellers, Matt Sellers, Donna Clarke. Each wore T-shirts with the Kiwanis motto of "Changing the world one child and one community at a time."

submitted by Jim Helms and Pat Stevens

It was a beautiful night and big crowds for the 2016 Edison Festival of Light Parade. The Fort Myers Kiwanis Club members announced and saluted the first and second place overall winners of the Science and Engineering Fair and the Inventors Fair by carrying a well-lit banner. Junior and Senior Science and Engineering Fair winners Jay Chandar and Maya Chandar were in the first car following the banner, and Inventors Fair winners Amaya Etcheverry, Caden Troyer and Mackenzie Robbins were riding in the second car.

and Mackenzie Robbins were riding in the second car. Thirty students selected at January's 59th annual Thomas Alva Edison Kiwanis Science and Engineering Fair will be advancing to the 61st annual State Science and Engineering Fair of Florida on March 29. The three-day, state-wide event will be held

at the Lakeland Center and will conclude with an awards ceremony on Thursday evening, March 31.

Approximately 250 judges from the Florida science community will be on hand to interview students for honors in 13 different categories. These Lee County and Charlotte County public and private school students had already won scholarships to Florida Gulf Coast University at the January 23 Science and Engineering Fair at Alico Arena.

The experience of participating with other aspiring scientists and innovators at this advance level has proven to be a lifeenriching opportunity. There will be chances to compete against students from all over the state, to win state-wide recognition and highly coveted prizes, to have some fun on Science Field Trips and opportunities to make new friends. Four students from Southwest Florida will advance from the State Science Fair to International competition in May.

The trip to the State Science and

A Simulation of the Effects of Propylene Glycol. a Component of Electronic Cigarettes on Humans Torough Plane Growth Hoteler

Participant Nicholas O'Donnell

Engineering Fair of Florida is made possible largely by the generous donations and long-standing commitment of the Fort Myers Kiwanis Club. In addition winners also receive scholarship funds, trophies, awards and recognition ribbons, totaling over \$15,000 each year.

The Fort Myers Kiwanis Club was proud to carry the advance banner in front of the two winner's cars. Our congratulation to all 30 2016 Grand Award winners.

Along the parade route there were numerous parade officials in red jackets including Judge Robert Branning. Crowds at St. Andrews, home of the spaghetti dinner, cheered loudly for the Science Fair and Inventors Fair winners. As the parade ended, Mayor Randy Henderson, member of Fort Myers Kiwanis Club, came to both cars and congratulated the winners.

The Thomas A. Edison Regional Science and Inventor Fair (TAERSIF) Steering Committee works year-round to organize and conduct the Thomas Alva Edison Kiwanis Science and Engineering Fair and the Thomas A. Edison Festival of Light



The 59th annual Thomas Alva Edison Kiwanis Science and Engineering Fair was held in Alico Arena in January. Thirty students will advance to face competitors at the state level.

Regional Inventors Fair that host more than 700 local students. TAERSIF is the signature event of the Fort Myers Kiwanis Club and a sanctioned event of the Edison Festival of Light. Other key partners of TAERSIF include Lee County and Charlotte County Public Schools, Florida Gulf Coast University, The Edison & Ford Winter Estates, Hodges University, Florid Southwestern State College, the James and Eleanor Newton Scholarships, Imagine Solutions Conference, Caloosa Bromeliad Society, The Imaginarium Science Center, Southwest Florida Community Foundation, Caloosa Veterinary Medical Society, Florida Power and Light, Doug MacGregor, The Edison Pageant of Light, Sony Electronics, the Entrepreneurs Society of Naples, the Scientist Society of Southwest Florid, Lee Memorial Health Systems, the Lee County Medical Society and numerous private donors and volunteers.

To advertise in The River Weekly News Call 415-7732



Artists At Work Series Coming To Cornog Plaza

The Alliance for the Arts and the Lee County Library System are partnering to showcase the work of Lee County artists with their Artists® Work series. These interactive demonstrations will take place on the North Cornog Plaza at the downtown Fort Myers Regional Library each Wednesday in March and April from 1 to 3 p.m. The public is invited to meet area artists and learn about their craft as they demonstrate it.

The schedule is as follows: March 16 – Sketching with Leo Johnson

A Fort Myers artist, Johnson will be discussing and demonstrating the basic jumping off points needed to begin painting. He will also be sketching and discussing the basics of drawing, anatomy, landscape and abstracts.

March 23 – Fiber Arts with Rose Young

Young owns and operates Roseline Weaving Studio (www.roselineweaving. webs.com). She works with painting, collage, air brush, graphics, weaving and quilting in an abstract expressionist style. She has a weaving in the Smithsonian collection, and her work has been exhibited in the United States and Europe.

March 30 – Spray Paint Stencils with Pat Collins

In developing her artistic style, Collins was drawn to the graphic look of artists' stencils created for the street, posters, and galleries while living in New York City and began experimenting with her own. After moving to Fort Myers, she made stencils the basis for her series of mixed media paintings.

April 6 – Yoga with Yoga Bird

"Yoga is the art of moving the body to calm the mind and experience the soul. It's an uplifting practice that can be done by anyone. Our style of teaching is welcoming, warm and full of curiosity," says the instructor.

April 13 – Palm Fronds with Shawn Holiday

Holiday has taught adult and youth classes and workshops around Southwest



Face To Face I by Leo Johnson

Florida for years. He is also a writer and actor and has produced over 500 murder mysteries throughout Florida.

April 20 – Glass Demo with Lorraine Capps

Capps loves three-dimensional art, particularly clay, glass and mixed media. Fused glass is her primary focus, and she loves the process of taking flat pieces of glass and transforming them in the heat of the kiln into three-dimensional works of art. She is president of the Southwest Florida Fine Craft Guild.

April 27 - Music with Peter McGrain

McGrain is an accomplished accordion and musical saw player who enjoys sharing his joy of music with people of all ages. Listeners get to join in the fun by accompanying McGrain with a variety of percussion instruments as they sing along and dance to their favorite tunes.

This Heart of the Community project, in partnership with Project For Public Spaces, is supported by a grant from Southwest Airlines.

"The Alliance was integral in helping us win the Heart of the Community grant from Southwest Airlines and we are so pleased to be working directly with them on the Artists@Work series. We welcome the opportunity to draw attention to some of the top-notch artists in our own community," said Kristy Kilfoyle, coordinator



Gone with the Wind by Rose Young

of library programming. "One of our primary goals at the Alliance is to connect people to art, so we relish opportunities like this to get local artists out into the community showing people their amazing talents. Outreach opportunities like this are vital to our mission and success."

The Alliance for the Arts is located at 10091 McGregor Boulevard, just south of Colonial Boulevard in Fort Myers. 🌣

MOAA Meeting

he next meeting of the Lee Coast Chapter of MOAA (Military Officers Association or America) will be held at Crown Colony Golf and Country Club beginning at 5:45 p.m. on Monday, March 14. The guest speaker will be Dr. Chris Wright-Isak, associate professor at Florida Gulf Coast University. She has her roots in the ad agency business but has given that up for an academic career. Her talk will be about a recent paper she has written entitled Having Served: A Cross Generational Perspective. It is based on interviews with veterans from World War II, the Korean War, Vietnam, Iraq and Afghanistan.

Former, retired or active duty uniformed officers who are interested in joining MOAA should call Jeff Nichols at 515-720-5204 for membership information.*

From page 2 Stewart's

2031 Jackson Street, where you can enjoy exhibits about the business district of decades ago.

For information, call 321-7430 or go to swflmuseumofhistory.com. Museum hours are 10 a.m. to 5 p.m., Tuesday through Saturday.

Continue your history research at the Southwest Florida Historical Society's research center and explore the archives that will surely fascinate you.

The all-volunteer non-profit organization is at 10091 McGregor Boulevard on the campus of the Lee County Alliance for the Arts.

The center is open Wednesday and Saturday between 9 a.m. and noon and Wednesday 4 to 7 p.m. Call 939-4044 or visit swflhistoricalsociety.org for more information.

Sources: The Archives of the Southwest Florida Historical Society, The News-Press, and The Story of Fort Myers by Karl H. Grismer.

Our email address is press@riverweekly.com





The Healing Perspective Of Prayer



Evan Mehlenbacher

n Sunday, March 13 at 2:30 p.m., the First Church of Christ, Scientist in Fort Myers is sponsoring The Healing Perspective of Christian Science, a lecture with Evan Mehlenbacher. The event is free.

"Prayer heals!" Mehlenbacher exclaims when he recounts the many examples of spiritual healing he's witnessed over the years in his life and with friends and neighbors. "Divine help is at hand to solve problems and cure suffering. Anyone can find it."

Five years after graduating from Stanford, he married, made a career change and began the full-time practice of Christian Science healing. He went into the full-time ministry of healing others through prayer. He has written dozens of published articles and lectured on the subject of prayer-based healing for over 19 years.

Today, Mehlenbacher travels widely inspiring audiences with spiritual perspective that helps them find better health, live a happier life and improve the world they live in. Mehlenbacher is a member of the Christian Science Board of Lectureship. He and his wife Kathy have two college-aged children and live in Richland, Washington.

Richland, Washington. First Church of Christ, Scientist is located at 2390 West First Street, Fort Myers next door to the Edison Ford Winter Estates. For more information, call 334-6801, send an email to fmcsrr@ gmail.com or go to www.christiansciencefortmyers.com.

American Legion Post 274

n Friday, March 11, the Kiwanis Club meets for breakfast at 7:30 a.m. Harry Boyle plays at the Legion from 7:30 to 10:30 p.m.

On Saturday, March 12, the Fort Myers Beach Lions Shrimp Festival parade begins at 10 a.m. The pool league plays at 1 p.m. Queen of Hearts starts at 7 p.m. Choose either a prime rib or a baked fish dinner. Harry Boyle plays from 7:30 to 10:30 p.m.

On Sunday, March 13, an all-you-caneat breakfast buffet is served from 8:30 to 11 a.m. Bingo runs from noon to 3 p.m. Karaoke with Mike Russell is held from 6 to 10 p.m.

On Monday, March 14, the pool league plays at 6 p.m. There's an auxiliary meeting at 6:30 p.m. A pot roast dinner will be served.

On Tuesday, March 15, choose from fettuccine alfredo with 25 shrimp or a fried chicken dinner. Mega-Money is at 6:30 p.m., which is also the time that country line dancing and two-step instructions begin. Birdie Lee performs from 7 to 9 p.m.

On Wednesday, March 16, the pool league starts at 6 p.m. Spaghetti and meatballs are served.

Thursday, March 17 is Saint Patrick's Day. The celebration begins at 11 a.m. and features corned beef and cabbage; party favors; raffles; and entertainment by Harry Boyle in the main lounge.

Dinner is served nightly from 5 to 7 p.m.

The American Legion Melvin Cowart

Post 274 is located at 899 Buttonwood Drive in Fort Myers Beach. For more information, call 463-6591.*

Wanderlust Auction Is March 19

The students of the Florida Gulf Coast University (FGCU) School of Resort and Hospitality Management will host the 27th annual Wanderlust auction on Saturday, March

Wanderlust auction on Saturday, March 19, at Hyatt Regency Coconut Point Resort & Spa in Bonita Springs. Wanderlust is an annual travel-inspired

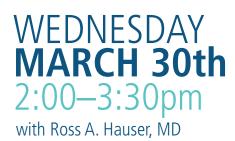
auction produced by and benefitting the students of FGCU's School of Resort & Hospitality Management. This year's theme is African safari. It will feature exotic travel and fine dining including dinner, wine and robust silent and live auctions filled with travel packages and more than 85 silent auction packages and 15 live action packages which total more than 300 items worth more than \$150,000. Packages include accommodations courtesy of Hyatt Regency Waikiki Beach Resort & Spa, a getaway at the Ritz-Carlton Central Park, a California wine tasting and accommodation and golf outing packages, stays in the Cayman Islands, Colorado, Georgia and Florida.

Wanderlust provides the students with financial assistance, scholarships and resources. Tickets are \$200 and include dinner and top-shelf beverages. For more information and to purchase tickets, visit fgcu.edu/wanderlust.

FREE COMMUNITY TALK ON STEM CELL THERAPY & PROLOTHERAPY

for relieving pain, sports injuries, and osteoarthritis...





LOCATION:

Sanibel Public Library 770 Dunlop Road, Sanibel, FL 33957

PRESENTATION HIGHLIGHTS INCLUDE:

- How **Joint Instability** is the missing diagnosis in most pain cases.
- Prolotherapy, Platelet Rich Plasma (PRP) and Stem Cell therapies for accelerated recovery.
- Common sports injuries: elbow injuries, back pain, labral tears, meniscus tears, and more.
- Why you may not have responded to certain pain treatments, including physical therapy and surgery.
- Why using ice for injuries is becoming a thing of the past.
- How cortisone injections can make you more susceptible to injury.
- Anti-inflammatory pain medications actually accelerate arthritis.
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The 58th annual Fort Myers Beach Lions Shrimp Festival returns on March 12 and 13. Events include a parade, 5K run, crowning of the Shrimp Festival Queen and the Lions Club's world famous shrimp dinners. All shrimp provided by local boats.

Thousands of people are expected to attend the **58th annual Fort Myers Beach Lions Shrimp Festival** this weekend. The family-fun event begins on Saturday at 9 a.m. and continues through Sunday. Warning: Matanzas Pass Bridge closes at 9 a.m. on Saturday in preparation for the festival parade, which begins at 10 a.m.

Saturday, March 12:

• 9 a.m. Shrimp Festival 5K Run.

 \bullet 10 a.m. Shrimp Festival Parade. The 1.5 mile-long parade runs down Estero Boulevard.

• 10 a.m. to 6 p.m. 24th annual Shrimp Festival Food Fun & Crafts Expo.

• 10 a.m. to 5 p.m. World famous Lions shrimp dinners for sale on the beach and at the pavilion at Lynn Hall Memorial Park (950 Estero Boulevard). Shrimp provided by local boats.

• 1 p.m. Crowning of the Shrimp Festival Queen. Scholarships and trophies awarded on the beach at the beach pavilion at Lynn Hall Memorial Park. **Sunday, March 13:**

- 10 a.m. to 5 p.m. 24th annual Shrimp Festival Food Fun & Crafts Expo.
- 10 a.m. Lions Shrimp dinners available until they sell out.
- 1 p.m. Second annual Lions Shrimp Festival World Shrimp Eating

Championship on the festival grounds.

For more information about the Shrimp Festival, call Lion Diane at 454-0043 or go to www.fortmyersbeachshrimpfestival.com.

Fort Myers Beach is also the location for the weekly **Sunset Celebration** concert series at Times Square. The square is full of shops, restaurants and bars.

On Friday and Saturday nights, there is live music. Entertainment begins at 5 p.m. and continues until 10 p.m., weather permitting. Sunset Celebration is free for the entire family.

On Friday, popular local band High Tide takes the stage to play their high-energy blend of reggae, classic rock, alternative rock, R&B and funk. On Saturday, it's Vinyl Countdown with mini sets of your favorite 70s and 80s rock bands.

For more information about Sunset Celebration, call 463-5900.

A new comedy is cooking behind the curtain at **The Laboratory Theater**:





The opening reception for the Lab Theater's newest comedy, *Bad Jews*, is Friday, March 11. The play was written by Joshua Harmon and is directed by Stephanie Davis.

Bad Jews by Joshua Harmon and directed by Stephanie Davis. The opening night reception is Friday, March 11 at 7:15 p.m.

The day after their grandfather's funeral, three cousins in their 20s argue about family, legacy and what it is to be a "good Jew." The argument is hilarious with a serious undertone about the place of faith in the lives of all young people today. Thought-provoking and vividly funny.

Show dates are March 11, 12, 17, 18, 19, 24, 25 and 26 at 8 p.m. Tickets for *Bad Jews* are \$25 for adults and \$12 for students at the door. On Thursday night performances, tickets for seniors and military personnel are \$20.

The Laboratory Theater of Florida is located at 1634 Woodford Avenue, Fort Myers at the historic Kiwanis Hall. For tickets, call 218-0481 or go to www.laboratorytheaterflorida.com.

On Saturday evening, **Bike Night** returns to downtown Fort Myers. The event is free to the public.

Hundreds of bikes, vendors and music will line the streets of the historic downtown Fort Myers River District from 6 to 10 p.m. There will be four stages featuring live music, and there is always plenty to eat and drink.

For more information, go to www.fortmyersriverdistrictalliance.com.

Also on Saturday evening, All Faiths Unitarian Church hosts a special concert by the **ACMA** (Americana Community Music Association Services) – **The Yard Dogs Reunion**. Doors open at 6:30 p.m. and the show starts at 7 p.m.

The Yard Dogs were together for more than a decade before splitting up in 2012. Together, the three-members – Kip Lawrence, Charlie Kuchler and Brian Travis – created an original style of music that they refer to as Florida Swamp. The March 12 concert promises to be a special night of great music, comedy and fun, and is expected to sell-out quickly.

Tickets must be reserved in advance by calling Kuchler at 936-3821. The suggested ticket donation is \$20 for ACMA members and \$25 for non-members.

Proceeds benefit the ACMA. For more information, go to www.americanacma.org. All Faiths Unitarian Church is located at 2756 McGregor Boulevard in Fort Myers.

On Monday, March 14, the **DaPonte String Quartet** performs at The Woodlands at **Shell Point Retirement Community**. The concert begins at 7 p.m. in the Grand Cypress Room at the Woodlands, 14441 Woodsong Lane.

The DaPonte String Quartet moved to Maine 23 years ago from Philadelphia as a part of a National Endowment for the Arts and Chamber Music America rural arts residency. They fell in love with mid-coast Maine and decided to stay permanently. Since then, they have performed across North America and Europe, including at Carnegie Hall. But Maine is their home, and they perform more than 70 concerts a year there.

The Quartet is composed of Lydia Forbes and Ferdinand Liva on violin, Kirsten Monke on viola and Myles Jordan on cello. Their name comes from Lorenzo DaPonte, who was Mozart's librettist.

Tickets are \$26. To purchase, call 454-2067 or go to www.shellpoint.org/concerts.

Shell Point Retirement Community is located at 15100 Shell Point Boulevard, Fort Myers, approximately two miles before the Sanibel Causeway.

On Tuesday beginning at 6 p.m., the **Sidney & Berne Davis Art Center** presents **Art Talk Tuesday & Closing Party**. This month features Alina Eydel and Anastasia Zappas. Their show will remain on exhibit through March 27.

Meet the artists and take a walk around the art center while talking about the exhibit. Learn about different mediums and see what inspires and evokes the artists to create. The event runs from 6 to 8 p.m. and is free for members. General admission tickets are \$5.

The Sidney & Berne Davis Art Center is located at 2301 First Street, Fort Myers. Call 333-1933 or go to www.sbdac.com.☆

FORT MYERS FARE

Dining From Downtown's Historic River District To The Beaches For more information, check out our advertisers in this week's River Weekly

DOC FORD'S RUM BAR & GRILLE

Doc Ford's Rum Bar & Grille is named for the Doc Ford character in local author Randy Wayne White's bestselling mystery novels.

It's a well-known gathering place with indoor and outdoor patio seating. The combined menu offers all the lunch and dinner items from 11 a.m. until closing. It includes cedar plank salmon topped with a mango chipotle glaze or a marinated grilled chicken sandwich and there's a well provisioned raw bar. Tropical drinks are a specialty, notably the signature rum drink, Ísland Mojito.

708 Fisherman's Wharf, Fort Myers Beach. Call 765-9660.

ICHIBAN

Ichiban is a downtown favorite for Chinese and Japanese cuisine. The name means "Number One" in Japanese and offers its customers the perfect balance of great quality and affordable prices. Ichiban has been family owned and operated for 10 years and its enduring popularity is a testament to its exceptional, friendly service.

1520 Broadway #106, Fort Myers. Call 334-6991.



Sit dockside with a refreshing mojito at Doc Ford's Rum Bar & Grille on Fort Myers Beach

ISLAND COW

Where can you go when you're in the moooood for some great cook'in, local fun and prices that won't make you lose the farm? Try Island Cow on Sanibel. Island Cow is an airy bistro with french doors leading out to the front and back

patios. It is open daily for breakfast, lunch and dinner. Dine under the stars while you listen to live music on one of Sanibel's only al fresco eating porches. 2163 Periwinkle Way, Sanibel. Call

472-0606.

SS HOOKERS

Get hooked on great cuisine and spir-its at SS Hookers. The restaurant pays tribute to the rich history of Punta Rassa, the home of big game fishing. It serves American cuisine with a Cajun twist. Waterfront dining is available daily for breakfast, lunch and dinner.

After a triumphant day of fishing, bring your catch to the restaurant: "If you hook it, our chef will cook it."

A late night bar features live music nightly. A fresh seafood market, bait shop and gifts are also on site. 17501 Harbour Pointe Drive, Fort

Myers. Call 466-5377.☆

To advertise in The River Weekly News Call 415-7732



Churches/Temples

ALL FAITHS UNITARIAN CONGREGATION (UUA) 2756 McGregor Boulevard, Fort Myers. Sunday Services 9 and 11 a.m., Adult Education Workshop 10 a.m., Reverend Margaret L. Beard, Minister. 226-0900.

www.allfaiths-uc.org ALL SAINTS BYZANTINE **RITE CATHOLIC CHURCH**

10291 Bayshore Road, North Fort Myers Divine Liturgy Sunday 10:30 a.m.; Rosary begins 10 a.m. Lenten services (Presanctified Liturgy) will be on Wednesday evenings at 6 p.m. starting February. Very Reverend Peter Lickman, 305-651-0991. Church of the Eastern Catholic or Byzantine Rite, 1.5 mi. east of

Interstate 75. ANNUNCIATION GREEK ORTHODOX CHURCH

8210 Cypress Lake Drive, Fort Myers Reverend Fr. Dean Nastos, Proistamenos Orthros Service Sunday 9 a.m., Divine Liturgy Sunday 10 a.m., www.annunciation. fl.goarch.org, 481-2099 BETH SHILOH

MESSIANIC SYNAGOGUE

15675 McGregor Boulevard. Rabbi Judah Hungerman. Friday Service, 8 p.m., Saturday Service, 11 a.m. Shabbat School Saturday Morning, Adult Hebrew Classes. Call for information 437-3171 **BREAD OF LIFE MINISTRIES**

CHURCH OF GOD

16581 McGregor Boulevard, 267-3166 Just past the Tanger Outlet Mall. Pastor Barry Lentz, 281-3063. Sunday Worship, 10:30 a.m., Wednesday Bible Study, 7 p.m. CHABAD LUBAVITCH

OF SW FLORIDA ORTHODOX

5620 Winkler Road, Fort Myers. Rabbi Yitzchok Minkowicz. 433-7708, rabbi@ chabadswf.org. www.chabadswf.org. Friday service 6:30 p.m.; Saturday Kabbalah class 9 a.m.; Shacharit 10 a.m.; Kiddush at noon. Minyan Monday and

Thursday 7 a.m. CHAPEL OF CYPRESS COVE

10200 Cypress Cove Circle Fort Myers 850-3943, Located at Cypress Cove Retirement Center on HealthPark Campus An ecumenical non-denominational community of believers. Sunday Worship Service, 10 a.m.; Wednesday Bible Study, 7 p.m. Reverendt Ted Althouse, Pastor revtedalthouse@aol.com

CHURCH OF THE CROSS

13500 Freshman Lane; 768-2188. Pastor Bud Stephens; A nondemonimational church emphasizing a personal relationship with Jesus Christ. Sunday Service: 9:15 a.m. Traditional, 10:45 Contemporary.

CONGREGATIONAL CHURCH

1619 Llewellyn Drive Fort Myers. Just off McGregor across from the Edison/Ford Winter Estates 334-4978. Pastor Douglas Kelchner, Worship times Sunday's 9 and 10:30 a.m. Website: www.taecc.com COVENANT PRESBYTERIAN CHURCH 2439 McGregor Boulevard, 334-8937 Reverned Dr. Jeffrey DeYoe, Senior Pastor Reverend David Dietzel, Pastor Emeritus. Traditional Sunday service 10 a.m. Nursery available.

CYPRESS LAKE BAPTIST CHURCH

8400 Cypress Lake Drive, Fort Myers, 481-5442 Randy A. Alston, Reverend. Sunday Services: Bible study, 9:45 a.m. Morning Worship, 11 a.m., Evening Worship, 7 p.m., Wednesday Prayer Meeting, 6:30 p.m. CYPRESS LAKE

PRESBYTERIAN CHURCH

8260 Cypress Lake Drive, Fort Myers, 481-3233. www.clpc.us. Clint Cottrell, Pastor. Prayer Service 8 a.m., Praise 9 a.m., Children's Church 9 a.m., Traditional 11 a.m. Summer Prayer Service 8 a.m.

Combined Traditional/Praise 10 a.m. CYPRESS LAKE UNITED METHODIST CHURCH

8570 Cypress Lake Drive, Fort Myers, 482-1250, 8 and 11 a.m. Sunday Traditional Service 9:30 a.m. Praise Service Sunday School all times.

FAITH FELLOWSHIP WORLD **OUTREACH MINISTRIES**

6111 South Pointe Boulevard, Fort Myers, 278-3638. Sunday Worship, 10:30 a.m.; Voice of Faith, WCRN 13.50 AM Radio, Sunday, 1:30 p.m.; Thursday Service, 7:30 p.m.; Friday Youth Service, 7:30 p.m. Nursery care for pre-school children and Children's Church ages 5 to12 available. FAITH UNITED METHODIST CHURCH 15690 McGregor Boulevard, Fort Myers, 482-2030. Pastor David Stauffer. Traditional Service Sunday 8:45 a.m., Contemporary Service Sunday 10:30 a.m. Go south on McGregor Boulevard. The church is 1/2 mile past the intersection of Gladiolus and San Carlos Boulevard on the way to Sanibel. FIRST CHURCH OF CHRIŚT, SCIENTIST 2390 West First Street, next door to Edison 2390 West First Street, next door to Edisor Estates. 10:30 a.m Sunday Service and Sunday School; 12 noon Wednesday Testimony Meeting. Child care provided at services. Reading Room located in church building for quiet study and information about Christian Science. Monday and Friday noon to 4 p.m., Wednesday 1 to 4 p.m. christiansciencefortmyers.net, christianscience.com

FIRST CHURCH OF THE NAZARENE 13545 American Colony Boulevard off Daniels Parkway in the Colony, Fort Myers, 936-2511 Pastor Reverend Joey Brummett Sunday School: 9:30 a.m.; Morning Worship, 10:30 a.m.; Sunday Evening, 6 p.m.; Wednesday Family Night, 7 p.m. FIRST UNITED METHODIST CHURCH Downtown Fort Myers River District, 2466 First Street, 332-1152. www.fumcftmyers. org. Sunday Services: 9:30 a.m. Sunday School; 10:30 a.m. Blended Church Service; 5:30 p.m. Youth Group. FORT MYERS CHRISTIAN CHURCH (DISCIPLES OF CHRIST) A STEPHEN MINISTRIES CONGREGATION 5916 Winkler Road, Fort Myers, 437-4330 Pastor Reverend Mark Condrey. Sunday Worship 10:30 a.m., Church School 9:15

a.m. FORT MYERS CONGREGATIONAL UNITED CHURCH OF CHRIST:

8210 College Parkway, Fort Myers. 482-3133. Philip White, pastor. Morning Worship: 10 a.m., Church School: 10:15 a.m., Adult Forum: 11:30 a.m. IONA-HOPE EPISCOPAL CONGREGATION

9650 Gladiolus Drive, Fort Myers 454-4778. Reverend Ray Buchanan Rector. Saturday 5 p.m., Eucharist with Healing; Sunday 8 a.m., Holy Eucharist, Rite One; 9:30 a.m., Family Eucharist with Healing and Church School. Tuesday 9:30 a.m., Morning Prayer (in Spanish); Wednesday 9:30 a.m., Eucharist with Healing. Child care available Saturday 5 p.m. and Sunday 9:30 a.m. services. JESUS THE WORKER

CATHOLIC CHURCH 881 Nuna Avenue, Fort Myers, 481-1143 Masses Friday and Saturday, 7 p.m.; Sunday, 8 and 10 a.m. and 6 p.m. KINGDOM LIFE CHURCH 2154 McGregor Boulevard, Fort Myers, 218-8343. Pastor Randy and Anita Thurman. 10:30 a.m. Sunday Service. LAMB OF GOD CHURCH A few federated Lutheran (ELCA) and

Episcopal Congregation. 19691 Cypress View Drive, Fort Myers. 267-3525. www. lambofgodchurch.net. Reverend Dr. James Reho. Šunday 7:45 and 10 a.m. Sunday's Cool for Children 10 a.m **NEW BEGINNINGS CENTER**

New Home Church, 8505 Jenny Cae Lane, North Fort Myers, 656-0416. Weekly Friday meeting meet and greet 6:30 p.m. Kingdom Teaching 7 p.m. Fellowship and refreshments. nbcministry@embargmail. com, www.facebook.com/nbcministry. Alex and Patricia Wiggins, Ministers NEW COVENANT EYES CHURCH

See Clearly. Meeting monthly at 9 a.m. at the Elks Lodge. 1900 Park Meadows Drive, Fort Myers. 220-8519. Pastor Alan Bondar. www.newcovenanteyes.com. LIFT Kidz program, free coffee and donuts **NEW HOPE BAPTIST CHURCH OF FORT MYERS**

16120 San Carlos Boulevard, Unit 10. 985-8503. 9:45 a.m. Sunday School for all ages. 11 a.m Sunday Morning Worship. 7 p.m. Wednesday Evening Bible Study. NEW HOPE PRESENTERIAN CHURCH 3825 McGregor Boulevard. Fort Myers. Pastor Eddie Spencer. 8 and 9:30 a.m. Traditional Worship. 11 a.m. Contemporary Worship. 8, 9:30 and 11 a.m. Sunday School. Youth and Children's programming runs concurrent to Sunday services. Nursery care provided at all services. 274-1230. www.newhopefortmyers.org PEACE COMMUNITY CHURCH

Fort Myers Beach Masonic Lodge 17671 Pine Ridge Road. 267-7400 Pastors, Gail and RC Fleeman. Adult Discussion Classes 8:45 a.m. Countdown to Worship 10:10 a.m. Amazing Grace Worship:10:30 a.m. www.

peacecommunitychurch.com. PEACE LUTHERAN CHURCH Sunday Worship at 9:30 a.m. Peace a member of ELCA. Weekly communion with traditional liturgy, organ and choir. 15840 McGregor Boulevard, Fort Myers, on the way to Sanibel. 437-2599, www. peaceftmyers.com, peace@peaceftmyers. com

REDEEMER LUTHERAN CHURCH 3950 Winkler Ext., Fort Myers, 274-0143 8:15 and 10:15 a.m. Sunday Services Daily early learning center/day care. RIVER OF LIFE ASSEMBLY OF GOD 21580 River Ranch Road, Estero. 495-0400, Senior Pastor Todd Weston. 8 and 9:45 a.m Services; 11:30 a.m. Legacy Service, multi-generational. SAMUDRABADRA BUDDHIST CENTER

Meditation classes. Guided meditations, methods to relaxe body and focus mind on virtuous objects. Bring peace and happiness into daily activity. 567-9739. www.MeditationInFortMyers.org. SAINT COLUMBKILLE

CATHOLIC CHURCH

12171 Iona Road, Fort Myers, off McGregor and north of Gladiolus. 489-3973 Father Joseph Clifford. Monday through Saturday 8 a.m. Saturday 3 and 5 p.m.; Sunday 7, 9,11 a.m. and 5:30 p.m. Reconciliation Saturdays 12 noon and by appointment.

ST. FRANCIS XAVIER CATHOLIC CHURCH

2157 Cleveland Avenue, Fort Myers, 334-2161. Masses: Monday through Thursday 6:45 a.m.; Friday 6:45 and 11 a.m.; Saturday 4 p.m.; Sunday 6:45, 9:30 and 11 a.m., 12:15, 4 Creole and 6 p.m. SAINT JOHN THE APOSTLE METROPOLITAN COMMUNITY CHURCH 3049 McGregor Boulevard, Fort Myers, 344-0012. Pastor Reverend Steve Filizzi. An Affirming and Inclusive Congregation Sunday Services 10 a.m.

SAINT MICHAEL LUTHERAN CHURCH & SCHOOL (LCMS) 3595 Broadway, Fort Myers, 939-1218, Worship: Saturday 5:30 p.m., Sunday 8 and 10:45 a.m. Bible Study for adults and

children Sunday at 9:15 a.m. SAINT PETER LUTHERAN CHURCH 3751 Estero Boulevard, Fort Myers Beach, 463-4251, www.stpeterfmb.com.

Sunday services at 8:30 and 10:30 a.m. SAINT NICHOLAS MONASTERY Church and Bookstore. 111 Evergreen Road (southwest corner of Evergreen Road and Gail Street.) Liturgical services conducted in English and Church Slavonic; following the Julian (Old) Calendar. Liturgical Services Sundays and Holy Days 9:30 a.m. Holy Liturgy 0 a.m. Call to confirm service schedule: 997-2847; Bookstore 691-1775. www. saintnicholasmonastery.org. ST. VINCENT DE PAUL

CATHOLIC COMMUNITY

13031 Palm Beach Boulevard (3 miles east of I75) East Fort Myers (across from Fort Myers Shores) 693-0818. 9 a.m. Tuesday through Friday. 4 p.m. Saturday, 9 and 11 a.m. Šunday.

SOUTHWEST BAPTIST CHURCH

16940 McGregor Boulevard, Fort Myers, 454-3336. Robert G. Kasten Pastor. Sunday 11 a.m. Nursery 9:45 a.m. Sunday School all ages. Junior Church grades one to five. Wee Church Pre-K to K. Evening Service 6 p.m. Wednsday Service 6 p.m. TEMPLE BETHEL SYNAGOGUE 16225 Winkler Road Fort Myers. 433-0018, www.templebethel.com. rabbi.barras@ templebethel.com. Rabbi Jeremy Barras, Cantor Victor Geigner, Religious School Director Dale Cohen, Learning Tree Director Jesyca Virnig, Office Manager Inna Vasser. Union For Reform Judaism Shabbat Service Friday 7:30 p.m., Torah Study Saturday 9:30 a.m. Religious School Wednesday 5:30 p.m. and Sunday 9:30 a.m. Learning Tree Monday through Friday. **TEMPLE JUDEA (CONSERVATIVE)** 14486 A&W Bulb Road, Fort Myers, 433-0201, Rabbi: Rabbi Marc Sack Minyan:

Monday at 9 a.m. Religious Education: Sunday mornings and Wednesday evenings. Services Friday 6:30 p.m. and Saturday 9 a.m. www.tjswfl.org. THE NEW CHURCH

The New Church of SWFL, 10811 Sunset Plaza Circle #401, behind Zoomers. Reverend Gabriella Cahaley. Sundays 11 a.m. during the season. Other worship events on Fort Myers Beach. http://www. newchurchflorida.com. 481-5535. UNITARIAN UNIVERSALIST

CHURCH FORT MYERS

13411 Shire Lane (off Daniels Parkway one mile west of I-75). Minister The Reverend Allison Farnum. Sunday services and religious education at 10:30 a.m. 561-2700. www.uucfm.org. UNITY OF BONITA SPRINGS

28285 Imperial Street, Bonita Springs. 947-3100. Family Service 10 to 11 a.m. Healing Circle 11 a.m. Hospitality and Fellowship, 11 a.m. Inspiring lesson, uplifting and dynamic music, meditation in a loving environment.

UNITY OF FORT MYERS

11120 Ranchette Road, Fort Myers Sunday Services 9:15 and 11 a.m. Children's classes 11 a.m. Reverend Jim Rosemergy. 278-1511, www. unityoffortmyers.org. Our God is Love, Our Race is Human, Our Religion is Oneness **WESTMINSTER PRESBYTERIAN** CHURCH

9065 Ligon Court, Fort Myers, across from HealthPark Hospital, 481-2125. Senior Pastor Robert Brunson. Sunday 9:30 a.m. Sunday School for all ages. 11 a.m. Blended Worship. www. westminsterfortmyers.org

WORD OF LIFE CHURCH

2120 Collier Avenue, Fort Myers. 274-8881. Sunday 10 a.m.; Wednesday 7 p.m. Bishop Gaspar and Michele Anastasi **ZION LUTHERAN CHURCH**

7401 Winkler Road, Fort Myers. 481-4040. Pastor Curtis Deterding. Sunday 8 a.m. Traditional, 10:45 a.m. Blended, 9:30 a.m. Eductional Hour. www.zionfm.org.

Lee Schools Conclude Another Successful Season Of Mock Trials



Payal Majmundar and Matthew DiBiase of Fort Myers High School pose with their individual award and presiding Judge John S. Steele, Senior U.S. District Judge, at the Lee County Mock Trial Competition. The team placed first in the county and circuit competition, and will represent the 20th Circuit in the statewide competition photo by Jim Jett Photography

The Lee County Bar Association announced that the annual High School Mock Trial Competition, which it sponsors, was another outstanding success. Facilitated by Mock Trial co-chairs Karla Campos-Andersen, Esq. and Indera Singh, Esq., Lee County Schools and dozens of volunteers serving as volunteer coaches and judges, competitions for Lee County and the entire 20th Judicial Circuit were held in January and February, respectively. Fort Myers High School will now go on to represent the circuit at The Mock

Trial State Finals Competition, held from March 17 to 19 at the Orange County Courthouse in Orlando. Presented by the Florida Law Related Education Association (FLREA), which is

funded in part by The Florida Bar Foundation, the Florida High School Mock Trial Competition is an academic competition in which a team of six to eight students simulate the roles of both attorneys and witnesses in a fictional trial situation. Students have approximately five months to prepare for their roles.

According to FLREA, "This is the most hands-on, intensive learning simulation about the trial process available to high school students."

The LCBA is pleased to continue supporting mock trial year after year, as its focus on expanding young people's civics education and engagement fits into the multi-year LCBA Cares initiative – a commitment to providing community outreach and enhancing members' experience as practitioners and participants in the community.

Competing in the county round were The Canterbury School, Island Coast High School, Bishop Verot Catholic High School, two teams from Ida Baker High School and returning champs, Fort Myers High School. In the circuit round, Fort Myers High School came up against worthy opponents Charlotte High School representing our county to the north and Gulf Coast High School from Collier County.

Many participants won individual awards. In the circuit competition, Fort Myers High School student Matt DiBiase won Best Opening Statement and Best Defensive Attorney, with teammate Mallory McGovern being named Best Prosecution Witness.

Competition was fierce, especially given a high number of objections, which made for some exciting moments. Second-year co-chair Karla Campos-Andersen began participating as a freshman at Mariner High School in 1994, when it was just her alma mater and Fort Myers High School representing the county.

"The kids were beyond prepared, yet able to think on their feet," said Campos-Anderson. "There is a lot that goes into putting this program together, and it would not be possible without the dedication of the legal community, and all of the amazing volunteers and sponsors."

For more information, visit www.leebar.org.☆

Read us online at IslandSunNews.com



Fish Reponding To Seasonal Change Of Diet



by Capt. Matt Mitchell

would like to think winter is finally over or if it's not done we are at least past the worst of what it had to throw at us. Until the white pelicans leave though,

I'm not convinced we won't have to deal with one or two last cold fronts but they should be nothing like the strong ones we experienced for the past few months.

Conditions on the water have certainly improved with the warm-up bringing everything back to life after what has been one of the most crazy winters in recent memory. Finally, sheepshead are no longer my daily target species. I'm back to shiner fishing and life as a fishing

Send Us Your Fish Tales

he River Weekly would like to hear from anglers about their catches. Send us details including tackle, bait and weather conditions, date of catch, species and weight, and include photographs with identification. Drop them at the River Weekly, 1609 Hendry Street, Suite 15, Fort Myers, Florida 33901, or email to press@riverweekly.com.



This week was the first time since the end of December that we have not had to deal with a strong cold front pushing through. We have had a few cool mornings that have made the warm-up slower than I had hoped and the bite a a little tougher, but all in all there has been vast improvement in our fishing action brought on by this warming pattern.

Baitfish have started to reappear and exciting things are now beginning to happen; our outstanding springtime fishing is so close to taking off.

Catching shiners has been tough but the extra effort it's taken has paid off with gamefish coming out of the woodwork to eat these tasty treats. Places I have fished with shrimp for weeks without much success have started to light up with these magic baitfish getting chased down and smashed right on the surface. Snook, redfish, trout, jacks and big mangrove snapper all seemed to enjoy this seasonal change of diet.

During the cooler mornings, snook have been a little slow to pick up live shiners, often chasing and missing them or running with the bait and then dropping them. As the day and water tem-



Gary Biltgen with a keeper sized redfish caught this week while fishing with Capt. Matt Mitchell

perature warmed up, the more aggressive they became. Even though I have not been catching lots of snook, it's just good to be catching them again with regularity and this bite will only get better as we continue to warm and they begin the springtime transition moving out of the back country.

Spring fishing brings anglers lots of opportunities on a wide variety of species. This wide-open fishing will kick into high gear when water temperatures reach that magic mid 70-degree mark. Fingers crossed and weather cooperating, this should happen in the next few weeks.

After this unusually cold winter, a few more degrees increase in water tempera-



ture is all it's going to take and these snook will gorge on baitfish as they leave their winter haunts.

Capt. Matt Mitchell has been fishing local waters since he moved to Sanibel in 1980. He now lives in St. James City and works as a back country fishing guide. If you have comments or questions email captmattmitchell@aol.com.‡

Snook Season **Reopens In Gulf**

he recreational harvest season for one of Florida's premier fish reopened on March 1 in Florida's Gulf of Mexico state and adjacent federal waters, including Everglades National Park and Monroe County. Snook season will remain open through April 30.

In the Gulf, anglers may keep one snook per day, measuring 28 to 33 inches in total length. The fish is measured from the most forward point of the head with the mouth closed to the farthest tip of the tail with the tail compressed or squeezed while the fish is lying on its side. A snook permit is required to keep snook, along with a saltwater fishing license, unless exempt from the license requirements. Only hook-and-line gear is allowed when targeting or harvesting snook.

It is illegal to buy or sell snook. Snook are one of the many reasons continued on page 17



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crow case of the Week: Green Heron



by Patricia Molloy

The green heron (Butorides virescens) receives its name from the color of the plumage on its back. From a distance, its feathers appear dull and dark. Up close,

however, their necks are of a beautiful rufous (redishbrown) color and their backs and wings are of iridescent greens and blues with gold-tipped wing coverts. Short, stocky and shy, they typically nest in trees located near water, but far away from human interference.

Green herons are one of only a few tool-using birds and have developed an ingenious method of fishing. To attract fish, they drop bait on the surface of the water – twigs, insects, feathers and even crusts of bread – then stand perfectly still on the water's edge and wait. Once a curious fish swims near the surface, the green heron will extend its surprisingly long neck with a quick thrust and grab the fish with its dagger-like bill.

While they most often fish by this wade-and-watch method, green herons will occasionally dive for deepwater prey then swim back to shore. Their middle and outer toes are webbed, making them



The green heron, patient #16-453, lays on a padded mat after being anesthetized in preparation for radiographs.

capable swimmers.

Late last month, an injured green heron was admitted to CROW as patient #16-453. Upon presentation, it was obvious that the bird had suffered an injury to its right wing.

"He was found with a wing droop," explained Melissa Fox, CVT, veterinary assistant. "The doctors palpated him, (but) didn't feel any obvious breaks." The frightened bird was given pain medication to make it more comfortable, then moved to a clean cage far removed from the busy examination room.

'They're really 'stressy' little birds,

so we want to do what we can to get him to a quiet area. He's in the back in a soft-sided cage," said Fox. Once the pain had subsided, the heron was visibly more relaxed and able to get some much needed rest.

Early the next morning, Dr. Allison anesthetized the patient so that radiographs could be taken. X-rays from several angles were necessary: at one stage, the heron was placed on its back and its wings were gently extended to its sides so that clear images could be obtained. Fortunately, Dr. Allison did not find any fractures. Before it was awakened and returned to its cage, Fox drew a small blood sample from the bird for further testing.

The green heron is expected to make a full recovery and be released back into the wild.

CROW (Clinic for the Rehabilitation of Wildlife, Inc.) is a non-profit wildlife hospital providing veterinary care for native and migratory wildlife from our local area. The hospital accepts patients seven days a week from 8 a.m. to 5 p.m. Mail donations to P.O. Box 150, Sanibel, FL 33957. Call 472-3644 or visit www.crowclinic.org.**

Republican Women Fashion Show And Lunch

The annual fashion show fundraiser, Spring Fling, is being held by the Fort Myers Republican Women's Club on Tuesday, March 15, at The Helm Club, The Landings, South Fort Myers. A red, white, and blue theme will be used as this is Florida's primary election day.

Fashions by Draper's & Damon's and Patchington will be featured with club members serving as the models. Saks 5th Avenue will provide fashions for the male models. The show replaces the regular monthly business meeting.

The public is invited to attend. The day's activities include a card party beginning at 10 a.m. A social hour and silent auction begin at 11a.m. The fashion show and luncheon start at noon. The luncheon will feature the traditional money hat and a basket from Chanel.

Donations for door prizes, raffle items, and the silent auction are being accepted.

Tickets are \$30 and reservations are required by Thursday, March 10, and may be made by contacting Tina Laurie, 489-4701. For additional information about the club call president, Carole Green, 850-590-2206.☆

Poetry Alliance Open Mic Night

In celebration of National Poetry Month, poets are invited to read their work at Alliance for the Arts for an evening of diverse verse on Thursday, April 7 from 7 to 9 p.m.

This spoken word and poetry open mic is designed to bring together different generations, styles and approaches to poetry. The event is free and open to poets of all ages and to those who simply like to listen to poetry, but a \$5 donation is suggested to support future programming.

The evening is presented by the Poetry Alliance, a group of poets who meet monthly at the Alliance to share their work and advocate for poetry. Visit ArtInLee.org or call 939-2787 for more information.

The Alliance for the Arts is located at 10091 McGregor Boulevard, just south of Colonial Boulevard in Fort Myers.☆



14 | THE RIVER - MARCH 11, 2016 Plant Smart Florida Fishfuddletree

by Gerri Reaves

Who couldn't be curious about a tree named Florida fishfuddletree (*Piscidia piscipula*), and what's behind that intriguing name? While the term "fishfuddle" might

While the term "fishfuddle" might bring a smile to your lips, it likely refers to the unfunny, now-illegal, practice of poisoning fish. In fact, another of the native tree's other names is Florida fishpoison tree.

The leaves, bark and roots were the source for a poison used to stun fish. Disoriented – or fuddled – by the poison, the catch floated on the water's surface and were easily gathered.

Another more prosaic name for this plant is Jamaican dogwood. That's not a reference to the flowering dogwood, but to the tree's wood being used to build "dogs," a gripping device used on boats and ships.

The two dogwoods are not in the same family, by the way. Fishfuddle is a member of the bean family.

The tree is found only in the more southern parts of the state and in the Keys, growing up to 60 feet tall with a breadth of about 25 feet and an irregular crown. It prefers full sun to partial shade and sandy limestone soil, but does require some organic content to survive.

Fast-growing and highly drought- and



Native Florida fishfuddle's light-brown seed pods contrast with the dark-green foliage photos by Gerri Reaves

salt-tolerant, fishfuddle an excellent choice for a coastal landscape.

Sturdy and wind-resistant, it has hard wood and thin pale gray bark. The coarse-textured leaves measure about 10 inches long and have five to eleven leaflets with prominent veins, pointed tips, paler undersides and recurved edges.

The showy clusters of small pea-like flowers are white with pink, lavender, or purple tinges, and are all the more noticeable in spring because they bloom when the leaves have dropped.

The flowers' five unequal petals create an unusual form. The two lower reddishtinged ones are fused, forming a keel sur-



The papery pods have scalloped wings

rounded by two wing-like outer petals, all over-arched by a larger upper one.

The flowers are a honey source, and the tree is the host, or larval, plant for the native hammock skipper and cassius blue butterflies.

The papery seed pod is light-brown, rectangular, and up to three inches long. It has four scalloped wings and contains several flat reddish brown seeds.

Propagate this desirable species with seeds and cuttings. Sources: Five Hundred Plants of

Sources: Five Hundred Plants of South Florida by Julia F. Morton; Florida, My Eden by Frederic B. Stresau; A Gardener's Guide to Florida's Native Plants by Rufino Osorio; National Audubon Field Guide to Florida; Native Florida Plants by Robert G. Haehle and Joan Brookwell; South Florida Landscapes by the South Florida Water Management District; Trees of Everglades National Park and the Florida Keys by George B. Stevenson; fnpsblog.blogspot.com; miami-dade.ifas. ufl.edu; and regionalconservation.org.

Plant Smart explores the diverse flora of South Florida.

Local Waters/ Local Charts Class

he San Carlos Bay Sail & Power Squadron, a unit of the United States Power Squadrons, will be offering the popular Local Waters/Local Charts class on Saturday, March 19 from 8:15 a.m. to 12:30 p.m. The class is directed towards new boaters and boaters new to the area, as well as those wishing to learn chart reading. It will provide the boater with some of the basics of navigation, oriented to the Fort Myers area. Students will be using chart 11427, and you must bring this chart to class. Optional On-the-Water training is also offered at a later date. Please check with the class instructor for details.

The cost of the class is \$45. It is being taught at the San Carlos Bay Sail & Power Squadron classroom located at 16048 San Carlos Boulevard at the corner of Kelly Road (across from ACE Hardware). Students can register online at www.scbps.com or by calling 466-4040.[‡]



March in the Park will be held March 12

The Garden Club Of Cape Coral

March in the Park, the annual fundraiser of the Garden Club of Cape Coral, will be held on March 12, from 9 a.m. to 3 p.m., at Jaycee Park. Admission and parking are free. The garden club will have a booth and

The garden club will have a booth and has been collecting cuttings and dividing plants from members' own yards especially for this sale. Marc from Calusa Palm in Naples will have palms, flowering trees, ginger and heliconias, Brittain Tropicals will have pitcher plants, orchids and air plants, Deep South Nurseries will have wild coffee, pink muhle grass, bananas, figs, spinach, papaya and bay rum. Other plants will include bonsai, bromeliads, succulents and perennials. Home-made canned goods will be available from Judy's Jungle, and Bella Verde Farm will have vegetables from its garden. Garden art will include painted pots by Sandy Sacco, Glory Days will have metal yard decor and balancing birds. Chemwise will have liquid fertilizer, and MW Horticulture Recycling will have compost and green soil.

Lee County IFAS Extension/Master Gardeners will be available for Ask the Expert plant questions, or problems attendees may have.

Food, music and opportunity drawings will be available all day. Items include a rain barrel hand-painted by a club member, a garden cart filled with plants and gardening items, two tickets to Broadway Palm Dinner Theater, two tickets to Edison Ford Winter Estates, four tickets to Cultural Park Theater, plus donations from all vendors. Opportunity drawings



This is the Garden Club of Cape Coral's annual fundraiser

are \$1 each or six for \$5 and can be purchased the day of event or before from any garden club member.

A free Kids Corner will be manned by club members offering creative activities for all ages.

Speakers will be making presentations every hour throughout the day. Kathy Woodlock, a garden club member and master gardener will demonstrate Earth Boxes; Vanessa Hazleton will be making a basket out of palms; Trafalgar Middle School Garden Club will show how to plant in a bale of hay; and students from Cape Coral High School's Bella Verde Farm will talk about Bio-Char.

The Garden Club of Cape Coral is a non-profit organization and all proceeds will help the club achieve its objectives of educating members, awarding local high school seniors Marty Ward merit awards, civic beautification, Habitat for Humanity, Wekiva Youth Camp sponsorships, donation to local middle and high school garden projects and promoting civic awareness of environmental and conservation concerns.

For more information, contact Ginny Huffer at 257-2654 or Huffmom5@aol. com or log onto the website, www.gardenclubofcapecoral.com.**

Gulfshore Opera To Present Bach Play For Easter



Colin Ramsey will perform the role of Jesus

Gulfshore Opera will present Johann Sebastian Bach's Saint Matthew Passion for three performances from March 18 to 20 at venues in Charlotte, Lee and Collier counties during Lent, in anticipation of the Easter season. The production is in collaboration with the Florida Gulf Coast University Chamber Choir, The Fort Myers Symphonic Mastersingers Chamber Chorus, a core ensemble of eight soloists, and the Gulfshore Opera Orchestra and Chorus.

With this once-in-a-lifetime Lenten experience, Gulfshore Opera will bring the Gospel of Matthew to music through J.S. Bach's sacred *Passion Play*. Usually performed as a concert, this production will be staged. Steffanie Pearce, Gulfshore Opera founder and general director, explained, "The Evangelist, Matthew, will sing from memory in costume and in English, as will Jesus and the other disciples. It will be a sung *Passion Play*."

The Saint Matthew Passion requires two choruses and a double orchestra, which is probably why it has not been performed in Southwest Florida, until now. The Saint Matthew Passion is usually performed in large metropolitan areas due to its complexity and the number of artists required. Fortunately for Southwest Florida, Pearce is an experienced collaborator.

"Gulfshore Opera has many collaborative partners. For this production we are very happy to be working with the FGCU Chamber Choir and the Fort Myers Mastersingers Chamber Choir. Both choirs have been working on their parts for several months," said Pearce.

Bach's Saint Matthew Passion was first heard on Good Friday, 1727 in Leipzig, Germany. It is exceptional for its musical richness and its grand scope. Bach wrote his Saint Matthew Passion to present the Passion story in music at Good Friday services. In 1829, it was revived by Felix Mendelssohn, creating renewed interest in Bach that grew



Thomas Glenn will appear as Matthew photo by Laura Bunker

throughout the 19th century and still continues. With great drama, Bach's *Saint Matthew Passion* retells the story of the events leading up to the crucifixion of Jesus.

Thomas Glenn will perform the role of narrator, Matthew, the Evangelist. Glenn, a Canadian tenor, brings much experience to this role, having performed it in numerous productions. The role of Jesus will be performed by Colin Ramsey, bass-baritone.

The FGCU Chamber Choir and the Gulfshore Opera Orchestra and Chorus are directed by Dr. Trent Brown of the Bower School of Music and The Arts at FGCU. The Fort Myers Symphonic Mastersingers Chamber Chorus will be led by Artistic Director, Jeff Faux.

"Performing the Saint Matthew Passion will forever change the lives of the students in the Chamber Choir. It will create an affinity for Bach that will stay with the singers forever," said Brown. "I'm thrilled that Gulfshore Opera is bringing this work to Southwest Florida and involving community groups in collaboration."

The Gulfshore Opera Orchestra is made up of the best professional musicians from three counties, including musicians who regularly perform with the Charlotte County Symphony, Southwest Florida Symphony and the Naples Philharmonic.

"The Gulfshore Opera Orchestra is very excited to be playing this great master work. Several section leaders have agreed to memorize their instrumental solos so they can move out front with the vocal soloists to perform in duet style," added Pearce. "This, along with costumes and staging of the principal soloists and English translations of all recitatives (narrations and dialogue), will make the production accessible to new audiences. We are working very diligently to get word out about this profoundly inspiring sacred work composed by Bach to be performed during the season of Lent."

With a mission to be inclusive and accessible, Gulfshore Opera offers a limited number of \$25 sponsored seats to those who otherwise would not be able to attend.

Performances of Saint Matthew



The Gulfshore Opera is working with FGCU Chamber Choir (pictured) and the Fort Myers Mastersingers Chamber Choir for Bach's *Saint Matthew Passion*

Passion run from March 18 to 20. Tickets: Single tickets start at \$25 (sponsored tickets): • March 18 at 7:30 p.m. at CPAC,

March 18 at 7:30 p.m. at CPAC,
Punta Gorda
March 19 at 7:30 p.m. at First

Christian Church, Fort Myers

• March 20 at 4 p.m. at North Naples Church, Naples

For more information about the performance, visit www.gulfshoreopera.org or call 529-3925.茶

Understanding Tax Certificate & Tax Deed Sales

Thinking of purchasing a Tax Certificate or Tax Deed and need more information?

Free Seminar Saturday, March 19

Lee County Tax Collector, Larry Hart, and Lee County Clerk of Court, Linda Doggett, are partnering to present an informative seminar on the sale and purchase of Tax Certificates and Tax Deeds.

Topics include:

What is a Tax Certificate versus a Tax Deed

How to purchase and redeem a Tax Certificate/Tax Deed

How to transfer Tax Certificate

How to apply for a Tax Deed

Know the variables associated with each purchase



For more information visit www.leeclerk.org and www.leetc.com Reservations are not required. Seating is on a first-come, first-served basis and subject to capacity. Please arrive early for best seating.

The Lee County Clerk of Court and Tax Collector offices do not provide legal advice or promote investment choices. The information presented should not be considered legal or financial and is not intended to replace consultation with a qualified professional. The seminar is designed solely for educational purposes.



Pure Florida's Naples and Fort Myers locations will offer St. Patrick's Day cruises Thursday, March 17.

St. Patrick's Day Cruises

In observation of St. Patrick's Day, Pure Florida invites the Southwest Florida community to enjoy celebratory cruises on Thursday, March 17, setting sail from its Naples and Fort Myers locations at 10 a.m., noon, 2 p.m. and 4 p.m., as well as sunset cruises departing one hour before sunset. The cruises are available for \$35 per passenger during the day and \$37.50 for the sunset cruise at its Naples location, and \$32 per passenger at its Fort Myers location. Throughout the day, drinks will be buy one get one free aboard any Pure Florida cruise.

Passengers cruising from Pure Florida's Naples location will sail aboard the M/V Double Sunshine, traveling along the Gordon River while watching for dolphins. Guests visiting Pure Florida's Fort Myers location will come aboard the M/V Edison Explorer, cruising along the Caloosahatchee River while watching for local birds as they return to their rookeries. Aboard the vessel, guests are invited to relax and enjoy the natural beauty of Southwest Florida and observe the wildlife native to the region. Narration on local history, wildlife and ecology is provided by Coast Guard-certified captains, also master naturalists. Drinks will be available for purchase on-board the vessels, and



snacks will also be available for purchase aboard the M/V Double Sunshine.

The M/V Double Sunshine departs from the historic Tin City, located at 1200 Fifth Ave. S. in Naples, while the M/V Edison Explorer departs from The Marina at Edison Ford, located at 2360 W. First St. in Fort Myers. Reservations are required. For more information on Pure Florida, or to register for a St. Patrick's Day cruise, call Pure Florida's Naples location at 239-263-4949, its Fort Myers location at 239-919-2965 or visit www.PureFL.com.

March Proclaimed Believing In Girls Month In Florida

Governor Rick Scott declared March as Believing In Girls Month across the state of Florida this year. This recognition is being made in honor of the 37,000 Florida girls who have transformed their lives through PACE.

Each of the 19 PACE Centers located throughout Florida are celebrating this proclamation by hosting a variety of events to raise awareness and encourage their students on their academic and personal journeys.

PACE Center for Girls in Lee County kicked off the month with a special rally, held at the center on February 29. Staff and board members were joined by community partners and supporters who surprised students as they arrived on the school bus on Monday morning. The red carpet was laid out as they walked through the doors of the recently renovated L. Gail Markham Building amid posters, banners, balloons and shouts of encouragement from well-wishers, all showing their support.

The girls of PACE Lee also received customized T-shirts to wear throughout the month that read, I Believe In Me/ Because PACE Believes In Me.

"Before a woman can make history, she is a girl who is full of potential. At PACE we are helping girls harness their potential and become the women who change the world," said Nona C. Jones, chief external affairs officer for PACE Center For Girls, Inc.

Following the example set forth by Governor Scott, the Board of Lee County Commissioners issued a proclamation recognizing March as Believing In Girls Month and the valuable work PACE does in providing at-risk girls ages 12 to 18, an opportunity for a better future through education, counseling, training and advocacy. Fort Myers City Council and Bonita Springs City Council will also issue proclamations to support PACE.

Other Believing In Girls Month activities include a special Q&A discussion with critically-acclaimed author Trish Doller, in partnership with the Southwest Florida Reading Festival and Literacy Council Gulf Coast, and the opportunity for PACE students to visit fourth and fifth graders at Colonial Elementary School. PACE girls will speak to the elementary students about the potential of young girls and why girls issues matter, while distributing specially made #BelievingInGirls bracelets.

Activities will culminate with the eighth annual Grande Dames Tea luncheon on Tuesday, March 22 from 1 to 3 p.m. at the Broadway Palm Dinner Theatre, 1380 Colonial Boulevard, Fort Myers. Three remarkable women who have made a significant impact on the Southwest Florida community will be honored: Betty Anderson of Fort Myers, Rusty Brown of Fort Myers and Dr. Geraldine Burchard Nobles of LaBelle. During the program, PACE girls will h participate in a Q&A discussion with the women, gaining valuable insight and advice.

Tickets for the Grande Dames Tea are \$60 and are available by calling 425-2366 ext. 2315 or online at www.pacecenter.org/lee. Table sponsorships are also available. Attendees are encouraged to wear their favorite tea party hat.

For more information on PACE or how to participate in Believing In Girls Month activities, contact Sara Garner, development manager, at 425-2366 ext. 2312 or visit www.pacecenter.org/lee.*



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From page 12 Snook Season Reopens Florida is called the Fishing Capital

Florida is called the Fishing Capital of the World. Florida Fish & Wildlife Conservation Commission encourages anglers to use moderation when determining whether or not to take a snook home during the open season. When choosing to release a fish, the FWC encourages anglers to handle it carefully to help the fish survive upon release. Proper handling methods can help ensure the species' abundance for anglers today and generations to come. To learn more about fish handling, visit MyFWC.com/ Fishing and click on "Saltwater Fishing," "Recreational Regulations" and "Fish Handling."

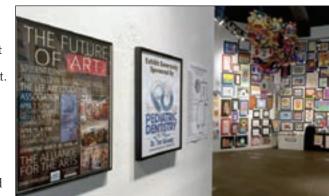
Researchers ask anglers who harvest the fish to save the carcasses after they are filleted and provide the carcasses to the FWC by dropping them off at a participating bait and tackle store. This program allows anglers to participate in the collection of data such as the size, age, maturity and sex of one of Florida's premier inshore fish. For a county-bycounty list, go to MyFWC.com/Research and click on Saltwater, Snook, and Snook Anglers Asked to Help with Research.

For more information, visit MyFWC. com/Fishing and click on Saltwater, Recreational Regulations and Snook.

Submissions For Exhibit

Aliance for the Arts is seeking artists to present their work at the 30th annual All Florida Juried Exhibit. The exhibition is open to all artists residing in Florida.

Categories for entry are sculpture, painting (including oil, acrylic, collage, watercolor and mixed media), photography, prints and drawing.



The gallery at the Lee County Alliance for the Arts

An entry consists of one to three artworks. Submissin deadline is April 30 at www. artinlee.org/all-florida. Only original artwork will be accepted.

This year's juror, Harry Messersmith, is a full service bronze/glass foundry and sculpture atelier and continues to refine his sculpture that he describes as triangulated figures. Messersmith received a grant from the Andy Warhol Foundation to attend a master artist residency with Gio Pomodoro at the Atlantic Center for the Arts in 1999. He then traveled to Milan, Italy in 2000 to promote The Bronze Exhibit, a group exhibition that included three of his figurative bronze sculptures.

Accepted entries must be dropped off no later than May 31. The opening reception will be Friday, June 3 from 5 to 7 p.m. Messersmith will be on hand to present awards, including \$1,000 cash for best in show and a \$250 gift certificate for second place, and \$100 Jurors Choice Award for third place. There will be a Gallery Walk and Talk with Messersmith on June 4 at 10 a.m. The exhibit runs through June 30.

The Alliance campus and galleries are open to the public from 9 a.m. to 5 p.m. Monday through Friday and from 9 a.m. to 1 p.m. on Saturdays, located at 10091 McGregor Boulevard just south of Colonial Boulevard in Fort Myers.

Future Of Art Exhibit At The Alliance

or the second consecutive year Pediatric Dentistry of Fort Myers will be the exhibit sponsor for Future of Art at the Alliance for the Arts.

Works of art created by elementary and middle school students across Lee County will be on display beginning April 6 with an opening reception on Wednesday, April 6 from 5 to 7 p.m. Work created by high school students will then be exhibited with a second opening reception on Wednesday, April 20 from 5 to 7 p.m. and will remain on display until April 30.

"The Alliance for the Arts really has done a wonderful job over the last 24 years with this project, we're lucky to be involved with the last two," said Dr. Tim Verwest, DMD.

This is the 24th year the Alliance has partnered with the Lee Arts Educators Association to provide students with an opportunity to display their artwork in a formal exhibit. This annual show features more than forty schools and hundreds of pieces of art in a wide variety of mediums. Judges will select winners in several categories and award a Best In Show.



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With Top Ranked Farm Systems, The Future Is Bright For Boston And Minnesota



by Ed Frank

The tired old spring training cliché "hope springs eternal" applies to all 30 Major League teams as they now prepare for the long six-month season.

However, for the Boston Red Sox and the Minnesota Twins, who train here in Fort Myers, that worn out phrase should have added meaning as a report released this week by Major League Baseball showed that these two teams are ranked among baseball's elite with top-ranked prospects – a positive omen for the future.

MLB ranks the Red Sox minor league system No. 1 and the Twins No. 5.

What makes an organization rank as one of the top farm systems in baseball? It's a combination of quality and quantity. The MLB staff considers organizations that have an abundance of elite-level prospect talents as well as depth in terms of future big leaguers up and down the system.

Boston already has given left-handers Brian Johnson (No. 46 in the MLB top 100 prospects) and Henry Owns (No. 47) trials in the "big show," but most of their best prospects are at least two years away. Boston has seven names in the Top 100.

In their Low A Greenville farm team, they have three exciting infielders: second baseman Yoan Moncada (No. 10), third baseman Rafael Devers (No. 15) and shortstop Javier Guerra (No. 88). They are products of Boston's aggressive international program that also snagged Double A outfielder Manual Margot (No. 30) and 17-year-old right-hander Anderson Espinoza. Finally, with the seventh overall pick in last June's Major League draft, the Red Sox added outfielder Andrew Benintendi (No. 72) who some considered the best college athlete in the 2015 draft.

With this bevy of top-tier talent, the Red Sox future is indeed bright.

Boston's signing of the 20-year-old Moncada sparked a bidding war among

teams that landed him a whopping \$31.5 million bonus, the largest bonus ever given to an amateur player. The Red Sox also paid another \$31.5 million penalty for exceeding its international bonus pool, resulting in a \$63 million investment in Moncada.

Minnesota earned the title of the fifth best minor league system with six Top 100 prospects in their system that includes outfielder Byron Buxton (No. 2) and converted outfielder Miquel Sano (No. 4), both of whom debuted on the big league club last season.

The other Twins prospects in MLB's Top 100 are right-hander Jose Berrios (No. 25), who went 14-5 last season at Double A Chattanooga and Triple A Rochester, left-hander Tyler Jay (No. 74), the team's top draft pick (No. 6 overall) in last year's draft, shortstops Jorge Polanco (No. 87) and Nick Gordon (No. 89). That's two Top 100 shortstops, a rarity in any farm system.

The MLB Top 100 list did not include outfielder Max Kepler, the Southern League Player of the Year, who has been ranked as high as No. 44 in other baseball ratings. The Germany native was signed out of high school in 2009. With raw talent, Kepler has advanced slowly through the Twins farm system and could don a Minnesota Major League uniform in the upcoming season.

Here is a listing of the top 10 farm systems in baseball: No. 1, Boston; No 2, Los Angeles Dodgers; No. 3, Colorado; No 4, Chicago Cubs; No. 5, Minnesota; No. 6, Pittsburgh; No. 7, Philadelphia; No. 8, Houston; No. 9, Texas; and No. 10, New York Yankees.

Spring Training Home Schedule

Minnesota Twins – Hammond Stadium

Friday, March 11 – Miami Marlins; 1:05 p.m. Sunday, March 13 – Baltimore Orioles; 1:05 p.m. Wednesday, March 16 – Boston Red Sox; 7:05 p.m. **Boston Red Sox – JetBlue Park** Saturday, March 12 – Miami Marlins; 1:05 p.m. Monday, March 14 – Pittsburgh Pirates; 1:05 p.m. Tuesday, March 15 – New York Yankees; 6:05 p.m. Thursday, March 17 – Baltimore Orioles; 1:05 p.m. Friday, March 18 – (split squad) – Minnesota Twins; 1:05 p.m.

Calusa BUG Chase And Crawl Supports Kids Bringing Up Grades



Members of the Metro-McGregor Kiwanis Club post-race. Front, from left, Keira Pelle, Jennifer Molnar, Alyssa Gnagey, Rachel Toomey, Kate Smiley and Shea Cunnigham. Back from left, Jessica Gnagey, Patrice Cunnigham, Steve Hess, Todd Adams, Matt Toomey, Heather Chouinard, Liz Ross and Barbara Hartman

he Fort Myers Metro-McGregor Kiwanis held the 8th annual Calusa BUG Chase 5K run and BUG Crawl on January 30 at the Calusa Nature Center in Fort Myers. The race benefitted the Fort Myers-Metro Kiwanis Club's BUG (Bringing Up Grades) program. There were over 160 registered participants who traveled the trails at the nature center and a portion of the asphalt bike path on Ortiz. The race was timed with Chrono Track Bib Tag Technology, and was supervised by the Fort Myers Track Club. The run raised a net total of \$3,844.

The Big Bug co-title sponsors for the race were Pool Pros and Larue Pest Management.

Sara Strong won overall female runner with a time of 20:42. Yancey



The Pool Pros Mitchell family sponsored and participated in the race.



Overall female winner Sara Strong



Pool Pros title sponsor Joe Mitchell, left, with overall male winner Yancey Palmer

Palmer won overall male with a time of 18:28. Other winners included: Jami Maxwell (Masters female), John Gervase (Masters male), Cathi Wilson (Grand Master female), David Browne (Grand Master male), Annie Houben (Senior Grand Master female) and John Bates (Senior Grand Master male). Age group awards were also presented. Full race results can be found at ftmyerstrackclub.com. Photos from the race can be found on the Metro-McGregor Kiwanis Club's Facebook page.

All proceeds benefit the Fort Myers Metro-McGregor Kiwanis BUG (Bring UP Grades) program in local Lee County elementary schools and other Kiwanis community service projects. The BUG program is designed to recognize local elementary students who raise their grades to an acceptable range and maintain or continue to raise them from one grading period to the next.

The Metro-McGregor Kiwanis Club is looking for more service-minded individuals and business professionals who would like to make a direct impact on the community through volunteering. Meetings are held every Tuesday at 11:30 a.m. in Fort Myers. For details, call club president Heather Chouinard at 332-4440 or email Heather. Chouinard@IBERIABANK.com.‡

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Final 2016 Bruce T. Gora Sunset **Concert Features The Resolvers**



The Resolvers

oin members of the Alliance for the Arts and The Resolvers for the next 2016 Bruce T. Gora Sunset Concert on Sunday, March 20 at 5 p.m. Guests are en-C couraged to picnic on the lawn with coolers, blankets and lawn chairs as they soak up live alternative reggae music. Bring your own beverages and food and join your neighbors to enjoy a sunset on the lawn.

Now in its 6th year, the concert series honors the memory and many community contributions of musician, photographer, architect and longtime Alliance board member and supporter Bruce Gora.

Emerging from the vibrant beach town of Deerfield Beach, The Resolvers are known to have guickly become the premier alternative reggae act of the South Florida music scene. The band captures the essence of the classic reggae sound: natural acoustic percussion, deep bass grooves, worldly drum rhythms, tasty vintage keyboards, bluesy guitar licks and multi-part vocal harmonies...then blend it with modern songwriting craftsmanship to create their own familiar-yet-purelyoriginal take on World Music.

Gates open at 4 p.m. and the concerts begin at 5 p.m. General admission tickets are \$20. Pre-sale tickets are \$15 for Alliance members and are available at the Alliance for the Arts, located on the corner of Colonial and McGregor in Fort Myers. Call 939-2787 or go to www.ArtInLee.org. Proceeds from the concert series will benefit Alliance education and outreach programs. The 2016 Bruce T. Gora Sunset Concerts are sponsored in part by LCEC and Bon Soiree.

Community Flea Market

Tope United Presbyterian Church, at the intersection of Hickory Drive and U.S. 41 in Fort Myers, will repeat its popular monthly flea market on Saturday, March 12.

Individuals, businesses, organizations and churches can rent a space for \$20 and keep all the proceeds from their sales. There are 28 spaces available and advance paid reservations are advised. Set-up begins at 7 a.m. with sales open to the public from 8 a.m. to noon.

This is the 5th year of operation of and sellers have raised substantial funds from the sale of unneeded items, craft items, jewelry, produce, toys, computers, baked goods, pies, cookie, said Richard Short, church se4cretary. For more information, contact the church office at 267-3331.

Pancake Breakfast

n Sunday, March 13, the Bayside Men's club hosts its final pancake breakfast of the season from 8 to 11 a.m. in the Bayside Recreation Hall. The all-you-can-eat pancakes are served with scrambled eggs, sausages, coffee and orange juice for the cost of \$5 (only pancakes are all-you-can-eat). For only \$1 more, get a made to order omelet.

Bayside Estates is off San Carlos Boulevard, just south of Pine Ridge Road. Signs are at both entrances. For more information, call Ken Wescoat at (609) 226-9955.袋



1131 1st St., Ft. Myers Beach • www.nervousnellies.net

Opportunities To Sail, Play Tennis Keep LoDuca Busy

by Jeff Lysiak

For the past half dozen years, Chicago resident Patrick LoDuca has spent a good portion of his winter months visiting with his mother on Sanibel. The 48-year-old former financial software database manager not only enjoys the warmer weather, but he also likes the numerous outdoor sporting opportunities – including sailing and playing tennis – that Southwest Florida offers.

Thus, it may be a little surprising to know that LoDuca, who was born with spina bifida, is wheelchair bound... not that it restricts his desire to live a physical lifestyle whatsoever.

"I walked on crutches for 30 years," said LoDuca, who reported that after more than a dozen corrective surgeries, he now gets around using a manual wheelchair. "When I first came down here, I was looking for something fun to do in order to keep active."

À competitive sailor in the Judd Goldman Adaptive Sailing Program back in his native Illinois, which attracts more than 1,000 participants annually, LoDuca



Frequent Sanibel visitor Patrick LoDuca enjoys both competitive sailing and tennis while spending his winter months in Southwest Florida photo by Jeff Lysiak

searched for a similar program here in Southwest Florida. He found it at the Edison



NIGHT for LIFE IX

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For additional information, call (239) 247-3073, go to our website at www.organsupport.org or email us at otrofswfl@gmail.com or visit us on Facebook page at https://www.facebook.com/events/1094397337245279/ 501C(3) NON-PROFIT CORPORATION Sailing Center in Fort Myers.

Kris Scheppe, a blind sailor who splits his time between Wisconsin and Naples, is one of the founding members of Blind Sailing Unlimited, who is staging the three-day adaptive sailing clinic and match races on the Caloosahatchee from March 18 to 20.

Åccording to Scheppe, the Lions Club of Bonita Springs provided funding to purchase three special buoys – constructed with a special device which creates intermittent sounds that blind sailors can navigate by – to expand sailing opportunities for handicapped/disabled participants. After meeting with Liz Baylis, executive director of the Women's International Match Racing Association, Scheppe helped organize one of the first blind match sailing clinics last year, in San Francisco, California.

"We wanted to expand the sport, and get even more people involved," said Scheppe. "After a great clinic last fall, we thought spring would be a great time to do something here in Fort Myers. The river is a perfect fit for us, and a great place to learn to sail."

On Friday, March 18, the adaptive sailing match races will begin at 9 a.m. and continue through 4:30 p.m., with a lunch break scheduled between noon and 1 p.m. Spectators are welcome to watch the group (of five) Sonar 23 vessels in action on the water. Scheppe noted that the best spot to view the sailors in action would be between the Midpoint and Calossahatchee bridges in Fort Myers.

Although LoDuca won't be sailing during the three-day event, he said that he hopes to get back out onto the water soon. In 2015, he and his crew won an adaptive sailing regatta held in St. Petersberg, competing against teams from the United States, Canada, Australia and the United Kingdom.

"It was the largest sailing event outside of the Paralympics," he added. For additional information about the March 18 to 20 clinic and match races hosted

by the Edison Sailing Center, visit http://blindsailingunlimited.org/bmr-fl.php or call Kris Scheppe at 239-206-3451.

Meanwhile, LoDuca has taken up another sport – wheelchair tennis – after more than three decades off the court.

"Up until six weeks ago, I hadn't played tennis in about 32 years," he said. "I used to play when I was a kid. Just getting out onto the court and hitting the ball around a bit felt great."

However, playing tennis from a wheelchair has taken some getting used to.

"My serve still needs some practice, but I can put some topspin on the ball – I'm getting my old groove back," explained LoDuca with a laugh. "In some ways, the game feels different. Now, the net is as tall as you are."

Using a sportchair, which is lighter and more maneuverable than a standard wheelchair, LoDuca has progressed to the point where he feels comfortable enough to enter a tennis tournament. On April 2 and 3, Three Oaks Park in Fort Myers will be the site of the inaugural Lee County CTA Adult Wheelchair Celebration Tournament.

"I'm heading back up north on March 9, but I'm coming back down to play in the tournament," said LoDuca. "It's sorta fun to be out there... I've always had good handeye coordination, plus there's a good social aspect to it. People aren't too competitive. They're very encouraging of everyone."

The two-day singles and doubles tournament, open to men and women, is currently seeking participants. For more information, contact Lyn Bruner at 980-6904 or TournamentDirector@lccta.com.XX

> Share your community news with us. Call 415-7732, Fax: 415-7702 or email press@riverweekly.com



School Smart



by Shelley M. Greggs, NCSP ear Shelley, My 8-vear-old child has trouble making transitions both at home or at school. What advice do you have?

> Maria F., Sanibel

Maria,

Many children struggle with transitions, which can be common triggers for behaviors that range from simply annoying to upsetting like tantrums and meltdowns. There are many ways parents and teachers can help kids have an easier time with transitions – and be able to behave better – but it takes some experimentation to find out what clicks with each particular child.

These following strategies are useful to help all kids with transitions and especially for kids with ADHD, anxiety, autism, or sensory processing. This kind of scaffolding is particularly crucial for kids who have significant struggles with transitions and, over a period of time, it can help children develop their own framework for making transitions.

Create routines: If a child "doesn't want to transition because he likes consistency and routine and structure," says Michael Rosenthal, a clinical neuropsychologist,

"then start by building in consistency and routine and structure into the transition process itself. "For transitions that will happen every day, consistent routines can have big payoff. A bedtime routine, for example, might seem like something for toddlers, but having a predictable structure in place can be reassuring and helpful even for many kids."

Preview and count down: Along with routines, previewing and countdowns are key strategies. In the morning, you might describe what the day is going to look like. Then, before each transition, give a timeframe and description of what will happen along with countdowns in 20 minutes, then 10, then 5. It will be time to finish breakfast and head to school. This 'allows them to emotionally get ready for an event," explains Dr. Rosenthal.

Use music: For younger kids in particular, songs can be especially effective tools to help implement routines and ease transitions. The "clean up" song heard in preschools everywhere is a great example. There are countless other songs to be found to suit a variety of situations from tying shoes to brushing teeth.

Visual cues: Other kids may benefit from visual cues. Being able to point to a chart with drawings about what to expect from a particular transition, or the steps involved, can help some people immensely. These are common in lower grade classrooms but could be easily adapted at home.

Ĝet their attention: For kids with ADHD in particular, says Matthew Rouse, a clinical psychologist in the ADHD and Disruptive Behavior Disorders Center at

the Child Mind Institute, it's important to make a connection with the child to ensure that you have their attention and that the information is sinking in. This could mean eye contact, sitting next to them, a hand on their shoulder, or asking them to repeat back what you have said. Simply yelling at them from the other side of the room won't work and will only lead to frustration on both sides.

Use rewards: Rewards can be an effective tool for all kinds of kids and issues. You can use stickers, snacks, or a point system that leads to tangible rewards. Schools and parents alike can implement reward systems, and once your child gets into the habit of seamlessly transitioning, you might be able to phase it out.

Implement appropriate consequences: If a transition is not going well, Dr. David Anderson, senior director of the ADHD and Behavior Disorders Center at the Child Mind Institute, recommends paying less attention to it rather than escalating the situation. "Ignore it as long as they're at least making an effort to make the transition or approximating the transition," he says. "If they're really egregiously misbehaving, then use an appropriate consequence for that behavior that makes the child understand that behavior is off limits.

Praise good transitioning: When something goes well, use the opportunity to be really enthusiastic, compliment your child and tell them exactly how well they did. Be specific in your praise, i.e., I really liked how you closed the computer right away and started brushing your teeth, and

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now we have more time to read. Follow up with a reward when appropriate.

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

Walk To End Alzheimer's

he Alzheimer's Associations' Walk To End Alzheimer's is the organization's major fundraiser to provide a support system for those affected by Alzheimer's disease or a related disorder through patient and family services, education, advocacy and research. There is no registration fee required to participate.

The Walk To End Alzheimer's will take place on Saturday, October 29 beginning in Centennial Park, located at 2000 West First Street in downtown Fort Myers. The full route is 5K and the halfroute is two miles. Registration starts at 8 a.m. and the walk will begin at 9 a.m.

For more information on sponsorship, participation and/or volunteer community service hours, call 800-272-3900, email Walk@alzflgulf.org or visit www.alz.org/ FlGulfCoast.芬

Our email address is press@riverweekly.com

Financial Focus

Women May Need Extra Steps On The Road To **Financial Security**



by Jennifer Basey

nternational Women's Day was observed on March 8. Around the world, thousands of events honor women's achievements on that day. Yet, women still face challenges in many

areas of life - such as their financial situations. So if you're a woman, you may want to use this occasion to consider steps you can take to help move toward your important financial goals, such as a comfortable retirement.

First of all, be aware of the potential obstacles facing women: lower earnings than men, longer lifespans than men and more time out of the workforce than men. This last element is particularly important, because when women leave the workforce for extended periods, typi-

cally to care for young children or older parents, they will have much less time to contribute to their 401(k) or other employer-sponsored retirement plan.

Whether you fit the above profile perfectly or not, and whether you're married or single, you must take action on your own behalf. Here are some suggestions:

 Ramp up your retirement plan contributions. Contribute as much as you can afford to your 401(k) or other employersponsored retirement plan. Your 401(k) is a good way to build retirement savings because your earnings accumulate on a tax-deferred basis, which means your money can grow faster than if it were placed in an investment on which you paid taxes every year. (You will have to pay taxes on withdrawals; also, withdrawals prior to age 591/2 may be subject to a 10 percent IRS penalty.)

• Contribute to an IRA. Even if you have a 401(k) or similar plan, you're probably still eligible to open an IRA. Contributions to a traditional IRA may be tax-deductible, while earnings can grow tax deferred. If you invest in a Roth IRA, your contributions are not deductible, but any earnings growth is distributed tax free, provided you've had your account at least five years and don't start taking withdrawals until you're 591/2.

 Don't invest too conservatively. Some studies show that women may invest more conservatively than men. This could be a problem, especially since, as mentioned above, women are also out of the workforce longer and may have less years to contribute to their 401(k) plans. Consequently, when you invest in your 401(k), IRA or other accounts, consider including in your holdings growthoriented vehicles consistent with your risk tolerance, such as stocks. Stocks are more susceptible to market volatility, but you can help reduce the impact of this volatility by owning a mix of investments, including stocks, bonds and cash.

• Talk to your spouse about Social Security. If your spouse starts collecting Social Security at 62 (the earliest age of eligibility), the monthly benefits could be reduced, perhaps by as much as 25 percent. This reduction could affect you if you ever become a widow, because once you reach your own "full" retirement age (which will likely be 66 or 67), you may qualify for survivor benefits of 100 percent of what your deceased spouse had been receiving – and if that amount was reduced, you'll get a reduced benefit. Talk to your spouse about this issue well before it's time to receive Social Security.

Ultimately, International Women's Day celebrates the freedom of women to live their lives without limits. And by making the right moves, you may one day be celebrating your own financial freedom.

Jennifer Basey is a financial advisor in Fort Myers. She can be reached at jennifer.basey@edwardjones.com.☆



Local Technical College Students Win At Regional Competition



Electricity students Jameson Fecteau, Rafael Casillas, Cody Kunkel and James Epps

Fort Myers Technical College (FMTC) students won 20 medals at the SkillsUSA Region 6 competition held at Manatee Technical College in Bradenton on February 25. More than 500 students enrolled in secondary and postsecondary career and technical education programs at technical colleges and high schools located in Collier, Lee, Charlotte, Sarasota and Manatee counties participated in the annual event.



The historic Alderman house is located in the River District in downtown Fort Myers

Historic Alderman House Purchased

AXI CMD, LLC, the developers of ALLURE, the new, luxury high-rise condominium planned for the River District of downtown Fort Myers, have purchased the historic Alderman House. Located at 2572 East First Street in downtown Fort Myers. built in 1925 and is listed in the U.S. National Register of Historic Places. The residence was originally owned by prominent local banker and attorney Frank Alderman, Sr. who moved to the area from New York. A successful entrepreneur, Alderman was president of the First National Bank in Fort Myers and played a part in the development of downtown.

"We are committed to the continued revitalization of downtown Fort Myers, while also doing what we can to preserve its rich history, so we decided to purchase the Alderman House to preserve this historic landmark and valued treasure," said JAXI managing member Eduardo Caballero. JAXI plans to eventually relocate the ALLURE sales gallery from 1300 Hendry Street to the Alderman house.

The architecture of the two-story Alderman house is Spanish Colonial Revival and features a front patio with Italian blue and white tile and arcaded loggia with twisted columns. The home also features 35-foot cathedral ceilings in the living room and a unique turret in the northeast corner of the house.

Designed as an urban enclave, ALLURE will house 292 luxury condominium residences in two, 32-story towers. A variety of open floor plans including one, two and three-bedroom residences are priced from the mid \$300s. The sales gallery is open Monday through Friday from 10 a.m. to 6 p.m., Saturday from 10 a.m. to 5 p.m. and Sunday from 11 a.m. to 5 p.m.

A few of the planned community amenities include: riverfront promenade; private screening room with cutting edge audiovisual equipment and theater-style seating; men's and women's spa facilities FMTC students won gold medals in the carpentry, cosmetology, electronic technology, air conditioning, automotive technology, industrial motor control, major appliance and career pathways competitions. Gold medal winners will advance to the Florida SkillsUSA competition to be held in Lakeland from April 24 to 27.

SkillsUSA is a nationwide career and technical education student organization serving more than 300,000 high school, college and postsecondary students – and their instructors – in technical, skilled and service occupation instructional programs.

The contests are planned by technical committees made up of national experts from labor and management; they are designed to test the skills needed for a successful entry-level performance in given occupational fields.

FMYC regional winners included:

Gold Christian Wood - Automotive Service Justin Pencil – Carpentry Jacquelyn Bagwell - Cosmetology Ivan Ruiz – Electronic Technology Andrew Cerrie – Air Conditioning, Refrigeration & Heating Technology Cody Kunkel – Industrial Motor Control Bryan Kless – Major Appliance Repair Team of Rafael Casillas, Tara Cooper and Roneisha Scott - Career Pathways-**Business Administration** Silver Allen Mercer – Carpentry James Epps – Electrical Construction Wiring Klyveto Delva – Electronic Technology Anthony Costello – Air Conditioning, Refrigeration & Heating Technology Brian Mackin – Industrial Motor Control Lloyd Phillips – Marine Service Noe Gamez Nino - Welding Bronze

Jameson Fecteau – Electrical Construction Wiring Walter Vasquez – Industrial Motor Control Tyler Larios – Major Appliance Repair Calvin Cheek – Marine Service Tracey Cox - Cosmetology

with saunas and showers; pool deck with heated cascading infinity-edge pool overlooking the water; rooftop gardens; social gathering rooms with fireplace, billiards, game tables and areas for relaxing and quiet reading; bocce ball and barbeque grills on the rooftop and pickleball by the pool; and high-speed Internet access in all public areas.

To learn more visit www.allureluxurycondominiums.com. 茶

Financial Advisor Attends Women's Conference

Edward Jones Financial Advisor Jennifer Basey recently attended a women's conference for the company.

The conference, held to recognize successful female Edward Jones finan-

cial advisors, provided attendees with the opportunity to network, hear from internationally recognized speakers, participate in elective sessions that explore performance excellence best practices and interact with firm leadership.

"We are thrilled to be bringing together our most successful women financial advisors to recognize their contributions and facilitate mentorship," said Alan Kindsvater of Edward Jones branch training. "The success of women financial advisors is a firm priority because it will enable us to serve more diverse clients and have greater choices for future leaders."

Today, about 19 percent of Edward Jones' financial advisors are women, compared to the industry average of less than 16 percent, according to global research firm Cerulli Associates. Edward Jones, a Fortune 500 company, strives to have at least 25 percent women in its financial advisor population.*



Mom And Me



by Lizzie and Pryce

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

Dear Mom & Me,

I don't have the time to be friendly with my neighbors. But the other day I was out gardening when a neighbor that was out walking her dog stopped to chat. She and her husband and his 13-year-old daughter moved into our neighborhood a year ago.

This is a second marriage for both, and she is miserable. He is now diabetic, has high blood pressure, is obese and is a miserable, abusive man. She said she entered into this marriage because she was lonely, never had any children and loved his three-year-old daughter.

She became his daughter's mother as her natural mother had died one month

after delivery – a suicide from post-delivery depression.

She doesn't want to leave this darling child, but she is having a terrible time and she does not know what to do.

I am old enough to be her mother and know that I lack the skills to give her the proper guidance.

Could you help me to help her? Barbara

Dear Barbara,

I continue to be struck by individuals' public faces versus private faces. I am firmly convinced that not all is what it seems, and there is always more to the picture than what meets the eye. I do feel sorry for your neighbor. Listening to her issues does lend understanding to why second marriages are so very difficult or even marriages – first, second or third – that are entered into with unrealistic expectations. Counseling would be a good option for your neighbor, a professional who could assist her to sort out all of her issues and concerns.

Dear Barbara,

Many people young and old think marriage will solve their personal problems. While marriage may relieve some personal problems, it can also set up a new set of problems.

Her second husband seems like a very sick man and probably can't think beyond his own health problems to even realize or talk about her problems. She must decide for herself what is most important for her own happiness and going to a professional marriage counselor may help her come to the correct decision.

Lizzie and Pryce's email address is

I izzie

momandmeaging@hotmail.com.芬

Chronic Ankle Sprains



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

Weak ankles causing chronic ankle sprains are a common complaint where the ankle is continuously giving way and is accompanied by constant swelling, pain, decreased range of motion or excessive motion from joint looseness.

The most common type of ankle sprain is an inversion injury, when the ankle rolls outward as the foot turns inward. Some sprains may take a few weeks to many months to fully heal. The injured ankle often remains a little weaker and less stable than the uninjured one. The unhealed ligaments from the sprain make the ankle unstable, causing added wear and tear as the bones slide unevenly over one another. Left untreated, chronic ankle sprains can lead to cartilage deterioration and can result in degenerative arthritis.

Getting proper treatment for ankle sprains is of course every patient's goal; however, prolonged pain, swelling and disability that limit activity and remain stubborn to treatment, require a closer look.

When a person complains of continued pain after an ankle sprain, the next step is commonly a recommendation of NSAIDs and quite possibly a cortisone injection. These treatments, although possibly effective at providing short-term pain relief, have also been shown to increase the degenerative process that leads to arthritis. This is because they may stop the pain signal, but the person is still walking around on unstable ankles, wearing down the joint cartilage.

Repair and regeneration should be the goal, when the pain and symptoms of ankle sprains become chronic. Treatments that encourage circulation to the area are ideal, so the body has the opportunity to bring growth factors for long term repair. Regenerative injection treatments work great for ankle instability to tighten the loose ligaments, providing pain relief and allowing increased ankle function without needing to swell the joint for stabilization.

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

How Statins Cause Diabetes



by Suzy Cohen, RPh

ear Readers: When you are told you have high cholesterol, you assume it comes from eating too much fat, right? After all, cholesterol is a lipid of "fat" and that seems like normal reason-

ing. If you think high cholesterol is due to a high-fat diet, you're wrong. Very little fat from foods become cholesterol. What makes high cholesterol, is consumption of sugar and carbohydrates, soda, candy, cake, potato chips, bread, pasta and other carbohydrates. So to make this clear, high cholesterol and triglyceride almost always occur as a consequence of eating too many sweets, not butter or eggs, okay?

If your body turns excess sugar into cholesterol, and statins reduce the cholesterol formation, then where does all the sugar go when you take a statin drug?

It's a good question, and I need to give you an answer so you can get well! If you tell your liver to "knock it off and stop making cholesterol," then it's going to push all of the sugar (glucose) back out of the liver and into your blood stream rather than turn it into cholesterol. It's just going to lock the door and tell the sugar, "Get out!"

You know this already, but just in case when doc finds excess sugar in your blood, you're told you have "diabetes." Then, you start driving in the fast lane of a multi-billion dollar business, one complete with shots, drugs and scary complications (amputations, blindness). If we personally met and you had told me you had diabetes, I wouldn't even take a breath before asking, "Are you by chance taking a statin?"

Please make sure you have diabetes, the real disorder, and not a man-made disease induced by a medication you needed for high cholesterol. This is basic health 101, guys. The treatment plan differs dramatically if you have diabetes versus drug-induced hyperglycemia (high blood sugar).

Statins block endogenous production of cholesterol, meaning your internal production, the cholesterol that YOU make, not eat. You see, many of you still think statins block the fat (cholesterol) you get when you eat a bacon cheeseburger. That's not true. Statins don't reduce cholesterol from exogenous (external) sources, that bacon cheeseburger is going straight to your arteries even if you take a statin. So is the cherry croissant you eat for desert. The statins offset the cholesterol you make, not eat. You can't negate a greasy snack with one tiny pill.

Because statins block your own endogenous cholesterol production in the liver, they force your liver to 'spit out' the glucose that comes from eating sugary, starchy foods. Normally, your liver would turn that PB & J sandwich into cholesterol but, instead, the glucose gets pushed back into your bloodstream.

In your relentless quest to lower cholesterol, you may be giving yourself diabetes. I recommend reducing cholesterol with diet and exercise and healthy EFAs (essential fatty acids like fish oil, chia seed oil, etc). Can you lower cholesterol without a statin? "Surprise, surprise, surprise," like Gomer Pyle used to say, of course you can! And, avoiding statins is way better for your blood sugar levels.

This information is not intended to treat, cure or diagnose your condition. Suzy Cohen is the author of The 24-Hour Pharmacist and is a registered pharmacist. To contact her, visit www. SuzyCohen.com.

Parkinson's Screening Session

ee Memorial Health System is holding a community resource and screening session for people who have been diagnosed with Parkinson's Disease on Saturday, March 19 between 9 a.m. and 2 p.m. at the Outpatient Rehabilitation at City Center, located at 3114 Cleveland Avenue in Fort Myers.

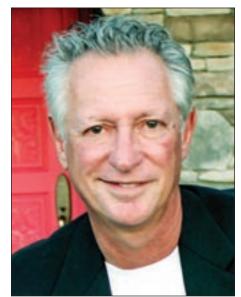
"The Parkinson's Clinic gives a person with Parkinson's and their loved ones the opportunity to discuss concerns related to changes in function", said Nathalie Grondin, PT – coordinator of the LMHS Parkinson's Disease Rehabilitation Team. All participants are screened by licensed therapists trained to detect physical deficits which may benefit from therapy intervention. Participants are also provided with a list of available resources including seminars, group exercise classes and support group meetings throughout Lee County.

Each participant can expect to visit with a physical therapist to address mobility concerns, an occupational therapist to address self-care activities and home management, as well as a speech language pathologist to discuss communication and swallowing concerns.

Resources related to education, support group, exercise group, and identification of individualized therapy needs will be provided and a report of recommendations will be sent to your health care professional of choice.

Space is limited; call Mary Jo Haughey, speech and language pathologist, at 343-4962 to make an appointment or for more information.

24 | THE RIVER - MARCH 11, 2016 Local Authors Pen Tribute To Pioneer Women



The book was co-author by Tom Hall, who is also a featured art columnist in *The River Weekly News*

The historical narrative about the founding of Fort Myers has always been all about the flamboyant and irascible men who built our town – like Cow King and Civil War captain Francis Asbury Hendry, fellow cattleman "Wild Bill" Towles, battling bankers/developers Harvie Heitman and Walter Langford and hardware magnate and hotelier W.P. Franklin. While the women of that era also played pivotal parts in the town's early development, their roles, if mentioned at all, were generally relegated to footnotes or parentheticals in the



Robin Tuthill

exploits of their male counterparts. A new book now sets the record straight. But Female Pioneers of Fort Myers: Women Who Made a Difference in the City's Development does more than just give a fuller and more balanced version of our local history. It also provides inspirational stories at a time when girls and boys, young women and men of all ages are desperately searching for positive female role models. And what better role models are there for our local youth than the women from our collective past who were actually responsible for settling, saving and building our town?

The book is written by local authors Robin Tuthill and Tom Hall. (In addition to being an amateur artist and aspiring novelist, Hall is a featured art columnist for *The River Weekly News.*) It is published by Editorial Rx Press, which is owned and operated by North Fort Myers resident Deb Whippen. Southwest Florida

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Thuthill and Hall give a more balanced version of history while providing inspirational stories about women who overcame rigorous hardships, incomprehensible loss and numbing tragedies to settle, save and build Fort Myers alongside their male counterparts

author, essayist and Fort Myers *News-Press* senior writer Amy Bennett Williams has written the foreword. Mayor Randy Henderson, author and *River Weekly* local history columnist Gerri Reaves, Edison Ford CEO and President Chris Pendleton and Edison Ford Chief Curator Mike Cosden, *Dared to Dream* author Doris Weatherford and former Mound House director and local archaeologist/ anthropologist/historian Theresa Schober have all read the manuscript and provided back cover endorsements for the book.

In Female Pioneers in Fort Myers, readers will learn how our founding females helped settle our town and transform it from a rough-and-tumble cow town into a modern cultural, commercial and tourist center. You may

The Sidney & Berne Davis Art Center is located at 2301 First Street in Fort Myers.☆

Yappy Hour At Bell Tower

Gulf Coast Humane Society will celebrate the luck of the Irish in honor of St. Patrick's Day at Yappy Hour at the Bell Tower Shops this Friday, March 11 from 6 to 8 p.m. You are invited to join in with your furry friend(s) for an evening of entertainment, visit the GCHS booth to see our adoptable dogs and enter your name for random drawings to win a lucky prize.

During the evening, t-shirts and magnets will be offered for sale with 100 percent of the proceeds benefitting the shelter. A variety of vendors, including The Beach Dog, Valvoline, General Animal Hospital, PetSmart and Specialized Veterinary Services will be in attendance for the evening's festivities, which will include music provided by the Bell Tower Shops.

Gulf Coast Humane Society, located at 2010 Arcadia Street in Fort Myers, was established as the first non-profit animal welfare organization in southwest Florida in 1947.

think, at first blush, that the book is just another dry historical, but what makes *Female Pioneers* unique is that it shares the previously untold and all but forgotten tales of the women who saved Fort Myers from abandonment and influenced the town's buildings, topography, culture and amenities from 1866 through the mid-1900s. Related in a clear, easy-toread conversational style, each biography contained in the tome is supplemented by rare historical photographs and artwork rendered by three local artists.

The books are available for purchase online at Editorial Rx Press (www.editorialrxpress.com) and on Amazon (www. amazon.com), as well as in the gift shops at the Edison Ford Winter Estates and its Bell Tower location.

For more information about events associated with the Gulf Coast Humane Society, call 332-0364 or visit www.gulfcoasthumanesociety.org.

Voices Of Naples Scholarships

The Voices of Naples offers up to \$3,000 in scholarships to Collier and Lee counties' graduating seniors intending to pursue a college major associated with vocal music. Applications must by received by March 21 and auditions will be held on the evening of Monday, April 4 at Emmanuel Lutheran Church, 777 Mooring Line Drive, Naples.

Call 948-2865 or email June Ricks at ricksj@comcast.net with questions, or log onto www.voicesofnaples.org[%]

To advertise in The River Weekly News Call 415-7732

From page 1 A Cyber Thriller At Theatre Conspiracy

The Nether is a vast network of virtual reality realms, formerly called the Internet. The play is a twist-filled cyber thriller in which a detective (Beth Yazvac) interrogates two men. One is a businessman (Jim Yarnes) about his activities in the online realm of a role-playing video game. He created a realm called the Hideaway where pedophiles may live out their fantasies. The other is Doyle (Elvis Mortly) a science teacher, who has grown so addicted to the place that he wants to live there forever. We get to know Iris (Eren Sisk), a little girl who is all ringlets and volatile innocence. A guest who pur-sues his fantasies, Mr. Woodnut, is played by Tom March.

The play intelligently asks whether there is such a thing as a world without consequences. Do you have a right to satisfy your desires in the guise of an avatar and in a form of existence where the victims of your perversion aren't legal entities? It's important to keep in mind that the physical forms we see in the Hideaway are merely avatars. Who, in fact, is who? There are many twists and when everything finally becomes clear in the last scene, it leaves you gasping.

Yarnes is magnificent as the businessman also known as Papa. Sisk excels as the young Iris. In a scene near the end of the play her face is frozen in a look that combines both anger and evil. The entire cast does a fabulous job portraying these questionable characters.

Rick Sebastian is to be commended for his direction and Bill Taylor for the Victorian set.

The Nether is as smart as it is unsettling. It plays through March 19 at Theatre Conspiracy, located at The Alliance for the Arts, 10091 McGregor Boulevard. For tickets go to theatreconspiracy.org or call 936-3239.*

From page 1 American Virtuosi Concert

Virtuosi Gala Dinner, with a gourmet four-course meal prepared by Chef Mike Gavala of G3 Catering. Tickets are \$125 per person; tables of eight are available for \$900. Call 333-1933 or visit www. sbdac.com for more information.

D YOU KN TRIVIA TEST

- 1. GEOGRAPHY: What river flows through the Grand Canyon?
- 2. MUSIC: Who sang the pop hit "School's Out"?
- LANGUAGE: What is the subject studied in zythology? 3.
- 4. MOVIES: In "Ace Ventura: Pet Detective," what kind of creature was Jim Carrey looking for?
- 5. ANIMAL KINGDOM: What is a group of ants called?
- MATH: What is the name of an angle that is more than 90 degrees but less than 6. 180 degrees?
- 7. HISTORY: Which country gave the Statue of Liberty to the United States?
- 8. INVENTIONS: Who invented the mercury thermometer?
- 9. CHEMISTRY: What element does the Br symbol stand for?
- 10. ANCIENT WORLD: Which key figure in the Trojan War was described in literature as having "the face that launched a thousand ships"?

ANSWERS

7. France 8. Gabriel Fahrenheit 9. Bromine 10. Helen of Troy 1. Colorado 2. Alice Cooper 3. Beer and beer making 4. A dolphin 5. Colony 6. Obtuse

My Stars ★★★★

FOR WEEK OF MARCH 14, 2016

ARIES (March 21 to April 19) Consider moving beyond the usual methods to find a more creative means of handling a difficult on-the-job situation. Avoid confrontation and, instead, aim for cooperation.

TAURUS (April 20 to May 20) Seasonal change creates a new look for the outdoors. It also inspires Taureans to redo their own environments, and this is a good week to start redoing both your home and workplace. Enjoy.

GEMINI (May 21 to June 20) A misunderstanding needs to be straightened out so the wrong impression isn't allowed to stand. If necessary, offer to support the use of a third party to act as an impartial arbitrator.

CANCER (June 21 to July 22) A career change offering what you want in money and responsibilities could involve moving to a new location. Discuss this with family members before making a decision.

LEO (July 23 to August 22) Feeling miffed over how you believe you were treated is understandable. But before you decide to "set things straight," make sure the whole thing wasn't just a misinterpretation of the facts.

VIRGO (August 23 to September 22) Showing you care makes it easier to build trust and gain an advantage in handling a delicate situation. What you learn from this experience also will help you understand yourself better.

LIBRA (September 23 to October 22) Planning for the future is fine, especially if you include the roles that family members may be asked to play. Don't be surprised if some hidden emotions are revealed in the process

SCORPIO (October 23 to November 21) Making choices highlights much of the week, and you have a head start here, thanks to your ability to grasp the facts of a situation and interpret them in a clear-cut manner.

SAGITTARIUS (November 22 to December 21) Carrying a torch can be a twoway situation: It can either keep you tied to the past or help light your way to the future. The choice, as always, has to be yours.

CAPRICORN (December 22 to January 19) Your watchwords this week are: "Focus." "Focus." "Focus." Don't let yourself be dis-

tracted from what you set out to do. There'll be time later to look over other possibilities. **AOUARIUS** (January 20 to February

18) A workplace opportunity might require changes you're not keen on making. Discuss the plusses and minuses with someone familiar with the situation before you make a decision.

PISCES (February 19 to March 20) Love and romance are strong in your aspect this week. If you've already met the right person, expect your relationship to grow. And if you're still looking, odds are you'll soon be finding it.

BORN THIS WEEK: You approach life in a wise and measured manner, which gives you an edge in many areas.

THIS WEEK IN HISTORY

• On March 20, 1823, Ned Buntline, the "dime millionaire" and discoverer of Buffalo Bill, is born in New York. More than any single writer, Buntline was responsible for creating a romanticized and misleading image of the American West. He once said, "I found that to make a living I must write 'trash' for the masses."

• On March 18, 1834, in England, six English agricultural laborers are sentenced to seven years of banishment to Australia's penal colony for their union activities. Their crime: They agreed that they would not accept work for less than 10 shillings a week.

• On March 17, 1901, paintings by Dutch painter Vincent van Gogh are shown in Paris, causing a sensation across the art world. Van Gogh had committed suicide 11 years earlier after selling only one painting.

• On March 14, 1922, John "Jack" Mack, co-founder of one of North America's largest heavy-duty truck makers, is killed when his car collides with a trolley in Pennsylvania. The expression "it hit me like a Mack truck" (meaning something that creates a powerful impact) is part of the American lexicon.

• On March 19, 1957, Elvis Presley puts a \$1,000 down payment on a new home for his parents, a southern Colonial mansion on a 13.8-acre wooded estate. Presley agreed to purchase the Tennessee home called Graceland for \$102,500.

• On March 15, 1968, construction begins on the Eisenhower/Johnson Memorial Tunnel in Colorado. Cutting through the Continental Divide at an average elevation

- SPORTS QUIZ
- 1. 1. In 2009, the Los Angeles Dodgers set a record by winning their first 13 home games of the season. Who had held the modern-day mark of 12?
- 2. In 2015, Eduardo Rodriguez (22) became the youngest Red Sox starting pitcher since 1967 to win his major-league debut on the road. Who was it in '67?
- 3. Name the last NFL defensive lineman before Houston's J.J. Watt in 2014 to have at least five touchdowns in a season.
- 4. When was the last time before 2015 that the Iowa Hawkeyes men's basketball team won an NCAA Tournament game?
- 5. Name the last NHL goalie before Montreal's Carey Price (2014-15) to win the Hart (MVP) and Vezina (top goaltender) trophies in the same year.
- 6. When was the last time a CONCACAF Gold Cup men's soccer final did not have either Mexico or the U.S. as one of the teams?
- 7. In 1976, the U.S. Olympic team featured Michael and Leon Spinks and Sugar Ray Leonard, but another American won the award for top boxer. Who was it?

ANSWERS

7. Lightweight boxer Howard Davis. 1944. 4. It was 2001. 5. Montreal's Jose Theodore, in the 2001-02 season. 6. It was 2000. 1. The Detroit Tigers, in 1911. 2. Billy Rohr, at 21 years old. 3. Chicago's Connie Mack Berry, in

of 11,112 feet, it is America's highest vehicle tunnel.

• On March 16, 1978, the oil tanker Amoco Cadiz wrecks off the coast of France. Although the French navy dropped bombs to open the hull immediately, releasing the oil where it was, much of the 68 million gallons of oil drifted to the coast.

STRANGE BUT TRUE

• It was President Franklin Roosevelt who made the following sage observation: "Government by organized money is just as dangerous as government by organized mob."

• Are you a ceraunophiliac? If so, Central Florida, is the place to live. The area between Tampa Bay on the peninsula's west coast and Cape Canaveral on the east coast is known as Lightning Alley, and Florida is the lightning capital of the United States -- an excellent home for anyone who has an extreme love of thunder and lightning.

• Singer Katy Perry reportedly has a cat named Kitty Purry.

• If you're an animal lover who's fond of Corgis -- the Welsh dog known for its extremely short legs -- you might want to take a look at the Munchkin cat. Only recognized as a separate breed in 1995, this cat is characterized by the shortness of its legs.

• When Edgar Allan Poe first started writing his most famous poem, "The Raven," he intended it to be short. Over the next decade, though, he kept adding to it, until it finally reached a length of 18 verses. The poem's publication in 1845 had a mixed critical reception; William Butler Yeats called it "insincere and vulgar" and said "its execution [is] a rhythmical trick," and Ralph Waldo Emerson said, "I see nothing in it." "The Raven" was wildly popular with the public, though, and Poe became -- for a brief

time -- the most famous writer in America. • Worried about snooping? You may be

surprised by the results of a recent survey: It seems that 82 percent of men claim that they have never peeked into a date's medicine cabinet.

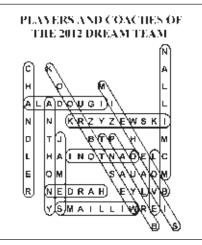
THOUGHT FOR THE DAY

"He who does not bellow the truth when he knows the truth makes himself the accomplice of liars and forgers." -- Charles Peguy











Pompano with Blue Crab in Citrus **Čream**

 $\frac{1}{2}$ cup dry white wine

¹/₄ cup shallots, minced

3 tablespoons fresh lemon juice

1 cup heavy cream 1/4 cup unsalted butter, cut into 1/2-inch

cubes

 $1^{1\!/_{\!2}}$ teaspoons grated lemon peel 8 ounces fresh blue crabmeat

Salt and pepper, to taste 3 tablespoons olive oil

1 tablespoon shrimp boil or seafood

seasoning

4 six- to eight-ounce pompano fillets, skinless

1 bunch fresh parsley, chopped Combine wine, shallots and lemon juice in small saucepan. Boil over medium-high heat until mixture is reduced to 1/3 cup. Add cream; simmer 5 minutes until thickened. Add butter cubes a few at a time and whisk until melted. Stir in lemon peel. Add crabmeat to sauce and heat through. Add salt and pepper to taste; set aside and keep warm. In a large skillet, heat oil over

medium-high heat. Season fillets with seafood seasoning and add to pan; cook 4 minutes per side until opaque in center. Place fillet in center of serving plate and top with crabmeat. Spoon additional sauce over all; sprinkle with parsley and serve.

Yields four servings.☆



Pompano with Blue Crab in Citrus Cream

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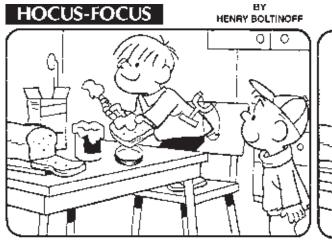
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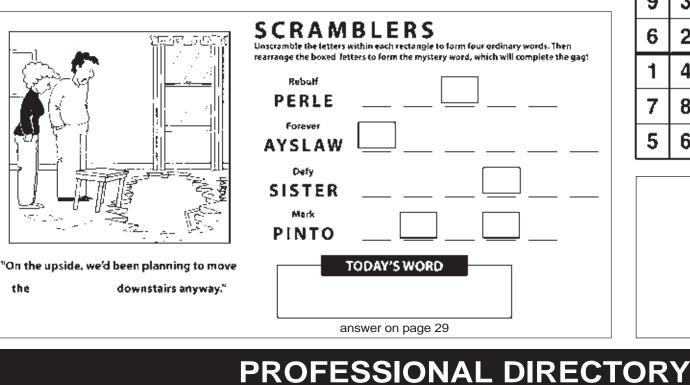
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4	7	8	1	9	5	6	3	2
2	9	1	3	6	8	5	4	7
8	1	4	9	5	2	7	6	3
9	3	5	7	1	6	4	2	8
6	2	7	4	8	3	1	5	9
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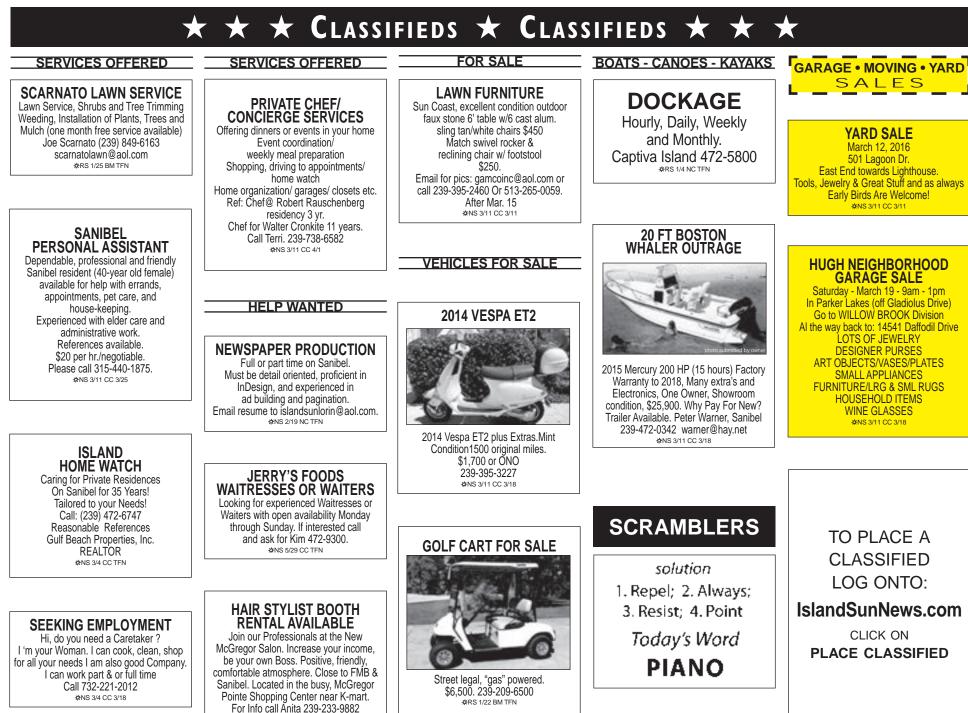


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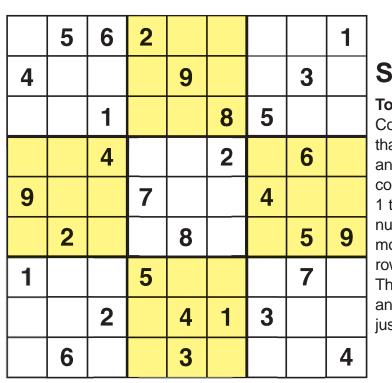
Development	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Town And River	Fort Myers	2001	4,426	\$1,299,000	\$1,200,000	257
Devonwood	Fort Myers	2015	3,692	\$1,219,687	\$1,392,098	188
Glen Lakes	Bonita Springs	2005	3,150	\$1,160,000	\$1,100,000	263
Montelago	Miromar Lakes	2003	3,353	\$1,084,999	\$1,050,000	241
Wildewood	Fort Myers	2005	3,653	\$1,055,000	\$1,015,000	18
Pelican Landing	Bonita Springs	1990	3,068	\$1,045,000	\$1,015,000	23
Fort Myers	Fort Myers	2003	4,934	\$899,000	\$879,000	15
Lake Murex	Sanibel	2015	2,208	\$895,900	\$852,500	12
Longlake	Bonita Springs	1994	2,809	\$839,000	\$820,000	416
Cape Coral	Cape Coral	2003	3,128	\$769,999	\$730,000	124

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SUDOKU

To play Sudoku:

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

answer on page 27

Pets Of The Week

Hello, my name is Rena. I'm a 2-yearold black-and-white spayed female terrier mix. Ask any of the shelter volunteers which dog they would take home. The answer will be Rena! I ended up at the shelter with three of my puppies. I'm proud to say I raised them right. They were adorable, calm, balanced kids and quickly were adopted. I'm waiting for a home now and would fit in perfectly with your family. I'm extremely affectionate and get along with everyone, both humans and animals. Adoption Fee: \$75. Get \$20 off when

Adoption Fee: \$75. Get \$20 off when you make a basket during Animal Services March Madness Adoption promotion.

Hi, I'm Ashton. I'm a 2-year-old brown tabby and white male domestic shorthair. I'm a handsome guy with a friendly personality. When you enter the room I will jump right up to greet you with a rub against your leg and a friendly "meow." If you decide to stay. I'll sit in your lap.

stay, I'll sit in your lap. Adoption Fee: \$50. Get \$20 off when you make a basket during Animal Services March Madness Adoption promotion.

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

The shelter is open for adoptions from 10:30 a.m. to 3:30 p.m. Monday through Saturday. The shelter is located at 5600 Banner Drive in Fort Myers, next to the Lee County Sheriff's Office off Six Mile Cypress Parkway.

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

The adoption package is valued at \$500.☆



Rena ID# 646177



Ashton ID# 654451

BEACH CHAIR PASTIME

answers on page 25

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