

## Edison & Ford Winter Estates To Host Annual Garden Festival



**Orchids will be for sale at the annual Edison Garden Festival**

photo courtesy Edison & Ford Winter Estates

On November 19 from 9 a.m. to 5 p.m. and November 20 from 9 a.m. to 4 p.m., Edison & Ford Winter Estates will hold its annual Edison Garden Festival. Dozens of vendors from all over the state of Florida will have exotic and tropical plants and trees, along with garden art and supplies for sale.

The Edison Ford Garden Shoppe will be open and stocked full of unusual, native and heritage plants that have been proven to thrive in Southwest Florida. Ceramic flower pots, garden art and gardening gift items will also be available.

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## Hibiscus Show And Sale Coming November 13

The James E. Hendry Chapter of the American Hibiscus Society will be holding a hybrid hibiscus plant sale on Sunday, November 13 from 2 to 4 p.m. at The Salvation Army Building, 10291 McGregor Boulevard in Fort Myers.

The beautiful tropical hibiscus you've always wanted but could not find at The Home Depot, Lowes or Walmart will be offered for sale. More than 450 hybrid hibiscus will be available: small for \$15 and large for \$25. Special pricing for members join the chapter the day of the sale for your discounted prices. These beautiful plants are



being provided by Big Bad Flower out of Sarasota.

Expert growing advice will be available during the sale from the chapter members who are experts on growing hibiscus, referred to as "Queen of the Tropics." These hibiscus are grown on their own roots and are easy to maintain. Some of these plants will grow blooms over eight inches and are in just about every color of the rainbow. Besides reds and yellows, there will be blues, greens, purples, oranges, pinks, whites and some with up to five colors.

Plants available are Bayou Rose, Beau Vie, Blackberry Jam, Black Dragon, Cajun Princess, Cajun Starburst, Chartreuse Rose, Connie Roush, Dark Princess, Delta Dawn,

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## Artists Demonstration Day During Alliance GreenMarket

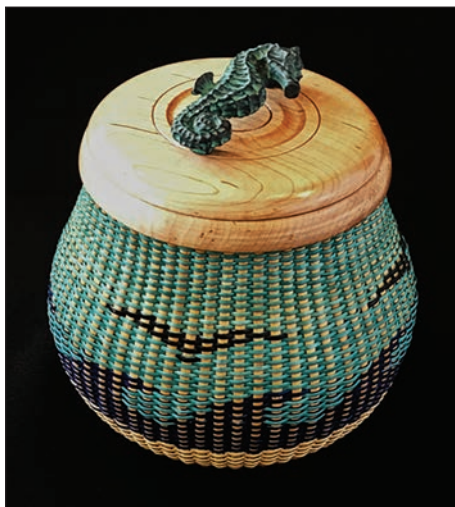


**Sculpture by Lynn Ondercin**

photos courtesy Alliance for the Arts

Members of the Southwest Florida Fine Craft Guild will demonstrate their various techniques on Saturday, November 5 during Artists at Work at the Alliance for the Arts. This free, family friendly demonstration day runs from 10 a.m. to 1 p.m. during the Alliance GreenMarket. Local artists include:

- Nancy Griffin (Fused glass)
- Sue Archer (Vitreous painting)



**Basket by Nancy Giffin**

- Dale Eulitz (Wire wrapped jewelry)
- Sandra Johnston (Knitting)
- Lynn Ondercin (Stone sculpture)
- Jeanette Iggoe (Ceramics)
- Ana Santiago (Ceramic tiles)
- Petra Kaiser (Fused glass)



**Work by Sue Archer**

Members of the guild combine old craftsmanship with contemporary techniques to produce unique works of art. For more information, visit ArtInLee.org or call 939-2787.

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

## Plein Air Festival Coming To Fort Myers Beach

Paint the Beach, a festival that features outside painting, is set to take place on Fort Myers Beach and Lovers Key from November 7 through 13.

The 7th annual festival involves both local and visiting artists setting up easels along the beachfront and other advantage points from Tuesday through Friday.

New to Paint the Beach this year is "Sundowner" painting, where artists will paint in front of Junkanoo, located at 3040 Estero Boulevard, as the sun is setting on Wednesday, November 9. The annual crowd-favorite, Quick Draw, where artists have two hours to create a painting, will again take place at Times Square near the base of the Matanzas Bridge from 9 to 11 a.m. on Saturday, November 12. Adult and local high school student divisions will be awarded prizes immediately following, and their art will be available for purchase.

The public is also invited to join the artists at the awards reception under the tent at Santini Marina Plaza, located at 7205 Estero Boulevard, on November 12

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Historic Downtown Fort Myers, Then And Now:

# Fort Myers Elects A Woman



by Gerri Reaves, PhD

The current presidential campaign season is one for the record books, with plenty of unconventional and unpredictable twists and turns. So exhausting has it been, that escaping into past elections can

be positively restful by contrast.

Take the 1929 city elections, for example. It had its share of passion, contentiousness, and unexpected turns, but safely removed from that distant time, we are free to consider its historical importance in peace.

The 1920s began with a big political boost for women – specifically, the ratification of the 19th Amendment to the U.S. Constitution on August 26, 1920, granting women the right to vote.

In those post-World War I years, women were more active in business and civic life than ever. Fort Myers women were particularly prominent in roles such as teacher, principal, real-estate professional, hotelier and merchant.

Of course, women had been working in and out of the home all along, even in authoritative positions. For instance, at least two women had served as post-mistress by 1914.

But elected city office was something new.

Enter Nell C. Barden, who was the first woman in Fort Myers city government to hold elective office, when, in July 1929, she was elected city clerk, collector and treasurer.

It was the first election under the newly revised city charter that dispensed with a city manager and returned to a councilmanic form of government. When she ran for office, she was already assistant clerk and tax collector, the senior city employee at city hall. She ran against AC Marsh and Nathan G. Stout and was the only woman running for office.

The press hoopla leading up to the election focused mainly on the five-way mayoral race, which ended up being a three-way one after the last-minute withdrawals of RA Henderson and then CL Starnes.

Barden's political campaign was low-key. Her ad stressed experience and reliability in no-nonsense terms. She cited her knowledge of the duties of the city clerk, treasurer, and tax collector, which was "gained by faithful service." She believed that service entitled her to voters' "serious and favorable consideration."

She requested support solely on the fact that that in the last year, she had handled approximately \$1,140,000 of city funds "without error or criticism."

In reporting the election results, the *Fort Myers Press* stated that Barden "received the highest total of votes for any contest office and ...was elected by an overwhelming majority" over her two opponents.

She received 1108 votes, and Stout – who came in second – received 387.

Who was this woman who defeated a former county judge, Stout, and a man who



**Nell C. Barden was the first woman to be elected to city office in 1929. This photo was taken between 1925 and 1930**

photos courtesy Rebecca Kinzie Holmes



**Nell Barden on a Bonita Springs outing in 1922**

had held public office in Missouri prior to moving to Fort Myers?

Barden had moved from South Carolina in the early 20th century soon after her brother, ER "Ed" Barden, arrived in 1910 from that state. Brother JJ Barden moved to Fort Myers, too.

Ed immediately started working in the grocery trade, working in RA Henderson, Sr. and Harvie E. Heitman's businesses before establishing his own store.

Nell, too, worked for a time at Heitman's and then at Barden Brothers, the grocery and bakery run by her brothers on First Street in today's Langford Building.

A couple of years later, she was working for the city as deputy city clerk in the new city hall established in 1921 in Evans (or City) Park.

Barden resigned that position in February 1923, but soon returned to work at city hall.

After being elected in 1929, she served two terms, retiring in 1933, citing health reasons. She had been in public service for 10 years.

Demonstrating versatility and know-how – especially valuable assets during the Great Depression – she branched-out professionally.

For example, by 1935, she was both the vice-president and an instructor at Fort Myers Business College on Broadway, which offered secretarial and accounting courses.

Nell Barden lived a long life, long enough to see a woman's election to office become commonplace. She died in 1985 at age 98.

Walk down to Heitman and Main and imagine the first woman city clerk assuming office.

Then, visit the following two research centers to explore the accomplishments of Fort Myers women.

The Southwest Florida Historical Society is an all-volunteer non-profit organization open Wednesday and Saturday between 9 a.m. and noon and Wednesday 4 to 7 p.m.

It is located at 10091 McGregor Boulevard on the campus of the Lee County Alliance for the Arts. Call 939-4044 or visit [swflhistoricalsociety.org](http://swflhistoricalsociety.org) for more information.

The Lee County Black History Society is located at 1936 Henderson Avenue, adjacent to the Williams Academy Museum at Roberto Clemente Park.

Hours for the all-volunteer non-profit organization are 10 a.m. to 4 p.m. Wednesday through Friday.

For information, call 332-8778 or visit [leecountyblackhistorysociety.org](http://leecountyblackhistorysociety.org).

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

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**THE RIVER**  
WEEKLY NEWS  
FROM THE BEACHES TO DOWNTOWN FORT MYERS

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## Goodwill Seeks Decorators

Are you crafty with a glue gun and floral wire? Goodwill Industries of Southwest Florida is looking for a dozen people who want to contribute to the Festival of Trees by sponsoring and decorating a holiday wreath.

Bare wreaths are provided, although decorators who'd like to get a head start are welcome to select and purchase their own. Decorated wreaths will be displayed on the walls of the Sidney & Berne Davis Art Center, host of the 10th annual festival, scheduled from November 30 to December 4.

The center is located at 2301 First Street in Fort Myers.

"Making a wreath is a great way to support Goodwill's mission," said Janet Wilson, Goodwill's 2011 Volunteer of the Year. "I get to do something creative and support an amazing cause at the same time. I have gotten so much wonderful feedback on my wreaths. It is

## Art Auction, Show For Alzheimer's Awareness

In recognition of National Alzheimer's Awareness Month, the Alvin A. Dubin Alzheimer's Resource Center will present an art auction featuring paintings by individuals experiencing the various stages of Alzheimer's disease or other memory impairment.

This is the 20th annual Brushstrokes from the Soul event held by the Alvin A. Dubin Alzheimer's Resource Center. A reception will be held at FineMark National Bank & Trust, 12681 Creekside Lane, Fort Myers on Thursday, November 10 from 5:30 to 7:30 p.m. The public is invited to attend this reception to view and bid on the artwork on display.

Mind and Brain Care is the Grand Sponsor for the annual awareness event. Mind and Brain Care is dedicated to the prevention, early diagnosis and intervention of dementia. Corporate and business sponsors who have contributed to the Dubin Alzheimer's Resource Center's annual fundraising for this project will also be recognized at the art show.

The artwork that will be displayed was created by individuals who receive services from area assisted living facilities, skilled nursing centers, and day stay respite programs. All of the artwork has been professionally matted and framed. Framed art will be available for purchase via silent auction at the art show event. The silent auction will be held during the reception on November 10. Proceeds benefit the Alvin A. Dubin Alzheimer's Resource Center, located at 12468 Brantley Commons Court in Fort Myers.

For more information about the art show or reception, or to find out more about the services offered by the Dubin Alzheimer's Resource Center, call 437-3007.✱

an honor to keep doing them."

To sponsor a wreath, email [susanhegarty@goodwillswfl.org](mailto:susanhegarty@goodwillswfl.org) or call 652-1613.

In honor of the festival's 10th anniversary, planners have added new twists, including a Tree Preview Party and Wine Tasting, a Santa Cause Painting Party and an Ugly Sweater Contest.

Favorites are back too, such as Santa's Block Party, Brunch with Santa, Nowhere Band, Children's Workshop and more than 20 decorated trees that will be raffled to lucky winners.

Proceeds benefit the Southwest Florida Goodwill Foundation.

For tickets or more information, visit [www.goodwilltrees.com](http://www.goodwilltrees.com).✱

## Literacy Council Presenting Award

Literacy Council Gulf Coast will present its annual Champion of Literacy award and celebrate Florida's rich history during A Night In Old Florida on Wednesday, November 16 at the historic Burroughs Home and Gardens in downtown Fort Myers.

The evening runs from 5 to 7 p.m. and features guest speaker Amy Bennett Williams, Florida author and writer for *The News-Press*. Longtime Fort Myers businesses will be recognized, and drinks and hors d'oeuvres will be served.

Nominations for the award are still being accepted. To make a nomination, visit [literacygulfcoast.org/nominations](http://literacygulfcoast.org/nominations).

"We are looking forward to a fun evening learning more about the history of the area from such a wonderful author and spreading awareness of key literacy issues facing our community," said Susan Holman, president and CEO. "Our network of more than 800 volunteers and 3,000 students are helping shape our local future. It's important to learn from the past, appreciate our history and plan for a better future."

Sponsorships are available. Contact Holman at 676-5202 or [susan@literacygulfcoast.org](mailto:susan@literacygulfcoast.org).

Tickets are \$50 and can be purchased by visiting [literacygulfcoast.org/tickets](http://literacygulfcoast.org/tickets).✱

# YOUR VOTE COUNTS



**November 8, 2016**



## WE YES

## FOR NO





**Yes 20/20**  
Keep Conserving Lee

**on Conservation 20/20**

**It is an opportunity for citizens to help safeguard Lee County's long-term economic and environmental sustainability and quality of life by continuing to protect the county's exceptional natural resources, yet without increasing taxes.**

## NO

**on Amendment 1**

**Amendment 1 is a deceptively worded amendment that creates barriers for future solar power competition and slows solar use for the future. Help keep solar rights in your OWN hands, not in those of the utility companies.**




dingdarlingsociety.org



## Fort Myers Art:

# Streets Of Fort Myers Come Alive On Friday



by Tom Hall

The River District comes alive at 6 p.m. this Friday when Art Walk returns to downtown Fort Myers. Now a two-day event, Art Walk will continue Saturday, November 5 from 11 a.m. to

4 p.m. With exciting new exhibits and live art demonstrations, rain or shine, this is a "must attend" event.

New exhibits include exceptional art in a variety of mediums done by a bevy of local artists and some national and international artists as well. You can meet the artists and talk art at the self-guided Friday night event, which brings together art enthusiasts, collectors and community friends who celebrate the arts each month. The Friday night Art Walk sees First Street closed to traffic. Local artists set up in the street selling their art, and face painting is offered at several locations along First Street. And, at the Broadway and First Street intersection, the Fort Myers Art League will be hosting a Make It/Take It table for children of all ages.

Saturday Art Walk is a quieter affair with most of the galleries open for examining the art at a more leisurely pace.

This new and improved version of Art Walk includes 14 galleries and art stops, including:

- American Legion Veterans Gallery showing art done by veterans
- Art League of Fort Myers – New exhibits each month
- Arts for ACT Gallery – Features three or more art exhibits every month plus co-op members art
- Bootlegger Alley Gallery – Outdoor gallery open only during Art Walk in The Patio de Leon
- Grand Illusion Gallery – Art, T-shirts and more
- Marc Harris Wildlife Photography – Located on Jackson Street
- Miville Art Gallery – Art and photography in the Franklin Shops
- Ollie Mack Gentry Photography – Photography at 2180 West First Street
- Reverie & Rock Art Gallery – Concert photography and surrealist digital art
- Sidney & Berne Davis Art Center – Main gallery exhibit and capitol exhibit on the third floor
- The Barrel Room – Jazz art located on Bay Street
- Timeless Gallery – Gallery and gift shop featuring steampunk art and more
- Two Newts Gallery – Co-op gallery located off West First Street at 2064 Bayside Parkway
- Unit A – Urban contemporary gallery of internationally-acclaimed artist Marcus Jansen located in Gardener's Park

As this survey of participating galleries



Art Walk in the downtown River District resumes this Friday

photo courtesy www.artswwf

reveals, Fort Myers Art Walk spans the core of downtown Fort Myers and includes the Gardener's Park area and West First Street. Most of the action is located on First Street, but you can obtain a Fort Myers Art Walk map at any of the galleries that will lead you to all the art venues and Art Walk partners.

"Enjoy cultural venues, restaurants, bars and businesses, plus live music," touts the River District Alliance. "Watch live art demos on First Street, eat amazing food, shop the unique local boutiques or just enjoy the atmosphere."

So whether you prefer the energy of night or the calm of day, there's something for everyone during this new-and-improved weekend of art that Fort Myers still calls Art Walk.

The best way to get to Fort Myers Art Walk: off I-75 North: Exit #141 then west on Palm Beach Boulevard; off I-75 South: Exit #138 then west on Dr. Martin Luther King, Jr. Boulevard; From U.S. 41 Northbound: exit at Historic District McGregor Boulevard, right turn; or from U.S. 41 Southbound Exit before the Caloosahatchee bridge.

There is free street parking and \$5 at any of the parking garages. During "in season," ride the free River District trolley.

Fort Myers Art Walk is a pet and family friendly free event.

Fort Myers Art Walk is hosted by The River District Alliance, a non-profit organization. For more information, visit [www.fortmyersriverdistrictalliance.com](http://www.fortmyersriverdistrictalliance.com). To become a volunteer, partner or sponsor of Fort Myers Art Walk, contact Claudia Goode via [cgoode@actabuse.com](mailto:cgoode@actabuse.com).

## Alliance Order/Chaos Fundraiser Set For Next Saturday

The Alliance for the Arts will host its annual fundraiser Order/Chaos: An Evening on Edge on Saturday, November 12 on the Alliance campus. Event proceeds provide opportunities for children to participate in the arts, expanding collaborations with social service organizations to utilize art therapy and enhancing the quality of life in Southwest Florida.

For this unique event, visual, performance, musical and culinary artists will create a sensory experience that entices and delights attendees by exploring the concepts of order and chaos. Interactive art exhibits will provide an opportunity to step inside the worlds of order and chaos and play on the razor-thin edge between the two.

The area's top chefs will be on hand to provide tastings of their culinary creations and a specialty cocktail will twist the theme to its extreme. Live and silent auctions will provide opportunity to bid on exciting experiences and thrilling adventures. The night concludes in the Alliance lounge with dancing and a live performance by local rock stars Strange Arrangement. Come prepared to be unprepared.

Tickets for the VIP Experience are \$200 and include access to a VIP pre-party, exclusive preview of auction packages and access to VIP concert seating with cocktail service. Doors for VIP open at 6:30 p.m. Main event tickets are \$125 and include open bar, live entertainment, silent and live auctions, and tastings from the best chefs in town.

The main event begins at 7 p.m.

Culinary sponsors include Mermaid Garden Cafe, Prawnbroker Restaurant & Fish Market and Pyro's Creations. Event sponsors include Broadway Palm Dinner Theatre, Tina and Cliff Parker and Boost Creative. Media sponsors include *Gulfshore Life* and *Florida Weekly*.

Sponsorship opportunities are still available. For more information, call 939-2787 or visit [www.ArtInLee.org/OrderChaos](http://www.ArtInLee.org/OrderChaos).

*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.✴*

## Lake Kennedy Senior Center

# Thanksgiving Brunch

Let's celebrate the holiday season together with brunch on Wednesday, November 16. Listen to the sounds of KJ Mike Russell while socializing with friends, dancing a little and enjoying the warm Lake Kennedy atmosphere.

Feast on a Bob Evans classic breakfast including two hotcakes, two scrambled eggs, bacon, beverages, coffee and cookies for \$15 per person.

Lake Kennedy is the only place in town where you can enjoy live entertainment with brunch for this low price! Pre-registration is required. Doors open at 9:30 a.m. Brunch gets underway at 10 a.m.

*Lake Kennedy Senior Center is located at 400 Santa Barbara Boulevard in Cape Coral. For more information, call 574-0575.✴*

From page 1

# Plein Air

from 5 to 8 p.m. Tickets are \$10 for the reception and can be purchased at [www.PainttheBeach.com](http://www.PainttheBeach.com). Completed pieces from the week will be on display for the first time at the reception and over \$6,000 in prizes will be awarded. The art will be on display until 2 p.m. Sunday, November 13.

Special thanks goes out to partners Fort Myers Beach Art Association, Santini Marina Plaza, Greater Fort Myers Beach Friends of the Arts, The Beaches of Fort Myers and Sanibel, Town of Fort Myers Beach, Fish-Tale Marina and plein air magazine. For sponsorship inquiries, opportunities and general questions, visit [www.PainttheBeach.com](http://www.PainttheBeach.com) or contact Marie Crist at [paintthebeachfmb@gmail.com](mailto:paintthebeachfmb@gmail.com).

For a chance to experience Paint the Beach from a different perspective, consider hosting an out-of-town artist in your home during the week of the show. Enjoy getting to know the artist and have a personal investment in this event. For host opportunities and questions, contact Dorothy McDowell at [paintthebeachfmb@gmail.com](mailto:paintthebeachfmb@gmail.com).

For more information, visit [www.PainttheBeach.com](http://www.PainttheBeach.com), call 463-3909 or connect on Facebook.✴



## Unique Coffee Shop Now Open In Historic Downtown Fort Myers



After a long nine months of construction and remodeling in the Post Office Arcade adjacent to the Hotel Indigo, Rebel Coffee Roastery is now serving the best quality freshly roasted coffee in town, as well as freshly prepared breakfast, lunch and dinner.

The Rebel Coffee team is offering many excellent coffees, which they roast in-store in a traditional drum roaster. They use gourmet or artisan roasting method in which they roast original green coffee beans from the finest location to the point of perfection for each type. Industrial roasted coffees, which you find in your visits to the supermarket or the big coffee chains, are roasted at very high temperatures for a short time in an air stream, while the Rebel Coffee specialists roast between 14 and 18 minutes in a traditional drum roaster. In this way, they develop all the nuances of flavor that each coffee bean holds while eliminating any undesirable substances.

Owner Ulli Winckler is roasting coffee every day fresh in the store. A long-time

specialist, with over 30 years of experience in tea and coffee, Winckler hails from Hamburg, Germany. His grandfather worked in the trade before him in this family tradition. Thus, Ulli knows "the art" of coffee and tea.

Rebel Coffee Roastery has even more to offer than Fort Myers' best selection of 55 loose teas, namely breakfast, lunch and dinner, all prepared fresh to order. They have a full kitchen with two very ambitious and talented chefs offering a delicate menu. From fresh waffles and omelets or homemade muffins and croissants in the morning to selected salads and paninis for lunch to their exquisite Tuna Tataki and duck breast in the evening. They also offer healthful organic vegetarian options. All of this may be accompanied by fine wines, beers and mimosas.

Rebel Coffee Roastery will also start very soon with live music on Fridays and Saturdays. The business is located at 1520 Broadway. Call 628-8187, email ulli@rebelcoffeeroastery.com or visit [www.rebelcoffeeroastery.com](http://www.rebelcoffeeroastery.com) for more information.✧

## Ensemble Holds Two November Concerts

Founded in 2001 as a small chorus of music lovers, the Fort Myers Symphonic Mastersingers has grown into an ensemble of 80-plus voices dedicated to excellence in music.

Under the baton of Artistic Director Jeff Faux, the Mastersingers will begin their 2016-2017 season with two concerts in November.

On Wednesday, November 9, the ensemble will collaborate with Opera Naples in a performance of Puccini's lush final opera, *Turandot*. Conducted by Ramon Tebar, the performance will take place at Artis-Naples, located at 5833 Pelican Bay Boulevard, at 8 p.m. For tickets and information, visit <http://operanaples.org/>.

Then on Sunday, November 13 at 6 p.m., the Mastersingers will perform *The Future of Music* at The Village Church

Auditorium at Shell Point, located at 15100 Shell Point Boulevard in Fort Myers. Tickets are \$10. This concert will feature an all-sacred repertoire and will include Mastersingers, Mastersingers Chamber Chorus and the premiere performance of the new Mastersingers City of Palms Youth Choir. Go to [www.shellpoint.org/sop/](http://www.shellpoint.org/sop/) for tickets.

"These two performances are exciting to our singers and, we trust, entertaining to our growing Southwest Florida audiences," said Anthony Contino, Mastersingers president. "We are delighted to be renewing our collaboration with Opera Naples and to have the opportunity to perform in Naples once again."

"We are equally excited about our second concert, *'The Future of Music.'* It's at this concert that we will introduce the new City of Palms Youth Choir, sponsored by the Symphonic Mastersingers. We are committed to music excellence, and believe that this new ensemble builds upon that commitment and represents an important aspect of the future of choral music in Southwest Florida," said Contino.✧

## Pasta Night Saturdays

(Dine-In Only • 2 Drink Minimum)

**10 Choices. \$10 Each.**  
(add soup or salad for \$2)

Lasagna  
Baked Penne  
Baked Ravioli  
Manicotti  
Eggplant Parm  
Penne alla Vodka  
Spaghetti with Meatballs  
Spaghetti with Meat Sauce  
Spaghetti with Sausage & Peppers  
Spaghetti in Garlic & Olive Oil

\$3 Bottled Beer  
\$7 Glasses of Wine  
(Chef's Choice)  
\$8 Caprese Salad

# LaMotta's

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Welcome  
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## Half Price Pizza

(Toppings are Extra)

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(Dine-In Only • 2 Drink Minimum)

## 5 to 9PM

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**\$7 Glasses of Wine**  
(Chef's Choice)

**\$8 Caprese Salad**

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Summer Hours: Tuesday - Friday 11AM to 9PM • Saturday 4PM to 9PM • Closed Sunday & Monday



## Bank Hires Administrative Assistant



Kim Tryon photo courtesy SCCB

Kimberly Tryon has joined Sanibel Captiva Community Bank (SCCB) as a loan administrative assistant at its College Parkway branch. She supports the bank's lending department with loan administration, escrow disbursements and other loan servicing. A Southwest Florida resident since 1967, Tryon has more than 34 years of local banking experience. She previously worked as a loan operations specialist and loan operations construction administrator.✽

## Chorale Concert Series Dedicated To Veterans

The Symphonic Chorale of Southwest Florida will hold a concert series titled An American Choral Tapestry, conducted by Artistic Director Trent R. Brown. The concerts will feature a selection of American composers and repertoire in Bonita Springs, Sanibel and Fort Myers on November 18, 19 and 20. There is no charge to attend. These concerts are dedicated to Southwest Florida veterans. Groups who serve veterans are encouraged to set up lobby displays, free of charge, that patrons can visit while attending the concerts. Patrons are asked to bring non-perishable food or travel-size toiletries to be distributed to homeless veterans.

### From page 1 Hibiscus Show

Dixieland Delight, Erin Rachel, Foxy Lady, Gator Pride, Imperial Dragon, In Love Again, Mango Moon, Marianne Charlton, Masked Bandit, Moondance, Nectar Pink, Night Runner, Orange Cappuccino, Persimmon, Pink on The Mountain, Queen of Dreams, Red Bird, Rim of Fire, Saffron Sun, Sgt. Seth Trahan, So Fine, Space Oditty, Sweetie, Sweet Pink, T. Miss Teenager, T. Taui, Tsunami, Voila, Whipped Cream and Zydeco. Members of this hibiscus chapter will be

The concerts begin with *Jubilant Song* by Pulitzer Prize winning-composer Norman Dello Joio, and will showcase a cross-section of some of America's best composers. "This piece sets the tone for these concerts and our entire season with spirited proclamations about music, harmony and lofty ideals that define our passion for our country, and the choral art form we celebrate all year," said Brown, also an associate professor of music at Florida Gulf Coast University. "Our organization is dedicated to enriching the community through choral music's power." Works on tap include *Frostiana*, a seven-movement work of Robert Frost's poetry and the music of Randall Thompson. *There is Sweet Music Here* by Zachary J. Moore and Stephen Paulus' *Hymn for America* will also be featured. The first concert is on Friday, November 18 at 7 p.m. at St. Mary's Episcopal Church, located at 9801

available for any questions. There will be information available on how to care for hibiscus, plus books, pruning shears and fertilizer for sale. Admission and parking are free. This plant sale will be only the third of its kind for this chapter. The society meets at Berne Davis Gardens, 2166 Virginia Avenue in Fort Myers on the second Sunday of each month at 1:30 p.m. Anyone interested is cordially invited to attend the next meeting on Sunday, January 8 at 1:30 p.m. Visit [www.hendrychapterahs.com](http://www.hendrychapterahs.com) for more information. For any questions, call 848-7090.✽

Bonita Beach Road in Bonita Springs. The following night, Saturday, November 19, An American Choral Tapestry will be presented at the Sanibel Community Church, located at 1740 Periwinkle Way, also at 7 p.m. The final concert will be on Sunday, November 20 at 3 p.m. at the newly opened New Hope Presbyterian Church, located at 10051 Plantation Road in Fort Myers. Reserve seats at [symphonicchorale.org](http://symphonicchorale.org) as space is limited at each venue. For more information, call 560-5695.✽

## Democratic Club To Meet

On Saturday, November 12 at 10:30 a.m., the Democratic Women's Club of Lee County will hold its monthly membership meeting at the Quality Life Center of Fort Myers, located at 3210 Dr. Martin Luther King Jr. Boulevard. The main entrance and parking is on Cuba Street. The meeting will be a celebration of the November 8 election. A brief business report will open the meeting with the rest of the day devoted to campaign results. A potluck luncheon gets under way at 11:30 a.m. Board members will furnish chili and barbequed pork sliders. Bring a side dish, salad or dessert. Candidates who ran in 2016 are invited to attend. For more information, contact Kelly Fitzgerald at [kcfitzge@gmail.com](mailto:kcfitzge@gmail.com), call 471-7481 or visit [www.dwc-lee.com](http://www.dwc-lee.com).✽

## Farmers Markets Now Open!!!

### Season Starts!

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- Agricultural Products
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- Meats & Cheeses
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### Centennial Park

(Downtown Fort Myers)

**Thursdays 7am-1pm**

### Florida Southwestern College

(NEW DAY)

**Fridays 9am-1pm**

### OTHER DAYS AND LOCATIONS:

**SANIBEL ISLAND**  
Sundays, 8am-1pm

**COCONUT POINT**  
Thursdays, 9am-1pm

**LAKES PARK (NEW DAY)**  
Wednesdays, 9am-1 pm

**BONITA SPRINGS (at The Promenade)**  
Saturdays, 8am-12pm

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# GRAND Opening

**NOVEMBER 4TH**

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## Along The River

**C**aloosahatchee Riverwatch will host a **cleanup of Billy's Creek** this Friday, November 4 from 9 a.m. to noon at **Shady Oaks Park**, 3300 Marion Street in Fort Myers. Volunteers are welcome.

In an effort to protect this water, the Riverwatch group's focus is on cleaning up the area while providing educational opportunities to volunteers and the surrounding community on the importance of filter marshes, and the proper disposal of trash and recyclables.

To learn more, volunteers should visit <http://fdnudo.wixsite.com/billycreekcleanup>.

The River District Alliance in **downtown Fort Myers** is celebrating another month of **Art Walk**, held this Friday, November 4 from 6 to 10 p.m. and Saturday from 11 a.m. to 4 p.m. Art Walk is a free, self-guided tour.

On Friday night, First Street is closed to traffic and local artists will be set up in the street selling their art. There will be face painting at several locations on First Street and at the Broadway and First Street intersection. The Fort Myers Art League will be hosting a Make It/Take It table for children of all ages. American Legion Veterans Gallery on Jackson Street will be showing art created by veterans.

On Saturday, most of the galleries will be open to visitors.

Fort Myers Art Walk features live music, live art demonstrations, and food and drinks available at local restaurants. A number of local boutiques participate as well.



**Art Walk participants on Friday evening will be treated to cooler weather now that the temperatures have dropped**  
photo courtesy Jamie Kuser

Fort Myers Art Walk is hosted by the River District Alliance. For more information, visit [www.fortmyersriverdistrictalliance.com](http://www.fortmyersriverdistrictalliance.com).

During Art Walk, **Arts for ACT Gallery** will hold an **opening reception** this Friday from 6 to 10 p.m. during Art Walk. The gallery will feature Low Brow artist Jerry McGreens, portrait painter Leslie Morrow and artist Rob Goldey.

For more information, call 337-5050 or visit [artsforactgallery.com](http://artsforactgallery.com).

Arts for ACT Gallery is located at 2265 First Street in downtown Fort Myers. The **Sidney & Berne Davis Art**

**Center** hosts the **paintings of Bradford Hermann** with an opening night celebration for his exhibition, *Letting Go*, during Art Walk on Friday, November 4 starting at 6 p.m. Hermann's show contains work that explores how people rid themselves of negativity.

Admission to the show, which runs through November 22, is free. Donations are accepted.

The center is located at 2301 First Street in the historic downtown Fort Myers River District. Gallery hours are Monday through Friday from 9 a.m. to 5 p.m. Visit [www.sbdac.com](http://www.sbdac.com) for more details.

Art is also the rage at Florida SouthWestern State College.

The **exhibit Empire: An Arturo Vega Retrospective** will open with a public reception this Friday, November 4 from 6 to 8 p.m. at the Bob Rauschenberg Gallery at **Florida SouthWestern State College** (FSW).

The show, held at the FSW's Lee County campus, runs through December 17 and includes guest lectures, performances and a panel discussion scheduled for Saturday, November 5 at 1 p.m. exploring Vega's broader impact on popular culture and contextualizing his work as a visual artist.

The reception and panel discussion are both open to the public and free of charge. Gallery hours are Monday through Friday from 10 a.m. to 4 p.m. and Saturday from 11 a.m. until 3 p.m. The gallery, located at 8099 College Parkway in Fort Myers, is closed Sundays and holidays.

For more information, call 489-9313 or visit [RauschenbergGallery.com](http://RauschenbergGallery.com).

The inaugural **Sanibel Blues & Jazz Festival**, presented by The Sanibel-Captiva Optimist Club, will make its debut on Sunday, November 6 at **Bailey's Center** on Sanibel from 1 to 7 p.m.

Featured entertainment will include some of the leading performers of the genre, including British guitar virtuoso and Blues Hall of Fame member Matt Schofield, local favorites The Marty Stokes Band, multi-faceted six-string icon JP Soars and contemporary jazz/rhythm and blues group The Jazz-Matics.

General entry donations are \$40 per person. A \$125 per person donor VIP

package covers food, beverages, VIP area seating, VIP parking and a festival T-shirt. Tickets are limited to 700 people and are first come, first served.

All proceeds benefit the San-Cap Optimist Club's college scholarship program, youth programs at the JN "Ding" Darling National Wildlife Refuge, and Community Housing and Resources of Sanibel, among others.

For more information, visit [www.sanibelbluesandjazzfest.org](http://www.sanibelbluesandjazzfest.org) or contact Stan Howard at 472-0836 or Richard McCurry at 292-4631.

The Bonsai Society of Southwest Florida is holding its **35th annual Show and Sale** this Saturday and Sunday at the home of the **Berne Davis Botanical Garden**, located at 2166 Virginia Avenue in Fort Myers. The show is open Saturday from 9 a.m. to 5 p.m. and Sunday from 9 a.m. to 4 p.m.

Organized by the Fort Myers-Lee County Garden Council, the Show and Sale will include an exhibit of bonsai trees created by society members, demonstrations of bonsai techniques, sales of bonsai and related materials and raffles. Experienced members will also be available to answer questions about any trees that are brought in.

Two workshops at 1 p.m. each day cost \$50 each and require pre-registration.

Show admission and parking are free. Handicap parking is on Virginia Avenue, while regular parking is on Larchmont Avenue, off of McGregor Avenue.

For more information or to pre-register for a workshop, visit [www.bonsaiswfl.org](http://www.bonsaiswfl.org) or call Greg Lignelli at 560-3275.

The **Gulf Coast Harmonizers** (formerly Cape Chorale), will hold the **annual cabaret show** on Saturday, November 5 at the German American Social Club, located at 2101 SW Pine Island Road in Cape Coral.

The show begins at 2 p.m. One highlight is a performance by the North Fort Myers High School Mixed Chorus.

A portion of proceeds from all shows is donated to local charities such as the Lee Memorial Children's Speech Therapy Program, the Harry Chapin Food Bank and veteran's organizations.

For more information, contact John Wickes at 462-8444 or visit [www.capechorale.org](http://www.capechorale.org).

The **Sidney & Berne Davis Art Center** brings **Cooking for the Arts**, an interactive dinner experience, to Southwest Florida this Saturday, November 5 from 6 to 10 p.m.

Cocktail hour runs from 6 to 7 p.m. A four-course gourmet meal follows, paired with special wines from this year's menu theme, *An Evening In Bangkok*, prepared by chefs Mike and Karen Gavala. Wear your own chef's hat and apron as Chef Mike Gavala walks you through step-by-step cooking and plating of each course. In between courses, bid on silent and live auction items. Proceeds benefit the center's education programs.

The dinner is sponsored in part by Henderson & Franklin Attorneys at Law, and Clinger, Sizemore & Associates, Merrill Lynch.

Tickets are \$275 per couple and \$1,100 per table of eight. Visit [sbdac.com](http://sbdac.com) for information and tickets.

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

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# FORT MYERS FARE

## DOC FORD'S RUM BAR & GRILLE

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

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, Island 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 11 years and its enduring popularity is a testament to its exceptional, friendly service.

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

## IL TESORO

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

Il Tesoro (The Treasure) serves dinner



**Rebel Coffee Roastery and Tea Lounge is now open for business at the downtown Post Office Arcade**

photo courtesy Rebel Coffee

seven nights a week from 5 to 10 p.m.  
751 Tarpon Bay Road, Sanibel. Call 395-4022.

## ISLAND COW

Where can you go when you're in the "moood" for some great cookin', 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. Now serving full liquor island cocktails!

2163 Periwinkle Way, Sanibel. Call 472-0606.

## LAMOTTA'S ITALIAN RESTAURANT

LaMotta's Italian Restaurant & Pizzeria was established in 1979 and is one of the longest-running family eateries in the Fort Myers area. Chef Camelo LaMotta serves traditional Italian dishes such as chicken parmesan, lasagna, pizza and calzones as well as specialty creations like osso bucco, lobster risotto, pescatore and filet Florentine.

Try LaMotta's New York-style pizza, cooked in a 500-degree oven for the perfect crunchy slice. For specialized desserts, treat yourself to cannolis and tiramisu along with a cappuccino or coffee.

Summer hours include Tuesday through Friday from 11 a.m. to 9 p.m. and Saturday from noon to 9 p.m.; closed Sunday and Monday.

15660-225 San Carlos Boulevard, Fort Myers, 482-5505.

Rebel Coffee Roastery & Tea

Lounge is a new downtown coffee, tea and eatery in the Post Office Arcade near Hotel Indigo.

## REBEL COFFEE ROASTERY

Rebel is serving freshly roasted and quality coffee that is roasted onsite in a traditional drum roaster by using original green coffee beans from different locations through a gourmet or artisan roasting method. Rebel coffee is slow-roasting to develop the particular flavor from each coffee bean while eliminating any undesirable substances.

Rebel also serves freshly prepared breakfast, lunch and dinner. Go to [www.facebook.com/rebelcoffeeroasterytealounge/](http://www.facebook.com/rebelcoffeeroasterytealounge/) to check selections on each menu board.

Rebel Coffee Roastery is open each day: Monday through Thursday from 6:30 a.m. to 8:30 p.m.; Friday 6:30 a.m. to 9:30 p.m.; Saturday 7:30 a.m. to 9:30 p.m.; and Sunday 7:30 a.m. to 8:30 p.m.

1520 Broadway, Fort Myers. Call 628-8187.

## SUMMERLIN JAKES

Summerlin Jake's Seafood and Steaks, a sunset dining water view restaurant in Fort Myers, located near the Sanibel Bridge, offers new American cuisine prepared in the old Florida tradition. Paying tribute to the rich history of Punta Rassa, where Jake Summerlin owned a wharf that he used to ship his cattle to Cuba and the local waters that are famous for being the home to big game fishing, Summerlin Jake's offers freshly caught local seafood, tender, juicy prime steaks, smoked ribs, brisket & chicken and heart-healthy, vegan choices that are locally sourced, hand-selected and artfully prepared. Summerlin Jakes is open Monday through Friday 11 a.m. to 10 p.m. and Saturday and Sunday 8 a.m. to 10 p.m. (Breakfast served 8 to 11:30 a.m.). Happy Hour is 3 to 6 p.m. daily. Live music on Friday and Saturday 5:30 to 10 p.m.

17501 Harbour Pointe Drive, 466-5377

## 'Cher' Makes Local Appearance



The Calendar Girls

photo courtesy Linda Floyd

The Calendar Girls brought their "Cher" show to entertain the Beta Sigma Phi sisterhood at the Six Lakes Community in North Fort Myers on October 22. For more information, visit [www.calendargirlsflorida.com](http://www.calendargirlsflorida.com).

## ICHIBAN

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Downtown Fort Myers (Post Office Arcade - Next to Hotel Indigo)

1520 Broadway For **Takeout & Delivery** Tel: 334-6991



## 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](http://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 Father Dean Nastos, Orthos Service Sunday 9 a.m., Divine Liturgy Sunday 10 a.m., Fellowship Programs, Sunday School, Bible Study. [annunciation.fl.goarch.org](http://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](mailto:rabbi@chabadswf.org). [www.chabadswf.org](http://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. Reverend Ted Althouse, Pastor [revtedalthouse@aol.com](mailto: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 10:30 a.m. Website: [www.taecc.com](http://www.taecc.com)

### COVENANT PRESBYTERIAN CHURCH

2439 McGregor Boulevard, 334-8937 Reverend 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](http://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 to 12 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 ½ mile past the intersection of Gladiolus and San Carlos Boulevard on the way to Sanibel.

### FIRST CHURCH OF CHRIST, SCIENTIST

2390 West First Street, next door to Edison 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 3 p.m., Wednesday 1 to 3 p.m. [www.christiansciencefortmyers.net](http://www.christiansciencefortmyers.net), [www.christianscience.com](http://www.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](http://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. Reverend Anton DeWet, pastor. Morning Worship: 10 a.m., Church School: 10:15 a.m. Friendship Time follows worship.

### 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](http://www.lambofgodchurch.net). Reverend Dr. James Reho. Sunday 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@embarqmail.com](mailto:nbcministry@embarqmail.com), [www.facebook.com/nbcministry](http://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](http://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 PRESBYTERIAN 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](http://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](http://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](http://www.peaceftmyers.com), [peace@peaceftmyers.com](mailto: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 relax body and focus mind on virtuous objects. Bring peace and happiness into daily activity. 567-9739. [www.MeditationInFortMyers.org](http://www.MeditationInFortMyers.org).

### SAINT COLUMBKILLE

### CATHOLIC CHURCH

12171 Iona Road, Fort Myers, off McGregor and north of Gladiolus. 489-3973. Father Lorenzo Gonzalez. Monday 6:30 p.m., Tuesday through Saturday 8 a.m.

Saturday 4 p.m.; Sunday 8, 10 a.m. and 5:30 p.m. Reconciliation Saturday 9 a.m. or 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](http://www.stpeterfmb.com).

Sunday worship service at 9:30 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](http://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. Sunday.

### 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](http://www.templebethel.com). Religious School Director Dale Cohen, Learning Tree Director Jesyca Virnig, Office Manager Karen Kagan. Union For Reform Judaism Shabbat Service Friday 7:30 p.m., Torah Study Saturday 9 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](http://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.

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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](http://www.uucfm.org).

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# Successful Fishing While Hiding From The Wind



by Capt. Matt Mitchell

The term "east northeast winds at 20 knots" has sounded and felt like a broken record for what seems like weeks now. Even during these blustery conditions,

there are plenty of places to get out of the wind and still enjoy a great day of fishing. Snook fishing this week was outstanding with nonstop action found in many of the protected mangrove creek systems throughout the sound. Along with snook, anglers caught a variety of species including trout, mangrove snapper, grouper, jacks and a few redfish.

With another week of windy conditions in the forecast, it's just not looking like we will see much, if any, short term break to the wind. Making the best of these windy days is all you can do. Unlike the offshore guys, back bay fisherman can still

get out and catch fish. Northeast wind is our prevailing wind direction all winter long. Learning to keep everyone comfortable while catching fish during this pattern is nothing new.

Exploring the many mangrove creek systems in Pine Island Sound during these windy days and learning the places the fish stage is the key to consistently catching fish all winter long. Most of our mangrove estuaries consist of shallow bays that are connected with narrow creeks. These narrow deeper creeks increase the tide flow and are most likely where the majority of the fish are during the lower water conditions.

Target the deeper, faster-moving water sections of these mangrove creeks. These can often be near or on a sharp bend or turn. Look for that shoreline where the tide is driving the current hard against an undercut shoreline,



Vince Nowell of Sanibel with one of many snook he caught while fishing with Capt. Matt Mitchell this week

creating a deep open spot up against the mangrove roots. These places are often feeding stations and, once located, can be productive time and time again. Only time spent on the water allows you to slowly work out these patterns. As the puzzle comes together, you learn what works in one creek system often works in another. Different tide directions and stages of the tide can be better in one creek than another.

Many of these creek systems have not changed much during the 30-plus years that I have been lucky enough to enjoy them. Although one certain creek may

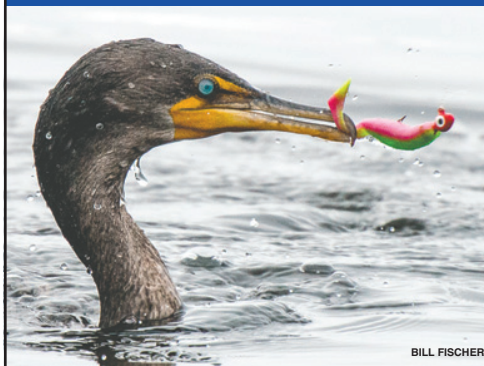
be better than another from year to year, there are lots of bends, turns and little creek mouths that just produce fish over and over again. Learning that few square-mile estuary area close to home like the back of your hand will never pay off more than when it's windy.

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](mailto:captmattmitchell@aol.com).

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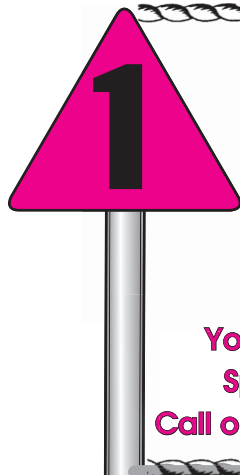


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Dave Doane



## CROW Case Of The Week:

## Great Blue Heron



by Bob Petcher

The great blue heron (*Ardea herodias*) mimics its name as the largest of the North American herons. With a slow-moving gait, this cool wading bird can be found along shorelines,

river banks, and the edges of marshes, estuaries and ponds across much of the United States.

The great blue heron is 36 to 54 inches in head-to-tail length. It possesses a wingspan of 66 to 79 inches and can grow to 4 1/2 feet tall and weigh up to eight pounds. Comparatively, the grey heron is somewhat smaller, at 35 to 39 inches from head to tail.

Great blue herons are known to be expert fishers. They feed in shallow waters, but they are capable of feeding in deeper waters due to their long legs.

The fishing process involves a statue-like motionless stance as it scans for prey or wades belly deep with long, deliberate steps. It hunts with quick neck thrusts and a stabbing technique with its strong bill.

The great blue heron has a blue-gray plumage with white on its head and yellow in its bills to distinguish it from the reddish egret and little blue heron.

Like most birds, parents of great blue herons tend to feed their young at the nest by regurgitating food. The first born can become more experienced in food handling and suffers aggressive interactions with siblings. It often grows more quickly than the other chicks.

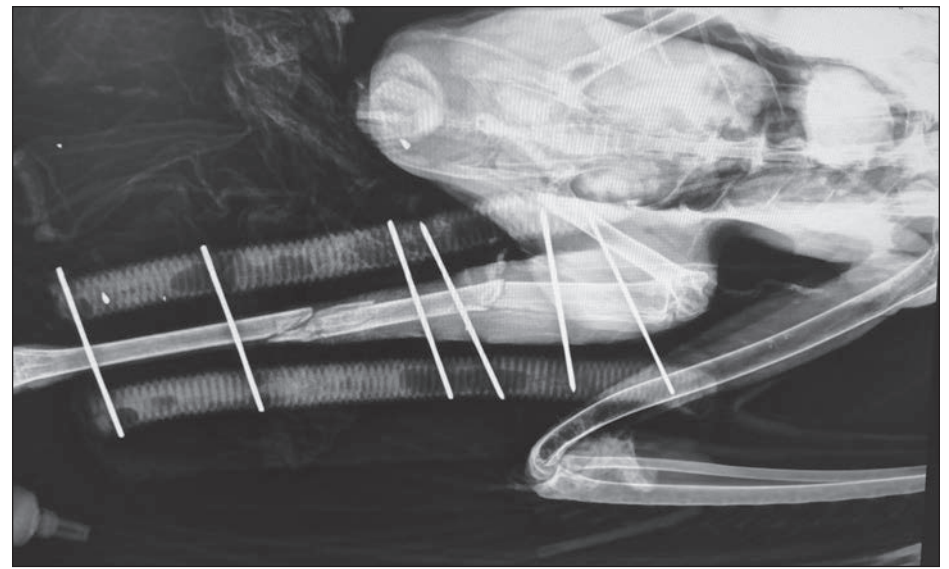
The adult's size also attracts few natural predators. Some eagles and hawks and the great horned owl have been known to prey on this species of heron.

At CROW, a great blue heron was admitted on October 23 from Fort Myers with a fractured tibiotarsus (the bone in a bird's leg corresponding to the tibia). During initial examination, CROW medical staff noticed its left leg was dangling and rotated freely at the fracture site. While the blue heron would not use its left leg, it did move that foot's toes when deep pain was elicited. Medical officials surgically corrected the complex fracture in three places by using an external skeletal fixator, a device consisting of multiple pins and external rings or bars which hold a fractured bone in place during the healing process.

During a checkup prior to last weekend, the patient was called "very bright and alert" and was said to be hock sitting. Evening treatments continued with cold compress and fluids.

On Monday, there was reported progress but cautious outlook for the great blue heron with the broken leg.

CROW DVM intern Krystal Wood stated the patient was beginning to stand in its enclosure before being moved to a larger enclosure to encourage more



The X-ray shows three areas of the surgically corrected fractured leg of the great blue heron photo by Kenny Howell

activity.

"It is too soon to tell what quality of life (is expected), and that will be decided on how well the fracture heals," she said. "This is a serious fracture and will require extensive and intense physical therapy. The goal is for the heron to fully recover and be released, but that is all based on how well the fracture heals and its response to physical therapy

Wood said the heron is expected to be at CROW for at least a couple of months. A timeline for the patient to be moved to the flight enclosure outdoors and – if all goes well – released will be dictated on reaction to therapy.

"At the rate of recovery and physical therapy, it probably will not be moved to small flight for another month," she said. "We need to make sure the fracture is fully healed and that there is no chance of injuring the leg. How long it spends in small flight will be based on recovery."

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](http://www.crowclinic.org).

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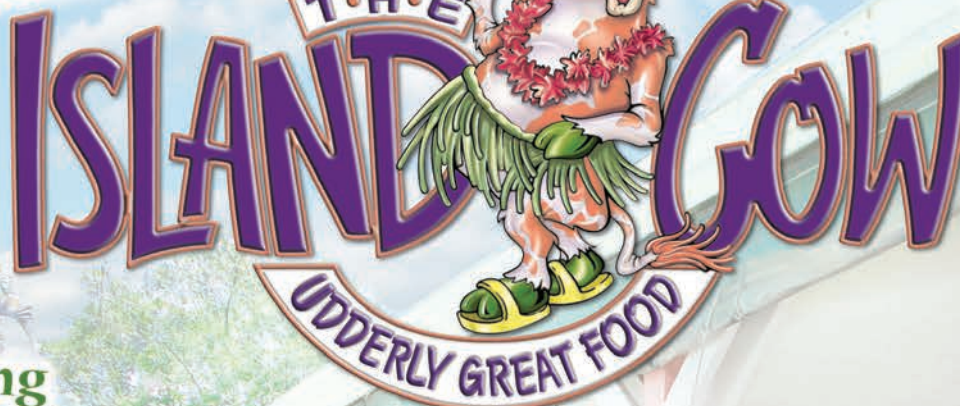
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## Plant Smart

## Wand Blackroot

by Gerri Reaves

The scientific name, *Pterocaulon pycnostachyum*, perfectly describes wand blackroot, a native wildflower common throughout much of the southeastern United States.

In the wild, this member of the aster family often grows in Florida's open pinelands and sandhills.

Although considered a weed by many people – as are many native wildflowers – it is worth welcoming if it pops up in the landscape. It's a perfect addition to your wild or natural garden.

The term *Pterocaulon* refers to the stems, which have a ridged look that's created by slender green "wings." The term *pycnostachyum* refers to the spike of densely packed flowers.

The common name refers to the thick tuberous black roots which aid the plant in storing nutrients and surviving drought.

Other common names include densespikes, dense blackroot, coastal blackroot, fox-tail and rabbit tobacco.

It grows eight to 24 inches tall and may be upright or sprawling.

The slender alternate leaves have undulating edges and a prominent central whitish vein. Elliptical or lance-like, they are up to four inches long. The leaf bases extend onto the stem to form the wings.

The leaves' dark-green upper sides contrast prettily with the whitish hairy



Wand blackroot is a native wildflower of the aster family photo by Gerri Reaves

undersides.

The plant's most notable feature, however, is the cone-shaped often-drooping flower spike.

The flowerheads are packed with tiny greenish white or creamy rayless tubular flowers. They bloom most of the year, except in the coolest months, with new flowers having a pinkish tinge.

Butterflies such as the gray hairstreak, whirlabout and Zebra swallowtail are attracted to the flowers.

Wand blackroot is a fast-grower and will grow in a variety of light conditions

and even in nutrient-poor soil.

Resilient and low-maintenance, it has high drought tolerance and low salt tolerance. Give it well-drained soil.

You can propagate it with the seeds in the minute one-seeded fruit, but if allowed, the plant will self-seed.

The roots have been used medicinally to treat colds, menstrual cramps and headaches.

Sources: *Florida Wildflowers: Their Natural Communities* by Walter

Kingsley Taylor; *Florida Wild Flowers and Roadside Plants* by C. Ritchie Bell and Bryan J. Taylor; *A Gardener's Guide to Florida's Native Plants* by Rufino Osorio; *The Guide to Florida Wildflowers* by Walter Kingsley Taylor; *Illustrated Plants of Florida and the Coastal Plain* by Dr. David W. Hall; *Wildflowers* by Roger L. Hammer; lee.ifas.ufl.edu.

Plant Smart explores the diverse flora of South Florida.✧

From page 1

## Garden Festival



Garden art, pottery, cut flowers and jewelry will also be available for purchase

Plant vendors will be selling palms, vegetables, bromeliads, hibiscus, butterfly plants, African violets, orchids, air plants, herbs, succulents, cactus and many hard-to-find species, as well as garden supplies and gift items, including mulch, trellises, pottery, cut flowers, hats and jewelry.

This family event will have numerous kids' activities, including photo opportunities in a Model T Ford with Thomas Edison and Henry Ford. Kids will be able to plant sprouts that they can grow at home, make corn husk dolls, get temporary flower tattoos and make Mod Podge votive candle holders with dried flowers.

The festival will also feature music and live broadcasts with 95.3 OLZ and Cat Country, plus refreshments. A specialty crafted Edison tea beer will be available for purchase.

Parking and admission to the Garden Festival is free (tours of the homes, museum and lab are not included). For more information, call 334-7419 or visit [www.edisonfordwinterestates.org](http://www.edisonfordwinterestates.org).✧

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## Group Takes Part In Eco-Adventure



LARC members get ready to take off on their ride through Wildlife Drive

photos courtesy LARC



Members show off a loggerhead sea turtle shell and skull with Capt. Steve Yetzko at Tarpon Bay Explorers' touch tanks

The Lee County Association of Remarkable Citizens (LARC) recently took part in an eco-experience provided by Tarpon Bay Explorers.

For the past six years, LARC has explored the JN "Ding" Darling National Wildlife Refuge on Sanibel with the help of the refuge's one and only concessionaire via tram and boat.

"This year we have given some new members the opportunity to come out to Tarpon Bay and they all were really excited," said event coordinator Tom Hoover. "Tarpon Bay Explorers is an excellent partner to work with and within one of the most beautiful places in Southwest Florida."

The first portion of the day consisted of a tram tour through Wildlife Drive. Led by Tarpon Bay Explorers' naturalists Donna and Steve Yetzko, the group spotted a myriad of bird species, including osprey, reddish egret and white ibis. The highlight sighting was a manatee mom and calf. "The group went crazy. That was the smallest manatee I have ever seen," said Donna Yetzko, a 10-year Sanibel resident and 40-year visitor.

After the tram tour, the participants sat down to hotdogs and chips supplied by George & Wendy's Seafood Grille.

The next stop was the aquarium touch tanks where the group learned about wildlife that lives below the waters of Tarpon Bay, including sea stars, live shells and even a couple of skeletons.

The finale was the cruise on *Explorer III*. If a manatee calf wasn't lucky enough of a sighting, acrobatic dolphins were. "Dolphins jumping was truly icing on the cake to an awesome day," said Capt. Steve Yetzko.

Since 1954, LARC, Inc. has been meeting, promoting and providing developmentally disabled people of Lee County with opportunities and services to gain independence and responsibilities.\*

## Guided Bird Walk At Bunche Beach



Reddish egret

photo by Meg Rousher

Experience the beautiful birds of Bunche Beach with a bird patrol guide on Saturday, November 19 at 7:30 a.m.

Meet on the South Fort Myers beach, located at the south end of John Morris Road off of Summerlin Road.

This walk is free with a parking fee of \$2 per hour (tour is approximately two hours). Restrooms are located in the building at the first parking lot. The bird patrol walk is provided in cooperation with Lee County Parks and Recreation.

Bring binoculars, sun protection, shoes that can get wet, a bottle of drinking water, your curiosity and a love of nature. For more information call 707-3015.\*

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## Service Club Elects New Officers



Metro-McGregor Kiwanis officers for 2016-2017, from left, Todd Adams, Stewart Ross, Harris Segel, Heather Chouinard and Kim Berghs photos courtesy Metro-McGregor Kiwanis Club

The Metro-McGregor Kiwanis Club held its installation banquet for 2016-2017 officers at the Hilton Garden Inn in Fort Myers. Awards were also given to club members for service to the community. Individuals that took office include: Harris Segel, president, Stewart Ross, president-elect, Kim Berghs, secretary and Todd Adams, treasurer.

Segel is co-owner of Pampered-Pooch Dog Boarding and Daycare. Ross recently retired as director of the Center for Excellence in Teaching and Learning at Minnesota State University-Mankato, and served as trustee for Kiwanis International from 2009-2012. Berghs is volunteer center manager at United Way of Lee, Hendry, Glades and Okeechobee. Adams is president of Mills-Price & Associates. Heather Chouinard, vice president and branch manager at the College Pointe office of Iberiabank, will now serve as immediate-past president. The club's 2016-2017 Board of Directors are Steve Hess, Barbara Hartman, Rachel Toomey, Bill Grant, Ed Ludden and Ada Trapanese.

Members were recognized with top club honors. Barbara Hartman was awarded Volunteer of the Year and Rachel Toomey was awarded Kiwanian of the Year. Tom Thornquist was honored for his 60 years of service as a Kiwanian.

For more information, visit Facebook or [www.metro-mcgregor.com](http://www.metro-mcgregor.com).✱



Members voted Rachel Toomey, left, as Kiwanian of the Year and Barbara Hartman as Volunteer of the Year



Tom Thornquist was honored for his 60 years of service as a Kiwanian by Kim Berghs



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Rachel Toomey and Chrysten Foley



Heather Chouinard recapped her year as president and the service the club provided to the community



Liz and Stewart Ross



Dorothy Graham-Dodson and Charlie Dodson



Bill and Shar Grant



Kate Smiley and Matthew Toomey



Giovanni and Ada Trapanese

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# Cubs-Indians World Series Surged TV Ratings As Well As National And International Interest



by Ed Frank

If there were any doubts why baseball continues to be America's Game, the passion, the excitement and the world-wide interest in the 2016 World Series erased those doubts.

As we write this column early this week with Cleveland up three-games-to-two over the Chicago Cubs, the series finale shifted to Cleveland for Game Six Tuesday night and a possible Game Seven decision-maker Wednesday night.

If you missed Sunday night's must-win 3-2 victory by the Cubs over the Indians, you missed one of baseball's all-time postseason classics. With the venerable 102-year-old Wrigley Field literally shaking from the forceful emotions of more than 41,000 Cubs

faithful, Chicago kept its dream alive for its first World Series title in 108 years.

You will know whether that dream became a reality by the time you read this article. But history will have been made, win or lose.

The 108-year-old title drought of the Cubs was (or maybe still is) the longest in professional sports. Heck, it may be longer than even anything in amateur sports as well.

But if it remains in the history books, hats off and congratulations to the Cleveland Indians who had a long, long series drought themselves – 68 years.

Now here's a bit of other history: The Cubs win Sunday night was the first Chicago World Series game-winner at Wrigley since October 8, 1945. Coupled with the 108-year-old World Series title drought, Chicago hadn't even been in a World Series since 1945 (71 years) when they lost to the Detroit Tigers.

Back to the 2016 Series: A championship by the Cubs would have resulted in winning three straight over the Indians and, obviously, three-in-a-row defeats by the Indians. Cleveland lost only three-in-a-row just seven times in 2016 leading up to the World Series.

On the other side, 12 times in 81 post-season playoffs, teams have come back from 3-1 deficits.

The intense interest in the 2016 World Series was evidenced by the sharp increase in television ratings over recent years.

The TV rating Sunday night for that Indians-Cubs thriller was 32 percent higher than the Dallas Cowboys-Philadelphia Eagles TV rating that same night.

The NFL has voiced concern over the precipitous drop in TV ratings this season. A wide range of possible reasons have been blamed from the violence of the game to the knell-down protests by San Francisco 49ers quarterback Colin Kaepernick. The reasons are probably much more complex than these two explanations.

But one fact is for sure: There was a whole lot more interest in Sunday night's World Series game than there was in the Cowboys-Eagles football game.

## Twins Announce 2017 Spring Training Schedule

The 2016 World Series hadn't even concluded before the Minnesota Twins announced their 2017 Spring Training schedule.

The Twins will play 18 home games at the CenturyLink Sports Complex in Fort Myers, starting February 24 against the Tampa Bay Rays. The home schedule also includes three against the Boston Red Sox, two against the St. Louis Cardinals and visits by the Washington Nationals, Toronto Blue Jays and Baltimore Orioles.

The Twins also will play host to World Baseball Classic teams with Team USA playing

at the complex March 8 and Team Columbia March 9.

## Everblades Off to Good Season Start

The Florida Everblades hockey team began the 2016-17 winning four of five games, the only loss coming last Friday night in a 2-1 overtime defeat to South Carolina. However, the Everblades bounced back the next at Germain Arena with a 4-0 shutout over the same team.

The Everblades are home again this weekend hosting Norfolk tonight, Friday, at 7:30 p.m. and again Saturday at 7 p.m.

Following these weekend games, Florida departs on a four-game road trip to Atlanta and Greenville, returning home to Germain November 18 when Greenville provides the opposition.✱

## SPORTS QUIZ

1. When was the last time the Pittsburgh Pirates played in the World Series?
2. How many players have hit 200 or more home runs for the Chicago White Sox?
3. New England's Tom Brady set a record in 2015 for most NFL victories by a quarterback with one franchise. Who had held the mark?
4. When was the last time the preseason No. 1 team in The Associated Press top-25 poll for men's college basketball ended up winning the national championship that season?
5. Which two teams were added in the last round of NHL expansion?
6. In 2016, Justin Gatlin became the oldest sprinter (34) to make the U.S. Olympic team since who?
7. In 2015, golfer Bernhard Langer won the Jack Nicklaus Trophy as the PGA Tour Champions player of the year for a record fifth time. Who else has won it three times?

## ANSWERS

1. It was 1979, when the Pirates beat the Baltimore Orioles. 2. Four -- Frank Thomas (448 home runs), Paul Konerko (432), Harold Baines (221) and Carlton Fisk. (214). 3. Green Bay's Brett Favre, with 160 wins (1992-2007). 4. North Carolina, in the 2008-2009 season. 5. Minnesota and Columbus were added for the 2000-01 season. 6. Peter Gerhardt was nearly 35 years old in 1912. 7. Lee Trevino and Hale Irwin (three times each).

## Golf Tournament Raises Funds For Hope Hospice

Lexington Country Club's members raised \$34,600 at their 6th annual Italian Open Golf Tournament for Hope Hospice, pushing total donations in the event's history over the \$100,000 mark.

Organizer Jerry Curcuru, along with committee members Greg Salvia, Phil Bommarito and John Sackie, coordinated the October 13 tournament for more than 300 members. Decorated golf carts, prizes for top golfers, raffles and an Italian-themed dinner were part of the day.

Hope HealthCare Services is a nonprofit dedicated to providing care and comfort to individuals and their loved ones as they fulfill life's journey.

For more information, call 482-4673 or visit [www.HopeHCS.org](http://www.HopeHCS.org).✱

## Soccer League Holding Tryouts

Florida Gulf Coast Dutch Lions FC has announced that the club will enter the Super Y League of U.S. Club Soccer. The club will register U10 boys, U11 boys, U12 boys, U13 boys and U14 boys, with games played at North Fort Myers Community Park in North Fort Myers.

The Super Y League plays during the summer. The club's players come from the Lee County area. Jouko Gorissen, general manager of the club, is happy with the participation.

"The Florida Gulf Coast Dutch Lions FC is proud to be part of the Super Y. With the Super Y, the Florida Gulf Coast Dutch Lions FC can bring the soccer level in Southwest Florida to a higher level," Gorissen said.

"Playing in the Super Y League is the next step in our way to become the best club in the area," said Vincent de Weger, technical director at Florida Gulf Coast Dutch Lions FC. "Competing with our teams in this league will help the development of all the players. We will have players from our club, but also players from the area."

"The Dutch Lions have been a staple within our organization for years, and we are delighted to add the Florida Gulf Coast Dutch Lions to our successful relationship," said Joel Nash, business development manager of U.S. Soccer. "We sat down and they shared their vision, and we could see they have all the right tools to be successful and continue their strong growth. We are happy to have them bring teams in for 2017, but are more excited to see how they become a staple in the Super Y League."

The club was founded in April 2015 in Cape Coral. Bringing players to Europe is part of the club's vision in developing young U.S. players to become professionals. All teams that compete in the Super Y League are led by Dutch coaches with at least a UEFA C license.

Tryouts will be held on January 27, February 24 and March 3 at North Fort Myers Community Park, located at 2000 North Recreation Park Way.

For more information, email [v.deweger@fgcdlfc.com](mailto:v.deweger@fgcdlfc.com) or call 400-9404.✱



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## Pilot Club Distributes Free Bicycle Helmets



Ryan Amodo of Fort Myers is fitted with a bicycle helmet by Pilot Club of Fort Myers member Patsy Tortora during the October 15 Children's Network Walk photos courtesy Pilot Club

The Pilot Club of Fort Myers distributed complimentary bicycle helmets to children during the Children's Network Walk on October 15. Club members make sure that the helmets are fitted properly for each person receiving one. The focus of the Pilot Club of Fort Myers is helping organizations seeking to improve the quality of life for individuals with brain-related disorders through volunteer activities, education, and financial support. The club name came from a riverboat pilot who could steer safely through troubled waters. The club's motto is "do more, care more, and be more."

For additional information about the Pilot Club of Fort Myers, contact president Joy Augustine at 691-0069 or personalpropertyappraiser@yahoo.com. ✨

## Wellness In The Workplace Panel Discussion

To better promote wellness in the workplace, the Above Board Chamber of Florida presents Your Body, Mind and Health for Your Business in 2017 at two locations, Fort Myers and Naples.

The Fort Myers luncheon is set for Thursday, November 10 from 11:30 a.m. to 1 p.m. at the Harborside Event Center, 1375 Monroe Street. The Naples luncheon will take place on Monday, November 14 from 11:30 a.m. to 1 p.m. at the Hilton Naples, 5111 Tamiami Trail North. Reservations are required at AboveBoardChamber.com.

The panel features health and wellness professionals who will share how business leaders and employees can prepare for total wellness in 2017, stay healthy, decrease one's workload and avoid sick days.

The Fort Myers meeting will be emceed by Ryan Sheehy of CONRIC PR & Marketing. Panel members include Lora Ulrich, The New You Lifestyle; Christin Collins, System Health & Wellness

Strategic Business Partner, Lee Health; and Frank Jean, LMT, Frank Jean Massage Therapy.

The Naples meeting will be emceed by Sue Huff of E. Sue Huff and Associates. This panel features David Longfield-Smith, organization lead, Retail Foods, Blue Zones Project-Southwest Florida; Dr. Sonia Rocha, TowerDental Arts; and Jon Bates, Addicted To Fitness.

The featured nonprofit is Help A Diabetic Child Foundation.

Registration for the Fort Myers lunch on or before Thursday, November 3 is \$25 for members and \$30 for guests. After November 3, the cost is \$28 for members and \$33 for guests.

Registration for the Naples lunch on or before Monday, November 7 is \$25 for members and \$30 for guests. After November 7, the cost is \$28 for members and \$35 for guests.

The Fort Myers meeting is sponsored by Christina Harris Schwinn of Pavese Law Firm. The Naples meeting is sponsored by The Arlington of Naples. Annual sponsors include CONRIC PR & Marketing, Fuller Online Solutions, Charlie McDonald Photography and Lady In Pink Photography.

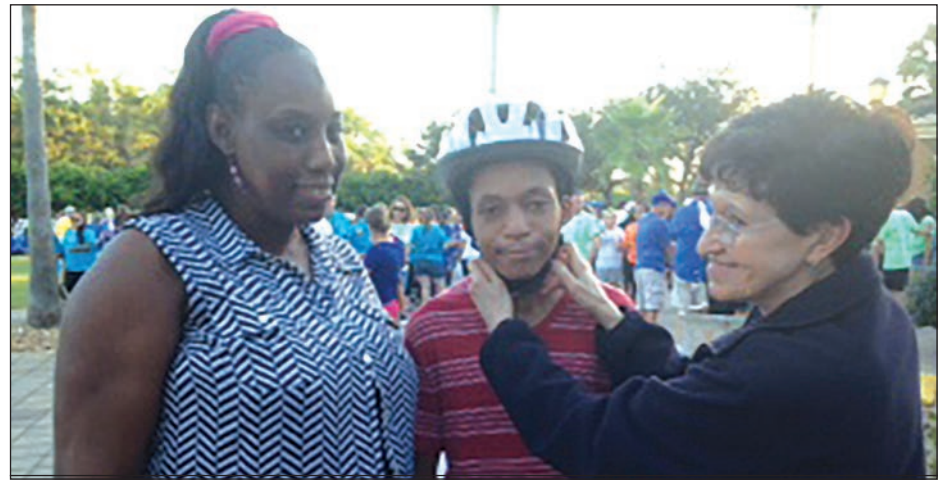
For more information, call Jeanne Sweeney at 910-7426. ✨

## Author At Lakes Regional Library

James Lee Voris will be the guest speaker at the Thursday, November 10 meeting of the Friends of Lakes Regional Library starting at 1 p.m. at the library.

Voris, the author of eight books – including a science fiction series – is also a professional photographer. Book sales and a signing will follow the program, which is free and open to the public.

Lakes Regional Library is located at 15290 Bass Road. ✨



Ryan's mother, Kelly Amodo, is given instructions on how the helmet should fit properly

## World Wine Tour Benefits Kids' Charities

The 9th annual World Wine Tour at Bell Tower Shops is set for Thursday, November 10 from 6 to 8:30 p.m.

Proceeds benefit Ronald McDonald House Charities of Southwest Florida. Wine lovers will savor domestic and international wines selected by Cru Executive Chef Bob Boye and light bites from participating Bell Tower Shops restaurants.

The tour takes off with the reveal of the shops' holiday lights, accompanied by the sounds of the Clearly Avocado Trio.

As guests embark on their journey, they will receive a keepsake wine glass, and a tasting passport will guide them all over the world.

The Pink Pineapple Champagne raffle is a "must see," and a carry-on bag will be given to all explorers courtesy of Myers Brettholtz & Company.

Tickets are \$40 per person in advance and \$50 at the gate. Pre-registered guests will have preferred check-in at 5 p.m. VIP tickets are \$150 each or \$250 per couple, which allows exclusive access to the night's Vintner's Lounge and a tasting certificate for a four-course pairing dinner by Executive Chef Boye, scheduled at your convenience.

For more information or tickets, visit [www.rmhcswfl.org](http://www.rmhcswfl.org). ✨

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Financial Focus

# Investors Should Avoid 'Great Expectations'



by Jennifer Basey

**A**part from death and taxes, few events in our world are consistently predictable – and investment returns are definitely not one of them. What can you, as an individual investor, do to cope with the ups and

downs of the financial markets and make progress toward your long-term goals?

To begin with, you should be aware that the financial markets have fluctuated greatly – daily, monthly and yearly – over the past three decades. Overall, though,

the financial markets trended upward, as measured by major indexes such as the Dow Jones Industrial Average and the S&P 500. Of course, as you’ve no doubt heard, past performance can’t guarantee future results.

What was responsible for this long upturn? Most experts cite several factors: sharp declines in inflation and interest rates, vastly improved worker productivity (largely brought on, for at least a few years, by more advanced and efficient information technology), growth in emerging markets and a long run of strong corporate profits.

Can a generally positive investment environment continue in the years ahead? As mentioned above, it’s pretty hard to forecast the performance of the financial markets. And you can be fairly certain that the market volatility we’ve seen – those large price swings – will not disappear any time soon. So to help position yourself to better withstand these sharp movements, consider the following:

- Modify your expectations. Don’t count on high or even positive returns

throughout all your years of investing. Try to “bake in” reasonable return expectations to your long-term investment strategy. A financial professional may be able to help you with this.

• Don’t make rash moves to “beat the market.” If the market doesn’t consistently yield double-digit returns, you might think that you need to take drastic actions such as investing much more aggressively than your risk tolerance would normally allow. For example, you might be tempted to pursue some “hot” stocks that you heard about through a friend, co-worker or one of the so-called experts on the cable television shows devoted to investing. But by the time you hear about these stocks, they may not be so “hot” anymore – and they may never have been so hot for you, given your individual needs, goals and risk tolerance. So, instead of ratcheting up the aggressiveness with which you invest, look for other investment techniques to help yourself advance toward your financial objectives.

- Boost your investments in your retirement plans. Contribute as much as

you can afford to your 401(k), IRA and other retirement accounts. The earlier you start, the more years you’ll be giving your investments to potentially grow.

• Be open to working longer. If you like your job, and you’re prepared to be flexible, you could gain some key benefits by working just a few more years than you had planned. Specifically, you can keep contributing to your 401(k) and IRA, and you also might be able to delay taking Social Security, thereby earning bigger monthly payments when you do start collecting your benefits.

Investing would be simple if you could always count on earning big returns. However, that’s not the case. And if the markets are indeed going to be somewhat unpredictable, then you’ll want to take a page out of the Boy Scouts’ handbook and “be prepared.”

*This article was written by Edward Jones for use by your local Edward Jones financial advisor. Jennifer Basey is a financial advisor in Fort Myers. She can be reached at [jennifer.basey@edwardjones.com](mailto:jennifer.basey@edwardjones.com).*✱

## Foundation Establishes Legacy Fund

**T**he Southwest Florida Community Foundation has established the Impact Dunbar Fund to include women who foster and develop Dunbar’s next philanthropic leaders.

Similar to and part of the Women’s

Legacy Fund, this new fund was founded by Karen Watson, MSW, executive director of Our Mother’s Home, and Tasheekia Perry of Crowning Daughters For Success. It was established this year to empower young women and girls in the Dunbar community.

“We welcome the ladies of Dunbar who want to make a difference and create change in our region starting in their own neighborhood,” said Sarah Owen, president and CEO of the Southwest Florida Community Foundation. “We look

forward to working together and learning from one another.”

The fund’s founding contributors are dedicated to providing experiences to young women and girls that broaden their exposure to careers, opportunities and community.

“After researching and interviewing a number of women’s foundations, we chose to establish this new fund under the Southwest Florida Community Foundation due to its long history in Southwest Florida and funding infrastructure,” said Watson.

Annual contributions of \$250 or more to Impact Dunbar will be pooled to collectively award grants to nonprofit organizations. The cause area for the grant will be determined each year by the contributors. All \$250 and more contributors will vote on the cause for the following year’s grant.

During the next year, Impact Dunbar will seek contributors to join the fund and raise resources for a 2017 grant cycle. As the fund grows and prima donors join Impact Dunbar, the focus will expand to include an endowment fund. In addition, all giving levels of the Women’s Legacy Fund are available to the Impact Dunbar Fund.

For more information, visit [www.floridacommunity.com](http://www.floridacommunity.com) or call 274-5900.✱

## Family Math Night

**L**earn how fun math can be at Family Math Night on Tuesday, November 15 from 5:45 to 7:30 p.m. at Florida SouthWestern State College’s (FSW) Thomas Edison campus.

This free, family-oriented evening is for students in kindergarten to eighth grade, and features math games created by teacher candidates in FSW’s School of Education, demonstrating how mathematics isn’t just something you use at school.

“Learning mathematics successfully requires a joint effort between home and school,” said Dr. Mary Robertson, professor of mathematics education at FSW. “Research shows students that work cooperatively with their parents have higher academic achievement.”

Robertson has been a mathematics teacher for the past 32 years, having taught at the middle school, high school and college level.

The event is open to anyone interested in mathematics. Register by emailing [familymathnight@fsw.edu](mailto:familymathnight@fsw.edu). The campus is located at 8099 College Parkway in Fort Myers.

For additional information, send an email to [mary.robertson@fsw.edu](mailto:mary.robertson@fsw.edu).✱

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## Association Names Volunteer Of The Year



**Sandy Heise, center, Lee Health volunteer, with FHA President Bruce Rueben, left, and FHA Board Chair Mark Faulkner, president and chief executive officer of Baptist Health in Pensacola, right**  
photo courtesy LMHS

**S**andy Heise, Lee Health volunteer, has been named Florida Hospital Association's (FHA) Volunteer of the Year. This is the first time a volunteer has been recognized at the annual FHA Celebration of Achievement in Quality and Service Awards.

For 12 years, Heise has provided support, leadership and innovation for the Lee Memorial Auxiliary, Lee Health, the Association of Florida Healthcare Auxiliaries/Volunteers (AFHAV) and Southwest Florida.

A founding member of the Joint Auxiliary Committee, Heise helped bring Lee Health's three auxiliaries together – from joint installations to social functions. She also recruited Dillard's as a supporter, which has generated \$115,000 in additional revenue for equipment, projects and programs for patients and the community in the last three years.

As an auxilian, Heise has served in various capacities, including fundraising chair, fundraising vice president, president-elect, president, treasurer and membership chair. At the state level, she has served as an AFHAV board member, treasurer, trade show chair, president-elect and president.

In addition to her auxiliary service, Heise also volunteers weekly at the main lobby information desk at Lee Memorial Hospital. As a hospital volunteer, she has logged more than 10,000 hours.

Jim Nathan, president of Lee Health, describes Heise as genuine, compassionate, pure of heart, unquenchingly optimistic, enthusiastic and energetic. Others who know her note her extraordinary dedication and commitment to kindness and caring, as well as her infectious sense of humor.

The FHA Celebration of Achievement in Quality and Service Awards, which was held October 20, recognizes caregivers, hospital trustees and hospitals across the state that have achieved notable successes in improving quality and patient safety, made significant impacts on their local communities, engaged hospital staff, transformed care delivery and increased efficiency.\*\*

## Greeters Club Luncheon

**T**he Greeters Club of Greater Fort Myers will be hosting a fashion show at their Thursday, November 17 luncheon.

Selected Bell Tower shops will supply the fashions and club members will be the models. Whether you are a full-time Floridian or arrive here just before winter sets in and the first flakes start to fall some where else, you'll enjoy a delicious lunch, great conversation and get an overview of the season's latest fashions

from several Bell Tower merchants.

Make a luncheon reservation and find out more about joining this dynamic group of Lee County women. Admission is \$20 per person. To make reservations, email [greetersclub@gmail.com](mailto:greetersclub@gmail.com) and provide your contact information (your name, email address and phone number). You will receive an email confirming your reservation.

Greeters Club of Greater Fort Myers luncheons are held on the third Thursday of the month at 10:45 a.m. at the Colonial Country Club, 9181 Independence Way in Fort Myers. Visit [greetersclubofgreaterfortmyers.com](http://greetersclubofgreaterfortmyers.com) for more details.\*\*

## AFTERLIFE EXPLORERS & MEDIUMSHIP CONVENTION



Janet Mayer

Sirry Berndsen\*

Rebecca Anne LoCicero

Gina Simone\*



Joe Perreta

Renee Buck\*

Neal Rzepkowski\*



Angelina Diana\*

Joseph R. Shiel, III

Eliza Rey\*



Laura Lynne Jackson

### FEATURED EVENT:

Saturday Night Fundraiser Dinner with Laura Lynne Jackson, Forever Family Foundation Certified Medium & New York Times Best Selling Author of "The Light Between Us"

\*These Forever Family Foundation Certified Mediums are available for private appointments pre, post and during convention. Visit our website for details.

## WHEN

Thur Nov 10, 2016 at 8:00 PM EST through

Sun Nov 13, 2016 at 10:00 PM EST

Convention Days: Sat & Sun, Nov 12 & 13

## WHERE

Holiday Inn Fort Myers Airport @Town Ctr

9931 Interstate Commerce Dr., Fort Myers, FL 33913

## CONTACT

Eve Enteyes , Forever Family Foundation, Inc.

631-425-7707

[events@foreverfamilyfoundation.org](mailto:events@foreverfamilyfoundation.org)

[foreverfamilyfoundation.org](http://foreverfamilyfoundation.org)



## WHO SHOULD ATTEND?

- Those who have experienced some type of non-physical communication, or those who desire to foster such contact
- Practicing mediums who wish to hone their mediumistic skills and learn more about evidential mediumship
- Those who are studying mediumship and aspire to develop those skills necessary to work with the bereaved
- Those who have suffered the loss of a loved one and seek connections and evidence that they have survived physical death
- Those who are curious about the process of mediumship
- Those who want to learn more about all types of evidence suggesting life after death



## Clawback



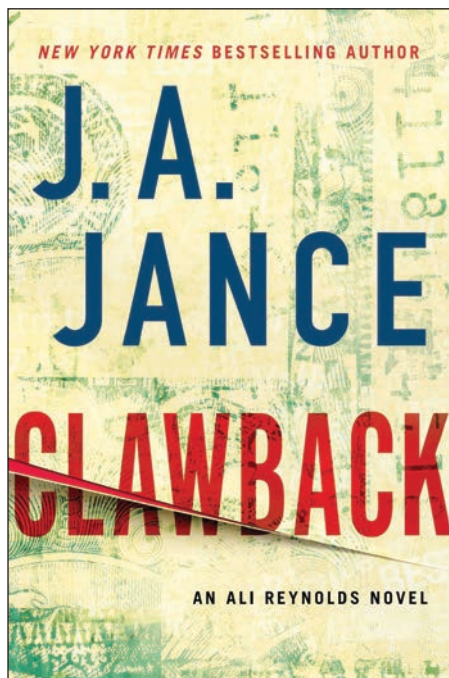
by Di Saggau

A friend introduced me to some books by J.A. Jance and I enjoyed them all, especially *Clawback*, which reminds us of news events surrounding Bernie Madoff. In this latest novel,

Ali Reynolds must solve the murder of someone caught up in a massive Ponzi scheme that bankrupted hundreds of people. Among them are her parents, Bob and Edie Larson, who lost their retirement savings. The sting is especially sharp because they considered their trusted financial adviser, Dan Frazier, to be an ally and friend. Edie warned Bob not to put all their eggs in one basket, but he ignored her advice and is filled with guilt over the outcome.

Bob feels he must confront his onetime friend, so he makes an ill-timed visit to Frazier's house, only to find him and his wife dead. He calls 911, but ends up being the prime suspect in the murders. The police consider his grudge against Frazier a huge motive. In an effort to clear her father and seek justice for those who lost their savings, Ali teams up with her husband, B. Simpson, the executive of High Noon Enterprises, a cutting-edge cyber security firm.

I read online that this was a highly



personal story for Jance, as she and her husband got caught up in a Ponzi scheme in Seattle, losing \$500,000 of their retirement funds. In her dedication she says, "For all the people who gave me 500,000 reasons for writing this book. Whoever you are; you know who you are." The story is not only entertaining, readers can also learn something. As she explains, the word Clawback means: Proceeds from an investment that are found to be fraudulent are confiscated and then redistributed to all investors on a proportional basis. The book is a must

read for anyone who wants to understand a complicated issue.

Jance talks of "presence technology," in which employees and their families of High Noon have all their electronic devices equipped with the latest technology. Basically it allows the company to know where an individual is and follow their movements in real time.

With the eccentric yet brilliant Stu Ramey tracing digital leads and his tenacious new over-achiever assistant, Cami Lee, on a door-to-door quest for clues, the Larsons find their own unforgettable way to fight for what they've lost. They are all in a dangerous race to keep a murderer and millions of dollars from vanishing into thin air. *Clawback* picks up after Jance's 2015 book *Cold Betrayal*, however, if you don't have time to read it, her new book stands on its own.✱

Griffiths, a business owner since the age of 13, is publisher of Southwest Florida's *Nautical Mile Magazine*.

"It's not about business, it's for any facet of life, from a student to a retiree," said Griffiths. "It's about how an entrepreneur thinks. They find ways to make things better. They create new ways to do things. They invent and they solve problems. The principles of getting to the next step in whatever you are doing apply to everyone, and thinking like an entrepreneur can be applied to all facets, challenges and crossroads of life."

The learning center is currently exploring locations in Charlotte, Lee and Collier counties for the best classroom environment, and is also creating a presence in local high schools.

"People are simply not taught how to win in our society," Griffiths added. "We get caught in seven-day loops that repeat 52 times a year, and wonder where 20 or 30 years went. We allow kids to pass to the next grade with a minimal percentage of knowledge of the previous grade, which is the foundation of their life, yet we don't allow that to happen when inspecting the foundation of a building? Learning how to think like an entrepreneur changes this, and can help people overcome challenges, break habits and do or have almost anything they want."

For more information, visit [www.EntrepreneurByChoice.org](http://www.EntrepreneurByChoice.org). The nonprofit can also be followed on LinkedIn and Facebook.✱

## Free Entrepreneur School Offered

Lee County resident Jim Griffiths will host Learn To Think Like An Entrepreneur, a nonprofit learning center supported by local businesses. The free, ongoing classes will be for the general public beginning in January. The center will offer workshops, think-tanks, brainstorming and guest speakers, all teaching the basic principles of thinking like an entrepreneur and applying that mindset to everyday life.

## School Smart



by Shelley M. Greggs, NCSP

**Dear Shelley,** Our son has major learning problems, and we were not happy with slowness of the evaluation process at school, so we had a

comprehensive evaluation from a private specialist. How can I get the school to use the recommendations from the evaluator? I don't think that the school is too happy about our private evaluation.

Peter G., Charlotte County, FL

**Peter,**

Private evaluations can create delicate situations at schools especially since there is great variability in the quality of evaluations by school psychologists and evaluators in the private sector. The key issue here is that the outside evaluator has experience in the schools and understands school/teacher expectations as well as the needs of the student at school and can provide reasonable and appropriate recommendations.

The federal special education regulations impose an "affirmative obligation" on the school to consider the results of the evaluation. While the law does not require the team to accept the findings or implement recommendations from a specialist in the private sector, the

law does require the school to respond to your concerns about your child's educational program.

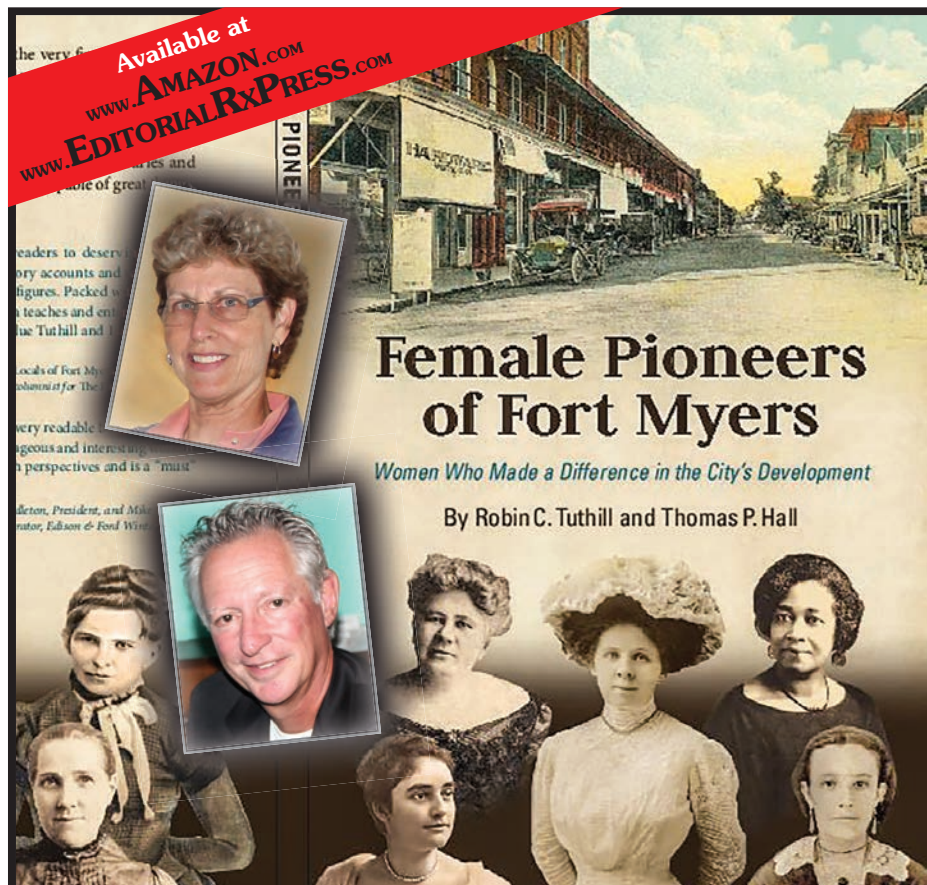
The law also requires the IEP team to "consider" the results of any evaluation you obtain with the word "consider" being defined by the dictionary as "to think about carefully in order to arrive at a judgment or decision, especially with regard to taking some action."

When you get an evaluation from a specialist in the private sector, ask him/her to attend the meeting to discuss the findings. If the evaluator is available to describe the child's needs and what will happen if the recommendations are not accepted, it is more likely that the IEP team will accept and use the results.

Remember that this is a team effort and that it is critical for all parties to build good working relationships, to be polite and appreciative of everyone's efforts in meeting the needs of a student.

*Legal Resources used include Wrightslaw: Special Education Law, 2nd Edition, IDEA Regulations 34 C.F.R. §300.502(c)(1)*

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](mailto:smgreggs@gmail.com). Not all questions submitted can be addressed through this publication.✱



"Packed with facts and employing an engaging storytelling style, [Female Pioneers of Fort Myers] both teaches and entertains. Local history buffs and newcomers to history will value Tuthill and Hall's research and appreciate the accessible format, too."

Gerri Reaves, PhD, author of *Legendary Locals of Fort Myers* and *Fort Myers, Then & Now*



# Nonprofit Raises Funds To Expand Grief Program



From left, Frances Bustamonte, Nikko Bustamonte, Nick Mills, Jessica Mills  
photos courtesy Valerie's House



From left, Patricia Sala, Larry Aguilar, Jack and Janet Sigman

Valerie's House, a nonprofit devoted to helping children work through grief following the death of a parent or sibling, raised \$80,000 at its inaugural Under the Stars at Shangri-La, held October 13 in Bonita Springs.

More than 300 people attended, including Valerie's House families and supporters, city officials and community leaders. Proceeds will assist the organization in building a much-needed house of its own to accommodate the waiting list of children and families who need support.

The island-themed party featured live entertainment as well as a silent auction with Valerie's House children's artwork, followed by family testimonials of how the nonprofit is helping children cope with grief.

"We are overjoyed to see how many friends and members of the community came out to learn about Valerie's House," said Angela Melvin, Valerie's House founder and president. "Our program will grow by leaps and bounds because of this very special evening."

Valerie's House opened in January 2016 and serves more than 80 children and their families from Lee, Collier, Charlotte and Hendry counties. The organization provides a safe, comfortable place for children to share, grieve and heal together following the death of a close family member. Valerie's House has two locations: 1618 Avalon Place in downtown Fort Myers and at Cape Christian Church, 2110 Chiquita Boulevard South in Cape Coral. There are plans to expand to Naples in



From left, Rachel Schad, Tim Hauck, Cindy Ekonomou, Therese Everly, State Representative Byron Donalds, Elaine Green



From left, Connie Ramos-Williams and Rick Williams, Mary Andrews, Michael Jung



From left, Tina Ostrowski, Karen Jacobson, Lisa Davenport



From left, Erikka Thalheimer, Yasmin Saad, Danielle Visone  
early 2017.

Valerie's House is named after Angela Melvin's mother, Valerie, a 31-year-old nurse and mother of two daughters who was killed in a car accident in 1987. The organization is fully supported through community donations that can be made by visiting [www.valereshouseswfl.org](http://www.valereshouseswfl.org) or mailing Valerie's House, Inc., P.O. Box 1955, Fort Myers, FL 33902.

For more information, call 478-6734 or email [angela@valereshouseswfl.org](mailto:angela@valereshouseswfl.org).✱



Angela Melvin, left, and Caryn Smith



Bonita Springs Mayor Peter Simmons, left, and Naples Mayor Bill Barnett



dearRPharmacist

## Ease Stomach Aches And Cramps



by Suzy Cohen, RPh

**Dear Readers:** Last week I was tearing apart my kitchen cabinet looking for asafoetida spice, when my eye fell on a screw-top glass jar filled with little chunks of brown "cramp" bark. I confess my

kitchen pantry resembles Aladdin's cave of precious herbs and spices. Some of these I keep for medicinal reasons, and others are to season recipes. Most of time there is overlap because everything I cook is

medicinally infused somehow.

So this is how I came to use cramp bark. It felt like synchronicity, because my husband Sam was complaining of stomach cramps that afternoon. And here I had just found a glass jar containing cramp bark in my cabinet. I threw a tablespoon of the little pieces of broken-up bark into a saucepan and added about 2 cups of water. Then I set it to simmer for 10 minutes, after which I presented Sam with a steaming cramp bark infusion, sweetened with honey. Call it cramp bark tea, although the recipe can change based upon desired potency.

Within 10 minutes, it completely relieved his vexing stomach ache and we were both a little surprised. He fell asleep peacefully. (Note to self: Give him this stuff tomorrow night when he crawls in to bed at midnight replaying the presidential debate on his iPhone).

Herbalists know this herb can relax smooth muscles, like those of the intestines, bladder, and uterus, as well as

striated muscle, such as skeletal muscle.

Cramp bark, known botanically as *Viburnum opulus* has vivid-colored berries which can be used to create red ink. Healers have used cramp bark for arthritic pain, backache, menstrual cramps, cramping due to irritable bowel syndrome, urinary pain, and muscle spasms (such as a cricked neck). Because of its calming effect on the nervous system, cramp bark is sometimes also used as a mild sedative for nervous tension.

One of the most popular uses for cramp bark is to provide relief from monthly menstrual pain. The discomfort ranges from blessedly mild, to requiring narcotics (hydrocodone) or non-steroidals (naproxen or ibuprofen) just to get through 'that time of the month'. Cramp bark can 'unwind' uterine tension.

For those of you suffering from regular or chronic pain caused by spasms, back pain or monthly cramps, consider adding cramp bark to your herbal medicine cabinet. Ask a holistic doctor first. I'd avoid conventional prescribed painkillers for as long as you can, because they have highly undesirable side effects including heart disease, constipation, neuronal degeneration and/or addiction... plus the way I see it, you are just removing one problem and ushering in new ones.

I've archived a comprehensive version of this article at my website [suzycohen.com](http://suzycohen.com), so sign up for my newsletter and I'll email it. Cramp bark comes as an herbal tincture and capsule, as well as dried bark that you can steep with water to make tea.

If you are sensitive or allergic to aspirin, continued on page 31

Doctor and Dietician

## Cauliflower Soup



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

This is an amazing vegan, gluten- and casein-free recipe void of cream, milk or dairy. It is very low in calories, yet very satisfying. Certainly if you wanted to increase the creaminess of it, you could add milk/cream, but it stands alone nicely and is very creamy without the added sometimes allergenic milk products and calories.

### Cauliflower Soup

1 tbsp. canola oil  
2 medium onions, chopped  
Pinch of sugar  
Approximately 1/2 tsp. Kosher salt  
3 cloves garlic, chopped finely  
1/2 cup dry white wine  
1 large head cauliflower, chopped

(approximately two pounds)

4 cups chicken broth or vegetable stock (organic boxed or homemade)

Fresh ground pepper

2 tbsp. extra virgin olive oil

1 tbsp. fresh parsley, finely chopped

2 tbsp. fresh chives, finely chopped

Heat oil in a large pot and add onions, salt and a pinch of sugar. Cover and sauté for about five minutes until soft. Add garlic and wine. Cook, stirring until the liquid is nearly all evaporated.

Stir in cauliflower and broth and bring to a boil over medium-high heat. Reduce temperature, cover and simmer until cauliflower is very soft (about 25 to 30 minutes). Check frequently and stir.

Remove from heat. Blend with an immersion blender until smooth. (If you don't have an immersion blender, blend in the blender in a few batches, making sure to vent the steam.)

Combine olive oil, chives and parsley. Serve atop bowls of hot soup. Drizzle with additional olive oil as desired.

• Kitchen Tip: For a creamier soup, use milk, soy or rice milk for half of the broth.

*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](mailto:info@caringmedical.com).*

## Mom And Me



by Lizzie and Pryce

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

### Dear Mom & Me,

My husband and I both had very good jobs in long established companies. When my parents divorced in their late 60s, I never doubted that there would be enough money for both of them to live separate lives. Was I surprised!

When my mother could no longer live independently, I felt that I could afford to place her in a nice retirement complex. She did not like it at first, but now is very happy and well adjusted.

Out of the blue, my company was sold and I am out. The new company brought in their own people and I can't get a job at

even half of my former salary.

What do you suggest I do to relocate my mother in something she and I can afford?

Polly

### Dear Polly,

A big part of living into late life is financing care. Many older folks did not financially plan for later life. I see numerous adult children providing financial support to their parents. When, to your situation, a company downsizes or is bought out, the financial costs affect both generations and the only choices are hard choices.

Start looking at communities accepting special assistance. Call the Department of Human-Social Services to determine if your mother would qualify for Medicaid. Also, if your mother served in the military and was honorably discharged, call the Department of Veterans Affairs to see if she would qualify for any assistance.

Pryce

### Dear Polly,

Our society is changing rapidly, and we are forced to adjust and make quick decisions also.

I suggest you do as Pryce suggests and do your very best to relocate her.

You may find it necessary to make a temporary move to your home while you are finding the right relocation facility for your mother. Try to avoid having to act in haste and in so doing making a wrong decision that you would later regret.

Lizzie

Lizzie and Pryce's email address is [momandmeaging@hotmail.com](mailto:momandmeaging@hotmail.com).

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PETS OF THE WEEK

**K**enzie is an 11-month-old female pit bull terrier who is an all-around great dog who absolutely loves everyone. Her favorite thing to do is to play with her canine friends at the shelter in play groups. She's a young, small dog and will make an outstanding companion for any family.

Adoption Fee: \$75 (receive 50 percent off when you bring in your "I voted" sticker now through Tuesday, November 8.)

Sunnie is a 1-year-old domestic short hair spayed female who likes to spread her sunshine everywhere. She greets all visitors and enjoys playing with her roommates at the shelter. She has beautiful patches of orange throughout her brown-and-white coat. Sunnie is also partial to treats and lap sitting.

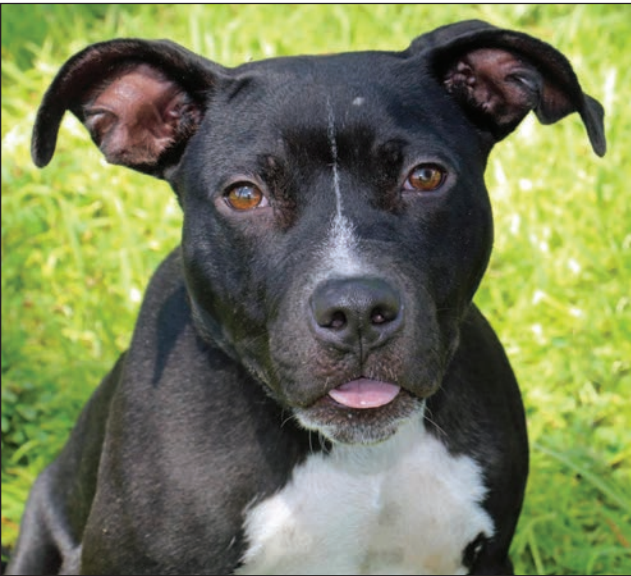
Adoption fee: \$50 (receive 50 percent off when you bring in your "I voted" sticker now through November 8.)

For information about this week's pets, call 533-7387 (LEE-PETS) or log on to Animal Services' website at [www.LeeLostPets.com](http://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.\*



Kenzie ID# 673592



Sunnie ID# 676371

PAWS Of Sanibel  
Missing Cat



**C**lark has been missing since Friday, October 21. He somehow managed to get outside his home on West Gulf Drive in the vicinity of Beach Access #1. He is a roughly 2 year old, small to medium neutered male. He may be difficult to capture. If you see Clark, contact Pam at PAWS as soon as possible at 472-4823.\*



Emergency.....	911
Lee County Sheriff's Office.....	477-1200
Florida Marine Patrol.....	332-6966
Florida Highway Patrol.....	278-7100
Poison Control.....	1-800-282-3171
HealthPark Medical Center.....	1-800-936-5321
Ft. Myers Chamber of Commerce.....	332-3624
Foundation for Quality Childcare.....	425-2685
Fort Myers Beach Chamber of Commerce.....	454-7500
Fort Myers Beach Library.....	463-9691
Lakes Regional Library.....	533-4000
Lee County Chamber of Commerce.....	931-0931
Post Office.....	1-800-275-8777
Visitor & Convention Bureau.....	338-3500
<b>ARTS</b>	
Alliance for the Arts.....	939-2787
Arts For ACT Gallery & Studio.....	337-5050
Art League Of Fort Myers.....	275-3970
Barbara B. Mann Performing Arts Hall.....	481-4849
BIG ARTS.....	395-0900
Broadway Palm Dinner Theatre.....	278-4422
Cultural Park Theatre.....	772-5862
Edison Festival of Light.....	334-2999
Florida Repertory Theatre at the Arcade.....	332-4488
Florida West Arts.....	948-4427
Fort Myers Symphonic Mastersingers.....	288-2535
Gulf Coast Symphony.....	489-1800
Harmony Chorus, Charles Sutter, Pres.....	481-8059
Naples Philharmonic.....	239-597-1111
The Schoolhouse Theater.....	472-6862
SW Florida Symphony.....	418-0996
Theatre Conspiracy.....	936-3239
Young Artists Awards.....	574-9321
<b>CLUBS &amp; ORGANIZATIONS</b>	
Angel Flight.....	1-877-4AN-ANGEL
Animal Refuge Center.....	731-3535
American Business Women Association.....	357-6755
Audubon of SWFL.....	339-8046
Audubon Society.....	472-3156
Caloosahatchee Chapter DAR.....	482-1366
Caloosahatchee Folk Society.....	321-4620
Cape Chorale Barbershop Chorus.....	1-855-425-3631
Cape Coral Stamp Club.....	542-9153
duPont Company Retirees.....	454-1083
Edison Porcelain Artists.....	415-2484
Embroiderers Guild of America - Sea Grape Chapter.....	239-267-1990
FM UDC Chapter 2614 - United Daughters of the Confederacy.....	728-3743
Friendship Force Of SW FL.....	561-9164
Garden Club of Cape Coral.....	239-257-2654
Horticulture and Tea Society.....	472-8334
Horticultural Society.....	472-6940
Lee County Genealogical Society.....	549-9625
Lee Trust for Historic Preservation.....	939-7278
NARFE (National Active & Retired Federal Employees.....	482-6713
Navy Seabees Veterans of America.....	731-1901
Paradise Iowa Club of SWFL.....	667-1354
Sons of Confederate Veterans.....	332-2408
Southwest Florida Fencing Academy.....	939-1338
Southwest Florida Music Association.....	561-2118
<b>Kiwanis Clubs:</b>	
Fort Myers Beach.....	765-4254 or 454-8090
Fort Myers Edison.....	694-1056
Fort Myers South.....	691-1405
Gateway to the Islands.....	218-5768
Iona-McGregor.....	482-0869
<b>Lions Clubs:</b>	
Fort Myers Beach.....	463-9738
Fort Myers High Noon.....	466-4228
Estero/South Fort Myers.....	898-1921
Notre Dame Club of Lee County.....	768-0417
Organ Transplant Recipients of SW Florida.....	247-3073
POLO Club of Lee County.....	477-4906
Rotary Club of Fort Myers.....	332-8158
Sanibel-Captiva Orchid Society.....	472-6940
United Way of Lee County.....	433-2000
United Way 211 Helpline (24 hour).....	211 or 433-3900
<b>AREA ATTRACTIONS</b>	
Bailey-Matthews Shell Museum.....	395-2233
Burrough's Home.....	337-9505
Calusa Nature Center & Planetarium.....	275-3435
Edison & Ford Winter Estates.....	334-7419
Fort Myers Skate Park.....	321-7558
Imaginarium Hands-On Museum & Aquarium.....	321-7420
JN "Ding" Darling National Wildlife Refuge.....	472-1100
Koreshan State Historic Site.....	239-992-0311
Langford Kingston Home.....	239-334-2550
Ostego Bay Foundation Marine Science Center.....	765-8101
Skatium.....	321-7510
Southwest Florida Historical Society.....	939-4044
Southwest Florida Museum of History.....	321-7430
True Tours.....	945-0405

To be listed in calling card email your information to:  
[press@riverweekly.com](mailto:press@riverweekly.com)



PUZZLES

Answers on page 29

Super Crossword

SCHOOL ORDERS

- ACROSS**

1 Loch monster moniker

7 — Tomé

10 Party giver's abbr.

14 Disk units

19 And much more of the same: Abbr.

20 Waters off Fla.

21 Part of BSA: Abbr.

22 Target for an exterminator

23 Start of a riddle

25 "Me neither"

26 Hunky-dory

27 Address book no.

28 Riddle, part 2

31 Polar vehicle

33 Puts on the burner again

34 Fair-haired folks

35 Sainly glow

38 On top of that

39 Wall St. insider, maybe

41 Brewery oven

42 Riddle, part 3

49 Crooner Jones
- 50 Lament

51 Perp's charge

52 "Later, José"

55 Ample

57 Trawl, e.g.

58 Typical Tiger Beat readers

61 Brewery tank

62 Round hairdo

63 Riddle, part 4

66 Toshiba rival

68 Neighbor of Arg.

69 U.K. "Inc."

70 Riddle, part 5

79 "— -Ca-Dabra" (1974 tune)

83 Stadium shout

84 Without help

85 With 4-Down, gear up

86 Newbies, so to speak

87 Die marks

89 Numbered hwy.

90 Like red soil

92 Ore- — (maker of Zesties!)

93 Riddle, part 6

98 "Mamma Mia" quartet
- 100 Suffix for an enzyme

101 Stadium shout

102 Vatican site

103 Detonate

105 African cat

109 Meat stamp inits.

112 End of the riddle

117 Cal. units

118 Holy Roman emperor known as "the Great"

119 Ian who played Bilbo Baggins

120 Riddle's answer

122 Ban Ki-moon heads it, for short

123 Run up — (drink on credit)

124 "A," in Caen

125 Submissive

126 Big mattress maker

**DOWN**

1 Colorful amphibians

2 Merman of "Gypsy"
- 3 Warrior's suit with small, overlapping plates

4 See 85-Across

5 — -bitsy

6 Audio effect

7 Ketchup, e.g.

8 Words after attorney or heir

9 Language of early inscriptions

10 Rampaged

11 L.A. hazes

12 Stylish Wang

13 Rigidly formal

14 Bar fight

15 Gave an attention-getting shout

16 Fallen suddenly

17 Clicked-open greetings

18 Least bold

24 "The Skin of — Teeth"

29 Author — Hubbard

30 Peters out

32 Penn & Teller, e.g.

36 July gem

37 Bonobo, e.g.

39 "Law & Order" actress — de la Garza
- 40 Push away

42 Razor choice

43 Slip up

44 High-end hotel chain

45 Antagonists

46 Way to go

47 Glenn of the Eagles

48 Laces into

53 Sculler's tool

54 Bourbon and Wall: Abbr.

56 Funny Sahl

58 Govt.-issued security

59 Snaky swimmers

60 Bank (on)

63 God that's part goat

64 Conical woodwind

65 The date 6/6/44

67 Earthen pot for liquids

70 Tax-taking org.

71 Tot's break

72 One given to ostentatious display

73 Golf vehicles

74 Offering-plate share

75 Notion, to Fifi

76 Eye creepily

77 — tide

78 About 5.88 trillion mi.
- 80 Wedding VIP

81 Traveled by bus, e.g.

82 "That is — commen-tary"

86 Old toy company

88 Defrosts

90 Rises slowly

91 Always, in odes

94 Neck part

95 West African tree

96 Oscar winner Guinness

97 Rhea relative

98 Monastery heads

99 Actress Danner

104 Wake — cold sweat

105 B soundalike

106 Macduff, e.g.

107 Tunesmith Harold

108 Pork product

110 Sir Arthur Conan —

111 Mules' sires

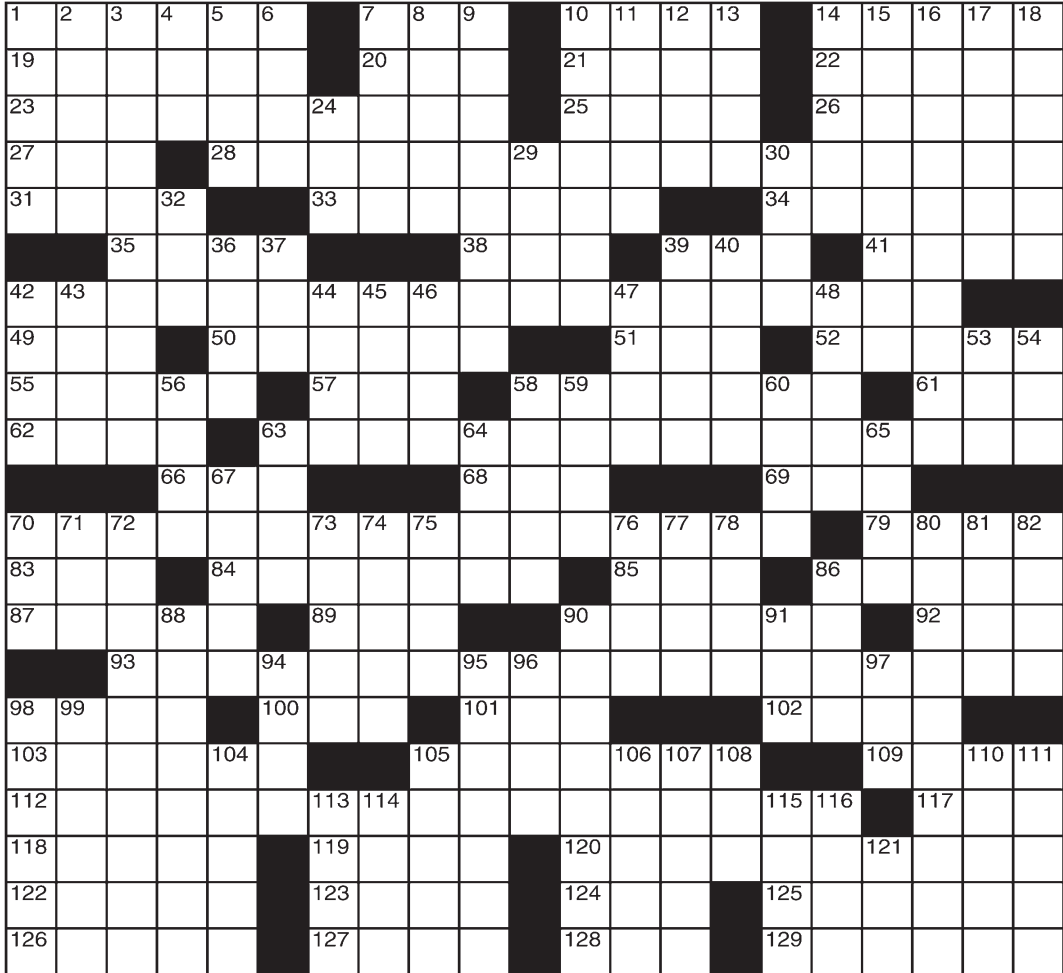
113 Landlocked African land

114 Tiny amount

115 Fanta, e.g.

116 Grandson of Adam

121 College dept.



King Crossword

**ACROSS**

1 Fire residue

4 One of the Seven Dwarfs

7 Spruced up

11 Dazzle

13 Historic period

14 Related (to)

15 Caffeine-rich nut

16 Battle

17 Dissolve

18 Okefenokee, e.g.

20 Traditional tales

22 Conger, for one

24 The Enlight-ened One

28 Knot for human con-sumption?

32 Thin porridge

33 Apiece

34 Martini ingre-dient

36 Gumbo base

37 "Hogwash!"

39 Sleeping bag closers

41 Exact

43 Burst

44 Stole

46 Cardiff's peo-ple

50 Suitor

53 Uncooked

55 Hindu prin-cess

56 React with

boredom

57 Clay, now

58 Mouthful of drink

59 — Stanley Gardner

60 Coop dweller

61 To the — degree

**DOWN**

1 Requests

2 Pack away

3 Hawaiian dance

4 Morning moisture

5 Verbal

6 Chocolate substitute

7 B-list brag-

garts

8 — out a living

9 Have a bug

10 Explosive letters

12 Old music-based game

19 Candy known for its dis-pensers

21 Carpet

23 Lower limb

25 Top-ranking noble

26 Mr., in Munich

27 "Sad to say ..."

28 Energizes, with "up"

29 Grate

30 Reverberate

31 Claiborne of fashion

35 Pinch

38 Court

40 "Bam!"

42 O'Donnell of TV news

45 Hardy cab-bage

47 Home turf?

48 Fit of pee-vishness

49 Lofly

50 "See ya"

51 Listener

52 Puncturing tool

54 Triumph

MAGIC MAZE ● HOODED WORDS

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

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

- Adulthood

Boyhood

Childhood

Falsehood
- Ft. Hood

Girlhood

Hoodlum

Hoods
- Hoodwink

Manhood

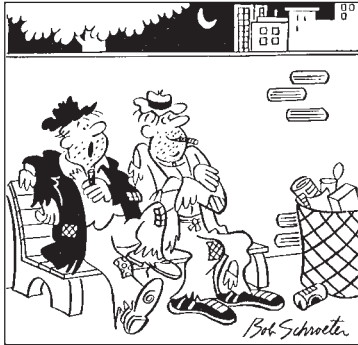
Mt. Hood

Robin Hood
- Sainthood

Statehood

Unhood





"At least my ex-wife isn't bugging me  
for \_\_\_\_\_ anymore!"

answer on page 29

## SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Climb  
**LACES** \_\_\_\_\_

Tip  
**THIN** \_\_\_\_\_

Robust  
**DUSTRY** \_\_\_\_\_

Disturb  
**MOPSIE** \_\_\_\_\_

**TODAY'S WORD**

\_\_\_\_\_

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

## SUDOKU

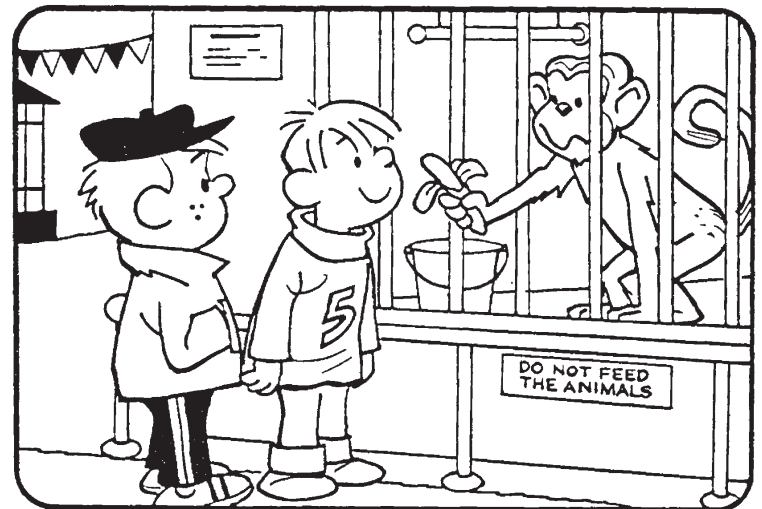
**To play Sudoku:**

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.

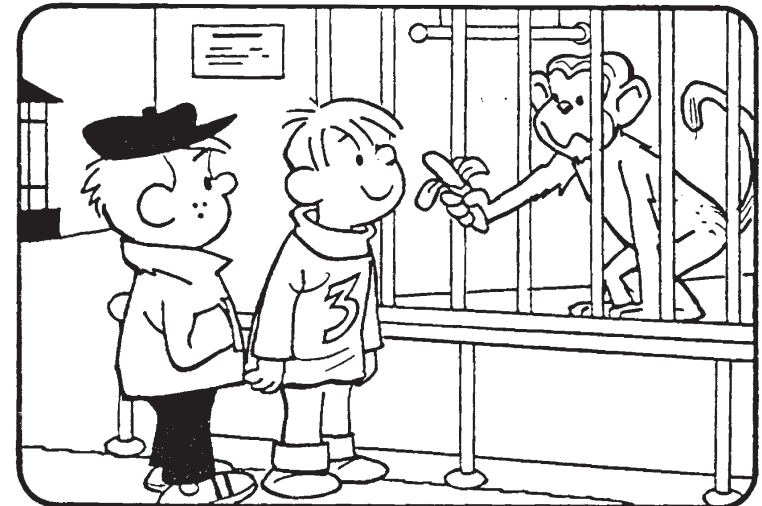
answer on page 29

## HOCUS-FOCUS

BY  
HENRY BOLTIHOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Pennants are missing. 2. Stripe is missing. 3. Number is different. 4. Tail is missing. 5. Sign is missing. 6. Tail is different.

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### Snapper Almondine

4 six-ounce snapper fillets  
 2 teaspoons cayenne pepper  
 Sea salt, to taste  
 Ground black pepper, to taste  
 1 cup rice flour  
 ¼ cup butter  
 ½ cup sliced almonds  
 ¼ cup lemon juice  
 ¼ teaspoon flat leaf parsley,  
 chopped

Parsley sprigs for garnish (optional)

Sprinkle fillets with seasonings then dredge in flour. Melt butter in shallow skillet over medium-high heat; add fillets and cook 3 to 5 minutes per side until golden brown and cooked through. Remove fillets from skillet and keep warm. Add almonds to butter in the skillet; cook until almonds are browned. Stir in lemon juice and parsley. Spoon sauce over cooked fillets and garnish with fresh parsley.

Yield: 4 servings.✪✪



Snapper Almondine

photo courtesy Fresh From Florida

Share your community news with us.  
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 "Wir Sprechen Deutsch"

f g+

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PUZZLE ANSWERS

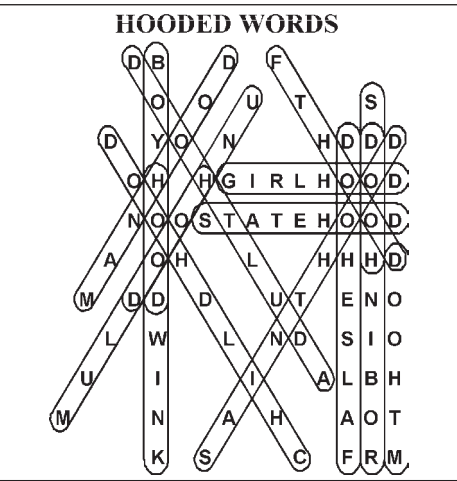
SUPER CROSSWORD

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

KING CROSSWORD

A	S	H				D	O	C		N	E	A	T
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S	W	A	M	P		L	O	R	E				
			E	E	L		B	U	D	D	H	A	
P	R	E	T	Z	E	L		G	R	U	E	L	
E	A	C	H		G	I	N		O	K	R	A	
P	S	H	A	W		Z	I	P	P	E	R	S	
S	P	O	T	O	N		P	O	P				
			T	O	O	K		W	E	L	S	H	
B	E	A	U			R	A	W		R	A	N	I
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MAGIC MAZE



SUDOKU

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

My Stars★★★★

FOR WEEK OF NOVEMBER 4, 2016

**ARIES** (March 21 to April 19) A work-related situation that started last month takes on increasing importance this week. The choice is still yours as to how it will evolve. Be careful not to make quick judgments.

**TAURUS** (April 20 to May 20) “Careful” is the watchword for the prudent Bovine this week. Don’t let your emotions overwhelm your logic. Try for balance as you maneuver through a touchy situation.

**GEMINI** (May 21 to June 20) Your energy levels rise to meet the challenges that will mark much of this month. New opportunities beckon. Look them over, but proceed cautiously before making any kind of decision.

**CANCER** (June 21 to July 22) Your private life can be a problem this week, as a partner becomes more difficult. Resist a reaction you might regret. Instead of walking away, try to talk things out.

**LEO** (July 23 to August 22) You should be your usual sunny self these days, as you bask in the admiration you adore. Enjoy it as you move into a new arena to confront an exciting upcoming challenge.

**VIRGO** (August 23 to September 22) Your perseverance reserves will be tapped frequently this week as you deal with the problems involved in making a new situation work for you. But it’ll all be worth it.

**LIBRA** (September 23 to October 22) You’ll find fewer roadblocks turning up as you continue to move ahead with your plans. Expect some important news to come your way by mid-November.

**SCORPIO** (October 23 to November 21) Good news -- you finally get to the bottom of that pesky mystery you’ve been trying to solve for weeks by using some gentle persuasion to get someone to break his or her silence.

**SAGITTARIUS** (November 22 to December 21) The best time to take on that important task is now. Move forward one step at a time so you can assess your progress and, if need be, change direction.

**CAPRICORN** (December 22 to January 19) The new opportunities you hoped to find this month are beginning to open up. Study them carefully to be sure you make the choice that’s best for you.

**AQUARIUS** (January 20 to February

18) Turn a disappointment into a learning experience. Check out possible weaknesses in your approach and strengthen them. A loyal colleague offers good advice.

**PISCES** (February 19 to March 20) Your new situation offers opportunities to help you get the skills you’ll need in order to stop swimming in circles and finally move straight toward your goals. Go for it.

**BORN THIS WEEK:** You have a sharp, logical mind and a quick intellect. You would make an excellent mystery writer.

THIS WEEK IN HISTORY

• On Nov. 12, 1889, DeWitt Wallace, founder of Reader’s Digest, is born. By the end of the 20th century, the magazine had the largest circulation in the world, with more than 17 million readers in some 20 languages.

• On Nov. 10, 1903, U.S. Patent No. 743,801 is awarded to an Alabama woman named Mary Anderson for her windshield wipers. Anderson tried to sell the patent to a Canadian firm, but it said the device had no practical value.

• On Nov. 11, 1921, the Tomb of the Unknowns is dedicated at Arlington National Cemetery in an Armistice Day ceremony. The Tomb of the Unknowns is considered the most hallowed grave at Arlington and has been guarded by sentinels 24/7 since 1937.

• On Nov. 13, 1953, Mrs. Thomas J. White of the Indiana Textbook Commission calls for the removal of references to the book “Robin Hood” from school textbooks, claiming it was communistic. Attacks on freedom of expression in the U.S. during the Red Scare resulted in a number of books being banned, including John Steinbeck’s “The Grapes of Wrath.”

• On Nov. 8, 1960, John F. Kennedy, 43, becomes the youngest man and first Roman Catholic ever to be elected president of the United States.

• On Nov. 9, 1971, John Emil List slaughters his family in their Westfield, New Jersey, home and then disappears for 18 years. List had methodically devised a plan, saying the family was going out of town. By the time authorities discovered the bodies, he had vanished. List was found in West Virginia in 1989.

• On Nov. 7, 1991, basketball legend Earvin “Magic” Johnson stuns the world by announcing his sudden retirement from the

Los Angeles Lakers, after testing positive for the AIDS virus. Johnson was one of the first sports stars to go public about his HIV-positive status.

STRANGE BUT TRUE

• It was Bulgarian-French philosopher Tzvetan Todorov who made the following sage observation: “We should not be simply fighting evil in the name of good, but struggling against the certainties of people who claim always to know where good and evil are to be found.”

• It’s interesting to note that in 16 states, you won’t pay taxes on the candy you buy for trick-or-treaters; for tax purposes, candy is categorized as groceries. Of course, there’s room for debate over what qualifies as candy; breath mints and gum are usually included, along with the obvious -- chocolate bars, hard candies and such. The tax code can get even more detailed than that, though; for instance, in Florida (which taxes candy but not groceries), marshmallows are tax-exempt, but marshmallow candies are not.

• The seahorse is the only animal whose head is positioned at a right angle to its body.

• Recently retired sportscaster Vin Scully served 67 seasons as the play-by-play announcer for the Dodgers -- starting in Brooklyn in 1950, then moving with the team to Los Angeles in 1958 -- making him the longest-tenured broadcaster with with a single team in the history of professional sports. Over the years he’s had many fans, including Chris Carter, creator of the long-running TV series *The X-Files*. One of the main characters, Dana Scully (played by actress Gillian Anderson), was named for the sportscaster.

• In William Shakespeare’s day, the sound of thunder often was described as a “rounce-robble-hobble.”

THOUGHT FOR THE DAY

“Patriotism, n. Combustible rubbish ready to the torch of any one ambitious to illuminate his name. In Dr. Johnson’s famous dictionary patriotism is defined as the last resort of a scoundrel. With all due respect to an enlightened but inferior lexicographer I beg to submit it is the first.” -- Ambrose Bierce

SCRAMBLERS

solution

1. Scale; 2. Hint;
3. Sturdy; 4. Impose

Today’s Word  
ALIMONY

TRIVIA TEST

1. Language: What is the meaning of the Greek prefix “xeno”?
2. Geography: Gotland Island is located in what body of water?
3. Measurements: What does a micron measure?
4. Movies: Who was the Oscar-winning director of the movie “Deer Hunter”?
5. Literature: In which U.S. state was the writer Eudora Welty born?
6. Music: Who wrote the song “Raindrops Keep Falling on My Head”?
7. Movies: What movie featured the line, “Hasta la vista, baby”?
8. Psychology: What is a fear of books called?
9. History: Who was the first U.S. astronaut to fly into space twice?
10. Food & Drink: What food is eaten traditionally in the United Kingdom on the day before Ash Wednesday?

TRIVIA ANSWERS

1. Foreigner or stranger
2. Baltic Sea
3. Length
4. Michael Cimino
5. Mississippi
6. Burt Bacharach and Hal David
7. “Terminator 2: Judgment Day”
8. Bibliophobia
9. Gus Grisnom
10. Panckakes



# ★ ★ ★ CLASSIFIED ★ CLASSIFIED ★ ★ ★

## REAL ESTATE

### GARCIA REAL ESTATE AND CONSULTING



**RICHARD J. GARCIA, GRI, BROKER**  
**239-472-5147**

**garciaonsanibel.com**

Offering Personal, Private, and Professional Real Estate Services on Sanibel and Captiva Islands. 30 Year Resident of Sanibel. Licensed in Florida, New York, Pennsylvania and New Jersey.

\*RS 4/29 CC TFN

## COMMERCIAL RENTAL

### WONDERFUL RENTAL IN POPULAR LOCATION ON SANIBEL



2 Rooms, Bathroom, Approx. 1,000 sq. feet. This was Molnar Electric's old office. Call Judy at 239-851-4073.

\*RS 8/5 CC TFN

### PRIME COMMERCIAL PERIWINKLE EXPOSURE

1633 Periwinkle Suite F and or G 1,300sqft @ \$1,600 a month including tax or will separate the 2 suites at \$800 a month including tax. Available November 1st.

Call 239-898-4464

\*NS 10/7 CC TFN

## SEASONAL RENTAL

### FANTASTIC 3 BDRM 3.5 BATH HOME

Fresh and newly remodeled; pool; boat dock; wifi; beautiful yard; near Sanctuary golf and Captiva.

Call 817-300-9499

\*NS 10/28 CC TFN

## SEASONAL RENTAL

### RE/MAX OF THE ISLANDS

Putting owners and tenants together  
Call Ryan Block  
www.remax-oftheislands.com  
239-472-2311  
\*RS 1/23 BM TFN

### 'NEW' COTTAGE FOR RENT!

Buttonwood Lane  
Darling beach cottage, 2BR/1BA, pool, 5 lots to the beach, fenced yard, pets allowed w/approval. Completely renovated/remodeled, private and very upscale! New to the market... BOOK NOW! Prefer multi-month renter! Email: info@baileysbeachcottage.com Website: baileysbeachcottage.com

\*NS 10/14 CC TFN

## VACATION RENTAL

### Island Vacations

Of Sanibel & Captiva  
*Million \$ Views Await You!*  
• Cottages • Condos • Homes • Miles of Beaches & Bike Paths  
**239-472-7277**  
**1-888-451-7277**

\*RS 1/4 BM TFN

### LIGHTHOUSE REALTY

Paul J. Morris, Broker  
VACATION RENTALS  
PROPERTY MANAGEMENT & SALES  
359 Periwinkle Way, Sanibel Island  
**239-579-0511**  
\*RS 1/4 CC TFN

## ANNUAL RENTAL

### ANNUAL RENTALS

**SANIBEL**  
Ground Level, 3/2 UF, Clean, Freshly painted, minutes to Beach. Call to view. \$2,000/mo.

### FT. MYERS

Gated condo. complex, this Clean 2nd floor, Lake Front 2/2 UF Gorgeous shape. Close to Beaches. \$1,350/mo.



**472-6747**  
**Gulf Beach Properties, Inc.**

Helping People Become Islanders for over 35 years!  
The Island Experience!

\*RS 11/4 BM TFN

## LOAN NEEDED

### LOAN NEEDED

Looking for private investor loan to consolidate personal debt. I live on Sanibel and can offer second mortgage on my home. Amount needed is \$150,000. This will payoff existing debt. Please respond to sanibelforme@hotmail.com

\*NS 7/22 CC TFN

## SERVICES OFFERED

### POOL & SPA SERVICES

Aqua Smart Pool & Spa Services, Inc.  
772-1955  
Servicing Residential & Commercial Pools!  
\* Weekly Maintenance Service  
License & Insured

\*NS 5/20 CC TFN

### SANIBEL HOME WATCH SERVICES

Will Check Your Home Weekly/Biweekly  
Very Reasonable Rates  
Licensed - Insured - Bonded  
239-322-8054 Sanibelhw@gmail.com

\*NS 9/16 CC TFN

### HELLE'S CLEANING SERVICES

Residential Cleaning to Satisfaction  
Sanibel & Captiva • 239-565-0471  
Sanibel Lic. #11412 Lee Co. Lic. #051047

\*NS 1/4 PC TFN

### HOLISTIC HOME CLEANING

Optimize your health and home  
Utilizing hydrogen peroxide, fresh citrus, soda and Suds.  
Sonya @ 239-246-7007.

\*RS 9/30 CC TFN

### ENVIROMOW OF LEE COUNTY

Complete Landscaping Services & Weekly Lawn Service  
\*Mention this add to receive 10% off your Mulch Installation or Landscaping Project, Plus special pricing for monthly service.\*  
Call today for a FREE estimate: 239-896-6789. Locally owned & operated.

\*NS 10/14 CC TFN

### \$99-JOIN IN THE CRAZE

3 Hrs. of Jazz/Easy Listening for your Office/Private Party, Special Event, Real Estate Open House, etc. A relaxing, fun form of entertainment at an affordable price. Call: Bonnie G 518-796-4239

\*NS 10/21 CC TFN

## SERVICES OFFERED

### SCARNATO LAWN SERVICE

Lawn Service, Shrubs and Tree Trimming  
Weeding, Installation of Plants, Trees and Mulch (one month free service available)  
Joe Scarnato (239) 849-6163  
scarnatolawn@aol.com

\*RS 1/25 BM TFN

### ROGER NODRUFF ELECTRIC

Lic# EC12002788.  
Call Roger 239-707-7203.  
Aqualink - Motor Controls.  
Office & Store Maint.

\*RS 6/7 CC TFN

## HELP WANTED

### CAPTIVA CIVIC ASSOCIATION

Needs an Office & Activities Assistant  
For job description and contact info, go to: CCAcaptiva.org/job-opportunity

\*NS 11/4 CC 11/4

### HELP WANTED

Live on the Island and looking for PT work 2-3 days per week. Flexible schedule. Call 472-4886.

\*NS 11/4 BM TFN

### DISHWASHER/UTILITY \$11/hr

Part Time Evenings Only on Sanibel  
Clean sanitize dishes, kitchen areas.  
Must have own transportation  
Open Tues-Sat, hours 5-9 pm  
Smoke Free Workplace  
Email: BleuRendezvous@gmail.com

\*NS 11/4 CC 11/4

### HELP WANTED/FULL TIME

Jason Gamache Landscaping  
Call 239-849-0853 or Email Jason at jasongamache@yahoo.com  
Starting pay \$12.50 - 15. per hour  
Depending on exp. & Drivers Lisc.

\*NS 11/4 CC 11/25

### JERRY'S FOODS WAITRESSES OR WAITERS

Part Time Evening And Weekend Front End Associates Needed. Looking for energetic, personable, and fun individuals, with open availability Monday through Sunday. If interested call and ask for John, Tami, or Norm 472-9300.

\*NS 5/6 BM TFN

## BOATS - CANOES - KAYAKS

### DOCKAGE

Hourly, Daily, Weekly and Monthly.  
Captiva Island 472-5800

\*RS 1/4 NC TFN

## BOAT FOR SALE

### LOCAL MOTOR YACHT FOR SALE

Beautiful 45 Foot Silverton Motor Yacht  
Beam:15'4" Draft 3'0 Cruising:18 Knots  
Max 20 Mfg-2003 Fiberglass V-Hull Fuel Cap: 500 Gallons Engines:480 HP,Twin, Inboard, Diesel, Volvo Penta 848 Hrs. Staterooms:3 Sleeps:6 Heads:2 Beautiful Galley! Custom Hard Top and Boat Lift. \$230,000 Located in Sanibel Marina  
Call:239-410-6729 for more info

\*NS 11/4 CC 11/4

### IMMACULATE 2004 CHAPARRAL



photo submitted by owner

260 Signature, 80 Hours, FW Cooled, Full Canvas, Never Used: Head, FW Tank, Micro & Stove, 2005 Venture Trailer inc. Must See Listed To Sell... \$37,000.  
FMI 207-251-5050

\*RS 10/14 CC 11/4

### GARAGE • MOVING • YARD SALES

### GARAGE SALE

McGregor Woods Community Yard Sale  
Saturday, November 5th 7-12  
Don't miss this annual event.  
Look for something?  
WE HAVE IT and want to get rid of it!

\*NS 11/4 CC 11/4

### YARD SALE

11/4 9AM-2PM  
9436 Yucca Ct, Gumbo Limbo, Sanibel. Some antiques, vintage, books, playmobil train; great, collection of eclectic items.  
No early birds please.

\*NS 11/4 CC 11/4

### GARAGE SALE

970 Palm Street  
Saturday 8 am to 12 pm  
Multi-family, LED Christmas lights/ sculptures, household goods, tools, artwork, plants, etc..

\*NS 11/4 CC 11/4



# Officer Of The Year Honored By South Fort Myers Rotary Club

Recognized for her heroic efforts and consistent enthusiasm for her job, Fort Myers Police Department Officer Cassie McHale was recently named Officer of the Year by the South Fort Myers Rotary Club. The award presentation took place at the city council meeting at the Lee County Alliance for the Arts on October 17.

Nominated by Bayshore Fire & Rescue Chief Lawrence Nesbit, officer McHale was honored for her part in rescuing the victim of a motor vehicle accident last February. The vehicle was submerged in a retention pond, and as chief Nesbit's crew was performing the rescue operation, officer McHale, off-duty at the time, stopped her personal vehicle on I-75 to help. Without hesitation and eight months pregnant, she entered the water and assisted the firefighters in removing the driver who was then in cardiac arrest.

Chief Nesbit writes, "Officer McHale assisted in removing the patient from the vehicle and bringing the patient to shore where CPR was established and advanced life support care was initiated. Officer McHale not only represented her profession with bravery and without concern to her personal safety, but also represented the Fort Myers Police Department with the highest level of service."

Chief Nesbit went on to say that officer McHale's actions greatly contributed to giving the victim a fighting chance. Ultimately, the patient was resuscitated in the medic unit with a stable heart rate and stable blood pressure.✱



Fort Myers Police Department Officer Cassie McHale was named Officer of the Year by the South Fort Myers Rotary for her heroic actions. She received the award at the city council meeting at the Lee County Alliance for the Arts on October 17.  
photo courtesy South Fort Myers Rotary Club

# Guest Speaker To Discuss Drones

Lt. Col. Gary Peppers will be the featured speaker at the regular monthly meeting of the Calusa Chapter of the Military Officers Association of America on Saturday, November 12.

His topic will cover drones – how they work, what they do and why we use them. The 9 a.m. meeting will be held at Gulf Coast Village, located at 1333 Santa Barbara in Cape Coral.

Peppers' Air Force service began during Vietnam in 1969, with his final active duty in 2013 as a Predator pilot. Before leaving the service for good, he became the last member of the active Air Force to have served during the Vietnam War. He went from being one of the youngest military pilots at age 20 to one of the oldest at 63.

Peppers will explain how remotely piloted aircraft, erroneously called "drones," operate and then describe a particular mission for which he received recognition.

All current, former and retired military officers and spouses are invited

to attend. The cost for the buffet breakfast is \$10, payable at the door. Reservations are requested and may be made by contacting Dixie Buick at 945-5030 or calusamoaa@yahoo.com.

MOAA is a national organization of military officers that supports the interests of all ranks – past, present and future. Regular membership is open to all current and former officers, and associate membership is available to all who support the armed forces.

For more information, call Gary Peppers at 573-6690. For membership, call Tim Cook at 945-6155.✱

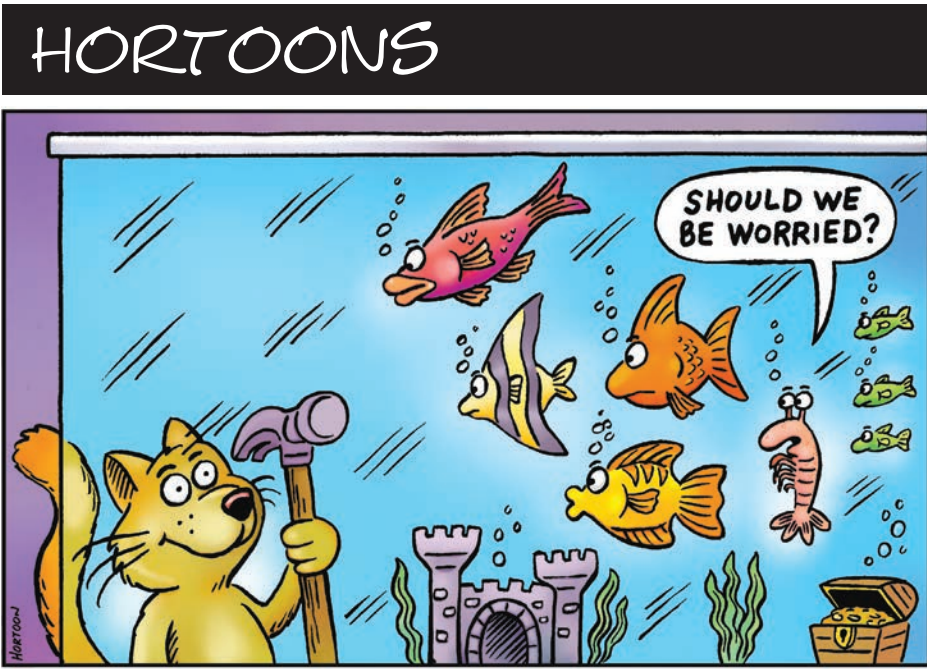
From page 24

# Cramps

I'd recommend that you avoid cramp bark because of its salicin content. If you take blood thinners (Coumadin, Plavix and others), then cramp bark is not recommended.

*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.✱*

Share your community news with us.  
Call 415-7732, or email [press@riverweekly.com](mailto:press@riverweekly.com)



# Top 10 Real Estate Sales

Development	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Metes And Bounds	Fort Myers	1947	5,312	\$1,495,000	\$1,390,000	46
Sanctuary At Wulfert	Sanibel	1999	3,152	\$1,398,000	\$1,200,000	203
Cape Coral	Cape Coral	2011	3,352	\$1,375,000	\$1,225,000	87
Pennyroyal	Bonita Springs	1994	3,372	\$1,150,000	\$1,000,000	1
Siesta Isles	Fort Myers Beach	1985	2,276	\$799,000	\$750,000	96
Longlake	Bonita Springs	1995	2,628	\$739,900	\$716,080	120
Cottages At Pelican Landing	Bonita Springs	1997	2,402	\$679,900	\$672,500	3
Paseo	Fort Myers	2012	2,329	\$619,000	\$600,000	40
Gulfhaven	St. James City	1999	2,183	\$589,000	\$565,000	107
Cape Coral	Cape Coral	2005	2,569	\$549,900	\$532,500	97



Join us for the Last  
Sidewalk Sale of the  
Season as we honor  
our local Veterans  
with special savings

# Veterans Day Sidewalk Sale

Save Up to **75% OFF**

Friday - Sunday, Nov 11-13



2 miles before Sanibel Causeway • 5 miles from Ft Myers Beach • 20 minutes off I-75  
20350 Summerlin Rd. • [SanibelOutlets.com](http://SanibelOutlets.com) • Mon-Sat 9-9; Sun 10-6 