

IslandSunNews.com



**FREE** Take Me Home

Vol. 15, No. 45

From the Beaches to the River District downtown Fort Myers

#### NOVEMBER 11, 2016

#### Young Artists Featured At This Year's Wine & Food Fest

olisano Children's Hospital of Southwest Florida is the primary beneficiary of the Southwest Florida Wine & Food Fest, the signature fundraiser for SWFL Children's Charities, Inc., so it is fitting for the hospital's young patients to take

This year's 2017 child artists, Leo and Lola Grabinski, are twins who were born 13 weeks early on July 26, 2011. As newborns, they spent the first 98 days of their lives in the Golisano Children's Hospital Neonatal Intensive Care Unit (NICU). Born weighing just a little over two pounds, a fourth of



Jolie Black mentors child artists Lola and Leo Grabinski photos by Carol Orr Hartman

what the average full-term baby weighs at birth, the twins have an amazing story of survival which includes the hospital's NICU team.

"The night they were born, the neonatologist in the NICU said to me, 'Dad,



Leo Grabinski

we need to talk to you. We're having a really hard time with Leo," said Matthew Grabinski, the twins' father. "Leo was lifeless, he was blue. The alarms were going off, the doctors and respiratory therapists were rushing around and working on him. We came really close to losing him. Thankfully, he pulled through... and thankfully, continued on page 14



Jason Gunter, Ironman triathlete

photos courtesy The Heights Foundation

### Celebrity Rappellers Going Over The Edge For Heights Foundation

ocal celebrities will go Over The Edge for The Heights Foundation on Saturday, November 12 from 2 to 5 p.m. at The Westin Cape Coral Resort at Marina Village. The rappelling fundraiser, benefiting The Heights Foundation and The Heights Center, will support The Heights Center's School Success program for at-risk children in the Harlem Heights neighborhood.

On Sunday, November 13 from 10 a.m. to 3 p.m., 80 individuals who have raised a minimum of \$1,500 each will have the opportunity to rappel. The event is free for spectators and open to the public.

Celebrity rappellers include:



Nicholas Schmidt, owner/operator, Old Soul Brewing, U.S. Army veteran, Afghanistan and

- Honorary chairs Dede D'Arcy and Ron Agypt, top fundraisers from 2015 Over The Edge event
  - Gina Birch, award-winning radio and TV personality
  - Peter Busch, NBC-2 anchor
  - Rep. Heather Fitzenhagen, Florida House of Representatives
  - Jason Gunter, Ironman triathlete
  - Jeff Harvey, American Ninja Warrior competitor
- Cindy McCurry-Ross, executive editor of *The News-Press* and news-press.com and regional editor for the USA Today Network - Florida
  - Maj. Kathy Rairden, Lee County Sheriff's Department patrol commander
  - Nicholas Schmidt, owner/operator, Old Soul Brewing, U.S. Army veteran,

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Historic Downtown Fort Myers, Then And Now:

#### Dancing On First Street

by Gerri Reaves, PhD

ances featuring live bands were one of the most popular orms of entertainment and socializing in early Fort Myers. While countless dances took place in venues such as the Pleasure Pier auditorium or the Royal Palm Hotel, the setting wasn't always indoors, as we see in this photo taken from the balcony of the Bradford Hotel circa 1916.

First Street between Jackson and Hendry Streets hosted more than one street dance over the years, attracting not only dancers but spectators - or people who simply wanted to enjoy the live

The clear space in the middle of the street suggests that some kind of performance is about to take place, and a few people seem to be dressed in costumes.

Note, too, the military uniforms worn by some of the men, which is no surprise, since World War I had already begun in Europe and the U.S. would enter it in 1917.

The many flags and banners lend a festive atmosphere, and many people are observing the fun from windows. We can only wonder why that trousered leg (top center) is dangling from one upstairs window.

All of the buildings pictured along the north side of First had been constructed since 1910, so they were part of an impressive new business block at the time the historic photo was taken.

All of those buildings are still in use and are a vital part of the downtown commercial scene.

Lenas Café is the most noticeable business in the historic photo because of the sign over the awning of the Earnhardt Building.

Peter and Thomas Lenas had opened the café in 1915, the year that the building was completed. The café advertised "the best of service at all times," and was open all night.



First Street between Hendry and Jackson was a popular spot for street dances, as shown in this circa 1916 photo taken from the Bradford Hotel balcony. Lenas Café (right) was located in the Earnhardt Buildina. photo courtesy Southwest Florida Historical Society

**Publisher** 

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George Beleslin

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The block is still a popular place for outdoor fun, when the street is cleared for events such as vintage car shows, band concerts, the Holiday Stroll or a parade. The upstairs offices in the Earnhardt and Langford buildings are now condos and apartments, respectively.

photo credit Gerri Reaves

Events such as street dances must have been good for café business. After the eatery was sold in 1920, it became Seminole Café for only a year or two and then was replaced by the Poinsettia Café.

On the second floor of the Earnhardt Building were offices of physicians, lawyers, realtors and others. Those former offices have been converted into condos today.

Next door to the Earnhardt is the Langford Building, built in 1911. A century ago, it also had businesses and offices on the second floor. At street level was the Cash Grocery.

Today, a restaurant occupies the street level and apartments above.

Down at the Jackson Street corner (left) stands the three-story Bank of Fort Myers Building, built 1910 to 1911, which housed a furniture store in part of the ground

Today, that space, as well as the prime corner spot - until recently occupied by the long-running French Connection – is being remodeled for a new restaurant. Professional offices occupy the upper floor.

Walk down to the Earnhardt Block and contemplate how the basics of having fun changed very little throughout history.

And, the next time you attend a River District festival, outdoor concert or other street event, remember that you're helping to continue a Fort Myers tradition.

If you want to know more about entertainment, fun and festivities in historic downtown, visit the following two research centers.

The Southwest Florida Historical Society is an all-volunteer nonprofit 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 swflhistorical society.org for more informa-

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 nonprofit organization are 10 a.m. to 4 p.m. Wednesday through Friday.

For information, call 332-8778 or visit leecountublackhistorysociety.org. Sources: Archives of the Southwest Florida Historical Society.

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Fort Myers Art:

# Play Audience To Experience Stroke First Hand



by Tom Hall

rthur Kopit's Wings opens at the Laboratory Theater of Florida this Friday, November 11. Starring Cindy Chase, the play follows an aerial daredevil and wingwalker by the name

of Emily Stilson who suffers a massive stroke in the play's opening moments.

Known for pushing the theatrical envelop, The Lab will combine its newlyupgraded lighting and sound system with Kopit's stream-of-conscious script to take the audience directly into Stilson's head in order to convey her fear and frustration as she struggles to make sense of what's happened to her and fights to re-establish her memory, grasp of language and the mobility requisite for living independently.

'The way we're producing this play, noted Chase, "the audience is going to feel like they're actually in Emily's head, in Emily's body, feeling all Emily's feelings - the paranoia, the frustration, the resistance and then the freedom as she begins to remember and blockages begin to disappear.'

To prepare for the role, Chase

participated for more than two months in speech and physical therapy group sessions at Lee County Health Systems in Cape Coral. Her hands-on interaction with both stroke veterans (a term they prefer over stroke "victims") and caregivers taught her that the problem is not just finding the right words to express thoughts to others. Stroke veterans often cannot hear or process information the way others convey it to them!

Thanks to neurological advances in just the past decade, there is now a path to recovery for most stroke survivors that generally consumes between one and two years. This, coincidentally, is the timeline that Kopit built into the structure of Wings. And included within the fabric of Emily's recovery is a healthy dose of humor that helps temper and ameliorate the seriousness of the subject matter

implicit in the psychodrama's plot.

"It's going to be great for the community, not only for people who've had this happen in their life, but for those who have no idea," promised actress Cindy Chase.

The Laboratory Theater of Florida is located at 1634 Woodford Avenue in the Fort Myers River District. For tickets or more information, call 218-0481 or visit http://www.laboratorytheaterflorida.com.

WARNING: This play contains mature themes and is therefore not appropriate for all ages. In addition, because specialty lighting and other visual effects are used extensively throughout this production, should you or any member of your party have a photosensitivity or seizure disorder, the Laboratory Theater of Florida



Wings deals with fear, frustration and struggles after a massive stroke

photos courtesy www.artswfl

recommends that you check with your personal physician for specific instructions before seeing Wings. (Effects include strobe lights and other pulsating lighting effects, such as pulsating lights, explosions, and audiovisual effects.)

Oh Florida! Exhibition Opens At

Sanibel Gallery On November 15 On November 15, Watson MacRae Gallery on Sanibel Island opens its ninth season with Oh Florida, an exhibition which features new work by seven artists from around the country and the Sunshine State whose work is inspired by Florida's natural beauty and its wildness.

The opening will feature a new book titled Oh, Florida! How America's Weirdest State Influences the Rest of the Country. Maureen Watson stumbled across this unique find a few weeks ago when she stopped into MacIntosh Books & Paper looking for a book. Owner Susie Holly suggested selling the book at the

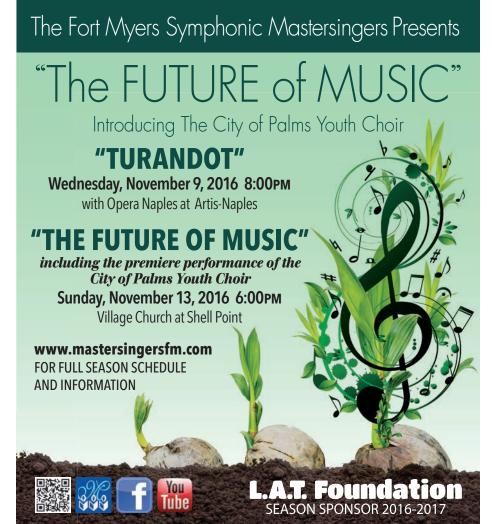
Watson MacRae is donating 10 percent of all opening night art sales to the Sanibel-Captiva Conservation Foundation and, not to be outdone, Holly will do likewise from all sales of the book. But it gets even better. A fifth generation

Floridian, Hollis Jeffcoat was inspired to create an Oh, Florida! T-shirt to be sold at the gallery with proceeds donated to SCCF. So it's a win-win-win situation. An All Girl, All Art event in support of SCCF.

The opening reception takes place from 5:30 to 7:30 p.m. on Tuesday, November 15. Greg Biolchini and Lauren Venditto will be joined by Hollis Jeffcoat at the opening reception along with folks from MacIntosh Bookstore. Come celebrate with them and your neighbors and friends who are back – a kick-off to another fabulous season On Island.

The exhibition opening will be followed by an Artist & Author event at 3 p.m. on Tuesday, November 29. The exhibition will run through December 4. The gallery's second exhibition of the season, The Fine Art of Contemporary Crafts V: Collections, opens on December 6. Save the date!

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.☆







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#### Bazaar Features Performers, Food Trucks And Classes



From left, Carmen Guerrero, Kalev Quinn, Angela Page, Neece McCoy and Jesi Cason photo courtesy Jesi Cason and Tony Myles

ove Your Rebellion (LYR), a Southwest Florida feminist collective, has assembled a diverse group of vendors, performers and instructors for the Curiosity Bazaar on Saturday, November 19 from noon to 5 p.m. at the Sidney & Berne Davis Art Center.

The afternoon also features food trucks, shopping for vintage and handmade goods at the indoor market, and learning something at any one of the onsite classes.

#### Buy Local Art This Holiday Season

Ork by Alliance for the Arts members will fill the gallery during November and December during Off The Wall: 200 Under \$200.

Coinciding with the onset of the holiday shopping season, this non-traditional show features all mediums priced at \$200 or less. All sales are "cash and carry," meaning buyers will take the item with them when purchased, instead of waiting until the show concludes. The two-month exhibit will evolve as pieces disappear and the remaining are repositioned.

An opening reception will take place on Friday, November 18 when Caren Pearson will be exhibiting in the member gallery. The Theatre Gallery will house Private

Collection: Alliance Treasures. The show runs through December 30.

"We hope that this exhibit will encourage others to consider buying local art when shopping for gifts," said Krista Johnson, exhibitions coordinator. "By doing so, we can help stimulate the city's creative economy."

Alliance for the Arts invites 100 members to submit two original 2D or 3D artworks for exhibit in the gallery. All works must be for sale. Drop-off is Monday, November 14 from 9 a.m. until 5 p.m. The prospectus is available at www. ArtInLee.org.

The exhibit is sponsored by Clif and Tina Parker.

The Alliance for the Arts is located at 10091 McGregor Boulevard in Fort Myers. Learn more at www.ArtInLee.org or call 939-2787.❖

#### Speakers To Discuss Moringa

The next speakers of the Edible Gardening Exchange meeting at the North Fort Myers Rec Center on Thursday, November 17 will be Bob and Frenny James. Their presentation will include growing moringa, health benefits and products that can be made with it (including recipes).

Join other edible gardeners at the 6:30 p.m. meeting. Arrive at 5:30 p.m. for an open and informal chat on edible topics. Consider bringing something to share with other gardeners (seeds, plants, a snack). Bring a cup, if you want free coffee or tea.

The North Fort Myers Rec Center is located at 2000 North Recreation Park Way in North Fort Myers.

All fees are paid at the front desk. The fee for winter classes from October to May is \$10. In addition, a \$10 Lee Parks and Rec lifetime membership is also required.

For more information, call or text Karen Harty at 610-530-8883 or email KarenHarty@GrowAGardener.org.

Admission is free, but donations are accepted.

Vendors include: Beach Records, Planned Parenthood of Southwest Florida, Prop Troopers, Valen Wood Vixen, Joyful Wings & Curious Things, Flying Mountain Garrett, The Extractor and others.

The lineup of performers includes Tony Raney, TerryLynn Melody and Badger & Rose, among others.

Chose from these classes: songwriting 101 with Kyle Anne Duggan, self-publishing your e-book with Neece McCoy, manifest miracles, yoga flow using reiki and essential oils with Diana Holding, and others.

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

LYR focuses on socially conscious events and media, and in the last two years has presented events such as Babefest 2016 in Cape Coral. The collective's goal is promoting cultural diversity and creating an inviting, progressive environment for artists and activists in Southwest Florida. For more information, visit www. loveyourrebellion.org.

#### Shakespeare Play At FGCU

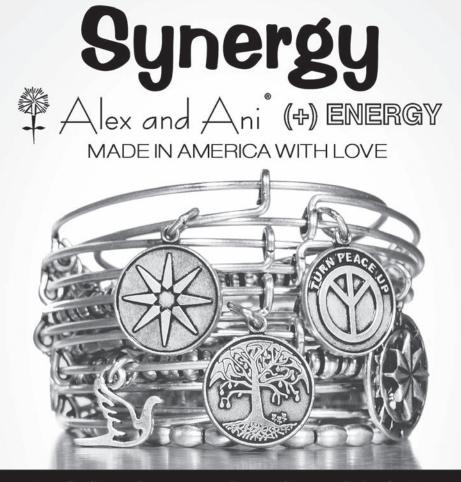
The Theatre Program in the Bower School of Music & the Arts at Florida Gulf Coast University (FGCU) presents William Shakespeare's *The Tempest* from November 11 to 20 at FGCU's Theatre Lab.

Having been forced into exile, a mother and daughter are stranded on an enchanted isle. Mother learns the island's magical secrets and uses them to conjure a storm that will bring her enemies to shore. Many scholars believe that *The Tempest* is Shakespeare's last play he wrote alone.

The production celebrates the master writer's threadbare and well-worn love affair with the magical world of the stage. FGCU theatre professor Barry

Cavin directs this classic Shakespearean piece with a modern twist in honor of the 400th anniversary of the playwright's death. This production features 11 FGCU students playing over 20 characters. Performances will be November 11, 12, 18 and 19 at 7:30 p.m. and November 13, 19 and 20 at 2 p.m., with a post-performance discussion with the actors, director and crew following the November 19 performance.

Individual tickets are on sale now and cost \$10 for the general public and \$7 for students. Tickets and further information are available online at www.theaterlab.fgcu.edu or at the door, based on availability. The Theatre Lab is located in the Arts Complex on FGCU's main campus at 10501 FGCU Boulevard South. Parking is available in Lot 7 for patrons of the theatre and other guests.



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#### Students Make Flower Arrangements To Brighten The Day For Seniors



Florida Gulf Coast University students joined Cypress Cove employees in making flower arrangements for residents of The Lodge photos courtesy Cypress Cove

Students from Florida Gulf Coast University (FGCU) joined employees of Cypress Cove at HealthPark in making flower arrangements for residents of the continuing care retirement community skilled nursing facility, The Lodge. Close to 200 volunteers from FGCU and sponsor Wells Fargo helped on projects in six Southwest Florida locations. Flower arrangements at The Lodge were distributed to the facility's 64 residents.



Flower arrangements were distributed to the facility's 64 residents

#### Patriotic Themed Luncheon

patriotic theme will flavor the Tuesday, November 15 luncheon meeting of the Fort Myers
Republican Women's Club.

Republican Women's Club.

Lt. Col. Gary Peppers is the featured speaker and will discuss modern air warfare, particularly remotely piloted aircraft. Many mistakenly call these aircraft "drones."

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, Peppers was 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 operate and then describe a particular mission for which he received recognition

A November tradition, Oasis JROTC cadets will provide the flag presentation and a rifle spinning demonstration.

Branden Pearson will be a special guest. He recently received the Legion of Valor Bronze Cross for Achievement, an award that recognizes third- and fourth-year JROTC students around the world who have made a name for themselves on and off school grounds. Pearson, an Oasis JROTC cadet, is number one in his senior class with a 5.28 GPA, balancing academics with extracurricular activities. Pearson has earned the title of commander for the Army JROTC program on campus. He is the first student in Lee County's nearly 60-year JROTC history to earn this recognition. Pearson is one of two cadets in Florida to win the honor this year - something they share with 46 other Army cadets around the globe.

The public is invited to attend the luncheon and program held at The Helm Club, The Landings, 4425 South Landings Drive in South Fort Myers. A social hour begins at 11:15 a.m., with a noon lunch, business meeting and program to follow. The cost is \$18. Reservations are required by Thursday, November 10 by calling Tina Laurie at 489-4701.

For more information, call Carole Green at 850-590-2206.☆



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#### Along The River

**Tappy Hour** returns to The **Bell Tower Shops** this Friday, November 11 from 6 to 8 p.m.

Gulf Coast Humane Society will have adoptable dogs available to meet potential new families and during the evening. T-shirts, coasters and magnets will be offered for sale, with 100 percent of the proceeds benefitting the shelter. A variety of vendors, including The Beach Dog, Valvoline, General Animal Hospital, PetSmart, and Specialized Veterinary Services will be in attendance for the evening's festivities, which will include music provided by the Bell Tower Shops.

For more information about the events with GCHS, call 332-0364 or visit www.gulfcoasthumanesociety.org. Learn **self defense** at a fundraiser

class at the Fort Myers Police
Department's Citizen Police
Academy Alumni Association this
Friday, November 11 at 6 p.m. Master
David and Grand Master Noah Guak
of United Martial Arts School will lead
CPAAA members and the public in the
one-hour class. The school is located at
2500 Crystal Drive in Fort Myers.

During the session, participants will learn how to be aware of dangerous situations before they happen. The goal of the class is to feel safer and more confident in defending yourself.

Cost is \$25 per person. Advance reservations are required by emailing fmpdcpaaa@gmail.com or calling 989-9956. All funds raised will support Fort



Check out the action at the Fair at Fenway South at JetBlue Park

photo courtesy Fair at Fenway South

Myers Police Department personnel and programs.

The Fair at Fenway South at Jet Blue Stadium kicks off this Friday, November 11 at 5 p.m. for two weekends. The fair will include a huge carnival midway, food, games, live entertainment and shows such as the Fearless Flores Thrill Show (as seen on America's Got Talent), There will also be an all new lion and tiger show, Lance Gifford's Magic & Illusion Show, a hypnotist show, a full petting zoo and much more. The action resumes on Saturday, November 12 and Sunday, November 13, both beginning at 1 p.m.,

as well as the following weekend.

The 7th annual **Rockin Ribbons & Blues** is set to take stage this Friday, November 11 from 5:30 to 9 p.m. at **MarineMax**, located at 14030 McGregor Boulevard in Fort Myers.

The evening is a fundraiser in the fight against cancer, benefitting the Compassionate Care Fund of the Regional Cancer Center. The Lee Health Foundation has once again teamed up with the Bireley family – in honor the memory of Frank and Betty Bireley – to host an evening of music, art and auctions, including vacation getaways and autographed sports memorabilia.

Attendees can sample bites from local eateries such as Fathom's, Fuzzy's Taco Shop, Crowqn Plaza and Cork Soakers, as well as from Culinary Solutions by Le Sar and Chef Penny Austin.

Music will be provided by opening band The Rosada Project, followed by The Juice, with special guest Dr. Larry Hobbs from the emergency room at Gulf Coast Medical Center on guitar.

Tickets are \$100 per person. Visit www.leehealth.org/go/ribbonsandblues. For more information, call 395-6950.

Learn about **drones** at the regular monthly meeting of the **Calusa Chapter of the Military Officers Association of America** on Saturday, November 12. Lt. Col. Gary Peppers will be the featured speaker and explain how drones 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 Boulevard in Cape Coral.

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.

For more information, call Lt. Col. Gary Peppers at 573-6690.

Food, fun and live music will be

featured at the 35th annual **Taste of the Islands** at **Sanibel Community Park** this Sunday, November 13 from noon to 5 p.m. The event is a fundraiser for the Clinic for the Rehabilitation of Wildlife, a teaching hospital and visitor center dedicated to saving wildlife through state-of-the-art veterinary care, research, education and conservation medicine at 3883 Sanibel Captiva Road on Sanibel.

Fifteen participating restaurants combining for more than 30 menu items will serve their delicious appetizers, entrees and desserts. Celebrity judges will choose the best appetizer, seafood, meat and dessert. There will also be a People's Choice Award for favorite restaurant. Winners will be announced at 4:30 p.m.

Pocket Change, a funk, R&B, soul, Motown and dance party supergroup, will entertain the crowd.

Cost is \$5 per adult for admittance. Children under age 12 will be admitted free. CROW bucks will be sale for food and drink items.

Sanibel Community Park is located at 2173 Periwinkle Way on Sanibel. There will be plenty of free parking via free trolley access.

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

More than 450 hybrid hibiscus will be offered for sale: 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.

Admission and parking are free. Visit www.hendrychapterahs.com for more information. For any questions, call 848-7090.

Learn how fun math can be at **Family Math Night** at the Thomas Edison campus of **Florida SouthWestern State College** this Tuesday, November 15 from 5:45 to 7:30 p.m.

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.

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

For additional information, email mary.robertson@fsw.education.\*\*



Roast Turkey Smoked Pit Ham Beef Brisket

Sage Stuffing Green Beans Casserole Seafood Newberg Wild Rice Candied Yams Mashed Potatoes Turkey Gravy

Chilled Shrimp Shucked Oysters Cocktail Crab Claws

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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 bestselling mystery novels.

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

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



Dine at LaMotta's Italian Restaurant for real Italian food and wine

photo courtesy LaMotta's

#### **ISLAND COW**

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Island Cow is an airy bistro with

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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

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**

Rebel Coffee Roastery & Tea Lounge is a new downtown coffee, tea and eatery in the Post Office Arcade near Hotel Indigo.

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 slowroasting 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/ 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 JAKE'S**

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.

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#### Churches/Temples

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

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

10291 Bayshore Road, North Fort Myers Divine Liturgy Sunday 10:30 a.m.; Rosary begins 10 a.m. Lenten services (Presanctified Liturgy) will be on Wednesday evenings at 6 p.m. starting February. Very Reverend Peter Lickman, 305-651-0991. Church of the Eastern Catholic or Byzantine Rite, 1.5 mi. east of Interstate 75.

ANNUNCIATION GREEK

ORTHODOX CHURCH

8210 Cypress Lake Drive, Fort Myers Reverend 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, 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
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Barry Lentz, 281-3063. Sunday Worship,
10:30 a.m., Wednesday Bible Study, 7 p.m.
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OF SW FLORIDA ORTHODOX

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

Thursday 7 a.m.
CHAPEL OF CYPRESS COVE

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

**CHURCH OF THE CROSS** 

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

**CONGREGATIONAL CHURCH** 

1619 Llewellyn Drive Fort Myers. Just off McGregor across from the Edison/Ford Winter Estates 334-4978, Pastor Douglas Kelchner, Worship times Sunday's 10:30

a.m. Website: www.taecc.com
COVENANT PRESBYTERIAN CHURCH 2439 McGregor Boulevard, 334-8937 Reverned Dr. Jeffrey DeYoe, Senior Pastor

Reverend David Dietzel, Pastor Emeritus. Traditional Sunday service 10 a.m. Nursery

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

PRESBYTERIAN CHURCH

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

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

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

FAITH FELLOWSHIP WORLD

**OUTREACH MINISTRIES** 6111 South Pointe Boulevard, Fort Myers, 278-3638. Sunday Worship, 10:30 a.m.; Voice of Faith, WCRN 13.50 AM Radio, Sunday, 1:30 p.m.; Thursday Service, 7:30 p.m.; Friday Youth Service, 7:30 p.m. Nursery care for pre-school children and Children's Church ages 5 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, 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. Sunday Services: 9:30 a.m. Sunday School; 10:30 a.m. Blended Church

Service; 5:30 p.m. Youth Group.
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MINISTRIES CONGREGATION

5916 Winkler Road, Fort Myers, 437-4330 Pastor Reverend Mark Condrey. Sunday Worship 10:30 a.m., Church School 9:15

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.
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CATHOLIC CHURCH

881 Nuna Avenue, Fort Myers, 481-1143 Masses Friday and Saturday, 7 p.m.; Sunday, 8 and 10 a.m. and 6 p.m. KINGDOM LIFE CHURCH

2154 McGregor Boulevard, Fort Myers, 218-8343. Pastor Randy and Anita Thurman. 10:30 a.m. Sunday Service. LAMB OF GOD CHURCH

A few federated Lutheran (ELCA) and Episcopal Congregation. 19691 Cypress View Drive, Fort Myers. 267-3525. www. lambofgodchurch.net. Reverend Dr. James Reho. 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, www.facebook.com/nbcministry. Alex and Patricia Wiggins, Ministers NEW COVENANT EYES CHURCH See Clearly. Meeting monthly at 9 a.m. at

the Elks Lodge. 1900 Park Meadows Drive, Fort Myers. 220-8519. Pastor Alan Bondar. www.newcovenanteyes.com. LIFT Kidz program, free coffee and donuts

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**NEW HOPE BAPTIST CHURCH** OF FORT MYERS

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

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

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.

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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.

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.

ST. VINCENT DE PAUL **CATHOLIC COMMUNITY** 

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

SOUTHWEST BAPTIST CHURCH

16940 McGregor Boulevard, Fort Myers, 454-3336. Robert G. Kasten Pastor. Sunday 11 a.m. Nursery 9:45 a.m. Sunday School all ages. Junior Church grades one to five. Wee Church Pre-K to K. Evening Service 6 p.m. Wednsday Service 6 p.m.

TEMPLE BETHEL SYNAGOGUE 16225 Winkler Road Fort Myers. 433-0018, www.templebethel.com. Religious School Director Dale Cohen, Learning Tree Director Jesyca Virnig, Office Manager Karen Kagan. Union For Reform Judaism Shabbat Šervice 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. THE NÉW CHURCH

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

UNITARIAN UNIVERSALIST CHURCH FORT MYERS

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

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

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UNITY OF FORT MYERS

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

CHURCH (PCA) 9065 Ligon Court, Fort Myers, across from HealthPark Hospital, 481-2125. Pastor: Byron West. Sunday Services: 9:30 a.m. Discipleship Classes for all ages, 10:30 a.m. Fellowship & Coffee, 10:45 a.m.

Corporate Worship.

WORD OF LIFE CHURCH

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

ZION LUTHERAN CHURCH

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

#### **MEMORIAL SERVICE**



#### CAROL BUGG GARDNER

memorial service will be held for Carol Bugg-Gardener on Thursday, November 17 at 10:15 a.m. at The Village Church at Shell Point, located at 15100 Shell Point Boulevard in Fort Myers. Details for friends and family to gather, immediately following the service for drinks and appetizers, will be announced at the service.

For additional information, contact Trish Bugg at 650-302-5668.☆

#### Parkinson's Session

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

Space is limited; call Mary Jo Haughey, speech and language pathologist, at 343-4962 for reservations and information.

'The Parkinson's Clinic gives a person with Parkinson's and their loved ones the opportunity to discuss concerns related to changes in function," said Nathalie Grondin, PT, coordinator of the Lee Health's Parkinson's Disease Rehabilitation

All participants are screened by licensed therapists trained to detect physical deficits which may benefit from therapy intervention. Attendees are also given a list of available resources including seminars, group exercise classes and support group meetings throughout Lee County.

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

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



#### **Entries Sought For High School** Art Exhibit And Competition

Tow is the time for students to submit their entry form for participation in Art Under 20, Southwest Florida's largest high school art competition. Sponsored by Suncoast Credit Union, Art Under 20 is a visual art exhibit and competition open to all Lee County high school students. Participants' artwork is exhibited at ArtFest Fort Myers, where they compete for \$8,000 in cash awards. Awards are given to the best student artists in six categories: digital, drawing, painting, photography, 3-D and mixed

Art Under 20 is held each season to encourage students in their pursuit of art and to promote community support of art programs in local schools.

All Lee County high school students (public, private and home-schooled) are invited to participate, showcasing artwork created exclusively by them. Entry forms and more information are available through all Lee County high school art departments or at www. artfestfortmyers.com. The application deadline is Friday, December 2.

ArtFest Fort Myers takes place February 3, 4 and 5 in the Fort Myers River District. For more information, call 768-3602 or email info@ArtFestFortMyers.com.



#### Consistent Weather Equals Consistent Fishing



by Capt. Matt Mitchell

Then our weather pattern stays the same, like we have experienced for weeks now, fishing gets very consistent. This proved true this week, with the

snook bite being about as predictable as it gets. The same shorelines and creeks provided my clients lots of fish, day after day. Find that right set up and, as long as the wind and tide remains the same, the fish are there.

Slot-sized snook seemed much more plentiful this week, too, with at least one or more bigger models hooked most days. The big snook landed this week was by my long-time client Pete from Pennsylvania. Pete usually books me for two days of fishing during his week-long vacation on Captiva.

Our first trip was great action, although it was more quantity than quality with us catching 30-plus snook along with some mangrove snapper, mackerel and jacks.

On day two, I decided to start our trip fishing a deeper shoreline on the eastern side of the sound as a brisk northeast wind was really pushing the water out as we approached the end of the morning outgoing tide. After quickly catching a few short snook, Pete hooked into a real drag-screamer, which - after going straight west on its first run - turned 180 degrees and ran 30 yards back to the east heading for its safe place.

One big surface-breaking head shake during a blazing run let us know we had the real deal hooked up. This snook made it all the way back to the over-hung mangrove point that sticks out. For the next 30 seconds, this battle went back and forth as the fish tried to get under the roots, then Pete would gain just enough line to keep the fish out of the structure. Once finally clear of the danger, the fish made a few more short runs before I scooped it in the landing net. Measuring just short of 33 inches, battles like this are why we love fishing for snook.

One of the most wide open bites I have found in months happened for my clients a couple of days in a row while



Long-time client Pete from Pennsylvania with a 33-inch snook caught this week while fishing with Capt. Matt Mitchell

fishing the end of the outgoing tide in a favorite sheltered mangrove bay. This small bay has a really strong tide that pushes lots of water through a narrow six-foot-deep channel between a shallow flat and a mangrove shoreline. As the tide starts to bottom out, it can often just come alive with a crazy mixed bag of fish.

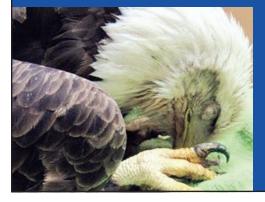
During this week's tide pattern, this little bay was an outstanding place to finish out the day's charter while chumming what was left in my livewell. Once we got the fish feeding as fast as I could take off a fish and rebait, we were hooked up for over a hour. On one trip in here, we had eight species of fish while we watched the whole channel light up, with fish breaking everywhere on the surface. Smiling clients and quadruple hook-ups are a quite finish for a day's

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

#### Send Us Your Fish Tales

'e would like to hear from anglers about their catches. Send us details including tackle, bait and weather conditions, date of catch, species and weight, and include a photograph with identification. Email to press@islandsunnews.com or call 395-1213.

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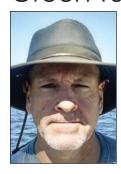
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#### **CROW Case Of The Week:**

#### Green Turtle



by Bob Petcher

he green turtle (Chelonia mydas) is the second most popular sea turtle on these barrier islands to the loggerhead. Globally, the largest population of greens is found in

the Great Barrier Reef of Australia and the Caribbean islands, but they appear to like Sanibel and Captiva islands as well. In all, they are estimated to inhabit coastal areas of more than 140 countries, with nesting sites in more than 80 countries worldwide throughout the year.

Listed as endangered, the green species is the only herbivore among the seven different species, which includes the loggerhead, leatherback, hawksbill, Kemp's ridley, olive ridley and the flatback. Each species of sea turtles has played vital roles in maintaining the health of the world's oceans for more than 100 million years. Since greens are herbivores that eat seagrasses, they help to maintain healthy seagrass beds. When this species grazes, they increase the productivity and nutrient content of sea grass blades. Without this action, seagrass beds would become overgrown and obstruct currents, diminish light to the bottom of oceans, begin to decompose and provide suitable habitat for the growth of slime molds.

Interestingly, greens are named for the color of their cartilage and fat, not their shells. While their flippers are paddle-like, they have a beaked head at the end of a short neck that cannot be pulled back into their shells. Their carapaces are large and teardrop-shaped, turning from brown to olive color from their youthful years to fully brown or marble-spotted as a mature adult.

Another distinction from juvenile to adult is their diet. Juveniles are carnivorous, but as they mature they become herbivorous. This change, like the green's growth rate, is relatively slow due to the low nutritional value of its diet. Greens take at least 20 to 50 years to reach sexual maturity, and a healthy turtle can expect to live 80 to 100 years or even more.

Green sea turtles are one of the physically largest of the sea turtles and can grow to three to four feet in length and weigh upwards to 300 to 350 pounds. They are known to be very dense and heavy animals. However, the title of the world's largest sea turtles belongs to the leatherback.

At CROW, a smaller adult green sea turtle was received from Captiva on October 29. Weighing approximately 52 pounds, the undernourished animal arrived depressed, pale and was having increased aspiratory problems.

Medical diagnosis revealed the turtle had a single small fibropapilloma, a noted common disease that causes tumors to cover a turtle's body and impede their vision, mouth and movement. It is believed that the sea turtle has brevitoxicosis, an affliction related to red tide.

Further tests during the weekend



Patient #16-3404 is struggling with brevitoxicosis, an affliction related to red tide

photo by Kenny Howell

showed some positive results, but the patient is still having problems with food intake.

"The turtle is bright and alert, breathing and swimming well. The only difficulty we are having is getting it to eat," said CROW DVM Intern Spencer Kehoe. "There seems to be a mild form of depression and that could be the result of it not eating. We will continue to offer it food and provide fluids to keep it healthy and strong pending its release.

Kehoe pointed out there is not much that can be done medically with the red tide infliction.

'There is no antidote, so all we can do is provide supportive care and monitor it closely," he said. "The brevetoxins produced by the red tide affect the central nervous systems of these animals and can ultimately lead to death if not treated.

Overall, CROW officials say patient will continue to receive supportive care and will be monitored closely. Blood tests and physical tests are part of the medical procedure to determine recovery time. A window of one to two weeks is a rough estimate for release time.

Recovery time depends on how much toxin is in the blood and that will determine how much recovery time it will need," Kehoe added.

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.☆



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**Plant Smart** 

#### Red Berries, Be Gone

by Gerri Reaves

That do these three plants have in common? They have bright red fruit that is eaten by birds who spread the seeds.

They were imported as ornamentals many decades ago, escaped cultivation, and have proliferated at an alarming rate.

They are all listed as a category-I invasive species by the Florida Exotic Pest Plant Council.

That serious ranking means that they are "altering native plant communities by displacing native species, changing community structures or ecological functions, or hybridizing with natives." Furthermore, these plants have caused "documented ecological damage."

Brazilian pepper (Schinus terebinthifolius), for example, was brought to the United States as an ornamental in the 1840s, only to become one of the state's top invasive plants.

This species hiding behind appealing names such as Christmas berry and Florida holly continues to thrive, despite millions spent on its eradication.

Its continued threat is compounded by the facts that it blooms nearly year 'round, fruits profusely and is allowed to flourish freely on undeveloped parcels and – unfortunately – even in home landscapes.

Learn to identify the glossy fruit and



This invasive plant might have pretty names like Brazilian pepper, Christmas berry and Florida holly, but it's one to get rid of

photos by Gerri Reaves

leaves of this multi-branched evergreen shrub or tree and get rid of it. But be cautious: interacting with Brazilian pepper can cause serious dermatological and respiratory irritation.

Although it was imported decades after Brazilian pepper -- in the early twentieth century - rosary pea (Abrus precatorius) managed to make the category-I list, too.

This twining woody vine's is easy to spot, as its bizarre pod curls open, revealing shiny red seeds with black



Rosary pea, a twining woody vine, has curled pods and shiny red seeds with black

A high-climbing native of India and tropical Asia, it has invaded the pinelands and hammocks of the state and even threatens some of Florida's globally endangered habitats.

Although the seeds are eaten and dispersed by birds, they are extremely poisonous for humans, cattle, and horses. Even one seed can be fatal.

Surinam cherry (Eugenia uniflora) arrived in 1931, imported from South America not only as an ornamental but for its tasty fruit.

But birds aren't the only ones to blame for keeping it around. Many Surinam cherry hedges populate suburban lawns because people love to eat the berries right off the bush.

Juicy, tasty and ribbed, they resemble



Birds and people love pumpkin-shaped Surinam cherries

tiny pumpkins and make good jellies, pies and syrups, too.

Keep an eye out for these species. No matter how pretty they are, how tasty the fruit, or how many birds they attract to your yard, don't allow them to become established.

Give invasive species like these some competition. Birds love native fruitbearing plants such as firebush (Hamelia patens), seagrape (coccoloba uvifera), beauty berry (Callicarpa americana), rouge plant (Rivina humilis) and Simpson stopper (Myrcianthes fragrans) are only a few to consider.

For information or help with identification of these invaders, consult fleppc.org or lee.ifas.ufl.edu.

Plant Smart explores the diverse flora of South Florida.☆

From page 1

#### Young Artists

we were at the Golisano Children's Hospital because it took an experimental piece of equipment that not all children's hospitals have to save

Now 5 years old and healthy, the child artists spent a recent morning at Alliance for the Arts with art mentor

Jolie Black, creating a one-of-a-kind abstract painting that will be auctioned off during the Southwest Florida Wine & Food Fest Live Auction on February 25. Their collaborative artwork features a stylized outline of their bodies and handprints in colorful tones of red, blue and green. An energetic depiction of two survivors who are truly just beginning their journey in life, the abstract painting is vibrant and full of promise for the children's future, which

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Lola and Leo Grabinski with their Child Artwork

is indeed bright.

"Every little thing that makes them happy, from painting to blowing bubbles to hugging each other, I capture those moments in my mind because eventually those will take over and I won't have those images in my mind of them as tiny, very sick newborns," said the twins' mom, Laura Grabinski. "When you have a facility like the children's hospital in your backyard, it's like an insurance policy – you hope you never need it, but you're glad it's there. Every day, they are saving lives and we are truly grateful.

The child artist program has raised more than \$1 million over 11 years to benefit pediatric care at Golisano Children's Hospital of Southwest Florida, the only children's hospital to serve the five-county region. Bids for the artwork will start at \$5,000, and last year's child art raised \$150,000. Traditionally, the works are then donated back to the hospital, where they are displayed for patients, families, visitors and staff to enjoy.

The two-day festival includes private Chef Vintner Dinners on Friday, February 24 and The Grand Tasting and Live Auction on Saturday, February 25 at Miromar Lakes Beach & Golf Club. For more information, visit www.swflwinefest.org.

#### Farmers Market Opens At New Location

he River District Farmers Market is now open in a new location in Centennial Park. The move, from the market's previous space under the Caloosahatchee Bridge at 2000 West First Street, frees up the more than 40 parking spots taken by vendors.

"We are really excited about this change in venue because it not only frees up parking under the bridge for our customers, but also allows for seating under the pavilion and gives us a fabulous backdrop of the river," said Betsy Ventura, who - along with Jean Baer - owns Local Roots, LLC and will run the market each week.

Open on Thursdays all year except for Thanksgiving Day (when the market is open on Wednesday, November 23 for a make-up day), vendors set up at 7 a.m., with everyone in place by 9 a.m. until 1 p.m.

According to Ventura and Baer, there are plenty of lunch options like food trucks, as well as fresh flowers, local fruits and vegetables, Greek olive oils, dog treats and much more. Complimentary Jimmy Java's coffee will be given to the first 100 shoppers starting at 9 a.m.

Baer's son, Tyler, a graduate of the University of Florida, and Ventura's daughter, Sims, will be joining the duo this season to assist in managing the markets.

Ventura and Baer also operate the Sanibel, Bonita Springs, Coconut Point, Fenway South, Lakes Park, Florida

### Pure Florida Donates To Public Schools Foundation



Pure Florida presented a check for \$800 to the Foundation for Lee County Public Schools. From left are Marshall Bower of the Foundation for Lee County Public Schools with Lance photo courtesy PURE Florida and Harry Julian of Pure Florida

ure Florida recently donated \$800 to the Foundation for Lee County Public Schools, contributing a portion of the proceeds from any cruise or activity at its Fort Myers location during the month of August, along with donations from the Southwest Florida community. Pure Florida's donation will assist the foundation in funding tools and resources for teachers and students through classroom grants supporting classroom projects, field trips, technology tools, musical instruments, books and more.

We are honored to support the Foundation for Lee County Public Schools efforts to provide local schools and teachers with much-needed resources, a mission that aligns with our company's commitment to supporting local educational initiatives," said Harry Julian, co-founder of Pure Florida. "We are thankful for all who joined us in supporting the foundation and helping to 

#### SouthWestern State College, Boca Grande (beginning on January 6) and downtown farmers markets. Both said the goal of their markets

is to strengthen the surrounding community by showcasing vendors that sell produce and artisan products that are grown or produced locally. Products are packaged by owners in an environmentally friendly way and the locations of the markets are clean and safe, reflecting a community atmosphere.

For more information, visit www. 



#### Rotary Italian Fest Brings Out Food And Fun In Fort Myers



From left, Matthew Roepstorff, Ian Keith, Joe Cerino, Honorable Amy Hawthorne and photos courtesy Rotary Club of Fort Myers **Craig Currier** 

The 8th annual Rotary Club of Fort Myers Italian Fest was held on October 23 at the Alliance for the Arts in Fort Myers. The event benefitted the Rotary Club of Fort Myers Trust and the Harry Chapin Food Bank of Southwest Florida. Festival-goers enjoyed plenty of fine Italian dishes served up by Southwest Florida favorites like LaMotta's, Little Pete's Food Truck, Mario's and Pizza Fusion.

In addition to food and refreshments, a full lineup of entertainment included 12-year-old singing sensation Abigail Fletcher, with Robert Gonnelli and the Creative Arts Dancers.☆



Lydia Black and Steve Bowen



Michael Spreckelmeier

Melissa Cofta and Tracy Siekmann





Sunday, November 13 12p.m. to 5p.m. Sanibel Community Park Adults \$5

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From left, Nancy Graham, Brett Turner and Amy Turner



From left, Nancy Graham, Amy Turner and Bobbi Lloyd



Victoria Stephan and Gary Green



Karen Miller and Steve Bowen

### Red Snapper Season Extended

he recreational red snapper season in Gulf state waters will remain open for five additional days this November, including November 11 and 12, which is Veterans Day holiday, and November 25, 26 and 27, which is Thanksgiving weekend. The November 26 date is also a saltwater license-free fishing day.

Gov. Rick Scott had requested the Florida Fish and Wildlife Conservation Commission (FWC) expand red snapper season as a measure to offset the economic effects of Hurricane Hermine, which hit the Gulf Coast of Florida in early September. Recreational fishing in Gulf waters adds \$7.6 billion annually to Florida's economy.

To learn more about red snapper, visit MyFWC.com/Fishing and click on "Saltwater Fishing," "Recreational 

#GoPureFL

#### Trash & Treasures Sale



Saturday, November 12, 2016 9:00 a.m. - 2:00 p.m.

We are gathering a fabulous collection of donated items from our members and the community.

However, we are still in need of your clean, gently used items here at the Center 4 Life. Drop off is available Monday through Friday between 8:00 a.m. - 3:30 p.m. Items include:



- Household Furniture
   Glassware
- Collectibles Home Decorations
- Dishes & Utensils Jewelry Luggage
- Fishing/Boating Supplies
   Sporting Goods
  - Cookware Hardware Tools
- Linens(Towels, Sheets, Pillows) Toys CDs and DVDs
- Fashion Purses and Wallets Small Electronics



Soonl

#### Donations are Tax Deductible

We kindly ask that no books, clothes, shoes, computers, printers or old TVs be dropped off.

If you have any questions, please contact the Center 4 Life at (239) 472-5743.

Support Island Seniors, Inc. by attending this event and have a little fun treasure hunting. Hot dogs, chips and drinks will be sold during the event. Come join the fun!

2401 Library Way, Sanibel Thank you for supporting Island Seniors, Inc.!



www.PureFL.com (f)

#### Words Can't Describe Thrills, Drama, Outcome Of The 2016 World Series

by Ed Frank

ow do you adequately describe probably the greatest baseball game that has ever been played? How do you adequately describe a World Series that

captured huge national and international interest, and ended a 108-year title drought – the longest in American sports?

How do you adequately describe a sporting event of the ages – unquestionably a World Series that many consider the most exciting in history?

These questions and dozens more can be asked about the 2016 World Series captured by the Chicago Cubs in a thrilling seven-game series that once and for all erased the ghosts, the

horrors, the burdens that had plagued the Cubs since their last world championship in 1908.

There have been millions of Cub fans that went to their graves without witnessing a World Series championship. In fact, there were millions that went to their great beyond without even seeing their beloved team in the fall classic as it had been 71 years since the Cubs last series appearance when they lost to the Detroit Tigers in 1945.

There are so many stories of this past sorrow, but none tops the one about the son who traveled hundreds of miles to Chicago to listen to Game Seven at his father's grave site so he could be with his dad on this historic occasion.

Even the Cubs magical manager, Joe Maddon, worked the superstitious angle by stuffing an old, rumpled Angels cap that was his father's into the back of his waistband for good luck. He had done the same thing with that cap when he was the Angels bench coach in their 2002 World Series win.

The stories, the memories, are endless.

As historic and thrilling as it has been for the legions of worldwide Cub fans, we must also congratulate the Cleveland Indians who battled Chicago mightily without three of their six best players, including starting pitchers Carlos Carrasco and Danny

For Cleveland, their series championship hex of 68 years remains. Just think, until the Cubs pulled off their 10th inning, Game Seven victory, these two franchises had gone a total of 176 years drawing World Series blanks.

The television ratings for the Game Seven 8-7 Cubs win tells it all as 49.9 million viewers watched, the most since that classic 1991 World Series when an estimated 50.3 million viewers tuned in. Just a year ago, only 14.7 million watched the New York Mets-Kansas City Royals series.

In this column a few weeks ago, we wrote that a recent Sports Illustrated story described the 1991 World Series between the Minnesota Twins and the Atlanta Braves 'the best in baseball history.

No question that series 25 years ago was a dazzling jewel – three games went into extra innings and four ended in walk-offs, including Games Six and Seven.

The Twins won, their last, in a 1-0 10th inning walk-off victory. And unquestionably that 1991 World Series was momentous.

But generations today and generations tomorrow will argue that the 2016 World Series was the greatest ever played. I'm guessing few will argue the fact.



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#### **SPORTS QUIZ**

- 1. In 2015, Alex Rodriguez became the second player to belt 30 or more homers in 15 major-league seasons. Who was the first?
- 2. How many combined years did Chuck Tanner and Jim Leyland manage the Pittsburgh Pirates?
- 3. When was the last time before 2015 that Duke's football team won a game without scoring a touchdown?
- 4. How many times have the Atlanta Hawks reached the conference finals following the franchise's move from St. Louis?
- 5. Who was the last Chicago Blackhawk before Patrick Kane in 2016 to win the Hart Trophy as the NHL's Most Valuable Player?
- 6. Name the first driver to win a race in all three major NASCAR series: Cup, Xfinity and trucks.
- 7. Who are the only two male tennis players to win all four Grand Slam tournaments in the same calendar year?

#### **ANSWERS**

I. Hank Aaron. 2. Twenty -- Tanner managed nine seasons (1977-85), and Leyland followed with 11 (1986-96). 3. It was 1978 (3-0 against Wake Forest). 4. Three times -- the 1968-69 season, 1969-70 and 2014-15. 5. Stan Mikita, in 1968. 6. Ken Schrader, who completed the "triple threat" in 1995. 7. Don Budge (1938) and Rod Jayer (1968-69).

#### **NASCAR** Drivers **Tour Fort Myers**

s the NASCAR schedule comes down to the wire in the final races of the season, NASCAR Xfinity series chase contender Darrell "Bubba' Wallace Jr. and NASCAR Camping World truck series driver Daniel Hemric recently toured Fort Myers.

Wallace and Hemric's visit to Florida's west coast came in advance of Ford Championship Weekend, scheduled for November 18 to 20 at Homestead-Miami

The first stop was Golisano Children's Hospital of Southwest Florida, where the two drivers met and interacted with pediatric patients. The two handed out NASCAR Foundation teddy bears to the children.

'It was really heart touching," said Wallace. "It was good to walk in there and to see the kids smile and to brighten up their day. There is nothing like having the opportunity of making a kid smile."

'When you have the opportunity to have this kind of platform and to touch kids' lives, that is what it's all about," said Hemric. "When you have the ability to give back to those that haven't been so fortunate and to make them smile for five minutes, it makes me feel great."

Following the hospital visit, the drivers then toured the Edison & Ford Winter Estates, taking in the 15,000-squarefoot museum with a group of students from the Automotive and Engineering Academy of South Fort Myers High School. The visit concluded with the two drivers holding a question-and-answer session with the students just before driving around the estate in a classic Ford Model A.

"I had the opportunity to drive a 1930 Model A and it was a really cool experience," said Hemric. "It's a reminder of how fortunate I am to be in the situation that I am. I really appreciate the Edison & Ford Winter Estates for allowing us to come do this. I had a lot

#### Golf Fundraiser Raises \$47,000

CEC announced that the 2016 United Way Golf tournament raised \$47,000, which will be donated to the United Way of Lee, Hendry, Glades and Okeechobee counties.

The tournament took place on October 8 in Fort Myers and included 95 players. Congratulations to tournament winner Mark Fazio, who competed on Team Okonite. In addition to a great day of golf, participants had the chance to win raffle prizes including hotel and condo stays.

Next year's tournament will take place on October 7.5

#### Salvation Army

ome 79 Lee County schools collected more than 117,000 cans to help The Salvation Army feed hungry families this Christmas and stock its pantries for the coming months. The nonprofit held an awards luncheon to recognize the most improved and highest-performing schools on October 21.

With donations increased by more than 30 percent over 2015, The Salvation Army will be able to help more families in need. "We were blown away by the creativity of the teachers and the engagement of the students in this year's canned food drive," said Major Tim Gilliam, area commander for The

Salvation Army in Lee, Hendry and Glades counties. "We are also thankful to our food drive partner, Home Depot, for supplying the 1,000 boxes needed to collect and transport the donations.

Each year, participating Lee County schools focus their efforts over a two-week period to collect cans and non-perishable food items that enable The Salvation Army to provide meal assistance to families at its Christmas distribution and through its food pantries.

Local Salvation Army leaders, Maj. Gilliam and Capt. Canned Good were on hand to thank and congratulate representatives from 13 award-winning schools with outstanding participation this year.₩

#### Volunteers Give Canceled Stamps New Life Through Ministry Program



Visiting recently from Argentina, from left, author Debora Steffens and Publicaciones Alianza President Daniel Fanderwud, joined Shell Point Stamp Ministry volunteer co-leaders Treva and Ben Crump to display some Spanish-language books printed for Sunday schools in Latin America and around the world

ministry at Shell Point Retirement Community gives canceled stamps a new life in a way that benefits children in Latin America. Each Tuesday and Friday, 60 Shell Point resident volunteers at the Alliance Stamp Ministry donate time to trim, sort and bundle used stamps to sell to collectors.

Since 1972, the Alliance Stamp Ministry has contributed more than \$924,000 to Publicaciones Alianza, a publishing company based in Argentina that prints Christian books in Spanish. Recently, the president of Publicaciones Alianza, Daniel Fanderwud, journeyed from his country to see firsthand how the hard work

of the volunteers translates into the printed page of these books.

"Stamps have a second life," said Jim Riccitelli, a resident volunteer who serves as liaison to the Stamp Ministry from The Village Church. "And it may provide eternal life through use of these books in Latin America," added Treva Crump, Shell Point volunteer co-leader for this effort.



Each Tuesday and Friday, 60 Shell Point volunteers fulfill their mission along a long row of tables to trim, sort and sell stamps to raise funds to provide Spanish-language books for Latin American children

#### Senior Health Fair And Open House

ee Health's SHARE Club will present a Senior Health Fair and Open House on Friday, November 18 from 9 a.m. to noon at the Wa-Ke Hatchee Recreation Center, located at 16760 Bass Road in Fort Myers.

Participants will receive free health screenings including:

- Vein screening
- Skin cancer screening
- Balance screening Physical therapy screening
- Blood pressure checks

- Pulse oximetry

• Glucose screening Resources and health care professionals will be available to discuss weight management, diabetes, Lifeline (emergency response unit), sleep concerns, asthma and chronic obstructive pulmonary disease (COPD), healthy foods, injury prevention,

volunteer opportunities and heart disease. SHARE Club staff will answer questions on the activities and programs offered such as tai chi, senior exercise, arts and crafts class, card games, health lectures, movie days and other opportunities to get

engaged and meet new people.

No reservations are required. For more information, call SHARE Club at 424-3765.☆

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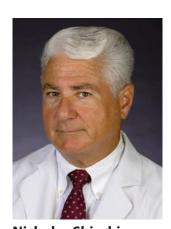
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- Question and answer time with the doctors to get help with YOUR pain now!



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#### Don't Overlook Long-Term Care Costs



by Jennifer Basey

ow much money will you need in retirement? To arrive at an estimate, you should consider various factors, such as where you'll live, how much you plan to travel, and so on. Not surprisingly,

you'll also need to think about health care costs, which almost always rise during retirement. But there's one area you might overlook: long-term care.

Should you be concerned about these costs? In a word, yes.

Expenses for long-term care – which can include receiving assistance at home as well as prolonged care in a facility – can be surprisingly expensive. Consider the following statistics, taken from the 2016 Cost of Care Study issued by Genworth, an insurance company:

- The average annual cost for a private room in a nursing home is more than \$92,000. And in some places, particularly major metropolitan areas, the cost is considerably higher.
- The average annual cost for full-time services of an in-home health care aide is more than \$46,000.

These costs are certainly daunting. Of course, you might think that you won't have to worry about them, because you won't ever need any type of long-term care, particularly if you've always been in good health and your family has no history of later-in-life cognitive impairment. However, the odds may not always be in your favor, because almost 70 percent of people turning age 65 will need some kind of assistance or long-term care at some point in their lives, according to the U.S. Department of Health and Human

Given the costs of long-term care, and the possibility that you might really need this care, how can you prepare for the

Things may change in the future, but at this point, you really can't count much on government programs to help pay for long-term care. Medicare typically pays for only a small percentage of these costs, and, to be eligible for Medicaid, you must have limited income and assets. In fact, you might need to "spend down" some of your assets to qualify for Medicaid longterm care services. Obviously, this is not an attractive choice, particularly if you'd like to someday "leave something behind" to your family or favorite charity.

Consequently, you need to look at your options for paying for long-term care – just in case. You could earmark a certain percentage of your investment portfolio to cover long-term care costs; if you never need this care, you can simply use the money to pay for other areas of your retirement or for other purposes, such as charitable gifts or financial support to your grown children or grandchildren.

Or, as an alternative, you might want to work with a financial professional, who can recommend a strategy specifically designed to help you address long-term care costs. The marketplace in this area has evolved rapidly in recent years, so you should be able to find a solution that is both affordable and effective. Keep in mind, though, that the earlier you purchase a long-term care solution, the more economical it will likely be for you.

In any case, don't delay your planning for long-term care. Knowing that you're protected against potentially catastrophic costs can make your retirement years less stressful for you and your family.

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.☆

From page 1

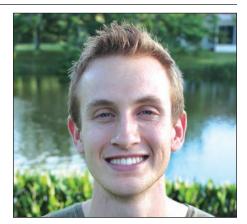
#### Celebrity Rappellers

Afghanistan and Iraq

In recognition of Veterans Day, our first celebrity to rappel will be Nicholas Schmidt, a decorated U.S. Army veteran of Afghanistan and Iraq," said Kathryn Kelly, president and CEO of The Heights Foundation. "We thank and honor Nick and all who have served honorably in the military.

"I think of our community as paradise and I support organizations that are committed to ensuring the highest possible quality of life for all of our neighbors," said Cindy McCurry-Ross, executive editor of The News-Press. "With that in mind, I am raising money for The Heights Foundation by rappelling down the Westin Cape Coral Marina Resort.

"I'm raising money for this amazing organization that helps disadvantaged kids and families, said Gina Birch, awardwinning radio and TV personality. "Come out on November 12 and cheer us on or raise funds so you can rappel. Your



Jeff Harvey, American Ninja Warrior

donations help kids in our community, giving us all a little more hope for the

The Westin Cape Coral Resort at Marina Village is located at 5951 Silver King Boulevard in Cape Coral.

For more information about the Over The Edge Rappelling event, to donate to a rappeller or learn about sponsorship opportunities, visit www.heightsovertheedge.com or call 48∑-7706.☆

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Donna and Dan Honc with Crystal Robertson photos courtesy Red Door Photography

#### Benefit Raises Over \$140,000 For PACE Center

ACE Center for Girls inaugural Boo Ball fundraising gala raised more than \$140,000 to support girls and young women of Lee

Held October 22 at the Sidney & Berne Davis Art Center in downtown Fort Myers, the Halloween-themed soiree was the first formal evening hosted to date by PACE Center for Girls, Lee County. Funds raised will support the PACE Center's mission to provide girls and young women an opportunity for a better future through education, counseling, training and advocacy.☆



From left, Jenna Persons, Senator Lizbeth Benacquisto, Kellie Burns and



Stacey Herring, Amanda Jaron, Sonya Sawyer, Sharon **DeLaura and Krista Fogelsong** 





Katie Damminger, Lumary Velazquez, Emily Golden, Sarah Hoogerhyde, Ally Thomason, Adelie Landis and Melissa Cofta



Stephen and Amy Sanford



Sonya and Brian Sawyer



Jennifer and Joe Pavich



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#### The Lake House

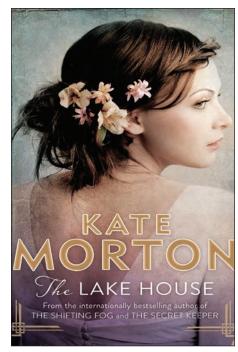


by Di Saggau

he Lake House by Kate Morton involves historical fiction. gothic mystery and an involved family saga. It's an intricately plotted spellbinding new novel of suspense

and uncovered secrets. The main mystery involves the disappearance of an 11-month-old baby, Theo Edevane, in 1933. The Edevanes are a prominent family in England and are hosting their annual Midsummer's Night party at their summer home the night young Theo vanishes from his nursery. What follows is a tragedy that tears the family apart in ways they never imagined.

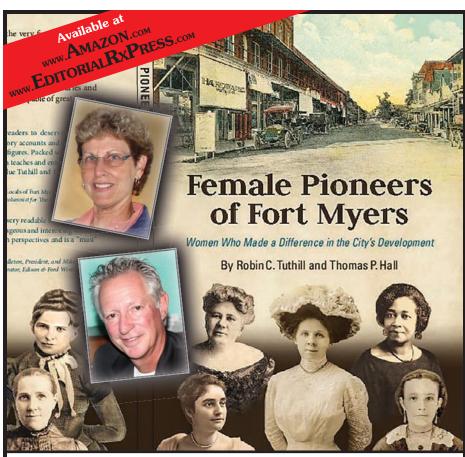
The book centers around three women: Alice Edevane, Theo's older sister; Eleanor Edevane, Theo and Alice's mother; and Sadie Sparrow, a policewoman. As the narrative jumps around in time, Alice offers the perspective of a 16-year-old as she attends the family party in 1933. We learn about the Edevane family and how they survived financial decay and World War I from Eleanor as we watch her as a young woman in the early 20th century. Sadie enters into the story in 2003. On leave from her job, she's on holiday in Cornwall when she stumbles upon the



Edevane lake house in the woods. It's now a crumbling ruin, but she's intrigued and, upon learning about Theo's disappearance, becomes obsessed with solving the case.

The novel is a good old-fashioned tale with themes of love, longing and relationships between mothers and daughters and dark family secrets. Fortunately for Sadie, Alice is still alive and living in London, however she has no desire to see the case reopened. When she receives a letter out of the blue

continued on page 24



"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

#### School Smart



by Shelley M. Greggs, NCSP

Shelley, So many of you are concerned about the impacts of media on children. Several years ago I passed along the American Academy

of Pediatricians (AAP) Guidelines for the use of electronic media and young children. As technology has evolved so have these guidelines. The organization released a document called "Beyond Turn it Off: How to Advise Families on Media Use" that acknowledged the technological shifts that have taken place since the recommendations were made. "In a world where 'screen time' is becoming simply 'time,' our policies must evolve or become obsolete. The public needs to know that the academy's advice is science-driven, not based merely on the precautionary principle," the 2015 paper said.

Significant changes have been made to these newly revamped guidelines that you will find below.

A major change from recommendations first adopted in 1999, the American Academy of Pediatrics has lifted its recommendation discouraging all electronic media use in children under the age of 2.

The new recommendations for children's media use acknowledge that some media exposure can have educational value for children as young as 18 months, but it should be high-quality programming—the AAP specifically referenced "Sesame Street" and children's programming provided by PBS. But parents should watch those programs with their children. not use the television as a parking spot for infants and toddlers. And families should still prioritize "unplugged' playtime for young children, the AAP said.

For children under the age of 18 months, media use is still discouraged other than video-chatting.

The academy also has recommendations for e-book use. Many of those books come with interactive

elements that distract a child and make the book harder for a child to comprehend. Therefore, parents should read e-books along with their children, just as they would with a regular book.

For school-aged children, the AAP says that families should balance media use with other healthy behaviors. Media use in older children and adolescents can provide access to social networks, but it also runs the risk of interrupting sleep and leaving children at risk of cyberbullying. Because every family's needs may be different, the AAP is directing families to a Family Media Plan web tool that can help encourage a "healthy media diet."

A summary of the recommendations is as follows:

For children younger than 18 months, avoid use of screen media

other than video-chatting.
Parents of children 18 to 24 months of age who want to introduce digital media should choose high-quality programming, and watch it with their children to help them understand what they're seeing.

For children ages 2 to 5 years, limit screen use to one hour per day of high-quality programs. Parents should co-view media with children to help them understand what they are seeing and apply it to the world around them.

For children ages 6 and older, place consistent limits on the time spent using media, and the types of media, and make sure media does not take the place of adequate sleep, physical activity and other behaviors essential to health.

Designate media-free times together, such as dinner or driving, as well as media-free locations at home, such as

Have ongoing communication about online citizenship and safety, including treating others with respect online and

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

Our email address is press@riverweekly.com



#### Fort Myers Police Foundation Golf Tournament Raises \$18,000



From left, Rick Rickenback, Wayne Chevalier, Greg Beachamp and Bob Schnell photos courtesy Fort Myers Police Foundation



Bill Weber and Tomas Jurado



Carolyn Romano and Terry Dillow

he 2016 Larry J. Romano Memorial Golf Tournament to benefit the Fort Myers Police Foundation raised \$18,000.

"We are extremely thankful to all the sponsors and players of this year's event," said FMPF board member Paul Fratello. "We look forward to continuing Larry's legacy of 'doing' through the ongoing fundraising work of the Fort Myers Police Foundation on behalf of the FMPD.'

Romano passed away suddenly in July at the age of 75. After retiring to Fort Myers, he helped start the Fort Myers Police Foundation in 2014.

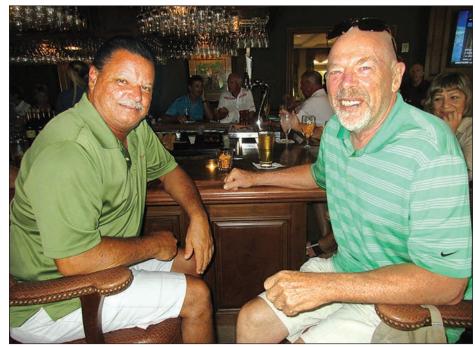
This was the third year of this golf tournament that raises funds to purchase lifesaving equipment for the Fort Myers Police Department. Since its formation, the Police Foundation has raised more than \$150,000 that has helped purchase medical kits for patrol cars, ballistic shields, electronic ear protection for shooting ranges, a firearms training simulator and more.

The winning team with a score of 61 was Wayne Chevalier, Robert Schnall, Greg K. Beauchamp and Rick Reichenbach.

 $In \ June$ , the FMPD received a Meggitt Training Simulator donated by the Foundation. The Meggitt FATS L7 compact training simulator effectively supports marksmanship and judgmental training needs of law enforcement, paramilitary and security personnel. The one-screen configuration includes both marksmanship training and video training modes to provide a multi-tiered program. The



From left, Dan Viden, Mark Odjick, Charlie Costa and Mark Rambo



David Rose and Bob Radley



Kumar Raman and Joe Simard



**Dennis Eads and Paul Fratello** 

judgmental training enhances the understanding of shoot/don't shoot situations and the corresponding decision making process. The system is capable of supporting training of multiple trainees simultaneously, using up to eight system controlled weapons, during judgmental video training, thus allowing them to engage in team training.

During individual marksmanship training, the system emulates a gun range design that serves as a training environment where each trainee may shoot a different exercise, and in accordance with range safety/spacing guidelines, the system can support training of up to four trainees simultaneously.

The Fort Myers Police Foundation is a 501(c)(3) nonprofit organization whose goal is to help build a stronger bond between the community and its local police 

deaRPharmacist

#### **Akathisias** Make You Want To Jump Out Of Your Skin



by Suzy Cohen, RPh

ear Readers: People have killed themselves over this condition but unfortunately, to the regular person, it is nothing more than a word until it's experienced firsthand. Since it's impossible

to see, many of you have been dismissed as hypochondriacs.

Ákathisias creates a feeling of internal restlessness as if your limbs are vibrating or bugs are crawling on you. The motor restlessness makes you want to jump out of your skin. While it hasn't happened to me, I've studied akathisias for a long time. My interest first peaked when I saw patients in my nursing homes attempting to describe the symptoms with tears in their eyes.

People with Parkinson's disease almost always develop akathisias, as well as those with Resteless Legs Syndrome (RLS), but it can happen to anyone. Knowing the cause might ultimately be your cure because for example, if your akathisias

are related to your antidepressant, or nausea medicine, you just have to switch medications and wait. Keep in mind, any medication that blocks your dopamine receptors can cause uncomfortable (okay, horrible!) symptoms such as akathisias.

Those of you who have the courage to withdraw from heroin, cocaine, alcohol, benzodiazepines or opiate analgesics will almost always experience some degree of akathisias but these are thankfully just temporary.

Keep reading, but if you don't find a solution, go to suzycohen.com and sign up for my newsletter because I have a detailed article which I will email to you. Generally speaking, treatment strategies for akathisias include anticholinergic medications, dopamine agonists, drugs that are "GABA-ergic" in nature, betablockers, benzodiazepines and serotonin antagonists. Now, let's hack your akathisias:

#### **Percussion Or Vibrating Devices**

These are sold online at Amazon or Brookstone and other retailers and having one of these to apply to your forearms or legs can be externely helpful. They work instantly to soothe your muscles and distract you from the awful sensations.

Remember, there are more treatment choices, and dosing guidelines in the extended version of this article at my website.

Clozapine – this prescription pill is in the category of "Antipsychotic' in the body, this drug seems to help

medications and among other activities

Parkinson-induced akathisias.

**Clonidine 0.1mg Tablet** – Catapres

Doctor and Dietician

#### Beer And HDL Cholesterol





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

nterestingly enough, some studies have shown that consumption of alcohol in moderation is good for the cardiovascular system. Its consumption can be associated with elevated levels of high-density lipoproteins (HDL, also known as "good" cholesterol). So does this mean that we recommend everyone have a brew or two with dinner? Not exactly.

We know that people do not all have the same physiology. Therefore, alcohol affects people differently. For example, those who suffer from hypoglycemia (low blood sugar) and those who do not process carbohydrates well, are not going to feel their best or function optimally with the added carbohydrates from beer

in their diets. This will only provide additional calories, and most likely contribute to a hypoglycemic episode by causing a blood sugar spike which is quickly followed by a crash. A blood sugar crash can make a person feel fatigued, irritable, lightheaded and hungry. Obviously, these are not enjoyable effects. Mixed drinks have the same effects. In addition to the carbohydrates and sugars, the juices and mixers of mixed drinks often contain a wide array of added flavor-enhancing chemicals, dyes, and

Remember, excessive alcohol can be extremely detrimental to your health. It not only affects your liver, weight and mental capacity, but can cause serious disturbances in a person's life when abused. If you feel that you must have a drink of alcohol every day, then you may have a problem with addiction. We recommend that you stop using alcohol of any kind or seek assistance if it is too difficult to stop on your own.

If you do choose to consume alcohol, do so in moderation. Sip it slowly and enjoy it with a meal to enhance the flavors of the food, preferably foods containing protein and fat.

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 

is the brand name of this prescription which helps for withdrawal symptoms, including akathisias. Your limbs might feel like they have heavy bricks in them.

**Diphenhydramine** – Generic to Benadryl this antihistamine might help a teeny bit, but it has a strong 'drying' effect on your body, and can make you feel woozu.

Vitamin B6 - Back in 2004. there was a randomized, double-blind, placebo-controlled study published in The Journal of Clinical Psychiatry. This study demonstrated that B6 could be useful for

**Lemon Balm** - This can be helpful in alcohol or opiate withdrawal cases, it relaxes the body and can help with sleep, it is considered GABA-ergic meaning it raises GABA levels naturally.

Eat something. It's strange but it works. If you get up in the middle of the night and go eat something, the akathisias will often retreat.

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.☆

From page 22

#### The Lake House

from the young police detective asking questions about the unsolved case, Alice is drawn back into the past and to the truths locked away in the lake house.

As Sadie investigates the child's disappearance, she outlines what we know about the family from the historical sections and how it's relevant to the case. She also has to contend with the case that put her on leave, one that remains unsolved and still haunts her.

The reader has to keep up with the time jumps. As you get used to them I expect you will find the book an extremely satisfying read. I did. Once the novel gains its momentum, it gets you hooked. The book whisks the reader away into another world, in this case one with war-torn families, various nervous breakdowns, curious age-old letters of correspondence, characters who love good books and hot tea, and a crumbling English estate that holds generations of family secrets. The Lake House is a lengthy multilayered novel that proves again that Kate Morton is a mesmerizing storyteller. 学

#### 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

#### Dear Mom & Me,

My father's first wife divorced him because she didn't think he made enough money and he was not successful. They had two children who did not see their father because their mother denied him

After a while, he became very successful and he married my mother. My brother and I are from the second marriage. We were raised very comfortably and we adore our parents.

Time has passed. My mother suffers from severe dementia and she is in a nursing home. My father was unable to live alone anymore, so we placed him in a retirement area near my mother. We thought we had made the right decision.

Suddenly, out of the blue, his daughter from the first marriage has appeared. She has told us she wants as much of my father's money as she can get, and will take legal action to get it.

One day she went to his retirement

home and took him to her house for a visit. She did not return him and then one day during the second week, he fell and broke his hip. She literally "dumped" him back to the retirement home and they immediately took him to the hospital for surgery. Rehab, of course, will be next but we are at a loss to know what else his daughter might do.

What action should we take?

Jessica

#### Dear Jessica,

If your father is of sound mind, he can do whatever he chooses to do with his financial resources. However, if he is impaired, he should be protected. His attorney might be interested in being alerted to a possible threat.

It is very sad when adult children become so abusive that they feel they deserve their parent's assets, and they want them as soon as possible

Lizzie

#### Dear Jessica,

If your father is a dependent adult and you think he is being abused, exploited and/or neglected, your first line of defense is to call adult protective services or your local equivalent. Adult protective services will be able to guide you. If your father is not dependent and you feel that your half sister is stealing from him, that would be considered more of a criminal matter. Your question should be directed to law enforcement.

However, if your father is not dependent and your half sister is not stealing, it is your father's money, and he can dispose of it in any way he wishes.

If your father still lives in an assisted living community, and family problems are interfering with his care, your county may have a long-term care ombudsman program that can provide support and direction. Talk with the staff at the community and he/she should be able to advise you.

Pryce

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

#### PETS OF THE WEEK

ourbon is a 6-year-young male hound mix who is well aged and would make a great addition to your family. He is one of our sensational seniors and gets along well with other dogs and people. He would love a home where he can be a couch potato. How about yours? His adoption fee is \$10 during Adopt A

Senior Pet Month or free for senior citizens

adopting senior pets.

Star is a 9-month-old domestic short hair spayed female who is hoping for a home where she can shine like she was meant to. She's a friendly kitty that likes people and gets along great with her roommates at the shelter. Star could be the perfect fit for your family!

Her adoption fee is \$50.

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

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.☆



Bourbon ID# 674398



Star ID# 671671

#### **PAWS Of Sanibel** Roscoe



Roscoe

name is Roscoe. I found myself homeless after my mom and dad split up. I am living with a family member, but they already have three dogs. I get along so well with their dogs and children and cats too! I am a mix of a chihuahua and Jack Russell terrier, so I would make a great lap dog. I am a sweet boy, just 8-years old, and I am neutered. If you can adopt me, please call PAWS volunteer Yolanda at 691-4488. 公

### 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 ARTS Alliance for the Arts......939-2787 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 Kiwanis Clubs: Fort Myers Edison 694-1056 Fort Myers South 691-1405 Gateway to the Islands 218-5768 Iona-McGregor 482-0869 Lions Clubs: 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 AREA ATTRACTIONS AREA ATŤRACTIONS 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

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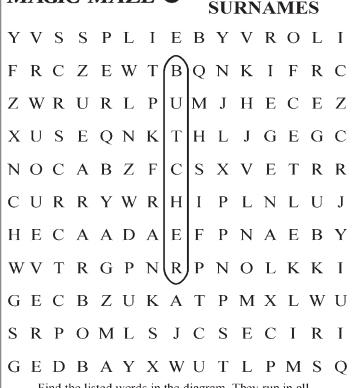
#### **PUZZLES**

#### **BETWEEN THE Super** Crossword **EXTREMES ACROSS** 52 Fictional 99 Enchilada 7 U2's genre 44 With 94-82 Trim (down) 1 Like humans Scarlett 8 Flamenco Down, 83 Pack away **7** Turn about 56 Pitch-perfect 101 Gumbo, e.g. dance cry restless 85 Puzzle with 13 Bundt holder 57 Science also 102 Proton's 9 Dance from 46 Mail-slot pictures 87 ideas place 20 Extreme Buenos known as spot 106 Drillmaster's **47** Evaluations folly bionomics Aires 89 "ER" extras 21 86-Across 59 Fire on syllable 10 Take a stab of resistance 90 Samovar 61 Comic actor 108 Rent payer in eastern to sudden 91 "The 11 Louise's film Swimmer' Kansas Kevin 109 Hogs' pens impact 22 Constructed 49 Adjusted, as author John 63 What 110 Simple sidekick 12 More weird 93 Detroit of in advance melts in a exercise to floor tiles 23 Site of many 13 "- Sharkey" 50 Up in years "Guys and meltdown work the abs 65 Lawyer's 115 Coifs (old sitcom) Dolls' a yoga class 51 Win — hair 25 Fiji's part of assignment 117 Card that's 14 Inverse trig 53 Oodles 94 See 44-**68** Airport rental function the world an apt alter-54 One-in-a-Down 15 — cool head 95 "La Isla —" 26 Like some 69 Stir in, say nate title for million braking 70 "Listen up!" this puzzle 16 Online 55 Suit to -(Madonna 71 Patella site 119 "Swing Time" missives 58 Mandate systems hit) 97 Pretends to 27 Freezing 72 Like the co-star Fred 17 Mexico's 59 Climb 120 Lifelessness cold social class - Villa aboard be 29 One adding 18 Farewells, to 60 Oscar 98 Patron that includes 121 Totally seasonings managers ripped François de la -100 Master cook 30 Gentle 75 Move 122 Least sloppy 19 Close 62 Vertex 103 "--/Sade" 24 Wound (1967 film) - lamb beyond 123 Brook, e.g. 64 Count 31 Mumbai, vis-77 Prépared 104 Not from 124 Passed result - (cereal à-vis India 78 Razor brand 28 Producer for brand) quickly a major 33 "Blow" co-80 Subs in Eminem 65 Snarly dogs studio **DOWN** star Johnny 31 Began airing 66 Adopt-105 "Please, I'd offices 37 Bicolor **84** Give a coif to 1 Notes 32 Runner-- (kennel like to help" 107 Beforewhale 85 Comic following re turned-baron program) 39 Reprieve actress 2 Major Norse Sebastian 67 Fix, as a dog surgery 110 Potting soil 40 Clearasil Charlotte deity 33 Erté's genre 69 Balm plant competitor 86 San Rafael. 3 Film director 34 Designer von 73 French for 111 Swiss river 41 Selfishness Furstenberg vis-à-vis Martin "nothing" to the Rhine 4 Literature **112** Made 35 Bacon, e.g. 74 Biotech 43 Forget to Marin 88 Invest (with) include Nobelist 36 Certain material angry 113 Ticket 45 Papyrus 91 Furnace fuel Morrison 75 Says "I told evergreen 5 Fast Amtrak dropping 92 Different: you so!' leftover plants, e.g. **76** Éyelid woe 114 Notice 48 Bit attached Prefix offering 38 Capital 93 Slap cuffs on 116 In position to a cob 6 Enzyme of New 79 Writer 50 Civil War filled cell 96 Actor/singer Hampshire Umberto 118 Vardalos of 42 Terrier type 81 Satisfy prez Jerry organelle the screen 13 14 18 20 21 22 23 25 26 29 30 37 38 39 40 41 43 45 48 49 50 56 60 58 59 62 63 66 68 70 72 75 78 80 82 83 84 85 86 87 88 89 190 92 93 | 94 96 99 100 101 102 103 104 106 105 108 109 111 | 112 | 113 | 114 115 118 119 120 121

123

124

#### King Crossword **ACROSS** High point Dance syllable 8 Flabbergast 12 Fly high 13 Fond du -Sea eagle 15 Multi-Grammy 24 -winning gospel singer Helps Faux -19 Inquire 20 Snob 21 With it 22 "Unh-unh" 23 Threw a party for 26 Kingston's island Prayer ending 49 Blackbird Performance 27 Charged bit 31 Space Thy 50 Franc "Will & Grace" Pool stick Commemorreplacement 29 Illustrations actor Small combo ative coin, Hang in the Jewel 34 Tit for maybe balance Loosen Doctrine Solidify Egg contain-35 Hit the horn Thanksgiving 53 Marries Beelzebub 36 Incursion 38 Put an end to veggie DOWN 20 Muppet eagle 39 Stevenson 37 Two, in 1 Now, on a Tijuana Founder of a villain Capital letter 38 major auto Decrease? memo company 2 Prolonged kev 41 Queue Zodiac cat sleep Siesta 42 Hint Baseball's 23 Online help 43 Group of Ernesto Guevara 'Say Hey cattle page Cupid's alias Ostrich's Novice Kid" "Lord of the Work unit cousin Trail the pack



Necklace fas-

tener

Afternoon

social

6 Yarn bundle 26 Cookie holder

MAGIC MAZE ● FOOD-RELATED

47 Evergreen

Rings" cast

member

48 Smell

Bean

Butcher

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally Lemon Apple Candy Rice Bacon Curry Milk Strawberry

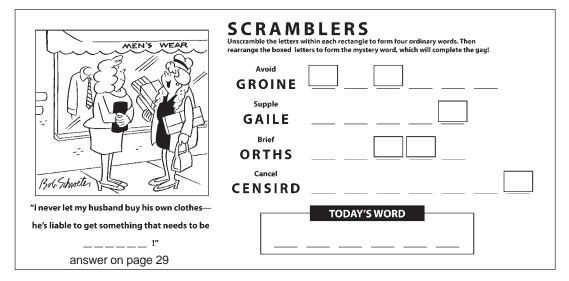
Pepper

**Pickles** 

Sugar

Fish

Franks



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

#### **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.

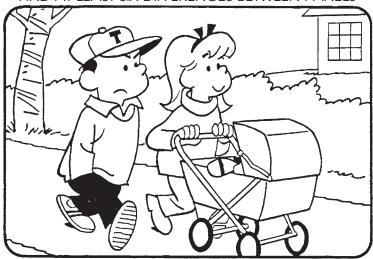
answer on page 29

#### **HOCUS-FOCUS**

BY HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Trash can is missing. 2. Letter is missing. 3. Curlers are missing. 4. Cutts are missing. 5. House is smaller. 6. Sign is missing.

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#### **Family Pizza**

1 prepared pizza dough

1 cup prepared pizza sauce

1 cup tomatoes, chopped

1/2 cup zucchini, chopped

1 teaspoon fresh or 1/2 teaspoon dried ground oregano

1 teaspoon fresh or ½ teaspoon dried basil leaves

12 ounces low fat, grated mozzarella cheese

1/2 cup parsley, chopped Spread dough evenly on a baking sheet.

Cover top of dough with the sauce. Sprinkle oregano and basil over sauce and bake dough on 400 F for 5 to 7 minutes or until dough starts to brown on edges.

Remove from oven and add tomatoes and zucchini.

Top with cheese, add parsley, return to oven until cheese melts and begins to brown, about 10 to 12 minutes.

Chef Tip: Use leftover vegetables or meat from other meals for the toppings.☼



Family Pizza

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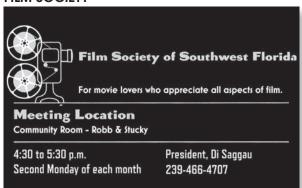
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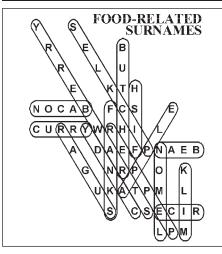
#### **PUZZLE ANSWERS**

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

#### KING CROSSWORD

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#### **MAGIC MAZE**



#### **SUDOKU**

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

#### My Stars ★★★

#### FOR WEEK OF NOVEMBER 14, 2016

ARIES (March 21 to April 19) Some changes might seem confusing at first, especially to an Aries whose impatience levels are pretty shaky this week. Take it one step at a time, Lamb, and soon all will be made clear

TAURUS (April 20 to May 20) That difficult situation you've been dealing with continues to call for careful handling. Avoid quickly made choices that might not stand up when they're finally put to the test.

**GEMINI** (May 21 to June 20) You still have lots of evaluating to do before you can consider making a commitment. It's better to move cautiously than to risk stumbling into a major misunderstanding.

CANCER (June 21 to July 22) A previously peevish partner offers to be more helpful with your problems. But remember: The final choice is yours. Be guided by what you feel is the right thing to do.

**LEO** (July 23 to August 22) As the Big Cat, you sometimes can be pretty rough on those you suspect of betrayal. The best advice is to pull in those claws and listen to the explanation. It might surprise you.

VIRGO (August 23 to September 22) Your inner voice usually guides you well. But a note of caution: This is a period of mixed signals for you, so be careful that you don't misunderstand the messages you're getting.

LIBRA (September 23 to October 22) Cupid's call beckons both single Librans looking for a new love, as well as couples hoping to strengthen their relationships. A workplace problem is quickly resolved.

**SCORPIO** (October 23 to November 21) It's been a hectic time for you, and you might want to take a break to restore both body and soul. You'll then be set to face new challenges later this month.

**SAGITTARIUS** (November 22 to December 21) It's a good idea to take a more conservative approach to your financial situation right now. Some plans made earlier this year might need

**CAPRICORN** (December 22 to January 19) This is a fine time to move boldly into those new opportunities I promised would open up for you. Check them over, and then choose the best one for you.

**AQUARIUS** (January 20 to February

18) Congratulations. Your self-assurance is growing stronger, and you should now feel more confident about making that long-deferred decision about a possible commitment.

PISCES (February 19 to March 20) You're very close to reaching your goal. But be wary of distractions that can lure you off-course and leave you stranded far away from where you really want to be.

BORN THIS WEEK: You have an inner sight that helps you see into people's hearts. You would be an excellent psychologist or social worker.

#### THIS WEEK IN HISTORY

• On Nov. 14, 1851, "Moby-Dick," a novel by Herman Melville about the voyage of the whaling ship Pequod, is published under the title "The Whale." The book contains one of the most famous opening lines in fiction: "Call me Ishmael."

• On Nov. 19, 1915, British airman

Richard Bell Davies performs a daring rescue, swooping down in his single-seat scout plane to whisk a downed fellow pilot from behind Turkish lines just as enemy soldiers approached

• On Nov. 16, 1945, the United States ships 88 German rocket scientists to America. The U.S. government was desperate to acquire the scientific know-how that had produced German rockets during World War II.

• On Nov. 17, 1958, the Kingston Trio's Tom Dooley" hits No. 1 on the Billboard pop chart. The song was probably first sung sometime after 1868, when a North Carolina man named Tom Dula was hanged for the murder of his fiancŽe.

• On Nov. 15, 1965, at the Bonneville Salt Flats in Utah, 28-year-old Californian Craig Breedlove sets a new land-speed record of 600.6 mph in the Spirit of America. The car was powered by a Navy

• On Nov. 20, 1982, the Cal football team wins an improbable last-second victory over Stanford when they complete five lateral passes around members of the Cardinals' marching band, who had come onto the field a bit early. Cal's Kevin Moen careened through the confused horn section to reach the end zone, where he slammed into a trombone player. The touchdown counted, and Cal won 25-20.

• On Nov. 18, 1991, Shiite Muslim

kidnappers in Lebanon free Anglican Church envoy Terry Waite after more than four years of captivity. Waite had secured the release of missionaries detained in Iran, British hostages from Libya and even American hostages from Lebanon before he was seized in Beirut.

#### **STRANGE BUT TRUE**

• It was beloved Scottish author J.M. Barrie, creator of Peter Pan, who made the following sage observation: "Those who bring sunshine to the lives of others cannot keep it from themselves.

 Among the Balonda people, an African tribe that dwells along the Zambezi River, it was once customary for a groom to promise that he'll supply kindling wood to his mother-in-law for the rest of her life.

• Those who study such things -- word mavens with a penchant for statistics, presumably - have determined that, on average, English-language text contains 56 e's for every q.

• A fisherman in the Philippines recently revealed a treasure that he'd been keeping under his bed for 10 years: a 75-pound natural pearl with an estimated value of \$100 million. Evidently, after finding the pearl in a giant clam, he decided to keep it as a good-luck charm. The "Pearl of Puerto," as it's known, blew the world record out of the water (pun intended). The previous record holder for largest natural pearl was the "Pearl of Lao-Tsu" (sometimes called the "Pearl of Allah"), which weighs in at a mere 14 pounds.

• The female Jesus bird is the one in charge, it would seem. She controls her own territory, allowing several male birds to build nests within it. Then she lays eggs in all the nests, and the males incubate them.

• Before the Beach Boys were the Beach Boys, they considered naming their band the Pendletons.

• The name "toadstool" actually has nothing to do with toads. The word is derived from the German words "tod," which means "death," and "stuhl," which means "stool."

#### THOUGHT FOR THE DAY

"Those who dream by day are cognizant of many things which escape those who dream only by night." -- Edgar Allan Poe

#### **SCRAMBLERS**

#### solution

- 1. Ignore; 2. Agile;
- 3. Short; 4. Rescind

Today's Word

#### **IRONED**

#### TRIVIA TEST

- 1. Geography: What is the longest mountain chain on Earth above sea level?
- 2. Astronomy: Europa is a moon of which planet in our solar system?
- Traditions: What is the traditional birthstone for February?
- Chemistry: What element has the chemical symbol Hg?
- 5. Anatomy: How many chromosomes do human beings normally have?
- 6. Movies: What was the first film directed and produced by a black filmmaker to win the Academy Award for Best Picture?
- 7. Famous Quotations: What awardwinning singer/songwriter once said, "I consider myself a poet first and a musician second. I live like a poet and I'll die like a poet"?
- 8. Math: What two letters are symbols for 1,000?
- 9. General Knowledge: By what title is Jorge Mario Bergoglio better known?
- 10. Games: What is the name of the casino employee who takes bets and spins the wheel in roulette?

#### TRIVIA ANSWERS

Bob Dylan 8. M and K 9. Pope Francis Mercury 5. 23 pairs, or a total of 46 6. "I2 Years a Slave" (Steve McQueen) 7. I. The Andes 2. Jupiter 3. Amethyst 4.

#### ★ ★ CLASSIFIED ★ CLASSIFIED ★ ★ ★

#### REAL ESTATE

#### GARCIA REAL ESTATE AND CONSULTING



#### RICHARD J. GARCIA. GRI. BROKER 239-472-5147

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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 1,300 sq ft @ \$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

#### **New Studio Rental**

Studio or small 1 bedr. wanted by quiet 68 yr. semi-retired property owner & landlord himself, clean & physically fit. Pay rent or exchange for caretaking, lawn care, painting, carpentry, chores, etc. 7 yr. previous Sanibel resident & fishing club member. State lic. auctioneer & appraiser. 603-679-8101 charliereid@ttlc.net. **☆**NS 11/11 CC TFN

#### COMMERCIAL RENTAL

### SANIBEL ISLAND HIGHLY VISIBLE FIRST FLOOR SPACE

2424 Palm Ridge Rd. formerly Wooster TV; 1,250 sq ft; 5 year lease; \$1,890/mo includes all common area maintenance Call John 239-472-6543 **★NS 11/11 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 \$\text{\*NS 10/28 CC TFN}

#### **RE/MAX OF THE ISLANDS**

Putting owners and tenants together Call Ryan Block www.remax-oftheislands.com 239-472-2311

#### '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

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#### 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

#### SERVICES OFFERED

#### **POOL & SPA SERVICES**

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

#### SANIBEL HOME WATCH SERVICES

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

#### **HELLE'S CLEANING SERVICES**

Residential Cleaning to Satisfaction Sanibel & Captiva • 239-565-0471 Sanibel Lic. #11412 Lee Co. Lic. #051047 &NS 1/4 PC TEN

#### 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

#### \$99-JOIN IN THE CRAZE

Estate Open House, etc. A relaxing, fun price, Call:Bonnie G 518-796-4239

#### SERVICES OFFERED

#### **ENVIROMOW** OF LEE COUNTY

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

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.

HELP WANTED

**HELP WANTED** 

All around person for small Captiva Resort.

Duties will include Front Desk Customer

Service and also working outside in marina

operations. Pleas call 470-5389

**★NS 11/11 CC TFN** 

**HELP WANTED** 

Live on the Island and looking

for PT work 2-3 days per week. Flexible schedule. Call 472-4886.

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 Lic. \*NS 11/4 CC 11/25

energetic, personable, and fun

individuals, with open availability

Monday through Sunday.

If interested call and ask for

John, Norm Sarah 472-9300.

1700 Periwinkle Way

&NS 5/6 BM TEN

#### \$NS 11/11 CC 11/25 **FOR SALE**

**HELP WANTED** 

Sanibel Home Furnishings seeks an energetic,

personable sales associate. Responsibilities begin

with welcoming our customers, making them feel

comfortable and "At Home" and determining their

needs. Furniture and accessory sales experience

a plus. Flexible work schedule. Email your resume

to mysanibelresume@gmail.com

#### **OUTDOOR FURNITURE**

LLOYD FLANDERS

White wicker 6-piece outdoor furniture set Four chairs, one 36" table, one 10" table OUTSTANDING condition. Original cost \$4,000; selling for \$1,400 #NS 11/11 CC 11/18

#### **BOATS - CANOES - KAYAKS**

#### DOCKAGE

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

**Hobie Odyssey** Hobie Odyssey 2-person kayak, 14 ft., Golden Papaya, deluxe seats and 2 life vests. Used twice, like new. Rooftop pad and straps included. \$1,600 package new. Make reasonable offer. 239-210-8488. **X**NS 11/11 CC 11/18

#### 2002 SCOUT SPORTFISHER

16' 2" with trailer. 90 HP Yamaha. Many extras Asking \$5,850 call 248-515-7889 #NS 11/11 CC 11/11

#### SALES

#### YARD SALE

Saturday, Nov 12, 7-12 3009 Singing Wind Dr. Wicker, furniture, tools, Shabby chic, this 'n that, etc.

#### **Estate Moving Sale**

Antique nice household and more The Dunes • Nov 18-19

#### **GARAGE SALE**

Sat. Nov 12 from 8am to 2pm 1503 Angel Dr., Sanibel off Dixie Bch Blvd. Antiques, collectibles, housewares, clothing, quilts, etc.

#### YARD SALE

2 family yard sale. Some furniture, Antiques, glassware, pictures, household items Saturday, Nov.12 from 9 until 1 545 Lake Murex Circle

#### JERRY'S FOODS SERVERS & BARISTAS Part Time Evening And Weekend Front End Associates Needed. Looking for

3 Hrs. of Jazz/Easy Listening for your Office/Private Party, Special Event, Real form of entertainment at an affordable

#### **BEAUTY SALON**

Help wanted again. Stylist/Nail tech for upcoming busy season, email sanbeautys@aol.com for more information

#### United Way Launches Campaign

ore than 900 people attended the United Way of Lee, Hendry, Glades and Okeechobee 2016-2017 Campaign Kick-Off Breakfast at the Harborside Event Center on October 26.

Community leaders and volunteers celebrated the start of the 60th United Way Campaign and in its honor, six campaign chairs were on hand, including: Linda Ühler, 1993; Gay Thompson, 1995; Lou Pontius, 1998; Larry Hart, 2006; Tom Uhler, 2011; and Robert Wilson, 2012

United Way Board Chair John Clinger welcomed the crowd. "By your attendance, you are confirming that you 'live united,' and that you recognize the importance of ensuring that the United Way and the United Way network of partner agencies continue to be there for our community, providing critical services to those in need," Clinger

Members of the local Boy Scouts and Girl Scouts carried the flags and led the Pledge of Allegiance. Ezzy Sebastian of the Boys \_& Girls Clubs sang God Bless America. Lt. Chris Doborwicz of The Salvation Army gave the invocation.

Linda Uhler, United Way Campaign chair, gave the crowd some local history. "Founded in 1957, our United Way raised \$66,000 that year under the chairmanship of William Price. Since its founding, our United Way has raised over \$147 million," Uhler said.

Campaign Chair Lou Pontius talked about the United Way Partner Agencies. "I am truly passionate about the United Way and the local United Way network of 85 local agencies that help hundreds of thousands of people right here in our community. I am very positive about a successful campaign, but we must have your help to meet our campaign goal. Our partner agencies need this money to ensure

vital programs will continue to help feed the hungry, help babies get off to a good start in life and help seniors stay in their homes. With your help, we can change lives and truly make a difference," Pontius said.

United Way Campaign Chair Tom Uhler discussed the organization's allocations process that helps ensure donors' gifts are used efficiently and effectively. "At our United Way of Lee, Hendry, Glades and Okeechobee, donors' gifts are used very carefully, making sure that the programs United Way funds are truly what the community needs. I am very proud to announce that our United Way has received a four-star rating from Charity Navigator for four years in a row," he said.
United Way Campaign Chair Rob Wilson talked about the importance of Leadership

Campaign Chair and Lee County Tax Collector Larry Hart led the John Scanlon Auto Group Leadership Challenge and gave away a two-year lease on a new car.



United Way Board Chair John Clinger and James Notle

photos courtesy United Way of Lee



Publix store managers Buddy Kubesh and



From left: Larry Hart, Lee County tax collector; Betsy Clayton, Lee County Government; and Saeed Kazemi, City of Fort Myers

United Way history. The top 10 Pacesetter companies include: Publix, \$1,775,914; Bonita Bay Group, \$445,416; Chico's FAS, \$250,000; Enterprise Holdings, \$202,500; LCEC, \$200,000; FineMark National Bank & Trust, \$137,853; Lee Health, \$113,365; BB&T Oswald Trippe and Company, \$111,328; Lee County Government, \$86,500; and Sanibel Captiva Beach Resort. \$59,408.

All money raised stays in the community to help support the local human service network of partner agencies such has Harry Chapin Food Bank, Literacy Council Gulf Coast, Alvin A. Dubin Alzheimer's Resource Center, Children's Advocacy Center, Friendship Centers and The Salvation Army.

For more information, call 433-2000 or visit www.UnitedWayLee.org.

#### HORTOONS

United Way Pacesetter Chair Gay Thompson

announced that the

raised \$5,794,233,

Pacesetter Companies

kick off and a 4 percent

increase over last year.

our community really does live united," said

Publix again broke the \$1.7 million mark,

any single company in

raising the most of

Thompson.



#### Top 10 Real Estate Sales

Development	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Bonita Beach	Bonita Springs	2016	5,497	\$6,495,000	\$6,450,000	0
Barefoot Beach	Bonita Springs	2016	4,321	\$3,875,000	\$3,500,000	209
Gulf Harbour Yacht & Country Club	Fort Myers	1999	4,281	\$2,295,000	\$2,000,000	0
Carolands	Bonita Springs	2003	3,404	\$1,690,000	\$1,500,000	140
Hidden Harbor	Bonita Springs	1998	3,824	\$1,575,000	\$1,575,000	43
Palmetto Point	Fort Myers	1979	3,378	\$1,395,000	\$1,332,000	0
Pelican Landing	Bonita Springs	1993	4,569	\$1,199,000	\$1,115,000	300
Cape Harbour	Cape Coral	2006	4,676	\$930,000	\$928,888	16
Shell Harbor	Sanibel	1996	1,415	\$899,900	\$850,000	172
Oak Bend	Fort Myers	2007	3,861	\$849,900	\$812,500	12



# AWARD WINNING FLAVORS FROM THE CARIBBEAN RIM!

# "For the sun-kissed & desirous alike, a vacation on a plate."

The New York Cimes

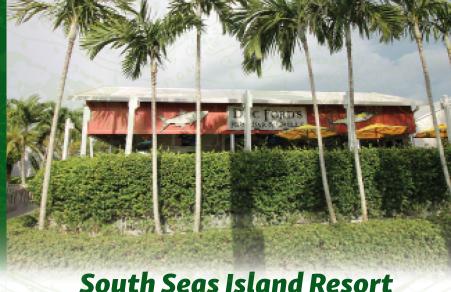
Flat Breads • Outdoor Seating • Island Mojitos

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