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THE RIVER WEEKLY NEWS

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Vol. 16, No. 1

From the Beaches to the River District downtown Fort Myers

JANUARY 6, 2017

Kiwanis Medieval Faire Returning To Lakes Park



The Riverdale Kiwanis Club's Medieval Faire, which will include live jousting combat simulations, will return to Lakes Regional Park in Fort Myers during the weekends of January 7 and 8 and January 14 and 15

photos by Jeff Lysiak

The Riverdale Kiwanis Club will hold its annual Medieval Faire the weekends of January 7 and 8 and January 14 and 15 from 9 a.m. to 6 p.m. at Lakes Regional Park in Fort Myers. The two-weekend event is expected to draw more than 15,000 attendees.

The medieval faire will feature jousting, a live combat chess match, medieval arts and crafts, live sword fighting, a royal court procession, children's games, jugglers,



A pair of maidens engaged in a sword battle at last year's Medieval Faire

magicians, minstrels, dancers, period food and medieval-themed merchants. Entertainment will be provided by touring medieval faire professionals.

Tickets will be available the day of the faire. Adult tickets are \$15 and children's tickets (ages 5 to 11) are \$5; kids under age 5 are admitted free. Groups of 10 or more may purchase discount tickets of \$12 per person; call 369-6881 for details. Free onsite parking is available; no pets allowed.

All profits from the medieval fare go to the Kiwanis of Riverdale Foundation Fund to support local programs including Thanksgiving baskets for the needy, Christmas dinners, Buckingham Exceptional School, Lehigh Elementary School, Sunshine Elementary, Riverdale Key Club, school grants and scholarships and various other East Zone school-related projects.

Lakes Regional Park is located at 7330 Gladiolus Drive in Fort Myers. For more information, visit www.medieval-faire.com.✪

Changing States Exhibit To Open



Baroque-N-found objects by Dale Weber
photos courtesy Alliance for the Arts



Odysseus Shipwrecked

The Alliance for the Arts January exhibition Changing States: Krieger, Riner & Weber opens on Friday, January 6 from 5 to 7 p.m. at 10091 McGregor Boulevard in Fort Myers. The exhibit continues until January 28.

Attendees can meet featured artists Jim Krieger, Kimberly Riner and Dale Weber during a conversational Walk & Talk as they discuss their works in this exhibition on Saturday, January 7 at 10 a.m.

During this exhibition, A.J. Weber will be on display in the Member Gallery and

continued on page 4



Trapped photos courtesy Arts for ACT



Note To Self Keep Growing, Regardless

Arts For ACT Hosts Innovative Exhibit

Since creators of Fort Myers Art Walk, Claudia Goode, Andy Howl, Terry Tincher, David Acevedo, Xavier Brignoni and Jim Griffith – among others – redirected paths of art lovers to the beautiful Fort Myers downtown, the River District become a “must-stop” for all art enthusiasts of Southwest Florida.

With no shortage of variety of fantastic venues, Arts for ACT Gallery stands out as

continued on page 6

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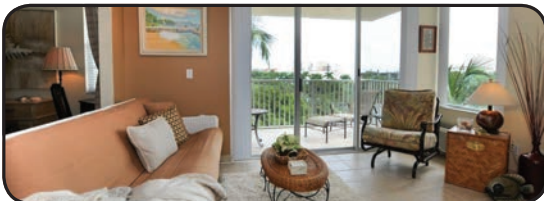
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Historic Downtown Fort Myers, Then And Now:

Phoenix Hall, Fort Myers' First All-Purpose Community Center



by Gerri Reaves, PhD

The miscellany of merchandise spread out in front of Evans & Co. makes it difficult to notice anything else in this circa-1890 photograph.

Everything from lamps, barrels, ploughs, mattresses and washboards to chairs, gun holsters, rugs and sewing machines made it apparent why Edward L. "E.L." Evans (standing in doorway) proclaimed that his store sold everything one needed between the cradle and the grave.

The store was built in 1890 by Howell A. Parker on the southeast corner of First and Hendry. Parker was not only the town's first mayor, but also had been one of its first merchants. And, he was the great-uncle of the legendary businessman Harvie

E. Heitman.

Evans, a major merchant in his own right, ran the store and, in fact, in later years went on to partner with Heitman.

But located above the eye-catching store spilling wares onto the street is a place that made its own significant history. Phoenix Hall – note the name at the top of the building – was the town's first community center.

Of course, community events had always been a part of the town's civic and social fabric. Church halls, schools, and outdoor venues such as parks, gazebos and even tents provided early Fort Myers with drama, celebrations, musical performances, contests and more.

But Phoenix Hall was a designated community space, a sign that the town was maturing. In early Fort Myers, it hosted everything from club meetings, lectures and dinners to political rallies and dramatic and musical performances.

It was even used as a rollerskating rink for a few winters!

The hall had a fairly short history – a little less than a quarter of a century – but things were accomplished and fun was had at Phoenix Hall.

It had a grand opening in June 1890 with a dance and supper given by the Knights of Pythias of Royal Palm Lodge Number 16.

Notice that organization's name on the door at the photo's left, a door that evidently led to the hall, where lots



Phoenix Hall, a community center above Evans & Co. store, opened in 1890 on the southeast corner of First and Hendry
photo courtesy Southwest Florida Historical Society

of good ideas and projects got their start.

The Fort Myers Dramatic Society debuted in October 1890 in a performance of *Lady Audrey's Secret*.

In January 1896, the town's first baseball club was organized there.

The volunteer fire department also organized there, in May 1901. The new organization put even the roof to good use by placing a fire alarm bell on it.

The first season after railroad service began in 1904, the Four Pickerts Stock Company arrived and gave seven dramatic performances in the hall.

Over the years, other touring companies would follow, fulfilling the town's ever-increasing desire for cultural activities.

The Phoenix Hall building was demolished around 1913 to make way for the neoclassical-style First National Bank, which was constructed in 1914. Evans moved across the street and opened the successful Heitman-Evans Co. in a new brick building.

Other community gathering spaces sprang up in the booming 19-teens and 1920s, among them the clubhouses of several fraternal organizations, modern schools with large formal auditoriums, such as Edison Park, and in 1927, the Pleasure Pier Auditorium on the downtown riverfront.

Today, a law office is located in the former bank that stands where the Fort Myers community once shopped downstairs and socialized upstairs.

People still sit on the steps at First and Hendry, but on the walkways are metal sculptures and tables for ice-cream shop next door.

Walk down to First and Hendry and imagine attending a dramatic performance or organizing a baseball club in an upstairs hall.

Then, learn more about the history of community meeting places at the following research centers.

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

It is located at 10091 McGregor Boulevard on the campus of the Lee County Alliance for the Arts. Call 939-4044 or visit swflhistoricalsociety.org for more information.

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

Hours for the all-volunteer non-profit organization are 11 a.m. to 4 p.m. Tuesday through Friday and noon to 4 p.m. on Saturday.

For more information, call 332-8778 or visit leecountyblackhistorysociety.org.

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



The First National Bank was built on the site in 1914 and is now a law office. Buildings come and go, but the inclination to sit on steps never changes photo by Gerri Reaves

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THE RIVER
WEEKLY NEWS
FROM THE BEACHES TO DOWNTOWN FORT MYERS

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From page 1

Changing States

Broadsides: Poetry Off The Shelf will be exhibited in the Theatre Gallery.

Changing States: Krieger, Riner & Weber incorporates various materials shaped by industry or nature. This show will feature pieces which have been repurposed to embrace concepts of symbolic imagery, grief, awareness and change.

“Everything deserves a second look; a second chance,” said exhibiting artist Dale Weber. “Perhaps together, we will begin to see our surroundings with new eyes. Awareness is the first step of change.”

The opening reception will feature craft spirits and liquors by local distillery List Distillery. The exhibit is sponsored by Covanta Energy.

For more information, call 939-2787 or visit www.ArtInLee.org✱



Icon by Jim Kreiger
photos courtesy Alliance for the Arts



Dying To Live



Material Drift



Artifacts of Memory by Kimberly Reiner



Indelible Ink found objects by Dale Weber



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Symphonic Choral Fundraiser

The Symphonic Choral of Southwest Florida is holding its annual Fundraising Gala on Saturday, January 28 from 6 until 10 p.m. at The Landings Yacht Club in Fort Myers, located at 5200 Landings Drive.

The evening's theme is Where There Is Love, There Is Music. The fundraiser will feature a full-course dinner, entertainment and both a live and silent auction. Baritone Ed Pember will entertain with music that spans a variety of genres including classical, opera, Broadway and art songs. The emcee for the evening is Robert Van Winkle, NBC-2 weather anchor.

Pember resides in Fort Myers, but brings an international reputation to Southwest Florida and to this gala. His singing career began with his service in the United States Air Force, and his performances with the Air Force Band. Once he returned home to his native Michigan, he performed as a featured artist with numerous symphony orchestras and chorales including the Michigan Opera

Theater and the Detroit Symphony, and later developed his operatic repertoire through his performances with the New York City Opera, including *Moses In Egypt*, *La Perichole* and *A Quiet Place*. He has also been a guest artist on *The Today Show* and *Phil Donahue*.

This gala evening is an important one to the Symphonic Choral, but also to the community. Money raised at the gala allows the chorale to continue bringing exceptional music to Southwest Florida audiences.

“Ticket sales to concerts only cover about 35 percent of our costs when we bring a production to the community,” said Lynn Apelgren, Symphonic Choral board president. “Events like our fundraising gala help offset those costs and allow us to present beautiful musical experiences and still keep ticket prices affordable.”

To make reservations, visit the Symphonic Choral's website at www.symphonicchorale.com. The cost per attendee is \$85.

The Symphonic Choral of Southwest Florida is a highly select, auditioned professional core chorus under the artistic direction of conductor Dr. Trent Brown. Members come from Fort Myers, Naples, Bonita Springs, Cape Coral and surrounding areas.✱

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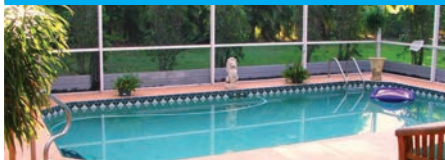
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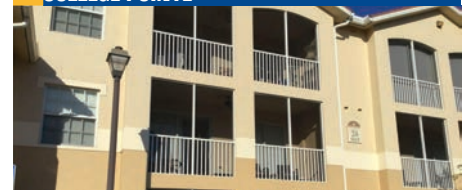
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From page 1

Innovative Exhibit



Suspended
photos courtesy Alliance for the Arts



Wedding

probably the most eclectic one. Curator Claudia Goode opens her gallery doors to numbers of local artists, giving them opportunity, to showcase their work in a solo exhibit at one of the three gallery rooms.

In February, the White Gallery room will host an innovative exhibit of a local artist: Yvonne Krystman. Her mixed media show – titled Trapped – explores attempts on catching/trapping life moments- glimpses of life and preserving them, without judging them using standard measures of importance. A collection of two- and three-dimensional pieces will be on display from February 1 to February 28.

Krystman, a native of Poland, currently lives and creates in Cape Coral. Her artwork has been shown at variety of international shows and across the United States, including prestigious Aqua Art Miami, Orlando Museum of Art and Reese

Museum, to name a few. Locally, her artwork is displayed at DAAS Co-op Gallery, Arts for ACT Gallery and Franklin Shops.

The Trapped exhibit opening reception will be held on February 5 during Fort Myers Art Walk, which takes place on the first Friday of every month from 6 to 10 p.m.

Arts for ACT is located in the River District at 2265 First Street in Fort Myers. Visit www.artsforactgallery.com or call 337-5050 for more information.*

Fort Myers Beach Art Show And Sale Ends January 12

The Art Divine show and sale in both galleries of Fort Myers Beach Art Association is open to the public through Thursday, January 12. The show and sale features FMBAA member original art – both framed and not framed in mats – priced at or below \$150.

If you are interested in learning to paint or use watercolors, many short workshops and classes are still being offered at the Fort Myers Beach Art Association this season. There is also an open house at the gallery this Friday, January 6 from 9 a.m. to noon.

Visit www.fortmyersbeachart.com for more information.

The following are classes and events in January:

- January 7, 14 and 21 from 9 a.m. to noon – Patty O’Kane Getting Started with Acrylics: For beginners; \$90/\$105 class series; all materials provided
- January 9, 23 and 30, February 6 and 20 Class Series from 9 a.m. to noon – Sue Pink Beginning Watercolor for Artistic Expression: \$115/\$140
- January 9, 23 and 30, February 6 and 20 Class Series from 1 to 4 p.m. – Cheryl Fausel Intermediate to Advanced Watercolor: \$120/\$145
- January 12 from 9 a.m. to 4 p.m. – Susan Lindsey Portrait In Oils Working From Live Model: For beginners to advanced; \$50/\$55 plus \$15 modeling fee

• January 15 from 4 to 6 p.m. – Demonstration by Janet Rogers: \$10

• January 16 to 19 – Janet Rogers Famous Artist Workshop

• January 16 to February 9 – Winter Juried Show: Free admission

• January 22 from 1 to 2 p.m. – Gallery Talk: Free admission

• January 22 from 2:15 to 3:30 p.m. – Winter Juried Show: Free admission

• January 26 to 28 from 9 a.m. to 3 p.m.: Neil Walling Loose Alla Prima Oil Painting: For intermediate to advanced; \$185/\$200

For more information, call 463-3909, email Pam Flaherty at fmbaapublicity@gmail.com or stop by the Fort Myers Beach Arts Association gallery, located at 3030 Shell Mound Boulevard off of Donora Boulevard, one mile south of the Matanzas Bridge. The gallery is open Monday to Saturday from 10 a.m. to 3 p.m. through mid-April. Visit www.fortmyersbeachart.com for updates.*



The sale for artwork ends Thursday
photo courtesy FMB Art Association

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Wednesdays, 9am-1 pm

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Doo Wop Festival At Santini Plaza

The 6th annual Doo Wop Festival will return on Saturday, January 21 from 9 a.m. to 1 p.m. at Santini Marina Plaza, located at 7225 Estero Boulevard on Fort Myers Beach.

“There will be dancin’ in the streets,” said event coordinator Bonnie Roberts. “This annual event will bring out the best dancers to show off their amazing jitterbugging, shagging skills for this fun event at Santini Plaza.”

DJ Larry will be spinning some favorite tunes from the ‘60s and ‘70s throughout the festival, which will feature a fresh produce market, more than 30 artists and crafters, dancers and more. Santini Plaza restaurants will be offering their specialties as well as Skye’s Mexican restaurant offering margaritas and bloody mary’s.

A dance contest will begin at noon. Dancers may register onsite on January 21 at the DJ tent from 11 to 11:30 a.m. and request a tune.

For additional information or to pre-register for the dance contest, call Bonnie Roberts at 443-8810.*

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Fort Myers Art:

Alliance Exhibits Painter And Photographer



by Tom Hall

The Alliance for the Arts' January exhibit pairs the work of two women artists who live part-time in Southwest Florida. Barbara Hoffman is a photographer who will exhibit current

work following the theme Beauty In Decay. Painter and printmaker Tammra Sigler's exhibition will include pieces from her Flowers series of 2007 and her more recent Fun monotype series. Their joint exhibit will open with a public reception at 5 p.m. on Friday, January 6 at the Alliance. The artists will lead a Gallery Walk & Talk at 10 a.m. on Saturday, January 7. The exhibit remains on display through January 30.

While they work in different mediums, the Alliance exhibition committee felt that Hoffman and Sigler's artwork is complimentary. Committee member and Fort Myers artist Andy Browne said, "I saw two artists whose work was similar in that both are rooted in floral and organic imagery, but they have two very different approaches, both in medium and attitude."

I see Barbara's work as quiet, formal and elegant and Tammra's work as zippy, frenetic and noisy."

Hoffman is from Peoria, Illinois but now winters in Bonita Springs. She has shown her work frequently around the country during the past decade. Most recently, her Beauty In Decay collection was featured as a one person exhibition at Carl Sandburg College in Galesburg, Illinois.

"Traditional flower and plant photography is about perfection, catching the plant or flower at its most perfect and unblemished point," said Hoffman in her artist's statement. "This series uses decaying tropical plants, well past the point of traditional perfection, as a metaphor for the beauty in all phases of life. The vegetation's lushness and sensuality can be felt, even through aging and death."

The plant material in many of Hoffman's Beauty In Decay series was found in pristine neighborhoods in Florida. "From stacks of curb trash, I found incredible sources of exquisite detail and rich color. In the wild, I found plant material lying in sensual array, decaying in place. Its beauty was undeniable."

The inherent conflict between societal expectations of youthful physical perfection and relentless physical decay sets up a tension that requires continual adjustment of self-image.

"This body of work is helping me put aside arbitrary expectations, reaching for a new understanding of aging," said Hoffman. "The richness in color, texture and form parallels the richness of experience and depth of beauty in the



Work by painter Tammra Sigler

photos courtesy www.artsfwf

human aging process."

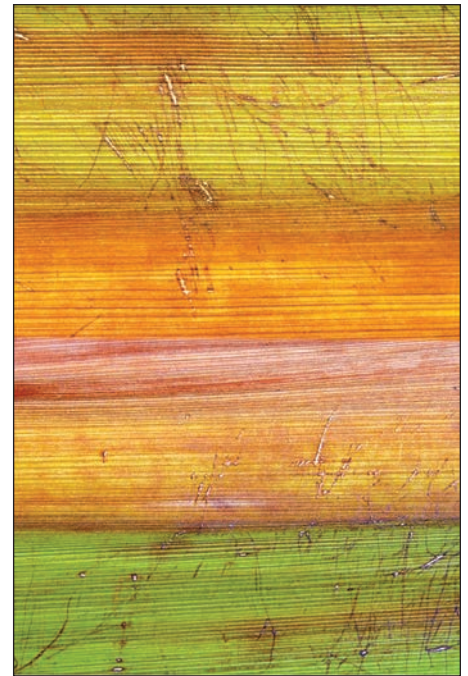
Sigler splits her time between Maryland and Naples. She received art degrees in the mid-1960s from Syracuse University and the Maryland Institute College of Art in Baltimore, and has shown her work extensively and been awarded many prizes ever since. Her work has been acquired by The National Museum of Women in the Arts in Washington, DC and the Baltimore Museum of Art, and is included in many corporate and private collections both nationally and internationally. Most recently, the Baker Museum, Artis-Naples, featured four of her Philip Glass In The Upper Room pieces in Florida Contemporary 2015.

"As a painter and printmaker, my primary concern is always 'the mark' ... just what happens when the pen/brush reaches the paper/canvas," proclaimed Sigler. "That is my electric moment. My buzz! The very specific character, personality, energy, vibrancy of my mark, be it lively or quiet and contemplative, are the very heart of my work. While I may be responding visually, as in the flower pieces, responding to my imagination, as in swarms and bees, or responding to sound, as in the music pieces from 2015, first and foremost, is always 'the mark.' Secondly, it is quite obvious that I am concerned with color. I find myself pushing my color; introducing colors that just don't quite belong. Finding solutions that are contrary to the obvious. I hop onto unexpected opportunities. How can I break rules? Where is the magic? The humor? The whimsy? I like to laugh. I do not think about these ideas, I just find them... or perhaps, they find me. They fuel my search. My moments of delight come from surprise."

The January 6 opening reception is free and open to the public. Artwork created by Alliance instructors and their students will be displayed in the member gallery. Broadides: Poetry Off The Shelf will be featured in the Foulds Theatre lobby, although the official Broadides event is January 28 at 7 p.m. Visit ArtInLee.org or call 939-2787 to learn more about the exhibits, or the rest of the amazing things happening at the Alliance.

Sanibel Gallery Exhibit Of Work By Sante Fe Artists Opens

Sacred Creatures, Sacred Spaces: From Sante Fe with Love opened on



Work by photographer Barbara Hoffman

Thursday, January 5 at Sanibel's Watson MacRae Gallery. The show contains work by six artists that Maureen Watson met this past summer, when she opened a pop-up gallery in Sante Fe during her summer vacation.

The artists with work in the show are:

- Britt Freda – The Aviator, oil and graphite on canvas
- Ron Allen – Songcatcher, found objects/cement sculpture
- Geoffrey Gorman – Alberti, mixed media/found objects sculpture
- Rebecca Haines – Minerva, acrylic on canvas
- Teresa Neptune – Milagro Shoes, photograph
- Linda Hunsaker – Chihuahuas at Chimayo, monoprint

Allen hails from Wewoka, Oklahoma. His tribal sculptures wear memory skirts made of 100 objects encountered every day – which do we carry with us, what do we leave behind? His Shaman-like sculptures witness the person's relationship with the supernatural guardian of our collective memories.

Freda calls Vashon Island, Washington home. Her paintings express her lifelong fascination and reverence for the natural world, and now her concern. Her Endangered Species series is a testament to her art and her commitment to preservation.

Arrival Of First Seaboard Railway Passenger Train In 1927

On January 7, 1927, the first Seaboard Railway passenger train arrived in Fort Myers carrying Seaboard President S. Davies Warfield, Governor John W. Martin and 600 guests. After welcoming speeches, 200 cars took visitors on tours of the city.

Beginning the next day, two trains arrived and departed daily: the West Coast Limited and the Orange Blossom Special.

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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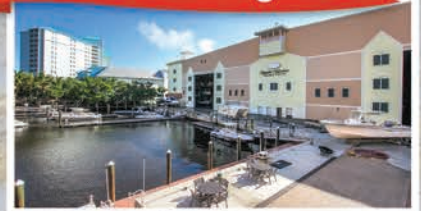
15658 Beachcomber Ave
 Sought after 3BR/2BA lake home in near beach, gated Beachwalk Isles. Over 1900sqft, newer appliances, wood floors, granite counters.
Offered at \$295,000

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15657 Beachcomber Ave
 Must See, Move in Ready! Stunning 3BR/2BA oasis in near beach, gated Beachwalk Isles. New kitchen, tile, granite, fence, landscaping & bathrooms.
Offered at \$284,900

New Listing!



Sanibel Harbour Yacht Club
 Slip #435. Top rack, large dry storage boat slip. 15.2x13.9x45. Enjoy full service marina, amenities & restaurant. Low fee \$399/mth.
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Punta Rassa 3-602
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Punta Rassa 3-301
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Offered at \$449,900



Punta Rassa 3-605
 Spectacular views from sought after building 3! Furnished nautical haven. Bright & open, beautiful trim & molding, stainless appliances.
Offered at \$439,000



Punta Rassa 4-601
 Stunning waterfront! Endless Bay views from this in-demand end unit. 2BR, 2BA, well appointed kitchen, granite & new appliances. Beautiful baths!
Offered at \$439,000



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Along The River

Sanibel Fly Fishers, Sanibel Sea School and Canterbury School of Fort Myers are jointly hosting a **fly fishing expo** this Thursday, January 5 from 6 to 9 p.m. in the **Canterbury School gymnasium**.

The expo is designed to help people become better acquainted with the sport. Fly fishing involves equipment that is slightly different from traditional fishing methods, and can seem intimidating. Their goal is to help people learn about fly fishing equipment and techniques in a comfortable atmosphere and have a little hands-on experience to become better informed about the sport.

Casting instructions at the expo will be provided by one of Southwest Florida's best fly casting instructors, Joe Mahler. Several local fly tiers will be demonstrating how they tie their favorite flies and provide tips and insight on ways to tie flies. JoEllen Wilson, a fisheries biologist with the Bonefish Tarpon Trust, will speak about Juvenile Tarpon Habitat in Southwest Florida. There will also be demonstrations on knot tying, and people will demonstrate and explain the types of fly fishing gear commonly used in this part of the world. Several local marine conservation organizations will also have tables at the event.

Admission is free and several door prizes will be given away, including a complete fly fishing outfit – rod, reel and line, and flies – and hats and T-shirts will be awarded at the end of the evening's program.

Pizza and soda will be available for



Fenway South Farm & Flea Market is now open on Mondays from 11 a.m. to 3 p.m.

a small contribution to help cover the expenses of the food.

Visit the Sanibel Fly Fishers Facebook page, or stop by Sanibel Sea School for

photo courtesy Local Roots Farmers Markets more information about the expo.

The Canterbury School gymnasium is located at 8141 College Parkway in Fort Myers.

The River District Alliance is celebrating another year of offering a monthly art event in **downtown Fort Myers. Art Walk** will be held this Friday, January 6 from 6 to 10 p.m. and Saturday from 11 a.m. to 4 p.m. The free, self-guided evening tour of visual arts gallery openings takes place each first Friday of each month on a rain or shine basis.

Fourteen galleries invite visitors and residents to meet the artists and enjoy live art demonstrations and live entertainment throughout the river district. There will be an opening reception at Arts for ACT Gallery, located at 2265 First Street, featuring exhibit artists Martha Dodd, Cynthia Egan and ACT co-op artists.

For more information, visit www.fortmyersriverdistrictalliance.com.

The Fort Myers Department of Parks and Recreation will host an **American Red Cross lifeguard certification course** this weekend. Starting on Friday, January 6 and continuing through Sunday, January 8, the three-day course will be held at the **Golfview Pool**, located at 1865 Golfview Avenue in Fort Myers. The purpose of the American Red Cross lifeguarding course is to teach candidates the knowledge and skills needed to prevent and respond to aquatic emergencies. The course content and activities prepare candidates to recognize and respond quickly and effectively to emergencies and prevent drownings and injuries.

Lifeguarding course students must be at least 15 years of age before the last scheduled class session, and should be experienced swimmers who are able to demonstrate 300-yard continuous swim

of either freestyle or breaststroke, retrieve a 10-pound object in six to eight feet of water in one minute and 40 seconds, and maintain a two-minute tread, using their legs only.

Participants who successfully complete the class with a passing grade will receive a two-year American Red Cross Lifeguard Certification which covers lifeguarding rescue skills, CPR/AED and first aid skills. It is a nationally recognized certification and can be helpful when looking for employment.

The cost of the course is \$175. Pre-registration is required at the City of Fort Myers Aquatic Center, located at 1750 Matthew Drive in Fort Myers. Sign up between 8:30 a.m. and 5 p.m.

For more information, contact Amanda Dusick, aquatic supervisor with the City of Fort Myers, at 321-7553 or via email at adusick@cityftmyers.com

Lee County Parks and Recreation is offering a **nature walk with a bird patrol guide at Lakes Regional Park** this Saturday, January 7 at 8 a.m. The tour is an easy walk along clear paths and offers an opportunity to see birds in native vegetation with experienced guides pointing out the many species in Lakes Park, a Lee County birding hot spot and crucial nesting area for many birds.

Lakes Regional Park is located at 7330 Gladiolus Drive in Fort Myers. Meet at Shelter A7. Enter the Lakes Park gate from Gladiolus then turn right. Drive to the end of the road and continue through the parking lot. Shelter A7 is located near the train station. The tour is free with paid parking.

For more information, call 533-7580 or 533-7576 or visit www.birdpatrol.org.

JetBlue Park at Fenway South will host its first **farmers market** of the season this Monday, January 9 from 11 a.m. to 3 p.m. at its 11500 Fenway South location.

The market and an added flea market will run each Monday afterwards until March 27. The market will include fresh local produce, cheeses, fresh pastas, seafood, baked breads, meats, herbs, ready-to-eat meals, plants, flowers, crafts, soaps, candles and more.

The flea market is open to anyone in the community to drop in for the day with new or gently used items, antiques, etc. Spaces will be assigned upon arrival.

Anyone interested in becoming a vendor or providing live entertainment may visit www.BuyLocalLee.com. For more information and prices, call 226-4783 or email jbpevents@redsox.com.


The **Riverdale Kiwanis Medieval Faire** returns to **Lakes Regional Park** this weekend and next. The continuous entertainment begins this Saturday, January 7 and Sunday, January 8 from 9 a.m. to 6 p.m.


Cost is \$15 for ages 12 and older, \$5 for ages 5 to 11 and free to younger children. Free onsite parking is available.

Entertainment includes jousting by New Riders of the Golden Age; many merchants and artisans; jugglers, magicians and minstrels; a live combat chess match; live sword fighting; medieval arts and crafts; a royal court and procession; children's games and rides; medieval clothing and weapons; period food and beverages including meade.

Lakes Regional Park is located at 7330 Gladiolus Drive in Fort Myers.*

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FORT MYERS FARE

DOC FORD'S RUM BAR & GRILLE

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

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

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

ICHIBAN

Ichiban is a downtown favorite for Chinese and Japanese cuisine. The name means "Number One" in Japanese and offers its customers the perfect balance of great quality and affordable prices. Ichiban has been family owned and operated for 11 years and its enduring popularity is a testament to its exceptional, friendly service.

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

ISLAND COW

Where can you go when you're in the "moood" for some great cookin', local fun and prices that won't make you lose the farm? Try Island Cow on Sanibel.

Island Cow is an airy bistro with French doors leading out to the front and back patios. It is open daily for breakfast, lunch and dinner. Dine under the stars while you listen to live music on one of Sanibel's only al fresco eating porches. Now serving full liquor island cocktails!

2163 Periwinkle Way, Sanibel. Call 472-0606.



Dine in at LaMotta's Italian Restaurant

photo courtesy LaMotta's

LAMOTTA'S ITALIAN RESTAURANT

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

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

Hours include Monday through Friday from 11 a.m. to 9 p.m.; Saturday from noon to 9 p.m.; Sunday from 4 to 9 p.m.

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

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.

17501 Harbour Pointe Drive, 466-5377.

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Awarded Best New Restaurant 2016, discover an authentic experience at Shima Japanese Steakhouse & Sushi Bar as your meal is artfully prepared right before your eyes! Panoramic Gulf views await you at Sea Breeze Café where the menu celebrates fresh local produce and seafood. Enjoy breakfast, lunch or dinner on the terrace or dining room, or expertly rolled sushi at the bar. Sanibel's favorite tiki bar, Turtle's Pool & Beach Bar, serves up island favorites at the bar or family-friendly patio. Choose from frosty drinks, signature sandwiches and classic favorites. Visit sundialresort.com/eat for menus, hours and reservations.

1451 Middle Gulf Drive, Sanibel 472-4151.

TERRA NOSTRA

Terra Nostra Ristorante Italiano serves classic Italian fare in the former Cork & Barrel suite in the Target center at 15880 San Carlos Boulevard.

Owners Fernando and Sao Uva welcome you to their new location after spending many years on Fort Myers Beach. They bring over Chef Anthony Grandepiogga and Maitre d' Reginald Beach. The establishment seats 156 people, including outdoor dining.

The mission of Terra Nostra is to serve homemade food in a restaurant environment. Try some of Fernando's hand-crafted specialties: Bouillabaisse, Chicken Monte Carlo and Penne a la Fiero. With these selections and house favorites, you will never leave hungry. Have a drink from the full liquor bar or sip from the many hand-selected wines or ports. A family atmosphere and attentive service will make your dinner a dinner to remember.

Terra Nostra is open six days a week from 4:30 to 10 p.m. It is closed Tuesday until further notice.

15880 San Carlos Boulevard, Suite 110, Fort Myers, 590-8147.

To advertise in *The River Weekly News* Call 395-1213

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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 Just past the Tanger Outlet Mall. Pastor Barry Lentz, 281-3063. Sunday Worship, 10:30 a.m., Wednesday Bible Study, 7 p.m.

CHABAD LUBAVITCH

OF SW FLORIDA ORTHODOX

5620 Winkler Road, Fort Myers. Rabbi Yitzchok Minkowicz. 433-7708, rabbi@chabadswf.org. www.chabadswf.org. Friday service 6:30 p.m.; Saturday Kabbalah class 9 a.m.; Shacharit 10 a.m.; Kiddush at noon. Minyan Monday and Thursday 7 a.m.

CHAPEL OF CYPRESS COVE

10200 Cypress Cove Circle Fort Myers 850-3943, Located at Cypress Cove Retirement Center on HealthPark Campus An ecumenical non-denominational community of believers. Sunday Worship Service, 10 a.m.; Wednesday Bible Study, 7 p.m. Reverend 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 Reverend Dr. Jeffrey DeYoe, Senior Pastor Reverend David Dietzel, Pastor Emeritus. Traditional Sunday service 10 a.m. Nursery available.

CYPRESS LAKE BAPTIST CHURCH

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

CYPRESS LAKE

PRESBYTERIAN CHURCH

8260 Cypress Lake Drive, Fort Myers, 481-3233. www.clpc.us. 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.

FORT MYERS CHRISTIAN CHURCH (DISCIPLES OF CHRIST) A STEPHEN MINISTRIES CONGREGATION

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

FORT MYERS CONGREGATIONAL

UNITED CHURCH OF CHRIST;

8210 College parkway, Fort Myers, 482-3133. RRev. Dr. Jean M. Simpson and Rev. Ellen Palmer Marsey. Morning Worship: 10 a.m., Church School: 10:15 a.m. Friendship Time follows worship.

IONA-HOPE EPISCOPAL CONGREGATION

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

JESUS THE WORKER

CATHOLIC CHURCH

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

KINGDOM LIFE CHURCH

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

LAMB OF GOD CHURCH

A few federated Lutheran (ELCA) and Episcopal Congregation. 19691 Cypress View Drive, Fort Myers. 267-3525. www.lambofgodchurch.net. 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.

NEW HOPE BAPTIST CHURCH OF FORT MYERS

16120 San Carlos Boulevard, Unit 10. 985-8503. 9:45 a.m. Sunday School for all ages. 11 a.m. Sunday Morning Worship. 7 p.m. Wednesday Evening Bible Study.

NEW HOPE PRESBYTERIAN CHURCH

3825 McGregor Boulevard. Fort Myers. Pastor Eddie Spencer. 8 and 9:30 a.m. Traditional Worship. 11 a.m. Contemporary Worship. 8, 9:30 and 11 a.m. Sunday School. Youth and Children's programming runs concurrent to Sunday services. Nursery care provided at all services. 274-1230. www.newhopefortmyers.org.

PEACE COMMUNITY CHURCH

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

PEACE LUTHERAN CHURCH

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

REDEEMER LUTHERAN CHURCH

3950 Winkler Ext., Fort Myers, 274-0143 8:15 and 10:15 a.m. Sunday Services Daily early learning center/day care.

RIVER OF LIFE ASSEMBLY OF GOD

21580 River Ranch Road, Estero. 495-0400, Senior Pastor Todd Weston. 8 and 9:45 a.m. Services; 11:30 a.m. Legacy Service, multi-generational.

SAMUDRABADRA BUDDHIST CENTER

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

SAINT COLUMBKILLE

CATHOLIC CHURCH

12171 Iona Road, Fort Myers, off McGregor and north of Gladiolus. 489-3973. Father Lorenzo Gonzalez. Monday 6:30 p.m., Tuesday through Saturday 8 a.m. Saturday 3 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. Sunday.

SOUTHWEST BAPTIST CHURCH

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

TEMPLE BETHEL SYNAGOGUE

16225 Winkler Road Fort Myers. 433-0018, www.templebethel.com. Religious School Director Dale Cohen, Learning Tree Director Jesyca Virnig, Office Manager Karen Kagan. Union For Reform Judaism Shabbat Service Friday 7:30 p.m., Torah Study Saturday 9 a.m. Religious School Wednesday 5:30 p.m. and Sunday 9:30 a.m. Learning Tree Monday through Friday.

TEMPLE JUDEA (CONSERVATIVE)

14486 A&W Bulb Road, Fort Myers, 433-0201, Rabbi: Rabbi Marc Sack Minyan: Monday at 9 a.m. Religious Education: Sunday mornings and Wednesday evenings. Services Friday 6:30 p.m. and Saturday 9 a.m. www.tjswfl.org.

THE NEW CHURCH

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

UNITARIAN UNIVERSALIST

CHURCH FORT MYERS

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

UNITY OF BONITA SPRINGS

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

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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

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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. Educational Hour. www.zionfm.org✠

Gaither Vocal Band Coming To Fort Myers



Gaither Vocal Band

photo provided

On Friday, January 20 at the McGregor Baptist Church in Fort Myers, multi-Grammy Award-winner Bill Gaither will host a spectacular evening of music, laughter and encouragement featuring the talent of the prestigious Gaither Vocal Band.

The Gaither Vocal Band – with the all-star lineup of David Phelps, Wes Hampton, Adam Crabb, Todd Suttles and Bill Gaither – will share timeless gospel classics as well as refreshing, inspiring new favorites embraced by audiences of all ages and backgrounds. Few events have the ability unite individuals from all walks of life the way Gaither concerts do.

Year after year, Gaither has brought the homecoming tour into cities worldwide, performing to packed houses with collective attendance figures exceeding 1.1 million people and being ranked among the top concerts for tickets sold worldwide in any music genre during the past decade. Each concert showcases gospel music's finest talent and draws new listeners with every city. Joining The Gaither Vocal Band for this special evening will be talented female vocalist Charlotte Ritchie and powerful male vocalist Gene McDonald, as well as guitarist and comedian Kevin Williams.

Gaither continues to be delighted by audiences' response to the concerts, now more than 40 years after he quit his day job as a teacher. "I've always said it all starts with a great song, and we are fortunate that each concert includes great songs that have stood the test of time," he said. "With all the musical choices that are available now, there is still a special place for the joy and optimism that reside in Gospel music. Good news never gets old."

This Gaither Vocal Band concert at the McGregor Baptist Church in Fort Myers will begin at 7 p.m. Complete information, including ticket pricing, is available by calling 936-1754 or visiting www.gaither.com or www.premierproductions.com. To charge tickets by phone, call 855-484-1991. Group tickets are available by calling 855-484-1991. Tickets are also available online by visiting www.premierproductions.com.✱

Family Movie Nights At Alliance

The Alliance for the Arts will begin its Outdoor Family Movie Nights series at the Alliance campus on Friday, January 20 at 6:30 p.m. with *Alvin and the Chipmunks: The Road Chip*. Families are encouraged to bring lawn chairs, coolers and blankets. Admission is free, but a suggested \$10 family donation helps the Alliance continue offering affordable family programming.

"Family Movie Nights are a fun and endearing way to enjoy animated films

under the stars with your family and friends," said Brandi Couse, director of education and operations. "It's a great, inexpensive way to treat your family to a movie."

The Outdoor Family Movie Night series continues on Friday, February 17 with *Ice Age: Collision Course* and concludes on March 10 with *How To Train Your Dragon 2*. Movies begin at dusk.

Support for this event is provided by DinoLingo.com Language Learning Programs for Kids, Pediatric Density of Fort Myers, GreenMedinfo, Riverside Realty Group, LLC and Staging Matters, Inc. For more information, visit www.ArtInLee.org or call 939-2787.✱

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Native teabush's five-petaled flowers bloom most of the year and attract butterflies and hummingbirds

photo by Gerri Reaves

Plant Smart

Teabush

by Gerri Reaves

Tebush (*Melochia tomentosa*) is a native perennial shrub or subshrub whose hardiness and beauty recommend its increased use in the landscape.

This species endures tough conditions, such as nutrient poor soil, drought and full sun – and produces pretty flowers spring through winter.

Those five-petaled purple, pink or magenta flowers provide nectar for butterflies and attract hummingbirds.

The name teabush refers to the medicinal tea made from the leaves, which is a cold treatment and eyewash.

Other common names are broomwood, woolly pyramidflower and pyramid bush, the latter two names inspired by the plant's tiny reddish brown pyramidal seed capsules.

In the wild, this member of the big hibiscus or mallow family grows in pinelands and dry, open rocky limestone habitat.

Typically, it reaches three to five feet tall but can reach a bushy small-tree size.

The lanceolate alternate leaves are muted silvery green and serrated, or toothed.

They are covered with short soft hairs, thus the term tomentosa, which means fuzzy or woolly.

The leaves edges have a scalloped look because each tooth bends away from the leaf plane.

The flowers appear at the branch ends and feature five prominent long stamens with brownish pollen-releasing anthers.

Sources: backyardnature.net, floridasnature.com and wildflower.org.

Plant Smart explores the diverse flora of South Florida.✱

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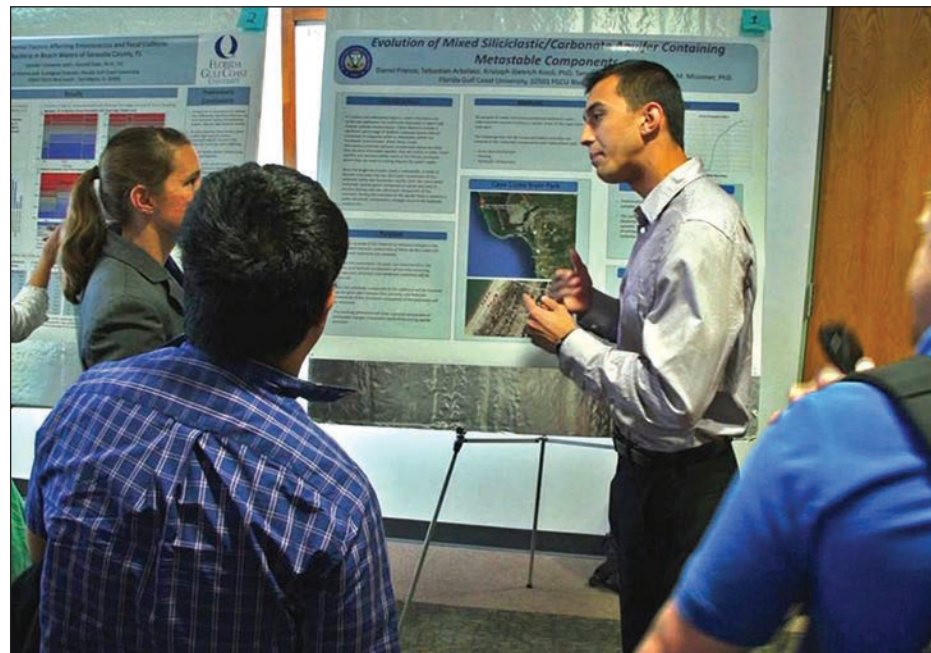


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Water Resources Conference



Students showcase their research posters

photo by Tom James, Pelican Media

The Steering Committee of the Southwest Florida Water Resources Conference announced the lineup of speakers for this year's conference, held at Florida Gulf Coast University's Cohen Center Ballroom in Fort Myers on Friday, January 13.

This year's theme, Cooperative Solutions: Working Together To Address Water Challenges, recognizes our region's need for all elements of society to cooperate in the pursuit of actions that will improve our water systems and environment. The conference will showcase how agencies, engineering firms, and non-profit organizations have worked together and can continue to join forces on specific projects and larger initiatives. As always, organizers have arranged for presentations by some of the leading experts in water resources, and will include some of the top decision-makers responsible for water resource planning and management in Southwest Florida, the state and the nation.

The conference brings together researchers, managers, agency staff, consultants and other interested parties to discuss ongoing technical and social research and innovative projects, to share ideas, and to increase awareness of the issues of water supply, water use efficiency, waterbody protection, watershed health and environmental sustainability facing Florida.

As has become its tradition, the conference is Florida's premier student poster contest for water resources students statewide. Cash prizes are offered for the best research posters, with first, second, and third-place awards in two divisions, graduate students and undergraduate/high school students.

Topic sessions include:

- Successful Cooperative Projects/Realities of Cooperative Projects
- Regional Cooperative Approach To Water Management Projects with keynote speaker Carol Collier of Drexel University. She will discuss Chesapeake Bay Cooperative Programs for Water Management Improvement
- Blueprints For Cooperative Projects

Local speakers include Ray Judah, former Lee County Commissioner; Jennifer Hecker, Charlotte Harbor NEP; and Dr. Richard Bartleson, Sanibel-Captiva Conservation Foundation.

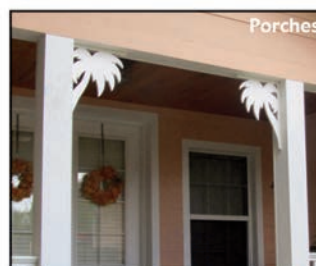
Advance registration is recommended. Registration will open at 8 a.m. Sessions will conclude around 4:30 p.m. and will be followed by a networking social. The full technical program and other details are available online at www.SWFWRC.org. ✱



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CROW Case Of The Week:

Common Loon



by Bob Petcher

A common loon (*Gavia immer*) offers a distinctive, throaty call that echoes across lakes. Some refer to the sound bellowing from the large, tuxedoed birds in the middle of the lake as eerie.

In all, loons create a variety of vocalizations that could be categorized into four main types: the tremolo; the yodel; the wail; and the hoot. Each of these calls communicates a distinct message.

Loons are migratory birds that mainly live in the northern region of the United States and Canada (as well as Greenland and Iceland) but like to reside in the southern states when the weather gets too cool up north. They are known to be powerful and agile divers that can catch small fish during quick underwater chases.

Loons are less acquainted to land and typically come ashore only to nest. In fact, the duck-like animal actually gets its name for its clumsy, awkward appearance when traversing on land. It has a long body and a short tail that is usually not visible.

At CROW, a common loon was brought in from another wildlife center on December 23 due to its need to grow new feathers. Its primary feathers arrived in very poor condition, with brittle shafts.



Donated feathers from a deceased loon

photos by Kenny Howell

The patient will receive donor feathers from another common loon that happened to pass away at the clinic last week. The feather-repairing procedure is called imping and involves reattaching donor feathers onto a bird's wings by the use of small splints inserted into the hollow shaft of the bird's main flight feathers.

Once the procedure is successfully accomplished, CROW officials say the loon's flight can be restored immediately.

"The loon will be able to fly immediately after the procedure but most take a little time to get used to new feathers," said CROW DVM Intern Dr. Krystal Woo, who further stated the imping procedure is generally a simple



Patient #16-3889 needs its feathers repaired

one with a high success rate. "The success is judged on whether the feathers stay in place until moulting begins. Since the loon is a water bird, we want to be sure they are secure especially for when diving in the water for food. That is why we will keep the loon for a few weeks before (it is) released."

Woo explained that, during imping, "the feather is inserted into the hollow shaft of the broken feather and held in place with epoxy. In time, the inserted feather will be replaced during moulting (shedding of old feathers while producing new ones)."

CROW officials say 40 feathers have been removed from the deceased loon but the exact count of how many will be used during imping will not be known until the bird is anesthetized and there is a

closer examination of the brittle feathers.

"We are estimating the loon might need between five to 10 feathers," said Dr. Woo. "It is a relative quick procedure and should take no more than 30 to 45 minutes."

If the deceased loon's feathers were not available, the patient would have to grow back its own feathers, a process that could take at least two to three months or longer," added Dr. Woo.

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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Christmas Heat Wave



by Capt. Matt Mitchell

Even though winter is officially here with our temperatures in the 80s, it's still just a little hard to believe. You've just gotta love that as other parts of the country

are experiencing record cold, we are out on the water enjoying Christmas week and catching lots of fish. Traditionally, January is the coldest month of the year for us. So as long as this bonus winter heat wave sticks around, get out and take advantage of it.

Catch-and-release snook fishing continued to be on fire all week despite the slow moving daytime tides. During a average four-hour trip, I'm carefully releasing 20 or more snook. Mangrove creeks that had even just a little moving water held great numbers of fish including snook, jacks, snapper, gag grouper and a few trout. When fishing on these slow

water movement days, often finding somewhere the wind is pushing the water is what it took to find feeding fish.

While riding down mangrove shorelines on my tower this week, I finally started to see some larger sheepshead. These are the first bigger sheepshead I have seen in any kind of numbers so far this winter. Most docks on the ICW also had these sheepshead show up this week on them, too. As long as the weather stays good, I don't really start targeting these fish until a client wants to or cold weather makes it the best fishing option.

On trips this past few weeks, when I have clients who want to go home with fillets, I opted to target mangrove snapper. Fishing sunken structures in the southern sound, limits of mangroves up to 15 inches came easily once you fired up the fish with some live shiners. Watching these snapper explode on the surface as they chase down the live shiners makes for a great visual bite and a tasty dinner. I don't ever remember catching as many or such quality mangrove snapper in late December before.

When I'm traveling from place to place, I'm always checking crab pots and markers along the way looking for that bonus fish... aka a tripletail. This paid off over the weekend as we stumbled



Paul Holder with a bonus tripletail caught this week with Capt. Matt Mitchell

across a roughly 10-pound tripletail in the middle sound. After pulling the hook and losing this fish, my client quickly got over it as a few more buoys down the line, he caught a quality five-pounder that took the sting out of losing the first one. Another half-mile down the buoy line, we then saw one of the biggest tripletail I have seen in the past few years. This giant was in the 20-pound-plus range. After casting at this monster over and

over, it would just not close the deal and eat a bait. After about 20 minutes, the monster spooked, swimming down and never returned to the buoy.

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

We 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 395-0113.



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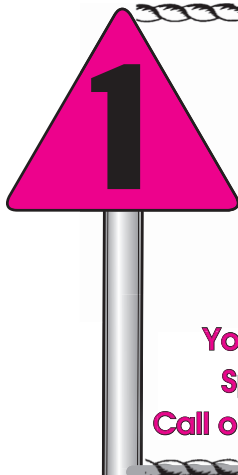
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Dave Doane



Heights Foundation CEO Kathryn Kelly with Heights Center after school kids at the 2016 Love Your Neighbor evening photo courtesy Heights Foundation

Support The Heights Foundation

Love Your Neighbor, an annual event featuring Norman Love Confections and Mark Loren Designs, will be held on Tuesday, January 17 from 6:30 to 9:30 p.m. at the riverfront Gulf Harbour home of Alan and Patricia Canfield.

Guests will sample fine wine and spirits and an assortment of culinary creations from local restaurants and chefs including Blu Sushi, Cru, Summerlin Jake's Seafood & Steaks, Three Fishermen Seafood Restaurant and The Timbers Restaurant & Fish Market. Beverage sponsors include The Lighthouse Resort & Tiki Bar and List Distillery.

Live and silent auction items will be offered and all proceeds will benefit the School Success Program for at-risk children in the Harlem Heights Neighborhood. At last year's event, \$285,000 was raised. Upgrades and VIP sponsorships that include the exclusive VIP pre-party are available.

Gulf Harbour residents Bill and Caroline Bloomhall, Dave and Cheryl Copham, and Cliff and Georganne Williams will be recognized at the event for their long-time support of The Heights Foundation.

"We are happy to support the good work of The Heights Foundation," said hosts Alan and Patricia Canfield. "The residents of Harlem Heights are our neighbors and the foundation's School Success Program ensures that the children in the neighborhood have the tools they need to succeed in school."

"Our School Success program includes academic tutoring, after school and summer camp programs, scholarship and college access assistance, school supplies, and tuition support," said Kathryn Kelly, president and CEO of The Heights Foundation. "Each program is geared to meet the specific needs of children and young adults who seek to further their education. The Gulf Harbour community has been very supportive of The Heights Foundation and we appreciate the Canfields opening their home for this important fundraiser."

Sponsors include the Suncoast Credit Union Foundation, Connie and Ed Lizak, The Javedan Family, JP Morgan Chase, Val Ward Cadillac and Florida Power & Light.

Tickets are now on sale for \$200 each and space is limited. Upgrades and sponsorships that include an exclusive pre-event VIP party are also available. Purchase tickets at www.heightsfoundation.org/lyn or call Karen Lesza at 482-7706.*

Senior Health Fair And Open House

Lee Health's SHARE Club will present a Senior Health Fair and Open House, to be held on Wednesday, January 11 from 9 a.m. to noon at the North Fort Myers Recreation Center, located at 2000 North Recreation Park Way in North 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, bike and pedestrian safety 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.*

Free Refuge Programs Available



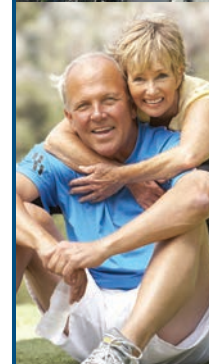
Every Tuesday through April 23, Calusa Shell Mound Trail guided tours run continuously from noon to 2 p.m. photo courtesy DDWS

From birding and biking the refuge, to learning about manatees and venomous wildlife, the seasonal calendar of free programs and tours at the JN "Ding" Darling National Wildlife Refuge began this week and runs through April 23.

Daily programs begin at 8:30 a.m. and include such diverse topics as Nature Photography, Beach Walk, Birds of Prey in Southwest Florida, and an Indigo Trail Walk.

"We have something for visitors of all ages," said Supervisory Refuge Ranger Toni Westland. "Most of the free refuge programs and tours last about a half hour."

For a full calendar of programs and tours and descriptions, visit www.dingdarlingsociety.org/articles/free-refuge-programs. Free educational programs are made possible through support from the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS).*



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January 9 - March 31, 2017

The journey of a million miles begins with a single step...

Take a step toward healthier living by joining Healthy Lee's Million Mile Movement! We're challenging Lee County to get more active by moving 1,000,000 miles in 90 days.

Whether you're walking, running, biking or swimming, register for this community-wide challenge for **FREE** at www.HealthyLee.com and begin logging your "movement" today.

Be part of the Million Mile Movement!

WHO? Lee County residents of all ages and fitness levels can participate as an individual or as a group

WHAT? Any form of movement qualifies, walking, running, biking, swimming and even weight training

HOW? Register at www.HealthyLee.com and on Jan. 9, start logging your miles on the Challenge Portal, powered by Fit Nation

The Million Mile Movement is part of Healthy Lee's mission to empower and inspire the people of Lee County to make healthy lifestyle choices through education and action.

For more information, visit www.HealthyLee.com

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Chubb Classic Returns Here Next Month For The 30th Consecutive Year



by Ed Frank

As we begin a new year, it marks the 30th consecutive year that one of the most popular golf tournaments on the PGA's Champions Tour will be played in our local area. In fact, the newly-renamed Chubb Classic (it was the Ace Group Classic for more than a decade) is the longest running tournament in the same metropolitan area on the Champions Tour.

The February 13 to 19 tournament at TwinEagles Club in Naples will again feature the top senior golf professionals in the world, just as it has for the last 30 years.

All 30 top money winners from the previous year, along with eight World Golf Hall of Fame members, competed here in 2016.

Although the final field that will compete for the \$1.6 million purse will not be announced for a few weeks, defending champion Bernard Langer is certain to return. Langer led wire-to-wire last year with a winning score of 15 under par, edging Fred Couples by three strokes.

Langer, a member of the World Golf Hall of Fame, has won the local tournament three times in seven appearances, along with two second-place finishes to win more than \$1.1 million in this tournament alone.

With 26 wins on the Champions Tour, Langer trails only Lee Trevino (29) and Hale Irwin (45) on the senior circuit.

This long-running tournament began in 1988 at Pelican Bay in Naples and was won by the famed Gary Player. His first-place check was \$45,000 out of the \$300,000 purse. Langer's first-place prize last year was \$240,000.

The tournament has been played on nine different courses over 30 years, the last five at TwinEagles.

More than \$3 million has been donated to local charities through this event. The First Tee, Make-A-Wish Foundation and the Alzheimer's Support Network are among the charities that will benefit from the 2017 Chubb Classic.

Tickets now are on sale by calling 593-3900. To recognize the local support for this 30-year-old event, general admission ticket prices have been reduced 40 percent. Daily general admission tickets are \$15.

Everblades Start 2017 Atop Division And Conference

Winners of four of their last five games, the Florida Everblades began the week – and the new year – with a first-place standing in the ECHL Eastern Conference and the South Division.

The Everblades began a seven-game homestand this week with a three-game series against the Manchester Monarchs on Wednesday, Friday and Saturday nights at Germain Arena. The puck drops at 7:30 p.m. tonight, Friday, and 7 p.m. on Saturday.

Manchester, with a 20-8-1-1 season record, trails Florida by just one point in the Eastern Conference and holds a first-place standing in their North Division.

Florida hosts both South Carolina and Orlando next week at Germain in the homestand.*

SPORTS QUIZ

1. Who was the first San Diego Padres player to hit for the cycle?
2. How many no-hitters did Hall of Fame pitcher Tom Seaver toss during his career?
3. When was the last time before 2015 that Clemson held the top spot in The Associated Press college football poll?
4. Name the only expansion team in NBA history to make the playoffs in its first season.
5. Between the NHL and the World Hockey Association, how many goals did Gordie Howe tally during his career?
6. In 2016, Oksana Chusovitina, 41, of Uzbekistan became the only gymnast to compete in seven consecutive Olympic Games. Who had been tied with her at six?
7. In 26 U.S. Open appearances through 2016, how many times had golfer Phil Mickelson failed to make the cut?

ANSWERS

1. Matt Kemp, in 2015. 2. One, for the Cincinnati Reds in 1978. 3. It was the final poll of the 1981 season. 4. The 1966-67 Chicago Bulls. 5. He tallied 975 goals. 6. Bulgari's Jordan Kovchev. 7. Three times.

Antique Exhibition At Edison Ford



An antique car on exhibit

photo courtesy Edison & Ford Winter Estates

On January 14, from 10 a.m. to 2 p.m., Edison & Ford Winter Estates will host its annual antique car exhibition featuring Lincoln, Mercury, Edsel, Fairlane and Woodie cars.

Owners will exhibit their cars on the riverside lawn of the Ford estate, along the Caloosahatchee River.

Registrations are being accepted for antique Lincolns, Mercurys, Edsels, Fairlanes and Woodies. To register a car, contact Leeanne Criswell at 334-7419 or email lcriswell@edisonfordwinterestates.org.

This family event is free for Edison Ford members and \$20 for nonmembers. There is no charge to register a car.

There will be music, food available for purchase and visitors can tour the beautiful gardens, historic homes, museum and laboratory.

For more information, call 334-7419 or visit www.EdisonFordWinterEstates.org.*

Red Sox Spring Training Begins February 14

The Boston Red Sox announced the 2017 spring training season begins on February 14 at JetBlue Park at Fenway South in Lee County.

Starting on February 23, the team will play a total of 19 home games, including 17 Grapefruit League games, a nine-inning matchup against the Northeastern University Huskies, and a World Baseball Classic exhibition game against Team USA on March 9. The Boston Red Sox spring training is presented by CVS Health.

Tickets for all home games at

JetBlue Park go on sale Saturday, December 3. There will be a \$1 price increase in box seat, grandstand, and Green Monster seating categories for the 2017 season. All other seating categories will remain unchanged. Tickets for the Red Sox vs. Huskies game on February 23 will be half price.

Fans can purchase spring training tickets starting at 10 a.m. at JetBlue Park and online at www.redsox.com. Fans needing ADA accessible seating or those who may not have a computer may call 877-REDSOX9. Hearing impaired fans may call the Red Sox TTY line at 617-226-6644. MasterCard is the preferred payment of the Boston Red Sox.

Red Sox Destinations packages, which offer VIP experiences for fans

continued on page 23



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Evening With Boston Red Sox

This year's 12th annual Evening with the Red Sox will take place on Monday, February 20 at Crowne Plaza Hotel at the Bell Tower Shops and will have a new format.

The evening will begin at 5:30 p.m. and includes an extended cocktail reception with complimentary heavy hors d'oeuvres, beer and wine, autograph signings from Red Sox players, and silent and live auctions that will include trips to major cities, sports memorabilia packages, theme park passes, golf outings and more.

A raffle for an ultimate Red Sox fan experience with a trip for four to Boston will also be available. The package includes a two-night hotel stay and tickets for four to two games at Fenway Park, including seats on the famed Green Monster, a private VIP tour of the ballpark and on-field access. Only 200 raffle tickets will be sold at \$50 each, with all proceeds going to support the Boys & Girls Clubs of Lee County. Tickets are available at www.bgcl.ejoinme.org/RedSoxFan.

"We had such a good response

from our extended cocktail reception on Crowne Plaza's back patio last year that we decided to enhance that free-flowing format and discontinue the sit-down dinner inside," said Rodney Ford, distribution center manager for Coca-Cola Beverages Florida and this year's event co-chair.

"Instead of the sit-down dinner, the event will continue inside the ballroom but with more heavy hors d'oeuvre and desserts stations, additional bars and our silent auction displays," said co-chair Jim Larkin, general manager of Crowne Plaza.

This year's presenting sponsor is Ted Todd Insurance. Bill Banfield, the voice behind the Florida Gulf Coast University Eagles and co-host of FGCU Eagles Hotline Coaches Show on ESPN Radio 99.3, will serve as auctioneer.

Sponsorships are available from \$1,500. Individual tickets are \$200 per person. Donations for auction items are also being accepted.

The Crowne Plaza Hotel is located at 13051 Bell Tower Drive in Fort Myers.

For more information, to register, sponsor or donate, visit www.bgcl.ejoinme.org/RedSoxFan or contact Shannon Lane at 334-1886 or slane@bgcl.net.

America's Boating Course

The San Carlos Bay Sail & Power Squadron, a unit of the United States Power Squadrons that serves South Fort Myers, Fort Myers Beach, Bonita Springs and Estero, will be offering America's Boating Course beginning Saturday, January 7 from 8:15 a.m. to 12:30 p.m.

This course is recognized by the National Association of State Boating Law Administrators. The State of Florida recently passed legislation requiring anyone born after January 1, 1988 to have passed a safe boating course and obtain a Boating Safety Education ID card, which is valid for life, in order to operate a boat with more than 10 horsepower. Each student will receive a card/certificate from the Florida Fish and Wildlife Commission upon completion of the class. The course consists of two sessions on consecutive Saturdays. The

second session will be on Saturday, January 14, also from 8:15 a.m. to 12:30 p.m.

Topics covered include hull design, docking, anchoring, handling boating emergencies, reading channel markers and many other topics to make each boating experience safer and more enjoyable. Successful completion of this course entitles the boater to six months free membership in the United States Power Squadrons with the purchase of a 12-month membership.

The cost of the course is \$60, with a \$20 cost for a second person sharing the instruction materials. The cost includes lunch after the second Saturday class.

The course is being taught at the San Carlos Bay Sail & Power Squadron Classroom, located at 16048 San Carlos Boulevard at the corner of Kelly Road (across from ACE Hardware). Students can register online at www.scbps.com or call the office 466-4040.

Lifeguard Course Begins Friday

Department of Parks and Recreation will host the American Red Cross lifeguard certification course this Friday, January 6 through Sunday, January 8. The three-day course will be held at the Golfview Pool, located at 1865 Golfview Avenue in Fort Myers.

The purpose of the American Red Cross lifeguarding course is to teach candidates the knowledge and skills needed to prevent and respond to aquatic emergencies. The course content and activities prepare candidates to recognize and respond quickly and effectively to emergencies and prevent drownings and injuries.

Lifeguarding course students must be at least 15 years of age before the last scheduled class session, and should be experienced swimmers who are able to demonstrate the following skills:

- 300-yard continuous swim of either freestyle or breaststroke
- A ten-pound object retrieval in six to eight feet of water in one minute and 40 seconds
- A two-minute tread, using legs only

Participants who successfully complete the class with a passing grade will receive a two-year American Red Cross Lifeguard Certification which covers lifeguarding rescue skills, CPR/AED and First Aid Skills. It is a nationally recognized certification and can be helpful when looking for employment.

The cost of the course is \$175. Pre-registration is required at the City of Fort Myers Aquatic Center, located at 1750 Matthew Drive in Fort Myers. Sign up between 8:30 a.m. and 5 p.m.

For more information, contact Amanda Dusick, aquatic supervisor with the City of Fort Myers, at 321-7553 or via email at adusick@cityftmyers.com.

Putt & Pub Crawl

The 7th annual Putt & Pub Crawl will be held on Saturday, January 21 on Fort Myers Beach.

Cost per team is \$225 for a team of four golfers and includes specials at each of the (watering) holes, raffles, dinner and more. The nine-hole creative course has stops at Matanzas on the Bay, Smokin Oyster Brewery, Yucatan Beach Stand, Pierside Grill and Famous Blowfish Bar, Pete's Time Out, La Ola, The Salty Crab Bar & Grill, The Cottage at Gulfshore Grill

and The Mermaid Lounge.

Course opens at 10 a.m. All nine holes in no particular order must be completed by 5 p.m. Each bar sponsor will supply each team member's club and ball. The 10th hole (after party) is from 4:30 to 6:30 p.m.

This year's fundraiser benefits the Beach PTO and Beach Soccer. Prizes will be awarded.

The field is almost full. If interested in signing up, contact Sarah Poppins at Lahaina Realty at sarah@fmbun.com or 463-0000 ext. 110.

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Roger Bradley photo courtesy LARC

Non-Profit
Leader To Retire

LARC, Inc. announced the upcoming retirement of executive director Roger Bradley, effective January 31. Bradley's retirement will end a highly successful tenure spanning 31 years and one characterized by exceptional leadership and devoted service to the disabled community.

"I began my career with LARC in 1986, and I am proud to have been a part of LARC's growth and evolution into Southwest Florida's finest resource for

the disabled community," said Bradley. "It is tough to say goodbye, but LARC's dedicated staff and management team are the greatest. I am truly confident that LARC is well positioned for the next phase of growth and development."

A retirement reception for Bradley will be held at Harborside Event Center on Tuesday, January 17 at 5:30 p.m. Reservations can be made by calling 334-6285.

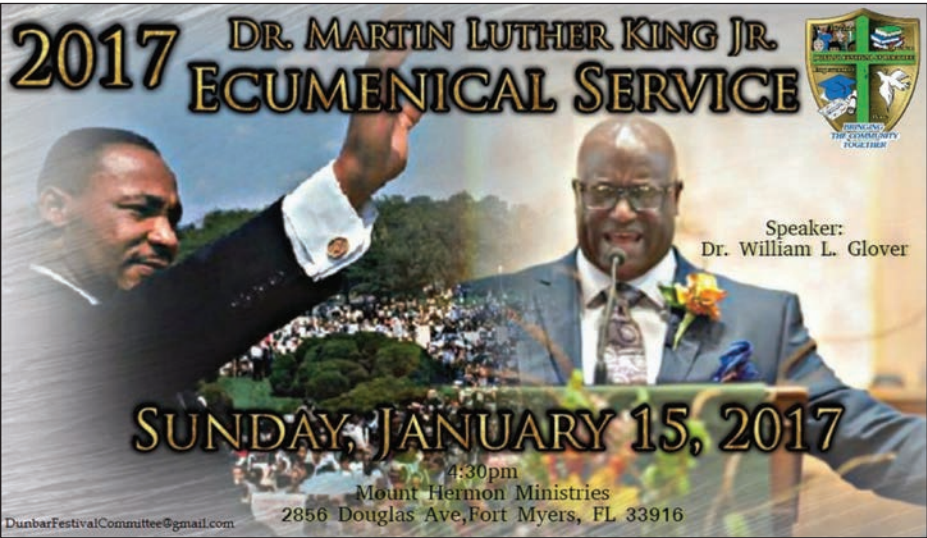
"The evidence of Bradley's commitment to the disabled population is woven through our community," said Peter D'Alessandro, LARC board president. "Roger has been an outstanding leader and has been instrumental in building a strong foundation of excellence in Southwest Florida."

A native of Southwest Florida, Bradley has spent his entire life supporting and advocating for the disabled community.

"As a brother of a disabled sister, he has understood the needs and challenges personally," said Angela Katz, development director for LARC. "When Roger took the helm in 1986, he brought exciting energy and with that came an onslaught of programming designed to better prepare the disabled community for a world of opportunities and inclusion. LARC has been leading the way since 1954, providing programs and services long before mandated in states by federal legislation."

While Bradley is still considering his post-retirement options, he said he won't be going far. He will likely be seen volunteering at LARC, spending time with his wife, Deryl, and pursuing another passion: sailing.✧

Dr. King Legacy Weekend
Aims To Encourage



images provided

Every third Monday of January, the United States celebrates a legend, a trailblazer but most importantly a unifier. Growing up, he knew he would become a preacher, but I don't know if anyone truly knew how he would change the world.

Across the globe, you find streets and monuments named for Dr. Martin Luther King Jr. Though he is known for what is now labeled as the "I have a dream" speech, his work transcended even that. His courage to stand up and lead the Montgomery Improvement Association when other seasoned leaders would not, his passion to see a better America for all Americans, and his desire to uproot what he called the triple evils of society – racism, poverty and militarism – are all just a small part of his work. The organizations he created, the workers he defended, and the leaders he spawned all contribute to the legacy we celebrate today.

In Fort Myers, local citizens honor the work of Dr. King every year through the annual Dr. Martin Luther King Jr. Legacy Weekend. This year's theme is Courage: An Inner Resolution To Move Forward Despite Obstacles.

Religious leaders, city officials and civil rights leaders will fill the halls of the church on Sunday, January 15 as those gathered honor Dr. King during the annual Ecumenical Service. This year, the service is being hosted by Mount Hermon Ministries as Pastor Dr. William L. Glover will be the speaker. Many communities of faith will be on program and within the congregation as all embrace the inclusive message of Dr. King.

The official Dr. Martin Luther King Jr. Day holiday on Monday, January 16 will begin with the Dr. King Commemorative March. Set to depart at 11 a.m., the march begins at the corner of High and Blount streets and will end at Centennial Park. For those wishing to attend the march as well as the Alpha Phi Alpha King Breakfast, the City of Fort Myers has provided a trolley to transport attendees to the march location from the breakfast.

The celebration will begin as the marchers enter Centennial Park for a fun-filled day. Food vendors will be scattered around the park, the large grass area will be available for kids to enjoy a bounce house as well as games and activities, and the stage will be set up for live performances. Throughout Centennial Park, images, performances and information booths will be dedicated to honoring Dr. King and continuing his legacy in 2017.

There are still opportunities for individuals and organizations to get involved and be a part of this weekend. Contact Dunbar Festival Committee president Martin Byrd at 603-4131 or email dunbarfestivalcommittee@gmail.com.✧



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"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."

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

Ethical Hacking Certification



Chris Brenes photo courtesy Entech

Entech, an IT managed service provider (MSP) based in Southwest Florida, has announced that Chris Brenes, its director of IT and security, recently completed the requirements to earn a Certified Ethical Hacking (CEH) certification. This certification allows information security professionals to help a business defend itself against attacks by malicious hackers.

The CEH certification is administered by the International Council of E-Commerce Consultants (EC-Council, www.eccouncil.org).

According to the council's website, a certified ethical hacker is "a skilled professional who understands and knows how to look for weaknesses and vulnerabilities in target systems and uses the same knowledge and tools as a malicious hacker, but in a lawful and legitimate manner to assess the security posture of a target system(s). The CEH credential certifies individuals in the specific network security discipline of ethical hacking from a vendor-neutral perspective."

"This designation is an extremely important value-add to Entech's technical expertise," noted Buddy Martin, Entech's chief operating officer. "We plan to use Chris's knowledge to further develop our IT security solution and security best practices for the benefit of our managed service contract clients."

Brenes holds multiple security certifications, including the (ISC)² (www.isc2.org) Certified Information Systems Security Professional (CISSP) certification and the CompTIA (www.comptia.org) Security+ certification. (ISC)² is an international nonprofit membership association focused on inspiring a safe and secure cyber world, according to its website. CompTIA is a non-profit trade association to "advance the global interests of IT professionals and IT channel organizations and enable them to be more successful with industry-leading IT certifications and IT business credentials, IT education, resources and the ability to connect with like-minded, leading IT industry experts," according to its website.✱

Financial Focus

Finding Investment Income When You Retire



by Jennifer Basey

As an investor, your main goals will change at different times in your life. During your working years, you need to grow as many resources as possible for retirement. Once

you retire, however, you will likely need to focus more on getting income from your investments. But what are your options?

There's no shortage of income-producing investments, of course. You might immediately think of bonds, which can provide regular interest payments and probable preservation of principal, provided the bonds are considered "investment grade." Still, if interest rates are low when you retire – as they have been for several years now – bonds might not provide you with as much income as you need. And just as importantly, the income you

receive from most bonds won't rise over time, leaving you susceptible to inflation and the loss of purchasing power.

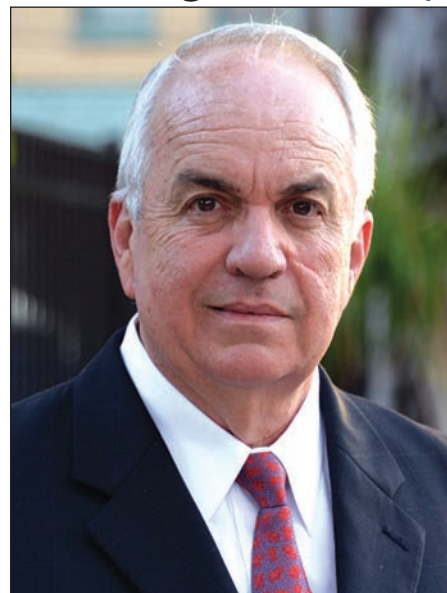
Consequently, you may also need to explore other types of income-generating vehicles, including dividend-paying stocks and real estate investment trusts (REITs).

Some stocks have not only paid but also increased their dividends for many consecutive years. These stocks have historically provided the potential for rising income to help combat inflation and are typically well-run companies that strive to reward their investors. Nonetheless, you need to recognize that even these stocks are not obligated to pay you dividends, and they are free to lower or discontinue them at any time without notice.

Now, let's turn to a second type of potential income-producing asset: Real Estate Investment Trusts (REITs).

Different types of REITs are available. For example, equity REITs invest in and own commercial properties, such as hotels and shopping centers, while mortgage REITs, as the name suggests, own and invest in property mortgages. Is one form of REIT better than another? There's no simple answer. On the one hand, mortgage REITs are considered riskier than equity REITs. However, mortgage REITs often pay quite large dividends, although the payout can be inconsistent. (Like all REITs, mortgage REITs must pay 90 percent of their

New Chair Of Housing Authority



Bruce Strayhorn photo courtesy City of Fort Myers

The Housing Authority of the City of Fort Myers has appointed E. Bruce Strayhorn as chairman of its board of commissioners.

Appointed by the mayor of the City of Fort Myers, the board serves as the governing officers of the HACFM. Through formal adoption of policy, its members ensure the authority's purpose and accompanying responsibilities are carried out in as efficient and economical a manner as possible. The seven board members volunteer their services to the authority. Commissioners ensure the authority operates within the law and according to the U.S. Department of Housing and Urban Development regulations.

A sixth generation Floridian, born in Fort Myers and a graduate of Fort Myers High School, Strayhorn practices law with the firm of Strayhorn & Persons, P.L. in Fort Myers. He has served as assistant state attorney, director of the Fort Myers Downtown Property Owners' Association, board member of the Lee County Housing Development Corporation and member of the Lee County Affordable

taxable income to investors in the form of dividends. Due to this requirement, REITs generally need to raise capital to finance their growth plans, and this necessity can affect their share prices.)

Other factors, such as changing interest rates, will affect the value of mortgage and equity REITs differently. Specifically, rising interest rates will likely cause the market value of the property mortgages inside mortgage REITs to fall, whereas equity REITs, which own actual buildings, might actually benefit if the Federal Reserve raises interest rates, as such a move would indicate a strong economy, more jobs and greater demand for office space. In the short term, though, even equity REITs can react negatively to an interest-rate increase. But over the long

Housing Task Force. He has served on the Housing Authority of the City of Fort Myers board since 1989, originally appointed by Mayor Arthur Hamel. Strayhorn is recipient of the Humanitarian Award by the Southern Christian Leadership Conference, previously served as co-founder of the American Cancer Society's Lee County Cattle Barons' Ball and has served as director of the Fort Myers Rod & Gun Club.

"Since 1989, public housing in the city of Fort Myers has gone through a transformation with most of all of the housing stock being substantially updated and renovated with many more new units constructed," said Strayhorn. "The Housing Authority of the City of Fort Myers has been acknowledged numerous times as a high performer by the United States Department of Housing and Urban Development, and the organization has been acknowledged for its leadership in single-family home ownership as well as resident initiatives presenting its residents an opportunity to become homeowners."

During the past six years, the HACFM has revitalized six projects encompassing 294 units including the former Michigan Court, Sabal Palm Apartments and Palmetto Court. The \$90 million Renaissance Preserve public housing complex (formerly Michigan Court) was made possible through a HUD \$20 million Hope VI grant, which with the companion leveraging and local partnerships, represents a \$100 million investment in obtainable housing for the citizens of Fort Myers. It is the largest public housing complex in Southwest Florida with 2620 family units, 120 senior units and a Boys & Girls Club onsite.

Founded in 1960, the Housing Authority of the City of Fort Myers currently serves approximately 3,500 low-income families throughout the greater Fort Myers community including 2,161 Section 8 vouchers, 1,252 public housing units and 82 affordable housing units. In 2015, the agency was awarded Outstanding Agency of the Year by the Florida Association of Housing and Redevelopment Officials (FAHRO).

For more information, call 344-3220 or visit www.hacfm.org.✱

term, this movement can be offset by the benefits of earnings and dividend growth driven by a growing economy.

Clearly, there's much to think about when considering potential income-producing options such as bonds, dividend-paying stocks and REITs. Ultimately, you will need to weigh the merits and risks of these investments – including interest rate risk, credit risk and market risk – and determine which of them, or which combination of them, are most appropriate for your needs.

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.✱

The Whistler



by Di Saggau

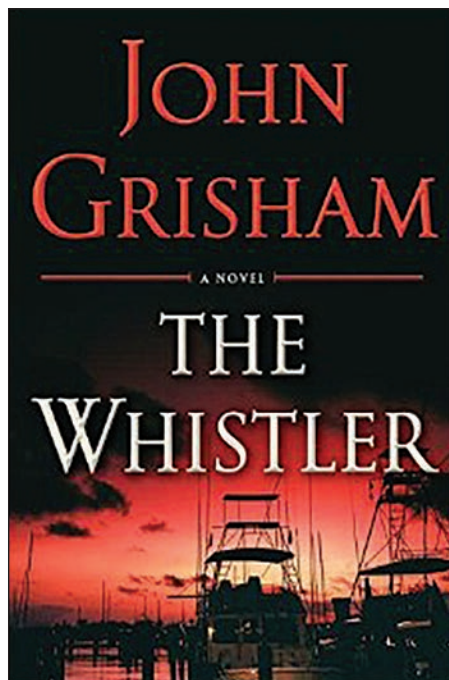
I have read every book written by John Grisham and enjoyed them all. He has written 29 legal thrillers and his latest novel, *The Whistler*, is another ambitious look at corruption, this time a judge in the

Sunshine State.

The story begins with Lacy Stoltz and Hugo Hatch, two investigators who work for the Florida Board on Judicial Conduct. They police judicial misbehavior. A disbarred lawyer, who goes by the name Greg Myers, approaches them and asks if they want to investigate a corrupt judge. He is being fed information from an unnamed source. Lacy is a lawyer, not a cop, and it is her job to respond to complaints dealing with judicial misconduct. After nine years with the board, she knows most problems are caused by incompetence, not corruption, but this case wreaks of corruption.

Through a long string of amazing coincidences, the book winds up pitting Lacy against the Honorable Claudia McDover, "A Florida gal who just happens to be the most corrupt judge in the history of America." Grisham involves all of his characters with a tract of Native American land, a casino in the Florida Panhandle that has welcomed gambling and the way it exists outside Florida law. It takes in a half-billion dollars a year in cash. A ruthless gangster is also involved, one the Native Americans fear and with good reason. He shares the profits with the tribe's leaders and they are all protected by the corrupt judge. The Coast Mafia financed the casino and is now helping itself to a sizable skim of each month's cash. Everyone is making money.

Throughout most of the book, we



don't even know who is the whistleblower. We just know that Lacy has been contact by an intermediary: Myers, an ex-con who lives on a nice boat, uses a fake name, mysteriously disappears from time to time and shows up as an informant every now and then. He's a fascinating character.

We meet a Native American on death row who was falsely convicted of murder. One of Lacy's friends is murdered, another badly injured. Meanwhile, the judge admires her many treasures that she's been collecting over the years, cash and diamonds, jewelry, rare coins and more. She's confident she's above the law because she is the law. Inevitably, the wheels of justice start to turn and the story winds down with the kind of legal drama we expect from Grisham.

The Whistler paints part of the Panhandle as a lawless region where terrible things might happen, and do. Grisham is a writer who believes that wrongs can be righted... and that's something we can all agree on.✱

Free program guides are available at local libraries or by calling 425-3272. Online registration is available at RegisterRA.fgcu.edu where participants may browse and register for programs safely and securely online.

Among the Renaissance Academy's offerings are affordable, non-credit single lectures, short courses, day trips, computer classes, film series, life enrichment classes, writing workshops, travel abroad programs and other special events. There are no exams or grades, just learning for the joy of learning with friends, neighbors and peers. Course fees are typically \$25 per lecture and provide access to academy programs located at many locations throughout Collier, Lee and Charlotte counties. New programs begin each week.

For more information, contact John Guerra, director of the FGCU Renaissance Academy at 434-4838 or jguerra@fgcu.edu.✱

School Smart



by Shelley M. Greggs, NCSPP

Dear Shelley, My daughter is a fifth grade student who has just been put on an IEP due to some disabilities. We are learning how to handle this

situation but, of course, we are very upset. I don't want everyone to know about her learning situation or for her teachers to talk about her with others. How can I handle this?

Melanie K., Fort Myers

Melanie,

When your child gets a diagnosis of disability, it's very common for parents to feel confused, worried and even emotionally overwhelmed. Every parent is different, and a whole range of feelings is normal. There's no "right" way to feel. You can't prevent your feelings, and you shouldn't try. Dealing with your feelings is part of coming to terms with the diagnosis and moving on with your life, your child's life and your family's life.

Sometimes when you get a diagnosis of your child's condition, you might even feel relieved, especially if you've been worried about your child's development for a while. A diagnosis often means you can start asking questions and making decisions.

As with any difficult situation, the amount of positive responsiveness you receive from others, like your family, friends, and school community also affects how you feel. Encouraging support will help you feel more positive about this new situation, so I encourage you to join a support group in your town or online. This will help in answering many questions and validating some of your feelings.

In regard to your concern about confidentiality there are state and federal rules about confidentiality for a student with an IEP, Individualized Education Plan. Confidentiality is required from the faculty and staff however your child's teachers must have a copy of your daughter's IEP in order to understand your daughter's

educational needs and the various accommodations and services that have been identified as important for her.

Most kids with disabilities receive part or most of their instruction in general education classes taught by regular education teachers. In the past, many regular education teachers did not know that children were receiving special education services. As you can imagine, this often led to some confusion and problems. These problems are often worse at the middle school and high school levels, because schools are larger and communication can be less effective.

The reauthorized IDEA (Individual with Disabilities Education Act) changed the IEP process. Now, at least one regular education teacher of the child must attend IEP meetings. However, this doesn't mean the child's IEP is public knowledge. Most teachers are very sensitive to the confidentiality required with an IEP.

You may want to meet with your daughter's case manager at school to discuss your concerns about confidentiality. Most schools have a plan on how best to insure that any communication in regard to special education issues is kept confidential.

You may also want to familiarize yourself with FERPA, The Family Educational Rights and Privacy Act. It is a federal law that protects the privacy of student education records. This law applies to all schools that receive funds under an applicable program of the U.S. Department of Education.

FERPA gives parents certain rights with respect to their children's education records. These rights transfer to the student when he or she reaches the age of 18 or attends a school beyond the high school level. More information on FERPA can be found online at www2.ed.gov/policy/gen/guid/fpco/ferpa/index.html.

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.✱

FGCU Offers Adult Programs

The Renaissance Academy of Florida Gulf Coast University (FGCU) announces its winter/spring 2017 program of adult lifelong learning and enrichment programs featuring an extensive and diverse selection of more than 900 single lectures, short courses, day trips, concerts, special events, travel abroad programs and more. Open house events are scheduled for Saturday, January 14 from 2 to 4 p.m. at the Atrium, 8695 College Parkway, Suite 1181, in Fort Myers, and Sunday, January 15 from 2 to 4 p.m., at the FGCU Naples Center, 1010 5th Avenue South, in Naples. The Open house events will provide an opportunity for participants to learn more about the academy, meet instructors, register for programs and enjoy refreshments.

Business Hall Advisory Board

Junior Achievement of Southwest Florida has announced the members of its 2017 Business Hall of Fame, Lee County, Advisory Board. The committee will be led by chair, Travis Merrick, branch manager at GFA International, Inc. Other members selected to this year's board include: Jeff Beal, commercial accounts analyst for Brown and Brown Insurance; Scott Beatty, attorney at Henderson Franklin; Lindsey Calvert, account executive at Office Furniture & Design Concepts; and Jason Duke, first vice president, financial advisor with Morgan Stanley Wealth Management.

The advisory board is responsible for selecting the laureates for the 2017 Junior Achievement Business Hall of Fame, Lee County, in recognition of their service as positive role models to youth and significant contributions to the local business community. The laureates will be honored at Junior Achievement of Southwest Florida's 2017 Business Hall of Fame, Lee County award ceremony on Tuesday, May 2 at the Hyatt Regency Coconut Point Resort & Spa in Bonita Springs. For more information on sponsorship opportunities and purchasing tickets, visit www.JASWFL.org.

For more information on Junior Achievement of Southwest Florida, visit www.JASWFL.org, call 225-2590 or email info@jaswfl.org.✱

Chronic Pain Self-Management Workshops

Would you like to learn how to better manage chronic pain conditions such as arthritis, fibromyalgia, back pain, headaches and more?

Lee Health is pleased to announce a free six-week workshop, entitled Chronic Pain Self-Management, a research-based program developed by Stanford University. The sessions begin this Friday.

Information presented in the workshop can help you become

empowered to improve your quality of life. Learn how to more easily manage your medications; understand the benefits of exercise; manage symptoms of stress, pain and fatigue; and make smarter decisions related to health eating. Participants will also receive a copy of the book, *Living a Healthy Life with Chronic Pain*.

Sessions will be held at two locations next month:

- Fridays, beginning January 6 at The Sanctuary, 8960 Colonial Center Drive in Fort Myers

- Tuesdays, beginning January 10 at the American House Coconut Point, 8460 Murano Del Lago Drive in Estero

Seating is limited and registration is required. Call 343-9264 for more information.*

Symphony Receives Foundation Grant

The Southwest Florida Symphony Endowment Foundation distributed \$105,000 from its general fund to the Southwest Florida Symphony for fiscal year 2016-17. Each year, the foundation makes an annual distribution of four to five percent of total assets to the symphony in accordance with their grant policy.

"We are pleased to make this contribution to the Southwest Florida Symphony," said David Hall, president of the Southwest Florida Symphony Endowment Foundation board of trustees and executive vice president, chief financial officer and chief operating officer of Sanibel Captiva Community Bank. "These funds will go a long way toward supporting our beloved symphony."

As of November 30, 2016, the foundation had total assets of \$2,418,000, including \$2,152,000 in the general fund, \$153,000 in the Van Sickel fund and \$113,000 of symphony

funds. The board's goal is to increase the endowment to \$5 million by 2020.

The foundation was established in 2002 to build assets for the long-term financial support of the Southwest Florida Symphony, Lee County's only professional orchestra. Since then, the endowment has grown to more than \$2.75 million. The foundation is managed by an independent board of trustees and receives gifts, provides appropriate investment stewardship and makes regular disbursements of earnings to the symphony.

In addition to Hall, the Southwest Florida Symphony Endowment Foundation board of trustees includes vice president Thomas Kracmer, owner of Cadence Music and Southwest Florida Symphony principal tuba player; secretary Scott Gregory, vice president and business insurance agent, BB&T-Oswald Trippe & Company; treasurer Corey Vertich, a principal with Uhler and Vertich Financial Planners; Doris Colgate, president and CEO of Offshore Sailing School; Robert Diefenbach; and Don King.

For more information about the Southwest Florida Symphony and its Endowment Foundation, visit www.SWFLSO.org or call 210-2345.*

Cape Coral To Host Art Festival

The Cape Coral Festival of the Arts, hosted annually by the Rotary Club of Cape Coral, will return to Downtown Cape Coral for its 32nd year. The festival will take place on Saturday and Sunday, January 14 and 15 from 10 a.m. to 5 p.m. on Cape Coral Parkway in downtown Cape Coral, located between Del Prado Boulevard and Vincennes Street. Admission and parking are free for festival attendees.

As one of Southwest Florida's largest art shows, this annual art event brings together the works of more than 300 juried artists and artisans from across the country. Exhibitors will showcase their fine art, sculpture, pottery, jewelry, photography, metal works, mixed media and much more. Free festival admission and parking will be provided along with area's largest collection of art, food, and fun for all ages.

This year's official event poster artist is Doug Lehnhardt. Lehnhardt, who has been painting for more than 40 years, is best known for his acrylic paintings of wildlife which employ a technique he developed from egg tempera and watercolor. His other notable paintings feature landscape scenes and fantasy themes, though he has also specialized in human and pet portraits for more than 35 years. Lehnhardt's art extends beyond canvas, as he also provides advertising layouts, website design, and other specialty artwork. Festival attendees are encouraged to stop by his booth at the festival. His work can be viewed by visiting www.DougsArt.net.

The 2017 Cape Coral Festival of the Arts event sponsors include Wonderland Realty, Experience Real Estate Group, Geico, The Beaches of Fort-Myers and Sanibel, Downtowner Car Wash, Intergraphic 2.0, Waste Pro, Destination Boat Clubs, *Happenings Magazine*, NBC-2, *The News-Press*, CapeCoral.com, Premier Wellness Group, Lamar Advertising, Direct Impressions and the South Cape Community Redevelopment Agency.

Volunteers are needed and sponsorship opportunities are still available. For more information about or to participate in the Cape Coral Festival of the Arts, call 699-7942 or visit CapeCoralFestival.com.*



Mama Cardinal by Doug Lehnhardt

From page 18

Spring Training

during spring training, are available now at www.redsox.com/springdestinations.

Pitchers and catchers hold their first workout on February 14. The first full squad workout will take place on February 17. Workouts are free and open to the public.

The Red Sox play their first exhibition game on Thursday, February 23 at 1:05 p.m. against the Northeastern University Huskies.

The Grapefruit League schedule launches at home at JetBlue Park on Friday, February 24 against the New York Mets. The matchup is one of two contests against the Mets with the Red Sox traveling to Tradition Field in Port St. Lucie on March 8 for a 1:10 p.m. game.

The Red Sox will host their American League East rival New York Yankees on Tuesday, February 28 at JetBlue Park, and will then visit them on Tuesday, March 21 at George M. Steinbrenner Field in Tampa. Other division matchups include four games versus the Baltimore Orioles, five against the Tampa Bay Rays, and three against the Toronto Blue Jays.

The club will once again hold an open house at JetBlue Park on Saturday, February 18. The free event, open to the public, welcomes fans to walk around the park and the grounds while enjoying concessions and entertainment on Fenway South Drive.

The Red Sox' equipment truck will depart from Fenway Park on Monday, February 6. Truck Day is presented by JetBlue.

The 2017 season is the Red Sox' sixth at JetBlue Park at Fenway South.*

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dearRPharmacist

3 Tips To Help You Stay Sober



by Suzy Cohen, RPH

Dear Readers:

I feel like every family – including mine – has someone who is an alcoholic, and wishes they could stop drinking. One of my relatives has struggled with alcoholism and drug addiction since

he was 14. Now, over 60 years of age, he's still suffering. I'm sure out of the millions of you who read my articles each week, some of you actually want help, and need hope. I'll give you that today. The actual part of "quitting" is not as hard as staying sober thereafter.

So, if you've made it your New Year's resolution to stop drinking, or stop taking sedatives, sleeping pills or tranquilizers, here is some important research and information that I want to share:

- You must have patience. Failure occurs when people give up instead of bearing with it, and holding on. Those receptors in your brain can, and do heal. You see, if you drink (or take benzodiazepine sedatives), the GABA receptors on your cells are atrophied. This means the little areas on your cells that hug GABA and pull it into your cell are dead. It's called downregulation if you

want to look it up. Time is the only thing that will allow those receptors to regrow and heal. This is why you have to be patient and have faith. The receptor sites will upregulate.

- Supplements and medications usually backfire. The chemistry of addiction is such that these feel-good endorphins are needed constantly. So, when you suddenly stop getting endorphins (in the form of alcohol, antidepressants, benzodiazepines, opiates like hydrocodone or heroin), your cells starve. The "happy" brain chemicals aren't there any more.

Conventional medicine's answer to this is to prescribe medications quickly because it restores some feel-good endorphins. The problem with this (and this is common sense if you think about it) is if your receptors are downregulated, the new medication will obviously backfire. The key is to re-sensitize your receptors, not push production of endorphins, there's nowhere for them to go, their levels spike causing terrible side effects.

- Use micro doses of anything you want to try. Supplements that may help raise GABA are available without prescription. I don't recommend any of them early in withdrawal, but maybe after a few months. Micro dosing is key to testing any supplement you want to try. Supplements that support your GAD enzyme are most helpful because the GAD enzyme forms the calming neurotransmitter called GABA. It's GABA that is elevated when you drink! Two inexpensive, over-the-counter nutrients can support the GAD enzyme, and they are lysine and P5P (pyridoxal 5 phosphate) but

Doctor and Dietician

Can Weight Loss, Exercise Change Cholesterol Levels

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

In our experience, most people can reverse high cholesterol without the use of medication. Generally, high cholesterol or fat in the blood is directly correlated with abdominal fat. Look at your belly. Do you have a lot of belly fat? If so, working on decreasing belly fat can help improve your cholesterol! Try eating a healthier diet for six straight weeks, along with regular workouts. Then, do a fasting lipid profile with your doctor and see what it shows.

Many people ask us about supplements. It is OK to use garlic, red yeast extract and other natural supplements to support healthy

cholesterol levels, but diet and exercise are key for long-term success. Excess amounts of carbohydrates will lead to the storage of fat and cholesterol. Therefore, by primarily eating protein, vegetables and whole grains, there is a good chance you will lose excess weight. You do need to give up any soda – diet or regular – as well as fake foods and coffee creamers, sweets, white bread, white rice, etc. Nuts and seeds are good snacks in moderation. Don't go crazy with fruit. We recommend only one or two servings per day for weight loss.

Ramp up the exercise, too. This will help eliminate fat and increase muscle to boost your metabolism. Weigh yourself weekly for the six-week period. If you can, workout six days per week. Do something aerobic twice per week, weight training twice per week, and another exercise you like twice per week, such as yoga, Pilates, swimming or running.

If you find yourself facing high cholesterol, triglycerides, blood sugars or weight, remember, you can work on improving these with the proper diet and exercise. Never underestimate the power of food!

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

there's a trick to taking those.

I have some more incredible information about GAD and alcohol and benzo recovery. If you would like read my extended article, I have to email it to you. Just go to my website (suzycohen.com) and sign up for my free newsletter. Hang on and stay focused, I believe you can heal if you give it enough time. Most people

Eden Energy Medicine

Heart To Mouth Gives Woman Her Voice

by Karen L.
Semmelman,
Certified EEM,
JD, AAML (03-12)

This week's column is reflective of the power of our individual intention and its impact on our health.

During an EEM session with a woman who was having trouble "getting her words out properly" following a diagnosis of heart and insulin issues, I asked her to make sure she regularly made a connection between her heart and a point on her groin area. However, when I saw her the following week to review how she did with her homework, she reported that as soon as she placed her hand over her heart and other hand over her mouth, she immediately was able to speak. She placed her hands in this position each time she was experiencing a sense of being

unfortunately give up too soon because they don't know what I've just taught you. Share my article with someone you love.

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.✱

unable to speak or when her words would not come forth or they were scrambled. Reporting that each time this happened, she made her energetic connection, finding it made a huge difference and she was able to speak accurately and appropriately!

As she told me her story, I just laughed and she asked what was so funny. I told her this was such a wonderful new exercise that she intuitively created, and I would pass it along. Her own heart life force sent energy right to where she needed it, enabling her to speak coherently. The moral of the story is to set your intention in this new year, realizing that matter does follow energy and can change your life in profound ways – sometimes so completely unexpected. As Donna Eden says, "Your illness is not your fault, but your healing is your responsibility."

Make those resolutions with positivity, intention and a sense of wonder at your own power to change you and thus the world.

Have fun with your energy! Next week's topic is Figure 8's Around Eyes To Release Trauma.

If you have a question, email Karen at SemmEnergyCenter@gmail.com or visit www.semmelmanenergy.com. EEM does not diagnose or cure illness, but working with subtle energies of the body has been shown to help many conditions.✱

Mom And Me



by Lizzie and Pryce

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

Dear Mom & Me,

My daughter must have been born bossy, and her personality has never changed. She demanded and forced me into an assisted living community, which I cannot afford. I needed a little help, but not this lack of independence. In order for my insurance to pay, I have to just give up and let others do all of my care – care that I could do myself.

What can I do to get out of this mess?

Miriam

Dear Miriam,

You are a competent adult. As such, you can make your own choices regarding where you want to live.

My experience has been that well meaning adult children err on the part of safety for their parents without understanding the serious consequences on independence and happiness for their parents. I believe that there is a place for assisted living, however, it must be the right time, and sometimes that time never comes for many older people.

Discuss with your physician his or her perspective of your health status and ability to be independent in the home. Then, pick up the phone and start locating needed services for your home. The trend is for older adults to live in their own homes. There are many companies in the business of providing in-home services.

Pryce

Dear Miriam,

I was always under the impression that living communities checked out the person's ability to pay, first and foremost.

I would call my attorney and tell him your problem. Does your daughter have power of attorney? If not, you can make your own decisions and find out your options. Are there other family members who could help you? Maybe this daughter could get advice from them.

Pryce

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

PETS OF THE WEEK



Maria ID# 683738



Varsity ID# 682666

Maria is a 3-year-old pitbull terrier mix female who is overflowing with unconditional love and is ready and willing to be anything you want her to be... except homeless. She's hoping to remedy that in the new year. Her eyes are as beautiful and joyful as she is. Her adoption fee is \$75.

Sweet little Varsity is a 1-year-old domestic shorthair spayed female who has been patiently waiting for a new family. She's the ideal companion to cuddle with and has a charming, quiet personality that is sure to make her a perfect family member.

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 available.

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

All adoptions include spay/neuter surgery, age-appropriate vaccinations, rabies vaccination and county license if three months or older, flea treatment, worming, heartworm test for dogs six months and over, feline AIDS and leukemia test for cats, training DVD, 10-day health guarantee, and a bag of Science Diet pet food. The adoption package is valued at \$500.*



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

To be listed in calling card email your information to: press@riverweekly.com

PUZZLES

Answers on page 29

Super Crossword MIDDLE NAMES

- ACROSS**

1 Abe of "Fish"

7 In hitting position

14 "Neue Liebeslieder" composer

20 Idolized

21 Details of one's life

22 Angle unit in math

23 Doctors testifying about injuries, e.g. [Trebek]

25 Third-largest Danish city

26 East — Alto

27 Former space station

28 Tributary of the Seine

30 Compound conjunction

31 Fox's quality

33 Uses a pogo stick [Chavez]

37 Back muscle, informally

38 Assns.

39 Soft throw

40 It's variable with a zoom lens [Ginsberg]

45 Wry Mort
- 47 See 95-Across

51 The same, to Simone

52 NM-to-NJ dir.

53 Absorb slowly

55 "Rapture" singer Baker

56 St. Kitts and —

58 Confident assertion

60 They're part of history [Seagal]

62 Modest reply of gratitude [Hawke]

64 Item fitting in a rowlock

65 Vain one's problem

66 Tyke

67 Above, in an ode

68 Not prone to fading in daylight, as a fabric

71 Wonder

73 Winter malady

76 "Coolness!"

78 It hangs from a hoop

79 Regulations on importing and exporting [St. Johns]
- 84 Initial race advantages [Lovett]

87 Epée relative

88 Putrefy

89 Guardian —

90 Hansel's sis

92 Heat qty.

94 Goatee site

95 With 47-Across, swooned-over sort

96 "It's cold!"

97 Current fashion [Lubitsch]

100 Water, in Oaxaca

102 Winged god

103 G8 country

104 Curt comment [Previn]

109 Moralist's statement

114 Rural towers

115 Twisting fish

116 Enzyme suffix

117 Skinny

118 Not inclined

120 Saying "I do" [Bergman]

125 Lamented loudly

126 By mistake

127 One of the Ramones

128 Fall blooms
- 129 Region centered on the upper Oder valley

130 Makes off-peak calls?
- DOWN**

1 Coquettes

2 Flawless

3 Like saints

4 Rigel's constellation

5 Yr. closer

6 Water, jocularly

7 App-based taxi service

8 Fotos

9 With 87-Down, penthouse's place

10 Pindar verse

11 Magnates

12 Cockloft, e.g.

13 Cup, in Caen

14 Dude

15 Systems to track storms

16 The "A" of ATP

17 Gandhi, e.g.

18 Stoneworker

19 Dummy Mortimer

24 Eavesdrop

29 Beauty lover

32 Architectural annex

33 Marshy area
- 34 Playwright Joe

35 Cries of repugnance

36 "Buddy List" co.

40 — shui

41 Pointed arch variety

42 Spelunking spot

43 Samuel of the Supreme Court

44 Bottle parts

45 Reaches, as new heights

46 Barn brayer

48 By — of (due to)

49 "Chained" actor Kruger

50 Hold up

54 Movie-rating gp.

55 Stated firmly

57 Crow of pop

59 Into pieces

61 "Crikey!"

63 Asian sea

64 Frequently, to Donne

69 Chick's home

70 Cree or Erie

72 Decide (to)

73 Heroic act

74 Thin street

75 Egg on

77 Humiliate

80 Selflessness
- 81 Hurting, as a joint

82 Grieve loudly

83 December 31 song word

85 "Stormy Weather" singer

86 Abbr. on a bus schedule

87 See 9-Down

91 Watson of "Noah"

93 Erratic

96 Frank holder

98 Nickname for Dwight Gooden

99 Airline to Sweden

101 Riotous joke

102 Dutch lager

104 Honshu city

105 Exchange for a ten

106 Naval force

107 TV's Philbin

108 Nicholas Gage novel

110 Brought out into the open

111 Spiteful

112 "— much better now"

113 Stem joints

116 Taj Mahal site

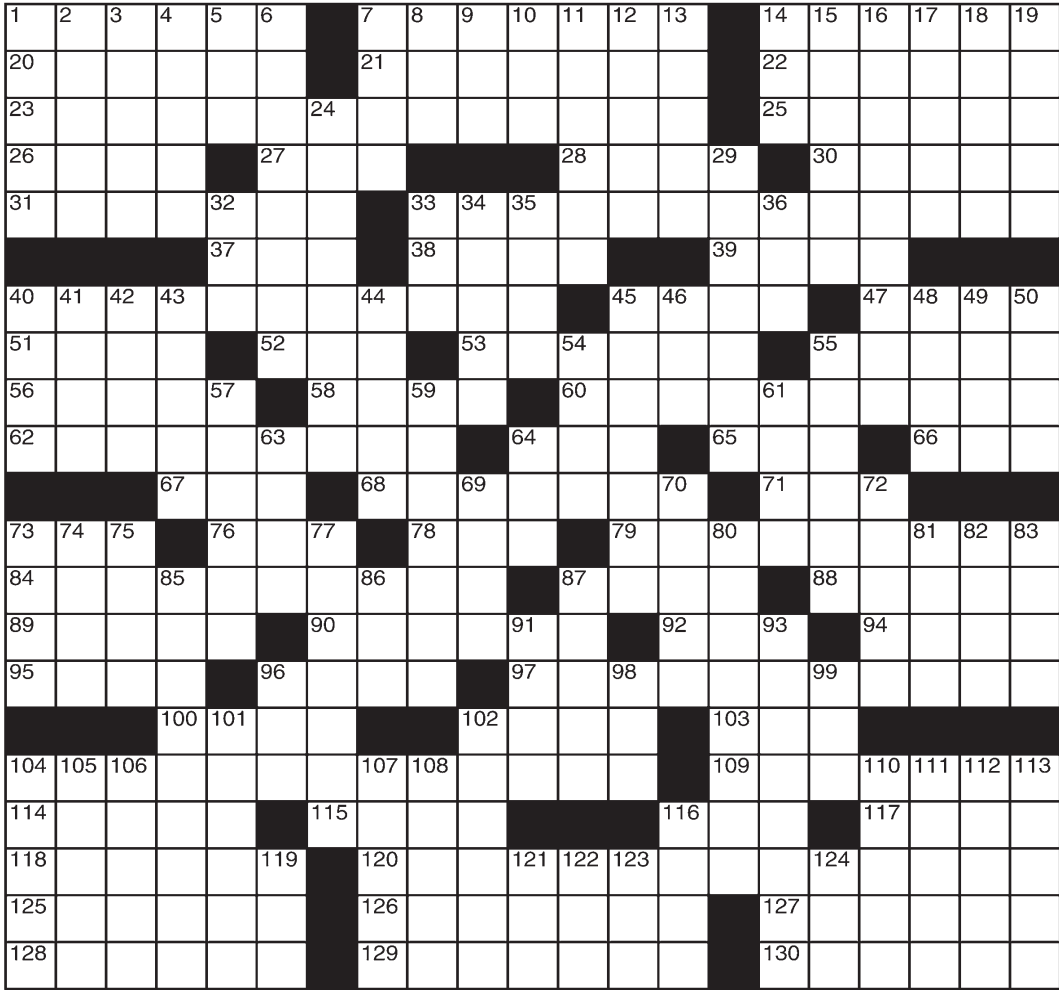
119 Mag staffers

121 Mario's three

122 Auditing gp.

123 "— don't!"

124 Vintage auto



King Crossword

- ACROSS**

1 "— -la-lal"

4 Blue hue

8 Docket entry

12 Part of TGIF

13 Sitarist's rendition

14 Fairy tale preposition

15 What old soldiers do

17 Actress Gilpin

18 Sea flock

19 Packaged

20 Missouri river

22 One-on-one fight

24 Moistens in the morn

25 Clingy crustacean

29 Narc's org.

30 Sightless

31 Melody

32 Small telescope

34 On the briny

35 July birth-stone

36 Ballet wear

37 Hiawatha's carrier

40 Antitoxins

41 Sandwich cookie

42 Shakespeare in-law

46 Historic name in TV talk

47 Reed instru-
- ment

8 Dome

28 Historic periods

48 Time of your life?

9 Pinnacle

30 Sad

49 Ordered

10 Aching

33 Rut

50 Stare stupidly

11 Oklahoma city

34 Emanation

51 Thither

16 Work units

36 Giggly sound

19 Flex

37 Barbershop need

DOWN

1 Vacationing

21 Leak slowly

38 Geometry calculation

2 Man-mouse link

22 "Loves me (not)" flower

39 Jock's anthi-esis

3 Retreat

23 Grecian ves-sels

40 Halt

4 Stretch, as the neck

25 Spill the beans

42 Swine

5 Deviates off course

26 Gilligan, notably

43 "The — Daba Honeymoon"

6 Khan title

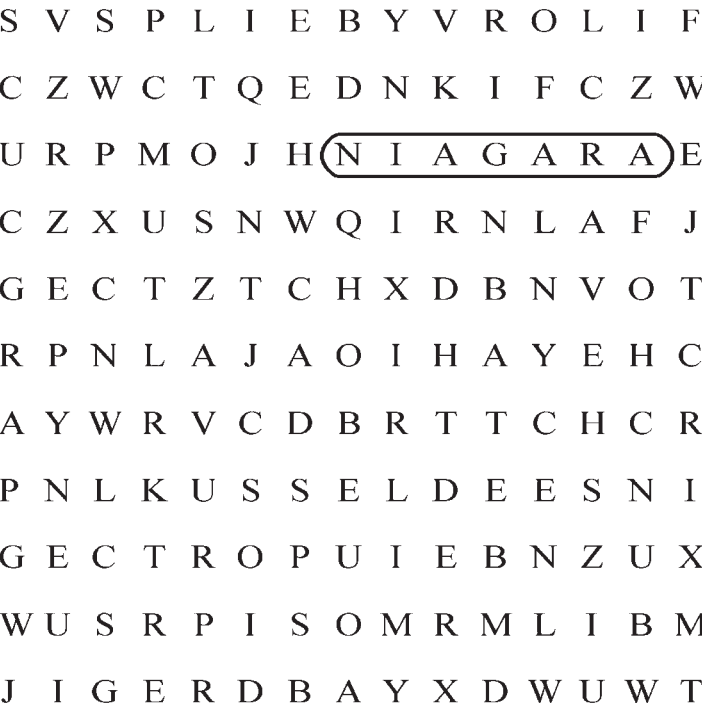
44 Past

7 Yea canceler

27 Stead

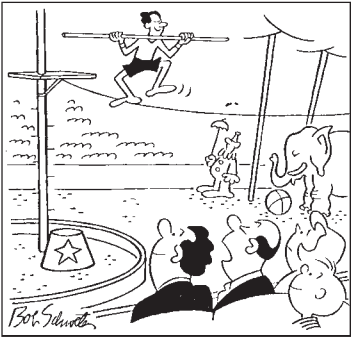
45 Longing

MAGIC MAZE — GRAPES



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

- | | | | |
|------------------|-----------|----------|---------|
| Bunch of Concord | Muscadine | Red | Sultana |
| Dried Hybrid | Muscat | Ripe | White |
| | Niagara | Seedless | Wine |
| | Port | Sour | |



"That's nothing — he should try coming home at four in the morning and avoid the _____ stairs."
answer on page 35B

SCRAMBLERS

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

Mystery
GAMINE
Fraud
FREAK
Anger
EQUIP
Sordid
LAZYES

TODAY'S WORD

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

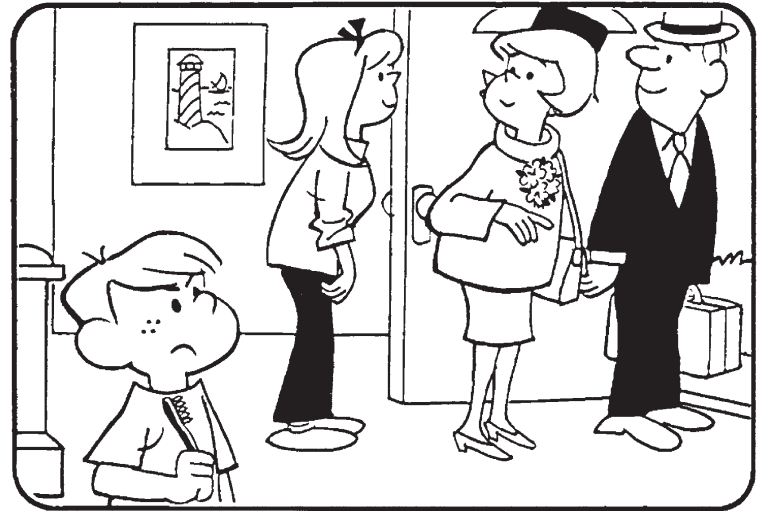
SUDOKU

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.

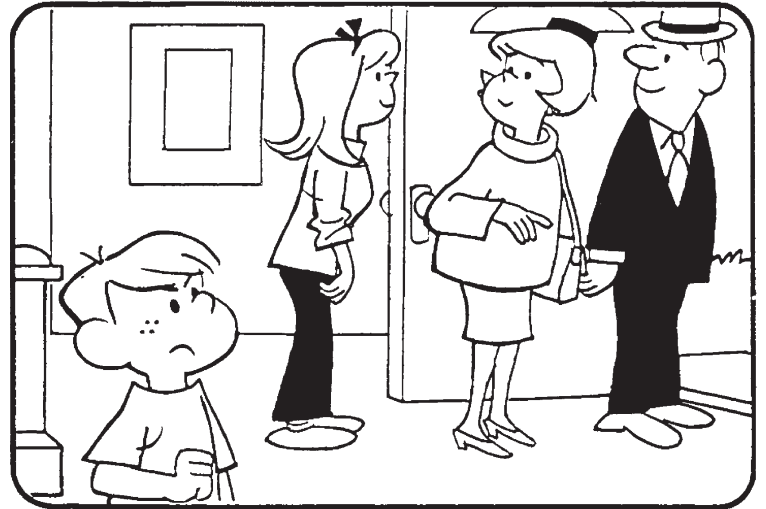
answer on page 29

HOCUS-FOCUS

BY
HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Picture is missing. 2. Toothbrush is missing. 3. Body is slimmer. 4. Hat is smaller. 5. Corsage is missing. 6. Suitcase is missing.

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Parmesan Roasted Snap Beans

- 12 ounces fresh snap beans, trimmed and rinsed
- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper
- ½ teaspoon garlic, minced
- 2 tablespoons Parmesan cheese, grated

Preheat oven to 425 degrees F. In a large bowl, combine beans, salt, pepper and garlic; mix well. Spread beans out on a baking sheet and bake for 10 minutes.

Remove from oven and shake to move the beans around the sheet, then bake another 5 minutes. Remove beans from oven and sprinkle with cheese. Serve with Feta and Dill Dip.

Feta and Dill Dip

- 1 cup plain low-fat yogurt
 - 1 tablespoon fresh dill, chopped
 - 1 tablespoon crumbled feta cheese
- Mix all ingredients and serve. ✪✪



Parmesan Roasted Snap Beans

photo courtesy Fresh From Florida

PROFESSIONAL DIRECTORY

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Gift ideas available

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For movie lovers who appreciate all aspects of film.

Meeting Location
Community Room - Robb & Stucky

4:30 to 5:30 p.m.
Second Monday of each month

President, Di Saggau
239-466-4707

PUZZLE ANSWERS

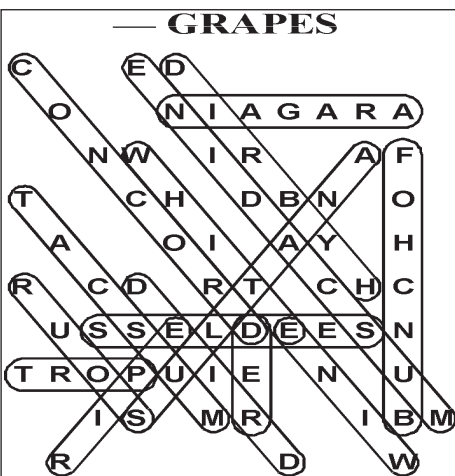
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KING CROSSWORD

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MAGIC MAZE



SUDOKU

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My Stars★★★★

FOR WEEK OF JANUARY 9, 2017

ARIES (March 21 to April 19)
A hectic period begins to wind down. Take time to draw some deep breaths and relax before getting into your next project. A long-absent family member makes contact.

TAURUS (April 20 to May 20)
You're eager to move forward with a new challenge that suddenly dropped in your lap. But you'd be wise to take this one step at a time to allow new developments to come through.

GEMINI (May 21 to June 20)
You're almost ready to make a commitment. A lingering doubt or two, however, should be resolved before you move ahead. An associate could provide important answers.

CANCER (June 21 to July 22)
Caution is still the watchword as you move closer toward a decision about a new situation. If you act too fast, you might miss some vital warning signs. Go slowly and stay alert.

LEO (July 23 to August 22)
Your new goal looks promising, and your golden touch does much to enhance its prospects for success. In your private life, Cupid does his best to make your new relationship special.

VIRGO (August 23 to September 22)
That impatient side of yours is looking to goad you into moving before you're ready to take that big step. Stay calm and cool. Let things fall into place before you act.

LIBRA (September 23 to October 22)
A legal matter you hoped could finally be settled could be a pesky problem for a while, until all the parties agree to stop disagreeing with each other. Be patient.

SCORPIO (October 23 to November 21)
Partnerships -- personal or professional -- which began before the new year take on new importance. They also reveal some previously hidden risks. So be warned.

SAGITTARIUS (November 22 to December 21)
Your associates are firmly on your side, and that persistent problem that has caused you to

delay some activities should soon be resolved to your satisfaction.

CAPRICORN (December 22 to January 19)
Favorable changes continue to dominate, and you should be responding positively as they emerge. Someone wants to become more involved in what you're doing.

AQUARIUS (January 20 to February 18)
A friend wants to share a secret that could answer some questions you've wondered about for a long time. Meanwhile, travel aspects continue to be strong.

PISCES (February 19 to March 20)
Stay on your new course despite so-called well-meaning efforts to discourage you. Rely on your deep sense of self-awareness to guide you to do what's right for you.

BORN THIS WEEK: You have the capacity to meet challenges that others might find overwhelming, and turn them into successful ventures.

THIS WEEK IN HISTORY

- On Jan. 13, 1842, a British army doctor reaches the British sentry post at Jalalabad, Afghanistan, the lone survivor of a 16,000-strong Anglo-Indian expeditionary force that was massacred in the Khyber Pass in its retreat from Kabul.
- On Jan. 14, 1942, President Franklin Roosevelt issues Proclamation No. 2537, requiring aliens from World War II-enemy countries -- Italy, Germany and Japan -- to register with the Department of Justice. Under increasing pressure from California politicians and others, Roosevelt also signed an executive order to remove all Japanese Americans to internment camps.
- On Jan. 15, 1967, at the Los Angeles Coliseum, the Green Bay Packers beat the Kansas City Chiefs in the first-ever world championship football game. Since postseason college games were known as "bowl" games, it was suggested that the new AFL/NFL pro championship be called the "Super Bowl."
- On Jan. 9, 1972, the ship Seawise University (formerly the RMS Queen Elizabeth) burns and sinks in Hong Kong Harbor. The Queen Elizabeth, launched

in 1938, served as ocean liner and troop transport before being sold to a Hong Kong businessman who wanted to use the ship as a floating college.

STRANGE BUT TRUE

- It was award-winning American novelist Ann Patchett who made the following sage observation: "The question is whether or not you choose to disturb the world around you, or if you choose to let it go on as if you had never arrived."
- The world's smallest city block can be found in the small town of Dothan, Alabama. Bordered by Appletree, College and Troy streets, the block was once home to a single two-story building measuring 38 feet long and 27 feet wide.
- Most Americans are familiar with graham crackers -- they're a favorite childhood snack. But have you ever wondered what they're made of? The obvious answer is "graham flour" -- but what is that? It's just flour made from whole wheat. This type of flour was named after a 19-century Presbyterian minister named Sylvester Graham, who promoted the snack as a digestive aid and a cure for alcoholism.
- You might be surprised to learn that, although Charles Goodyear received a patent for vulcanized rubber in 1844, the Maya were creating objects with rubber 3,000 years before that.
- The quaking aspen (Populus tremuloides) is the most widely distributed tree in North America (as well as the state tree of Utah). Groves of them can be found in high altitudes as far south as Guanajuato, Mexico, and as far north as the Brooks Range of mountains in northern Alaska. Most people don't realize, however, that the groves are not made up of separate trees; all the visible trunks are part of a single organism, genetically identical and sharing the same root system.

THOUGHT FOR THE DAY

"The greatest happiness of life is the conviction that we are loved -- loved for ourselves, or rather, loved in spite of ourselves." -- Victor Hugo

SCRAMBLERS

solution

1. Enigma; 2. Faker;
3. Pique; 4. Sleazy

Today's Word
SQUEAKY

TRIVIA TEST

1. **TELEVISION:** What TV producer hosted the 1960s shows titled "This is Your Life" and "Truth or Consequences"?
2. **GENERAL KNOWLEDGE:** What Revolutionary War figure wrote the line, "These are the times that try men's souls"?
3. **MOVIES:** In which movie did a killer doll named Chucky make his debut?
4. **GEOGRAPHY:** Where was the now-defunct SEATO (Southeast Asia Treaty Organization) headquartered?
5. **HISTORY:** What was the beginning point of the Oregon trail, followed westward by 19th-century settlers?
6. **PSYCHOLOGY:** What is the fear represented in autophobia?
7. **U.S. STATES:** The Museum of Osteology in Oklahoma City, Oklahoma, is focused on what?
8. **ANATOMY:** What is the name of the facial muscle that allows you to raise your eyebrows?
9. **ANIMAL KINGDOM:** What primate species lives on the Rock of Gibraltar in southern Spain?
10. **FIRSTS & LASTS:** Which U.S. astronaut was the last person to stand on the moon?

TRIVIA ANSWERS

1. Ralph Edwards 2. Thomas Paine 3. "Child's Play" 4. Bangkok, Thailand 5. St. Louis 6. Fear of being alone 7. The frontalis 8. Gene Cernan 9. Barbary monkeys 10. Gene Cernan

★ ★ ★ CLASSIFIED ★ CLASSIFIED ★ ★ ★

REAL ESTATE

OPEN HOUSE

See Gorgeous Views of Bay & Gulf at Punta Rassa! Monday, January 9 from 10 am to 12pm. 15011 Punta Rassa Road, Unit #802 just before Sanibel Causeway in Fort Myers. Call VIP Realtor Brian Johnson at 239-910-3099 upon arrival to gain access. Beautiful HGTV-style remodel!
*RS 1/6 CC 1/6

MARCH WEEK TIMESHARE SALE

Hurricane House, Sanibel. SW corner unit on water. Sleeps 6. Golf/tennis included at Dunes. \$45,000. Call owner 416-725-7772.
*NS 12/2 CC TFN

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Short walk to the Beach 2BD/2BTH Asking \$399,000 Call or text Chris 914-629-9434 www.forsalebyowner.com listing #24084259 for details
*NS 12/16 CC 1/6

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*RS 4/29 CC TFN

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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@tllc.net.
*NS 11/11 CC TFN

COMMERCIAL RENTAL

OFFICE SPACE FOR RENT

Great office space for rent. 700 square feet on Periwinkle. Call Joe Gil 516-972-2883 or 800-592-0009.
*RS 12/23 CC TFN

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

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*RS 1/4 CC TFN

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*RS 1/4 BM TFN

DUE TO ILLNESS IN FAMILY JANUARY & FEBRUARY JUST BECAME AVAILABLE

Adorable 3 bed, 2 bath beach home, with HotTub 5 lots to private Beach Access, sleeps 8 and fully equipped January - \$6,500. - February \$7,500. Check out VRBO# 405209 for pictures & additional info Call Brooke @ 239-281-4179 to book today!
*NS 12/30 CC 1/20

SEASONAL RENTAL

ADORABLE BEACH COTTAGE

Steps to beach @ East End 2/1 W/D Big yard Sleeps 4 Feb. or March now open! 727-644-6493 Small dog considered www.seagrapecottageatsanibel.com
*RS 1/6 CC TFN

RE/MAX OF THE ISLANDS

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

CHARMING SANIBEL COTTAGE 5-MINUTE WALK TO BEACH!

Old Florida charm with all new updates! Ground-level cottage/2 suites, on private lane. Suite 1-2BR/1.5BA, sleeps 6. Suite 2-2BR/1BA, sleeps 7. Each suite has fully equipped kitchen, separate laundry, wooded backyard w/privacy fence. Outside enclosed Hot/Cold shower. Bikes, beach chairs, umbrellas provided. Pets w/ approval. Min. 28 days--March/April still available! Contact Chris: 314-406-7058 cgbeckner@yahoo.com
*NS 1/6 CC 1/13

FEBRUARY 2017 NOW AVAILABLE

Lovely 3 BR, 2 BA old Florida style home. Steps to beach, open floor plan, lots of light. 239-851-9057 (owner ph.) Email: slowfoodtravels2@gmail.com
*NS 12/23 CC 1/6

'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

ANNUAL RENTAL

ISLAND COTTAGE

Charming 3/2 island cottage renting for 2017 Mid island close to beaches and island amenities. Jan- May \$4,000 monthly June-Oct \$1,800 monthly Contact 2600coyle@gmail.com
*NS 11/18 CC 5/26

ANNUAL RENTAL

ANNUAL RENTALS

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

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*NS 12/9 CC 2/24

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*NS 1/6 CC TFN

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*RS 6/7 CC TFN

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*NS 1/4 PC TFN

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HELP WANTED

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*NS 11/4 BM TFN

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*NS 5/6 BM TFN

★ ★ ★ CLASSIFIED ★ CLASSIFIED ★ ★ ★

HELP WANTED

REAL ESTATE AGENT
Licensed, driven, and self-managed Agent who will be responsible for Interval and Timeshare buyers. Will develop knowledge of the local market, pricing and staging homes as well as managing the closing process. Active Florida Real Estate license necessary and exceptional customer service skills required. Email resume to: mfindlay@southseas.com EEO/AA/M/F/D/V.
*NS 12/30 CC 1/20

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472-1170.
*NS 12/30 CC 1/20

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LOAN NEEDED
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Please respond to sanibelforme@hotmail.com
*NS 7/22 CC TFN

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150k Miles. Great condition, A/C great, tires great
MUST SEE - on Sanibel
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*NS 1/6 CC 2/10

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Excellent Condition.
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\$6,000.
Call Don 239-314-5117.
*NS 12/23 CC 1/13

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Hourly, Daily, Weekly and Monthly.
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*RS 1/4 NC TFN

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LOST CAT
All Black. Last seen in Lungren area. May respond to name of 'Blackie'.
Reward.
Please call 239-277-0058.
*NS 12/9 CC TFN

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RECUMBENT TRICYCLE
Red, manufacturer SUN-22. Excellent condition, lightly used. New price \$1,100; asking \$600, Or Best Offer. Located on East End Sanibel, 239-579-0720. Helmet available at no add'l cost.
*NS 1/6 CC 1/13

FOR SALE

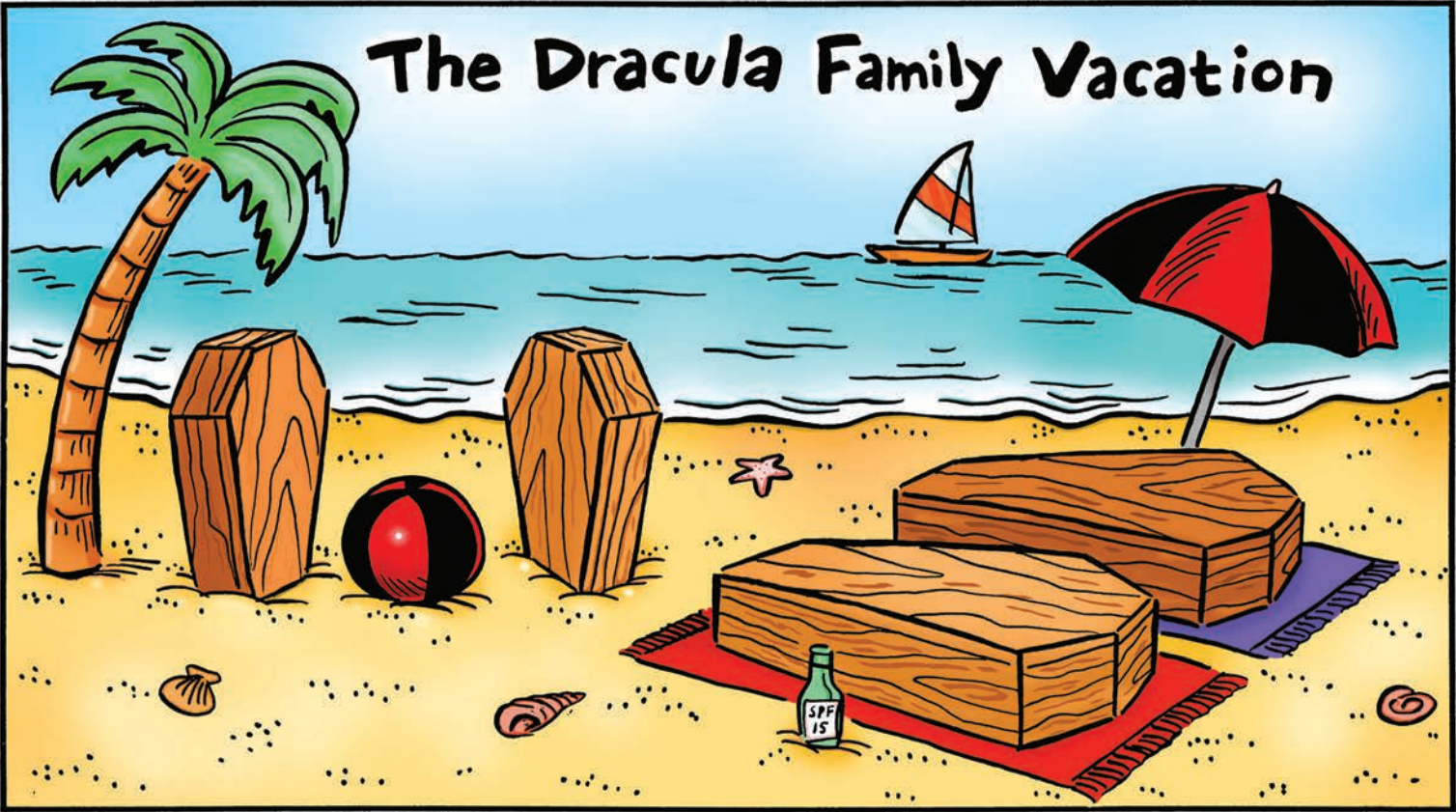
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*NS 11/18 CC TFN

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HUGE indoor moving sale
multi family "no early sales or inquiries"
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*NS 1/6 CC 1/6

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HORTOONS



Top 10 Real Estate Sales

Development	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Dinkins Bayou	Sanibel	2009	3,660	\$2,695,000	\$2,515,000	3
Southport on The Bay	Bonita Springs	1992	3,400	\$2,375,000	\$1,800,000	244
Cape Coral	Cape Coral	2010	5,061	\$2,040,000	\$1,900,000	14
Island Shores Club Section	Fort Myers Beach	1965	3,500	\$1,695,000	\$1,572,000	217
Woodsedge	Estero	2007	3,784	\$1,495,000	\$1,450,000	518
Cape Coral	Cape Coral	1976	5,233	\$1,200,000	\$1,150,000	198
Seaside Estates	Fort Myers	2004	3,239	\$989,500	\$915,000	190
Montelago	Miromar Lakes	2003	3,086	\$945,000	\$897,000	5
Sanibel Bayous	Sanibel	1987	1,866	\$648,000	\$600,000	231
Cape Coral	Cape Coral	1991	3,626	\$629,900	\$609,900	66



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*The New York Times
Magazine*

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