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# THE RIVER WEEKLY NEWS

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VOL. 16, No. 3

From the Beaches to the River District downtown Fort Myers

JANUARY 20, 2017



Pat Carroll photos provided

## Grande Dames Tea To Honor Local Women

**P**ACE Center for Girls of Lee County has selected three more women to be honored at the 9th annual Grande Dames Tea honoring some of the community's most revered women.

This year's honorees are:

- Pat Carroll, 75, of Fort Myers is the



Lalai Sapp Hamric

managing partner of Carroll Properties, which currently owns Best Western Waterfront, Gulf Star Marina on Fort Myers Beach and four restaurants. At one time, Carroll and her former husband owned more than 44 businesses in eight states, including hotels, restaurants, marinas, gift shops, RV parks, golf courses and a radio station. She is a leader in philanthropy as well as business. She was a founding board member of Cornerstone Ministries in Dunbar, founded Second Chance Boutique on



Beverly McNew

U.S. 41 and has supported PACE Center for Girls in many capacities, along with many other charities. She also serves on the board of directors of Lee University in Tennessee.

• The late Lalai Sapp Hamric of Fort Myers was the former president and CEO of Family Health Centers of Southwest Florida, a position she held until her retirement in 2009. Under her guidance, the non-profit grew to 14 medical offices, a women's health center and seven dental offices, setting a path

for its future. Hamric was honored as one of Southwest Florida's 125 most influential people by *The News-Press* in 2009 and earned a roomful of awards for her work. She also was instrumental in establishing The Angel program of the Women's Legacy Fund and was a founder of the Women's Foundation of Southwest Florida.

• Beverly McNew, 79, of Fort Myers has experienced both triumph and tragedy throughout her life. She was a strong supporter of her late husband, Quinton, and his partner, Dan Harper, in establishing their business, Harper Bros., Inc., which built many roads and subdivisions in Southwest Florida. Tragedy came with the loss of two children – son Griffin in an accident and daughter Laurel Dawn, who died of cystic fibrosis. As a result, McNew established a respiratory school at Florida SouthWestern State College and helped establish the respiratory care clinic at the Golisano Children's Hospital. The Quinton B. and Beverly H. McNew Foundation also awards grants to numerous charities.

The Grande Dames Tea honoring the three women will take place on Tuesday, March 14 from 1 to 3 p.m. at the Broadway Palm Dinner Theatre, located at 1380 Colonial Boulevard in Fort Myers.

Chair of the Grande Dames Tea is Nancy Finch, with Kathy Toll serving as

continued on page 28

## Opening Reception At Rauschenberg Gallery

**F**lorida SouthWestern State College will open the exhibit Ann Hamilton: Phora at the Bob Rauschenberg Gallery, with a public reception on Friday, January 20 from 6 to 8 p.m.

Occupying the walls (nearly floor-to-ceiling) with more than 120 unique stills captured by the artist from close-up video taken of the mouths of carved medieval figures at the Museum of National Antiquities in Stockholm, the silent, non-sentient but color-saturated facial features appear reanimated by this immersive installation of digital images.

Initially conceived for the architectural context of La Maison Rouge in Paris, France, and inspired by two highly-symbolic locales: the Bastille (as the voice of civic demonstration) and the Bastille Opera (as a demonstrative public voice), the Ann Hamilton: Phora exhibit explores the origins of public speaking from the first forums to ongoing political debate, and is opening on the day of the U.S. Presidential Inauguration.

Presented for the first time with The First Line (Sounds for Drawing), an experimental drawing project and participatory installation by Ann Hamilton and Andrew Deutsch, this component encourages visitors to take a hands-on role by contributing their own drawing in response to audio tracks played through a headset while a newly-commissioned composition featuring micro-loops of the artist's voice is played aloud in the gallery to provide further inspiration and a soundtrack both for The First Line and Phora.

Hamilton was recipient of the prestigious MacArthur Genius Award Fellowship and a NEA National Medal of Arts Award (presented at the White House by President Barack Obama in 2015). She has been the subject of solo exhibitions and large-scale installations at institutions including The Museum of Modern Art and the Guggenheim Museum in New York City, the Hirshhorn Museum & Sculpture Garden in Washington, DC and the Musée d'art Contemporain in Lyon, France.

The Robert Rauschenberg Gallery is located on the campus of Florida SouthWestern State College, 8099 College Parkway in Fort Myers. For more information, call 489-9313 or visit [www.RauschenbergGallery.com](http://www.RauschenbergGallery.com).✱



Playwright group, back from left, Bob Hilliard, Louise Wigglesworth, John Repa, Stephen Hooper and Bob Maxeiner. Seated from left, Faye Graetz and Wally Kain

photo courtesy Alliance for the Arts

## Play Reading Series Opens Next Week At Theatre Conspiracy

**T**heatre Conspiracy will launch a Play Reading Series beginning Monday, January 23 at 8 p.m. This series will highlight the work of six local playwrights. Readings will be presented in the Foulds Theatre at the Alliance for the Arts.

Theatre Conspiracy's playwright group is made of playwrights from across

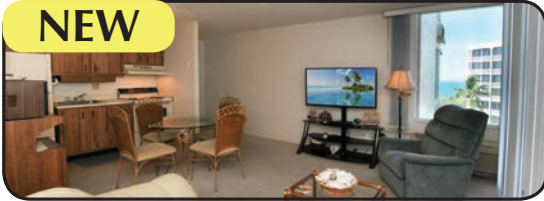
continued on page 30



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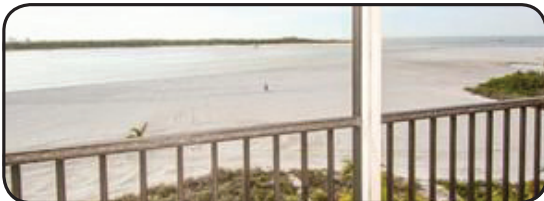
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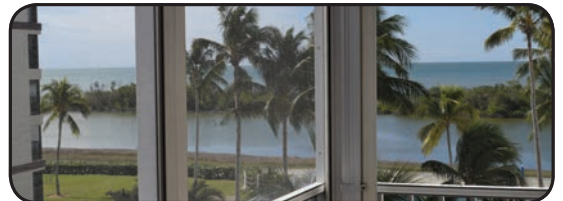
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Historic Downtown Fort Myers, Then And Now:

# The Great Commoner Comes To Town



by Gerri Reaves, PhD

On January 18, 1912, Fort Myers was plunged into a flurry of preparations and anticipation. A telegram received by the Fort Myers Press that very morning announced that politician William Jennings Bryan would pay the town a visit that afternoon.

He had visited Fort Myers at least once before, late in the Royal Palm Hotel's (then named Fort Myers Hotel) first winter season, early in 1899.

On that day in 1912, school children were given a half-holiday to honor the occasion.

The man was known by several illustrious monikers, such as the Peerless Leader and the Silver-Tongued Orator. He was also called the Great Commoner because his "agrarian" slant appealed to the economically disadvantaged, particularly farmers of the midwest and south.

By 1912, the Populist Democrat had served as a U.S. senator from Nebraska and had run unsuccessfully three times for U.S. President.

He arrived by train for a jubilant three-hour visit. Mayor Louis A. Hendry met the esteemed guest at the Atlantic Coast Line Railroad passenger station on Monroe Street, accompanied by a citizen delegation and the Fort Myers Military Band.

The entourage included Mrs. Bryan and the politician's first cousin, William Sherman Jennings, who had been the governor of Florida from 1901 to 1905.

Bryan told the public that politics had nothing to do with the visit – he was on a sightseeing tour.

The afternoon's itinerary included an hour's tour by car, which proceeded east on First Street to Billy's Creek, with later stops at



In 1912, Populist Democrat William Jennings Bryan, the Great Commoner, speaks from the porch of the Lee County Courthouse

photos courtesy Southwest Florida Historical Society



The first courthouse was built in 1894 and stood on the western half of Courthouse Square facing Main Street



The present courthouse opened in 1915 on the same site

photo courtesy Gerri Reaves

the Royal Palm Hotel and the grounds of the Edison Estate.

Then, from the porch of the modest 1894 Lee County Courthouse on Main Street, Bryan addressed the crowd in his much-loved conversational style.

In the historic photo, Bryan stands informally (left center), with dignitaries seated behind him. Other photographic evidence suggests that the man seated directly behind him is Mayor Hendry.

The celebrity did not speak of politics, as expected, but emphasized his thanks to those gathered.

In fact, he mainly addressed the many school children and stressed the importance of education.

The weather must have been chilly, for he wore a fur-lined overcoat and soft hat pushed down to his ears. However, he took them off to speak and be photographed, lest the town's tourism image suffer.

When interviewed after the address, Bryan was reluctant to talk about whether he might run again for U.S. President.

He shied away from all but the general comments on the political scene, but he and his wife heaped praise on the town's balmy climate and tropical foliage.

After a bit more sightseeing, the party departed by car for LaBelle, where they planned to go by boat to the Everglades and observe dredging work.

Months after this visit to Fort Myers, U.S. President Woodrow Wilson appointed him Secretary of State.

A few years later, he settled in Coconut Grove, near Miami, and maintained a political and personal interest in the state for many years.

His speaking skill and fame served him well, for he was a highly paid spokesperson during the Florida boom, promoting real estate development, most notably Coral Gables.

Even in his day, the larger-than-life orator was something of an enigma, espousing what some voters would call contradictory positions. Some people considered him a demagogue and others a champion, but he didn't neatly fit into a political category, except Populist.

For example, he advocated women's suffrage, Prohibition, and the gold standard and had a tolerant attitude toward the Ku Klux Klan. He is perhaps best remembered for the infamous 1925 Scopes Monkey Trial and his opposition to the teaching of evolution in schools.

The family's political endeavors continued into the next two generations. In 1928, his

continued on page 4

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# Kids Tag Art To Be Displayed At Downtown Hotel



KTA showcase image

images provided

In a celebration of art, music walk and local community, Hotel Indigo will host the first annual Kids Tag Art Showcase on Friday, January 20 from 4 to 7 p.m. Lee County Kids Tag Art, an educational fundraising program, will display 80 one-of-a-kind front-end license plates created by fifth graders countywide.

Lee County Tax Collector Larry Hart, in partnership with The Foundation for Lee County Public Schools, offers the program each school year. “We are proud to have a program that brings businesses, students, families and government together to increase awareness and support art in education,” said Hart, inviting the community to show support for art in education.

This event is planned in conjunction with the River District’s Music Walk. The Ssowcase will give fifth grade students the opportunity to display their art to the public in open forum fashion at the historic Hotel Indigo with music featuring DJ MobitZ 2.

Additionally, visitors can enter for a chance to win one of five prizes, such as Tampa Ray baseball memorabilia or Florida Panther Hockey Tickets. No purchase necessary.

Lee County Kids Tag Art benefits the Lee County District School art classrooms. It is designed to teach children how art is used in commerce, exhibited by 120-plus specialty license plates in Florida. Funding from business sponsorships and front-end license plate sales are returned to the participating school’s art classrooms.✱



Fort Myers Film Festival

photos courtesy SBDAC

## Final TGIM To Precede Fort Myers Film Festival

Throughout the 2016-17 season, Thank God for Indie Movie Mondays (TGIM) has showcased an array of amazing films. Don’t miss your last opportunity of the season to help the judges decide which films make the grade for final programming during the annual festival, held from March 8 to 12.

Take part in the fun on Monday, February 6 at 7 p.m., featuring guest judges John Biffar, Tracy Gray and Alex Johnson. Hosted by Eric Raddatz and Melissa DeHaven, TGIM is a great way to spend a Monday evening. The Sidney & Berne Davis Art Center is located at 2301 First Street in the historic downtown Fort Myers River District.

Each Monday in season, audiences and judges watch short indie films and help decide which movies make it into the Fort Myers Film Festival in March. Filmmakers submit their works each year, and winners are selected each March. TGIM is a seasonal showcase that runs from September through February of every year.

The Fort Myers Film Festival is Southwest Florida’s most notable indie movie showcase and contest. The edgy and fresh programming for the Fort Myers Film Festival has gotten the attention of a global independent film community. The festival is an intelligent independent filmmaker’s preferred event to create, unite and showcase the

continued on page 23

From page 3

## Great Commoner

daughter, Ruth Bryan Owen, became the first woman to be elected to the U.S. Congress from Florida.

His granddaughter, Helen Rudd Brown, twice ran unsuccessfully to be a U.S. Representative from California.

Walk down to Courthouse Square and imagine the local school children excitedly awaiting a speech from a famous visitor.

Then, learn more about the many celebrities who have passed through little Fort Myers in its relatively short history.

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 [www.swflhistoricalsociety.org](http://www.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](http://leecountyblackhistorysociety.org).

Sources: Archives of the Southwest Florida Historical Society, *Fort Myers Press*, and *britannica.com*.✱

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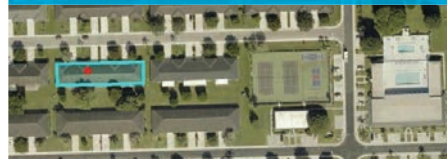
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# Three Performances Planned For Mrs. Edison’s Hymn Sing



Tom and Mina Edison

photos courtesy Edison and Ford Winter Estates

Celebrate the Edison Festival of Light and help feed the hungry by attending Mrs. Edison’s Hymn Sing on Tuesday, February 7 at The First Presbyterian Church in downtown Fort Myers, located at the corner of Second Street and Lee Street. This year marks the 28th anniversary of the hymn sing, which is organized and sponsored by the Galloway Family of Dealerships. Because of the overwhelming popularity of the event, three performances are planned at 1, 4 and 7 p.m. The doors will open 30 minutes prior to each performance.



Mina and Tom Edison



Mina Edison

Admission is free, but because of the increased need for food for the hungry, organizers are requesting that those who attend bring cans of non-perishable food and a voluntary cash donation, if possible, to benefit The Soup Kitchen of Community Cooperative.

“We need to help The Soup Kitchen by donating as much canned goods and cash as we can to help families who most need it in our community,” said Sam Galloway, Jr., founder of Mrs. Edison’s Hymn Sing.

Community Cooperative provided food and other services to 10,250 people last year. “There are even more families who need our help. Do what God would want you to do and give what you can,” said Rev. Paul deJong of First Presbyterian Church.

Community Cooperative was started by First Presbyterian Church, along with other downtown churches, in 1984 to help alleviate hunger and suffering in Lee County. The church has continued to support its ministry there by providing volunteers in The Soup Kitchen and delivering hot meals to home-bound seniors.

Galloway, who originated the hymn sing in 1989, said he wanted to do something to honor Mrs. Mina Edison during the Edison Festival celebration.

“We hear a great deal about the wonderful work of Thomas Alva Edison, but we don’t do a lot to honor his wife who also volunteered a great deal of her time and talent to making Fort Myers what it is today. This hymn sing is a way to honor her good work too,” Galloway added.

This year’s event will feature the First Presbyterian Sanctuary Choir and many other singers, including members of the Mastersingers, guest soloists along with a piano-organ combination.

Mrs. Edison’s Hymn Sing is the first of three hymn sings sponsored annually by the Galloway Family of Dealerships. The other two are First Celebrates Freedom on July 6 and the very popular Christmas Carol Sing December 6. All three events benefit The Soup Kitchen of Community Cooperative.

For more information or directions to the church, call 334-2261 or visit [www.fpcforymyers.org](http://www.fpcforymyers.org). For more information about Community Cooperative, call 332-SOUP or visit [www.ccmileecounty.com](http://www.ccmileecounty.com).

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## Organ Recital

Organist Benjamin Ball will perform a solo organ recital on Sunday, January 22 starting at 4 p.m. at New Hope Presbyterian Church, located at 10051 Plantation Road in Fort Myers.

Ball will perform works by Jean-Joseph Mouret, Dr. John Barr, Dietrich Buxtehude, Dr. Elizabeth Krouse, Johann Sebastian Bach and John Cook.

The recital is free and open to the public.



Benjamin Ball

photo provided





Dr. Ann Murphy Knight, assisted by Bruce Strayhorn, admires the new sign that bears her name photo courtesy Jacquie Williams

## Rededication Held At STARS Complex

More than 100 gathered outside the STARS Complex on January 5 to honor former Fort Myers Councilwoman Dr. Ann Murphy Knight. The popular youth center was renamed the Dr. Ann Murphy Knight STARS Complex in a rededication ceremony.

Celebrating its 25th year of serving the community, the STARS (Success Through Academic and Recreational Support) program was initiated to help the youth of the City of Fort Myers set and obtain goals for a bright future. The STARS program helps the youth of Fort Myers discover alternatives to drugs, crime, illiteracy and poverty through activities such as sports, music, dance, arts and academics.

Fort Myers Mayor Randall P. Henderson, Jr. emceed the celebration, which also featured comments by current city council members and other community leaders, as well as remarks from Dr. Knight.

"This building symbolizes to our youth that they are a high priority," said Dr.

Knight. "And we are invested in their achievement."

The former councilwoman is an influential educator who grew up in the city and went on to serve its children and residents for several decades. She taught for four decades at Franklin Park Elementary, Edgewood Academy and Caloosa Elementary.

Dr. Knight was elected to Fort Myers City Council in 1984 and served Ward 3 for more than 20 years, longer than any other council member. With her strong focus on youth, Dr. Knight was responsible for improvements throughout the city, in particular on reduction of juvenile crime and improving childhood education.

The STARS program was initiated during Dr. Knight's term of office as Ward 3 City Councilwoman.\*

## Community Band Concert

The Lee County Community Band will present Festive Moments, its first concert of the new year, at 3 p.m. on Saturday, January 22 at Cape Coral High School.

Under the baton of Richard Bradstreet, the band will perform Shostakovich's *Festive Overture* and Leroy Anderson's *Sandpaper Ballet*, plus a potpourri of light classical pieces, Broadway hits, and marches including Gershwin classics, *Man of La Mancha*, *In a Persian Market*, and Barry Manilow on Tour.

Admission is free, though donations are accepted.

Additional concert dates are February 12, March 5 and April 2. All will be at Cape Coral High School at 3 p.m. Cape Coral High School is located at 2300 Santa Barbara Boulevard, one block north of Veterans Parkway.

The band is comprised of professional and amateur musicians from all walks of life who reside in



Richard Bradstreet conducts the 50-member Lee County Community Band photo provided

Lee, Collier, and Charlotte counties. The band welcomes new members every year. For more information, call Norman Jones at 995-2097 or visit [www.leecountyband.org](http://www.leecountyband.org).\*

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Fort Myers Art:

## Theater Festival At Art Center This Weekend



by Tom Hall

For the 10th year now, Ghostbird Theatre is hosting its Rare Sightings 24-Hour Festival. It's a pulse-pounding competition that pitches visual artists, filmmakers, theatre artists, dancers,

musicians and poets against a 24-hour clock to create unique works based on prompts given by Barry Cavin. And this year, Ghostbird Theatre Group is bringing this all-inclusive art happening to the downtown Fort Myers River District.

Here's how it works: participants (or at least one participant from a group) come to the Sidney & Berne Davis Art Center at 5 p.m. on Saturday, January 21 to receive their prompts. Videos, artwork and the scripts for performances, songs and poems are due at 5 p.m. on Sunday, January 22. Videos and live performances are limited to six minutes in duration. Musical performances can be no longer than four minutes. Entries that exceed these time limitations by even one second are not just penalized, they're completely disqualified. And since this is a free and open public event, videos and all performances are

required to be family friendly.

Artists will display their works in the provided gallery space after 5 p.m. on Sunday, January 22. The doors to the public will open at 6:30 p.m. and performances will begin at 7 p.m. Works, performances and video will be judged on how effectively, creatively and fully they follow the prompts and on the quality of the work itself. The judging panel includes Jessica Todd of the Rauschenberg Residency Program, Anica Sturdivant of the Art Gallery at Florida Gulf Coast University, Jim Griffith of the Sidney & Berne Davis Art Center and Amanda Plummer of Artis-Naples.

The competition is open to artists of all types and ages. Cash awards of \$500 will be given to best visual artwork, best video, best live performance and best musical performance. This performance is supported, in part, by grants from the City of Fort Myers, the Florida Division of Cultural Affairs and the Lee County Tourist Development Council.

### Play Highlights Too Numerous To List

*Phantom* opened on December 29 at the Broadway Palm Dinner Theatre. This is the redheaded stepchild of playwright Arthur Kopit and composer Maury Yeston, not the Andrew Lloyd Webber adaptation of Gaston Leroux's 1911 novel, *Phantom of the Opera*.

The highlights of the production are too numerous to list. But the success of Broadway Palm's *Phantom* begins and ends with the exceptional performances turned in by Troy Bruchwalski and Maxwell Porterfield, who play the Phantom and Christine Daae, respectively. Bruchwalski moves with equanimity through a wide



Participants at a past Rare Sightings 24-Hour Festival

photos courtesy www.artswfl

range of emotion, from murderous and vengeful to both shy and tender as he experiences his first date on a picnic in an imaginary forest of his own creation on the edge of his subterranean lagoon. Porterhouse is deft as the Phantom's demur and deeply appreciative protégé and the object of her mentor's and benefactor's competing affections. But while Bruchwalski and Porterfield possess considerable talent in their capacities as actors, it is as singers that they truly soar.

Maury Yeston's score is not as dramatic or memorable as Andrew Lloyd Webber's. That's OK. The songs and lyrics he wrote for *Phantom* sparkle with all the effervescence of fine French champagne on New Year's Eve.

The dance numbers in *Phantom* are equally entertaining. Credit must also be given to *Phantom*'s large ensemble, which brings enthusiasm and an air of pageantry to every scene in which they appear.

But perhaps the biggest and most pleasant surprise in store for the audiences who attend this musical is the humor

it contains. The opera's new owners, Carlotta (brilliantly played by Andrea Spencer Christensen) and Alain Cholet (played by John Anker Bow), are hilarious as they air kiss and booty bump their way through scene after scene. Even the Phantom cracks an out-of-character wise-crack or two – albeit as he is cradled by his father after being grievously wounded by a gendarme while trying to escape capture.

One need not have seen Andrew Lloyd Webber's *The Phantom of the Opera* to appreciate Yeston and Kopit's version of this timeless story. *Phantom* stands on its own merits. And Broadway Palm's production of this musical is unquestionably first rate. And if you've seen *The Phantom of the Opera*, let us know which musical you prefer. Send an email to [tom@artswfl.com](mailto:tom@artswfl.com).

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.\*

## Silver Anniversary Show

The Gulf Coast Harmonizers are preparing for their 25th anniversary annual performance on Saturday, January 28 at New Hope Presbyterian Church, located at 10051 Plantation Road in Fort Myers. Two shows have been planned, a 2 p.m. matinee and a 7 p.m. evening performance.

Members of the Gulf Coast Harmonizers have been working for months on new music to bring to audiences. For this special silver anniversary show, they have invited the 2015 International Sweet Adeline Champions to perform.

Tickets are \$20 in advance and \$23 at the door; reserved seats are \$25. Ticket information can be found online at [www.gulfcoastharmonizers.org](http://www.gulfcoastharmonizers.org) under the heading of "store," or contact your favorite chorus Barbershopper.

Call show chairman John Pennington at 633-8197 with any questions or visit [www.gulfcoastharmonizers.org](http://www.gulfcoastharmonizers.org) for more details.\*

## Singing Valentines To Benefit Charities


The Gulf Coast Harmonizers are selling Singing Valentines to raise money for local charities on February 12, 13 and 14. Proceeds will help raise funds for the chorus as well as the Lee Memorial Children's Speech Therapy Program, The Harry Chapin Food Pantry and various veterans organizations. Participants may also donate non-perishable food items to Harry Chapin Food Bank.


Call the Gulf Coast Harmonizers' toll free number 855-425-3631 to order a special valentine for a loved one or someone you care about. This is a heartfelt gift that the recipient will never forget and be forever grateful to you for remembering them on this special day.

"We were thrilled with the results from last year and can't wait to make this available to our friends again this year," said chorus member Charlie Schlandand. "We are looking forward to a great time and spreading the love and joy to people all over the county."

For more information, call Charlie Schlandand at 855-425-3631 or visit [www.gulfcoastharmonizers.org](http://www.gulfcoastharmonizers.org).\*

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Kevin Maschmidt Memorial Golf Tournament  
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Take a boat tour from the Mound House to Mound Key on Saturday

photo courtesy www.moundhouse.org

## Along The River

Friday night is movie night at the **Alliance for the Arts** this Friday, January 20 at 6:30 p.m.

The **Outdoor Family Movie Nights** series begins on the Alliance campus 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.

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](http://www.ArtInLee.org) or call 939-2787

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

**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.

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.

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 by visiting [www.gaither.com](http://www.gaither.com) or [www.premierproductions.com](http://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 at [www.premierproductions.com](http://www.premierproductions.com).

If you are heading to Fort Myers

Beach, check out the 7th annual **Putt & Pub Crawl** in the **island downtown district** this Saturday, January 21.

Cost per team is \$225 for a team of four golfers and includes specials at each of the (watering) holes as well as 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](mailto:sarah@fmbun.com) or 463-0000 ext. 11.

If you would rather dance on the Beach, attend the 6th annual **Do Wop Festival** this Saturday, January 21 from 9 a.m. to 1 p.m. at **Santini Marina Plaza**, located at 7225 Estero Boulevard on Fort Myers Beach.

DJ Larry will be spinning some favorite tunes from the 1960s and 1970s 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 Saturday at the DJ tent from 11 to 11:30 a.m. and request a tune.

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

Friends of **Lakes Regional Library** will hold a **book sale** this Saturday, January 21 from 9 a.m. until 4 p.m. at the library.

The sale features a large selection of books, including fiction, non-fiction and audio books as well as CDs and DVDs, all at affordable prices.

Lakes Regional Library is located at 15290 Bass Road in Fort Myers.

The **Mound House**, Fort Myers Beach's oldest standing structure that has recently been restored to its 1921 grandeur, is open as a cultural and environmental learning center with programming.

This Saturday, January 21, visit the 451 Connecticut site for a **Mound Key boat tour** or a **guided kayak eco-tour** from 9 a.m. to noon. Call 765-0865 for information and reservations.

On Tuesday, January 24, visit **Newton Beach Park** for a **guided Beach Walk**. The free excursion will teach you about all things found along the beachfront. Newton Beach Park is located at 4650 Estero Boulevard.

For more information and availability, visit [www.moundhouse.org](http://www.moundhouse.org) or call 765-0865.✱

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International speaker, Nate Frederick, is a practitioner of Christian Science healing and a member of the Christian Science Board of Lectureship.

## FREE! ALL WELCOME!

**Sunday, January 29th, 2:30 PM**  
First Church of Christ, Scientist  
2390 West First Street  
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(Next to the Edison-Ford Estates)

Preview lecture on  
[www.ChristianScienceFortMyers.net](http://www.ChristianScienceFortMyers.net)

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For more information,  
call 239-334-6801 or email [fmcscr@gmail.com](mailto:fmcscr@gmail.com)

## Prima Luce Joins ArtFest Fort Myers

ArtFest Fort Myers, Southwest Florida's premier fine art festival, is proud to announce that Prima Luce is joining them as a Supporting Sponsor.

"We are delighted to be supported by Robert MacFarlane, whose projects Riviera, Beau Rivage and St. Tropez have transformed the cityscape," explained Sharon McAllister, ArtFest Fort Myers executive director.

McFarlane's newest creation, Prima Luce, a two-tower, 22-story condominium community, offers breathtaking panoramic views of the river and superb amenities, and provides residents with a lifestyle that embraces Southwest Florida's natural beauty.

ArtFest Fort Myers, the annual juried fine art festival, takes place on February 3, 4 and 5 in the Fort Myers River District. Join the experience with 200 professional artists from across the county and around the world, the largest high school art exhibit and competition in south Florida, and free interactive art experiences for children of all ages.

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



Attendees at last year's ArtFest Fort Myers photo provided



# 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.



The Uvas and the staff at Terra Nostra welcome you

photo by Bob Petcher

## 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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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.

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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](http://www.allfaiths-uc.org)

### ALL SAINTS BYZANTINE RITE CATHOLIC CHURCH

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

### ANNUNCIATION GREEK ORTHODOX CHURCH

8210 Cypress Lake Drive, Fort Myers Reverend Father Dean Nastos, Orthos Service Sunday 9 a.m., Divine Liturgy Sunday 10 a.m., Fellowship Programs, Sunday School, Bible Study. [annunciation.fl.goarch.org](http://annunciation.fl.goarch.org), 481-2099

### BETH SHILOH

### MESSIANIC SYNAGOGUE

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

### BREAD OF LIFE MINISTRIES CHURCH OF GOD

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

### CHABAD LUBAVITCH

### OF SW FLORIDA ORTHODOX

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

### CHAPEL OF CYPRESS COVE

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

### CHURCH OF THE CROSS

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

### CONGREGATIONAL CHURCH

1619 Llewellyn Drive Fort Myers. Just off McGregor across from the Edison/Ford Winter Estates 334-4978, Pastor Douglas Kelchner, Worship times Sunday's 10:30 a.m. Website: [www.taecc.com](http://www.taecc.com)

### COVENANT PRESBYTERIAN CHURCH

2439 McGregor Boulevard, 334-8937 Reverend Dr. Jeffrey DeYoe, Senior Pastor Reverend David Dietzel, Pastor Emeritus. Traditional Sunday service 10 a.m. Nursery available.

### CYPRESS LAKE BAPTIST CHURCH

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

### CYPRESS LAKE

### PRESBYTERIAN CHURCH

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

Combined Traditional/Praise 10 a.m.

### CYPRESS LAKE UNITED

### METHODIST CHURCH

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

### FAITH FELLOWSHIP WORLD

### OUTREACH MINISTRIES

6111 South Pointe Boulevard, Fort Myers, 278-3638. Sunday Worship, 10:30 a.m.; Voice of Faith, WCRN 13.50 AM Radio, Sunday, 1:30 p.m.; Thursday Service, 7:30 p.m.; Friday Youth Service, 7:30 p.m.

Nursery care for pre-school children and Children's Church ages 5 to 12 available.

### FAITH UNITED METHODIST CHURCH

15690 McGregor Boulevard, Fort Myers, 482-2030. Pastor David Stauffer. Traditional Service Sunday 8:45 a.m., Contemporary Service Sunday 10:30 a.m. Go south on McGregor Boulevard. The church is ½ mile past the intersection of Gladiolus and San Carlos Boulevard on the way to Sanibel.

### FIRST CHURCH OF CHRIST, SCIENTIST

2390 West First Street, next door to Edison Estates. 10:30 a.m. Sunday Service and Sunday School; 12 noon Wednesday Testimony Meeting. Child care provided at services. Reading Room located in church building for quiet study and information about Christian Science. Monday and Friday noon to 3 p.m., Wednesday 1 to 3 p.m. [www.christiansciencefortmyers.net](http://www.christiansciencefortmyers.net), [www.christianscience.com](http://www.christianscience.com)

### FIRST CHURCH OF THE NAZARENE

13545 American Colony Boulevard off Daniels Parkway in the Colony, Fort Myers, 936-2511 Pastor Reverend Joey Brummett Sunday School: 9:30 a.m.; Morning Worship, 10:30 a.m.; Sunday Evening, 6 p.m.; Wednesday Family Night, 7 p.m.

### FIRST UNITED METHODIST CHURCH

Downtown Fort Myers River District, 2466 First Street, 332-1152. [www.fumcftmyers.org](http://www.fumcftmyers.org). Sunday Services: 9:30 a.m. Sunday School; 10:30 a.m. Blended Church Service; 5:30 p.m. Youth Group.

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

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

### FORT MYERS CONGREGATIONAL

### UNITED CHURCH OF CHRIST;

8210 College parkway, Fort Myers, 482-3133. 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.lambogodchurch.net](http://www.lambogodchurch.net). Reverend Dr. James Reho. Sunday 7:45 and 10 a.m. Sunday's Cool for Children 10 a.m.

### NEW BEGINNINGS CENTER

New Home Church, 8505 Jenny Cae Lane, North Fort Myers, 656-0416. Weekly Friday meeting meet and greet 6:30 p.m. Kingdom Teaching 7 p.m. Fellowship and refreshments. [nbcministry@embarqmail.com](mailto:nbcministry@embarqmail.com), [www.facebook.com/nbcministry](http://www.facebook.com/nbcministry). Alex and Patricia Wiggins, Ministers

### NEW COVENANT EYES CHURCH

See Clearly. Meeting monthly at 9 a.m. at the Elks Lodge. 1900 Park Meadows Drive, Fort Myers. 220-8519. Pastor Alan Bondar. [www.newcovenanteyes.com](http://www.newcovenanteyes.com). LIFT Kidz program, free coffee and donuts.

### NEW HOPE BAPTIST CHURCH OF FORT MYERS

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

### NEW HOPE PRESBYTERIAN CHURCH

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

### PEACE COMMUNITY CHURCH

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

### PEACE LUTHERAN CHURCH

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

### REDEEMER LUTHERAN CHURCH

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

### RIVER OF LIFE ASSEMBLY OF GOD

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

### SAMUDRABADRA BUDDHIST CENTER

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

### SAINT COLUMBKILLE

### CATHOLIC CHURCH

12171 Iona Road, Fort Myers, off McGregor and north of Gladiolus. 489-3973. Father Lorenzo Gonzalez. Monday 6:30 p.m., Tuesday through Saturday 8 a.m. Saturday 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.speterfmb.com](http://www.speterfmb.com).

Sunday worship service at 8:30 and 10:30 a.m.

### SAINT NICHOLAS MONASTERY

Church and Bookstore. 111 Evergreen Road (southwest corner of Evergreen Road and Gail Street.) Liturgical services conducted in English and Church Slavonic; following the Julian (Old) Calendar. Liturgical Services Sundays and Holy Days 9:30 a.m. Holy Liturgy 0 a.m. Call to confirm service schedule: 997-2847; Bookstore 691-1775. [www.saintnicholasmonastery.org](http://www.saintnicholasmonastery.org).

### ST. VINCENT DE PAUL

### CATHOLIC COMMUNITY

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

### SOUTHWEST BAPTIST CHURCH

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

### TEMPLE BETHEL SYNAGOGUE

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

### TEMPLE JUDEA (CONSERVATIVE)

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

### THE NEW CHURCH

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

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

### UNITY OF BONITA SPRINGS

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

### UNITY OF FORT MYERS

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

### WESTMINSTER PRESBYTERIAN

### CHURCH (PCA)

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

### WORD OF LIFE CHURCH

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

### ZION LUTHERAN CHURCH

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



## FGCU Presents Dali Exhibit

Florida Gulf Coast University (FGCU) Library's new exhibit *Dali Interprets* opens Thursday, January 19 with a reception from 5 to 7 p.m. in the Library's Archives and Special Collections. The exhibit will be on display through April 25 in FGCU Library Archives, third floor, room 322. Viewing hours are 9 a.m. to 5 p.m. Monday through Friday.

Salvador Dalí (1904 – 1989) is best known for his contributions to Surrealist art, which favors the subconscious as a source for meaningful imagery. *Dali Interprets* features works created by the famed surrealist from two collections: *Currier & Ives as Interpreted by Salvador Dalí*, which is part of FGCU Library's permanent collection, and *Changes in Great Masterpieces*, on loan from The Dalí Museum.

*Currier & Ives as Interpreted by Salvador Dalí* was inspired by popular images from the 19th century American firm, Currier & Ives, whose printmaking epitomized American

nostalgia. The Currier and Ives realism is in sharp contrast to the vivid, somewhat disturbing, imagery depicted by Dalí. Completed in 1971, the six lithographs feature a small facsimile of the Currier & Ives original surrounded by Dalí's amplified interpretation.

*Changes in Great Masterpieces*, completed in 1974, is a suite of prints created as an homage to such legendary artists as Raphael, Vermeer, Rembrandt and Velasquez. Also coupled with facsimiles of the original work, Dalí recreates each individual masterpiece with his own playful changes using tempera and remarque. While Dalí reinterprets the revered masters' work, his changes are subtler than the Currier & Ives suite. Notably, Dalí included his own famed *Persistence of Memory* in the suite.

*Changes in Great Masterpieces* is the perfect complement to the *Currier & Ives as Interpreted by Salvador Dalí* works.

For more information, contact Melissa VandeBurg, head of Archives, Special Collections and Digital Initiatives, FGCU Library at 590-7658 or Kaleena Rivera at 590-7506.✧

## Historian Presents Hemingway View

Literary historian and actor Betty Jean Steinshouer will present *On Hemingway, Three Views* at a luncheon on Wednesday, January 25 at 11:30 a.m. at the Cypress Lake Country Club, 6767 Winkler Road, in Fort Myers.

Sponsored by Friends of the Fort Myers Library, *On Hemingway, Three Views* is a three-act program portraying writer Ernest Hemingway from the viewpoint of his closest friends, Willa Cather, Marjorie Kinnan Rawlings and Gertrude Stein.

Tickets are \$35 for members and \$45 for non-members and guests and include lunch, dessert and the program. For more information and to obtain a ticket, visit [www.bit.ly/2hYh1Mj](http://www.bit.ly/2hYh1Mj).

Steinshouer is a nationally known performer who has been doing public programs and teacher seminars since 1989. She has toured 44 states for the National Endowment for the Humanities and the Big Read program of the National Endowment for the Arts. A Fellow in the Florida Studies



BJ Steinshouer

photo provided

program at the University of South Florida and presenter for the Florida Humanities Council, her knowledge and dramatic presentations bring history to life and have made her a sought-after performer.✧

## Play Auditions

The Alliance for the Arts will hold auditions for its upcoming youth theater production of *Peter Pan Jr.* on Saturday, January 21 from 9 a.m. to 1 p.m. Young thespians grades six through nine are encouraged to register for audition slots at [www.artinlee.org/event/peter-pan-jr/2017-04-28/](http://www.artinlee.org/event/peter-pan-jr/2017-04-28/).

Students should prepare to sing 32 bars or one minute of a musical theatre song. Bring an instrumental track of your audition song. A compact disc player and

auxiliary cable will be available at auditions. Auditioners should dress comfortably and be prepared to dance. Choreography will be taught and performed during audition time. Bring a resume and 4x6 inch portrait orientation headshot.

Callbacks will be Sunday, January 22 in the evening. If cast, there is a \$250 fee for this program with limited scholarships available. Final performances will take place at the Alliance for the Arts on April 28 and 29 at 8 p.m. and April 29 and 30 at 3 p.m.

The Alliance for the Arts is located at 10091 McGregor Boulevard in Fort Myers. Call 939-2787 to register.✧

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## New Bird's Eye View Of Fort Myers



Drone flying above Centennial Park

photo courtesy City of Fort Myers

For the first time, a combination of drone technology and social media will provide the world with a bird's eye view of the scope and beauty of the City of Fort Myers – real time aerial videography will reveal the city from 10 feet to 300 feet in the air in a split second.

All someone has to do is “Like” the City of Fort Myers Facebook page – [www.facebook.com/ftmyers](http://www.facebook.com/ftmyers) – to see the live shots, which began on January 17, and to be notified when live action shots are being broadcasted worldwide. The Facebook live videos will reveal the diverse nature of the City's landscape and architecture: Urban, contemporary, historic, tropical and more.

Main Sail Video Productions will use the newest, safest methods of licensed drone technology to capture never before seen views of the City of Palms, offering

a glimpse of the community known for being authentic, diverse, welcoming and historically significant.

“We're proud of our city and look forward to sharing these images,” said Mayor Randall P. Henderson, Jr. “Residents will enjoy seeing their hometown in the spotlight, and those up north dealing with winter cold may consider coming down here to vacation or to live when they see our blue skies, bright sunshine and sparkling water views.”

Facebook visitors are encouraged to view, like and share the video clips. Viewers who “like” one or more of the aerial video tours in the two-month long series will be eligible for a prize giveaway.✪

## Vintner Dinner Hosts Announced

Southwest Florida Children's Charities, Inc. has announced the hosts of the 2017 Southwest Florida Wine & Food Fest's Chef Vintner Dinners, taking place on Friday, February 24. Ten extraordinary dinners will kick off the weekend of giving, where guests will be treated to a uniquely themed, intimate dining experience in a private venue, featuring the culinary talents of a celebrated chef paired with wines of a renowned vintner.

The dinners will include:

- Magical Greek Isles will be hosted by Bill and Debbie Toler at their Barefoot Beach waterfront home in Bonita Springs. To kick-off the evening, an ambassador from Krug will be there to pour their award-winning Champagne, regarded as one of the world's finest Champagnes. The evening's wines will be presented by the 2017 Southwest Florida Wine & Food Fest's Honored Signature Vintner, V Madrone Cellars, to be paired with an exclusive Greek-inspired culinary experience provided by Chef Mike Mueller of Café & Bar Lurcat.

- David and Christin Collins in partnership with Scott and Jenny Kashman, will present Haight-Ashbury '60s Revolution in Cape Coral. The evening's vintner will be Benovia Winery, and Chef Dustin Valette of Valette and Chef Timothy Duque of Marker 92 will partner to present an unforgettable gastronomic encounter.

- Grapes, Glitter & Gold will be presented by Art and Bev Cherry with Jason and Kelly Stephens. Staglin Family Vineyard will serve as the vintner for the evening, and Chef Gregory Scarlatos of FUSE Global Cuisine will exhibit his culinary talents for guests to enjoy. The evening will take place in Royal Harbor on Naples Bay.

- Russ and Kerrie Conrad with Bob and Susan Winter will present Pop The Cork! on Bonita Beach. Williams Selyem Winery will serve as the vintner, with Chef Jeremy Houston of Capital Grille providing the exceptional dining experience.

- Guests will experience Southern Tides: Barrels, Bluegrass & Burlap on Useppa Island with hosts Pason and

Renée Gaddis and Tom and Stephanie Liber. The vintner for the evening is Saint Helena Winery, and dinner will be presented by Chef Andy Hunter of The Bay House.

- White Nights will be presented by Rich and Cindy Harding. Husic Vineyards will pour the wines for the evening, accompanied by the culinary talents of Chef Bob Boye of Cru. The evening will take place in Miromar Lakes.

- Guests can dine in a Winter Wonderland with the Chef Vintner Dinner hosted by Chad and Danielle Kocses in the Quail West community in Naples. HUNNICUTT will serve as the vintner for the evening, with dining provided by the talented Chef Brian Roland of Crave Culinaire.

- Joe and Jenn Pavich will present Under The Tuscan Stars at the West Bay Club in Estero. Wine will flow thanks to Fisher Vineyards, with dinner presented by Chef Harold Balink of Harold's.

- Guests will rock the night away with Wayne and Maria Wiles' Wine Stock Rockin' On The River dinner, featuring wines from Continuum by Tim Mondavi and dinner from Chef Todd Johnson of Rumrunners and dessert by Chef Ryan Love of Norman Love Confections. The evening will take place at the Wiles' riverfront home in the south Fort Myers Iona community.

- Guests can enjoy the best of the elements with Fire & Ice, presented by Rob Wilson and Rio DeArmond at their home within the Coquina Sands community in Naples. Gamble Family Vineyards will pour the wine for the evening, and the talented Chef Jason Mallon of Ocean Prime will create an exceptional culinary experience.

In addition to the private Chef Vintner Dinners on February 24, the two-day festival includes The Grand Tasting and Live Auction on Saturday, February 25 at Miromar Lakes Beach & Golf Club. For tickets, visit the Southwest Florida Wine & Food Fest website at [www.swflwinefest.org](http://www.swflwinefest.org).

SWFL Children's Charities Inc.'s annual signature fundraiser, the Southwest Florida Wine & Food Fest, has raised \$16 million over the past eight years, making it the most successful fundraising event in Lee County and one of the top-grossing wine fests in the country.✪



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## Craft And White Elephant Sale

Palmetto Palms RV Resort will hold a Craft and White Elephant Sale on Saturday, January 21 from 8 to 12 noon. The RV Resort is located at 19681 Summerlin Road in Fort Myers. Coffee and donuts will be available. The public is welcome. For more information, call Marge Gregg at 466-5331.✪



## CROW Case Of The Week:

## Glue Trap Victims



by Bob Petcher

**K**nown as one of the cruelest methods of killing animals, glue traps are trays, cardboard, fiberboard or plastic coated with an extremely sticky adhesive that is often used

to capture rodents, insects and snakes. Unfortunately, these animals and many other animals get stuck to this type of surface and usually suffer a slow death by starvation or suffocation.

The key word here is "suffer."

According to several sources, glue traps have been known to rip patches of skin, fur and feathers off the animals' bodies as they struggle to escape. Like being stuck in a snare, many animals even chew off their own legs trying to get free. Then there are animals that get their faces stuck in the glue and suffocate, which can take hours. During trap time, animals generally scream in pain and upset the trappers who become undecided on how to "dispose" of the living creatures. The U.S. Humane Society states glue traps are "responsible for more suffering than virtually any other wildlife control product on the market."

At CROW, two unintended targets of glue traps – both birds – were brought in

recently. An eastern screech owl arrived on January 6 from Fort Myers and a northern cardinal came in on January 11 from Sanibel.

The eastern screech owl had its feathers stuck to a glue board and glue residue was all over the victim. It was found when the homeowner checked on the trap that was set a few days prior. CROW officials applied warm water and soap to free the owl from the board and remove the glue on its feathers. The short, stocky bird was moved to an outside enclosure so that it could resume flying and build wing strength and flight stamina. Last Thursday afternoon, CROW officials reported the patient was taking short flights. A release is expected once the owl completes longer flight durations.

The northern cardinal (*Cardinalis cardinalis*) had its feet and its upper body stuck to a glue trap. Glue was also found on the bird's beak and covering its nose opening. The long-tailed songbird was found during a daily check by the homeowner. At CROW, officials used warm canola oil to free the cardinal and remove the glue. Last Thursday, it was reportedly receiving supportive care. It was released the following day.

"Any animal that gets caught in glue traps suffer to some extent, but these two patients were extremely lucky and could be released," said CROW DVM intern Dr. Spencer Kehoe. "Some physical signs are obvious but there are hidden factors such as dehydration and stress once they are trapped that can do just as much damage."



Eastern screech owl stuck to a glue board  
photos by Kenny Howell

Kehoe reported the cardinal arrived with its feet stuck to its chest and glue stuck on its beak covering its nares. "Cardinals mate for life, so it was critical that it was released as soon as possible," he said.

Kehoe stated the glue on the screech owl's wings prevented it from flying. "It has been building its strength taking short flights in the outside enclosure and is expected to be released soon," he said.

According to Kehoe, several humane measures to serve as alternatives to glue traps include sprays, mouse traps and electronic rodent repellers. "Even having



Northern cardinal with glue stuck to its face

a simple house cat will help solve a lot of problems. Whatever you decide to use, just make sure it is quick and humane and reduces the time of suffering for the animal."

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

## Featured Dish of the Week

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# Gotta Love Shiner Fishing In January



by Capt. Matt Mitchell

The hot, cold and then hot again weather has so far not given fishing a chance to get into a usual winter pattern for more than a couple of days at most. Most winters,

we see a cold front roll through almost weekly keeping our water temperatures in the mid to low 60s. So far this winter, we have only been getting a cold front about once a month, which has allowed our water temperature to suddenly drop then creep right back into the low 70s. This is not a bad thing it just means you have to approach fishing this winter a little differently.

Fishing has been great as long as you play along accordingly with the water temperatures. For the first few days after the passing of a strong cold front when

the water is cold, it's been like any other winter catching sheepshead with shrimp for bait. Sheltered mangrove creeks with strong tide movement and barnacle crusted docks off the intercostal and around the passes have been on fire with sheepshead of all sizes. The coldest days right after a cold front has passed have been the most productive. With each passing cold front, we get a new batch of spawning sheepshead moving in from the gulf.

Other action, while shrimp fishing post-cold front, has included permit and pompano in the sand and shell bottomed mangrove creeks along with quite a few black drum. Our trout fishing has sure got a whole lot more consistent over the past few weeks too with trout after trout being caught on popping cork rigs on the more sheltered clear water flats. Sheltered clear grass flats can be found along the whole bay side of Sanibel. Look for the flats that are three to four feet deep with lots of small white sand holes. If you spend an hour or so popping corks, you will eventually get your limit of trout along with a mixed bag of jacks, ladyfish and bluefish. Live shrimp have been the better bait for this and, remember when your float goes down, just reel until the rod bends. Setting the hook on a trout will most likely rip the hook right out of



A 31-inch snook caught and released with Capt. Matt Mitchell this week

their paper-thin mouth.

After just a few days of a post-cold front sheepshead fishing, it's been right back to throwing a cast net to catch shiners for bait and then targeting catch-and-release snook. As water temperatures have rebounded back into the high 60s, the snook bite has been going off not only in the usual mangrove creeks of winter but in places in the open sound and close to the passes where these snook would usually be during springtime. Being able to go live chumming, shiners in the middle of January is a awesome thing. This week we caught snook up to 31 inches all over the sound. As long as we still have

shiners in the sound, this snook bite will continue to be great.

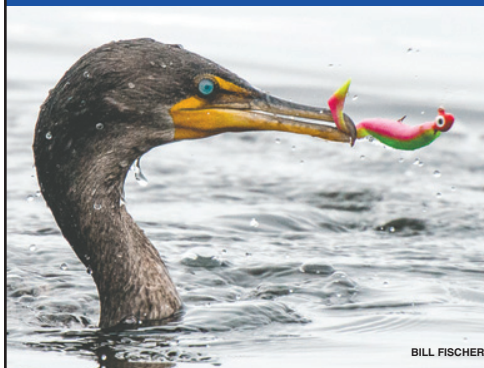
So far we have been lucky enough to have had a very mild winter. The few strong cold fronts we have had have been really spread out and only completely changed our fishing for a couple of days at the most to our usual winter pattern. Any year that I'm still shiner fishing in the middle of January, life is good.

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

## 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](mailto:press@islandsunnews.com) or call 395-0113.

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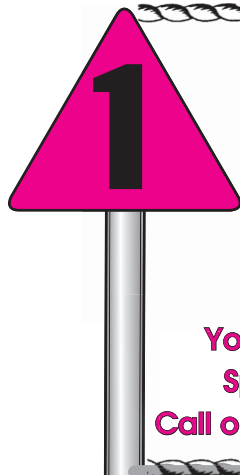


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## Annual Benefit Dinner For The Music Foundation



**Summer Music & Arts Camp**

photos courtesy The Music Foundation of SWFL

The 16th annual benefit dinner for The Music Foundation of Southwest Florida is scheduled for Tuesday, January 24 at The Helm Club at The Landings Yacht, Golf, and Tennis Club in Fort Myers. The fundraising celebration will be held from 5 to 8 p.m. during which a social hour and silent auction will be followed by dinner and performances by the foundation's 2016 high school scholarship recipients.

The benefit is the main source of support for the programs that the music foundation sponsors. The nonprofit's mission is to offer programs that reach out to the young people in the community, including its Summer Music & Arts Camps, Fifth Grade Travelling Instrument Program, Double Reel & Music Festivals and High School Summer Music Camp Scholarships. Each year, the foundation helps more than 4,000 students with its programs, and awards \$12,000 to \$16,000 each year to disadvantaged and deserving students.

Several of the award-winning high school scholarship students will perform at the showcase dinner. They are: Carly Fulcher, cello; Jonathan Gardella, viola; and Karen He, piano. There will be a special performance by the San Carlos Park Elementary Chorus directed by Kristen Beatty, and the evening will conclude with performances by Jason



**A summer camp student**

Thomashefsky, saxophone; and Nadia Marshall, soprano.

Ruth Christman, executive director of The Music Foundation of Southwest Florida, said, "We recently changed our motto to: 'The Music Foundation of Southwest Florida aims to enrich and transform the lives of young people by igniting and nurturing the lifelong joy of making music.'"

"Each year we award scholarships to talented high school music students to attend a summer music camp or program. The annual benefit dinner allows us to do that. Some past scholarship students have attended music programs at Interlochen, Tanglewood, Brevard, Indiana University, Torggler Summer Vocal Institute at Christopher Newport University, Florida State University, and many others."

The week-long Summer Music & Arts Camps, primarily for middle school students, offer master classes, music theory, note-reading, and proper practice skills. Camps are held at Paul Laurence Dunbar Middle School in Fort Myers and staffed by faculty who are active professional musicians and/or music teachers selected for their expertise and ability to share their enthusiasm and knowledge with the aspiring musicians.

Tickets to the dinner are \$50 each. To purchase tickets or for more information about the High School Summer Program Scholarship auditions and the Summer Music & Arts Camps, call Ruth Christman at 275-0057 or go to <https://www.music-foundation.org>.

The Helm Club at The Landings Yacht, Golf and Tennis Club is located at 4420 Flagship Drive in Fort Myers. ✨

## Commission Celebrates 75 Years Of Wildlife Conservation Success

In 2017, the Florida Fish and Wildlife Conservation Commission (FWC) is commemorating the 75th anniversary of the wildlife management area system, one of the state's greatest natural treasures. The FWC oversees this statewide network of remote and scenic lands, managing them for conservation and recreation. To celebrate the milestone and help people discover the opportunities these public lands offer, the FWC is hosting free events throughout the year.

"Florida has one of the largest systems of public lands in the country at nearly six million acres, and these lands are the best of the best of what wild Florida has to offer," said FWC Chairman Brian Yablonski. "These natural communities span a variety of habitats from longleaf pine uplands and pine flatwoods to the hardwood hammocks and sawgrass savannas of the Everglades. Not only are these areas beautiful, they are managed to provide habitat for many species of wildlife and access for people to enjoy hunting, fishing, wildlife viewing and more."

Florida's first WMA, Fred C. Babcock/Cecil M. Webb Wildlife Management Area, was established in late 1941 in Charlotte and Lee counties. By the 1960s, there were 28 WMAs. Today, the FWC is the lead manager or landowner of over 1.4 million acres, and works in partnership with other governmental or private landowners on another 4.5 million acres. These healthy habitats are essential to Florida wildlife – both common and imperiled species. The FWC uses its scientific expertise and a comprehensive ecological approach to manage a variety of wildlife while balancing public access to these wild lands.

WMAs provide many recreational opportunities including paddling, fishing, hiking, biking, horseback riding, photography, wildlife viewing, and target shooting at areas with a public shooting range. They also offer a wide range of hunting opportunities including special hunts for families and people with disabilities. Throughout 2017, the FWC will host a variety of events to celebrate Florida's WMAs. Events include a statewide geocaching challenge, volunteer work days, a photo contest, guided hikes, fun opportunities to explore WMAs, and citizen science bioblitzes where members of the public help document wildlife species at WMAs.

To learn more about upcoming events or to locate a WMA, visit [www.MyFWC.com/WMA75](http://www.MyFWC.com/WMA75). Share your visits to Florida WMAs on social media by using #WMAzing. ✨



**Dr. Sandra Kauanui with Steve Forbes**

photo courtesy SBDAC

## Networking Meeting Downtown

The Entrepreneurial Mindset is the topic at the next Connect Networking meeting on Monday, January 23 from 5:30 to 7:30 p.m. at the Sidney & Berne Davis Art Center (SBDAC). Dr. Sandra Kauanui will be the guest speaker. Connect Networking is open to the community.

Dr. Kauanui is the director of the Institute for Entrepreneurship, chair of

the Entrepreneurship Department, and professor of entrepreneurship at Florida Gulf Coast University (FGCU). She serves as a member of the advisory board for the Junior Achievement of Southwest Florida, and Small Business Development Center. Dr. Kauanui is the principal organizer for the Veterans Florida Entrepreneurship Program and was instrumental, along with her team, in the curriculum development of the Entrepreneurship Minor at FGCU and the curriculum being used for the Veterans Florida Entrepreneurship.

She is an active researcher, keynote speaker and workshop presenter and has authored and co-authored over 80 publications in her academic career, primarily in entrepreneurship. She has been an invited guest speaker in the U.S., Canada, Europe, South Africa, Puerto Rico and Romania. She recently traveled to Cuba to organize an entrepreneurial study abroad experience for FGCU students in the summer 2017.

Connect Networking takes place quarterly this season and is hosted by Melissa Tschari DeHaven. Pizza will be provided, sponsored by Capone's Coal Fired Pizza. Admission is \$10. Promotional table space is available for \$40 and includes admission for two, a spotlight on your business and a six-foot table. For more information, contact Melissa.sbdac@gmail.com or visit [www.sbdac.com](http://www.sbdac.com).

The Sidney & Berne Davis Art Center is located at 2301 First Street in the downtown Fort Myers River District. ✨





Peruvian primrosewillow is listed as a Category-I invasive plant  
Plant Smart

photo by Gerri Reaves

## Peruvian Primrosewillow

by Gerri Reaves

**P**eruvian primrosewillow (*Ludwigia peruviana*) was introduced as an ornamental because of the pretty flowers.

However, this member of the evening-primrose family is now a Category 1 invasive pest plant, according to the Florida Exotic Pest Plant Council.

Plants in this category "are altering native plant communities by displacing native species, changing community structures or ecological functions, or hybridizing with natives." This determination is based "on the documented ecological damage caused."

Also called Peruvian water-primrose, it is native to many parts of Central America, Mexico, the Caribbean, and South America.

It thrives in and alongside swamps, lakes, ditches, marshes and canals.

A propensity to form standing or floating monocultures -- floating islands -- can threaten aquatic plants and animals by deoxygenating the water.

This long-lived multi-branched shrub can reach more than 12 feet high.

The dark-green alternate leaves have prominent veins and paler undersides, on which the veins are very noticeable. Leaf shapes vary from lanceolate to elliptical to ovate.

Newer stems and leaves are often hairy.

Showy yellow flowers are borne singly, measure about two inches across, bloom year 'round, but last only a day. They have four (sometimes five) rounded petals and four persistent sepals, the outer leaf-like structures surrounding the flower.

The plant bears an elongated four-angled reddish or brownish fruit.

This invaders spreads by seeds, suckers, or submerged stems via wind, birds, water or even lawn or agricultural machinery.

Although this species provides nectar for some native butterflies, you'll help them more by replacing this invasive plant with native nectar sources such as the native Mexican primrosewillow (*Ludwigia octovalvis*).

Sources: *Florida Wild Flowers and Roadside Plants* by C. Ritchie Bell and Bryan J. Taylor, *The Shrubs and Woody Vines of Florida* by Gil Nelson, *Wildflowers of Florida* by Jaret C. Daniels and Stan Tekiela, ifas.ufl.edu, and keyserver.lucidcentral.org.

Plant Smart explores the diverse flora of South Florida.✧

## Fort Myers Named Tree City USA

**W**ith a nickname like "City of Palms," it's no surprise that Fort Myers is a perennial recipient of the Arbor Day Foundation's Tree City USA distinction. For the 25th consecutive year, the foundation has honored Fort Myers for its commitment to effective urban forest management.

Fort Myers achieved Tree City USA recognition by meeting the program's four requirements: A tree board or department, a tree-care ordinance, an Arbor Day observance and proclamation, and an annual community forestry budget of at least \$2 per capita.

"Fort Myers believes in the value of trees as part of the fabric of a community," said Richard Moulton, interim director of public works at the City of Fort Myers. "Last year, the city began establishing a second generation oak hammock at Shady Oaks Park, which was opened 46 years ago. This will ensure that the next generation of citizens will enjoy the shade of oak trees at this community facility."

Fort Myers was the first city in Southwest Florida to become a Tree City USA, and has held the distinction for a quarter century. The city grows many of the trees currently being installed at city properties.

"Tree City USA communities see the impact an urban forest has in a community first-hand," said Dan Lambe, president of the Arbor Day Foundation. "Additionally, recognition brings residents together and creates a sense of community pride, whether it's through volunteer engagement or public education."

More information on the Tree City USA program is available online at [www.arborday.org](http://www.arborday.org).✧

## Audubon Event At Manatee Park

**A**udubon of Southwest Florida will present a program, entitled Birds, Butterflies and Manatees, on Saturday, January 28 at Manatee Park, located at 10901 State Road 80 (Palm Beach Boulevard) in Fort Myers. The gathering will begin at 9 a.m.

Weather permitting, attendees are invited to kayak the upper Orange River and walk Manatee Park at their leisure. Guests must pay the \$5 parking fee. Kayaks will be available for rent; singles are \$15 per hour; tandems are \$25 per hour. To rent a kayak, contact Calusa Blueway Outfitters at 481-4600.

To RSVP for the event, send an email to [audubon.southwest.florida@gmail.com](mailto:audubon.southwest.florida@gmail.com).✧



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The CONRIC PR &amp; Marketing team

photo provided

## Public Relations, Marketing Firm Celebrates Milestone Anniversary

As 2017 marks the beginning of another new year with the promise of new resolutions, CONRIC PR & Marketing marks the beginning of a milestone 10-year anniversary. To celebrate this milestone for her growing Fort Myers-based company, president Connie Ramos-Williams has committed to a five-year goal of giving \$500,000 back to the local community.

For the past four years, CONRIC PR & Marketing has donated \$100,000 annually in marketing support, volunteer hours and monetary donations to numerous nonprofits, organizations and start-up companies that work to enhance the quality of life and economic development here in Southwest Florida.

According to Ramos-Williams, this year will be no different. CONRIC is on track to donate \$100,000 in 2017. PACE Center For Girls, United Way, Dress For Success SW Florida, Multicultural Centre of Southwest Florida, Blessings In A Backpack of SWFL, Golisano Children's Hospital and Imaginarium Science Museum are among those organizations the company supports.

"It's simple – we love Southwest Florida, and feel fortunate to live, work and play in this beautiful and generous community," said Ramos-Williams. "Our entire team at CONRIC PR & Marketing remains dedicated to achieving our annual goal of \$100,000 of giving by year end to complete our five-year, \$500,000 commitment back to the community that has given CONRIC so much of its love and support over the years in return."✱

## Continental Women's Club

Join the Continental Women's Club on Thursday, February 2 when their guest speaker will be Dr. Robert Brueck, board certified plastic surgeon. Meeting attendees are invited to find out everything they always wanted to know about cosmetic surgery, facial peels, skin care and more.

The club's monthly meetings are held on the first Thursday of the month at 11:30 a.m. at Colonial Country Club,

located at 9181 Independence Way in Fort Myers. The cost to attend the luncheon is \$19. Call 672-8683 before 8 p.m. on Sunday, January 29 to make a reservation for February's luncheon.

Also, the club's annual scholarship fundraiser will be held on Monday, March 20 at Colonial Country Club from 11 a.m. to 3 p.m. There will be luncheon and a fashion show by Shops at Bell Tower. The event includes a raffle/auction of merchandise and gift baskets. The cost to attend is \$30. For reservations or more information, call 223-6282. All are welcome to attend.✱

## New Bank Branch In Historic District

Sanibel Captiva Community Bank has opened its sixth Southwest Florida branch in downtown Fort Myers. Located in the Edison Theatre building at 1533 Hendry Street, the bank will provide customers with hands-on, individual banking service Monday through Thursday from 9 a.m. to 4 p.m. and Fridays until 5 p.m.

"Downtown Fort Myers will once again have a local bank presence," said Craig Albert, president, Sanibel Captiva Community Bank. "The location is extremely convenient for the business community, as well as neighborhood residents, and we look forward to seeing them in the branch."

Founded in 2003, Sanibel Captiva Community Bank has two locations on Sanibel: the main office at 2475 Library Way and 1037 Periwinkle Way, and three additional locations in Fort Myers: in the Myerlee community; McGregor Boulevard near Kelly Road; and on College Parkway. A new branch in Gateway will open in early February at the corner of Gateway Boulevard and Devonshire Lakes Drive. The bank is well-capitalized with \$350 million in assets and generates the third-highest return on equity of Florida's 151 chartered banks.

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

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# The Place On First Hosts Preview Studio Open House



From left, David Fry, Garrett Joiner, Chris Joiner, Alex Henderson, Randy Henderson and Dean Fry photos provided

The Place on First celebrated the opening of its preview studio during an opening reception on January 6. Located at 2275 Main Street in Fort Myers, the preview studio offers guests a first glimpse of The Place on First, the first true mixed-use building to be constructed downtown in a decade. In addition to two floors of Class A office space and multiple restaurant and retail destinations, The Place on First features a select few homes on the building's private residential floors, levels 5 to 8, which are accessible by elevator or stairs. Each home includes a covered parking space in the building's first-floor garage, as well as access to luxury features including the ninth-floor Sky Terrace, a splash pool, grill area, fitness studio, two hotel-style guest suites, bicycle storage, and state-of-the-art entry access. Urban style elements throughout the homes, such as brick accent walls and cove lighting, are a part of the building's unique design aesthetic. Ranging from 1,296 to 2,412 square feet in size, floor plans include The Edison, The Heitman, The Jackson and The McGregor, with residences priced from the \$400s to the \$800s.✪



Danielle and David Seitz



Susan Ellis and Robert DeSantis



From left, Nina and Don Paight and Bruce Grady



From left, Jim Griffith, Devon Parker, Ginny Henderson and Alex Henderson



From left, Sean Ellis, Connie Boyd and Trevor Swartz





April Nixon and Cheri Gibson



Garrett and Chris Joiner



From left, Shannon and Phil Morris, Melissa and Trent Swartz and Trevor Swartz



From left, Susan Hill and Loren Ben Oppenheimer with Bobbi and Lyn Bevis



Alex Henderson and Farzaneh Kazemi



Chris Lopez and Sean Ellis

## Lee Republican Women To Meet

The Lee Republican Women Federated February dinner meeting will be held on Monday, February 13 at Pinchers – The Marina at Edison Ford. Festivities begin at 5:15 p.m. with a social. Dinner and program will follow. The meeting will feature Kathleen Rooney, wife of Congressman Francis Rooney, speaking on What It Is Like To Be a Candidate's Wife.

Cost is \$25 to attend. The public is welcomed.

Send RSVP to [www.leerepublicanwomen.com](http://www.leerepublicanwomen.com) or contact Wren Morefield at (270) 210-1284 or [wrenspet@hotmail.com](mailto:wrenspet@hotmail.com) before February 9 at noon.

Pinchers – The Marina is located at Edison Ford, 2360 W. First Street, Fort Myers. It is adjacent to the Edison & Ford Winter Estates in the Fort Myers Downtown River District.✱



Francis and Kathleen Rooney

photo provided



Joel and Carol Boland



Tammy Hynes and Scott LoVecchio



# Division Champion Red Sox Appear Even Stronger In 2017



by Ed Frank

It's a far different outlook for the Boston Red Sox in 2017 than it is for the Minnesota Twins, the team we reviewed in last week's column. In fact, the experts predict a second straight American League Eastern Division Championship for Boston, while the Twins, most likely, will repeat at the bottom of the AL Central. To the surprise of many, the Red Sox catapulted from last in the AL East in 2015 when they lost 78 games to first last season with a 93-69 record. And despite the retirement of future Hall of Famer David Ortiz, the Red Sox in 2017, at least on paper, appear an even better team.

In fact, next to the heavily favored Chicago Cubs to repeat as World Series Champions, the Red Sox, Los Angeles Dodgers and Washington Nationals are listed second at 10-1 odds compared to the Cubs at 3-1. Here are some of the reasons why the Red Sox should be a solid, winning ball club in the upcoming season: The acquisition of All-Star pitcher Chris Sale, the Florida Gulf Coast University alum, along with returning 2016 Cy Young Award winner Rick Porcello and former Cy Young winner David Price provide the Red Sox with three of the best starters in baseball. Porcello won 22 games last year, Price and Sale 17 each. The Red Sox bullpen also has been strengthened with the offseason signing of relief pitcher Tyler Thornburg. The outfield of Jackie Bradley Jr., Mookie Betts and youngster Andrew Benintendi has the power, productivity and athleticism that Red Sox old timers dream of when they remember the likes of Jim Rice, Fred Lynn and Dwight Evans roaming the Fenway Park outfield decades ago. Betts, just 24 years old, finished second to Mike Trout in the American League MVP voting in 2016 after a season in which he hit .318 with 31 homers and 113 RBIs along with a Gold Glove Award. All three were drafted by the Red Sox and developed in their Minor League system. Then there is the infield of proven veterans Dustin Pedroia, Hanley Ramirez, Xander

Bogaerts and newly acquired first baseman Mitch Moreland. There also is questionable third baseman Pablo Sandoval, whom the Red Sox acquired two years ago in a six-year, \$95 million contract, but who hit only .245 in his first year with the Red Sox and was out nearly all of 2016 with a shoulder injury. It was a year of resurgence for Boston in 2016 under their new president of baseball operations Dave Dombrowski, but one of postseason disappointment when swept by Cleveland in the first round of the playoffs three games to none. In less than a month, the team will report here at JetBlue Park for the start of Spring Training. Tickets already are on sale at the box office.\*

## Spring Training Home Schedules

### Minnesota Twins - CenturyLink Sports Complex

February 24 – Tampa Bay; 1:05 p.m.  
February 26 – Washington; 1:05 p.m.  
February 27 – Miami; 1:05 p.m.  
March 1 – Pittsburgh; 1:05 p.m.  
March 4 – Toronto; 1:05 p.m.  
March 6 – St. Louis; 1:05 p.m.  
March 8 – Team USA; World Baseball Classic; 7:05 p.m.  
March 9 – Columbia; World Baseball Classic; 1:05 p.m.  
March 11 – Boston; 1:05 p.m.  
March 12 – Baltimore (split squad); 1:05 p.m.  
March 13 – Tampa Bay; 1:05 p.m.  
March 15 – St. Louis; 1:05 p.m.  
March 18 – Boston; 1:05 p.m.  
March 24 – Baltimore; 1:05 p.m.  
March 26 – Boston; 1:05 p.m.  
March 28 – Tampa Bay; 1:05 p.m.  
March 31 – Rochester (Twins Triple A Minor League team.); 1:05 p.m.  
Tickets are available at the CenturyLink Sports Complex ticket office.

### Boston Red Sox - JetBlue Park

February 23 – Annual double-header against Boston College and Northeastern University; 1:05 p.m.  
February 24 – New York Mets; 1:05 p.m.  
February 25 – Minnesota Twins; 1:05 p.m.  
February 27—St. Louis Cardinals; 1:05 p.m.  
February 28 – New York Yankess; 1:05 p.m.  
March 2 – Tampa Bay Rays; 1:05 p.m.  
March 5 – Atlanta Braves; 1:05 p.m.  
March 9 – Team USA, Baseball Classic; 1:05 p.m.  
March 10 – Baltimore Orioles; 6:05 p.m.  
March 11 – Tampa Bay Rays (split squad); 1:05 p.m.  
March 14 – Toronto Blue Jays; 1:05 p.m.  
March 16 – Pittsburgh Pirates; 6:05 p.m.  
March 17 – Houston Astros; 1:05 p.m.  
March 19 – Minnesota Twins; 1:05 p.m.  
March 20 – Baltimore Orioles; 1:05 p.m.  
March 23 – Pittsburgh Pirates; 1:05 p.m.  
March 25 – Philadelphia Phillies (split squad); 1:05 p.m.  
March 29 – Minnesota Twins; 1:05 p.m.  
March 30 – Washington Nationals; 1:05 p.m.\*

## SPORTS QUIZ

1. In 2015, Los Angeles Dodgers pitcher Clayton Kershaw tied a team record with a sixth consecutive season of 200-plus strikeouts. Who else holds the mark?
2. Which of the following four left-handed pitchers appeared in the most major-league games: Tommy John, Jim Kaat, Sparky Lyle or Tug McGraw?
3. Name the school that has been ranked No. 1 in The Associated Press top-25 college football preseason poll the most times.
4. When was the last time before the 2015 NBA playoffs that the Washington Wizards swept a series?
5. When was the last time before 2016 that the St. Louis Blues made the conference finals in the NHL playoffs?
6. Who was the last rookie racer before Alexander Rossi in 2016 to win the Indianapolis 500?
7. Name the last Spanish female tennis player before Garbine Muguruza in 2016 to win the women's singles title at the French Open.

## ANSWERS

1. Sandy Koufax, 1961-66. 2. Lyle, 899 games; Kaat, 898; McGraw, 824; John, 760. 3. Oklahoma, 10 times. 4. Washington swept the New Jersey Nets in 1982. 5. It was 2001. 6. Hellei Castroneves, in 2001. 7. Arantxa Sanchez Vicario won the French Open in 1998.



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## 5K Run Supports Kids And Grades

The Fort Myers Metro-McGregor Kiwanis will hold the 9th annual Calusa Bug Chase 5K run and BUG Crawl at the Calusa Nature Center, 3450 Ortiz Avenue in Fort Myers, on Saturday, January 28. The race will benefit the Fort Myers-Metro Kiwanis Club's BUG (Bring Up Grades) Program and other club sponsored community service projects. Participants can register online at [www.ftmyerstrackclub.com](http://www.ftmyerstrackclub.com).

The Big Bug co-title sponsors for the race are Pool Pros, Inc. and Larue Pest Management, Inc. Other sponsors committed to in-kind sponsorships include Nova Southeastern University, Leslea Ellis, LLC, United Way of Lee, Hendry, Glades, and Okeechobee, Pampered-Pooch Dog Boarding and Daycare, Island Aire of Southwest Florida, Inc., Paychex, Ludden Insurance, Great Clips-Cape Coral and MLS Title, LLC. The Bagel Factory of Fort Myers, iberiabank, Fit Nation and Calusa Nature Center.

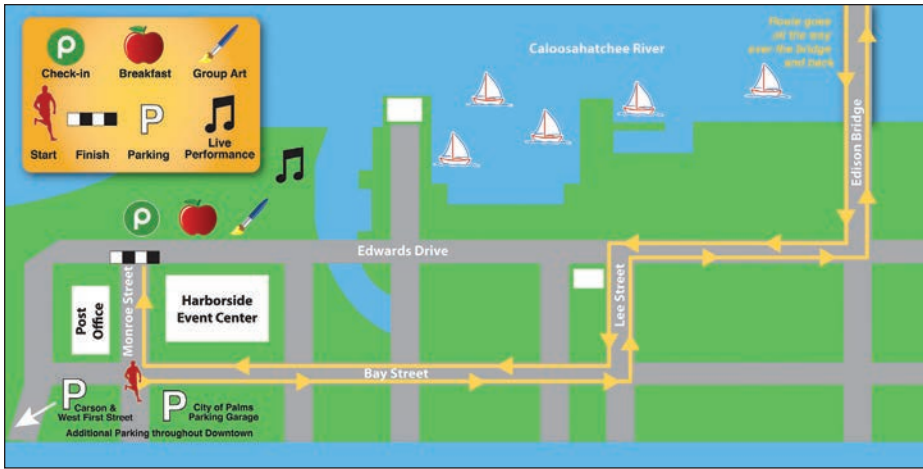
The course, supervised by the Fort

Myers Track Club, travels the trails at the nature center and a portion of the asphalt bike path on Ortiz Avenue. Runners will be timed with Chrono Track Bib Tag Technology. Packets can be picked up the day of race from 6:30 to 7:15 a.m. Race day registration begins at 6:30 a.m. and race time is 7:30 a.m. Adult pre-registration up to January 18 is \$20, January 19 to 25 registration is \$25 and race day registration is \$35. Youth (age 17 and under) discounted pre-registration is \$10, January 19 to 25 registration is \$15 and race day registration is \$25. There will also be a no-charge BUG Crawl, a short run/walk guided by race volunteers, for children age 5 and younger. Registration includes a long-sleeve commemorative T-shirt, complimentary race day admission to the Calusa Nature Center and refreshments. Overall and age group awards for the 5K run will be presented.

All proceeds benefit the Fort Myers Metro-McGregor Kiwanis BUG (Bring Up Grades) program, designed to recognize local elementary students who raise their grades to an acceptable range and maintain or continue to raise them from one grading period to the next, and other

continued on page 28





The 5K race course

image courtesy www.runtothearts.com

## Publix Run To The Arts 5K Race

**P**ublix Run To The Arts, a 5K race to be held on Sunday, February 5, brings together the very best that life has to offer.

"Health and fitness, arts and culture, friends and family, and the scenic beauty of the Fort Myers waterfront – what more could you ask for?" asked Sharon McAllister, executive director of ArtFest Fort Myers. "In our view, it is all about quality of life in our community."

Publix Run To The Arts is "a race with pizzazz," a full morning of fun that kicks off on February 5 at ArtFest Fort Myers with exceptional art, entertainment and interactive art activities. Runners and their guests will be the first to sneak a peek at the artist booths on Sunday morning, even before the festival opens to the public. In keeping with the spirit of the fine art festival, runners will also be invited to take part in creating a public art piece, to further celebrate and distinguish this event.

Publix Run To The Arts registration fee guarantees a spot in the race as well as a special run T-shirt featuring the artwork by Leoma Lovegrove, a Publix Run To The Arts backpack, a post race breakfast, medals and special awards for top finishers, raffle prizes including weekend getaways and tickets to theatre/symphony performances, plus reserved early morning parking.

Organizers also welcome non-runners as race day volunteers. All volunteers will get a Publix Run To The Arts staff shirt, breakfast on race day, raffle entry and preferred parking.

Run To The Arts is made possible by the generous support of Publix Supermarkets, a 13-year sponsor of ArtFest Fort Myers, who is carrying on its tradition of being the kind of company a community can count on.

ArtFest Fort Myers, the annual juried fine art festival, takes place on February 3, 4 and 5 in the Fort Myers River District.

For more information, visit [RunToTheArts.com](http://RunToTheArts.com) or connect with the race or the art festival on Facebook and LinkedIn. Tag us #artfestfm.✱

## Lecture Series: How Not To Die

**L**ee Health is offering the next in a series of free lectures designed to cover a variety of health care topics to help improve your physical and mental well-being. These interactive and informative lectures are presented by Dr. Salvatore Lacagnina, system medical director of wellness and employee health.

We all know death is inevitable and unavoidable but what we can do is invest in our health so as to delay death as long as possible. Clinical evidence has proven that early death and disease can be avoided by practicing healthy lifestyle behaviors.

Join Dr. Lacagnina for How Not To Die, an interactive presentation to learn how to achieve optimal wellness, fitful aging and disease prevention, with learnings from Dr. Michael Greger's book of the same title.

This month's lecture will be held on Tuesday, January 31 at Lee Memorial Hospital in the auditorium from noon to 1 p.m.

Seating for the lecture is limited and reservations are requested. Call the Health



Dr. Salvatore Lacagnina

photo courtesy Lee Health

and Wellness registration line at 424-3234.

The Healthy Living lecture series is presented as a program of Healthy Lee, a community resource that was created to empower and inspire the people of Lee County regarding healthy lifestyle choices through education and action. Visit [www.healthylee.com](http://www.healthylee.com) for more information.✱

From page 4

## Final TGIM

finest artistic cinematic works. The festival is known for world-class swagger and support of local filmmakers. The event has featured hundreds of local filmmakers and is a must attend for cineasts who love indie film and film festivals living in Lee, Collier and Charlotte counties. For more info, visit [www.fortmyersfilmfestival.com](http://www.fortmyersfilmfestival.com).

The final TGIM will take place on February 6. Doors opens for cocktails at 6:30 p.m. and the show starts at 7 p.m. Tickets are \$10 for adults and \$8 for seniors and students. Visit [www.sbdac.com](http://www.sbdac.com) for information and tickets.

The 7th annual Fort Myers Film Festival will take place from March 8 to 12.

The Black Tie Red Carpet Gala at Barbara B. Mann Performing Arts Hall will be held on March 8; regular programming begins on March 9; the Party & Gala at the Sidney & Berne Davis Art Center will take place on March 10; a local programming showcase will be held on March 11; the Champagne & Dessert Awards Dinner Gala at the Broadway Palm Dinner Theatre is scheduled for March 12.✱



Melissa DeHaven and Eric Raddatz

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# Building Industry Group Inducts Board Of Directors

The Lee Building Industry Association (Lee BIA) inducted its 2017 officers and board of directors at the Blue Coyote Supper Club in Fort Myers on December 1. Richard Durling of Marvin Development Corporation will serve as president of the Lee BIA's 2017 Board of Directors. Other officers includes First Vice President Frank Jenkins of Harbourside Custom Homes; Second Vice President Randy Thibaut of Land Solutions, Inc.; Secretary Darin McMurray of Lennar Homes; Treasurer Butch Ritter of Cape Coral Plumbing; Past Second Vice President Randal L. Mercer of CRE Consultants; and Lee BIA Legal Counsel George Knott of Knott Ebelini & Hart, PA.



Lee County Commissioner Larry Kiker introduces Lee BIA's officers and board for 2017

photos courtesy Lee BIA

The 2017 Board of Directors is as follows:

- Darryl Aubuchon, Lee County Sheriff's Office
- Carl Barraco, Jr., Barraco & Associates, government affairs chair
- Mike Dannenhauer, Five County Insurance, membership chair
- Ted Gaduoury, JL Wallace, commercial contractors chair

- Robert Himschoot, Crews Environmental
- Bob Marion, Argos RMX
- Richard McCormick, PulteGroup
- Neale Montgomery, Pavese Law Firm
- Ian R. Moore, DR Horton
- Annette Nilles, Nilles Design
- Jeff Richards, Better Buildings, Inc.
- Sherri Rozzi, Norris Furniture and Interiors

For more information on membership and the various programs available, visit [www.BIA.net](http://www.BIA.net) or call 936-5525.\*

## Coalition Hosts Service Day

In an effort to provide the homeless and veteran populations in Lee County with access to essential goods and services, the Lee County Homeless Coalition will host the 17th annual Homeless Service Day and Veterans Stand Down on Saturday, January 21.

The event will take place at City of Palms Stadium, located at 2201 Edison Avenue in Fort Myers from 8:45 a.m. until approximately noon. Services provided during the event to anyone who is homeless will include provisions for food, hygiene kits, backpacks, flu shots, haircuts and information on VA benefits. Referrals for substance abuse and mental health counseling will also be available.

During the event, the Lee County Homeless Coalition will conduct their Annual Homeless Census, which provides critical information on the scope of homelessness in our community.

"A Stand Down is a military term used to describe a brief respite from combat where troops could access a variety of services," said Janet Bartos, executive director. "Our hope is to help homeless individuals get what they need by providing these services in a one-stop setting."

At no charge, the effort to provide these "one-stop" services in one day is a

collaborative endeavor which includes a number of agencies and civic organizations committed to supporting the needs and services of the homeless. There are more than 30 agencies registered to attend this year.

To learn more about the Lee County Homeless Coalition, contact Janet Bartos at 322-6600. For more information on the Lee County Homeless Coalition, visit [www.leehomeless.org](http://www.leehomeless.org).\*

### Financial Focus

## What Should You Know About Taking RMDs



by Jennifer Basey

As we get older, the end of another year takes on greater meaning, in many ways, than it did when we were young. And if you're a certain age, December 31 has a very specific

meaning in terms of your finances, because it's the deadline for withdrawing money from some of your retirement

plans. What should you know about these withdrawals? And how much control over them do you have?

Here's the picture, in a nutshell: Once you turn 70½, you generally need to start taking withdrawals – the technical term is "required minimum distributions," or RMDs – from your traditional IRA and your 401(k) or similar plan, such as a 403(b) plan (for employees of public schools, religious institutions and other tax-exempt organizations) or 457(b) plan (for employees of state and local governments and governmental agencies). After the first year in which you take these RMDs, you must take them by the end of each year thereafter.

If you don't withdraw at least the minimum amount (calculated based on your age, account balance and other factors) you face a penalty of 50% of what you should have taken out – a potential loss of thousands of dollars. So, here's priority number one: Take your RMDs before the end of the year. The financial services provider who administers your IRA or 401(k) can help you determine the amount you must withdraw.

However, after that point, it's your decision as to whether you want to exceed the minimum. Of course, you may need to take more out to meet your living expenses. But if you have enough additional income from other sources – such as Social Security and interest and dividend payments from investments held outside your retirement accounts – you may be able to stick with the minimum withdrawals.

And this could prove to be beneficial, because you obviously want your retirement accounts to last as long as possible, considering you might spend two or even three decades as a retiree. Another reason not to take more than you need from your retirement accounts is that these withdrawals are typically taxable – so the less you take out, the lower your tax bill.

You can also potentially lower your tax burden arising from RMDs by being generous. If you take money from your IRA and donate it to a qualified charity (one that has received tax-exempt status from the IRS), you can exclude the withdrawal from your adjusted gross income and count the donation against your taxable RMDs. Suppose, for example, your RMD for 2016 is \$5,500. If you take \$5,000 from your IRA and donate it to a qualified charity, your taxable RMD obligation will be reduced to just \$500. If you were to take another \$500 from your IRA, you would satisfy your entire RMD for the year. (Consult with your tax advisor to make sure you're following the rules governing these charitable donations from your IRA.)

You worked many years to build your retirement accounts. So when it's time to tap into them, make the right moves – and do whatever it takes to maximize the benefits you get from your required minimum distributions.

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



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**Joe Gammons**

photos courtesy Hope Healthcare

**West McCann****Bob Simpson****Sandy Stilwell****Trudi Williams**

## Hope Healthcare Announces Five New Board Members

Five local community leaders have joined the board of directors for Hope Healthcare. Joe Gammons, principal at Office Furniture & Design Concepts, serves on the board of directors for Lee Health Foundation and the Florida Gulf Coast University Foundation and is a member of the Fort Myers South Rotary and the Fort Myers, Naples and Cape Coral chambers of commerce.

West McCann, market president and senior managing director of Northern Trust Wealth Management's Lee County offices, has served on the board of directors or as a committee member for community organizations, including Audubon Florida, United Way of Collier County, Speakers Assembly of Southwest Florida, New Horizons of Southwest Florida, and the Bonita Springs Community Fund of the Southwest Florida Community Foundation.

Bob Simpson is president and CEO of LEESAR Regional Service Center and Co-operative Services of Florida. A former chairperson of the The American Cancer Society of Lee County Cattle Barron's Ball and The American Heart Association Heart Ball, Simpson has served on the board of directors for Hodges University in Fort Myers and Fifth Third Bank South Florida Affiliate Board of directors.

Sandy Stilwell is owner and CEO of Stilwell Enterprises and Restaurant Group. She serves as the immediate past board chair for the PACE Center for Girls and sits on the board of trustees for Hodges University. A member of the advisory boards for Florida Gulf Coast University's Resort & Hospitality Management Program and *Gulfshore Life* magazine, Stilwell serves on the Captiva Community Panel and the Healthy Lee Steering Committee.

Trudi K. Williams, CEO of TKW Consulting, served in the Florida House of Representatives from 2004 to 2012. A founding member and trustee of the Babcock Preservation Partnership, she is a member of the Chamber of Southwest Florida and serves on the American Red Cross board of directors.

The new members join current board members Madlyn Dornaus, former senior vice president and chief compliance officer for Radiation Therapy Services, who is a member of the Medical Group Management Association and a certified healthcare compliance and

privacy officer; Noreen DiPlacido, a Florida licensed health care risk manager with nearly 25 years of experience in the medical field; Tom Giles, founder, president and CEO of Avalon Engineering; Larry Hart, tax collector for the state of Florida; and Rev. Dr. Tim Halverson, pastor and head of staff at Faith Presbyterian Church in Cape Coral.

The board's leadership includes chairman Bo Turbeville, vice president of Accent Business Products; vice-chair Jerry Nichols, a specialist for Employee Benefits Planning with Brown & Brown Benefits and a Northwestern Mutual Financial Representative; secretary Dick Ackert, former president and CEO of SouthTrust Bank, Southwest Florida; treasurer Charles Idelson, principal founder of Investors' Security Trust Company; and past chair Sandy Robinson, former president of Northern Trust's Fort Myers office.

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

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### Lake Kennedy Senior Center

## Little Black Dress Party

Come to the Lake Kennedy Senior Center for a Little Black Dress Party with Cahlua and Cream on Friday, February 10. Doors open at 6:30 p.m. and the event starts at 7 p.m.

The Little Black Dress Party will feature local entertainers Cahlua and Cream, who will share the sounds of Whitney Houston, Donna Summers, Diana Ross, Tina Turner and more. Enjoy an evening of dancing, friends and fabulous entertainment. Come dressed to impress in your "little black dress" or "bold black" attire. Delicious appetizers, gluten free soup and beverages will be served. BYOB.

Admission is \$10 for members and \$15 for non-members. Pre-registration is preferred.

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

**Cahlua and Cream**

photo provided



## Applications Open For Uncommon Friends Foundation Scholarships



Front row from left, Dr. Karen Serrell, education committee chair, William Reich, Johana Stubbs, Carica Astrel, Toni McEnery, Jennifer Lynch and Timothy O'Rourke; back row from left, Tiana Bohrer, Linnea Dulikravich, Kerri Houghton, Mulon Missick, Cinnamon Espana and Brenda Stewart, scholarship committee chair

photo courtesy Uncommon Friends Foundation

The Uncommon Friends Foundation is now accepting applications for its 2017 student scholarships, which will be awarded to deserving students, veterans, struggling adults and single parents who are pursuing degrees in education, law, technology and other studies.

Qualifications require that nominees reside in Lee, Charlotte, Collier, Glades or Hendry counties, need financial assistance, excel in school and/or their personal lives, and possess high quality character traits. Scholarships vary in application requirements, duration and financial amounts, while some are for specific schools such as Florida Gulf Coast University, High Tech Center and PACE Center for Girls of Lee County.

Visit <http://uncommonfriends.org/scholarships/applications-nominations/>

for application forms and specific scholarship requirements. Application packets include an application form, a written essay on character, a digital color photograph, and one or more letters from a personal sponsor such as a service agency, school counselor, teacher or principal. Completed scholarship applications must be submitted to [scholarships@uncommonfriends.org](mailto:scholarships@uncommonfriends.org) by April 1. Winners will be announced in May and will be honored at the Uncommon Friends Foundation's Uncommon Evening on Thursday, November 2.

For the 14th consecutive year, Uncommon Friends Foundation board member Brenda Stewart will chair the scholarship committee that includes volunteers and members of community service organizations. Over the past 21 years, the foundation has awarded nearly 500 educational scholarships totaling hundreds of thousands of dollars.

### Uncommon Friends Foundation 2017 Scholarship Award Categories

- High Tech Center Scholarship – Helps defray costs of tuition, books and supplies not covered by other scholarships or grants for any age student for two terms at Cape Coral's High Tech Center.
  - Berne Davis Future Teacher Scholarship for \$5,000 – For a student enrolled in a program leading to a college degree in education who demonstrates financial need.
  - Special Recognition Scholarship – Helps defray cost of books or education for one semester for a student who needs financial assistance.
  - Hilliard Scholarships for \$2,000 for seniors in Glades and Hendry counties to attend FGCU – For high school seniors residing in either Glades or Hendry counties to attend Florida Gulf Coast University who need financial assistance.
  - Florida Prepaid College Foundation for freshmen and sophomores to attend a state college – Covers two years of state college tuition and fees for a high school freshman or sophomore who contracts to succeed in high school, stays free of drugs and crime, and fulfills other scholarship conditions.
  - Health Sciences Scholarship for \$1,000 – Helps defray cost of books or education for any age student with financial need working toward a degree in a health field, e.g., nursing, dental hygiene, technologist or therapist.
  - Lee County Bar Association Scholarship for \$1,000 – Helps defray tuition, books and supplies at any Florida college or university for a student enrolled in a program leading to a law degree.
  - Single Parent Scholarship for \$1,000 – Helps a single parent who has overcome extraordinary obstacles to further his or her education to gain skills needed to enter the workforce.
  - Veteran's Scholarship for \$1,000 – Helps defray the costs of books or education for a deserving veteran of any age who has a financial need.
  - PACE Center for Girls of Lee County Scholarship for \$1,000 – For a PACE student who has completed the Uncommon Friends Character Education curriculum and demonstrates high character traits.
- For more information, visit <http://uncommonfriends.org> or call Executive Director Angela Melvin at 337-9503.\*

## Flights Offered In Aviation History

The Experimental Aircraft Association (EAA) is bringing the first-ever mass produced airliner to Fort Myers and inviting all for a ride aboard the flight.

From 1926 through 1933, Ford

Motor Company built 199 Tri-Motors. EAA's model 4-AT-E was the 146th off Ford's innovative assembly line and first flew on August 21, 1929. It was sold to Pitcairn Aviation's passenger division, Eastern Air Transport, whose paint scheme is replicated on EAA's Tri-Motor.

For more information about the history of the Ford Tri-Motor and tour, visit [www.flytheford.org](http://www.flytheford.org).\*

## Small Business Person Of Year

The Florida Small Business Development Center (FSBDC) at Florida Gulf Coast University (FGCU) has nominated Christopher T. Spiro, president of Spiro and Associates, as the 2017 Small Business Administration's (SBA) Small Business Person of the Year. National winners will be announced in Washington, DC during award ceremonies on April 30 and May 1.

Spiro has received several awards and accolades for his work, accomplishments and community outreach. In 2016, he was named Distinguished Entrepreneur of

Southwest Florida. The FSBDC recognizes one business owner each year based on several criteria, including outstanding entrepreneurship. Prior year award winners are nominated for the SBA Small Business Person of the Year award.

In addition to Spiro's nomination for the SBA award, he will participate as one of the several judges for the upcoming 2017 Distinguished Entrepreneur of Southwest Florida. The awards ceremony is entering its 6th year and applications for nominations will be available on February 1. For more information about the FSBDC award program, visit [www.deprogramguide.wordpress.com](http://www.deprogramguide.wordpress.com).

Markham, Norton, Mosteller, Wright & Company are the Hallmark Sponsor for the event.\*

## Presentations On Interior Decorating

Women's organizations, neighborhood groups and others looking for a complimentary program can call on local design professional Linda Coin, owner of Decorating Den Interiors of Sanibel, Captiva and Fort Myers. "We have two new informative and fun presentations, with visuals," said Coin. "Our presentation can be adapted to fit most meeting time schedules."

One presentation features award-winning room makeovers with before and after photos, along with the stories behind each and the reasons for selecting the furnishings.

"These are rooms for real people with real budgets. We will show examples of aspects of decorating such as the importance of maintaining a color flow with the adjacent rooms, multi-purpose rooms, how to incorporate favorite old pieces with new, remaking rooms for Boomers, converting neglected spaces into intimate retreats, and how the availability of a greater variety of fashionable, low maintenance fabrics

and furniture have made it easier to enjoy outdoor living," Coin added.

The second presentation Coin has available is based on trends and new products seen at the most recent international home furnishings market at High Point, North Carolina, the largest gathering of interior designers, home furnishings suppliers and retailers in the world.

"We will show examples of the emerging trend toward light and bright-light wood combined with a pop of color and how the use of metals on furniture and accessories continues as a stunning design element," Coin said. "Another important market direction we discuss is 'Naturally Inspired' designs. Nature's designs can best be described as Wabi-Sabi, which is the Japanese tradition of looking at the beauty of something through its imperfections. The trend toward decorating that reflects island or coastal living also is part of being inspired by nature. We also have visuals that show that the desire to flashback to mod silhouettes and styles of the mid-century is still going strong. And, we have lots of other upcoming trend news to share."

For more information, contact Linda Coin at 472-6551 or [linda@coindceden.com](mailto:linda@coindceden.com).\*





The rally at Saigon Paris Bistro raised funds for Lee Health Military Support Program

photo courtesy Fort Myers Dining Club

## Dining Club Holds First 2017 Rally

The Fort Myers Dining Club hosted their first rally of the new year at Saigon Paris Bistro on January 12. The club raised \$40 in their 50/50 raffle for Lee Health Military Support Program, and Kim Gaide received funds on their behalf and spoke about Lee Health initiatives that benefit veterans and military families in Lee County.

The Fort Myers Dining Club's next rally will take place Thursday, February 9 at Charley's Cabana at the Sanibel Harbour Marriott Resort. To join the club, visit [www.FortMyersDiningClub.com](http://www.FortMyersDiningClub.com).✱

## FGCU Client To Attend Reception

America's Small Business Development Center (ASBDC) has selected John Benkert, owner of CPR Tools and client of the Florida Small Business Development Center (FSBDC) at Florida Gulf Coast University (FGCU), to attend a dinner and reception in Washington, DC, on Capitol Hill, Monday, February 6.

The reception will introduce some of the ASBDC network's top clients to legislators. Only 12 businesses nationwide were selected by the ASBDC for this honor. Amanda Stirn, marketing director for the Small Business Development Center at FGCU, will attend to represent her region and show support of small businesses across the county.

CPR Tools, Inc. is owned and operated

by John and Sue Benkert. It specializes in data recovery, eradication and data security. The Benkerts began working for CPR Tools in 2004, John as senior computer scientist and Sue as the office manager. After determining the company's potential went beyond data recovery services, the Benkerts hired several hardware and software engineers, and began designing and building projects for data recovery and security markets.

In 2011, the Benkerts acquired the company, Sue serving as chief financial officer and John as chief executive officer, and employment has since expanded to 28 employees.

As a testament to CPR Tools' success, John Benkert was awarded the 2016 Distinguished Business Innovator of the Year award by the FSBDC at FGCU for his commitment to the development of technological advances in the field of data recovery.✱

## Applications Open For Festival Of Light Parade

The Edison Festival of Light applications for the Junior and Grand Parade are now available online at [www.edisonfestival.org](http://www.edisonfestival.org). The 79th annual Grand Parade will sparkle through historic Downtown Fort Myers on Saturday, February 18, with the Junior Parade five days before on Sunday, February 12. Whether you ride a horse, pull your wagon, or build a tinsel-covered float, we encourage everyone in our community to take part in this historic event.

The Edison Festival Grand Parade encompasses organizations, businesses, and neighborhoods who get creative to amble for an audience of over 200,000 people. The festival prides itself on tradition and community. Also, the Edison Festival appeals to a wide variety of demographics, which makes a perfect platform for the exposure of any organization to a captive audience.

For the Junior Parade, participants don't need to have a giant float. The Edison Festival of Light encourages schools, families, nonprofits, troops and everyone in Southwest Florida to participate by offering several options to take part.

As homage to the famous inventor, the Edison Festival requires everyone in their Grand Parade to excite spectators by wearing some sort of illumination. Become a part of the action and join a parade route to illuminate, innovate and celebrate.

Visit [www.edisonfestival.org](http://www.edisonfestival.org) for more information and become a fan by following us on Facebook ([Facebook.com/edisonfestival](https://www.facebook.com/edisonfestival)) and Twitter and Instagram (@edisonfestival).✱

## Vice President Appointed

Veronica Leblanc recently joined Sanibel Captiva Community Bank as vice president and office manager of the bank's new Gateway branch, opening in early February at the corner of Gateway Boulevard and Devonshire Lakes Drive in Fort Myers. She will manage daily operations and customer relationships, including business and consumer banking.

With more than 15 years in the banking industry, Leblanc most recently served as an assistant branch manager at another Southwest Florida bank. She attended Ancilla College in Plymouth, Indiana.✱



Veronica Leblanc

photo provided

## Pilot Club Members Assist Students During The Holidays

Recently, Pilot Club of Fort Myers members visited Impact in both Fort Myers and Cape Coral and assisted students in making holiday decorations. Working with Impact students one-on-one is one of the missions of the Pilot Club. The club also distributes about 1,000 bicycle helmets to children at various events during the year.

The focus of the Pilot Club of Fort Myers is helping organizations seeking to improve the quality of life for individuals with brain-related disorders through volunteer activities, education, and financial support. The club name came from a riverboat pilot who could steer safely through troubled waters. The club's motto is "do more, care more, and be more."

For information about the Pilot Club, call president Joy Augustine at 691-0069 or email [personalpropertyappraiser@yahoo.com](mailto:personalpropertyappraiser@yahoo.com).✱

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# Coastal Resilience Is Focus Of Technical Journal

submitted by Ken and Kate Gooderham, ASBPA Managing Directors

In the aftermath of Hurricanes Katrina and Sandy, attention has been focused on rebuilding resilient coastal systems to reduce damage from future disasters. “Resilience” has been defined in a variety of ways; in general, resilience is having the capacity to recover or bounce back from adversity and adapt to be prepared for the future. Providing resilient solutions for coastal systems must address present and future challenges affecting the coastal zone. Aging infrastructure, expanding coastal populations, competing uses of natural and human infrastructure, heightened environmental concerns, limited fiscal resources and changing conditions are some of the interconnected and sometimes conflicting challenges facing coastal regions. As of 2010, more than 50 percent of the U.S. population lived within coastal watershed counties; an additional 180 million tourists visited coastal areas annually. As a result, significant economic damage and loss of life have

occurred from natural disasters and storms in the past decade. Coastal resilience has emerged as one way to address the need to prepare for and adapt to future hazards. With changes in the frequency and severity of extreme weather including rainfall, storms and long-term changes in lake or sea levels, planning for coastal community resilience can be challenging. The concept of resilience for coastal communities includes four distinct stages:

1. Being prepared
2. Resisting and/or absorbing the impacts of disturbances
3. Recovering
4. Adapting

Planning for coastal resiliency encompasses typical and extreme storm events (single as well as multiple) as well as long-term changes in sea or water levels, human infrastructure and changing precipitation patterns, amongst other potential natural and human-related hazards. Resilience can be related to any aspect of the coastal zone, such as ecosystems; the natural or built capacity of a region to mitigate impacts of typical, extreme or long-term environmental processes; economics (e.g. commerce, tourism); community health, well-being and aesthetics; and other benefits of coastal regions. Managing coastal systems to be resilient broadens the range of actions that a coastal community can utilize

to reduce the likelihood for present and future damage. To prepare, communities can comprehensively evaluate the range of typical and extreme events, including unlikely combinations of events that may not have been experienced historically. Measures can be put into place to resist damage (e.g. efforts to reduce the rate of shore erosion) and/or absorb impacts (e.g. a natural or created retaining basin to temporarily hold flood waters and reduce inundation). Rapid recovery means ensuring there are multiple networks and redundancies so that loss of one evacuation route or protective structure does not significantly impact the system. Vulnerabilities and weak links in the system can be identified and somewhat mitigated by planning to rapidly recover (e.g. stockpiling sand at narrow junctions in a barrier island). Adaptation can be proactively addressed by providing community education, identifying evacuation routes and establishing early warning procedures; and planning for alternative measures and/or actions in advance of future change. A just-published dedicated issue of *Shore & Beach* includes papers that summarize research and advancements in coastal resilience, including new planning tools and adaptation methods presently applied in coastal communities. *Shore & Beach* is a peer-reviewed technical journal of coastal management and science published quarterly by the American Shore & Beach Preservation Association since 1933. Among the papers published in the issue:

- *A Tale of Three Storms: Morphological Response of Broadkill Beach, Delaware, Following Hurricane Sandy, Hurricane Joaquin and Winter*

*Storm Jonas* by Dohner et al., detailed field observations of the effectiveness of beach nourishment as a coastal resiliency technique. The analysis of beach performance included habitat and ecological monitoring of marsh areas providing a systems approach to adaptation.

- *Advancing Coastal Systems Resilience Research: Improving Quantification Tools through Community Feedback* by Touzinsky et al. presented a comprehensive discussion of coastal resiliency and a framework for “... rapid assessment, and planning and operational studies” developed by a partnership with federal, academic and local entities.
- *A Coastal Resilience Case Study: The Little Creek/Pretty Lake Communities of Hampton Roads* by Considine et al., provided a case study of a coastal community preparing for climate change, under the Hampton Roads Intergovernmental Pilot Project. The collaboration improved networking and sharing information to anticipate how the region could adapt to climate change.
- *A Tale of Two Surveys: What Coastal Communities Need to Meet the Challenges Posed by Climate Change* by Cunniff summarized surveys by the Environmental Defense Fund conducted to capture the perceptions and priorities of coastal communities concerning the effects of climate change on local environmental priorities. Although the surveys were conducted in two different regions (Hampton Roads, Virginia and in the northeastern U.S.) over a two-year period, results were similar and illustrated the difficulties coastal communities are having in communicating risks associated with climate change and in prioritizing mitigation measures.✱

# Women’s Council Of Realtors Lunch

The Women’s Council of Realtors Fort Myers January lunch meeting will be held on Friday, January 20 at Pinchers – The Marina at Edison Ford, 2360 W. First Street in Fort Myers, located adjacent to the Edison & Ford Winter Estates in the Fort Myers Downtown River District. The gathering will begin at 11 a.m.

with a social hour, with the luncheon and program to follow. January’s program will feature Mold, Meth & Marijuana: What They Mean For Your Transaction, presented by the Lee County Sheriff’s Office. Cost to attend the meeting is \$22, with lunch included. The group welcomes and encourages the general public to attend. To RSVP, visit [www.wcr.org/chapter-sites/florida/fort-myers](http://www.wcr.org/chapter-sites/florida/fort-myers), or contact Julie Scott at 209-2017 or [Julie.Scott@imortgage.com](mailto:Julie.Scott@imortgage.com).✱

# Economic Empowerment Program Offered

Abuse Counseling and Treatment, Inc. (ACT) has served our community since the 1970s. The mission of ACT is to protect, support and educate victims of domestic violence and their children, survivors of sexual assault and human trafficking in Lee, Hendry and Glades counties. The agency provides the following services to realize its mission: emergency safe shelter, a 24-hour crisis hotline, individual counseling, support groups, advocacy, rape crisis center, outreach counseling, batterer’s intervention groups, children’s program, community and professional education and awareness and information and referrals to those seeking assistance in other matters. All victim services are offered free of charge. ACT recently announced the

development of an Economic Empowerment Program (EEP), The Road to Personal Success. This program is funded in part by Florida Coalition Against Domestic Violence (FCADV). ACT has incorporated the Economic Empowerment Program to support, encourage and empower survivors of domestic violence to achieve personal success and independence through education, literacy and vocational training. The goal of the EEP is to empower all survivors through direct referrals and partnerships with valuable resources within the community as well as provided continued guidance and support through consistent advocacy. For more information about Abuse Counseling and Treatment or to volunteer, call 939-2553 or visit [www.actabuse.com](http://www.actabuse.com). If you are a victim of domestic violence, sexual assault or human trafficking or know someone who may be, call or give them ACT’s 24-hour hotline number 939-3112 or 800-500-1119.✱

From page 1

## Grande Dames Tea

co-chair. Both women also are members of the PACE Lee Board of Directors. It is the first time PACE has selected a Grande Dame who is no longer living, but Finch said there was a good reason to do so this year. “Lalai was selected as a Grande Dame prior to her passing December 21 and we want to honor her at the event that she was so looking forward to. We will remember Lalai as the dynamic southern lady that she was,” Finch said. “Our theme of The Wisdom of Age – Honoring the Female Spirit is so appropriate because each of these women has much to share from her own life’s journey,” Toll added. Invitations to the Grande Dames Tea will be mailed this month. Registration will also be available online starting on February 1 at [www.pacecenter.org/locations/lee](http://www.pacecenter.org/locations/lee). Admission is \$60 per person. Table sponsorships are available. Attendees are encouraged to

wear their favorite tea party hat. The Grande Dames Tea was originated by PACE Center for Girls of Lee County to honor women who have played major roles in Southwest Florida history through decades of service, philanthropy and helping others. The agenda for the tea will include interaction between the PACE girls and the three Grande Dames in a question and answer format that Finch and Toll said “is sure to be thought-provoking and poignant.” For more information or to become a sponsor, contact PACE Development Manager Sara Jordan at 425-2366, or visit <http://pacecenter.org/locations/lee>.✱

From page 22

## 5K Run

club community service projects. The Metro-McGregor Kiwanis currently has a BUG program at Littleton Elementary School and is seeking more schools to participate. For more information regarding the 9th annual Calusa Bug Chase or to become a sponsor, contact Heather Chouinard at [Heather.Chouinard@iberiabank.com](mailto:Heather.Chouinard@iberiabank.com).✱



## Free Nutrition Lecture Series

Functional nutrition is an emerging specialty within the field of nutrition. Focused on improving health through specific, targeted nutrition, functional nutrition is personalized based on each person's health conditions, symptoms, blood work and lifestyle. Lee Health's Healthy Life Center at Coconut Point, 23190 Fashion Drive, Suite 105, in Estero, is hosting a Functional Nutrition Lecture Series to help introduce people to the ways nutrition can affect a variety of issues, from energy and fatigue to pain and more.

The lectures in the series include:

- January 31, 11 a.m. to noon, Repairing a Leaky Gut with Julie Hill, RD, LDN

- February 23, 3 to 4 p.m., Mindfulness, Health & Wellness with Nancy Gresham, PT

- March 14, 11 a.m. to noon, Factors of Hormone Imbalance with Julie Hill, RD, LDN

- March 30, 5 to 6 p.m., Functional Medicine Approach to Pain with Sebastian Klisiewicz, DO

- April 7, 1 to 2 p.m., Food Technology with Jose Colon, MD, MPH

"Food can be a cure or it can be a poison," explained Carrie Bloemers, personal health advocate at the Healthy Life Center. "We are excited to share this lecture series that breaks down the ways we can use food as medicine to enhance our health and well-being."

For more information or to register to attend, call the Healthy Life Center at 495-4475 or email [HealthyLifeCenter@LeeHealth.org](mailto:HealthyLifeCenter@LeeHealth.org).



Healthy Life Center at Coconut Point Mall

photo courtesy Lee Health

## Retired Physicians Seek Membership

The Senior And Retired Physicians Association of Lee County (SARPA) organization is seeking membership, which consists of retired physicians, dentists, veterinarians and is open to doctoral level allied health care professionals and their spouses. The members meet monthly from November to April.

SARPA was founded in 1997 with 18 charter members and has expanded over the years to approximately 75 members. Originally intended to function as an unofficial arm of the Lee County Medical Society (LCMS), it has transitioned to primarily a social organization with ties to LCMS in addition to the Lee Memorial Health System (LMHS).

Dinner meetings are designed to have a program of interest to all attendees. Medical and scientific topics are usually not presented, however medical-related topics of interest to both a medical and non-medical audience are encouraged. The programs span a variety of topics and have included: healthcare by Jim Nathan, CEO, LMHS; Wilson Bradshaw

PhD., President FGCU; local authors; community law enforcement; identity theft; sports writers; historians; plus topics appropriate and timely for a maturing professional audience.

Opportunities are available to all members and their spouses to volunteer at the hospitals of LCMS, in addition to providing physician support to the family practice residency program, hospital document control and the medical library.

SARPA programs for 2017 include:

- February 8 – Robert Macomber will speak on *The Great Escape*

- March 9 – Dr. Ran Niehoff will speak on Radical Islamic Terrorism: A Muslim Physician's Prescription From Diagnosis and Treatment to Prognosis

February and March are dinner meetings at the Forest Country Club. Social will begin at 5:30 p.m.; dinner is at 6 p.m.; program around 6:45 p.m.

- April 8 – Group will attend matinee at the Palm Dinner Theatre for *Things My Mother Taught Me*

Membership dues are \$40 per year. Doctors and their spouses are both considered members with payment of single dues per household. All programs are on a "pay as we go" basis for those attending.

For further information, call Dr. Ron Clearfield at 992-9829.



Nate Frederick

photo provided

## Learning To Pray And Heal

Interested in learning how to pray effectively? Nate Frederick will be sharing some of his best experiences, insights and tips on how to heal mind and body. His lecture, entitled Learn To Pray and Heal: A Spiritual Adventure, explores faith that isn't blind, how to understand God as love itself, and how to express love unselfishly.

Frederick's lecture is inspired by the Bible-based healing principles

discovered by Mary Baker Eddy and set down in her breakthrough book, *Science and Health with Key to the Scriptures*. All welcome to attend this free lecture on Sunday, January 29 at 2:30 p.m. at First Church of Christ, Scientist, located at 2390 W. First Street in Fort Myers (next to the Edison and Ford Winter Estates)

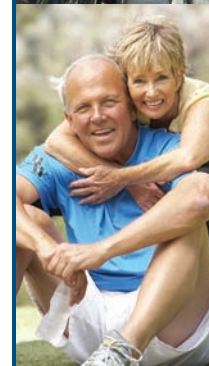
To preview this lecture online, visit the church website – [www.christiansciencefortmyers.net](http://www.christiansciencefortmyers.net) – and click on the lecture date on the home page.

Frederick studied perennial religion at Hampshire College, where he was introduced to Christian Science healing. After traveling the world for a year and hiking extensively in the Himalayas, he came to Boston in 2008 to work for his church, The First Church of Christ, Scientist.

"Without comparison, my greatest love, my greatest joy – my mission – is to transform lives and heal the sick through Christianly Scientific prayer," Frederick said, noting that he has seen everything from broken hearts to broken bones and cancer healed through prayer alone.

Frederick's talk is sponsored First Church of Christ, Scientist, Fort Myers. The church holds weekly Sunday services at 10:30 a.m., with Sunday School at the same time for students under 20. There is also a testimony meetings on Wednesdays at noon.

For more information, call 334-6801, email [fmcscr@gmail.com](mailto:fmcscr@gmail.com) or go to [www.christiansciencefortmyers.net](http://www.christiansciencefortmyers.net). All are welcome to attend these services and lectures.\*



join the  
**MILLION MILE MOVEMENT**  
an initiative of **HealthyLee**  
CHOOSE.COMMIT.CHANGE!

**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](http://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](http://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](http://www.HealthyLee.com)





Cypress Lake Middle Schoolers with Fort Myers police officers photo courtesy FMPD

## Police Visit Cypress Lake Students

Several members of the Fort Myers Police Department visited Cypress Lake Middle School on January 11 for a game of dodgeball with the students.✱

## FGCU Hosts Literacy Festival

The College of Education at Florida Gulf Coast University (FGCU), in partnership with the Southwest Florida Reading Festival, will host a literacy event on Friday, February 3 from 9 a.m. to 2 p.m. on the FGCU Library Lawn on campus. The event is free and open to the public.

The festival features author sessions and book signings by Mark Wayne Adams, Edward Bloor, Sharon Flake, Debra Frasier, David Lopez, Lynn Morgan and Lisa Wroble. Andy Larson from Cranium CoRE will also present. In addition, the festival will focus on Title 1 students from the five-county area. Each Title 1 student will receive a free book. The public will have the opportunity to purchase books from the authors.

For more information, contact Assistant Professor in the College of Education Cynthia Dawn Martelli at [cmartelli@fgcu.edu](mailto:cmartelli@fgcu.edu) or 590-7765.✱

## Tickets On Sale For Author Dinner

Act before Tuesday, January 31 to meet and dine with dozens of best-selling authors at the Evening with the Authors on Friday, March 17 at the Marina at Edison Ford, located at 2360 West First Street in downtown Fort Myers. The event begins at 5 p.m. with dockside cocktails, followed by a buffet dinner and dessert reception at sunset in the Edison Ford Coconut Grove on the Caloosahatchee River.

The event is a chance to meet the more than 20 authors who will headline the Southwest Florida Reading Festival the next day. Reservations are required. Discounted advance tickets can be purchased for \$49 by January 31; tickets are then \$55. Space is limited. The

deadline for reservations is midnight on March 3. Visit [www.readfest.org](http://www.readfest.org) and select Evening with the Authors to make a reservation.

The dinner will honor author Kimberla Lawson Roby with the 2017 Distinguished Author Award for her work as a member of the Womanspace Community Advisory Council, which seeks to connect, empower and transform the world one woman at a time.

The evening is sponsored by Books-A-Million and the Edison & Ford Winter Estates. To see the list of the outstanding authors expected at the festival and dinner, visit [www.readfest.org/Authors](http://www.readfest.org/Authors).

Complete author information, schedules of festival activities, partner events, directions to the event and more are available in the festival app, available free at the App Store or Google Play, online at [www.readfest.org](http://www.readfest.org) or by calling 479-4636.✱

From page 1

## Play Reading Series

Southwest Florida. The group meets each Monday to read a member's work and provide feedback on the script. The conclusion of the years of public readings gives the playwrights a chance to see their work performed in front of a live audience. A question-and-answer session follows each reading, providing the playwright unique feedback.

The first work presented will be *The Afterlife of Swans* by Louise Wigglesworth on Monday, January 23 at 8 p.m. In *The Afterlife of Swans*, all the technological fail-safes have backfired. At 2:30 a.m. Manhattan is blacked out and without phone service. Two women are trapped in a theater as something violent rages outside.

The series will continue on Monday, February 13 at 8 p.m. with two one-act plays. In *The First Step* by Bob Maxeiner, a young wife finds the job of her dreams, but it carries a condition. *Tinker's Vision* by Wally Kain tells the story of a brilliant young atheist that has a religious vision.

Future Play Reading Series installments include:

- *Biblically Speaking* by John Repa on Monday, March 13 at 8 p.m. Two timeless (and at times, clueless) friends take the audience on a trip through the books of the Bible, from Genesis through Revelation.

- *The Store* by Bob Hilliard on Monday, April 10 at 8 p.m.
- Affirmation by Fay Graetz on Saturday, April 15 at 3 p.m. A televangelist has his faith tested during a shooting rampage in his church.

Admission is \$5 per night. Tickets may be purchased at the door, at [www.TheatreConspiracy.org](http://www.TheatreConspiracy.org) or by calling 936-3239.✱

## Humane Society To Attend Market

Gulf Coast Humane Society will be undergoing another monthly undertaking by attending the River District Farmers Market, which is held every Thursday at First Street in Centennial Park parking lot under the U.S. 41 Caloosahatchee Bridge.

GCHS will be there every second Thursday of the month.

The River District Farmers Market is the oldest Farmers Market in Lee County. Originally named the Downtown Farmers Market, The Fort Myers Community Redevelopment Agency (CRA) organized the River District Farmers Market in 1994 to provide convenient and inexpensive market facilities for area vendors to sell their products directly to customers at

reasonable prices.

It is a year-round market, while parking is available under the bridge and along the street in Downtown Fort Myers.

Gulf Coast Humane Society is a regional organization dedicated to helping companion pets find their forever homes, no matter how long it takes. GCHS provides an adoption center, spay-neuter and veterinary clinic, as well as education and awareness to the public about the welfare of homeless pets.

GCHS' mission is to care for companion pets in need by offering safe refuge, providing medical care and facilitating adoptions. GCHS promotes the concept the Adopt, Don't Shop and help educate the community about proper and responsible animal care, while providing quality, affordable veterinary care.✱

## College Workshop

The Office of Continuing Education & Off-Campus Programs at Florida Gulf Coast University (FGCU) hosts a professional development workshop, Stop Fixing Shortcomings and Develop Your Strengths: Gallup StrengthsFinder. The workshop costs \$80 and will be offered on the following dates and locations:

- Tuesday, February 7 from 1:30 to 4 p.m. at FGCU Naples Center, 1010 5th Avenue South in Naples
- Wednesday, February 8 from 5:30 to 8 p.m. at FGCU Atrium Executive Center, 8695 College Parkway in Fort Myers
- Wednesday, February 15 from 1:30 to 4 p.m. at FGCU Herald Court

Centre, 117 Herald Court in Punta Gorda

Participants will learn the science behind what happens in the brain when individuals establish, strive for and achieve goals. Each participant will receive the *New York Times* best-seller, *StrengthFinder 2.0*, and an online StrengthFinder Assessment.

The program's instructor is Mary LaRocque, founder and owner of Level Up Mentoring, and a Gallup Certified Strengths Coach. FGCU Continuing Education can also arrange Stop Fixing Shortcomings and Develop Your Strengths on-site and customized to individual organizations.

For registration information, call 425-3270, email [continuinged@fgcu.edu](mailto:continuinged@fgcu.edu) or go online at Upcoming FGCU Professional Development Programs at [www.fgcu.edu/CEd/professional\\_development\\_programs.html](http://www.fgcu.edu/CEd/professional_development_programs.html).✱

## Hospital Seeks Volunteers For Important Roles

The construction is nearly complete on the brand-new, state-of-the-art Golisano Children's Hospital of Southwest Florida. As the final preparations are made for the grand opening in the spring, leadership and staff are looking for volunteers to fill important roles.

"We are looking for volunteers who love helping others, serving and giving back to those in need," explains Prisca Asaro, supervisor, Volunteer Resources at Golisano Children's Hospital. "We are accepting applications for several positions, but our first priority is filling the Sunshine Ambassador roles."

In this role, volunteers brighten the day of patients and visitors and help them navigate the hospital. Volunteers will be trained on the patient database system in order to provide information to visitors. They will share information on resources available within the hospital and our community. As an escort for visitors,

this is an active position that requires a significant amount of walking. Sunshine Ambassadors will be expected to maintain excellent customer service skills, and be pleasant and helpful. This role is instrumental in promoting a healthy, healing and happy experience for everyone who comes to Golisano Children's Hospital.

Forty-two Sunshine Ambassadors will be stationed on each of the seven floors. There will be three shifts each day, including 8 a.m. to noon, noon to 4 p.m., and 4 to 8 p.m., seven days a week. Golisano Children's Hospital is looking for approximately 300 Sunshine Ambassadors. To serve in this role, volunteers must be year-round residents committed to one four-hour shift per week. Other volunteer opportunities are also available.

To become a volunteer at Golisano Children's Hospital, go to [www.LeeHealth.org/volunteer/index.asp](http://www.LeeHealth.org/volunteer/index.asp) and submit an application. Upon completion of your application, you will be scheduled to attend a three-hour orientation class. In addition, volunteers are required to complete a two-step tuberculosis test and blood work, be vaccinated for the flu and purchase a uniform shirt.✱



## Commonwealth

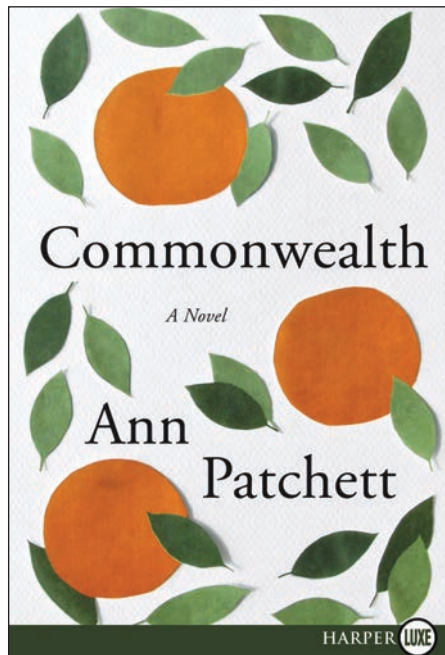


by Di Saggau

The latest novel by Ann Patchett begins in the early 1960s at a christening party for Franny, the daughter of Beverly and Fix Keating. Bert Cousins, a Los Angeles lawyer,

crashes the party with a large bottle of gin. Fix is a local cop and they barely know each other. Bert wants to escape a home with three small children and another on the way. With the help of his gin, everyone gets drunk and a lot of lives are changed.

As the afternoon wears on, we move among the crowd, spying guests and catching snippets of their conversation.



The scene is heavy with implications that will affect two families for the next half century. Bert kisses the beautiful Beverly, an affair begins, and eventually they leave their spouses, marry and move to Virginia, where their six combined children visit each summer.

Over the next five decades, we watch life unfold between all these characters. Franny in her 20s begins an affair with a renowned novelist, a much older man, Leon Posen. She tells him stories of her childhood and that inspires him to write a bestselling comeback novel, also entitled *Commonwealth*. The secrets in the book have a great impact on the stories of the ten characters in the book, the six Keating-Cousins children and their four parents. It forces them to come to terms with their losses, their guilt, and the deeply loyal connection they feel for one another.

I love the way Patchett describes the relationships. For example: "Franny and Bert got along, even when Bert

and Beverly no longer got along, even though Caroline and Bert had never gotten along." In spite of the seriousness of the relationships, there is a sense of humor throughout the book. It's not all heartbreak. It's a meditation on inspiration, interpretation and the ownership of stories.

The youngest of the six children, Albie Cousins is shrouded in a mystery and for much of the story we don't know what's happened to him. Nor do we know what caused the death of one of the children. About two-thirds of the way through, the whole tragic power of her story hits the reader and the result is breathtaking. The novel brings entire relationships alive. It took me awhile to keep all the characters straight and the book switches back and forth in time, but it is done in a very readable fashion. It's as if we are listening in from another room.

*Commonwealth* is a brilliant and tender tale of the far-reaching ties of love and responsibility that bind us together.✧

## School Smart



by Shelley M. Greggs, NCSP

**D**ear Readers, This is typically the time of year when children may be referred for a special education evaluation. Many parents find themselves filled with

mixed emotions once their child has been referred for an evaluation. There is fear that their child may have a disability, relief that the child's difficulties may be due to a disability, hope that answers are going to be found to solve the problem, and often just a lot of anxiety.

Frequently, parents find themselves confused and overwhelmed with this evaluation process. Many parents do not fully understand what happens after the referral; they may get intimidated, or have different expectations. So over the next several columns, I will be outlining in general a special education evaluation and providing clarifying information navigate the process.

It is important to note that schools systems will vary to some degree. If you have specific questions about the process in your school system, ask your school psychologist, teacher or principal. Parents have every right to ask questions and usually school personnel are happy to help make this process more coherent for you. It is important for parents to understand their rights during the special education process.

This column will address how a referral is developed. Typically, it begins with an Intervention Team Meeting where a child's teacher presents her student with needs to a special team of educators and specialists. The teacher will present data in regard to what she has done to assist the child. The team then develops additional interventions, implements them and returns to discuss the results at a specific time. Upon reexamination and discussion of the data collected, a student is suspected

of having a disability if the interventions attempted have not produced the desired educational outcomes. A referral is then made to evaluate him or her for special education testing. Parents are included in all of these meetings and must agree to the evaluation. Once the parents sign the consent to evaluate forms, timelines begin and the schools have a set amount of time to complete the assessments and hold the eligibility meeting. States differ in this timeline, but it is usually 60 to 65 days.

During these 65 days, several testing components will be completed with you and your child. The evaluators will write reports and a copy will be given to parents at the eligibility meeting. However, schools are required to have a copy available for parents to pick up two days before the eligibility meeting. It is advised, that parents take advantage of this and read reports before the meeting to help get familiar with the information and to formulate questions. The reports hold a lot of information that can be overwhelming if you are not familiar with this type of testing. Ask for help to understand the testing results.

You may also want to bring a friend or advocate to the meeting with you to better help you understand testing results and subsequent decisions. It's best to have read all the reports, develop any questions you may have and be prepared. The purpose of the eligibility meeting is to determine whether or not your child has an educational handicapping condition and if s/he is eligible for special education services.

My column next week will help you to understand what is meant by the determination and label of an educational handicapping condition and what is the result of being found eligible or ineligible for Special Education Services.

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.✧

## Reading Festival Returns March 18

**M**ore than two dozen nationally acclaimed authors plan to meet their fans and talk about their books at the 18th annual Southwest Florida Reading Festival on Saturday, March 18 at Centennial Park in the Fort Myers River District.

The festival is a free, day-long event filled with sensational author talks, the latest library technology, contests, booksellers, book signings, activities for teens and children, a free book for every child and teen and the Reading Rocks! Teen Battle of the Bands. The Festival draws an average of 18,000 people annually. The Reading Festival is the largest one-day reading festival in Florida and runs from 10 a.m. to 4 p.m., rain or shine.

"Authors come from all over the country and many genres are represented," said Margie Byers, Festival Coordinator. "Most are award winners, a couple are coauthors with Tom Clancy and James Patterson and all are very popular with their readers. It is a pleasure to meet these creative and interesting people who

write these amazing novels and keep track of all the details."

The festival starts Friday evening, March 17 at the Marina at Edison & Ford with the Evening with the Authors. The event provides the opportunity for fans to meet, mingle and dine with authors. Tickets to the dinner and reception can be purchased online at [www.Readfest.org](http://www.Readfest.org).

A few of the award-winning authors scheduled to attend both events include adult authors Shelley Shepard Gray, James Grippando, Gregg Hurwitz, Mark Greaney, Susan Wiggs and Lori Wilde; teen authors include Sara Shepard, Kami Garcia and S.J. Kincaid; and children's authors Chris Grabenstein, Salina Yoon and Candace Fleming. The complete list of authors can be found at [www.readfest.org](http://www.readfest.org).

The Reading Festival, presented by the Lee County Library System is free and 100 percent community supported through generous donations, sponsorships and grants. To help ensure the continuation of this free community event, visit [www.readfest.org](http://www.readfest.org) to make a secure online donation. Author information, dates of partner events, directions to the event and more is available for your convenience 24 hours a day at [www.readfest.org](http://www.readfest.org) or call 479-4636.✧

## Lakes Regional Library Book Sale

**J**oin your neighbors and friends on Saturday, January 21 from 9 a.m. to 4 p.m. at the Big Book Sale at the Lakes Regional Library, located at 15290 Bass Road in Fort Myers. Sponsored by the Friends Book Nook, hundreds

of gently-used adult fiction, non-fiction, children's books, CDs, DVDs and special interest books will be available for sale, with many current titles and authors available. Prices range from 25 cents to \$5.

Admission is free and there will be special deals available. The sale will be staffed with Friends Book Nook volunteers and proceeds will benefit the Lakes Regional Library.✧

## New Moon Meditation Class

**E**njoy a guided meditation on the beach as the sun sets and the moon rises on Friday, January 27 at 5:15 p.m.

Participants will meet at Alison Hagerup Beach Park, located at 14790 Captiva Drive on Captiva. This beach is labeled "South Beach" or Location #30 on South Seas Island Resort maps.

There is a suggested donation of \$10 to \$15, and all proceeds will benefit the Sanibel-Captiva Conservation Foundation's sea turtle research program. Participants should bring a towel or blanket to sit on.

For more information, visit [www.ambuyoga.com](http://www.ambuyoga.com) or call 314-9642.✧



dearRPharmacist

## If Your Doctor Misdiagnosed You



by Suzy Cohen, RPh

**Dear Readers:**

I bet you've been told some pretty awful stuff by your doctors over the years. It's not all in your head, you're not going crazy, you may really not have depression or bipolar. You don't

have to suffer with chronic fatigue and brain fog.

I felt inspired to this recently because one of my daughters shared a story with me. She works at a clinic in Connecticut. She encountered a patient, let's call her Beth, who came in seeking the advice of the doctor there. Beth had hallmark symptoms of hypothyroidism

such as weight gain, her hair was falling out easily, she had dry skin, fatigue, neuropathy and anxiety.

Beth's biggest concern was the anxiety that manifested as mild social phobia, a sense of despair (mainly about her declining health) and constant worry. The physician diagnosed her with hypothyroidism and gave her levothyroxine immediately. He should have ordered a complete thyroid panel, which included levels of thyroid antibodies. He didn't, he just handed her a prescription without getting a baseline.

Beth's symptoms sound like autoimmune thyroid disease, particularly Hashimoto's, which has anxiety as a primary symptom. Again, no tests ordered.

The scariest part is he prescribed a benzodiazepine drug, alprazolam 0.25 milligram, to be taken up to three times daily if needed. He gave her a two month supply.

This drug will make her feel really good, she will no doubt want more and become physically dependent in three

weeks. A trial run of thyroid medication alone could have worked, because when you normalize thyroid hormone, anxiousness stops.

Personally, he should have prescribed a NDT drug that combines T3 and T4, rather than just a pure T4 drug (levo), or even better a short trial of a pure T3 medication like Compounded T3 or Cytomel. The reason is because levo preferentially forms reverse T3, which is not biologically active.

So now, Beth is on a track to Hell. She is not being tested for Hashimoto's, therefore nothing will be done to reduce the attack on her thyroid gland which will die little by little. She was not offered the opportunity to improve feelings of anxiety using just thyroid medicine, and because she's on a benzo now, she will be referred to a psychiatrist for a psyche evaluation, who will undoubtedly prescribe more psychoactive drugs for "depression" they sense when she begins crying over her awful state of affairs.

Do you relate? Do you worry something has been overlooked in your

treatment. I've covered this topic of thyroid and anxiety very extensively in my paperback book, *Thyroid Healthy*, available at Amazon and my website. But since some of you can't buy it, I'm going to give you a free gift, an excerpt from this very book. This way you can learn and see if you have been misdiagnosed. Sign up for my newsletter at [www.suzycohen.com](http://www.suzycohen.com), and I'll send it to you.

I'm fired up about this because it almost happened to me. If you don't learn what I'm offering to teach you right now for free, you'll be labeled with bipolar, Lyme, depression and more. Your physicians just want to fix you, and will quickly prescribe the appropriate drugs to address these problems. What if you've been misdiagnosed? If they're wrong, the only person who pays the price is you.

*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](http://www.SuzyCohen.com).✱*

### Eden Energy Medicine

## Immune Resilience With Thymus



by Karen L. Semmelman, Certified EEM, JD, AAML (03-01)

At the beginning of the new year, it seems appropriate to focus on our immune system, especially after the holidays when we can "get back to

normal," but many of us are dragging. It is a great time to begin thumping the thymus to boost immune health. Did you know that the tiny thymus gland, although part of the endocrine systems, is a major player in our immune system function, health and interconnectedness to other systems? The thymus serves a vital role in the training and development of T-lymphocytes or T cells, an extremely important type of white blood cell. Located behind your sternum and between your lungs, the thymus gland produces the hormone thymosin, which stimulates the development of disease-fighting T cells.

The immune system protects the body from foreign substances, cells, tissues, (such as viruses, bacteria, parasites) by producing an immune response to surround, attack, attach and eliminate pathogens or to prevent their growth. Thymus, spleen and lymph nodes are key players. Thymus is crucial since it provides the environment where T cells are developed and trained to locate different antigens. The T cells obtain a specific molecule in the thymus allowing them to find the antigens, bond to and kill them, and then remove them from the body.

Now to the good part—using energy medicine to thump thymus. Here are some of the benefits of thumping: boosts the immune system; calms the nervous system; boosts immune function; boosts T Cell production; calms Triple Warmer; boosts Spleen energy (which is directly involved in immune function); and it helps thymus from shrinking (yes as we get older the gland shrinks). To thump, tap on the thymus for about 15 seconds. Remember the guerillas in Tarzan? They would use both fists to thump the sternum—to boost their strength! Try it. Thumping, when you are sick, feels like you are getting a cold or the flu, need a boost, are recovering from surgery or about to enter surgery—all of these times are relevant to boost the production of the T cells of the body to go after potential invaders to the system that compromise health. If too ill to thump on the body directly, thump above the body to receive the benefit since matter follows energy. If possible thump with vigor.

Over the next few weeks, there will be discussion of thumping the thymus while connecting to other locations or systems, including the spleen, the electrical system, the "gut" via the navel and the hippocampus (part of the limbic system). By making these connections, the entire body is building resiliency to disease and boosting the immune function. These connections will be reviewed enabling you to understand and use all of them quickly and efficiently to optimize your health. Credit for creating the concept of these connections goes to Melanie Smith, an EEM practitioner, who just taught a course on immunology and energy medicine.

Have fun with your energy. Next week's topic is Create Immune Resilience with Thymus Hub to Electrics.

*If you have a question, email Karen at [SemmEnergyCenter@gmail.com](mailto:SemmEnergyCenter@gmail.com) or visit [www.semmelmanenergy.com](http://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.✱*

## Heart Month Celebrated On Go Red Day

Join thousands of businesses, organizations, families and civic groups around the nation and #GoRedSWFL in an effort to raise awareness about cardiovascular diseases and stroke on National Wear Red Day, celebrated on Friday, February 3, as well as throughout Heart Month this February.

Since up to 80 percent of heart disease and stroke events may be prevented by lifestyle changes and education, the American Heart Association/American Stroke Association launched the Go Red For Women campaign 14 years ago to help raise awareness about the reality of heart disease and stroke among women:

- Cardiovascular disease (CVD) and stroke are the #1 and #5 killers of all Americans, killing more men and women than all forms of cancer combined
- CVD and stroke cause one in three women's deaths annually, killing one woman every 80 seconds
- An estimated 44 million women in the U.S. are affected by CVD
- 90 percent of women have one or more risk factors for heart disease or stroke
- Women have a higher lifetime risk of stroke than men
- Fewer women than men survive their first heart attack
- The symptoms of heart attack can be different in women vs. men, and are often misunderstood – even by some physicians
- The prevalence of CVD among women is 47 percent among blacks, 34 percent among whites and 31 percent

among Mexican Americans

Since inception, Go Red For Women has made significant advances in addressing CVD among women:

- More than 670,000 lives saved
- Nearly 300 fewer women are dying each day, a 30 percent decrease in CVD deaths among women
- \$3.3 billion spent on heart disease and stroke research
- Publishing of gender-specific results, established differences in symptoms and responses to medications and women-specific guidelines for prevention and treatment now takes place
- Legislation to help end gender disparities is in place

The community can participate in National Wear Red Day by wearing red on Friday, February 3 – National Wear Red Day. In addition, people can:

- Turn social media profiles/pages red using the Red Dress image and selfies of family, friends and pets wearing red with #GoRedSWFL
- Coordinate to have offices/buildings "go red" by lighting with red bulbs/filters
- Share American Heart

Association/Go Red materials with friends, family and colleagues

In 2003, the American Heart Association and the National Heart, Lung and Blood Institute took actions which eventually resulted in the development of National Wear Red Day, annually held the first Friday in February, and the Heart Association's Go Red For Women campaign, a movement designed to educate women about their risk for cardiovascular disease.

For more information, visit [www.GoRedForWomen.org](http://www.GoRedForWomen.org). Go Red is nationally sponsored by Macy's. Local Cause sponsors include Arthrex, FineMark National Bank & Trust and Lee Health. Locally, learn more at <http://swflgored.ahaevents.org>.✱



# PETS OF THE WEEK



Amos ID# 686393



Wilma ID# 686787

**H**ello, my name is Amos. I'm an 8-year-old male labrador retriever mix with the personality of a teenager. I am looking for a home with a nice couch to relax. A yard with a few tennis balls would be a bonus.

His Adoption Fee is \$25.

Hi, I'm Wilma. I'm a 1-year-old female domestic shorthair. I'm a beautiful calico, and I know it. My favorite spot is in one of our cat huts. My favorite spot to be pet is behind her ears.

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](http://www.LeeLostPets.com). When calling, refer to the animal's ID number. The website updates every hour so you will be able to see if these or any other pets are still available.

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

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

The adoption package is valued at \$500.✱

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

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 Coral 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
Estero/South Fort Myers.....	898-1921
Notre Dame Club of Lee County.....	768-0417
Organ Transplant Recipients of SW Florida.....	247-3073
POLO Club of Lee County.....	477-4906
Rotary Club of Fort Myers.....	332-8158
Sanibel-Captiva Orchid Society.....	472-6940
United Way of Lee County.....	433-2000
United Way 211 Helpline (24 hour).....	211 or 433-3900

### AREA ATTRACTIONS

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 37

Super Crossword CENTRAL ZOO

ACROSS

1

Separates by a boundary

9

Rues

16

"Mamma Mia!" group

20

Perennial Italian encore

21

Place to spend drams

22

James Brown's style

23

Arriving where there's no outlet

25

Kind of wrestling

26

Weak in the —

27

One more than bi-

28

Tight spot

29

Baggins of "The Hobbit"

30

"Calm down!"

36

Ga. hours

39

Any of les Antilles

40

Works in a gallery

41

Stern (from)

42

One the Blessed Virgin's titles

47

"Gangnam Style" rapper

48

Sit-ups work them

50

River vessel

51

Unrefined metals

52

Like sports cars, briefly

54

Common lot sizes

56

Assertions

58

Instruction in force

61

Web program-

62

— really help if ...

64

Day to "beware"

65

Suffix with Benedict

66

Ford bombs

68

They're hidden in the centers of this puzzle's eight longest answers

71

Tabloid "monster"

75

Kilmer or Guest of film

76

Descartes of rationalism

77

Homeboys' howdies

79

Moral lapses

80

Marked with a very cold iron, as cattle

86

Picnics, e.g.

88

In an unstrict way

89

Elongated fish

90

— Sea (Asian body)

92

Problematic plant swelling

93

Old Giants great Mel

94

Vase variety

95

Shout just before flying

97

Small monastery

100

During each

102

Bullfight yell

103

Decade divs.

104

Celebrity advocate for UNESCO

110

Torn apart

111

DiFranco of folk rock

112

Play scenery

113

Semicolon's cousin

117

Out of port

118

Hiragana or katakana, in a sense

123

Injury, in law

124

Dessert style

125

Ticketmaster specification

126

Payment to play cards

127

Sorcerers

128

Exits

4

— light (filming lamp)

5

Touch, e.g.

6

Texter's "Wow!"

7

Hissy

8

Boots, e.g.

9

Bike spokes, say

10

Before, in poetry

11

Key with one sharp

12

Stinging insect

13

Military foe

14

Baking pan

15

Unhappy

16

Home of St. Francis

17

Broad street

18

Stinging insect

19

Chilly

24

Airport landing: Abbr.

29

"It's chilly!"

31

Avila aunt

32

Just about

33

"N'est ce —?"

34

Ingests too much of, informally

35

180-degree turn, informally

36

Break out of

37

Fended (off)

38

Voices below altos

43

Not at all advanced

44

Grazing spot

45

Hi- — screen

46

Suffix with 40- or 50-

49

Latvia was one: Abbr.

52

All that — bag of chips

53

Biographer Leon

54

Top-rate

55

Toyota of the 1980s

57

Cotton thread type

59

Pointed a firearm

60

Knife in old infomercials

63

"Noah" director

67

Sluggish

69

"Hud" co-star

70

Rural hotels

72

Wiry

73

Film director

74

Elia pieces

78

"Fa-a-ancy!"

80

Mel's brassy waitress

81

Rodent's last meal, maybe

82

Gregarious sort

83

Gem mineral

84

"The Raven" poet's initials

85

— Hill (R&B quartet)

87

Bill's film bud

91

Faith forsaker

94

Geller of mentalism

95

City area, for short

96

Rorem of art songs

98

Form a thought

99

BYOB part

100

Neighbor of Colombia

101

Key with one sharp

104

Persona non —

105

Bolivian city

106

Horse relatives

107

Witness

108

Earthy hue, to a Brit

109

Pothole sites

114

Suits' degs.

115

Portion (out)

116

Comic actor

118

Maxilla locale

119

Former boxing king

120

Reds great Roush

121

Sawmill item

122

Big name in water filters

1	2	3	4	5	6	7	8		9	10	11	12	13	14	15		16	17	18	19		
20									21									22				
23									24									25				
26									27									28				
			30			31	32					33			34	35						
36	37	38				39						40			41							
42			43	44					45	46				47				48		49		
50												52	53				54	55				
56						57			58		59						60					
61						62			63			64					65					
66						67			68	69	70						71		72	73	74	
			75						76						77	78			79			
80	81	82							83					84	85		86		87			
88									89					90	91			92				
93									94					95				96				
	97		98	99							100	101							102			
104									105					106	107			108	109			
110									111					112				113		114	115	116
117																						
123																						
126																						

King Crossword

ACROSS

1

Innocent one

5

Unhappy

8

Lovers' quarrel

12

Nautical hanger-on

14

Not pizzicato

15

Barbecue fuel

16

Tarzan's transportation

17

Qty.

18

Pictures

20

Chunk of cheese

23

Read bar codes

24

A Great Lake

25

Hire, as a boat

28

"— the season to be jolly"

29

Word with mouth or training

30

Solemn promise

32

Brown or Sheen

34

Darling

35

Swindle

36

Chicago, the — City

37

Dig up

40

Trigonometry ratio (Abbr.)

41

Cons' opponents

42

Entrancing

9

Overly proper one

10

Dermatologist's case

11

"Piggies" became pres.

13

Pinnacle

19

Little lamb's owner

20

Sopping

21

Guitarist

22

Clapton Plate

23

Comic bit (Var.)

25

Gathers

26

Divisible by two

27

Highway

29

— and proper

31

Kind of wit

33

Mistreats

34

Unnerve

36

Apple invader

37

Duel tool

38

MRI forerunner

39

Firetruck necessity

40

James of "Brian's Song"

43

Hasten

44

Rage

45

Zero

46

Space

MAGIC MAZE ● VOTER —

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

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

- Apathy

Caging

Eligibility

Fatigue
- File

Fraud

Initiative

Intimidation
- Registration

Rigging

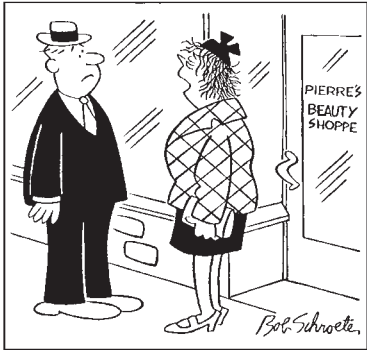
Rights

Rolls
- Survey

Swing

Vault





"I won't be long — I'm only going in for an \_\_\_\_\_."

answer on page 37

## 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!

Outfit  
**FISHRUN** \_\_\_\_\_

Talk  
**SKAPE** \_\_\_\_\_

Gone  
**BASTEN** \_\_\_\_\_

Shame  
**GAMITS** \_\_\_\_\_

TODAY'S WORD

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

## SUDOKU

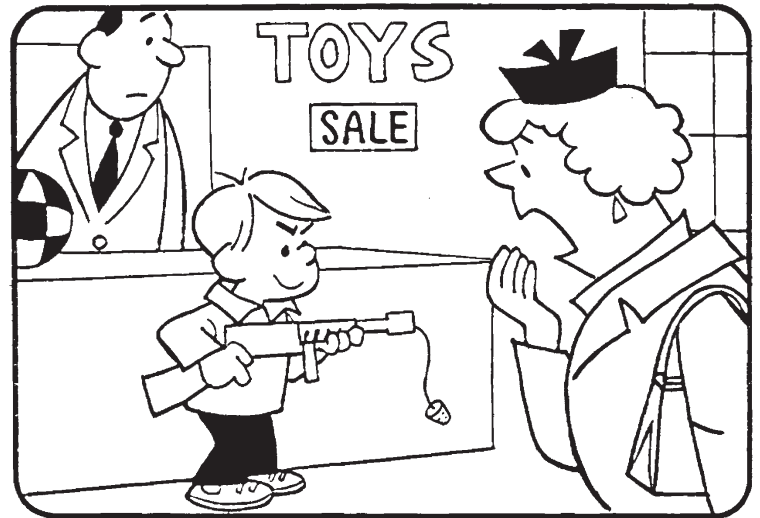
To play Sudoku:

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

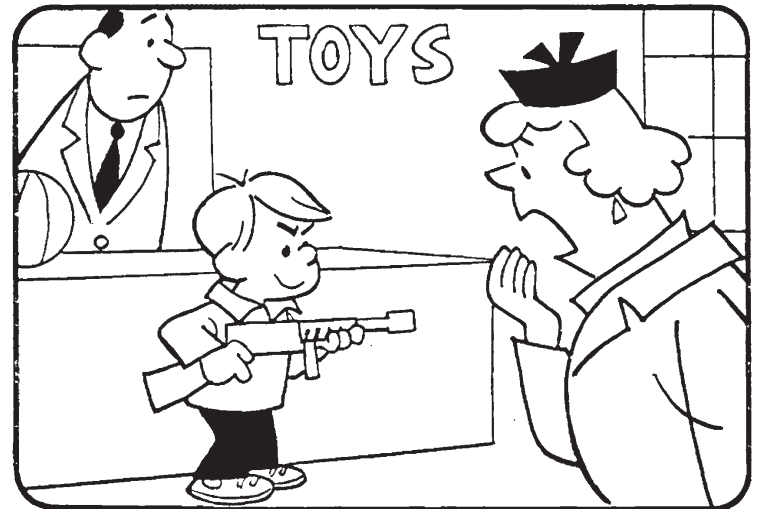
answer on page 37

## HOCUS-FOCUS

BY  
HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Ball is different. 2. Arm is missing. 3. Sign is missing. 4. Cork is missing. 5. Hairdo is different. 6. Pocketbook is missing.

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### Pan-seared Snapper with Roasted Red Pepper Chili

4 six-ounce snapper fillets  
2 teaspoons cayenne pepper  
Sea salt, to taste  
Ground black pepper, to taste  
1 cup rice flour  
4 tablespoons olive oil  
Sprinkle fillets with seasonings then dredge in flour. Melt butter in shallow skillet over medium-high heat; add fillets and cook 3 to 5 minutes per side until golden brown and cooked through. Remove fillets from skillet and serve with Roasted Red Pepper Chili.

Yield four servings

#### Roasted Red Pepper Chili

1 pound red peppers, roasted, peeled, seeded and roughly chopped  
2 tablespoons diced shallots  
1/2 cup white wine  
Salt and pepper

In a large sauté pan, cook all the ingredients over medium heat for 20 minutes. Puree mixture in a blender until



Pan-seared Snapper with Roasted Red Pepper Chili

photo courtesy Fresh From Florida

smooth. Strain for a more refined sauce. Add salt and pepper to taste.  
Yields four servings.✪

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### FILM SOCIETY



**Film Society of Southwest Florida**

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Community Room - Robb & Stucky

4:30 to 5:30 p.m.

Second Monday of each month

President, Di Saggau

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PUZZLE ANSWERS

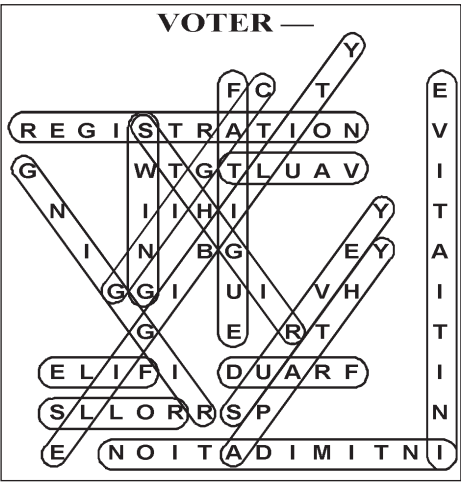
SUPER CROSSWORD

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

KING CROSSWORD

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

MAGIC MAZE



SUDOKU

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

My Stars ★★★★★

FOR WEEK OF JANUARY 23, 2017

**ARIES** (March 21 to April 19) Guess what, Lamb? You're about to experience a new perspective on a situation you long regarded quite differently. What you learn could open more opportunities later.

**TAURUS** (April 20 to May 20) The Bold Bovine is tempted to charge into a new venture. But it might be best to take things one step at a time, so that you know just where you are at any given point.

**GEMINI** (May 21 to June 20) It's a good time to go on that fun getaway you've been planning. You'll return refreshed, ready and, yes, even eager to tackle the new challenge that awaits you.

**CANCER** (June 21 to July 22) The Moon Child loves to fantasize about magical happenings in the early part of the week. But the sensible Crab gets down to serious business by week's end.

**LEO** (July 23 to August 22) What goes around comes around for those lucky Leos and Leonas whose acts of generosity could be repaid with opportunities to expand into new and exciting areas of interest.

**VIRGO** (August 23 to September 22) Your concern about your job responsibilities is commendable. But you need to take some quiet time to share with someone who has really missed being with you.

**LIBRA** (September 23 to October 22) Aspects favor getting out and meeting new people. And as a bonus, you might find that some of your newly made friends could offer important business contacts.

**SCORPIO** (October 23 to November 21) You might take pride in wanting to do everything yourself. But now's a good time to ask family members to help with a demanding personal situation.

**SAGITTARIUS** (November 22 to December 21) Pay more attention to the possibilities in that workplace change. It could show the way to make that long-sought turn on your career path.

**CAPRICORN** (December 22 to January 19) Your need to succeed might

overwhelm obligations to your loved ones. Ease up on that workload and into some well-deserved time with family and friends.

**AQUARIUS** (January 20 to February 18) Love rules for amorous Aquarians who can make good use of their ability to communicate feelings. Don't be surprised if they're reciprocated in kind.

**PISCES** (February 19 to March 20) Fishing for compliments? No doubt, you probably earned them. But it's best to let others believe they were the ones who uncovered the treasure you really are.

**BORN THIS WEEK:** Your good works flow from an open, generous heart. Nothing makes you happier than to see others happy as well.

THIS WEEK IN HISTORY

• On Jan. 26, 1838, the first Prohibition law in U.S. history is passed in Tennessee, making it a misdemeanor to sell alcoholic beverages in taverns and stores.

• On Jan. 23, 1849, Elizabeth Blackwell is granted a medical degree from Geneva College in New York (now known as Hobart College), becoming the first female in the U.S. to be officially recognized as a physician.

• On Jan. 27, 1888, the National Geographic Society is founded in Washington, D.C. The 33 men who originally met and formed the National Geographic Society were a diverse group of geographers, explorers, teachers, lawyers, cartographers, military officers and financiers.

• On Jan. 24, 1908, the Boy Scouts movement begins in England with the publication of the first installment of Robert Baden-Powell's "Scouting for Boys." By the end of April, the serialization of Scouting for Boys was completed, and scores of impromptu Boy Scout troops had sprung up across Britain.

• On Jan. 25, 1968, the Israeli submarine Dakar, carrying 69 sailors, disappears. The exact fate of the boat remains a mystery. The Dakar last radioed its position as it passed the island of Crete. It was never heard from again.

STRANGE BUT TRUE

• It was American linguist, philosopher, historian and social critic Noam Chomsky who made the following sage observation: "Students who acquire large debts putting themselves through school are unlikely to think about changing society. When you trap people in a system of debt, they can't afford the time to think."

• If you were to choose a perfectly average snowflake and count up the number of water molecules that make it up, you'd find 180 billion of them.

• Some researchers estimate that, if left to their own devices, a single breeding pair of cats could produce a whopping 354,294 offspring within five years.

• It's been reported that saloons once offered free lunches -- and made sure those lunches were heavily salted in order to encourage patrons to buy more beverages.

• The word "dandelion" comes from the French phrase "dent de lion" -- supposedly so named because the jagged edges of the plant's leaf resemble a lion's teeth.

• You've probably never heard of Roman emperor Elagabalus; he served for only four years -- from 218 to 222. Among his contemporaries he was known for his decadence and eccentricity. For example, he was notorious for hosting elaborate banquets, then putting the ancient Roman equivalent of whoopee cushions on guests' seats.

• Those who study such things say that a woman's sense of smell is enhanced just before and during ovulation.

• If you had a billion dollars, you could spend \$1,000 every day for nearly 3,000 years before you ran out of cash.

THOUGHT FOR THE DAY

"As any honest magician knows, true magic inheres in the ordinary, the commonplace, the everyday, the mystery of the obvious. Only petty minds and trivial souls yearn for supernatural events, incapable of perceiving that everything -- everything! -- within and around them is pure miracle." -- Edward Abbey

SCRAMBLERS

solution

1. Furnish; 2. Speak;
3. Absent; 4. Stigma

Today's Word

ESTIMATE

TRIVIA TEST

1. GEOGRAPHY: What is a biblical name for Lake Tiberias, located in Israel?
2. INVENTIONS: In what century was the first commercially successful steam engine invented?
3. ART: Which 17th-century Flemish artist was known for painting full-figured, voluptuous women?
4. GOVERNMENT: What famous South Pacific island is under the control of France?
5. MEASUREMENTS: How long is the Chunnel, the underground tunnel between England and France?
6. MOVIES: What 1990s Coen brothers movie featured the tagline, "A lot can happen in the middle of nowhere"?
7. ASTRONOMY: Which planet in our solar system has a moon named Phobos?
8. SCIENCE: What is the name for the condition in which the air temperature reaches 100 percent relative humidity and condensation occurs?
9. SUPERHEROES: Which superhero is more commonly known as Linda Lee Danvers?
10. GENERAL KNOWLEDGE: What month is traditionally associated with the opal birthstone?

TRIVIA ANSWERS

1. Sea of Galilee
2. 18th
3. Paul Rubens
4. Tahiti
5. 31 miles
6. "Fargo"
7. Mars
8. Dew point
9. Supergirl
10. October



# ★ ★ ★ CLASSIFIED ★ CLASSIFIED ★ ★ ★

## REAL ESTATE

### BEACH ROAD CONDO

Short walk to the Beach  
2BD/2BTH Asking \$390,000.  
Call or text Chris 914-629-9434  
www.forsalebyowner.com  
listing #24084259 for details  
\*NS 1/20 CC 2/10

### HOUSE FOR SALE

Bridgetown at the Plantation, 3/2 + Den,  
2 car garage, Resort style amenities,  
Pool, Gym, Tennis, Bocce. Close to RSW,  
I75, JetBlue stadium, Miromar Outlet,  
restaurants, shopping. 239-478-6683,  
johnpuw@yahoo.com  
\*NS 1/20 CC 1/20

### 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

### JONATHAN HARBOUR LOT

22,500 SQFT. w/39 FT Slip. 1-Mile B/4  
Sanibel Bridge. Large Home Site w/  
Building Plans Available. Design Your  
Dream Home w/Western Sun Sets. 5 Min  
to Gulf No Bridges. Community has Large  
Pool, Guest Condo, Club House with  
Excercise Room, Tennis Courts.  
Priced For Quick Sale or Trade.  
\$325K. 239-233-2930.  
\*NS 1/13 CC 1/27

### GARCIA REAL ESTATE AND CONSULTING



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

**garciaonsanibel.com**

Offering Personal, Private, and  
Professional Real Estate Services on  
Sanibel and Captiva Islands.  
30 Year Resident of Sanibel.  
Licensed in Florida, New York,  
Pennsylvania and New Jersey.  
\*RS 4/29 CC TFN

## COMMERCIAL RENTAL

### PRIME OFFICE SPACE

700 square feet at  
1619 Periwinkle Way Suite 105.  
Immediate Occupancy.  
Call Joe Gil 516-972-2883  
or 800-592-0009.  
\*RS 12/23 CC TFN

### NEW STUDIO RENTAL

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

## VACATION RENTAL

### LIGHTHOUSE REALTY

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

### Island Vacations

Of Sanibel & Captiva  
*Million \$ Views Await You!*  
• Cottages • Condos • Homes •  
Miles of Beaches & Bike Paths  
**239-472-7277**  
**1-888-451-7277**  
\*RS 1/4 BM TFN

## VACATION RENTAL

### 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

### EAST END CANAL HOME

Elevated 3/2, sleeps 6, heated pool, walk  
to beach, marina and restaurants, bikes,  
beach chairs, monthly, available March  
2017!, starting to book 2018, Mark  
239-634-1133, msgt4@comcast.net  
\*NS 1/20 CC 2/24

### 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

### 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

### '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

### ANNUAL RENTALS

**ISLAND HOME**  
This updated, Olde Florida 2/2 UF piling  
home offers all appliances, fireplace and  
great screen porch. Short walk to beach.  
\$1,750/mo.

#### FT. MYERS

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



**472-6747**  
**Gulf Beach Properties, Inc.**  
Helping People Become Islanders for over 35 years!  
The Island Experience!  
\*RS 1/13 BM TFN

## SERVICES OFFERED

### HOLISTIC HOME CLEANING

Optimize your health and home  
Utilizing hydrogen peroxide, fresh citrus,  
b. soda and Suds.  
Sonya @ 239-246-7007.  
\*RS 12/23 CC TFN

### SCARNATO LAWN SERVICE

Lawn Service, Shrubs and Tree Trimming  
Weeding, Installation of Plants, Trees and  
Mulch (one month free service available)  
Joe Scarnato (239) 849-6163  
scarnatolawn@aol.com  
\*RS 1/25 BM TFN

### ISLAND TAXI

Airport & Local Service  
239-472-4888  
Call Madeline to make a reservation.  
Experienced Staff & Drivers.  
www.IslandTaxi.com  
\*NS 12/9 CC 2/24

### FEMALE VOCALIST

With a small entertainment system  
will provide a nostalgic performance of  
Jazz Standards/Easy Listening  
for your Restaurant,  
Home/Office Party,  
Special Event,  
Real Estate Open House, etc.  
Affordable and Enjoyable!  
Call Bonnie G 518-796-4239.  
\*NS 1/6 CC TFN

### CAR WASH & WAX BY HAND

Sanibel & Captiva Islands.  
Exterior & Interior Cleaning. Tire Dressing.  
I come to your Home, Condo or Hotel.  
Reasonable Rates. Satisfaction  
Guaranteed. 239-284-3639.  
\*RS 1/13 CC 1/27

### HELLE'S CLEANING SERVICES

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

### SANIBEL HOME WATCH SERVICES

Will Check Your Home Weekly/Biweekly  
Very Reasonable Rates  
Licensed - Insured - Bonded  
239-322-8054 Sanibelhw@gmail.com  
\*NS 9/16 CC TFN

### POOL & SPA SERVICES

Aqua Smart Pool & Spa Services, Inc.  
772-1955  
Servicing Residential & Commercial Pools!  
\* Weekly Maintenance Service  
License & Insured  
\*NS 5/20 CC TFN

## SERVICES OFFERED

### MISS MESSAGE MOBILE SPA MA#84433

Ashiatsu/Swedish/Hot Stone/Couples/  
Reflexology/Body Scrubs/Facials/Hair  
Kreme & More! Convenient service in your  
home/vacation rental. 256-506-1165  
www.ifeelyourpain.massagetherapy.com  
\*NS 1/13 CC 3/31

### ROGER NODRUFF ELECTRIC

Lic# EC12002788.  
Call Roger 239-707-7203.  
Aqualink - Motor Controls.  
Office & Store Maint.  
\*RS 6/7 CC TFN

### ENVIROMOW OF LEE COUNTY

Complete Landscaping Services  
& Weekly Lawn Service  
\*Mention this add to receive 10% OFF your  
Mulch Installation, Landscaping Project,  
or Tree Trimming Project.\*  
Call today for a FREE estimate:  
239-896-6789. Locally owned & operated.  
\*RS 12/30 CC TFN

## HELP WANTED

### JERRY'S FOODS SERVERS & BARISTAS

Part Time Evening And Weekend Front  
End Associates Needed. Looking for  
energetic, personable, and fun  
individuals, with open availability  
Monday through Sunday.  
If interested call and ask for  
John, Norm Sarah 472-9300.  
1700 Periwinkle Way  
\*NS 5/6 BM TFN

### 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

### NOW HIRING

Fresh Produce, Women's Apparel  
Part Time Stock and Sales Associates  
Great employee discount  
Contact Sanibel Island Store  
239-395-1839  
\*NS 1/13 CC 1/20

### HELP WANTED... BEACH PIEZ

Located at 2441 Periwinkle Rd. in the  
Bailey's Shopping Plaza is currently  
seeking both full and part time employees.  
Call for an interview today 239-472-2311  
ask for Debbie or Chuck.  
\*NS 1/20 BM 1/27

Read us online at  
IslandSunNews.com



★ ★ ★ CLASSIFIED ★ CLASSIFIED ★ ★ ★

HELP WANTED

FULL TIME  
VACATION RENTAL  
RESERVATIONS AGENT

Must be familiar with Sanibel & Captiva Islands. Candidate should possess good communication skills, computer knowledge; Excel and Word proficient and like working with people. Excellent compensation package based on Vacation Rental experience. Respond only by Fax to 239 437-7543 or email to DSchuldenfrei@VIPRealty.com  
\*NS 1/13 CC TFN

HELP WANTED

Sanibel DQ is looking for hardworking individuals with ability to multi-task and work in a fast paced environment. We are hiring full and part time positions. So stop on in and fill out an application today. 1046 Periwinkle Way. 472-1170.  
\*NS 12/30 CC 1/20

WATERSPORTS  
ATTENDANT NEEDED

Work in paradise. Full and part time positions available at our Captiva rental location. Must be clean cut and able to work outdoors. Employee housing is available. Call Pete at 239-312-4094 or info@sunnyislandadventures.com  
\*NS 1/20 CC 2/10

VISITOR CENTER AND  
GIFT SHOP MGR.

The Clinic for the Rehabilitation of Wildlife (CROW) on Sanibel is seeking a part-time experienced retail manager to run our gift shop and education center. Excellent organizational and people skills, office and computer experience required. Email resume with cover letter to Linda Estep, Executive Director at lestep@crowclinic.org, or mail to PO Box 150, Sanibel FL 33957. No phone calls.  
\*NS 1/20 CC 2/10

HELP WANTED

WILDLIFE  
ADMISSIONS SPECIALIST

The Clinic for the Rehabilitation of Wildlife (CROW) on Sanibel is seeking a full-time staff member to coordinate the admission office processes and related documentation. Prior customer service or call center experience a plus, as is a love of wildlife. This office position includes a high volume of calls and public interaction. Must have excellent organizational and people skills. Office and computer experience required. Email resume with cover letter to Dr. Heather Barron, Hospital Director at hbarron@crowclinic.org. No phone calls.  
\*NS 1/20 CC 2/10

BOATS - CANOES - KAYAKS

2005 26' CENTER CONSOLE

Great Fishing Boat. One time Sanibel owner. 2-225 Yamahas - Loaded Garmin, Radar, Power Steering, New VHF Radio. Very Clean, Excellent Shape. Reduced Price \$59,900. Call Conrad Kissell, Walker Marine 239-823-7647.  
\*NS 1/20 CC TFN

41FT TIARA OPEN  
TWIN DIESEL 3208 CATS TA

435HP Cruise Fish Livie Aboard. Radar, GPS, Auto Pilot, TriData, Fish Finder, Teaked Holly Floors, Ale, Full Galley, Master Stateroom w/TV's Plus Fold Out & Down Bunks. Full Head w/Shower, Vac Head, Vanity. Priced For Quick Sale or Trade. \$189,900. 239-233-2930.  
\*NS 1/13 CC 1/27

DOCKAGE

Hourly, Daily, Weekly and Monthly. Captiva Island 472-5800  
\*RS 1/4 NC TFN

VEHICLES FOR SALE

MERCEDES BENZ  
560SEL 1988

150k Miles. Great condition, A/C great, tires great MUST SEE - on Sanibel Asking \$9,000. Call 215/768-5117  
\*NS 1/6 CC 2/10

GOLF CART FOR SALE



Street legal, "gas" powered. \$7,000. 239-209-6500  
\*RS 1/20 BM TFN

LOAN NEEDED

LOAN NEEDED

Looking for private investor loan to consolidate personal debt. I live on Sanibel and can offer second mortgage on my home. Amount needed is \$150,000. This will payoff existing debt. Please respond to sanibelforme@hotmail.com  
\*NS 7/22 CC TFN

LOST AND FOUND

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

GARAGE • MOVING • YARD  
SALES

8 SALES - 1 STREET,  
HUGE!!! SANIBEL

Oriental rugs, framed art, Jadite, Moving - patio furniture, kayak, boating items, lawn tools, wood carousel-style horse, misc. household and more. Price to sell! Sand Dollar Drive Jan. 20 and 21, 8-2 LOOK FOR RED BALLOONS  
\*NS 1/13 CC 1/20

MOVING SALE - SANIBEL

January 21 8:00am to 1:00pm Furniture, Flooring, Clothing, Kitchen, Boat, & Holiday Items. 9209 Kincaid Court  
\*NS 1/20 CC 1/20

HORTOONS



Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Bayview	Captiva	2016	5,177	\$8,995,000	\$7,500,000	0
Bayfront Gardens	Bonita Springs	1997	6,317	\$2,695,000	\$2,175,000	143
McPhie Park	Fort Myers Beach	1946	1,573	\$2,275,000	\$2,100,000	54
Navona	Miromar Lakes	2014	2,622	\$1,250,000	\$1,200,000	50
Bonita Beach	Bonita Springs	1997	2,178	\$1,100,000	\$1,030,000	247
Riverwatch	North Fort Myers	2005	4,682	\$989,000	\$989,000	339
Dunes At Sanibel Island	Sanibel	1983	1,725	\$829,000	\$800,000	30
Rose Garden	Cape Coral	2001	2,607	\$799,900	\$770,000	82
Del Seg	Sanibel	1982	2,129	\$749,500	\$726,000	258
Briarcliff	Fort Myers	1984	3,450	\$699,999	\$542,500	36





# AWARD WINNING FLAVORS FROM THE CARIBBEAN RIM!



*“For the sun-kissed & sun-desirous  
alike, a vacation on a plate.”*

*The New York Times  
Magazine*

Flat Breads • Outdoor Seating • Island Mojitos

**Sanibel Island**



**2500 Island Inn Rd**  
Sanibel Island FL, 33957  
239.472.8311

**Captiva Island**



**South Seas Island Resort**  
Captiva Island FL, 33924  
239.312.4275

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