



Read Us Online at
IslandSunNews.com

THE RIVER WEEKLY NEWS

FREE
Take Me
Home

VOL. 16, No. 4

From the Beaches to the River District downtown Fort Myers

JANUARY 27, 2017

Celtic Festival This Friday And Saturday

Celtic music will echo along the riverfront on Friday, January 27 and Saturday, January 28 as the Caloosahatchee Celtic Festival returns for its 14th season in Fort Myers. The City of Fort Myers Recreation Division and Celtic Heritage Productions invite you to “don your tartan” and bring your family and friends to the two-day celebration.

The festival opens with a kick-off party at 5 p.m. Friday at Harborside Event Center, located 1375 Monroe Street. Entertainment includes pipe and drum band Albannach, all-sister Irish pop band The Screaming Orphans and Floridian Celtic rock band Rathkeltair. Admission to the kick-off party is \$5. The party entrance is located at the Harborside loading dock at the corner of Bay and Dean streets.

The festival continues at Centennial Park on Saturday beginning at 11 a.m. with more than 10 hours of non-stop Celtic music, highlighted by performances from Albannach, The Screaming Orphans, Rathkeltair, West of Galway, Marcille Wallis & Friends and the Kellyn Celtic Arts Irish Dancers. Celtic fare, like meat pies and fish and chips, will be available for purchase, as well as traditional American festival food. Domestic and imported beers will be available. More than a dozen merchandise vendors will sell Celtic wares including



There will be more than 10 hours of music
photo courtesy City of Fort Myers

jewelry, clothing, music and accessories.

Admission is \$12; no charge for children under 12. Festival-goers are encouraged to bring blankets or lawn chairs. No coolers are allowed.

For more information, call the City of Fort Myers Parks, Recreation & Special Events at 321-7524 or Celtic Heritage Productions at 941-625-8544.*



Invitation by Lynn Davison

photo courtesy Alliance for the Arts

Figurative Works Highlight New Exhibit At The Alliance

The Alliance for the Arts February exhibition, featuring Lynn Davison, will run from Friday, February 3 through Saturday, February 25, with an opening reception on Friday, February 10 from 5 to 7 p.m. Davison will take part in a conversational walk and talk as she discusses her work in the exhibition on February 11 at 10 a.m.

A graduate of the Ringling School of Art and Design, Davison is a figurative

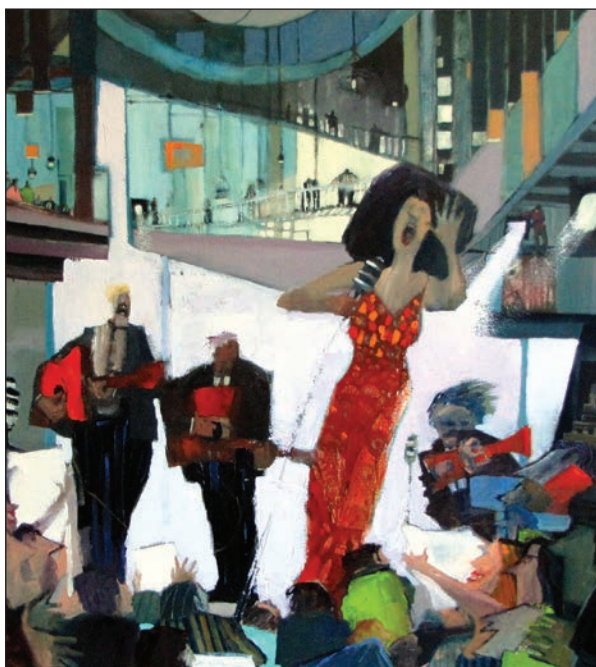
continued on page 23

Opening Reception At ACT Gallery During Art Walk

Arts for ACT Gallery is hosting an opening reception during Art Walk on Friday, February 3 from 6 to 10 p.m. This month, ACT Gallery will feature the works of Peter Zell and Yvonne Krystman along with ACT Co-op artists.

Zell is an oil painter who has lived on Sanibel for the past 11 years. Before that, he practiced law in a civil trials firm in California for 32 years, finding time to take art classes at the local community college in the years before retirement. He has won various local awards from arts organizations, including second place at the 2007 Winner's Circle Exhibition. He was nominated for Best New Artist in the Angels of the Arts competition in Fort Myers in 2008. Zell has been a member of various galleries over the

continued on page 25



Red Dress by Peter Zell

photo courtesy Arts for ACT

Exhibition Spotlights Senior Talent

Shell Point Retirement Community and the Sidney & Berne Davis Art Center (SBDAC) are partnering to present a month-long exhibition titled Ageless Creativity: The Artists of Shell Point, which will open concurrently with the annual ArtFest Fort Myers at 6 p.m. on Friday, February 3.

Sponsored by FineMark National Bank & Trust, the show will feature 188 jury-selected artworks, many of which will be available for sale. All work has been produced during the retirement years of the 49 Shell Point resident artists, who range in age from the early 60s to mid-90s. Represented media includes acrylic, watercolor, oil, pastels, pencil, charcoal, clay, fabric, stone, metal, shells, wood, mixed media and photography.

“The goal of the exhibition is to demonstrate that creativity is neither limited nor defined by age,” said Marge Lee, Shell Point resident and professional exhibition interpretive



Anita Putnam uses colors, patterns and shapes to capture the joy of being alive, young and female in her work, titled Fresh Paint

photo courtesy Shell Point

planner who conceived the event. “The resulting exhibition is evidence that age does not hinder creativity; instead it is

continued on page 23

Live the Gulf Coast Dream

AMAZING 10TH FLOOR OCEAN HARBOR

NEW



Spacious 2BR/2BA. W/Gulf & Estero Bay views from nearly every room! BIG lanai facing Gulf. Covered parking, docks available. Across the street from the beach.

MLS#217003717 \$599,000

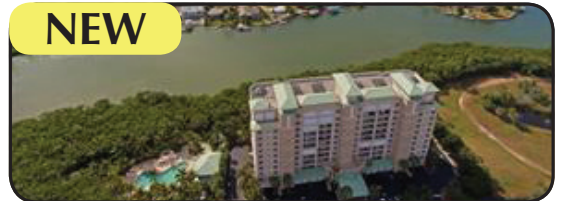
Check out our website

Search MLS like a pro
from Orlando
to Marco Island

www.fmbsun.com

COMFORTABLE LUXURY CONDO

NEW



Enjoy water views of both the Gulf & the Bay from 2 terraces, 1 is screened. This 3BD/2.5BA & 2045sqft Waterside condo has a private elevator, gourmet granite kit & more!

MLS#216080552 \$580,000

TRANQUIL ESTERO BAY VIEWS

NEW



Waterside at Bay Beach. Beautifully appointed turnkey furnished 2 BD condo. Impeccably maintained with newer appliances, and garage parking space. Resort amenities.

MLS#217000311 \$429,000

1400 Sq. Ft. & WATER VIEWS

NEW



2BR/2BA Island Beach Club condo. Granite kitchen counter-tops. Kitchen SS appls & Samsung W/D just over year old. 2 lanais. Lots of amenities. Across from Lovers Key State Park.

MLS#217005075 \$409,900

GREAT MID ISLAND LOCATION

NEW PRICE



3BR/2BA Fort Myers Beach single family home. New roof 2016! Paved drive, large yard, community park & Estero Bay fishing pier. Quick walk to beach access.

MLS#216071425 \$279,000

BEACHFRONT ON THE NORTH END



Turnkey furnished Cane Palm corner unit with views from every room. You can walk to Times Square, easy exit off the island. Don't miss this special beachfront condo!

MLS#216062864 \$569,000

IMMACULATE CORNER RESIDENCE



Turnkey furnished 3BD/2BA Waterside condo. Spacious tiled living areas, electric shutters, 2 private storage rooms & under building parking. Don't miss this unbeatable deal!

MLS#216066865 \$395,000

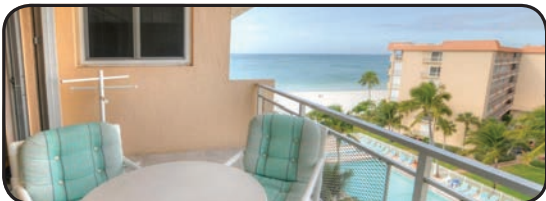
A BOATERS DREAM HOME



3BD plus den canal home w/ 2 docks both w/ lifts. Granite & SS kitchen, tile throughout & open floor plan. The pool is solar heated & home comes w/ home protection plan.

MLS#216078295 \$875,000

ALL ABOUT THE VIEW



Top floor Leonardo Arms condo is just steps to the beach. Split floor plan gives you double master suites! Turnkey furnished, new hot water heater & upgraded windows.

MLS#216071970 \$365,000

THIS TOWNHOME HAS IT ALL



3BD/3BA+den Village Walk in Bonita Springs shows like a model. Open & airy great rm floor plan w/ spacious private courtyard, beautifully furnished & great resort amenities.

MLS#216069219 \$284,900

WATERFRONT POOL HOME



Well maintained 4BD/2BA home in Cape Coral. Open floor plan, dock & extended screened lanai & pool area. Extensive upgrades throughout. This is a must see!

MLS#216058902 \$294,500

Lahaina Realty

Servicing Lee and Collier Counties for over 50 years.

239-463-0000

www.fmbsun.com • sales@fmbsun.com

6035 Estero Blvd., Fort Myers Beach, FL 33931



LIKE US ON
FACEBOOK



Historic Downtown Fort Myers, Then And Now:

Fill 'Er Up On Main Street



by Gerri Reaves, PhD

When this 1943 photograph was taken, there was no shortage of gas stations in the main business district. The only problem getting the tank filled during the gas-rationing World War II days might have been possessing the necessary ration coupons.

One of the many stations was Vern's Royal Palm Service Station on the southeast corner of Main Street and Broadway. Vern (right) and Russell Bryant are pictured in the photo, with Main Street in the background.

According to the late Dick Jungferman, his father, Vern, bought the Royal Palm Service Station a year or two before

this photo was taken.

Before that, he had run another Standard Oil station in town, one on McGregor Boulevard at Carson Street.

Note the Standard Oil sign and the "Crown" sign atop the gas pump. Red Crown, Gold Crown and Crown Extra were well-known gasolines sold by the oil giant.

In those days – and even into the 1960s – a tank fill-up included standard free services, such as a tire-pressure or oil-level check, or a windshield wash.

The men's outfits recall the days when service stations were aptly named. Before "self-service" became the norm, attendants dressed in overalls and snappy caps provided drive-up service.

With two military training bases nearby during WWII – Buckingham Army Air Force Base and Page Field – it's not surprising that much of the station's business was from enlisted men.

In fact, Bob Wallace Motors, a Dodge and Plymouth dealership next door, also functioned as a bus station for the military bases. Wartime bus ser-



In 1943, Vern Jungferman (right) posed with Russell Bryant at Vern's Royal Palm Service Station on the southeast corner of Main Street and Broadway photo courtesy SWFL Historical Society, Dick Jungferman Collection

vice catered to soldiers with downtown and beach routes to and from the bases.

Many soldiers were customers of the bicycle-rental at the service station, a concession owned by Coley Westbrook.

Jungferman ran the service station until 1946, after which he sold it and started a tire service.

In 1956 First Federal Savings and Loan moved into a new building on Royal Palm Service Station's site. After the S&L moved in 1978 to its new "silo" building (today's Lee County Administration Annex East), the land eventually became a city-owned parking lot.

Although gas stations no longer exist in the main business district, the background of the historic photo shows that not everything changes or disappears.

Those buildings from the 19-teens still stand, although the balconies are gone. The alley that had an archway in 1943 now has a wrought-iron gate.

Walk down to Main and Broadway and imagine driving up and being greeted by someone who asks "fill 'er up? Check your oil?"

Then, visit two local research centers to learn more about the many downtown gas stations that served motorists for much of the 20th century.

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

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

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

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

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

Sources: Archives of the Southwest Florida Historical Society.✱



Today, a city-owned parking lot is located where the service station once operated. The 19-teen buildings in the background, which stand just east of the Patio de Leon entrance on Main, still stand, but the balconies have been removed.

photo by Gerri Reaves

Independently Owned And Operated
COPYRIGHT 2017 The River Weekly News
LORKEN Publications, Inc.

THE RIVER
WEEKLY NEWS
FROM THE BEACHES TO DOWNTOWN FORT MYERS

Read Us Online: www.IslandSunNews.com



Publisher
Lorin Arundel

Advertising Sales
Bob Petcher
George Beleslin

Graphic Arts/Production
Ann Ziehl, Manager
Amanda Hartman
Justin Wilder
Diane L. Wynocker

Reporters
Gerri Reaves, PhD
Jeff Lysiak

Contributing Writers

Jennifer Basey	Marion Hauser, MS, RD
Kimberley Berisford	Ross Hauser, MD
Suzy Cohen	Audrey Krienen
Ed Frank	Anne Mitchell
Jim George	Capt. Matt Mitchell
Shelley Greggs	Di Saggau
Tom Hall	

The River Weekly News will correct factual errors or matters of emphasis and interpretation that appear in news stories. Readers with news, tips, comments or questions, call 239-395-1213 or write to: The River Weekly News, 1640 Periwinkle Way, Suite 2, Sanibel FL 33957. FAX number: 239-395-2299. E-mail: press@riverweekly.com. E-mail: ads@riverweekly.com. The River Weekly News reserves the right to refuse, alter or edit any editorial or advertisement.

World-Class Chamber Music Coming To Davis Art Center

The second concert in the Sidney & Berne Davis Center Chamber Series features the renowned Ehnes Quartet on Thursday, February 9 at 8 p.m. The quartet is comprised of four internationally acclaimed string musicians: violinists James Ehnes, Amy Schwartz Moretti and Richard O'Neill; and cellist Edward Arron. Experience the group that was hailed as “an important new force in the chamber music arena” with a “dream-team lineup” by *Strings Magazine*.



Ehnes Quartet

image courtesy SBDAC

The Ehnes Quartet was formally established in 2010, but each musician in the group has spent over 20 years performing classical music. Their debut recording of quartets by Barber and Shostakovich was released in 2014 to rave reviews. They’ve earned a reputation for showcasing expressive, exuberant renditions of some of the great classical chamber pieces. Currently, the Ehnes Quartet is part of the Chamber Soloists of Detroit. Learn more online at www.chambersoloistsdetroit.org/meet_the_artists/ehnes-quartet/. General admission seats are \$29 in advance or \$35 at the door. The evening begins with cocktails at 7 p.m. followed by the performance at 8 p.m. Visit www.sbdac.com for more information or to purchase tickets. The Sidney & Berne Davis Art Center is located at 2301 First Street in the historic downtown Fort Myers River District.✪



View vintage automobiles along the Caloosahatchee

photo courtesy Edison and Ford Winter Estates

Antique Car Show At Edison Ford

On Saturday, February 4 from 10 a.m. to 2 p.m., Edison & Ford Winter Estates will host its annual car show featuring antique Ford models. Each year, classic car owners and club members exhibit more than 100 cars on the Ford lawn, along the Caloosahatchee as a tribute to Henry Ford, the pioneer of the automobile industry. In addition to the car exhibition, living history characters, Henry and Clara Ford will lead informal tours throughout the event. Registrations are being accepted for Ford models 1980 and older. To register a car, contact LeeAnne Criswell at lcriswell@edisonfordwinterestates.org or 334-7419. The deadline for pre-registration is January 27. Pre-registration is \$15 for one car and \$5 for each additional car. Along with the exhibition, there will be music, food available for purchase and visitors can tour the beautiful gardens, historic homes, museum and laboratory. This family event is free for Edison Ford members and \$20 for non-members. A portion of the proceeds will benefit the restoration of the antique car collection at Edison Ford. For more information, call 334-7419 or visit www.EdisonFordWinterEstates.org.✪

ALEX AND ANI

MADE IN AMERICA WITH LOVE*

Synergy

Synergy Tahitian Gardens • 1891 Periwinkle Way, Sanibel Island, FL
239-395-5353 • SynergySportswear.com

The Mersey Beatles Get Back Tour



Mersey Beatles

photo courtesy SBDAC

The Four Lads from Liverpool are back it again! The Mersey Beatles are ready to take downtown Fort Myers on Saturday, February 11. The Mersey Beatles are bringing their authentic Liverpool brand of tribute to the Sidney & Berne Davis Art Center (SBDAC) for the Get Back Tour. Come and hear all the early-to-late era Beatles tunes you know and love so much. Mersey Beatles are not your ordinary Beatles’ tribute band. The world’s only all Liverpool Born Beatles’ tribute band was formerly the resident band for a decade at the world famous Cavern Club, where the Beatles got their start. They have played in 20 countries, selling out shows worldwide. Find out why John Lennon’s sister Julia Baird said, “There are a lot of Beatle Tribute bands from all over the world, and I’ve seen them all, but the Mersey Beatles are the best I have heard.” General admission tickets (\$45) will get you into the show, but purchasing VIP tickets (\$59) will include tickets to the show, a meet-and-greet with the Mersey Beatles before the show, and a free Mersey Beatles CD download. Last year, tickets to see the Mersey Beatles sold out, so don’t miss this one-of-a-kind Beatles tribute band. The Sidney & Berne Davis Art Center is located at 2301 First Street in the historic downtown Fort Myers River District. To purchase tickets or for more information, visit www.sbdac.com.✪

GULF HARBOUR YACHT & CC**EDGEWATER**

Custom Home on Oversized Lot w/Tropical View
\$984,888 MLS 216048188
 Patti Testa 239.770.5445

WATER'S EDGE**FT. MYERS**

River Views from Terrace, Courtyard Pool
\$799,000 MLS 216013250
 Toni Shoemaker 239.464.3645

CARILLON WOODS
NEW PRICE**FT. MYERS**

Gated Community - Centrally Located
\$419,900 MLS 216067453
 Troy De Mond 239.822.0332

GULF HARBOUR YACHT & CC**TAMARIND CAY**

Gorgeous Turnkey Condo w/Golf Course View
\$259,000 MLS 216069374
 Roger Vaught 310.529.0707

ROBINS ROOST
NEW PRICE**FT. MYERS**

Spacious & Private, 3 BR, 2.5 BA Condo
\$192,500 MLS 216073484
 Rob Ricca 239.209.74365

HERITAGE COVE**S. FT. MYERS**

First Time Offered - Gated Community
\$164,500 MLS 216071303
 Tina Tusack 239.634.3810

Beyond EXCELLENCE™

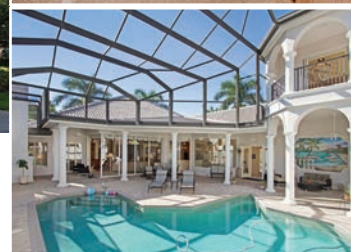
Florida Locations: Bonita Springs/Estero, Cape Coral, Captiva Island, Fort Myers, Naples/Marco Island, Ocala and Sanibel Island
North Carolina Locations: Cashiers, Highlands and Sapphire Valley - Serving Franklin, Lake Glenville and Lake Toxaway

WORLDWIDE IN LUXURY REAL ESTATE
PRESTIGE MLS Member GLOBAL

RoyalShellSales.com | RoyalShellRentals.com
239.689.7653

GULF HARBOUR YACHT & CC**EDGEWATER**

Custom Estate w/3,883 S.F.
\$1,395,000 MLS 216079101
 Patti Testa 239.770.5445

**TOWN & RIVER****FT. MYERS**

Updated & Redesigned 3 BR, 3 BA Waterfront Home
\$1,175,000 MLS 216064291
 McMurray & Nette 239.850.7888

**WHISKEY CREEK**
NEW PRICE**FT. MYERS**

Awesome Canal Front, Remodeled 4+ BR, 4 BA
\$899,000 MLS 216077610
 McMurray & Nette 239.850.7888

PALM ISLES**FT. MYERS BEACH**

Private Boat Ramp w/160'+ Dock, Pool/Spa
\$700,000 MLS 216054339
 Brittany Turner 239.691.8063

MCGREGOR PINES
NEW PRICE**FT. MYERS**

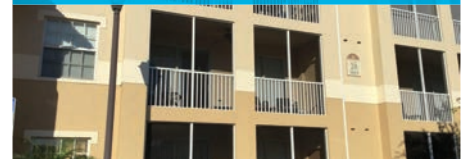
Lyons Custom Built Rutenberg Home
\$345,000 MLS 216076311
 Bari Fischer, The Fischer Group 239.872.7333

TANGLEWOOD**FT. MYERS**

Immaculate Home Shows Like a Model!
\$256,000 MLS 216075011
 Debbie Rex 917.573.0997

RENOVATED 1920'S HOME**FT. MYERS**

Big Kitchen w/SS, New Floors, Roof, Paint
\$179,000 MLS 216070249
 Stacey Zuleta 239.823.1343

COLLEGE POINTE
NEW PRICE**FT. MYERS**

2 BR, 2 BA w/Single Car Garage
\$159,900 MLS 216051500
 Roger Stening 239.770.4707

Alliance Hosts Diva Comedy Night



Mariannette



Pam Bruno
photos courtesy Alliance for the Arts

The Alliance for the Arts will present Diva Comedy Night on Saturday, February 18 starting at 8 p.m. in the theatre. This one night of side-splitting standup comedy features three funny and fierce female comedians all from Florida. General seating tickets are \$15 for Alliance members and \$20 for non-members.

Pam Bruno, from Hollywood, Florida, is the winner of 2015 Ultimate Miami Comedian. She has worked with many nationally known comedians, including Wendy Liebman, Emmy-winner Louie Anderson, Tommy Davidson, Bobby Lee and legendary singer Roberta Flack. She recently appeared with Kevin Hart in his new TV series, *Hart of the City*, on Comedy Central.

Trish Keating, from Tampa, has been nominated for a 2013 STAR Award for Best Supporting Actress in *Brighton Beach Memoirs* at the Francis Wilson Theater. She was a divisional semi-finalist for the Boston Comedy Festival, featured in the Tampa

Bay Comedy Festival and in The Teacher’s Lounge Comedy Show series at The Tampa Improv. Keating has worked with comedians like Victoria Jackson and Wanda Sykes who said, “Trish’s got jokes!”

Mariannette, from Fort Myers, is a professional actress and writer of over 25 years turned comedian. She was a finalist in Nick at Nite’s *America’s Funniest Mom* and winner of the 2nd annual Comedians Ball in Florida and finalist in Comic Cure’s Florida’s Funniest Female. She has featured for top comedians like Craig Shoemaker, Michael Winslow, Judy Tenuta and Pauly Shore.

For more information on this event, visit www.ArtInLee.org or call 939-2787.**

ArtFest Fort Myers Weekend Returns



Sculpture by Kimber Fiebiger
photos courtesy ArtFest Fort Myers

A one-of-a-kind art experience awaits folks attending ArtFest Fort Myers on Saturday and Sunday, February 4 and 5, with an Opening Night party planned for Friday, February 3. Recognized locally for its cultural achievement with an acclaimed 2016 Chrysalis Award and nationally as one of the Best Southern Art Fairs by ArtFairCalendar.com, this fine art festival is a true favorite. Attendees experience a beautiful downtown Fort Myers riverfront, hands-on art activities, live music and savory bites while perusing incredible artwork from across the country.

ArtFest Fort Myers’ artists represent the best of the best, carefully juried and accepted to exhibit based on their incredible talent, from among over 875 applying artists from across the country and around the world. With more than 200 exhibiting artists, there will be plenty of incredible artwork to enjoy. Beautiful jewelry, amazing sculpture, unique paintings and decorative ceramics are just a sampling of the work you will see all weekend long at ArtFest Fort Myers. This is your opportunity to meet the stars of the show – the artists. Artwork prices vary, so everyone can find something extra special that fits their taste and budget. This free-flowing, family-friendly celebration connects art and artists together with our community in a way that is just plain fun – this is an arts experience that delights every sense.



Luis Amador artwork

On Sunday morning, the Publix Run To The Arts 5K race will begin and end in the heart of ArtFest Fort Myers. Commit now to run/walk through scenic downtown, over the Edison Bridge and back. Enjoy an artful experience, vie for great prizes and get healthy with friends and family over festival weekend. For more details, visit www.RunToTheArts.com.

Be sure to bring the entire family to this fun free outdoor fine art festival. Take time to enjoy our talented high school artists’ work at the Art Under 20 exhibit and competition, and prepare to be amazed as the students create large street paintings in the Chalk Block. Always a crowd pleaser, the Publix Art Yard and Youth Stage are full of opportunities for children of all ages to create a masterpiece of their very own, while enjoying a variety of great performances. And be sure to visit the art festival’s dining galleries, where delicious culinary fare from around the world is the norm.

Membership in the VIP Experience means reserved weekend parking, admission to the Friday Night Opening VIP Tent with delicious food and drinks, plus unlimited access to the VIP Experience Tent with breakfast treats, a delightful lunch and beverages all weekend long. The elite VIP Experience is \$95 per person and your support contributes to the year round art education outreach programs of ArtFest Fort Myers.

For more information, visit www.ArtFestFortMyers.com.**

Uptown Pup

Pet Grooming Plus

GRAND OPENING!

We offer high quality grooming care with a large play area for your pup!

2023 Altamont Ave.
(Publix Plaza on the corner of Altamont and McGregor)
Fort Myers, FL 33901
239-33Groom (47666)

Downtown Grooming For Your Uptown Pet

Your RETIREMENT Your TRADITIONS

*Shell Point® takes care of what you need...
your healthcare, your home,
and your retirement lifestyle
...so you can enjoy
what matters most.*

Explore Shell Point Today!

Attend a
Discovery Seminar

CHOOSE THE DATE THAT WORKS BEST FOR YOU

Tuesday,
January 31

Wednesday,
February 1

Tuesday,
February 7

Wednesday,
February 8

Seminars begin at 9:30 a.m. Light Refreshments will be served.

Seating is limited, so reserve today; call **(239) 228-4080** or **1-800-780-1131**, and press 1 for Sales.

If you prefer, you can reserve online at **shellpoint.org/seminars**.

SHELL  **POINT**
LIFESTYLE WITH LIFECARE

15101 Shell Point Boulevard • Fort Myers, Florida 33908

Shell Point is located just off Summerlin Road in Fort Myers, 2 miles before the Sanibel Causeway.

Shell Point is a nonprofit ministry of The Christian and Missionary Alliance Foundation, Inc. ©2016 Shell Point. All rights reserved. SLS-3297-17

Fort Myers Art:

Theater Comedy Has More Than Wisecracks



by Tom Hall

The Savannah Sipping Society opened last Friday night at the Broadway Palm Dinner Theatre. It is a raucous comedy that follows the exploits of four

downtrodden unattached Southern women trying to recapture their swag and reclaim their lives.

Randa Covington, Marlafaye Mosley and Dot Haigler stagger into the juice bar after nearly expiring in a hot yoga class. Forming an instant bond as a result of this near-death experience, they resolve to share drinks that evening on Randa's verandah. Dot invites the manager of a nearby make-up store to join the trio. As luck would have it, Jinx Jenkins has already met Randa – in the checkout line at the local grocery.

"I got a slab of Brie and seven tangerines," she tells Dot and Marlafaye before encountering Randa for the second time that day. "When I got into the five-items-or-less line, the most

pretentious, uptight gal I've met in years threw a frothing fit. She went ballistic. I mean, what kind of person is so tightly wound she'd even care about that?"

Enter Randa, holding aloft a plate of cheese straws. Never underestimate the healing power of a cheese straw! The two unite at first bite and, over the course of the next two hours, this foursome buffets the audience with a barrage of jokes, one-liners and zingers worthy of a Samantha Bee or Paula Poundstone stand-up comedy routine. The banter is droll, the repartee snappy, and though there is a proliferation of man-bashing jokes and gender-based sarcasm, the men in the audience during the play's Wednesday night preview frequently drowned out the laughter of their female counterparts.

But there's more here than a disjointed string of wisecracks and witticisms. Playwrights Jessie Jones, Nicholas Hope and Jamie Wooten, (whose credits include *The Dixie Swim Club*, *Dearly Beloved*, *Christmas Belles*, *The Red Velvet Cake War* and *Always A Bridesmaid*) explore the ways in which all of us cope with the reverses, setbacks and tragedies that life throws our way with all too much regularity. Like us, Randa, Marlafaye, Dot and Jinx are self-involved, filled with irrational fears and desires, and consumed by conflicting emotions. On their own, they struggle to get by, but with each other's support and understanding, they find the courage to try and do new things that make them individually and collectively smarter,



Three cast members of Savannah Sipping Society

photos courtesy www.artswfl.com

stronger, more confident and self-aware.

All four of the actresses chosen by director Paul Bernier for this show deliver impressive performances. By virtue of their on-stage chemistry and the way the cast complements each other, the characters in this production come across as real, three-dimensional people rather than cardboard cut-outs of *The Golden Girls* or *Designing Women*.

Stephanie "Downtown Diva" Davis exudes both vulnerability and edginess as the long-suffering professional who loses it and her job after her boss gives the promotion she deserves to a man half her age and a quarter as talented. If you liked her as Miss Witherspoon, you'll adore Davis as Randa Covington.

Kelly Legaretta plays Texas divorcee Marlafaye Mosley. She not only enjoys the distinction of having the driest humor and most one-liners, she has the best stocked purse to grace a stage since David Kane's briefcase in *One Day At A Time*.

As the recently widowed Dot Haigler, Donna Schulte is not only sweetly endearing, she is adept at mining every

ounce of comedy possible from the lines and stage directions she's given.

The driving force in this show, however, is ML Graham, who plays Jinx Jenkins. She's not only funny, theatrical and refreshing. She's sensitive to the growth arc her character traverses, which justifies the monologue she delivers near the end of the play.

Kudos must also be given to P&P Design for creating a set as bright and sunny as the overall tone of the show. Jim Conti also warrants a shout-out for the Medieval Fair costumes he fashioned for Marlafaye, Dot and Jinx to wear in act two.

The bottom line here is that if you find yourself in need of a good laugh, you need look no farther than Off-Broadway Palm's *The Savannah Sipping Society*. The show is selling out fast, so make reservations immediately.

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.✧



THE UVA FAMILY IS BACK!

"We still offer fine hand-crafted Italian meals. From our hand-selected wines to our house favorites, you will never leave hungry. We also have a full liquor bar and wide assortment of wines and ports. A warm, family atmosphere and attentive service will make your dinner a dinner to remember." -- Fernando Uva



**15880 San Carlos Blvd.
Fort Myers • Next to Target**

**Open 4:30pm Wednesday - Monday
Closed Tuesday for Now
www.TerraNostraDining.com**

Volunteer At ArtFest Fort Myers

Do you and your friends want a rewarding and exciting opportunity to "peek behind the scenes" of a great community event and make a difference?

Signing up to volunteer over ArtFest Fort Myers weekend - February 3, 4 and 5 - in the downtown Fort Myers River District is as simple as visiting ArtFestFortMyers.com. Just go to the Volunteer Page and choose the available volunteer job that interests you. Your four-hour volunteer shift truly makes a difference to the community, and there is no experience required.

Volunteer perks include reserved parking, a complimentary ArtFest Fort Myers Volunteer T-shirt, a chance to see wonderful artists from across the country and to meet other great volunteers from the community.

ArtFest Fort Myers includes 215 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 ArtFestFortMyers.com or call 768-3602. Like Us on Facebook, connect with us on LinkedIn and tag us #artfestfm.✧

Sanibel Captiva COMMUNITY BANK

is proud to support these local organizations:



Allen Park Elementary School
American Heart Association
American Red Cross
Bailey-Matthews National Shell Museum
Beachview Tennis Club
Bob James Memorial, Lee Coast Chapter
Cypress Lake High School
Doc Ford's Charity Golf Tournament

Edison & Ford Winter Estates
Estero Mustangs Pop Warner Football and Cheer
Florida Gulf Coast University Athletics
Florida SouthWestern State College
Fort Myers Community Concert Association
Friends Who Care
Kevin Maschmidt Memorial Golf Tournament
PACE Center for Girls of Lee County

SanCap Cares
Sanibel-Captiva Art League
Sanibel-Captiva Rotary Club
Sanibel Captiva Sail and Power Squadron
Sanibel-Captiva Shell Club
Sanibel Little League
Sanibel Music Festival
Sanibel Police Department Pension Board

Sanibel Youth Soccer
Southwest Florida Children's Charities
Stephen Bufton Memorial Educational Fund
Sundowners Search and Rescue Flying Club
The Sanibel School
Turn2 Baseball

- FREE business and personal checking
- CardValet feature controls and monitors debit card use 24/7
- FREE online banking and mobile-banking app
- Specializing in residential lending
- FREE worldwide access to Presto and Allpoint Network ATMs
- Locally owned and operated



The ONLY bank chartered on Sanibel Island.

2475 Library Way
SANIBEL
239-472-6100

1037 Periwinkle Way
SANIBEL
239-472-6150

15975 McGregor Blvd.
FORT MYERS
239-210-7100

7040 Winkler Road
FORT MYERS
239-274-7400

7500 College Parkway
FORT MYERS
239-274-6200

1533 Hendry Street
FORT MYERS
239-274-6205

Coming soon to Gateway (11691 Gateway Blvd., Suite 101)

www.SanCapBank.com

Member FDIC



Along The River

The **Sidney & Berne Davis Art Center's Jazzy Nights Series** will feature renowned musicians during a lively evening of drinks and dancing this Friday, January 27. It begins with cocktails at 7 p.m. and performances by jazz vocalist Veronica Swift with the Dan Miller-Lew Del Gatto Jazz Quintet at 8 p.m.

Swift, who recently won a top prize at the prestigious Thelonious Monk Jazz Competition: a concert at the Tribeca Performing Arts Center in New York City, is recognized around the country as one of the top young jazz singers on the scene. Visit www.veronicaswift.com to learn more.

Miller is a jazz trumpeter who built his reputation touring and recording with Harry Connick Jr., Wynton Marsalis, Maynard Ferguson and Woody Herman. His group of hard swinging acoustic jazz music will include performances by legendary tenor saxophonist Lew Del Gatto, a member of the *Saturday Night Live* band from 1975 to 2005 and who played with Frank Sinatra, pianist Joe Delaney, bassist Don Mopsick and drummer Tony Vigilante. Visit www.danmillerjazz.com/news.html to learn more.

Tickets cost \$29 in advance or \$35 at the door. Tables of four cost \$125 and tables of eight cost \$250. Visit www.sbdac.com for information and tickets.

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



Runners take off at the Calusa Bug Chase 5K run in 2016

photo courtesy Fort Myers Metro-McGreggor Kiwanis Club

The **Caloosahatchee Celtic Festival** returns for its 14th season this Friday, January 27 and Saturday, January 28 along the riverfront in Fort Myers.

The festival opens with a kick-off party at 5 p.m. Friday at **Harborside Event Center**, located at 1375 Monroe Street. Entertainment includes pipe and drum band Albannach, all-sister Irish pop band The Screaming Orphans and Floridian Celtic rock band Rathkeltair. Admission to the kick-off party is \$5, and the party

entrance is located at the Harborside loading dock at the corner of Bay and Dean streets.

The festival continues at **Centennial Park** on Saturday beginning at 11 a.m. with more than 10 hours of non-stop Celtic music, highlighted by performances from Albannach, The Screaming Orphans, Rathkeltair, West of Galway, Marcille Wallis & Friends and the Kellyn Celtic Arts Irish Dancers. Celtic fare and traditional American Festival food will be available for purchase. Domestic and imported beer will be available. More than a dozen merchandise vendors will sell Celtic wares including jewelry, clothing, music and accessories.

Admission is \$12 (kids under 12 are free). Festival-goers are encouraged to bring blankets or lawn chairs. No coolers will be allowed.

For more information, call the City of Fort Myers Parks, Recreation & Special Events at 321-7524 or Celtic Heritage Productions at 941-625-8544.

The 9th annual **Calusa Bug Chase 5K run and BUG Crawl** will take place at the **Calusa Nature Center**, 3450 Ortiz Avenue in Fort Myers, this Saturday, January 28. The race, sponsored and run by the Fort Myers Metro-McGreggor Kiwanis, will benefit the Kiwanis' BUG (Bring Up Grades) program and other club sponsored community service projects. Participants can register online at www.ftmyerstrackclub.com.

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. 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 race day registration is \$35. Youth (age 17 and under) 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.

For more information or to become a sponsor, contact Heather Chouinard at Heather.Chouinard@iberiabank.com.

Audubon of Southwest Florida will present a program, entitled **Birds, Butterflies and Manatees**, this 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

The **Gulf Coast Harmonizers** are preparing for their **25th anniversary annual performance** this 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 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 for more details.

The 13th annual **Ballpark Festival of Beers** is returning to **Hammond Stadium** at the CenturyLink Sports Complex this Saturday, January 28 from 6 to 9 p.m.

Brought to you by the Fort Myers Miracle, the festival will feature more than 100 craft beer selections from around the world. The first 1,000 patrons will receive a commemorative sampling glass compliments of Michael F. Hornung, PA, and food will be available for purchase from Sidelines Sports Grill, Nathan's, Jersey Mikes, Fine Folk Pizza, Lobster Lady Seafood Market and Bistro and the Philly Pretzel Factory.

Admission is just \$30 in advance, \$35 on the day of the event, and includes the opportunity to sample all of the available beers for three hours. Fans that buy pairs of tickets in advance will receive a \$15 discount per two tickets; two tickets for \$55. You must be 21 or older to attend. Children, strollers or anyone under the age of 21 will not be permitted to enter the event.

Tickets are on sale online now for the 13th annual Ballpark Festival of Beers at www.miraclebaseball.com. Tickets can also be purchased in-person at the Miracle offices on the fourth floor at Hammond Stadium. Designated driver tickets will be available for \$10 at the gate. Tickets can be purchased by visiting www.miraclebaseball.com, calling 768-4210 or in person at the CenturyLink Sports Complex at 14400 Six Mile Cypress Parkway in Fort Myers.*



Visit
sanibelseaschool.org
to learn more
and register
online!

Why should kids have all the fun? Ocean Discoveries for Adults

Land and Boat-Based Field Trips • Fishing Fridays
Ocean-Inspired Art Workshops • Documentary Screenings
Free Guided Beach Walks • And More!

"We have been attendees at multiple Sanibel Sea School adult education events, and have learned so much about our island home, intending to become better stewards." - Chip Roach, Sanibel Sea School Alumnus

sanibel sea school

A 501c3 nonprofit organization sanibelseaschool.org (239) 472-8585

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.



Linda Kuntzman and Adam Bright of Summerlin Jake's Seafood and Steaks

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.

SUNDIAL BEACH RESORT & SPA

Voted Best Waterfront Dining in Southwest Florida!

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

1451 Middle Gulf Drive, Sanibel 472-4151.

TERRA NOSTRA

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

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

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

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

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

CRAZY SANIBEL T-SHIRTS



Available at
T-Shirt Hut
and
Pak-n-Ship
or go to
Hortoon.com
(239) 454-1001



ICHIBAN

Chinese & Japanese Cuisine



OPEN 7 DAYS A WEEK

Mon-Thurs 11am - 10pm
Fri-Sat 11am - 11pm • Sun 12pm - 9pm
www.ichiban-sushi-chinese.com

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

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

Churches/Temples

ALL FAITHS UNITARIAN CONGREGATION (UUA)

2756 McGregor Boulevard, Fort Myers. Sunday Services 9 and 11 a.m., Adult Education Workshop 10 a.m., Reverend Margaret L. Beard, Minister. 226-0900. www.allfaiths-uc.org

ALL SAINTS BYZANTINE RITE CATHOLIC CHURCH

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

ANNUNCIATION GREEK ORTHODOX CHURCH

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

BETH SHILOH

MESSIANIC SYNAGOGUE

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

BREAD OF LIFE MINISTRIES CHURCH OF GOD

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

CHABAD LUBAVITCH

OF SW FLORIDA ORTHODOX

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

CHAPEL OF CYPRESS COVE

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

CHURCH OF THE CROSS

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

CONGREGATIONAL CHURCH

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

COVENANT PRESBYTERIAN CHURCH

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

CYPRESS LAKE BAPTIST CHURCH

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

CYPRESS LAKE

PRESBYTERIAN CHURCH

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

Combined Traditional/Praise 10 a.m.

CYPRESS LAKE UNITED

METHODIST CHURCH

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

FAITH FELLOWSHIP WORLD

OUTREACH MINISTRIES

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

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

FAITH UNITED METHODIST CHURCH

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

FIRST CHURCH OF CHRIST, SCIENTIST

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

FIRST CHURCH OF THE NAZARENE

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

FIRST UNITED METHODIST CHURCH

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

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

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

FORT MYERS CONGREGATIONAL UNITED CHURCH OF CHRIST;

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

IONA-HOPE EPISCOPAL CONGREGATION

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

JESUS THE WORKER

CATHOLIC CHURCH

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

KINGDOM LIFE CHURCH

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

LAMB OF GOD CHURCH

A few federated Lutheran (ELCA) and Episcopal Congregation. 19691 Cypress View Drive, Fort Myers. 267-3525. www.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, www.facebook.com/nbcministry. Alex and Patricia Wiggins, Ministers

NEW COVENANT EYES CHURCH

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

NEW HOPE BAPTIST CHURCH OF FORT MYERS

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

NEW HOPE PRESBYTERIAN CHURCH

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

PEACE COMMUNITY CHURCH

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

PEACE LUTHERAN CHURCH

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

REDEEMER LUTHERAN CHURCH

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

RIVER OF LIFE ASSEMBLY OF GOD

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

SAMUDRABADRA BUDDHIST CENTER

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

SAINT COLUMBKILLE

CATHOLIC CHURCH

12171 Iona Road, Fort Myers, off McGregor and north of Gladiolus. 489-3973. Father Lorenzo Gonzalez. Monday 6:30 p.m., Tuesday through Saturday 8 a.m. Saturday 3 p.m.; Sunday 8, 10 a.m. and 5:30 p.m. Reconciliation Saturday 9 a.m. or by appointment.

ST. FRANCIS XAVIER

CATHOLIC CHURCH

2157 Cleveland Avenue, Fort Myers, 334-2161. Masses: Monday through Thursday 6:45 a.m.; Friday 6:45 and 11 a.m.; Saturday 4 p.m.; Sunday 6:45, 9:30 and 11 a.m., 12:15, 4 Creole and 6 p.m.

SAINT JOHN THE APOSTLE

METROPOLITAN COMMUNITY CHURCH

3049 McGregor Boulevard, Fort Myers, 344-0012. Pastor Reverend Steve Filizzi. An Affirming and Inclusive Congregation Sunday Services 10 a.m.

SAINT MICHAEL LUTHERAN

CHURCH & SCHOOL (LCMS)

3595 Broadway, Fort Myers, 939-1218, Worship: Saturday 5:30 p.m., Sunday 8 and 10:45 a.m. Bible Study for adults and children Sunday at 9:15 a.m.

SAINT PETER LUTHERAN CHURCH

3751 Estero Boulevard, Fort Myers Beach, 463-4251, www.stpeterfmb.com.

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

SAINT NICHOLAS MONASTERY

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

ST. VINCENT DE PAUL

CATHOLIC COMMUNITY

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

SOUTHWEST BAPTIST CHURCH

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

TEMPLE BETHEL SYNAGOGUE

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

TEMPLE JUDEA (CONSERVATIVE)

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

THE NEW CHURCH

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

UNITARIAN UNIVERSALIST

CHURCH FORT MYERS

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

UNITY OF BONITA SPRINGS

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

UNITY OF FORT MYERS

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

WESTMINSTER PRESBYTERIAN CHURCH (PCA)

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

WORD OF LIFE CHURCH

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

ZION LUTHERAN CHURCH

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



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

Follow us on Instagram & Facebook!

  @docfords

Lake Kennedy Senior Center

Cruise To Cabbage Key, Cayo Costa



Cabbage Kay Restaurant

photo courtesy Lake Kennedy Center

The Kennedy Kruisers are ready to commune with nature on Thursday, February 2 during a Cabbage Key and Cayo Costa Cruise. Participants should arrive by 8 a.m. prior to the 8:15 a.m. departure. The approximate return time is 5 p.m. Visit the secluded Florida state park beaches that are only accessible by boat. Passengers will cruise to the quiet beaches of Cabbage Key for lunch and Cayo Costa for two hours of shelling, swimming and relaxing. Enjoy a narrated cruise along with the beautiful morning breeze. Later, the group will take in an afternoon lunch with friends at the quaint Cabbage Key Restaurant.

Next, the cruise will head to Cayo Costa where participants will discover some of nature's most beautiful shells, go swimming, bird watch and explore this beautiful Florida treasure. The half-hour cruise back to Pine Island is the perfect time to compare your finds while looking for dolphins surfacing in Pine Island Sound.

Learn to pray and heal A spiritual adventure

Explore the how-to of Scientific healing prayer. Learn how to have faith that isn't blind, understand God and love unconditionally.



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
Fort Myers, Florida 33901
(Next to the Edison-Ford Estates)

Preview lecture on
www.ChristianScienceFortMyers.net

Sponsored by
First Church of Christ, Scientist, Fort Myers, FL
For more information,
call 239-334-6801 or email fmcscr@gmail.com

Shell Club Needs Shells

Visitors who attend the Sanibel Shell Show love the little bags of shells that they receive when they enter the show. They are a "thank you for your donation" gift from the Sanibel-Captiva Shell Club. These gift bags are 4" by 4" and are typically filled with about six or eight appropriately sized shells.

The club always needs shells to fill these bags. You might consider donating some of your shells to the SanCap Shell Club. Donated shells should not be larger than a full-grown Florida fighting conch. Ideally, each bag will be filled with shells around the size of an adult apple murex and might include banded tulips, olives, calico clams, moon snails, nutmegs, or others of that size. The shells do not have to be from the local area. Any shells of the right size make the bagging process go smoothly and quickly. The shells should be cleaned, with barnacles removed and the sand shaken out, since the club does not have a way to clean them at the "bagging parties."

Very small shells, such as kitten paws and coquinas, get lost in the bags, but will be accepted since they can be used as craft shells.

Do not leave shells you are donating to the club at the Bailey-Matthews National Shell Museum. Contact Linda Edinburg at 395-9426 or Irene Longley at 283-7417 to arrange for either pick-up or delivery of your shell donation.✧

Sunscreen, drinks, snacks, and beach bags are encouraged. There is a restroom available on the cruise. There are no facilities on the state park islands. Dutch treat lunch at Cabbage Key.

Cost is \$72 per member and \$77 per non-member. Pre-registration is required by Thursday, February 2.

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

Questioning Beethoven At Theatre Conspiracy



Jim Yarnes and Scott Carpenter

by Di Saggau

I have enjoyed numerous plays over the years at Theatre Conspiracy and their current production is one of their best. It is a deeply moving production. *33 Variations* by Moises Kaufman examines the creative process behind Beethoven's *Diabelli Variations* and musicologist Katherine Brandt's journey to discover why Beethoven was compelled to write 33 distinct variations on a simple waltz by a minor music publisher.

The cast is perfect with Lauren Drexler as Katherine, Jim Yarnes as Beethoven, Julia Rivera as Clara Brandt, David Coretti as Anton Diabelli, Joann Haley as Dr. Gertrude Ladenberger, the archive librarian who assists Brandt in Bonn, PJ McCready as Mike Clark who is Katherine's nurse, Scott Carpenter as Anton Schindler, Beethoven's semi-trusted associate and – so very important – Heidi Thompson as the pianist who plays excerpts of the variations throughout the play.

Katherine is in the early stages of Lou Gehrig's disease. She poses a question in the first scene: Why did a genius like Beethoven devote himself in his precious later years to writing variations on a mediocre waltz composed by his publisher Anton Diabelli? Beethoven spent three years writing 33 different variations, and it is such a treat to hear them and follow the story line. The play is about passion, parenthood and the moments of beauty that can transform a life. Several themes concern the nature of art and obsession and their intimate connection to sickness and dying.

The play moves swiftly back and forth through time and space, often several time periods are on stage together. Scenes take place in New York, Bonn, Germany and Vienna, Austria in 1819, 1823 and the present. Its works splendidly. Screens on either side of the stage portray various scenery including copies of Beethoven's manuscripts. Katherine's troubled relationship with her daughter Clara is largely due to her disdain of mediocrity. But does she really understand her daughter? There are many humorous moments between Mike, and Clara. Beethoven and Schindler also have several amusing scenes. Yarnes truly brings Beethoven to life and Drexler is outstanding as Katherine.

Each character makes this extraordinary play waltz elegantly between past and present, fact and speculation, art and life. As to why Beethoven wrote 33 variations? You'll have to see the play and I strongly recommend that you do.

Directed by Rachael Endrizzi, the play is heartbreakingly real. *33 Variations* plays through February 4 at Theatre Conspiracy, located in the Alliance For the Arts, 10091 McGregor Boulevard in Fort Myers. For tickets or more information, call 936-3239.✧



Joann Haley and Lauren Drexler

CROW Case Of The Week:

White Pelican

by Bob Petcher



The white pelican (*Pelecanus erythrorhynchos*) is considered one of the heaviest flying birds in the world. This water bird's soaring technique is celebrated with wing beats that are measured, methodical, slow and smooth.

Adult white pelicans are snowy white and mainly have black wing tips compared to its cousin, the more common brown pelican, which has a darker plumage. Other differences between cousins include style of foraging. While the brown pelican plunge-dives into the water, the white pelican feeds from the water's surface, sitting back and dipping its beak in to catch fish and other prey. White pelicans also have larger heads and thicker bodies, yet both species of pelicans have huge bills that can give each a prehistoric appearance.

At CROW, a white pelican arrived on January 11 after it was found in the mangroves at JN "Ding" Darling National Wildlife Refuge. It reportedly was unable to swim. CROW officials stated the pelican arrived weak and was unable to keep its head up with evidence of neurological issues most likely a result of red tide toxicosis. "The patient remained

highly stressed, needed to be force-fed and had multiple episodes of diarrhea," the report said. For the next couple of days, the pelican had a condition called "paresis" and was unable to stand or eat on its own. By the third day, the pelican was attempting to stand but was still too weak. But by day four, the pelican was able to stand on its own and was starting to eat small amounts of food without assistance.

It is not very often that CROW medical staff gets to treat a white pelican.

"They are very rare patients for CROW," said Dr. Spencer Kehoe, CROW DVM intern. "We have only had two in the last couple of years. In 2016, CROW had one American white pelican that died within a 24-hour period. The pelican was from Pine Island Sound and arrived with a hook-in-the-throat injury."

Last week, the latest white pelican patient was seen hock-sitting and taking short walks, but it had problems walking longer distances. The pelican was able to hold its head up for a longer period of time and was attempting to bite anyone that neared the bird; the latter viewed as a positive sign of its increasing better health.

Initial reports stated the pelican may have also suffered an eye ulcer. To treat medically, orange fluorescein stain is placed in the eye to locate corneal injuries that appear under blue light, said Dr. Kehoe. "They are checked frequently with the stain to see how quickly they are clearing up until they are completely gone."

As of January 22, Dr. Kehoe relayed



Patient #17-69 mingles with a brown pelican during outdoor time photo by Kenny Howell

that the pinpoint corneal ulcers had cleared. "The ulcers were treated with Neo Poly Gram eye drops," he said. "These drops are also used to treat domestic animals that have bacterial eye infections."

A day later, CROW officials reported the patient was expected to be moved outside to a flight enclosure to work on its flying skills. Reports say its release is on the near horizon.

"The pelican is doing extremely well and is expected to be released this week," said Dr. Kehoe on Monday. "It's bright,

alert and eating well and will be moved outside to the pool enclosure today. It will need a few days to build up its strength before it can be released back at 'Ding' Darling."

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. ✨

Featured Dish of the Week

Gnocchi Gorgonzola

(other sauces available:
Meat, Tomato Cream, Alfredo)

Dish includes Soup,
Salad and Bread

LaMotta's
ITALIAN RESTAURANT & PIZZERIA
EST. 1979

Have LaMotta's
cater your next event!
Buon Appetito!

Mondays are
HUGE

Half Price
Large Cheese
Pizza

(Toppings are extra.
Dine-In Only.
2 drink minimum.)

Gulf Point Plaza • 15660-225 San Carlos Blvd. • Fort Myers • Call for reservations 239.482.5505 • LaMottasItalian.com

Hours: Monday - Friday 11AM to 9PM • Saturday NOON to 9PM • Sunday 4PM to 9PM

Tough Conditions Call For Live Shrimp



by Capt. Matt Mitchell

It was another great week to be on the water, with warm balmy conditions and light winds. As we move into the end of January, so far it's been one of the milder winters in recent years. Strong winds did crash the perfect boating weather by the end of the weekend and kept anglers in for a couple of days.

Despite the lousy lack of any daytime tide movement this week, I still found consistent action on a wide variety of species. Trout became the daily go-to species, and once you located them, it was non-stop action with more and more keeper size (15-inch minimum) in the mix. Some days, these trout would be on the flats in 2 to 3 feet; then other days in 4 to 5 feet of water. Once you

worked out the pattern, it was easy money. Live shrimp on a popping cork was the bait of choice.

When things get tough, go shrimp fishing. This includes cold, wind or no tide, shrimp will get bites when no other bait will. This proved very true this week as shrimp fishing on popping corks was the best action going. The popping cork rig we traditionally used to catch trout has really evolved over the past years. What used to be just a concave top float rigged with a piece of leader and split shots has become a whole lot more user friendly. This old school trout rig consistently tangled up. The newer Cajun Thunder style sliding popping cork rigs with rattles and BB's make plenty of noise and are almost tangle free.

My choice of popping cork rig the past few years is the B-52, a hard plastic egg-shaped float with BB's inside it that rattle even with the slightest wave motion. When popped, it makes lots of noise and seems to work better than any other one I have used to date. The float slides up and down on a piece of no flex metal with weights and beads, then swivels at both ends, making it easy to rig and hard to tangle even when being cast by novice anglers. To the B-52 sliding float, tie about 30 inches of 20#



A small permit caught while shrimp fishing a mangrove creek

fluorocarbon leader and a 1/4 ounce jig head on a loop knot. When popped, the jig head allows the shrimp to come up towards the surface and then sink, which drives trout crazy.

Shiner fishing was a little tougher this week with the noticeable lack of water movement. We did manage some catch-and-release snook action back in most narrow mangrove creeks that had even the slightest water movement. Most of these snook were on the small size but made a great change of pace for my anglers after catching lots of trout.

On one trip this week, I headed to a way back hidden mangrove creek that sees very little boat pressure due to that fact it's hard to access even if you know where it is. I don't fish this creek

very often as it involves a long idle over really shallow water. Even with zero tide movement, we sat in here for almost two hours catching a great variety of species all on live shiners. What these fish lacked in size they made up for in sheer numbers with snook, trout, mangrove snapper and jacks taking basically every free lined shiner we cast. Rarely seen live shiners this far back in the mangrove forest must have been just too much of a temptation for these laid up creek fish.

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

Send Us Your Fish Tales

We would like to hear from anglers about their catches. Send us details including tackle, bait and weather conditions, date of catch, species and weight, and include a photograph with identification. Email to press@islandsunnews.com or call 395-0113.

CLEAR YOUR GEAR It Catches More Than Fish



Lead is toxic.
Choose non-lead
weights.



BOAT RENTALS

Fishing • Cabbage Key
Dolphin Watching
Captains Available

472-5800
Jensen's Marina
Captiva Island

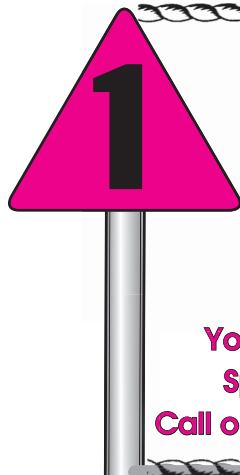
FLORIDA'S #1 SELLING INSECT REPELLENT



- Locally owned and operated
- 100% natural ingredients
- Smells great
- Safe to use on kids
- Works on pets & horses
- Non-greasy or sticky formula
- Repels mosquitoes & most biting insects



Visit Our Website for Locations
on Sanibel & Captiva Islands
WWW.NONOSEEUUM.COM



Your Bottom
Specialist
Call on Paint Prices

ISLAND MARINE SERVICES, INC.

- NEW MOTOR SALES • REBUILT POWERHEADS •
- FACTORY TRAINED •

MERCURY – MARINER – JOHNSON – EVINRUDE
SUZUKI – YAMAHA – OMC – I/O'S – MERCURUISER

Courteous Professional Marine Repair Service • Dockside Service
Serving Sanibel & Captiva For Life

472-3380 • 466-3344



Dave Doane

Guided Birding Tours



Glossy ibis

photos by Meg Rousher

Take a nature walk with a bird patrol guide at Lakes Regional Park on Saturday, February 4 at 8 a.m. This easy walk along clear paths offers an opportunity to see birds in native vegetation with experienced bird patrol guides pointing out the many species in Lakes Park, a Lee County birding hot spot and crucial nesting area for many birds. Wear comfortable shoes and dress to be outside. Bring water, sunscreen and binoculars.

Lakes Regional Park is located at 7330 Gladiolus Drive in Fort Myers. Meet at Shelter A7. Enter Lakes Park gate from Gladiolus. Turn right. Drive to end of road, continue through the parking lot. Shelter A7 is located near the Train Station.

For more information, call 533-7580 or 533-7576. The tour is free with paid parking.



Reddish egret

Experience the beautiful birds of Bunche Beach with a bird patrol guide on Saturday, February 11 at 8 a.m. Bunche Beach is an excellent spot to see both migrant and resident waders and shorebirds working the mudflats at low tide due to the diversity of micro-invertebrates. You may also see waterfowl, raptors and warblers. Bring binoculars, sun protection, shoes that can get wet and a bottle of drinking water.

Meet on the beach, located in South Fort Myers, off Summerlin Road. Drive south of John Morris Road until it deadends. This tour is free with parking fee of \$2 per hour (tour is approximately two hours). Restrooms are available. For more information, call 707-3015.

Tours are provided in cooperation with Lee County Parks and Recreation. ✨

GET AWAY FROM THE CROWDS... TOUR THE HIDDEN GEM



ST. CHARLES
YACHT CLUB



37° 25' 19.1" N | 122° 05' 06" W

15900 St. Charles Harbour Blvd.

Fort Myers, FL 33908

239.466.2007

www.stcharlesyc.com

A Private Club - Membership by Invitation

Plant Smart

Cabbage Palm Fern

by Gerri Reaves

Cabbage palm fern (*Phlebodium aureum*) is one of the most common of native ferns. A member of the polypody family, it has a hardy spare look in opposition to some ferns with a frilly, lacey or delicate appearance.

It grows wild throughout most of Florida, typically in swamps and hammocks, and is a familiar volunteer in the yard. Typically, it's found in the "boots," or frond bases, of the cabbage palm, the state tree, thus the common name.

Polypody refers to it possessing many "feet." In this case, the feet are actually creeping rhizomes covered in golden or reddish brown scales, thus other names, rabbit's-foot fern, gold foot fern, golden polydody and golden serpent fern.

Like many ferns, orchids and bromeliads, it is an epiphyte (air plant) using plants – such as live oaks, palms and saw palmettos – as growing platforms from which to gather nutrients in water and debris. It is not a parasite.

This long-lived fern will grow in shade or sun and has a moderate growth rate.

The arching fronds can reach several feet long. The slightly wavy leaflets are



This cabbage palm fern is growing in the base of saw palmetto

photos by Gerri Reaves



Rounded dots of sori contain spores that are dispersed by the wind

not completely divided, and the frond has a blunt tip, or apex.

Tiny brownish sori, or sacs of spores, dot the undersides of the leaves.

The plant spreads via wind-borne spores that lodge in a suitable tree crotch, stump, or palm boot and establish themselves. If you already have a volunteer specimen or one from a nursery, the fern clump can also be

divided.

Never gather plants from the wild, however.

Cabbage palm fern has many medicinal uses, from asthma to hypertension.

Sources: *Coastal Hammock & Mangrove Guide* by Dr. Daniel Austin et al., *The Ferns of Florida*

by Gil Nelson, *A Gardener's Guide to Florida's Native Plants* by Rufino Osorio, *Native Florida Plants* by Robert G. Haehle and Joan Brookwell, and regionalconservation.org.

Plant Smart explores the diverse flora of South Florida. ☆

"Top 5 Breakfast in Florida" - Southern Living

BEST LUNCH & BEST FAMILY DINING



Now Serving FULL LIQUOR
Tropical Cocktails

Happy Hour
All Day Long

Outdoor
Tropical Dining



11 YEARS & COUNTING!

by Best of the Islands

Live Music &
Outdoor Games

Fresh Seafood &
Dinner Specials

Huge Kids
Menu

BREAKFAST, LUNCH & DINNER

239.472.0606 • SanibelIslandCow.com

Open 7 am – 9 pm • Open "8 Days a Week"

2163 Periwinkle Way • Sanibel Island



Non-Profit Group Offering Help For Soldiers



Last week, a donation from Shatter Shield Security was made to Songs and Stories for Soldiers, a non-profit group based on Sanibel. Pictured from left are Dan Perkins, Songs and Stories for Soldiers trustee; John Londergan, Shatter Shield Security owner; Gerri Perkins, Songs and Stories for Soldiers trustee; and Chris Berroa, Shatter Shield Security photo by Jeff Lysiak

by Jeff Lysiak

A new, island-based organization is taking care of American soldiers by offering them free MP3 players – loaded with music, audio books and therapeutic music to induce restful sleep – in an effort to, in the words of the group's founder, “get our soldiers safely through the night.”

Focused on helping wounded soldiers or those affected by depression, anxiety, PTSD (Post Traumatic Stress Disorder) or TBI (Traumatic Brain Injury), Songs and Stories for Soldiers is a 501(c)3 non-profit corporation dedicated to providing free, customizable electronic entertainment for members of the American Military, both active and retired.

“We are providing MP3 players, with headsets and USB connection cable or the most recent technology, free to American military,” said Dan Perkins, founders and trustee of the group. “We will start with active duty wounded, and as their needs are met, we will branch out to veterans and VA hospitals across the United States.”

According to Perkins, the idea behind Songs and Stories for Soldiers came to him as he was driving to Miami Beach for a speaking engagement. The author, financial advisor and radio show host experienced a medical emergency while he was driving along Alligator Alley. Suddenly, he had an epiphany to create the military-based help group.

“We have distributed in excess of 10,000 MP3 players since we started in January 2015,” said Perkins, who also noted that the organization is currently serving soldiers in 53 facilities across the United States. “Our singular mission is to get our soldiers safely through until dawn. For many soldiers who experience PTSD, night time is the most terrifying time for them. That anxiety can lead to sleep deprivation, and when the body can't get deep, restful sleep, bad things can happen.”

Researchers from the University of Texas Health Science Center at San Antonio have stated that sleep disturbance is one of the most common issues individuals with PTSD face. Specifically, insomnia and nightmares plague the vast majority of those struggling with the disorder. Although it is assumed to be high, relatively little is known about the actual prevalence of sleep disturbances in veterans with PTSD.

Not surprisingly, insomnia was the most frequently reported PTSD symptom prior to treatment. A whopping 92 percent acknowledged some degree of difficulty falling or staying asleep. Although not as high as insomnia, 69 percent of the same group reported suffering from nightmares.

Perkins explained that another disturbing trend not reported in the media is that the suicide rate among female military veterans is 12 times the national average, and male military vets are committing suicide at nearly four times the national average.

In addition to more than eight million songs, 100,000 audio books and 30,000 old time radio programs, the MP3 players come loaded with eight hours of music intended to induce REM-level sleep.

The response to Songs and Stories for Soldiers has been overwhelmingly positive.

“The veterans are really enjoying them; the volunteers are downloading individual programming for each veteran,” wrote Kevin Knappins, program ministry director

continued on page 21

THE PLACE ON FIRST

THE ULTIMATE FORT MYERS RIVER DISTRICT NEW HOME OPPORTUNITY...

■ Be among the first to share this unique opportunity for luxury urban living in the heart of the historic downtown Fort Myers River District! The Place on First is destined to become an iconic Fort Myers landmark, with modern elements to meet the demand for a chic urban lifestyle in Southwest Florida.



PREVIEW STUDIO NOW OPEN!

2275 MAIN STREET | FORT MYERS | FL 33901

239.595.8690 | ThePlaceOnFirst.com

APPOINTMENTS RECOMMENDED

“ORAL REPRESENTATIONS CANNOT BE RELIED UPON AS CORRECTLY STATING REPRESENTATION OF THE DEVELOPER. FOR CORRECT REPRESENTATIONS, MAKE REFERENCE TO THIS BROCHURE AND TO THE DOCUMENTS REQUIRED BY SECTION 718.503, FLORIDA STATUTES, TO BE FURNISHED BY DEVELOPER TO A BUYER OR LESSEE”

“RENDERINGS AND GRAPHIC DEPICTIONS, INCLUDING OF VIEWS, ARE ARTISTS CONCEPTIONS AND ARE NOT TO BE RELIED ON. DIMENSIONS, SIZES AND LOCATIONS ARE APPROXIMATE. FOR MEASUREMENTS & INFORMATION ON SIZES, REFER TO THE DECLARATION OF CONDOMINIUM AND ITS EXHIBITS. SIZES, VIEWS, PLANS, SPECIFICATIONS, AND PRICES ARE SUBJECT TO CHANGE WITHOUT NOTICE.”

Mixed-Use Building Receives Unanimous Zoning Approval

The Place on First, a new mixed-use building coming to the historic downtown Fort Myers River District, received unanimous Planned Unit Development (PUD) zoning approval from the City of Fort Myers during a recent city council meeting. The PUD approval was a result of the support and approval of the Historic Preservation Commission, the Community Redevelopment Agency Board and the Planning Board.

“The support of city staff has been influential in the ongoing success of our project, as we work to create a design that is both modern and reflective of the downtown area’s rich history and vibrant surroundings,” said David Fry, developer of The Place on First. “We are thrilled to receive unanimous zoning approval and are excited to move onto the next stages of introducing The Place on First to the Fort Myers River District.”

Located on the corner of First Street and Jackson, The Place on First is the first true mixed-use building to be constructed downtown in a decade. Fry worked closely with city officials including Mayor Randy Henderson, City Manager Saeed Kazemi and Don Paight, founder of the Community Redevelopment Agency (CRA) throughout the approval process. The Place on First blends historic references with modern elements to meet the demand for a chic urban lifestyle in Southwest Florida. City staff calls the project “an iconic structure within the historic district.”

Fry engaged Chris Joiner of Joiner Architecture to design the nine-story



The Place on First exterior street view photos provided



The Sky Terrace on top of The Place on First

building, which is already being hailed as a hallmark building in the downtown historic district. TDM Consulting provided civil engineering and planning services for the project and Beverly Grady with Roetzel and Andress provided legal counsel for the PUD.

In addition to multiple restaurant and retail destinations and two floors of Class A office space, The Place on First also has a select few homes available 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.

The Place on First recently opened a preview studio 2275 Main Street in Fort Myers, which showcases the future building. For more information, call 595-8690 or visit www.theplaceonfirst.com.✴

Tickets Available For Wine & Food Fest Uncorked

SWFL Children’s Charities, Inc. is capping off a weekend of giving with the Southwest Florida Wine & Food Fest’s Uncorked Celebration Party, taking place Saturday, February 25 from 6 to 10 p.m. at Six Bends Harley-Davidson in Fort Myers. The event follows The Grand Tasting and Live Auction to be held from noon to 4 p.m. at Miromar Lakes Beach & Golf Club. The after party will feature live music from all-star lineup The Loving Mary Band and Steeltown Religion, another Renee Morgan Live Presentation. The event is sponsored by Don and Cathy Canterna; Paul and Heather Christie; Patrick and Brooke Denson; Scott and Mary Fischer; Scott and Diana Willis; Morgan & Morgan; Private Client Insurance Services, LLC; Sanibel Captiva Community Bank; Seminole Casino Hotel; Six Bends Harley-Davidson; Markham Norton Mosteller Wright & Company, P.A.; and Royal Shell – Real Estate Sales and Rentals.

In addition to the live performances, the event features American Barrels Bourbon Whiskey, freshly rolled cigars and casual cuisine provided by a lineup of food trucks. Six Bends Harley-Davidson is located at 9501 Thunder Road in Fort Myers and will be closed

to the public for this private, ticket-only event. Tickets to the casual celebration party are \$500 per person and can be purchased at www.swflwinefest.org.

The Loving Mary Band, formed by Marti Frederiksen, is a sextet of successful singers, songwriters, producers and musicians. Frederiksen, lead singer and guitarist, has written and produced hit songs for Aerosmith, Ozzy Osbourne, Carrie Underwood and many more. Collectively, the group featuring Frederiksen, Rebecca Lynn Howard, Suzie McNeil, Elisha Hoffman, Andrew Mactaggart and Sara Tomek created a memorable first release using decades of songwriting expertise, four-piece harmonies and their appreciation for classic rock, county and Americana. In addition, The Loving Mary Band recently landed a coveted spot as Steven Tyler’s backup band on his inaugural solo tour.

Steeltown Religion features Nashville recording artists Aimee Jane and Eddie Willer. The group writes and performs various genres of music and range from an intimate duo to a full band. Steeltown Religion band members are seasoned players, including guest lead guitarists Kenny Olson (Kid Rock) and Carlo Volhl (Melissa Ethridge, and Lita Ford). The group has shared bills with national acts including Lady Antebellum, Joe Nichols, Billy Currington and many more.

The two-day 2017 Southwest Florida Wine & Food Fest event includes private Chef Vintner Dinners

on Friday, February 24. During the live auction on Saturday, bidders will compete for the winning bid on a selection of 40 auction lots including exclusive getaways, delectable wine and culinary offerings and once-in-a-lifetime experiences, with all proceeds to benefit SWFL Children’s Charities, Inc.’s beneficiaries, Golisano Children’s Hospital of Southwest Florida, Florida SouthWestern State College and Florida

Gulf Coast University. SWFL Children’s Charities Inc.’s annual signature fundraiser 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. For more information, visit www.swflwinefest.org.✴

Teen Battle Of The Bands

Teen bands of all genres can enter the Reading Rocks! Teen Battle of the Bands until February 15. The top three bands will perform live on March 18 at the Southwest Florida Reading Festival. All bands are encouraged to visit www.ReadFest.org/BandBattle to read the rules, upload an audio or video recording to YouTube and complete the entry form by February 15.

The contest is open to bands of two or more individuals who are residents of Lee, Charlotte, Collier or Hendry counties and are between the ages of 13- to 19-years-old on the date of entry. Proof of age is required. The elimination round will be judged by a combination of judge’s panel (60 percent) and online voting (40 percent). Online voting will be open from February 17 to March 1. The final battle will be live at the Reading Festival. The judges will determine the first- and second-place winners and the Popular Choice

Award will be determined by crowdsource voting at the close of the battle. The first-place prize includes an eight-hour studio recording session at Sonic Recording Studios, a professional photo from Laura Michele Photos and a feature article in *Gulf Coast Times*. The battle and festival are presented by the Lee County Library System and are intended to encourage involvement in reading and the arts among middle and high school students.

“The local teen talent is always astounding. We are again very excited about the Battle and the live performance opportunity this contest offers the teens in Southwest Florida,” festival coordinator Margie Byers said.

For more information or to enter a band, go to www.ReadFest.org/BandBattle. 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 or by calling 479-4636.✴

Police Officer Gratitude Dinner

The Fort Myers Police Foundation will host the Men & Women in Blue of the Year appreciation dinner on Saturday, February 4 at Colonial Country Club, located at 9181 Independence Way in Fort Myers.

The dinner honors the outstanding public service of the brightest stars of the Fort Myers Police Department and other local, state and federal law enforcement agencies. FMPD retirements for 2016 will also be recognized. More than 60 officers will be honored during the event.

"These men and women put themselves at risk each and every day to make our community safe, and we think they deserve an evening of recognition and thanks," said Paul Fratello, president of the Fort Myers Police Foundation. "We hope the

community will join us in thanking these public servants in blue for all they do for us."

Individual tickets are \$100, and tables of eight are \$750. Sponsorships from \$100 to \$10,000 are also available.

All funds raised by the Police Foundation go toward purchasing life-saving equipment for the FMPD.

Established in 2014, the Fort Myers Police Foundation is a 501(c)(3) nonprofit organization whose goal is to help build a stronger bond between the community and its local police department. Since its formation, the Police Foundation has raised more than \$150,000 that has gone toward purchasing medical kits for patrol cars, ballistic shields, electronic ear protection for shooting ranges and a firearms training simulator.

For more information, visit www.fortmyerspolicefoundation.org or call Paul Fratello at 610-470-0049.✪

Airport Board Elects Officials

The Lee County Port Authority Airports Special Management Committee (ASMC) elected John Goodrich as chair and Fran Myers as vice chair during its January 17 meeting. Other members of the Airports Special Management Committee include Noel Andress, R. Scott Cameron, Dana Carr, Randy Krise and Robbie Roepstorff.

The committee advises the Board of Port Commissioners on policy matters pertaining to Southwest Florida International Airport and Page Field in Fort Myers. Each port commissioner

appoints one ASMC member, who serves without compensation. The committee also includes two regional members, Cameron and Carr, who represent the interests of neighboring Collier and Charlotte counties.

Southwest Florida International Airport served 8.6 million passengers in 2016 and is one of the top 50 U.S. airports for passenger traffic. Page Field provides services to corporate, commercial and private aviators and accommodated nearly 109,000 aircraft operations in 2016. No ad valorem (property) taxes are used to run or expand the airports, which are funded solely with revenue generated from their operations. For more information, visit www.flylcpa.com or www.facebook.com/flyRSW.✪

From page 19

Help For Soldiers

from The Salvation Army in Sandusky, Ohio. "We presented the MP3 players on Veterans Day – we were able to show God's love and see it reflected in the eyes of those we serve. It has been a blessing all around."

Anne M. Murray, voluntary services manager at the VA Central Western Massachusetts Healthcare System, added praise in her letter to the organization.

"We currently have two in-patient units that are loaded with young men and women who served in these latest wars. Many of them have PTSD and/or TBI and suffer from issues of getting a good night's sleep," she wrote. "You are spot-on with your gift! I wish I knew how to put into words how much gratitude we have for having you include our patients in your very generous project. A thousand thank you's doesn't seem like it covers it. Your support is so very much appreciated."

Not only has Songs and Stories for Soldiers caught on quickly amongst hospitals, homeless shelters, VA and rehabilitation facilities across the country – including the Walter Reed National Military Medical Center in Maryland and the Brooke Army Medical Center in Texas – but it is supported by the National American Legion and The Salvation Army. Locally, the group is represented at the VA Clinic in Cape Coral and supported by the Lee Coast Chapter of the Military Officers Association of America (MOAA) and other island non-profit organizations.

"It's amazing how generous the residents of Southwest Florida are," added Perkins. "People here are so dedicated to giving back."

Last week, John Londergan, owner of Shatter Shield Security in Bonita Springs, visited Dan and Gerri Perkins' home to deliver a donation to Songs and Stories for Soldiers.

"We're a new company, but wherever I've lived, I've had a favorite charity to support," said Londergan. "I was so impressed by Dan and his story about what he's doing that I wanted to support this cause. My philosophy is that you can't change the world, but you can try and help change somebody's life for the better."

A contribution of \$100 can provide 10 MP3 players for soldiers in need. To make a donation, mail a check payable to Songs and Stories for Soldiers, Inc., 1433 Sanderling Circle, Sanibel, FL 33957 or donate via credit card online at songsandstoriesforsoldiers.us.✪

OPENING 2017!

Campo Felice Retirement Living is a contemporary high-rise of independent-living suites with luxury resort-style amenities.

All have stunning river or city skyline views! Explore life after 55 in the Historic River District's most incredible destination.

THAT'S
Senior Living *Reimagined!*

SIGN UP FOR THE NEXT LUNCH & LEARN

CAMPO FELICE
RETIREMENT LIVING

CONTACT US FOR A PRIVATE TOUR TODAY!

CAMPO FELICE
RETIREMENT LIVING

(239) 271-2791
CampoSeniorLiving.com

RESIDENCE ADDRESS: 2500 Edwards Drive, Fort Myers, Florida 33901
LEASING OFFICE: 2485 First Street, Fort Myers, Florida 33901

Falcons Can Join Cubs And Cavs With Their First Super Bowl Victory



by Ed Frank

Are we living in an era when historic team title droughts are vanishing? The Chicago Cubs won their first World Series title in 108 years last November. The Cleveland Cavaliers ended their city's 52-year championship drought by winning the NBA title last June.

And February 5, the Atlanta Falcons, who have never won a Super Bowl in their 51-year history, have the opportunity to erase that blank when they face the New England Patriots in Super Bowl LI in Houston.

In their lone Super Bowl appearance 1999, the Falcons were crushed by the Denver Broncos 34-19 in John Elway's final game.

The City of Atlanta's last championship was in 1995 when the Braves won the World Series, but the Atlanta Hawks of the NBA along with the Falcons have never won the "big ones."

For the New England Patriots, however, the Super Bowl is "old school" as they will compete in an NFL-record ninth time. The Patriots have four Super Bowl titles. New England was installed as a three-point favorite in early betting.

In professional sports' biggest show next Sunday, the game's outcome no doubt will rest on the talented arms of Patriots quarterback Tom Brady and Falcons quarterback Matt Ryan, who set a franchise record passing with 4,994 yards and 38 touchdowns.

For Brady, returning to the Super Bowl will be sweet revenge after being suspended for the first four games of the season for his role in allegedly using under-inflated footballs during the AFC title game against Indianapolis two years ago.

That suspension was levied by NFL Commissioner Roger Goodell, a penalty bitterly criticized by Brady and the Patriots organization. Just imagine the scene if Goodell has to award the Super Bowl trophy to the Patriots.

The commissioner didn't attend last Sunday's AFC championship game when the Patriots defeated the Pittsburgh Steelers to advance to Super Bowl LI, opting instead to watch the Falcons pummel the Green Bay Packers in the NFC title clash.

As always, there will be hundreds of sidebar tales written about next Sunday's Patriots-Falcons title game, but foremost from this reporter's interest is whether the Falcons will join the Cubs and the Cavaliers in extinguishing their 51-year championship drought.

Top Charles Schwab Finishers Committed To Chubb Classic

Once again, the top senior professional golfers in the world will compete here next month in the 30th Chubb Classic February 13 to 19 at The TwinEagles Club in Naples.

The early committed golfers also include three new additions to the Champions Tour who will play in the Chubb Classic for the first time – John Daly, David Thoms and Jose Marie Olazabal. All three have won major titles on the regular PGA Tour.

Other major winners signed up include defending Chubb Classic champion Bernard Langer, Lee Janzen, Tom Kite, Larry Nelson, Mark O'Meara, Sandy Lyle, Mark Calcavecchia, Todd Hamilton, Tom Lehman, Jeff Sluman, Bob Tway and Fuzzy Zoeller.

For tickets, call 593-3900 or go online to www.ChubbClassic.com.

Everblades Widen First-Place Lead

The Florida Everblades, having won seven of their last eight games, began the week with an 11-point first-place lead in the ECHL South Division.

The local hockey team is on the road this weekend facing second-place South Carolina tonight, Friday, and Saturday.

The Everblades return home to Germain Arena next Wednesday hosting Greenville at 7:30 p.m.*

SPORTS QUIZ

1. How many times has a Major League team won a best-of-five playoff series after losing the first two games at home?
2. In 2015, the Chicago Cubs set a Major League record for most home runs in a playoff game by one team (six). Who had held the mark?
3. Who was the last NFL rookie before the Raiders' Amari Cooper in 2015 to have three 100-yard receiving games in his first six games?
4. Name the first two coaches to make the NCAA Tournament's Final Four in two of their first three seasons as a men's basketball head coach.
5. True or false: The Pittsburgh Penguins have never clinched a Stanley Cup on their home ice.
6. Who was the last male athlete before Ashton Eaton in 2016 to repeat as the gold medal winner of the Olympic decathlon?
7. Through 2016, the past three winners of the PGA's Memorial tournament also have been a first-time PGA event winner. Name one of them.

ANSWERS

1. Three: The New York Yankees (versus Oakland in 2001), San Francisco (versus Cincinnati in 2012), and Toronto (versus Texas in 2015). 2. Five teams: New York Yankees (1928), Chicago Cubs (1984), Oakland (1989), St. Louis (2004) and Chicago Sox (2005). 3. Mike Ditka of the Chicago Bears in 1961. 4. Ohio State's Fred Taylor (1960), '61 and Bill Guthridge of North Carolina (1998, 2000). 5. True -- they clinched the Stanley Cup on the road in 1991, 1992, 2009 and 2016. 6. Great Britain's Daley Thompson, in 1984. 7. Hideki Matsuyama, David Lingmerth and William McGirt.

America's Boating Course

The San Carlos Bay Sail & Power Squadron, a unit of the United States Power Squadrons that serves South Fort Myers, Fort Myers Beach, Bonita Springs and Estero, will be offering America's Boating Course beginning on Saturday, February 4 from 8:15 a.m. to 12:30 p.m. This course is recognized by the National Association of State Boating Law Administrators. The State of Florida recently passed legislation requiring anyone born after January 1, 1988 to have passed a safe boating course and obtain a Boating Safety Education ID card, which is valid for life, in order to operate a boat with more than 10 HP. Each student will receive a card/certificate from the Florida Fish and Wildlife Commission upon completion of the class. The course consists of two sessions on consecutive Saturdays. The second session will be on Saturday, February 11 also from 8:15 a.m. to 12:30 p.m. A

March class is also scheduled for March 4 and 11

Topics covered include hull design, docking, anchoring, handling boating emergencies, reading channel markers and many other topics to make each boating experience safer and more enjoyable. Successful completion of this course entitles the boater to six months free membership in the United States Power Squadrons with the purchase of a 12-month membership. In addition, students who join the squadron will also be eligible for a free three-hour On The Water training session.

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

The course is being taught at the San Carlos Bay Sail & Power Squadron Classroom, located at 16048 San Carlos Boulevard at the corner of Kelly Road (across from ACE Hardware).

Students can register online at www.scbps.com or call the office at 466-4040.*

Community Walk Strides to Unify

A walk that has a purpose to bridge the gap between the local police department and the community will be held Saturday, February 4 from 10 a.m. to 1 p.m.

The Blue and Green Goes Blue and Black Walk is an event sponsored by Florida Gulf Coast University's National Black Law Student Association with help from other FGCU registered student organizations to make it an inclusive event for the entire community. The mission for the walk is to unify Lee County's police departments and the Lee County community.

The walk will begin at Fort Myers

Police Department, 2210 Widman Way, in Fort Myers and end at Lee County Black History Society, 1936 Henderson Avenue, Fort Myers. A reception with food and drinks will follow at the society.

Participants are asked to wear the colors black and blue: the color black, to symbolize our black community; and the color blue to symbolize the police force. Many recent tragedies within educational systems and communities have divided us. The goal is to help the community see that people can come together and be peaceful. Having the Fort Myers Police Department and Lee County Sheriff's Office as a partner will strengthen and help achieve the mission of the walk.

For additional information, contact Simone Nelzi at sanelzi2378@eagle.fgcu.edu.*



HOLTZ • MAHSHIE • DeCOSTA
ATTORNEYS AT LAW



JASON HOLTZ ELIAS MAHSHIE CHRIS DeCOSTA

Real Estate • Business Law • Commercial Litigation

Offices in Sanibel, Fort Myers & Punta Gorda
Phone: (239) 931-7566 • Fax: (239) 931- 7560
Email: info@hmdlegal.com • www.hmdlegal.com

Bar Association Names Executive Council Officers

At a membership luncheon at the Sidney & Berne Davis Art Center on Friday, January 20, the Lee County Bar Association (LCBA) officially inducted its slate of 2017 officers, including its president, Kelly L. Fayer. She is joined in leading the 69-year-old organization by Daniel Endrizal as vice president, John Webb as secretary and Matthew Roepstorff as treasurer.

Board members include Public Defender Kathleen Smith, Spencer Cordell, Scot Goldberg and Blake Hampton. Kayla Richmond is president of the LCBA's Young Lawyers Division (YLD). Scott Atwood is president emeritus.

Since joining the LCBA's Executive Council in 2013, Fayer's primary goal has been the establishment of LCBA Cares. This enduring initiative was officially launched in 2015, representing aspirations for enhanced benefits to member attorneys and judges and the greater community that they serve. LCBA Cares acknowledges members' primary motivation in joining the legal profession in the first place: to help others.

"LCBA Cares is a worthwhile endeavor that will prove to be a lasting

benefit to the community and the legal profession," said Fayer. "It's long-ranging and multi-faceted in scope, but simply honors our members' position as helpers and empowers them to do even more."

The Lee County Bar Association Foundation was established last year to fully realize the organization's fundraising and philanthropic objectives. This year, the foundation will be able to start providing grants for worthwhile community causes. Attorney Beverly Grady is president of the foundation.

Continuing support will be provided to the Lee County Legal Aid Society, which the LCBA founded 50 years ago to provide free legal assistance to low-income Lee County residents. A partnership with Florida Rural Legal Services continues to promote pro bono work by LCBA member attorneys. Now, that non-profit organization will underwrite \$100 of membership dues for any LCBA member who accepts a pro bono case through April 1. Legal services outreach activities such as Law In The Mall, which provides free legal advice to citizens at Edison Mall in May, and the Veterans and First Responders Legal Clinic will continue.

The YLD will also continue its focus on children's issues with Holidays In July, which provides a holiday experience for children in foster care, and fundraising for the Guardian ad Litem Foundation. The TRY-athlon returns to introduce exciting new

activities to kids through the Children's Network of Southwest Florida.

Fayer also announced a new Bench-Bar Exchange, offering lawyers focusing in a particular practice area a direct line to their judges. In addition to presenting educational and networking opportunities to their members, LCBA Practice Sections chairs will meet quarterly with their respective administrative judge to assure all members' concerns about advocating

for their clients in the justice system are addressed.

Now is the time for members to renew their membership online at www.leebar.org/renew. New members may visit www.leebar.org or call 334-0047 for information. Citizens in need of an attorney are invited to take advantage of the LCBA's Lawyer Referral Service at www.leebar.org.✱

From page 1

Figurative Works At Alliance

painter who hopes to provoke introspection through her work; intending to reveal of a universal truth of what it means to be human, disconnected and vulnerable. Davison's figures are the opposite of idealized. Often using herself as a model, her forms are brutally honest. The surrealistic and haunting settings of her paintings only contribute to the enigma that she creates.

During this exhibition, the work of Alicia Schmidt will be on display in the Member Gallery.

The Alliance for the Arts is located at 10091 McGregor Boulevard in Fort Myers. For more information, call 939-2787 or visit www.ArtInLee.org.✱



Shelly's Feet by Lynn Davison
photos courtesy Alliance for the Arts

From page 1

Senior Talent

enhanced due to an unrestricted ability to explore creative instincts." Lee added that exhibition-goers will be amazed by the artistic abilities on display.

Works were carefully selected by a panel of four independent jurors, who judged submissions according to artistic merit, creativity and overall excellence.

"The resulting show will be filled with vibrant, dynamic pieces that reflect artistic expression and quality of execution," said Jim Griffith, founder and executive director of SBDAC. "Shell Point offers robust amenities to nurture and enrich its residents' creative interests, and SBDAC is proud

to provide premium gallery space to showcase the rich visuals that will be unveiled."

Cash prizes for artists are made possible thanks to financial support from The Legacy Foundation at Shell Point.

The exhibition will be open for viewing in SBDAC beginning at 5 p.m. on Friday, February 3 and conclude on Tuesday, February 21 during Art Talk Tuesday. There is no admission charge but donations will be accepted at the door.

For more information, including a list of participating Shell Point artists, visit www.shellpoint.org/agelesscreativity

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

Available at
www.AMAZON.COM
WWW.EDITORIALRXPRESS.COM

Female Pioneers of Fort Myers
Women Who Made a Difference in the City's Development
 By Robin C. Tuthill and Thomas P. Hall

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

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

UNDER NEW
OWNERSHIP



**ISLAND
INSURANCE
SERVICE**

Call our office today
for a new Auto
quote.

We are **HERE**
for all your insurance needs

Have an insurance question?

703 Tarpon Bay Rd, Sanibel, FL (239) 472-3022



Mark O'Brien
Owner/Agent

Susan Barnes
Personal Lines

Trish Barbone
Agent

Tax Credit Project Approved



Atlantic Coast Line railroad station

photo courtesy SWFL Community Foundation

The Southwest Florida Community Foundation recently closed on a \$10 million New Markets Tax Credit deal to be used to restore the historic Atlantic Coast Line railroad station and build a technology hub and headquarters in the midtown historic neighborhood of Fort Myers.

The New Markets Tax Credit, or NMTC, program encourages economic development in distressed neighborhoods.

As part of the public-private partnership with the City of Fort Myers, the Southwest Florida Community Foundation will sign a long-term lease with the city to move its regional headquarters to the train depot on Jackson Street. The building will be restored, and the Foundation plans to construct a 10,000-square-foot LEED Gold addition to create a campus that includes the Foundation offices and state-of-the-art shared space for the community and tenants.

Florida Community Loan Fund provided the \$10 million in the NMTC allocation, and U.S. Bancorp Community Development Corporation is an investor on the project. Whitney Hancock Bank provided additional financing.

According to Sarah Owen, president and CEO of the Southwest Florida Community Foundation, the innovative thinking around community investments that created this opportunity will result in a gathering place for philanthropy and nonprofits in the heart of midtown Fort Myers, featuring vibrant spaces for work, gatherings and special events. In addition, plans include state-of-the-art broadband access.

"We are extremely excited about this project, public/private partnership with the city and the possibilities this brings for the midtown neighborhood," said Owen. "We like to call this a 'collaboration accelerator' that is powered by technology, funding and good ideas to create change in our region. It's old historic rail meeting new innovative rail."

The center, along with the Internet network, will be a resource for regional nonprofit organizations, local businesses and schools.

"This is a fantastic project because it gives U.S. Bank the opportunity to support the restoration of an important historical building, spark new economic development in a growing region and partner with a visionary non-profit," said

Jennifer Westerbeck, vice president of U.S. Bancorp Community Development Corporation, a division of U.S. Bank.

The city's midtown redevelopment plan covers the areas south of Dr. Martin Luther King, Jr. Boulevard, north of Edison Avenue, east of U.S. 41 and west of Fowler Street. Part of this plan also includes 15 blocks of upgraded utilities and \$2.5 million of streetscaping.

The foundation is supporting the financing by paying closing costs and interest payments for the next seven years. The New Markets Tax Credit provided \$3 million of equity-like financing to the \$10 million project, which after seven years will be available to be converted to true equity.

The Atlantic Coast Line railway station at 2031 Jackson Street was presented to the city on Feb. 4, 1924, the same year Fort Myers was poised to join the Florida real estate boom of the 1920s. In the face of shrinking revenues, the Seaboard Coast Line (which had merged with ACL) sold its track and discontinued all passenger service into Fort Myers and closed the station in 1971. After sitting empty for a decade, the Southwest Florida Museum of History opened on the site in 1982. In 2015, the museum merged with the Imaginarium Science Center and recently moved to the Imaginarium's site at Cranford Avenue.

"This project is a win-win for our region because it is a pivotal example of unique strategies and investment coming together for repurposing and revitalization of our historic treasures and neighborhoods," added Owen. "Upon completion, this once vital Fort Myers' asset will once again be a central hub for community activity and progress."

Work on the site is anticipated to begin in February, exactly 93 years after the original presentation to the city.

For more information, call 274-5900 or visit www.floridacommunity.com.✱

Financial Focus

When Do You Need A Financial Advisor

by Jennifer Basey



Are you a "do-it-yourselfer?"

If you can take care of home repairs, lawn work and other types of maintenance by yourself, you'll save money and probably

gain satisfaction. But you will almost certainly need some help in other areas of your life – one of which may be investing. In fact, you could benefit from the services of a professional financial advisor at several points in your life:

- When you're starting out in your career – When you land your first "career-type" job, you will have some financial decisions to make: Should I participate in my employer's 401(k) or other retirement plan? (Hint: Yes!) If so, how much should I contribute? How can I juggle saving for retirement with paying off student loans? These are the types of questions you can answer with the help of a financial advisor.

- When you're saving for important goals – Whether you're saving for a down payment on your first home, or for your children's college education, or for your own comfortable retirement, you'll face many choices. A financial advisor – someone with experience in helping people work toward these goals – can assist you in making the choices most appropriate for your individual situation.

- When you're experiencing a personal "milestone" – Like everyone, you'll go through many major life events. Some will be joyful, such as marriage and the arrival of children, while others may be unpleasant or

sad, such as divorce or the death of a loved one. But virtually all these events carry with them some type of financial component – establishing new investment accounts, purchasing sufficient insurance, naming and changing of beneficiaries, and so on. A financial advisor who truly understands you and your needs can help you make appropriate moves for all your milestones.

- When you're close to retirement – As you near retirement, you'll have several issues to consider: About how much income will you need each year? When should you start taking Social Security? How much can you afford to withdraw annually from your IRA and 401(k)? A financial advisor has the tools, training and experience to explore alternatives and suggest suitable moves for you.

- When you're retired – Even after you retire, you've got plenty to think about, in terms of financial moves. For one thing, you need to ensure that your investment portfolio provides you with both sufficient income for your desired lifestyle and adequate growth potential to help you stay ahead of inflation. What's the correct balance of investments for your needs? Are there investments that can provide you with rising income without exposing you to undue risk? Once you're retired, you just won't get a lot of "do-overs," so getting the right help is important.

If you're a do-it-yourselfer, you may not get it right each and every time. But you won't pay much of a price (except, perhaps in embarrassment) if that chair you built collapses under a stack of newspapers. However, you also know when it's time to call in a professional – and that's whom you need when it comes to building your financial future. So, get the assistance you need, when you need it, from a financial advisor.

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.✱



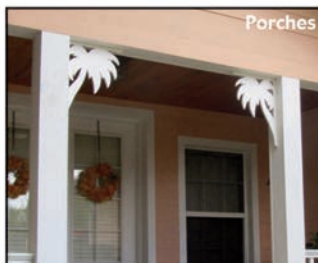
naturebrackets.com
info@naturebrackets.com

New Designs Available at
Forever Green Ace Hardware
2025 Periwinkle Way • Sanibel, FL

For a Full Mailbox
call Dave at
(239) 454-1001



Mailboxes



Porches



Shelves

From page 1

ACT Gallery



heart4 by Yvonne Krystmon

photo courtesy Arts for ACT

past few years, and his paintings have been accepted by the Butler Institute of American Art for its juried annual exhibitions in Youngstown, Ohio in 2013 and 2015.

"My oil paintings are representational and figurative, rooted in the real images and forms that we all can encounter every day," said Zell. "They are affected, and hopefully enhanced, by the type of abstraction that will remind us that we live with, and on the edge of, the unreal in our own emotions, memories and beliefs that make each of our lives so fascinating. Personally,

I moved from watercolor to acrylic to oil, working both outdoors and in the studio, finding that oil painting, although laborious and messy, yields images of intense color, striking value contrasts and strange shapes that often strike a chord in the viewer, perhaps reminding the viewer that painting is an individual expression in an ancient artistic medium used for centuries by civilization to record its own movement through time and place."

This exhibit of oil paintings has no high concept theme and, in fact, the exhibit shows diverse subjects: man acting in various places, doing various things, all of which can be a cause for joy and wonder – a concert or a ballgame, in the city or in nature, on the docks or in the Old West.

The Trapped exhibit by Krystman will be featured off the main gallery in the White Gallery. Krystman left her native country of Poland, at the verge of the communist collapse, after a short career as elementary school art teacher. She settled for nearly three years in south Italy, where the ocean meets the land. That's where her daughter and her love for warm oceans were born.

Krystman immigrated to Canada, where she earned a degree in commercial art. She worked occasionally as a graphic designer and art teacher but never felt quite comfortable in a structured work environment. Krystman always had a thirst for travel, and traveled extensively around the Americas, Europe and northern Africa. Her art is a reflection of her eclectic taste, her colorful life and desire to connect and fit in. Her artwork has been displayed around United States, Canada and Poland. She currently resides and creates in Cape Coral.

These exhibits will be on view through Monday, February 27.

Arts for ACT Gallery is located at 2265 First Street in downtown Fort Myers.✱

Lake Kennedy Senior Center

Valentine's Day Variety Show

The Lake Kennedy Senior Center will hold a Valentine's Day Variety Show on Tuesday, February 14. Doors open at 1:30 p.m. prior to the show at 2 p.m.

Guests will see live performances from across the decades including singing, ballroom dance and tap. Spend the afternoon with friends and family while enjoying fantastic entertainment.

Appetizers and beverages will be served. BYOB.

Tickets are \$5 per person. Pre-registration is required.

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

Bank Appoints Executive Vice President

Edison National Bank and its board of directors have promoted Patrick Philbin to executive vice president and chief financial officer of the company.

"Over the past three years, Patrick's leadership and long-term banking experience has allowed him to successfully expand his role with the company and take on additional responsibilities while demonstrating strong leadership skills," said Geoffrey Roepstorff, CEO of Edison National Bank. "Patrick combines a deep understanding of the banking industry's financial and business environment with the ability to inspire those around him, and we are excited to see how these attributes will influence our team in continuing to provide and enhance service to our customers."

Philbin completed his undergraduate education at Queens College in New York majoring in accounting and economics, and obtained his Master



Patrick Philbin

photo courtesy Edison National Bank

of Business Administration from New York University. He is also a graduate of the Graduate School of Banking at the University of Wisconsin. As a certified public accountant and with 30 years of banking experience, Philbin is well versed in the financial sector. He is currently involved in leadership roles for several community nonprofit organizations.✱

FULL SERVICE REPAIR CENTER

Tires / Brakes • Alignments • A/C • Oil Changes • Repairs

Formerly the site of

Dehays Automotive inc

ASE MASTER CERTIFIED • Mon-Fri 8am-5pm & Sat 9am-2pm

Ask About Our 3 Year / 36,000 Mile Nationwide Warranty on Parts & Labor!

(239) 314-8582 • FMBAUTOMOTIVE.COM

17617 Broadway Ave, Ft Myers Beach, FL 33931

<p style="margin: 0;">Digital Four-Wheel Alignment</p> <p style="margin: 0; font-size: 2em; color: #0070c0;">\$20 OFF</p> <p style="margin: 0; font-size: 0.8em;">Must present coupon at time of service. In lieu of other offers. Limit one coupon per customer per visit.</p>	<p style="margin: 0; font-size: 3em; color: #0070c0;">10%</p> <p style="margin: 0; font-size: 0.8em;">ON ANY REPAIR UP TO \$500 *Excludes Tires, Wheels, Batteries & select parts.</p> <p style="margin: 0; font-size: 0.8em;">Must present coupon at time of service. In lieu of other offers. Limit one coupon per customer per visit.</p>
---	--

NAUMANN LAW

P.A.
ATTORNEYS AT LAW

Seller, you can choose your title company!

We will meet or beat any Title Quote.

We provide the personal attention and service that you deserve!

Located across from Gulf Harbour

15065 McGregor Blvd, Ste 104, Fort Myers

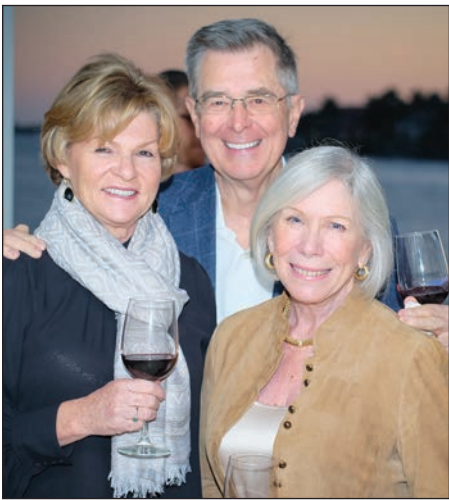
Phone: 239.267.9000 • Fax: 239.267.9300

Online: www.NaumannLawPA.com and www.RealtyClosings.com

Meet our Closing Team: Nicole Naumann and Samantha Baker

New Initiative Introduced At Trustee Reception

On January 8, trustees, sponsors and dinners hosts of the 2017 Southwest Florida Wine & Food Fest gathered for a reception at the Naples home of Jason and Kelly Stephens, trustees of SWFL Children's Charities, Inc. During the evening, SWFL Children's Charities, recognized event supporters and introduced the 2017 Southwest Florida Wine & Food Fest's fund-a-cause initiative. Locally and across the country, there is a lack of resources for children in need of mental and behavioral health care. This year, SWFL Children's Charities is dedicating its fund-a-cause dollars to



From left, Bev Cherry, Dave and Pat Gibbons
photos courtesy SWFL Children's Charities



Christin and David Collins



Art Cherry and Jason Stephens



From left, Mary Fischer, Sonya Sawyer and Jenn Pavich



From left, Teri Hansen, Christin Collins and Elaine Hawkins



From left, Bill Toler and Scott and Mary Fischer



From left, Dave and Pat Gibbons and Dave Copham



Kelly and Jason Stephens



Alissar Salman and Dr. Emad Salman



Larry and Becky Antonucci



Dr. Denise Dutchak and Dr. Emad Salman



Keith Glennon and Karen Locke



Mary Fischer and Cheryl Copham



Susan and Bob Winters



Debbie Toler and Christin Collins



From left, Sandy Stilwell, Andie Vogt, Debbie Toler, Elaine Hawkins and Bev Cherry



From left, Brian and Sonya Sawyer, Jenn and Joe Pavich, Rob Wilson and Rio DeArmond

help provide quality mental and behavioral healthcare services for young patients by supporting Golisano Children's Hospital of Southwest Florida's pediatric behavioral health initiative.

The 2017 Southwest Florida Wine & Food Fest's Chef Vintner Dinner will take place on Friday, February 24, followed by The Grand Tasting and Live Auction on Saturday, February 25 at Miromar Lakes Beach & Golf Club.✱



From left, Brian and Nicole Roland and Kelly and Jason Stephens



From left, Bob and Susan Winters and Patrick and Brooke Denson



From left, Scott and Jenny Kashman and Danielle and Chad Kocses

FREE COMMUNITY TALK ON STEM CELL THERAPY & PROLOTHERAPY

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



If you take pain medication, have post-surgical pain or want to learn about non-surgical treatment options, you won't want to miss this talk!

FRIDAY
FEBRUARY 17
2:00–3:30pm

with The Doctor
& The Dietitian®



Ross A. Hauser, MD
PHYSICAL MEDICINE &
REHABILITATION SPECIALIST

Marion A. Boomer Hauser, MS, RD
CHIEF EXECUTIVE OFFICER
& REGISTERED DIETITIAN

Helping patients alleviate sports injuries and arthritis pain for over 20 years.

PRESENTATION HIGHLIGHTS INCLUDE:

- How **Joint Instability** is the missing diagnosis in most pain cases.
- Prolotherapy, Platelet Rich Plasma (PRP) and Stem Cell therapies for accelerated recovery.
- Common sports injuries: elbow injuries, back pain, labral tears, meniscus tears, and more.
- Why you may not have responded to certain pain treatments, including physical therapy and surgery.
- Why using ice for injuries is becoming a thing of the past.
- How cortisone injections can make you more susceptible to injury.
- Anti-inflammatory pain medications actually accelerate arthritis.
- Question and answer time with Dr. Hauser to get help with YOUR injury now!

LOCATION:

Sanibel Public Library
770 Dunlop Road
Sanibel, FL 33957



Learn more at
CaringMedical.com
or call
239.303.4069

Care In Home



Colleen Tallen photo courtesy Lee Health

Lee Physician Group Palliative Care recently launched a telemedicine program to serve patients who require complex care coordination. To ease the burden of traveling into the office for follow-up care, certain palliative care visits can now be done through video using the patient's personal phone or tablet. The video visit, facilitated through the Epic electronic health record MyChart application, offers a comprehensive, caring conversation with a doctor in the comfort of a patient's home.

Patients living with one or more chronic medical conditions often find themselves

navigating a complex and sometimes confusing health care system. Life-changing challenges—including multiple doctor visits, treatments, medications, difficult medical decisions, as well as pain or depression—impact physical, emotional, spiritual and financial well-being. Palliative care is a medical specialty focused on assisting patients with complex decision-making, coordination of care and symptom management.

"Patients facing life-changing conditions, such as cancer, kidney disease, heart failure and/or chronic obstructive pulmonary disease (COPD) may suffer from symptoms like pain, shortness of breath, fatigue, loss of appetite, difficulty sleeping and depression," said Colleen Tallen, M.D., Lee Physician Group palliative care specialist. "These symptoms affect their quality of life, and often their ability or desire to travel far from home. The telemedicine visit gives us the opportunity to provide a high level of care that is convenient for our patients."

The telemedicine visits are expected to decrease emergency department and Convenient Care visits because the palliative care physician now can see patients who may have previously canceled an appointment due to an exacerbation of symptoms.

"In the past, a patient who woke up fatigued or in too much pain to travel may have canceled his or her appointment rather than drive to the office, now we can connect to the patient in the comfort of their own home," Dr. Tallen says.

Palliative care consultations – whether in office or via telemedicine – offer support, encouragement and an opportunity for patients to feel in control of their health and well-being.✧

Bishop Verot High School 5K Race



Bishop Verot Catholic High School 5K runners photo courtesy BVHS

The 4th annual Bishop Verot Catholic High School (BVHS) 5K will be held Saturday, February 4 at Viking Stadium on the school campus. Bring your family and friends to run, jog or walk. Participants are encouraged to register as teams and alumni are challenged to come out and compete with classmates. Runners and walkers are allowed to dress in costumes for this annual event. Vikings costumes are encouraged.

Registration and check-in starts at 6:30 a.m. and the race will begin at 8 a.m. Certificates will be awarded immediately following the race.

Online registration is available at: <http://bvhs.org/verot-viking-5k>. The fee is \$25 for adults and \$15 for students under 18. Registration includes an official Verot Viking 5K Run/Walk T-shirt, which is guaranteed for all pre-registered participants. Packet pick-up will take place on Friday, February 3 from 4 to 6 p.m. in front of the school.

Sponsorships and volunteers are needed. Help with check-in and registration, water stations, and maintaining the course is needed. Contact Development Director Gina Lombardo at 274-6730 or gina.lombardo@bvhs.org.

Bishop Verot high School is located at 5598 Sunrise Drive in Fort Myers.✧



The 2017 Volunteer Fair will return to Lakes Regional Library photo courtesy United Way

United Way Volunteer Fair

The United Way Volunteer Center, Lee County RSVP Senior Corps and the Lee County Library System are sponsoring a Volunteer Fair at Lakes Regional Library on Saturday, January 28 from 9:30 a.m. to 12:30 p.m. Lakes Regional Library is located at 15290 Bass Road in Fort Myers.

Volunteers are essential. Volunteers increase agencies' and organizations' power to make a difference in our community, and actually extend what agencies can do for their clients. The United Way Volunteer Fair is designed to increase the number of people who get involved in the community, and let those who currently volunteer have an opportunity to meet with agencies to explore other interests. Engaged volunteers are actually happier and healthier.

Volunteering gives people a chance to learn something new, support a cause, meet new friends, prepare for job experience, get school credit and much more. Employers often consider the volunteer experience of their job applicants. LinkedIn says that one in five managers hired an employee based on volunteer experience.

For additional information about the Volunteer Fair, email Kim@UnitedWayLee.org. The United Way Volunteer Center connects individuals and companies to volunteer opportunities throughout our community. Contact the United Way Volunteer Center by calling 433-2000, option 9, or by visiting www.UnitedWayLee.org.✧

Calendar Girls Visit Guide Dogs



The Calendar Girls photo courtesy Linda Floyd

They say in every guide dog beats the heart of a puppy-raiser. Since 2006, The Calendar Girls have sponsored future hero guide dog puppies for Southeastern Guide Dogs, and have currently sponsored 17 world class guide dog puppies. On January 8, The Calendar Girls – along with the puppy-raisers and pups – posed together for the 2018 Calendar Girls Florida calendar.

For more information, visit www.calendargirlsflorida.com.✧

Thinning Out The Cat Herd In Fort Myers Area The Humane Way



Feral cats can be trapped and transported to Gulf Coast Humane Society to be spayed or neutered. GCHS is offering five free spay or neuters a month if you take a free TNR Workshop and be certified. photos courtesy GCHS



Spaying and neutering is the best tool to thin cat colonies humanely

It's a site everyone sees in the greater Fort Myers area and one in which there are mixed feelings towards, but no matter which side one falls on, it's a problem with a solution.

Feral cat colonies have been on the rise over the last decade, due to more cats being released by their owners, which in turn increases litters produced by the females.

One of the best methods to thin out the feral colonies is called "TNR," or trap-neuter-release. Fortunate Ferals, a non-profit organization in Fort Myers dedicated to TNR, is a leader in the method.

To help spread the word about TNR, Fortunate Ferals has partnered with Gulf Coast Humane Society to provide information and education on how to help stray and feral cats in the community.

There will be a free TNR workshop held on Saturday, January 21 from 10 a.m. to noon at the Gulf Coast Humane Society for those looking to get certified in feral cat trapping and transport to the spay/neuter clinic.

It's an opportunity Fortunate Ferals and GCHS hope people take advantage of. "We are hoping to schedule a workshop at least once a month in the different surrounding communities," said Fortunate Ferals organizer Glenda Sparnroft.

"Wherever Gulf Coast Humane Society services, we certainly can hold workshops in those communities to get more people certified."

Through these free TNR workshops, TNR participants will be taught the basics of live trapping cats in these colonies, caring for the colonies correctly, how to care for the cat pre and post-surgery, how to return the cat to the colony and how to respond to upset neighbors.

"The ultimate goal of TNR is to spay and neuter every cat, because if only one

female is left out there, it can produce many litters," Sparnroft said. "The outside elements and natural attrition, and even some getting hit by cars, will diminish the numbers."

For those TNR participants who take advantage of the free classes Fortunate Ferals and GCHS is offering, they will earn a certification to trap cats and how to bring them to the GCHS Spay-Neuter Clinic. GCHS Spay-Neuter Clinic will offer five free spay-neuters a month for ferals to people who get certified through the classes.

"This is such a great program to help control the feral population," said GCHS Executive Director Jennifer Galloway. "We are more than happy to partner with Fortunate Ferals to help alleviate the feral cat population through the most humane way possible and that's through TNR."

After each cat is spayed or neutered, they are returned to their colony, basically because they have nowhere else to go. With numbers roughly estimated around 200,000 feral cats in Lee County alone, there are not enough homes to care for them.

"These cats are also too wild or too feral to be inside, so again, TNR is the best method to use to help the population," Sparnroft said.

For more information to register for the free TNR workshop at GCHS, call Fortunate Ferals at 347-403-1674 or the Gulf Coast Humane Society at 332-0364.

To register online, visit www.fortunateferals.org/events.html or www.gulfcoasthumane.org/humane-education.html.

Gulf Coast Humane Society is located at 2010 Arcadia Street in Fort Myers. Call 332-1573 for more details.*



Feral cats are returned to their colonies after they are spayed or neutered



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 and begin logging your "movement" today.

Be part of the Million Mile Movement!

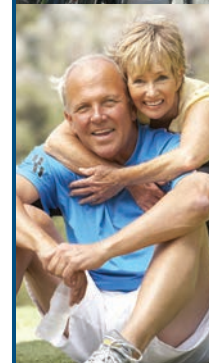
WHO? Lee County residents of all ages and fitness levels can participate as an individual or as a group

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

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

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

For more information, visit www.HealthyLee.com



\$300,000 For Student Scholarships From Schulze Family Foundation



Dr. Larry Miller photos courtesy FSW



Dr. Louis Traina

The Schulze Family Foundation recently presented a \$300,000 gift to the Florida SouthWestern State College (FSW) Foundation for student scholarships. The funds will be divided equally between the School of Education and the School of Health Professions. Scholarships will be awarded to students in the early childhood education program and the nursing program over the next three years.

“We are honored to receive this gift on behalf of future teachers and nurses that will serve our community for decades to come,” said Dr. Louis Traina, FSW vice president, institutional advancement and executive director, FSW Foundation. “We are proud to partner with the Schulze Family Foundation in their efforts to invest in public service professionals.”

FSW will use the scholarship funds to augment federal aid, state grants and other resources students typically receive to pay for their educations, maximizing the number of students who receive scholarship dollars to increase the number of students graduating from FSW debt-free.

“The School of Education Early Childhood Education program seeks to match public with private dollars to impact as many students as possible,” said Dr. Larry Miller, dean, School of Education. “The funds will first support students who have received partial scholarships from state grants, doubling the number of students served. We will then award scholarships to high-performing students currently enrolled in our program, and we will use the scholarship to recruit high-performing high school seniors interested in becoming Early Childhood Educators.”

The Nursing RN to BSN program within the School of Health Professions will use the scholarship to fund associate degree nursing graduates who return for the bachelor's degree after passing the NCLEX-RN Examination and earning a Florida Registered Nurse license.

“This scholarship will support and motivate students to immediately continue their advanced education in nursing before other life events and financial responsibilities happens,” said Dr. Marie Collins, dean, School of Health Professions. “The generous funding from the Schulze Family Foundation, will cover the full tuition costs for over 40 nursing students to complete the 30 credit hour BSN program. We will allocate all scholarship funds to high performing students who are admitted and actively enrolled in the program.”

“The Richard M. Schulze Family Foundation recognizes the importance and value in helping students achieve their post-secondary dreams, in a cost-effective manner,” said Mary Beth Geier, Florida region coordinator, Schulze Family Foundation. “The scholarships provided through FSW for high-performing students in the fields of Early Childhood Education and Nursing will assist in achieving that goal. We also understand the importance to the community to have highly skilled employees in these valuable and fast-growing job markets. FSW does a wonderful job teaching and training students for the work-force and we are pleased to be able to work in collaboration with them to help students achieve success and make our community a stronger place to live.”



Dr. Marie Collins



Jack Burgess (right) presents a clock as a token of appreciation from The Rotary Club of Fort Myers to celebrate Paul Herring's many years of service to the club photo courtesy Fort Myers Rotary Club

Rotary Club First Member Celebrates 97th Birthday

The Rotary Club of Fort Myers wished Paul Herring, its oldest member, a happy 97th birthday on January 23. The milestone is even more impressive considering 2017 is also Herring's 64th year as a member of the club. Proudly wearing badge #1, he still makes it a point to attend every meeting and support the club's community service projects and fundraisers.

Born in Tifton, Georgia in 1920, Herring attended South Georgia College and then the University of Georgia. With World War II looming, he left the university in 1941 to join the Army Air Corps. In the fall of 1943, he became the pilot of a crew that flew a new B-17 across the North Atlantic to become an airman in the 8th Air Force during the saturation bombing of Europe. The crew was downed on their 15th mission in March 1944 over occupied Belgium. Herring was hidden by members of the Belgian Resistance until that September, when the Allies liberated the region.

Herring has been active in advocacy on behalf of his profession as a commercial fisherman, serving as past president of Southeastern Fisheries (1976-77) and for decades earning the respect of his peers by working with fishery councils and legislatures to protect their interests. He joined Rotary Club of Fort Myers in 1953. Up until the age of 91, he still delivered a Thursday route for Meals-on-Wheels.

President Victoria Stephan said, “Paul's enthusiasm and easy smile are infectious. He is an inspiration for all of us, living the Rotarian motto ‘Service Above Self’ as a way of life that brings a greater sense of purpose to our activities and evidently a great amount of personal satisfaction and longevity.”

FGCU Graduates Sought For Board

The Florida Gulf Coast University (FGCU) Alumni Association is seeking graduates who are dedicated to the university and to community leadership to join its board of directors.

The board's nominating committee will accept applications through March 17 for the 2017-19 term. Preferred candidates are graduates who are:

- Committed to advancing the university's and the alumni association's goals
- Actively involved with the university
- Distinguished in their personal and professional lives
- Forever an Eagle members

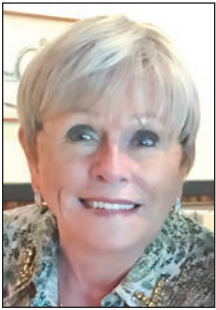
Board members are expected to instill pride in their alma mater by promoting and assisting with FGCU Alumni Association programs, by serving on board committees and by encouraging other graduates to contribute time, talents and financial support for university initiatives.

Applications can be submitted at: alumni.fgcu.edu/boardapplications.

The Alumni Association is dedicated to engaging graduates in a lifelong allegiance with FGCU and fellow alumni, cultivating opportunities for personal and professional growth after graduation, celebrating pride in the principles and achievements of FGCU and its graduates and inspiring individual investment in the University's future.

For more information, contact FGCU Director of Alumni Relations Kimberly Wallace at 590-1087.

The Hour Of Land

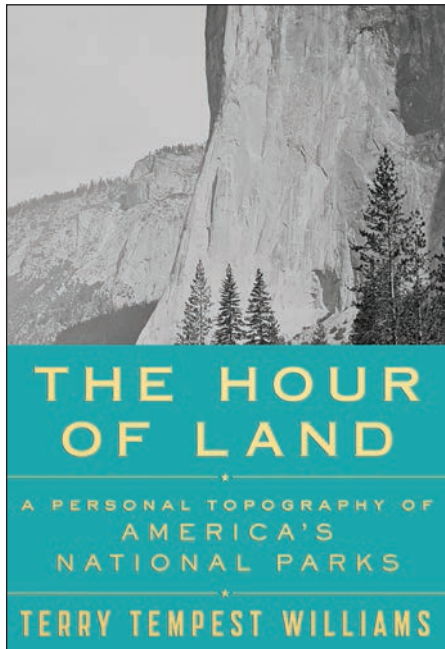


by Di Saggau

Terry Tempest Williams will be the featured speaker, Friday, February 3 at 7 p.m. at the Rachel Carson Distinguished Lecture to be held at Saint Michael and All Angels

Church, sponsored by Florida Gulf Coast University. Williams will discuss her book *The Hour of Land, A Personal Topography of America's National Parks*, a literary celebration of our national parks and an exploration of what they mean to us and what we mean to them.

More than 300 million people visit the parks each year. They serve as breathing spaces in a world in which such spaces are slowly disappearing. *The Hour of Land* is part memoir, part natural history and part social critique. It is a meditation and a manifesto on why wild lands matter to the soul of America. From the Grand Tetons in Wyoming to Acadia in Maine



to Big Bend in Texas and more, Williams creates a series of lyrical portraits that illuminate the unique grandeur of each place while delving into what it means to shape a landscape with its own evolutionary history into something of our own making. She expresses her anger

at what's being done or not being done by the government, private companies and polluters. *The Hour of Land* is not a guidebook, rather it's a journey through various landscapes and involves the politics, activism and history that are a crucial part of it all.

She says, "This is a book about relationships inside America's national parks, and as is always the case with relations, the bonds formed, severed, and renewed within these federal lands are complicated. They are also fundamental to who we are as a country." "Our national parks are blood. They are more than scenery, they are portals and thresholds of wonder, an open door that swings back and forth from our past to our future."

Williams uses poetry, personal stories, letters and even casual conversations to reveal our relationship with nature. Traveling from Big Bend National Park in Texas to the Gates of the Arctic National Park in Alaska, to the Civil War battlefields of Gettysburg, she talks about an art exhibit at Alcatraz by the Chinese artist and activist Ai Weiwei. She writes about Theodore Roosevelt's Elkhorn Ranch in North Dakota, and describes forest fires in Montana's Glacier National Park.

There are fascinating historical facts including how John D. Rockefeller Jr. expanded Grand Teton National Park and how his descendants continued his mission with other national parks. Grand Canyon National Park in Arizona has the highest number of suicides of any national park in the country. She includes a chapter on the Gulf Islands National Seashore in Florida and Mississippi focusing on the BP Deepwater Horizon disaster. Her concern at what humanity is impacting on nature is reflected in her writing. "We have arrived at the hour of land. We have made mistakes, mistakes in our relationships with those who came before us and the land that holds their histories, mistakes in how we have managed and misunderstood the wild. But after spending a lifetime immersed in our national parks, I believe we are slowly learning what it means to offer our reverence and respect to the closest thing we have to sacred lands."

Terry Tempest Williams will be signing books after her February 3 talk followed by a reception in the Parish Hall. The event is free and open to the public. Saint Michael and All Angels Church is located at 2304 Periwinkle Way on Sanibel. *The Hour of Land* is available at local book stores.✱

School Smart



by Shelley M. Gregg, NCSP

Dear Readers, Last week's column reviewed the steps taken when a referral for a special education evaluation was initiated. This week, I will cover the next part of this

process – when a student is found ineligible at the eligibility meeting.

The testing has been completed, the eligibility team has met, and your child was found ineligible for special education services. So now what happens?

If your child was found ineligible for special education services and you agree with the eligibility findings, then your child will not receive special education. Remember however, she or he was evaluated because of a problem that still needs to be addressed within regular education and that should be discussed with the teacher. Plans should be developed to address the problem. For most parents, the reason(s) why a student is found not eligible for services can be confusing. Below are some reasons why students are not.

The most common reason that a child might be found ineligible for special education services is that your child does not meet criteria for one of the 14 disabilities recognized within special education. The school is required to follow federal guidelines in determining eligibility for special education. Each disability has a federal definition and a strict set of guidelines for determining if a student meets that definition. Some school districts are more flexible with those guidelines, some follow them strictly. However, if a

student does not meet the criteria for a disability, she or he will not be eligible to receive special education services.

Another common reason a child is found ineligible is that even though your child has a disability, there is not a documented educational impact. If a student has a diagnosed disability, it does not automatically mean a child will receive special education services. The disability must be creating an adverse effect on education. The way a school measures this adverse effect on education will vary. Some schools compare educational testing to cognitive testing to see if the child is learning to his or her ability level. Other schools will use grades or more qualitative information.

This third reason for finding a student ineligible is a most frustrating situation. Your child learns more slowly than other children, but does not qualify for specific learning disability or another designation, even though testing revealed that your child has difficulty learning, struggles to learn new concepts, and it has greatly impacted educational performance. Despite these difficulties, special education services cannot be obtained because this is not considered a "disability." Often called "slow to learn," these are the students who will need the most support within the regular education environment.

Parents can disagree with eligibility findings. When a parent disagrees with the testing results or the eligibility decision, there are actions that can be taken. The first step is to voice the concerns at the eligibility meeting. If you still do not agree with the outcome, go to the director of special education and request an independent educational evaluation (IEE). This is an evaluation by a private professional at the cost of the school system. It is like a second opinion by a neutral person not affiliated with the school system. After this evaluation is completed, the school will use the new data to see if the student meets criteria for special

education services. The same eligibility guidelines will be used, but the testing will be different. It may be helpful to talk to an advocate to make sure you understand your rights.

After the IEE, if the parent does not agree that the school is following federal guidelines in determining eligibility, the parent can file a complaint with the state. Usually attempts are made to solve the conflict through mediation at this point. However, in extreme cases, a due process lawsuit will be filed. I would recommend doing everything possible to work together with the school system. Lawsuits should only be used in extreme circumstances. Keep the channels of communication open

with your school. It's best for everyone, especially your child, to resolve conflicts through careful discussions instead of resorting to a court battle. It is truly possible to come to mutually acceptable terms.

Shelley Gregg 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 Booths Available

A few marketplace exhibit spaces remain available for literary or educational organizations, publishers, writers and vendors of reading or education-themed merchandise at the 18th annual Southwest Florida Reading Festival, planned for March 18 at Centennial Park in the Fort Myers River District. Exhibit space is available in the youth and adult areas for a fee. Marketplace applications can be found online at www.readfest.org/Marketplace. Exhibit space will include a tent, an eight-foot table and two chairs. Contact Debbie West for more information at 533-4805.

The deadline for all applications/vendors to be included in the printed guide is January 30. After that, space is subject to availability.

"The vendors tell us they love this festival and that the crowds are wonderful," Reading Festival Coordinator Margie Byers said. "We usually sell out the marketplace."

This year, 29 nationally acclaimed and

best-selling authors are coming to Fort Myers to meet their fans and talk about their books and writing experiences. The reading festival is free to the public and draws an average 18,000 people to the River District. The festival serves all ages and cultures with presentations from best-selling authors, fun programs, demonstrations of the library's electronic resources and reading- or educational displays from about 90 marketplace exhibitors; all running simultaneously through day.

Harborside Event Center will be under renovation during the festival so the entire adult area will move outside into the west side of Centennial Park. The festival will now encompass all of Centennial Park – adults on the west side of U.S. 41 and the teen and children's areas as usual, on the east side of U.S. 41.

For more information about the Southwest Florida Reading Festival, call 479-4636 or visit www.readfest.org. The Reading Festival is 100 percent community supported through generous donations, sponsorships and grants. To help ensure the continuation of this free community event, visit www.readfest.org to make a secure online donation.✱

Eden Energy Medicine

Connecting Thymus To Electrics



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

Last week we learned the thymus gland is intimately involved in our immune system, production of T cells to fight off invading microorganisms and the

benefits of thumping thymus to boost the immune system. Connecting thymus to other locations or systems, including the spleen, the electrical system, the "gut" via the navel and the hippocampus (part of the limbic system) is critical to building resiliency to disease and boosting the immune function.

The focus today is on connecting the thymus gland to the electrical system of our body. Every cell of the body has an electrical charge and is part of an energy system known as the electrics. Atoms are made of positively charged protons, negatively charged electrons and neutrons. Cells generate electrical charges and send messages from one point to another by opening gates that have polarity charges, so that the electrical impulse moves from a nerve in your stubbed toe to the part of the

brain sensing pain. Earth itself carries a large negative charge. Because the body is finely tuned to earth energy, absorbing electrons through the feet, we want to be "grounded" to tap into this incredible resource. Every living function is powered by electrical current. Pain perception, muscle contraction and movement, nerve function, glandular secretions, etc. are all electrically driven.

The biggest generator of electricity in our body is the heart, a muscle driven by low levels of electrical current. We obviously want to keep it healthy. The brain is a super highway of electrical signals, processing millions of messages to the infrastructure of the body every second. All of these currents are measured by EEG, ECG, EKG and other sophisticated medical devices. When we connect thymus to heart electrics, we are creating a powerful energetic current to help the body rejuvenate and find homeostasis.

The first connection is between thymus gland and the heart electric point. Here is the technique:

1. Begin by thumping the thymus with either hand. Or if it feels better to merely place the palm of the hand on

the gland, that is fine, too (especially if you are sensitive to the thumping motion).

2. Locate the heart electric point. It is located directly above the left nipple at a point where it intersects with an imaginary line drawn from the underside of your armpit. Make a notch with your thumb, index and middle finger, placing the notch on this point.

3. Hold this connection for two to four minutes or until you fill a shift in your energy – perhaps a deep breath or deep sigh. Gentle rocking may be soothing.

You learned the first connection. Next week the thymus to spleen connection will be addressed. Enjoy your health!

Have fun with your energy. Next week's topic is Create Immune Resilience with Thymus HUB To Spleen.

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

Mom And Me



her diet and exercise. She refuses to cooperate with me and all of the others trying to help her. Is this how people normally behave with this condition?

Phil

Dear Phil,

It is a mystery to me why some people refuse to help themselves when others are trying so hard to assist them.

I once talked to a heart surgeon who complained about the exact same thing. He tried so hard to help his patients, and then they refused to help themselves e.g., not following his diet or exercise program that he prescribed.

I would suggest you talk to your wife's doctor, tell him your problem, and he/she might have some suggestions.

Lizzie

Dear Phil,

People react differently to new diagnoses. Bottom line for you, if your wife does not want to follow the advice of her medical team, that is her choice. I am sure she has been advised of the health consequences of non-compliance with her new diet restrictions. As much as you want for her to live successfully as many, many people do with diabetes, she needs to want it for herself.

My advice for you would be to make sure that you go to an elder care attorney for financial planning to protect the family finances should her lack of compliance cause skyrocketing health care costs.

Pryce

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

by Lizzie and Pryce

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

Dear Mom & Me,

My wife and I planned and researched our retirement for five years. I now realize that the planning time was the fun time, not living the lifestyle.

Six months into retirement, my wife was diagnosed with type two diabetes. Her doctor was very specific with the details and a nutritionist counseled us both.

I have spent the last year going to doctor's offices, taking her to the hospital and trying my best to help her with

dearPharmacist

Vitamin E: Why Rubbing It On Is Almost Useless



by Suzy Cohen, RPH

Dear Readers:

I heard two women talking at the store about vitamin E. One lady said, "I squeeze a cap out and rub it on this scar [pointing to her elbow]." The other lady said, "It's better if you take it

internally but if rubbing it on is working then go right ahead."

I wanted to pipe in and comment but I resisted. Plus, these ladies did not know who I was, or what I do for a living. I just happened to be standing nearby examining products. I'll settle their debate right now.

Lady #2 is correct, it is better to take it internally by mouth. External applications might feel soothing, but you're really just applying oil to your skin. The oil is helping mostly, not the E.

When you apply vitamin E to your skin, it stops right there. What a shame because vitamin E has incredible benefits inside your body. In 2016, a ground-breaking study showed that vitamin E supplementation (along with omega-3 fatty acids) improved glucose metabolism, serum triglycerides, VLDL and HDL cholesterol ratios.

Putting it on your skin won't boost SOD or glutathione, but it might if you take it orally. Maybe that's how it helped with atopic dermatitis in mice. There was a 2016 study where researchers concluded, "The activities of SOD [superoxide dismutase] and

glutathione peroxidase in the skin and serum were also positively correlated with symptomatic changes... vitamin E may improve the symptoms of atopic dermatitis."

In November 2016, a study published in *Nutritional Neuroscience* points to the antioxidant capacity of vitamin E in combo with essential fatty acids (EFAs) and how that could improve glutathione (a detoxifying enzyme), benefiting people with serious neurological disorders like schizophrenia.

When you apply E externally, you don't get widespread intracellular benefits to your antioxidant system. In other words, I feel like you might be wasting your softgels, because a skin application of E doesn't work inside the fatty skin cells, where antioxidants are required.

Intracellular oxidative stress or "rusting" of your skin can occur from the sun. We all know someone with wrinkles, sun spots, precancerous cells and premature aging due to sun exposure. Sun blocks play a role in blocking the weakest rays from penetrating your skin but, no matter what, I am convinced that beautiful and healthy skin starts with skin-loving antioxidants.

If you really feel the need to rub E on the outside, and you have spare softgels to do that with, then it is totally fine. It could help, but an external application of E all by itself really short-changes you. I have an incredible follow up to this article at my website, type this title in my search box at suzycohen.com: The Truth About Natural Vitamin E. You will learn how to find "natural" not synthetic brands of E, and how to avoid fake forms. You may not realize this, but almost all vitamin E brands out there contain just one isomer out of 8 natural ones. True story!

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.*

Fitness with Flair

Suzanne's
DANCE FITNESS

at Royal Palm Square

DANCE FITNESS ~ Cool moves, cool music, total body, low impact. Barre conditioning, dance fitness, step aerobics, body sculpting.

GYROKINESIS® ~ Build strength, improve flexibility, enhance coordination, increase circulation. If you like yoga or pilates, you'll LOVE GYROKINESIS®.

SOCIAL DANCING ~ Foxtrot, waltz, rumba, cha cha, samba, Argentine tango, and more! No partner necessary. Beginners welcome!

239.822.9226

sdf@DanceSuzannes.com

www.DanceSuzannes.com

1400 Colonial Blvd. #27, Ft. Myers

We carry

BRAZIL WEAR

LEGGINGS • CAPRIS • TOPS
for fitness, fun and fabulous living

PETS OF THE WEEK

Hello, my name is Teddy. I am a 1-year-old male pit bull mix with ears as big as my head that pique with interest at every sound. I crave attention and will let you know when I want more. I play well with both big and small dogs. Belly rubs are a must if you wish to have this handsome boy join your family. I walk well on a leash and would be a perfect addition for anyone with an active lifestyle.

My adoption fee is \$50.

Hi, I'm Clyde. I am a 1-year-old male chihuahua with a big personality. As you can see in his picture, I am very curious and do not want to miss a thing. I have been to events with the LCDAS staff and volunteers and enjoy car rides and lots of activity. But, I am just as content to sit in your lap. I get along well with dogs from 20 to 90 pounds. The staff at Animal Services thinks I might be part fox terrier.

My adoption fee is \$50.

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

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

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

The adoption package is valued at \$500.*



Teddy ID# 687092



Clyde ID# 687326

Bark On The Ark

Pure Florida's Fort Myers location will present Bark on the Ark cruise from 8 to 11:30 a.m. on Saturday, February 25. Guests will have the opportunity to bring their dogs aboard the *M/V Edison Explorer* for a sightseeing river cruise to Picnic Island, an island located between Sanibel and Pine Island.

Passengers can enjoy a peaceful cruise along the Caloosahatchee followed by a playful time on the island, socializing with man's best friend. During the excursion, dogs and owners can run, swim and play catch while enjoying the sunshine, water, sand and fresh air. While Pure Florida cannot guarantee animal sightings in the wild, the captain will alert passengers to wildlife such as dolphins, eagles, manatee, native birds and more.

Water, Frisbees and dog treats are included for the canines. Soda, wine and beer will also be available for purchase. The *M/V Edison Explorer* departs from The Marina at Edison Ford, located at 2360 W. First Street in Fort Myers.

Registration for the tour is \$44 per person. Groups of six or more can call for discounted group rates. Reservations are required as room is limited to 25 passengers and their pets. All dogs that can follow basic commands are welcome. For more information or to book your ticket, call 919-2965 or visit www.PureFL.com.*



Seafaring canines and their owners enjoy a cruise along the Caloosahatchee River

photo courtesy Pure Florida



OJ

PAWS Of Sanibel

OJ

Hello, my name is OJ. The Sanibel Police Department picked me up on January 20 around 475 East Lake Road on Sanibel. I'm a young guy, still intact, and very sweet and social. If you are my family or know my people, contact Pam at PAWS of Sanibel by calling 472-4823.*

THE RIVER WEEKLY NEWS

Emergency	911
Lee County Sheriff's Office	477-1200
Florida Marine Patrol	332-6966
Florida Highway Patrol	278-7100
Poison Control	1-800-282-3171
HealthPark Medical Center	1-800-936-5321
Ft. Myers Chamber of Commerce	332-3624
Foundation for Quality Childcare	425-2685
Fort Myers Beach Chamber of Commerce	454-7500
Fort Myers Beach Library	463-9691
Lakes Regional Library	533-4000
Lee County Chamber of Commerce	931-0931
Post Office	1-800-275-8777
Visitor & Convention Bureau	338-3500

ARTS

Alliance for the Arts	939-2787
Arts For ACT Gallery & Studio	337-5050
Art League Of Fort Myers	275-3970
Barbara B. Mann Performing Arts Hall	481-4849
BIG ARTS	395-0900
Broadway Palm Dinner Theatre	278-4422
Cultural Park Theatre	772-5862
Edison Festival of Light	334-2999
Florida Repertory Theatre at the Arcade	332-4488
Florida West Arts	948-4427
Fort Myers Symphonic Mastersingers	288-2535
Gulf Coast Symphony	489-1800
Harmony Chorus, Charles Sutter, Pres	481-8059
Naples Philharmonic	239-597-1111
The Schoolhouse Theater	472-6862
SW Florida Symphony	418-0996
Theatre Conspiracy	936-3239
Young Artists Awards	574-9321

CLUBS & ORGANIZATIONS

Angel Flight	1-877-4AN-ANGEL
Animal Refuge Center	731-3535
American Business Women Association	357-6755
Audubon of SWFL	339-8046
Audubon Society	472-3156
Caloosahatchee Chapter DAR	482-1366
Caloosahatchee Folk Society	321-4620
Cape Chorale Barbershop Chorus	1-855-425-3631
Cape Coral Stamp Club	542-9153
duPont Company Retirees	454-1083
Edison Porcelain Artists	415-2484
Embroiderers Guild of America - Sea Grape Chapter	239-267-1990
FM UDC Chapter 2614 - United Daughters of the Confederacy	728-3743
Friendship Force Of SW FL	561-9164
Garden Club of Cape Coral	239-257-2654
Horticulture and Tea Society	472-8334
Horticultural Society	472-6940
Lee County Genealogical Society	549-9625
Lee Trust for Historic Preservation	939-7278
NARFE (National Active & Retired Federal Employees)	482-6713
Navy Seabees Veterans of America	731-1901
Paradise Iowa Club of SWFL	667-1354
Sons of Confederate Veterans	332-2408
Southwest Florida Fencing Academy	939-1338
Southwest Florida Music Association	561-2118

Kiwanis Clubs:

Fort Myers Beach	765-4254 or 454-8090
Fort Myers Edison	694-1056
Fort Myers South	691-1405
Gateway to the Islands	218-5768
Iona-McGregor	482-0869

Lions Clubs:

Fort Myers Beach	463-9738
Fort Myers High Noon	466-4228
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

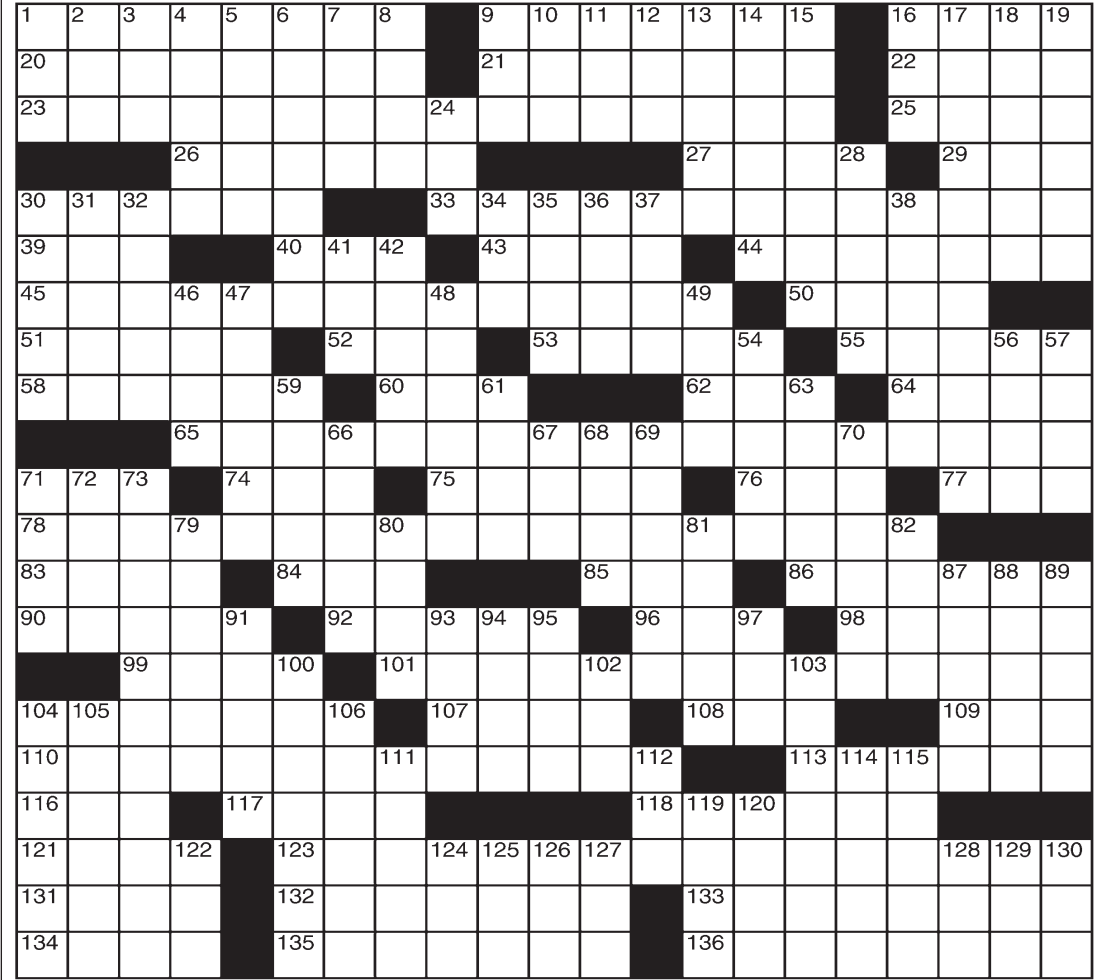
PUZZLES

Answers on page 37

Super Crossword

FOR FANS OF GORE

- ACROSS**
- 1 Ditz types
9 Stains, as with blood
16 Yearn (for)
20 Hellish
21 Powder from chili peppers
22 Drive- —
23 Meat-curing company?
25 Look as though
26 "— Fideles" (Yule carol)
27 Inning divisions
29 Form of jazz
30 R&B singer with the 1965 hit "Hold What You've Got"
33 Last time you'll ever pull into a garage?
39 Gerund ending
40 Angry music genre
43 Placed (down)
44 Tasting rich and sweet
45 Messenger bringing news to cows?
50 See 13-Down
- 51 "It's the end of —!"
52 Lance of the O.J. trial
53 Real bargain
55 Observe
58 "Let's hear it"
60 Ger.'s home
62 Stephen of "Citizen X"
64 Croft of video games
65 "The Catcher in the Rye"
71 Old crone
74 Lav in a pub
75 Build — (make one's home)
76 Geller of psychic acts
77 Lamb suckler
78 Obsolete provider of stability?
83 Slangy suffix with buck
84 Vehicle-towing org.
85 Cong. member
86 Looked hard
90 Turf again
92 Division of Islam
96 Trunk bone
98 Very brief time
99 Movable kayak fin
- 101 "You already know the answer is 'team spirit,' right?"
104 Large arboreal snake
107 Russian city
108 Co. suit
109 Paver's goo
110 Shoes worn in the Sahara?
113 In recent days
116 "My life" book
117 Eight, in German
118 Practically
121 Edison's middle name
123 Piece from "The Domestic Oratorio?"
131 NY Met, e.g.
132 Came
133 #1 Bruce Springsteen album of 1980
134 Emmy winner
135 Not unfeeling
136 Blood vessel to the heart
- DOWN**
- 1 Belittle, informally
2 — fix (stuck)
3 Eagles' org.
4 Insinuate
5 Groom's counterpart
6 Added on
7 Dogs' jinglers
8 ATM feature
9 Cold dessert
10 Scratch, e.g.
11 Off — mile
12 On Social Sec., say
13 With 50-Across, workers' advocates, for short
14 Sufficient
15 Summoned
16 "— true!"
17 Nickname of Boston's locale
18 Louisiana cuisine style
19 Like camels
24 Liveliness
28 Bone-to-muscle joiner
30 Holy war
31 Bridge bid, briefly
32 White heron
34 Styled after
35 Some vermin
36 Chanteuse
37 Sit in neutral
38 Language for a Sherpa
41 Me, to Gigi
- 42 Many a time
46 Warlike god
47 Refrain
48 Puma
49 Be worthy of
54 Boost
56 Flight staff
57 Tortoise rival
59 Novelist
61 Casino city
63 "That's —!" (film-set cry)
66 Greek I's
67 Sleep cycle part
68 Old fast fliers, briefly
69 People who aren't you
70 Meet, as the challenge
71 I-beam relative
72 River in Switzerland
73 Gives short shrift to
79 "Well, — here!"
80 Man-goat god
81 Computer of the 1940s
82 N. Mex., before 1912
87 Calf catcher
88 Showiness
89 Plow maker
- 91 "Smash" star
93 A noble gas
94 Egghead
95 Brain gain
97 "Farewell!"
100 Entrapments in lies, e.g.
102 In bad health
103 Small aquatic rail
104 Financial co. for which the Boston Celtics' arena is named
105 Comic Charles Nelson —
111 Done to — (well-cooked)
112 NBC fixture since '75
114 Plant life
115 Tune's text
119 1999 Ron Howard film
120 Feel sore
122 Noted coach
124 Family gal
125 A Gabor
126 Riled, with "up"
127 Keats poem
128 A Gardner
129 O.T. book
130 Pitching stat



King Crossword

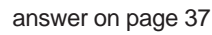
- ACROSS**
- 1 Aid
5 Verse
9 Wander about
12 Neighborhood
13 Fairy tale baddie
14 — de Janeiro
15 Coup in bridge or baseball
17 Moreover
18 Release
19 Patchwork horse
21 Mad
24 Roe provider
25 Golfer McIlroy
26 Haughty, strutting sort
30 Ms. Gardner
31 Bluefin and albacore
32 Oft-chanted initials
33 Round Table member
35 Smile
36 Transaction
37 Skin-covered craft
38 Stimulant
40 One who's gonna get it?
42 Address for 33-Across
43 Extensive treat for sightseers
48 Tackle the slopes
49 "— Lang Syne"
50 Ticklish Muppet
51 Tyranno-saurus —
52 Witnesses
53 Peruse
- city
9 Courtroom group
10 "— That a Shame"
11 Old foggy
16 Parched
20 Author
21 Fast-shrink-ing sea
22 PBS science show
23 International auto race
24 Expecto-rated
26 Tug
27 Yoko of music
28 21-Down's
- continent
29 Tug
31 Anti-riot chemical
34 Bee follower
35 Type of snake
37 Tease
38 Cold War abbr.
39 Toll road
40 Revolutionary War hero
41 Tackles' teammates
44 Regret
45 Bullring bravo
46 Actress
47 Scepter
- DOWN**
- 1 Crone
2 Blunder
3 Meadow
4 Saute
5 Sit for a snapshot
6 Leer at
7 Historic time
8 Tennessee

MAGIC MAZE ● **ONE-WORD NAMES: MEN**

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

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

Akihito	Geronimo	Prince	Topol
Bono	Hirohito	Sting	Voltaire
Christo	Nenê	Suharto	Yanni
Fabio	Pelé	Sukarno	



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!

Explode
TRUSB

Graft
PICELS

Avoid
WECHES

Divine
IMBUSEL

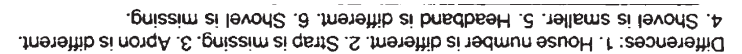
TODAY'S WORD

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

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

BY
HENRY BOLTINOFF



POOL CLEANING



FINANCIAL SERVICES

Edward Jones
MAKING SENSE OF INVESTING

GENERAL CONTRACTOR

239-593-1998 | www.dbrowngc.com

CONSTRUCTION/REMODELING

COOPER
CONSTRUCTION
Custom Homes & Remodeling Specialists
*We can design, build and manage any endeavor
you can dream up.*
239.454.5699
cooperconstruction@embarqmail.com
Kerry Cooper • An Island Business Since 1982 • License # CBC1255742

AUTO REPAIR & TOWING





Florida Strawberry Parfait

2 cups fresh Florida strawberries, rinsed, hulled and sliced
8 ounces low fat cream cheese, whipped
2 tablespoons natural Florida sugar
1/2 cup low fat vanilla yogurt
4 graham crackers, crushed
1 lemon, juiced
4 sprigs fresh mint for garnish
In a medium sized mixing bowl, combine whipped cream cheese, sugar and lemon juice. Fold the yogurt into the cream cheese mixture. In four wide mouth glasses, evenly layer cream cheese mixture, strawberries and crushed graham crackers. Garnish with sprigs of fresh mint. Serve chilled.*



Florida Strawberry Parfait

photo courtesy Fresh From Florida

**PROFESSIONAL
DIRECTORY**

EDEN ENERGY MEDICINE

*Energy Medicine
Introductory 101/102 Workshops Weekend*

February 18 & 19, 2017
Shangri La Springs,
Bonita Springs, FL 34135

COST: \$150 PER COURSE
INCLUDES ORGANIC LUNCH & SNACKS

REGISTER: CALL 239-949-0749, EXT. 3.
EMAIL: ZAWI@SHANGRILASPRINGS.COM

DETAILS AT:
WWW.SHANGRILASPRINGS.COM;
WWW.SEMMELMANENERGY.COM



FISHING CHARTER

Light Tackle Sport Fishing
Tarpon • Snook • Redfish & More
CAPT. MATT MITCHELL



C: (239) 340-8651
www.captmattmitchell.com
email: captmattmitchell@aol.com

CONTRACTOR

**Surfside
Home Improvements
Aluminum & Remodeling**

- Bathrooms • Kitchens
- Lanai Enclosures
- Windows • Screen Rooms • Decks
- Railings • Safety Tubs • Doors
- Add a Room or Garage
- Outdoor Kitchens • Storm Shutters
- and Much More

\$500. OFF WITH AD
cbc1261010
239-936-0836
Family owned, 40 Years Local

VETERINARY SERVICES

**EDISON
Park**
Animal Hospital

2035 McGregor Blvd
Fort Myers, FL 33901
www.edisonparkanimalhospital.com

Dr. Sharon Powell
Phone: (239) 689-3525
Fax: (239) 791-8852
Email: edisonparkpets@gmail.com
"Wir Sprechen Deutsch"

COSMETICS

MARY KAY®
904 Lindgren Blvd.
Sanibel Island, FL 33957
Ph: 239-395-0978 / 317-509-6014
mbutcher@marykay.com
Products: www.marykay.com/mbutcher

**ALWAYS A GIFT WITH
PURCHASE!**

MAGGIE BUTCHER
Career information available
Gift ideas available

Would you like to
advertise your business card
every week?
Call:
239-395-1213

FILM SOCIETY

Film Society of Southwest Florida
For movie lovers who appreciate all aspects of film.

Meeting Location
Community Room - Robb & Stucky

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

President, Di Saggau
239-466-4707

PUZZLE ANSWERS

SUPER CROSSWORD

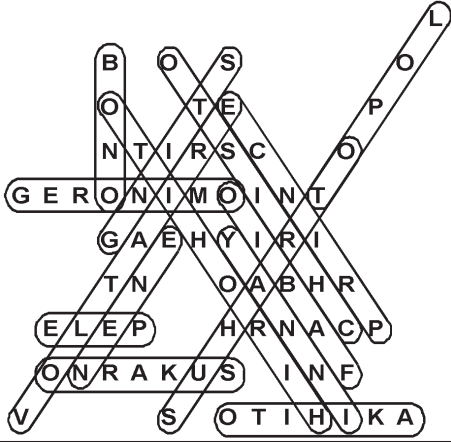
D	I	N	G	B	A	T	S			I	M	B	R	U	E	S			I	T	C	H
I	N	F	E	R	N	A	L			C	A	Y	E	N	N	E			T	H	R	U
S	A	L	T	I	N	G	O	P	E	R	A	T	I	O	N				S	E	E	M
			A	D	E	S	T	E								O	U	T	S		B	O
J	O	E	T	E	X				P	A	R	K	I	N	G		F	I	N	A	L	E
I	N	G				E	M	O		L	A	I	D			H	O	N	E	Y	E	D
H	E	R	A	L	D	O	F	C	A	T	T	L	E			R	E	P	S			
A	N	E	R	A		I	T	O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

KING CROSSWORD

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

MAGIC MAZE

ONE-WORD NAMES: MEN



SUDOKU

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

SCRAMBLERS

solution

1. Burst; 2. Splice; 3. Eschew; 4. Sublime

Today's Word
PLUMBER

TRIVIA TEST

- MOVIES: What animated movie featured "The Siamese Cat Song"?
- TELEVISION: In the 1960s sitcom "Family Affair," what was the name of Buffy's doll?
- GEOGRAPHY: Ardennes Forest in Belgium was the site of what major World War II battle?
- HISTORY: What leading figure in America's Revolutionary War took the pseudonym "Poor Richard" in his earlier writing?
- GENERAL KNOWLEDGE: What is the more common name for the flower whose scientific name is papaver somniferum?
- BUSINESS: How long did the New Coke formula last after it was introduced in 1985?
- LITERATURE: What mystery writer created the character of Kay Scarpetta, medical examiner?
- ASTRONOMY: Where is the Lowell Observatory located?
- FOOD & DRINK: What grated cheese is named for the capital of Italy?
- LANGUAGE: What is a more common name for an apiarist?

TRIVIA ANSWERS

1. "Lady and the Tramp" 2. Mrs. Beasley 3. Battle of the Bulge 4. Benjamin Franklin 5. The opium poppy 6. Less 7. Patricia Cornwell 8. Flagstaff, Ariz. 9. Romano 10. Beekeeper

My Stars ★★★★★

FOR WEEK OF JANUARY 30, 2017

ARIES (March 21 to April 19) The changes you've waited to see in your work situation might not be happening quite as quickly as you'd hoped. Although the pace is slow, it's ongoing. Expect to hear news soon.

TAURUS (April 20 to May 20) You should be feeling very proud of the fine effort you've made to get that important project done. Now take some time out to celebrate with family and friends. You've earned it.

GEMINI (May 21 to June 20) You're close to reaching your objectives. That's the good news. But be careful: Your aspects show lots of potential distractions looming. Stay focused and keep your eyes fixed on your goals.

CANCER (June 21 to July 22) Be careful not to let that suspicious Cancerian mind create a problem where none exists. What you might believe is an act of betrayal could be nothing more than a misunderstanding.

LEO (July 23 to August 22) Your Lion's heart overflows with self-confidence. All you need to do is tap into it, and you'll be able to handle any change that must be made regarding that recent surprise development.

VIRGO (August 23 to September 22) The need to watch what you say becomes increasingly crucial this week. Be as temperate as you can with your comments and avoid arguments for the sake of controversy.

LIBRA (September 23 to October 22) A longtime family problem presents new demands. But this time, you won't have to go it alone: Someone else is asking to help share your responsibilities. Let it happen.

SCORPIO (October 23 to November 21) A period of feeling vulnerable is about to give way to a stronger, more self-confident aspect. Use this new strength to reaffirm promises you've made to others and yourself.

SAGITTARIUS (November 22 to December 21) A creative dilemma stalls your progress. Instead of letting it raise your ire, use the time to re-examine your aims and, perhaps, come up with a new target.

CAPRICORN (December 22 to January 19) Your nimble will finds a way for you to work out those newly emerged problems plaguing your new project. Stay with it. The results will be well worth your efforts.

AQUARIUS (January 20 to February 18) You might feel overwhelmed at having to decide which new opportunity you should follow. Best advice: Check them all out and see which offers what you really want.

PISCES (February 19 to March 20) Continue to tread water before you even consider plunging into something that never seemed quite right. Some facts will soon emerge that can help you make a decision.

BORN THIS WEEK: You're a natural-born peacemaker. You value truth and have little patience with those who lie to you for their own purposes.

THIS WEEK IN HISTORY

- On Feb. 1, 1790, the Supreme Court of the United States meets for the first time, with Chief Justice John Jay of New York presiding. The Constitution granted the Supreme Court ultimate jurisdiction over all laws.
- On Jan. 30, 1835, in the House chamber of the U.S. Capitol, President Andrew Jackson survives the first attempted assassination of a U.S. president. A man fired two pistols at Jackson at close range, but incredibly, both failed to discharge.
- On Feb. 4, 1961, "The Misfits," starring Marilyn Monroe, Clark Gable and Montgomery Clift, is released. The film about four rootless losers trying to survive in the modern-day West was largely ignored until Gable and Monroe both died shortly after its release.
- On Jan. 31, 1971, Apollo 14 is successfully launched from Cape Canaveral, Florida, on a manned mission to the moon. After suffering some initial problems in docking, astronauts Alan B. Shepard Jr. and Edgar D. Mitchell made the third U.S. moon landing on Feb. 5.
- On Feb. 2, 1996, dancer, actor and choreographer Gene Kelly dies at age 83. Kelly graduated with a degree in economics during the Great Depression, but with finance jobs scarce, he got his start by working at a dancing school partly owned by his mother.
- On Feb. 3, 2002, the New England

Patriots stun the heavily favored St. Louis Rams, 20-17, for their first Super Bowl victory. Pats' kicker Adam Vinatieri made the winning 48-yard field goal as the clock expired.

STRANGE BUT TRUE

- If you're like me, you find it hard to resist a good book, and their abundant availability presents a problem: Good books are being published faster than they can be read. This leads to an extensive TBR (to-be-read) list, much of which is stacked on the bedside tables of readers the world over. (The introduction of ebooks has only worsened the problem; now the books stack up with no visual reminder of how many there are.) I don't have a solution, but it may help to know that the Japanese have a word to describe this behavior. "Tsundoku" means "the acquiring of reading materials followed by letting them pile up and subsequently never reading them."
- It was American philosopher George Santayana who made the following sage observation: "Language is like money, without which specific relative values may well exist and be felt, but cannot be reduced to a common denominator."
- Polar bears can grow to be massive, weighing more than 2,000 pounds as adults. However, when they're born, polar bear cubs weigh no more than a pound.
- In January of 1914, the Ford Motor Company doubled workers' wages, to \$5 per day, stating, "We want those who have helped us to produce this great institution and are helping to maintain it to share our prosperity." Describing this unprecedented move, The Wall Street Journal opined "[Ford has] committed economic blunders, if not crimes." Confounding critics' expectations, Ford doubled its profits within two years.
- Religious scholars know that they'll find no mention of peanuts, cashews, pecans or macadamias in the Bible; the only nuts mentioned in that book are almonds and pistachios.

THOUGHT FOR THE DAY

"The walls of books around him, dense with the past, formed a kind of insulation against the present world and its disasters." -- Ross Macdonald

★ ★ ★ 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

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

NEW STUDIO RENTAL

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

COMMERCIAL RENTAL

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

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

GULF PINES HOME

3 bedroom, 2 bath, Fireplace, Garage,
Well appointed, Short path to beach,
Pool, Tennis courts.
March \$6,800. April \$5,600.
239-770-5568
*NS 1/27 CC 2/10

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

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!
Email:
info@baileysbeachcottage.com
Website: baileysbeachcottage.com
*NS 1/27 CC TFN

ANNUAL RENTAL

SANIBEL HOUSE FOR RENT ANNUALLY MARCH 1ST

House for annual rental on beautiful
Sanibel Island. This 3bd rm 2 bath
elevated home has a very lg open
concept lv, dr, area. One bd rm on 1st
floor, 2 on second floor Kitchen has new
stainless steel appliances. House sits on
a lovely landscaped corner lot. Plenty of
parking + 2 car garage and storage under
house. Lg, deck off the living rm. Very
close to the Sanibel school and Recreation
center, and Captiva. Short bike ride to
the beautiful beaches on
West Gulf Dr. shopping and dining.
None smokers, no pets, potential renters
will have to supply references and
pass a credit check.
\$2,850.
Please send your name and number.
Contact Barbara email.
Stonebrook108@aol.com
*NS 1/27 CC 2/10

ANNUAL RENTAL

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 1/27 BM TFN

3/2 SANIBEL POOL HOME

Annual. Granite kitchen.
New A/C W/D Appliances.
Text Realtor 239-271-4894
*NS 1/27 CC TFN

SERVICES OFFERED

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

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

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

MISS MASSAGE 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

SERVICES OFFERED

SCARNATO LAWN SERVICE

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

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.
*NS 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

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

★ ★ ★ CLASSIFIED ★ CLASSIFIED ★ ★ ★

HELP WANTED

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

ASSISTANT-LITE HOUSEKEEPING
Retired couple seeking responsible person to assist in running errands, walk dog, answer phones, and lite housekeeping. Must have valid driver license. M-F, 9-5. \$320/week but negotiable depending on experience.
239-472-5094
*NS 1/27 CC 2/3

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

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

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

HELP WANTED

HOUSEKEEPING INSPECTOR
Needed for Sanibel Vacation Rental Company. 40 hour week, benefits. Saturdays mandatory. Must have reliable transportation. Call David L Schuldenfrei at 472-1613 or fax a resume to 427-7543 or email to DSchuldenfrei@VIPRealty.com
*NS 1/27 CC TFN

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

BOATS - CANOES - KAYAKS

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

2005 PURSUIT 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 1/27 CC TFN

BOATS - CANOES - KAYAKS

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

VEHICLES FOR SALE

2008 SILVER HONDA ACCORD
142,000 miles, Excellent Condition - Have all service records, \$6,000 OBO. Contact LisaSanibel@centurylink.net
*NS 1/27 CC 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

GARAGE • MOVING • YARD SALES

TRASH AND TREASURE CRAFT AND BAKE SALE
Lee Plantation Clubhouse
Pine Ridge Road (off Summerlin)
Old South Way across from Thunderbird Park
Saturday 1/28
8 a.m. - noon
*NS 1/27 CC 1/27

YARD SALE
Mark your calendar
Annual yard sale East end
Sat. Feb. 4.
Early birds welcome
on that day only don't miss it.
*NS 1/27 CC 1/27

HORTOONS



Top 10 Real Estate Sales

Subdivision	City	Year Built	Sq. Footage	Listing Price	Selling Price	Days On Mkt.
Cases	Fort Myers Beach	1940	1,482	\$2,850,000	\$2,850,000	0
Gulf Ridge Sub	Sanibel	1983	4,135	\$2,595,000	\$2,350,000	123
Winklers Subdivision	Fort Myers Beach	1982	1,635	\$2,450,000	\$1,950,000	144
Victoria Cove of Sanibel	Sanibel	1989	3,303	\$1,200,000	\$1,200,000	0
Buttonwood Harbor	North Fort Myers	2005	3,880	\$1,199,000	\$1,100,000	251
Fort Myers	Fort Myers	1955	2,931	\$599,999	\$553,000	117
Little Lake Murex	Sanibel	1987	1,698	\$599,900	\$550,000	195
Cape Coral	Cape Coral	1997	2,097	\$574,900	\$525,000	4
Heritage Palms Estates	Fort Myers	2002	3,143	\$559,000	\$540,000	47
Tahitian Shores	Fort Myers	1988	1,968	\$549,000	\$525,000	44

UNBEATABLE SAVINGS

At Over 40 Outlet Stores

- ZALES THE DIAMOND STORE
- BROOKS BROTHERS
- CHRISTOPHER & BANKS
- BANANA REPUBLIC
- UNDER ARMOUR
- GYMBOREE OUTLET
- BATH & BODY WORKS
- GUESS FACTORY STORE
- POLO RALPH LAUREN
- TOMMY HILFIGER
- GAP FACTORY
- CALVIN KLEIN
- CROCS OUTLET
- OSHKOSH B'GOSH
- LOFT OUTLET
- SWIM MART
- NIKE
- ...AND MANY MORE



FOR A FREE 2017 COUPON BOOK WORTH OVER \$450, VISIT SANIBEL OUTLETS SHOPPER SERVICES NEAR THE CHILDREN'S PLAY AREA .



SANIBEL  OUTLETS

2 miles before Sanibel Causeway • 5 miles from Ft Myers Beach • 20 minutes off I-75
20350 Summerlin Rd. • SanibelOutlets.com • Mon-Sat 9 to 9; Sun 10 to 6 