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FREE Take Me Home

Vol. 16, No. 5

From the Beaches to the River District downtown Fort Myers

FEBRUARY 3, 2017

ArtFest Returns This Weekend

one-of-a-kind art experience awaits you at ArtFest Fort Myers on Saturday, February 4 and Sunday, February 5 with an opening night party on 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 www.artfaircalendar.com, this fine art festival is a true favorite. Stroll the downtown Fort Myers riverfront, where there will be incredible artwork from across the country, hands-on art activities, live music, plus food and drinks.

ArtFest Fort Myers' artists are carefully juried and accepted to exhibit based on their talent, from among over 875 applying artists from across the country and around the world. With more than 200 exhibiting artists, there is plenty of artwork on exhibit and for sale. Jewelry, sculpture, paintings and ceramics are just a sampling of the work you will see all weekend long at ArtFest Fort Myers. You will also have an opportunity to meet the artists.

Artwork prices vary, so everyone can find something that fits their taste and budget. This free-flowing, family-friendly



Jewelry by Kristin DeSantis

photos courtesy ArtFest Fort Myers

celebration connects art and artists with the community.

The Publix Run to the Arts, a fun 5K race, will be held on Sunday morning. The 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. Visit runtothearts.com for more information.

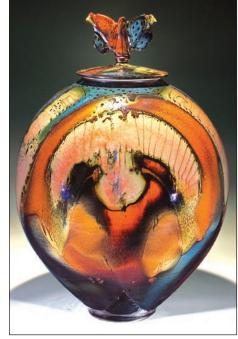
Take time to view the talented high school artists' work at the Art Under 20 Exhibit and Competition and the students' large street paintings in the Chalk Block. The Publix Art Yard and Youth Stage are full of opportunities for children of all ages to create a masterpiece of their own, while seeing a variety of performances. Be sure to visit



Sculpture by Bob Wilfong

the art festival's dining galleries.

Membership in the VIP Experience means reserved weekend parking, admission to the Friday night opening VIP Tent with food and drinks, plus unlimited access to the VIP Experience Tent with breakfast treats, lunch and beverages all weekend long. The elite VIP Experience is \$95 per person and your support contributes to the



Ceramic piece by Timothy Sullivan

year-round art education outreach programs of ArtFest Fort Myers.

For more information, visit www. artfestfortmyers.com or www.facebook. com/artfestfortmyers or Linkedin, #artfestfm.*

Annual Garden Festival At The Estates Next Weekend

n Saturday, February 11 from 9 a.m. to 5 p.m. and Sunday, February 12 from 9 a.m. to 4 p.m., Edison & Ford Winter Estates will hold its annual Edison Garden Festival. Dozens of vendors from all over the state of Florida will have exotic and tropical plants and trees, along with garden art and supplies for sale.

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



Orchids in bloom at the Edison Ford's garden areaphoto courtesy Edison & Ford Winter Estates

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

This family event will have numerous kids' activities, including a petting zoo on February $11\ \text{from}\ 1\ \text{to}\ 4\ \text{p.m.}$ Kids will also be able to make crafts, such as



Luciano DeAndrade conducts a demonstration

photo provided

Another Second Saturday Coming To New Cultural District

ove, art and culture are in the air, especially in the newly formed cultural district of SoCo. The SoCo Second Saturday event began last October and continues to grow, with more cultural venues, new vendors and a redesigned map, which includes all of the night's attractions and the details on how to win a great prize by one of the participating SoCo stops.

On Saturday, February 11 from 5 to 10 p.m., patrons of the arts, collectors, art enthusiasts and all attending guests will have the chance to win tickets to a Broadway

continued on page 6

continued on page 28

Live the Gulf Coast Dream

ESTERO ISLAND YACHT & RACQUET CLUB



Turnkey furnished 2BD condo with great water views over looking the canal. This 2nd floor condo has W/D in the condo, close to Santini Plaza & can be rented weekly. MLS#217003559 \$299,900

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Historic Downtown Fort Myers, Then And Now:

Play Party On Lee

by Gerri Reaves, PhD

n a late Saturday afternoon on January 20, 1912, children and mothers gathered at the home of Isaac E. and Lena Foxworthy on Lee Street to enjoy a "play party." The occasion was in honor of their son's, Lynn E. Foxworthy,

fourth birthday.

All of the birthday boy's playthings, toys and games were placed out on the large porch for the guests to enjoy. Lynn's mother devised a practical plan to ensure that all chil-

dren took part in the fun. Emily Lilly and Margaret Foxworthy, dressed as "candy ladies," presented each child with a piece of

They instructed the recipients to give it to the next "candy lady" in order to receive a prize. Those prizes were actually gifts for the children to take home after the party.

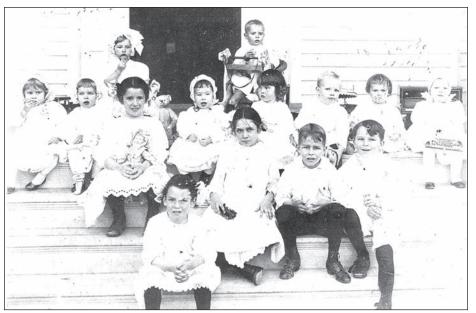
Various goodies such as ice cream were also part of the festivities. Children were served on the porch - perhaps in anticipation of inevitable spills -- and the many mothers who attended were served more formally inside.

Among the children who attended were two of Lynn's first cousins, Eloise and Margaret Foxworthy.

The last names of some of the other children are familiar to students of local history: Franklin Garner; Gilmer Heitman, Jr.; Lorraine Heitman; James E. Hendry III; Anna May and Mabel Hopson; George and Norman Kinzie; James Parker; Wilson and Carolyn Starnes; Paul Stout; Merle (possible a typo for Muriel) Washburn; Ellis Watts; and Adelaine and Wilmuth Yarbrough.

Four-year-old Lynn Foxworthy descended from Fort Myers pioneers. His father, Isaac E. "IE," was one of four brothers who began moving to Fort Myers from Kentucky in the 1890s.

The family had experience in the mercantile business, and they had been postmas-



Children gather on the front porch of the IE and Leng Foxworthy house on Lee Street to celebrate Lynn Foxworthy's fourth birthday in 1912 photo courtesy SWFL Historical Society

Publisher

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Bob Petcher

George Beleslin

Advertising Sales



Today, part of the CenturyLink building stands where the Foxworthy home did more than a century ago, near the intersection with today's Richmond Street photo by Gerri Reaves

ters for several generations. The brothers built on that background as early Fort Myers

IE served as postmaster in Fort Myers.

James E. established a clothing store, Foxworthy & Company on First Street and served as the president of the Bank of Fort Myers. He was also active in the insurance business, as was brother C.M.

Boyd Clifton served as postmaster and was successful in the furniture business, founding Foxworthy Furniture on Main Street.

As the historic photo shows, Lee Street more than a century ago was residential. For example, just next door on the north side lived Mary and Flossie Hill. The mother and daughter respectively, were two of Fort Myers' best known early business-

But that street and the times had changed significantly when, in the mid-1950s, Inter County Telephone and Telegraph, which faced Jackson Street, expanded clean through to Lee Street.

Telecom mergers, construction, and name changes ensued over the decades since, and now the area is occupied by part of the imposing CenturyLink complex.

Walk down to Lee and Richmond and imagine it's 1912 and children are arriving for a delightful play party on a big front porch.

Then, visit the following two research centers to learn more about the many cel-

ebrations of young and old throughout Fort Myers history.

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

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

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

Hours for the all-volunteer 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 www.leecountyblackhistorysociety.org.

Sources: Archives of the Southwest Florida Historical Society.

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Celebrate Edison's 170th Birthday



Thomas Edison holding his birthday cake

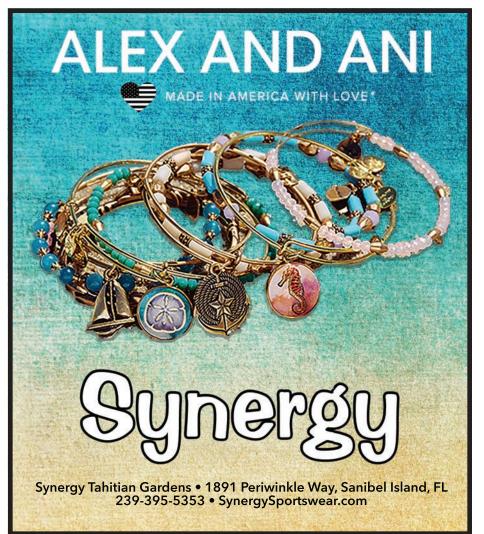
photos courtesy Edison and Ford Winter Estates

The public is invited to celebrate Thomas Edison's 170th birthday on February 10 and 11, beginning at 10 a.m. each day. Edison Park School Creative and Expressive Arts students will dance and play stringed instruments on February 10. Everyone will sing happy birthday and cake will be served. The party continues on February 11, Edison's actual birthday, with cake and singing.

The party is sponsored by the Edison Pageant of Light, the organization that in

The party is sponsored by the Edison Pageant of Light, the organization that in 1938 began to hold annual events to memorialize Thomas Edison. Annual events include the King and Queen's Ball, Edison's Birthday Party and the Edison Festival of Light Parade Party.

The Edison Park School students' performance has a history that goes back to the time when students entertained Thomas and Mina Edison on his birthday. Today, the school's rich program encourages students to excel in all curricula by integrating the performing and visual arts. More than 10 years ago, teachers from the school reinstated the historic dance program with music and dance of the





Edison Park School students performing for Mina and Thomas Edison during a party

Edison Era as well as contemporary favorites.

The birthday party is a free public event with limited seating. For more information, call 334-7419 or visit www.edisonfordwinterestates.org.

Lab Theater To Present Drama

The Laboratory Theater of Florida will present *Burn This* by Lanford Wilson, just months before its upcoming New York City Broadway revival. Set in the bohemian world of lower New York City, this vivid story exposes the emotional isolation of Anna and Pale, two outcasts who meet in the wake of the accidental death of Robbie. Their determined struggle toward emotional honesty and liberation exemplifies the humor and complexity of all of Wilson's work and confirms his standing as one of America's greatest playwrights.

"Part love story, part comedy, part drama, *Burn This* is exciting for audiences and for actors alike. Full of layers, shadows, and subtext, the play is a feast for theater-goers hungry for a rich night of entertainment," said Lab Theater Artistic Director Annette Trossbach.

Director Anne Dodd noted, "Lanford Wilson is one of our most literate playwrights. His works are dense with the glory of vocabulary. He is

particularly adept at the creation of the lonely and the displaced. This is a play about passion and loss and the capability we all possess to truly come alive when we are set on fire by love or creativity."

The show stars Paul Graffy (The Best Man, Stage Kiss), Annette Trossbach (Stage Kiss, My Brilliant Divorce), Rob Green (The Graduate, Death of a Salesman) and Brandon Somers, who is making his Lab Theater debut.

Burn This opens on February 3 with an opening night reception at 7:15 p.m. Performances are on February 3, 4, 9, 10, 11, 16, 17, 18, 23, 24 and 25 at 8 p.m. and on February 12, 19 and 25 at 2 p.m. Tickets are available online at www.laboratorytheaterflorida.com or by calling 218-0481. The Laboratory Theater of Florida is located in the Historic Kiwanis Hall at 1634 Woodford Avenue in Fort Myers.

Tickets are \$21 for adults and \$10 for students online, in advance, or \$25 for adults and \$12 for students at the door. The theater also offers senior and military discount tickets for Thursday performances, \$18.50 online in advance.





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WATERFRONT HOME

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New Cultural District



Ellen Bianchi at Yoga Bird during SoCo

Palm Dinner Theatre play by visiting the SoCo cultural venues and collecting a golden ticket at each location. The winner will be announced one week after the event.

This month's participating SoCo cultural venues are:

- Alliance for the Arts
- DAAS CO-OP Art Gallery & Gifts
- Gittleman Studios
- Ocasiocasa
- The Union Artist Studios and Crafted





Vendor arts and crafts table display

- Catch 22
- Vamped Up Vintage
- Yoga Bird
- Living Vine CaféA Swedish Affair
- Broadway Palm Dinner Theatre
- Suzanne's Dance Fitness
- Studio Os Urbanos

More than 10 vendors, located at various locations of the Royal Palm Square, will be offering their handmade, fine crafts. There will be live musicians at the Art Loft in the Alliance for the Arts campus and at various locations of the Royal Palm

This is a monthly event, rain or shine. The SoCo Cultural District location encompasses the block south of Colonial Boulevard, from the corner of McGregor Boulevard to Summerlin Road, to Royal Palm Square Boulevard and back to McGregor. More information about the event and vendor opportunity information

Storyteller Returns To The Alliance



Bil Lepp photo courtesy Alliance for the Arts

toryteller Bil Lepp will present a program entitled Fortune Cookies on Saturday, February 11 at 2 p.m. and 7 p.m. at the Alliance for the Arts, located 10091 McGregor

Boulevard in Fort Myers. Tickets are \$10 for Alliance members or \$15 for nonmembers. Lepp's matinee and evening performances will be full of outrageous, humorous tall-tales and witty stories for listeners of all ages and from all walks of

Lepp is a nationally renowned storyteller and five time champion of the West Virginia Liars' Contest. "Lepp is a side-splittingly funny man," writes The Smithsonian Center for Folk Life.

An exclusive workshop, The Lego Method of Tale Telling with Bil Lepp, will take place on Friday, February 10 from 7 to 9 p.m. The Lego Method of Tale Telling will reveal Bil's personal process of combining several stories or snippets of varying length, and often diverse subject matter, into one relatively coherent, interlocking piece. This allows the teller to tell several short stories within the body of a larger tale without all the stops and starts. And, just as with Lego, the teller ends up with a solid structure that is built with pieces of different shapes, sizes and colors. The cost to attend the workshop is \$15 for Alliance members or \$20 for non-members.

Both of these events are sponsored by Briers CPA.

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



Interior of the Sidney & Berne Davis Art Center

photo courtesy SBDAC

2D And 3D Artwork Sought For Juried Exhibition Positive/Negative

The Sidney & Berne Davis Art Center (SBDAC) is seeking submissions of 2D and 3D art for its 2017 juried exhibition. The 8th annual juried art exhibition is asking artists to explore +/- (Positive/Negative). All entries must be received via an online submissions form by Monday, May 8 at 5 p.m. The Positive/Negative opening reception will be held on June 2 during downtown Fort Myers River District Art Walk. The Sidney & Berne Davis Art Center is located at 2301 First Street in the historic downtown Fort Myers River District.

Positive can refer to themes like good, light, occupied space, etc. In sharp contrast, negative can refer to themes like bad, dark, empty space, etc. The show's purpose is to exhibit how positive and negative forces cannot exist without one another, and how they can coexist. Pieces should explore the tensions and contrast between positive and negative, both formally and thematically. Art can include opposite or opposing attitudes, symbols, energies, tricks of perception, etc.

Positive/Negative June Juried Exhibition Entry Guidelines

Pieces submitted to the exhibition should fit the call to artists Positive/Negative theme. Artists must submit statements explaining how their pieces fit the theme. There are no specific guidelines for artwork dimensions and proportions, but the curator encourages innovative and unique installations.

Artists may submit up to two pieces for consideration. All entries must be digital files uploaded via the June Juried Exhibition submission form. Image files cannot exceed 1MB. The file format must be JPEG.

Each piece of artwork must include the following information: Title of Work, Artist Name, Medium, Dimensions, Weight, Sales Price and Artist Statement (250 words or less). The entry fee is \$30 for up to two pieces of artwork. For complete guidelines and submission form, visit www.sbdac.com/2017-call-to-artists/.

The Overall Best of Show prize is \$500, the People's Choice prize is \$250 and the SBDAC's Pick prize is \$250. Winners will be announced during Art Walk on June 2, which will take place from 6 to 10 p.m.

Art & Poetry Networking Event

ulf Coast Leisure's Art & Poetry
Networking Events showcase
the best art, music and poetry
Southwest Florida has to offer. Artwork
of every media type is represented, like
music, spoken word, poetry, and crafts.
Network with like-minded people and
expand the Southwest Florida artistic
community.

Join Gulf Coast Leisure for the Art & Poetry Networking Events every third Friday of the month. The next Art & Poetry Networking Event will take place on Friday, February 17 at 8 p.m. The Sidney & Berne Davis Art Center is located at 2301 First Street in the historic downtown Fort Myers River District.

Gulf Coast Leisure (GCL) was founded in 2012 by longtime friends Marco Cruz and Brian Franklin, Jr. GCL is dedicated to exploring any and every avenue of entertainment and event planning to build culture in Southwest Florida. They're passionate about serving the community and creating a positive environment that can build relationships and lay the foundation for a more unified community.

In 2016, GCL has expanded their team to provide professional and quality experiences for their event attendees. GCL currently hosts two events a month in the River District Area of Downtown Fort Myers. The events are cultured and fresh, offering a unique experience each and every time.

General admission tickets are \$10 each. Visit www.sbdac.com for more information and to purchase tickets.

Music In The Moonlight Big Band Dance Party At The Estates

Edison & Ford Winter Estates will host its inaugural big band dance party, Music in the Moonlight, on February 10 at 6 p.m. in the newly completed river pavilion.

Memory Makers Big Band, a local big band tribute ensemble, will play popular hits from the 1930s and 1940s.

The pavilion offers a beautiful river view and a chance to see a spectacular sunset.

Senior Horticulturist Debbie Hughes will also lead guests through the awardwinning Moonlight Garden for a moonlight tour of the garden and reflecting pool. Many of the garden's flowers are white and reflect the moonlight.



The reflecting pool

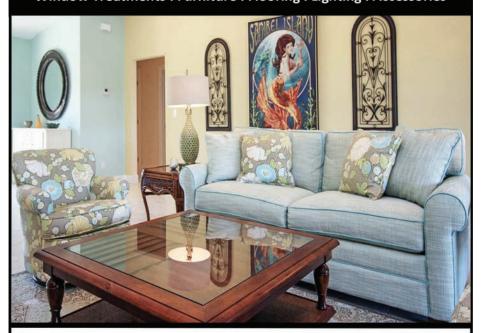
photos courtesy Edison and Ford Winter Estates

Event tickets are \$10 for members and \$15 for nonmembers. A cash bar will be

For more information or for reservations, contact Leeanne Criswell at LCriswell@edisonfordwinterestates.org or call 334-7419.**

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Fort Myers Art:

Gender Gap Still Troubling On Book Release First Anniversary



by Tom Hall

ocal authors
Robin Tuthill
and Tom Hall
are celebrating the
first anniversary of
Editorial Rx Press'
release of Female
Pioneers of Fort
Myers: Women
Who Made a
Difference in the

City's Development in December of 2015. "It's remarkable to write a book, never mind get it published, and we are deeply grateful to everyone who's purchased and read the book," stated the authors. "But it's never been about us. We are just the conduit through which the remarkable women who settled, saved and turned Fort Myers into a thriving arts, cultural and tourist destination are finally being recognized."

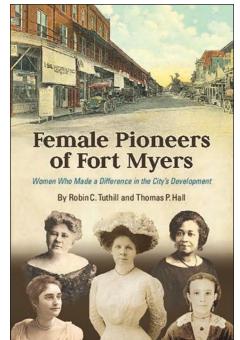
The book came in response to a report released by the Women's Media Center in 2014. The WMC is a progressive, non-partisan, non-profit organization that Gloria Steinem, Robin Morgan and Jane Fonda founded and organized in 2005 to raise the visibility, viability and decision-making power

of women in media and ensure that women's stories get told and women's voices get heard. The 49 studies on which the Status of Women in the U.S. Media 2014 report was based provide a sobering snapshot of women in newsrooms and media platforms as diverse as news, literature, broadcast, film, television, radio, online, tech, gaming and social media.

"Inequality defines our media," said Julie Burton, president of the Women's Media Center, summarizing the report's findings. "Our research shows that women, who are more than half of the population, write only a third of the stories. Media tells us our roles in society – it tells us who we are and what we can be. This new report tells us who matters and what is important to media – and it is not women."

Right here in Fort Myers, women's contributions to the town's settlement and early development were similarly marginalized or completely ignored.
Dating back to 1948 and beyond, the official version of how Fort Myers was settled and converted between 1873 and the 1930s from a rough-and-tumble frontier cattle town into a tourist destination that featured world-class hotels, bountiful fishing and unparalleled weather had always centered on the flamboyant and irascible men who built our town - like Cow King and Civil War captain Francis Asbury Hendry, fellow cattleman "Wild Bill" Towles, battling bankers/developers Harvie Heitman and Walter Langford, and hardware magnate and hotelier W.P. Franklin.

While the women of that era also





Front and back cover of Female Pioneers of Fort Myers by Robin Tuthill and Tom Hall

photos courtesy www.artswfl

played pivotal parts in the town's early development, their roles, if mentioned at all, were generally relegated to footnotes or parentheticals in the exploits of their

male counterparts.

In Female Pioneers, the previously untold and all but forgotten tales of the women who saved Fort Myers from abandonment and influenced the town's buildings, topography, culture and amenities from 1866 through the mid-1900s are related in a clear, easy-to-read conversational style, supplemented by rare historical photographs and artwork rendered by three local artists. But Female Pioneers of Fort Myers does more than just give a fuller and more balanced version of our local history. It also provides inspirational stories at a time when girls and boys, young women and men of all ages are desperately searching for positive female role models. And what better role models are there for our local youth than the women from our collective past who were actually responsible for settling, saving and building our town?

But on the book's first anniversary, a new study reminds us all of the disparity between men and women when it comes to business opportunities and equal pay. Statistics from the Institute for Women's Policy Research shows women trailing men in business ownership by a 2:1 margin, and significant numbers of women living below the poverty line right here in Southwest Florida.

of Lee County businesses are owned by women, and the percentages are even lower in Collier and Charlotte counties. So changing perceptions and expectations of what women are

For example, only 34.4 percent

capable of and who and what they can be remains a priority. Female Pioneers reminds us that but for our early female pioneers, there would not be a Fort

Myers as we know it today.

Southwest Florida author, essayist and Florida News-Press writer Amy Bennett Williams wrote the book's forward. Mayor Randy Henderson, author and The River Weekly News local history columnist Gerri Reaves, Edison Ford CEO and

President Chris Pendleton and Edison Ford Chief Curator Mike Cosden, *Dared To Dream* author Doris Weatherford and former Mound House director and local archaeologist/anthropologist/historian Theresa Schober all provided "back cover" endorsements for the book.

If you haven't procured and read a copy of the book yet, they are available for purchase online at Editorial Rx Press and on Amazon, as well as in the gift shops at the Edison Ford Winter Estates and its Bell Tower location. A portion of the proceeds from the sale of each book is being donated to PACE Center for Girls.

Tuthill and Hall will be giving presentations and appearing at book signings throughout Southwest Florida in 2017. Here's what they have scheduled so far:

• Friday, February 10: Lakes Regional Library on Gladiolus and Bass in Fort Myers (15290 Bass Road), where Tuthill and Hall will give a presentation and sign books for the Friends of Lakes Regional Library beginning at 1 p.m. following the Friends of the Library monthly meeting from 11:30 a.m. to noon and box lunch from noon to 1 p.m. This program is free and open to the public. The Friends of the Library's full author schedule is posted at www.friendsoflakeslibrary.org. For more information, contact Cindy Ahrens at cindyahrens@netzero.net.

• Saturday, February 18: Tuthill and Hallwill be participating in the Annette's Beach Book Nook parking lot sale. Annette's Beach Book Nook is located within Santini Marina Plaza on Fort Myers Beach.

• Tuesday, March 14: Breckenridge, residential community in Estero, 1 p.m. Power Point presentation by Tuthill and Hall. For more information, contact Colleen Brady at 618-581-6732 or chawkinsbrady@gmail.com.

Tom Hall is both an amateur artist

and aspiring novelist who writes art quest thrillers. He is in the final stages of completing his debut novel titled Art Detective. A former tax attorney, he lives in Estero with his fiancé and their four cats.





welcomes

Lee Golden, Senior VP and Director of Retail Operations Kristin Dilorio, VP and Office Manager (Downtown Fort Myers) and Beth Countryman, VP of Treasury Management









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Kristin Dilorio

Beth Countryman

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

www.SanCapBank.com



Along The River

The River District Alliance will host the monthly art event called Art Walk in downtown Fort Myers this Friday, February 3 from 6 to 10 p.m. and Saturday from 11 a.m. to 4 p.m. The free, self-guided evening tour of visual arts gallery openings takes place each first Friday of each month on a rain or shine basis.

Fourteen galleries invite visitors and residents to meet the artists and enjoy live art demonstrations and live entertainment throughout the river district.

For more information, visit www. fortmyersriverdistrictalliance.com.

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 at the Davis Art Center concurrently with the annual ArtFest Fort Myers at 6 p.m. this Friday, February 3.

The show will feature 188 juryselected 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 age 60 to mid-90s. Represented media includes acrylic, watercolor, oil, pastels, pencil, charcoal, clay, fabric, stone, metal, shells, wood, mixed media and photography.

Works were carefully selected by a panel of four independent jurors, who judged submissions according to artistic



Classic cars and vinatge vehicles on display at the Edison Ford

merit, creativity and overall excellence.

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, visit www. shellpoint.org/agelesscreativity.

ArtFest Fort Myers returns this Saturday and Sunday, February 4 and 5, with an Opening Night party planned for Friday, February 3.

photo courtesy Edison & Ford Winter Estates Attendees experience the **downtown**

Fort Myers riverfront, hands-on art activities, live music and savory bites while perusing incredible artwork from across the country.

More than 200 artists will 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.

Take time to view talented high school artists' work at the Art Under 20 exhibit and competition, and check out the student-created large street paintings in the Chalk Block.

For more information, visit www. ArtFestFortMyers.com

Take a nature walk with a bird patrol guide at Lakes Regional Park this 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 and turn right. Drive to the end of the road and 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.

This 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

In addition to the car exhibition, living history characters, Henry and Clara Ford will lead informal tours

throughout the event.

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 nonmembers. 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.

Fort Myers Police Foundation will host the Men & Women in Blue of the Year appreciation dinner this 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.

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 lifesaving equipment for the FMPD.

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

Publix Run To The Arts is a 5K race in the Fort Myers downtown Fort Myers this Sunday, February 5.

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

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

For more information, visit RunToTheArts.com.

The Sidney & Berne Davis Art Center will host a night of orchestral music with choral accompaniment this Wednesday, February 8.

Guest conductor Dr. Trent Brown and the Florida Gulf Coast University Chamber Chorus will perform for an intimate audience as part of Southwest Florida Symphony's Small Stage Symphonies.

The evening's program includes J.S. Bach's Brandenburg Concerto No. 2, F major; Mendelssohn's Heilig and Richte mich Gott; Bach's Jesu, meine Freude; Vivaldi's Symphony in G Minor and Gloria. Experience the reverie of classical music like never before. The Davis Art Center is located at 2301 First Street in the historic downtown Fort Myers River District.

Visit www.swflso.org/concerts/ smallstage-symphonies/ and www. swflso.org/ for more information.☼



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



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

FORT MYERS FARE

DOC FORD'S **RUM BAR & GRILLE**

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

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

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

ICHIBAN

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

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

ISLAND COW

Where can you go when you're in the "moooood" 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.



Doc Fords waterfront dining enetertainment

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

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

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 familyfriendly 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: Bouilabaisse, 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.

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

17501 Harbour Pointe Drive, 466-5377.





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. 226-09**. 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

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

CHURCH OF THE CROSS
135** Freshman Lance 760 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, 334-893

Reverned Dr. Jeffrey DeYoe, Senior Pastor Reverend David Dietzel, Pastor Emeritus. Traditional Sunday service 10 a.m. Nursery

CYPRESS LAKE BAPTIST CHURCH

84** 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 guidt study and information. 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

FORT MYERS CONGREGATIONAL UNITED CHURCH OF CHRIST;

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

Friendship Time follows worship. IONA-HOPE EPISCOPAL CONGREGATION

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

services. JESUS THE WORKER CATHOLIC CHURCH

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

KINGDOM LIFE CHURCH

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

A few federated Lutheran (ELCA) and Episcopal Congregation. 19691 Cypress View Drive, Fort Myers. 267-3525. www. lambofgodchurch.net. Reverend Dr. James Reho. Sunday 7:45 and 10 a.m. Sunday's Cool for Children 10 a.m.

NEW BEGINNINGS CENTER

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

See Clearly. Meeting monthly at 9 a.m. at the Elks Lodge. 19** 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. 267-74** Pastors, Gail and RC Fleeman. Adult Discussion Classes 8:45 a.m. Countdown to Worship 10:10 a.m. Amazing Grace Worship:10:30 a.m. www.peacecommunitychurch.com.

PEACE LUTHERAN CHURCH

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

REDEEMER LUTHERAN CHURCH

3950 Winkler Ext., Fort Myers, 274-0143 8:15 and 10:15 a.m. Sunday Services Daily early learning center/day care.
RIVER OF LIFE ASSEMBLY OF GOD 21580 River Ranch Road, Estero. 495-04** 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 relaxe 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-**12. 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

SAINT NICHOLAS MONASTERY

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

ST. VINCENT DE PAUL **CATHOLIC COMMUNITY**

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

a.m. Šunday. SOUTHWEST BAPTIST CHURCH

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

16225 Winkler Road Fort Myers. 433-**18, www.templebethel.com. Religious School Director Dale Cohen, Learning Tree Director Jesyca Virnig, Office Manager Karen Kagan. Union For Reform Judaism Shabbat Šervice Friday 7:30 p.m., Torah Study Saturday 9 a.m. Religious School Wednesday 5:30 p.m. and Sunday 9:30 a.m. Learning Tree Monday through Friday.

TEMPLE JUDEA (CONSERVATIVE)

14486 A&W Bulb Road, Fort Myers, 4330201, Rabbi: Rabbi Marc Sack Minyan:
Monday at 9 a.m. Road Monday Beaday Sunday mornings and Wednesday evenings. Services Friday 6:30 p.m. and

Saturday 9 a.m. www.tjswfl.org. THE NÉW CHURCH

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

CHURCH FORT MYERS

13411 Shire Lane (off Daniels Parkway one mile west of I-75). Minister The Reverend Allison Farnum. Sunday services and religious education at 10:30 a.m. 561-27**. www.uucfm.org.
UNITY OF BONITA SPRINGS

28285 Imperial Street, Bonita Springs. 947-31**. 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. 以

Enrichment

New Opportunities at Shell Point

The public is invited and many of these events are FREE!

Shell Point's Life Enrichment Series offers the opportunity to discover new things about yourself and the world you live in. Concerts, presentations, lectures, shows, special events, and more!

explore imagine create laugh



Series

from 9am-5pm. Genius can find new expression with age. This art exhibition features 188 works of art produced during the retirement years of the 49 Shell Point resident artists, who range

in age from the early 60s to mid-90s. Admission is free, including opening night. For information, visit www.shellpoint. org/agelesscreativity.



Learn more about Shell Point

Learn about Shell Point's signature Lifestyle with Lifecare, followed by



a narrated bus tour that showcases the community's resort-style retirement options and amenities. These presentations will also share information about the upcoming expansion in The Estuary neighborhood, which offers single-family signature homes and twin villas. Admission is free. Call (239) 228-4080 to reserve your place.



Feb 13 Medical Breakthroughs & Discoveries Series: Genomics & Precision Medicine: One Size **Healthcare Does Not Fit All**



at 2:15pm. Precision FREE medicine seeks to incorporate the latest in molecular technology into healthcare, moving away from a "one size fits all" approach. Dr. Alexander Parker of the Mayo Clinic will share examples of how these technologies are

being used in clinics and hospitals today, and an overview of its future potential. Light refreshments. Admission is free. Call (239) 433-7936 to reserve your place.

*If you are unable to attend a class that includes a fee, kindly give 24 hours notice to receive a refund.

eh 16 River City Brass at



7:30pm. This group's signature style includes featured concert performances by superb soloists and a powerful repertoire from classical to pops, and from jazz to marches.

Tickets are \$35. Visit www.shellpoint.org/concerts, or call (239) 454-2067.

The Barbary Coast

Dixieland Band

at 7:30pm. Together since 1967, the Band returns to the Shell Point stage for a final Florida performance.



These versatile musicians, who occasionally swap instruments on stage without missing a note, will have you tapping your feet to Dixieland tunes. Tickets are \$15. Visit www.shellpoint.org/concerts

or call (239) 454-2067.



Feb 28 Istanbul, the Straits of the Bosporus and the Dardanelles

from 10am to 11:30am, Istanbul sits at the southern end of the Bosporus and has controlled the entrance into the Straits for over 2,500 years, limiting Russia's access to the sea. History enthusiast and Shell Point resident Seth Mendell will transport the audience to Istanbul, through the waterways separating Europe from Asia, and down the Turkish Aegean coast to the ancient city ruins of Troy and

Ephesus. Advance sign-up by calling (239) 489-8472.*

of Lifelong Learning



Visit www.shellpoint.org/events for full listings of this month's events!

Shell Point is located in Fort Myers, 2 miles before the Sanibel Causeway.

2017 Author Lecture Series

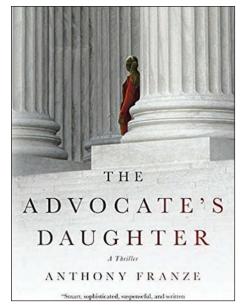


Anthony Franze

photos courtesy SBDAC

hriller readers will get goosebumps during February's Famous Author Lecture with Anthony Franze. This critically acclaimed author has penned several thriller novels, including The Advocate's Daughter.

On Monday, February 13 from noon to 2 p.m., event goers will have an opportunity to experience a lunch and lecture with Anthony Franze at the Sidney & Berne Davis Art Center. Guests enjoy a lecture from the author with a



question-and-answer portion that offers insights on the author and the stories he writes. A book signing opportunity will also be available.

Franze is a lawyer in the Appellate and Supreme Court practice of a prominent Washington, DC law firm, and a novelist with St. Martin's Press. The New York Times, Washington Post, Chicago Tribune, and other news outlets have quoted or cited him concerning the Supreme Court. He has been a commentator on highcourt issues for The New Republic, Bloomberg, The National Law Journal, and Supreme Court Insider. His latest novel, The Advocate's Daughter, was named "best legal thriller of the year"

on influential critic Stacy Alesi's annual best books list, and received significant praise. His next novel, The Outsider, comes out on March 21.

Tickets to Franze's lecture are \$35 each for general admission or \$350 for a table of eight. Visit www.sbdac.com for more information or to purchase

Remaining 2017 Author Lecture dates include Hallie Ehpron on Monday, March 20 and Katherine Neville on

Monday, April 17. The Sidney & Berne Davis Art Center is located at 2301 First Street in the historic downtown Fort Myers River District.☼

Symphony And Chamber Chorus

n Wednesday, February 8, the Sidney & Berne Davis Art Center (SBDAC) will host a night of orchestral music with choral accompaniment. Guest conductor Dr. Trent Brown and the Florida Gulf Coast University Chamber Chorus perform for an intimate audience as part of Southwest Florida Symphony's Small Stage Symphonies.

The evening's program includes JS Bach's Brandenburg Concerto No. 2, F major; Mendelssohn's Heilig and Richte mich Gott; Bach's Jesu, meine Freude; Vivaldi's Symphony in G Minor and Gloria. Experience the reverie of classical music like never before. SBDAC is located at 2301 First Street in the historic downtown Fort Myers River District.

Visit www.swflso.org/concerts/smallstage-symphonies/ and www.swflso.org/ for more information.



Trent Brown

photo courtesy SBDAC

Burroughs Home Reaches 100 Weddings

he Uncommon Friends Foundation announced that the Gale McBride Pavilion at the historic Burroughs Home & Gardens has reached the major milestone of hosting its 100th event. The 4,000-square-foot riverfront venue was completed in March 2015 and was entirely paid for by privately donated funds raised by the Uncommon Friends Foundation. The pavilion sits nestled amid a lush, canopy of mature oak trees with expansive

Home and Gardens. "As a bride, it was so nice to have flexible options to create the atmosphere that I wanted without more perfect wedding at a more perfect location.'

The pavilion continues to host events Friends Foundation.

"Having my wedding at the Burroughs home was amazing," said Becca Henry, a bride recently married at the Burroughs limitation. I couldn't have asked for a

for people seeking the beauty that can come with an outdoor event and, at the same time, provide protection from the unpredictable Florida weather. The historic Burroughs Home & Gardens is located at 2505 First Avenue in downtown Fort Myers and features a 6,000-square-foot 1901 Georgian Colonial Revival architecture mansion that is recognized by the National Historic Registry. The property is owned by the City of Fort Myers and operated by the Uncommon

The Gale McBride Pavilion is another example of a public/private partnership that so many local nonprofits enjoy. Major donors such as Edison National Bank,



photo courtesy Rebecca and Ryan Burroughs Home and Gardens

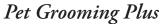
Gates Construction, Johnson Engineering, the Berne Davis Trust, former Board Chair Gray and Lucy Davis, and the Gale McBride Foundation generously supported the pavilion construction project and gifted it to the City of Fort Myers and its citizens. Gates Construction, Johnson Engineering and Schenkel & Shultz Architecture completed the pavilion construction in March 2015.

For more information on weddings and events at the Burroughs Home & Gardens, visit http://burroughshome.com, call 337-0706 or email events@ burroughshome.com. To schedule guided historical tours, call 337-9505 or email tera@burroughshome.com. The property is available to the public by reservation. All rental revenues go toward maintenance and management of the Burroughs Home & Gardens.☆









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CROW Case Of The Week:

Sandhill Crane



by Bob Petcher

sandhill crane (Grus canadensis) is a species of crane that often gets mistaken for the great blue heron. But the tall, gray-bodied crane actually has quite different features

from the black-and-white headed wading bird. The sandhill crane sports a reddish cap on its head with contrasting white cheeks, while the heron's head is paler with a whitish face and a pair of black plumes extending from just above its eye to the back of its head.

Other than color, the heron has a larger, sharper-pointed bill than the crane and a black-bordered stripe down the center of the neck. The crane is bulkier and has a more distinctive cry, a somewhat loud, trumpeting call. Unlike herons, sandhill cranes do not hunt in open water or hunch their necks.

Socially, the sandhill crane flies in larger groups than the heron. In fact, when the sandhill crane migrates south for the winter, it does so in great numbers. While the heron groups with generally less than 10 fellow fliers, the crane can form flocks of more than 10,000.

The sandhill crane is known to be

the most common of all cranes in the world. Reports say the Florida sandhill crane is far less common, though. Only approximately 5,000 remain.

This species of crane breed in open wetlands, fields and prairies across the continent. Mates interact with exuberant dances. While those dances may appear awkward, they are more graceful in the air. Large wingspans – averaging 5 feet to more than 7 feet in length – make them very skilled soaring birds.

At CROW, an adult sandhill crane arrived on January 24 from Heron's Glen Golf & Club in North Fort Myers after it was seen limping on the golf course. X-rays showed a shattered right leg and three gun pellets embedded in its upper torso. One was found in the thorax and two were noticed in the right chest. The crane also had mild abrasions on the right

A splint was placed on the right leg for the next seven days. Even with such injuries, the 8.6-pound crane was reportedly bright and alert, eating well and placing some weight on the right leg when standing.
CROW DVM intern Dr. Spencer

Kehoe said there was no immediate danger to the crane's health.

"The only concern was the shattered right leg," he said. "We are not sure how long the bird had the shattered leg, so it might have been difficult to hunt for food.

Dr. Kehoe stated the pellets would not be removed since the objects "did not pose a threat" to the patient's overall



Patient # 17-151 suffered a shattered right leg among other injuries photo by Kenny Howell recovery.

"Trying to remove them would be more of a risk and could cause permanent damage," he added.

Overall, the sandhill crane will need

approximately five weeks to heal before it can be evaluated for release.

'The next few weeks will determine how soon the crane will be released," said Dr. Kehoe. "Like people, all animals heal at a different rate, but the crane is doing well. We expect it to have a successful

CRÓW (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.☆



Another Weekend Cold Front



by Capt. Matt Mitchell

he regularity of passing cold fronts has become a little bit more frequent as we move into February. During the last two weekends in a row, temperatures have dropped after we enjoyed another full

week of above normal temperatures. So far though this winter, any cold conditions have been very brief and only brought a couple of cold mornings before quickly rebounding. Not having to deal with any prolonged cold and generally light winds has made being on the water this winter a real pleasure and has made for the best winter catch-and-release snook bite in recent memory. February temperatures usually average a little bit warmer than January and, if this holds true, our fishing will only continue to be outstanding.

Any time over the past few months that the wind has blown out of the south, the catch-and-release snook bite has been going off along with more quality redfish showing up too. The winter minus low tides we are currently experiencing are some of my favorite tides to fish all year long. These super-low water conditions cause the fish to stack up in deep holes and creeks. Once you locate these deeper areas you can return time and time again; often it feels almost unfair, basically like catching fish in a barrel. This proved very true this week while fishing deep in the sheltered mangrove creek systems of Pine Island Sound.

The diversity of wildlife seen during these minus low tide periods while back in these mangrove estuaries can be amazing. The variety of wading birds along with feeding ospreys and white pelicans really adds to the whole experience of a fishing trip. Throw in a few feeding dolphins tossing mullet high in the air and then an occasional manatee. Simply watching these animals in their natural environment is better than a visit to any zoo.

During the lowest part of the tide, many of the snook and redfish we are catching are right in the middle of these tiny river-like channels as almost everything else dries up. In many of these sheltered bays between the creeks, trout fishing can be nonstop. Popping cork rigs with a live shrimp or shrimp-like soft plastic jigs slow bounced across the bottom catch mostly trout, although we did catch a few



Bill Farmer with a 26-inch redfish caught while mangrove creek fishing with Capt. Matt Mitchell this week

pompano too. Target the natural deeper edges and channels right up against the exposed grass flats for the best action.

The many mangrove creek systems in the sound offer anglers lots of options including fishing the deeper mangrove creek mouths and entrances on the lowest part of the tide. Many of these creek mouths have a hard edge, which drops from just a few inches of water to much deeper water within just a few feet. Finding the right creek mouth where the wind and tide are moving in the same direction has been the key to success here. Many of these creek mouths that have strong tide movement have produced a great mixed bag of fish including snook, trout, redfish

grouper, jacks and mangrove snapper.

Every mangrove creek system in the sound offers its own little ecosystem, and learning how a system works and where the fish stack up on different stages of the tide only comes with time spent on the water. Spend your time in one small area and learn how it works then you can take that knowledge with you to the next creek system.

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.

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Guest Opinion: Florida Should Learn From Flint, Not Copy It

submitted by Rae Ann Wessel, Natural Resource Policy Director, Sanibel-Captiva Conservation Foundation

For 18 months in 2014 and 2015, the children of Flint, Michigan drank water ¶ that was poisoning them – all while the government agencies responsible for their drinking water closed their eyes, pointed fingers and made light their concerns. As Flint's residents complained about the color, taste and odor of their water, their city government issued a news release that insisted, "Flint water is safe to drink."

It was a monumental failure of government, one that exposed the arrogance and defensiveness of the agencies that citizens depended on to protect them.

A similar pattern is emerging here in Florida, where public health has been put at risk by outbreaks of "blue-green algae" in the Caloosahatchee and St Lucie. The algae is more than just unsightly and smelly: it is also harmful to humans and animals.

The algae outbreaks happen when billions of gallons of excess phosphorus and nitrogen-laden water from Lake Okeechobee are discharged into the St. Lucie and Caloosahatchee rivers.

Last year, the algae forced Gov. Rick Scott to declare a State of Emergency for 242 days; but that did not stop the discharges. Families with young children had to abandon their homes along the St. Lucie. Workers at one marina were forced to wear

Considering the magnitude of the environmental and economic disaster – not to mention its public health consequences – and the unwelcome national news it generated, one would expect bold and decisive action from the governor's office.

Instead, Gov. Scott pointed fingers. He blamed the discharges on the federal government. He did so even while ignoring the appeals of elected local leaders, residents and taxpayers, to accelerate the planning of the one project that can reduce damaging lake discharges to the estuaries and provide water for the Everglades and Florida Bay; the Everglades Agricultural Area (EAA) Reservoir. The U.S. Army Corps of Engineers has recognized the critical value of this CERP project and agreed to begin right away, but they need the South Florida Water Management District to participate. They have declined.

Modeling of water movement by the Everglades Foundation demonstrates that the EAA reservoir provides the unique opportunity to reduce high lake levels and estuary discharges by 50 percent while also providing needed water supply for the Everglades and Florida Bay.

In contrast storage north of the lake will provide a benefit during dry seasons as a

water supply for Lake Okeechobee but in wet seasons it can only reduce damaging estuary discharges by 6 percent and provides no water for the Everglades or Florida

For over 20 years, engineering studies and reports of Everglades restoration have been consistent and clear: additional storage throughout the greater Everglades is needed and storage in the EAA is crucial to reducing damaging lake discharges to the estuaries and providing water for the Everglades and Florida Bay. The plans have been evaluated by independent scientists at the National Academy of Sciences and the UF Water Policy Institute.

When the internationally-respected National Academy of Sciences last month warned that Florida needs more water storage than the Central Everglades Restoration Plan (CERP) identified 17 years ago, the district issued a news release that called the National Academy's warnings "irresponsible" and "saturated in self-interest."

Since 1863, the National Academy of Sciences has provided independent, objective information to the nation on matters related to science and technology. Almost 500 members of the academy have won Nobel Prizes and the Academy publishes one of the world's premiere international journals of original research.

Just like the government agencies in Flint, the district – tasked by the Florida legislature with responsibility for managing and protecting our state's water resources seems focused on attacking the messengers.

We need a workable plan now. We need the governor and district to stop blaming and attacking others and engage in civil, constructive discourse to stop the harm. We can have different opinions and disagree but it should never stop the dialogue.

Florida taxpayers and voters have waited long enough: this crisis is too great, the goal of Everglades restoration too critical, for finger-pointing and name-calling.

Instead of mimicking the tactics of their counterparts in Flint, we ask Gov. Scott

and his appointees to start a collaborative dialogue. We can do better. We must do better.₩

Men's Club **Breakfast**

ayside Estates Men's Club hosts its monthly Pancake Breakfast on Sunday. February 12 from 8 to 11 a.m. in the Bayside Recreation Hall. All are invited to attend.

Enjoy all-you-can-eat pancakes, scrambled eggs, sausages, coffee and orange juice for the cost of \$5. For only \$1 more, get a made-to-order omelette.

Bayside Estates is located just off San Carlos Boulevard, south of Pine Ridge Road in Fort Myers. Signs are posted at both entrances.

The next monthly breakfast will be held on Sunday, March 12.\$



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photo by Gerri Reaves

Plant Smart Ornamental Pepper

by Gerri Reaves

ative ornamental pepper's (Capsicum annuum var. glabriusculum) name describes it well, for it is both an ornamental and edible pepper - a fiery, hot one, in fact.

In the wild, this member of the potato, or nightshade, family is found in disturbed areas to coastal hammocks, where it can reach up to 10 feet tall. Typically, though, it grows to about only three feet.

The shiny elongated or conical peppers make it a popular pot plant. Deep green immature fruit ripens to red or orange.

This pepper is perfect for a kitchen garden, and its ornamental appeal recommends it as a mass planting or

It has a rounded form and dense multi-branched foliage. The evergreen ovate leaves are two to four inches long.

The tiny inconspicuous white fivepetaled flowers are borne singly.

Both flowers and fruit appear throughout the year except during extreme cold, for example.

Highly drought-tolerant and tough, it

has a moderate growth rate and prefers full sun but will grow in partial shade.

Although adaptable to various soils, it prefers sandy or limestone habitats. It will grow in nutrient-poor soil, but needs some organic content to survive.

The alternative name bird pepper comes from the fact that birds particularly northern mockingbirds -- do eat and disperse the seeds. Cayenne pepper and bush red pepper are additional names.

In Central America and the Caribbean, the hot fruit – which is rich in vitamins A and C – has a wide variety of culinary uses. The peppers can be used fresh or dried, but avoid touching the eyes or skin after handling them, for irritation might

The nutritious leaves are also edible if cooked.

Propagate this pretty native pepper with seeds or cuttings.

Cultivars of red, purple, yellow, orange and white exist, too.

Sources: A Gardener's Guide to Florida's Native Plants by Rufino Osorio, The Shrubs & Woody Vines of Florida by Gil Nelson, Wild Plants for Survival in South Florida by Julia F. Morton, eattheweeds.com, edis.ifas. ufl.edu, fnps.org, plants.usda.gov, and regionalconservation.org.

Plant Smart explores the diverse flora of South Florida.☆

Guide Dogs Advertise Puppy Bowl

og lovers across the nation are discovering the magic of Southeastern Guide Dogs during the lead up to Animal Planet's Puppy Bowl XIII, which airs on Super Bowl Sunday, February 5 at 3 p.m. Due to the generosity of sponsor Subaru of America, Inc., two Pup Close and Personal commercials are airing now: one showcasing Tampa's Folkman family of puppy raisers with their puppy Suba, and the second highlighting visually impaired veteran Kathy Champion of Gulfport, Florida, and her guide dog, George.

The Folkman family have been Walkathon volunteers, breeder hosts and puppy raisers for Southeastern Guide Dogs They introduced the organization to the Mastro family, owners of Mastro Subaru. That franchise sponsored the Tampa

Walkathon, included Southeastern Guide Dogs in their local Subaru "Share the Love" campaign, sponsored two puppies named Mastro and Legacy, and made the connection to Subaru of America in Orlando. It was that link that led to Subaru of America choosing Southeastern Guide Dogs for their promotional ads for Animal Planet's Puppy Bowl XIII.

"We cannot thank the Folkmans, Mastro Subaru, Subaru of America, Inc. and Animal Planet enough for their unbelievable support and generosity," said Titus Herman, CEO of Southeastern Guide Dogs. "They have created commercials that are not only beautiful and professional, but invaluable in bringing the mission of our nonprofit to the attention of the entire country. Everyone who watches Puppy Bowl XIII will learn about our superhero dogs that transform lives, special volunteers such as the Folkmans that make our services possible, and inspirational graduates like Kathy Champion, who benefit from our services."☆

New Calusa Waterkeeper

he Waterkeeper Alliance Board of Directors has approved the Calusa Waterkeeper organization. John Cassani, the newly appointed Calusa Waterkeeper, will work to protect and preserve waters of the Caloosahatchee region by combining his firsthand knowledge of the waterway with an unwavering commitment to the rights of the community and to the rule of law.

Waterkeeper Alliance is thrilled to have John Cassani to be the eyes, ears, and voice for this vital watershed and community," said Robert F. Kennedy, Jr., president of Waterkeeper Alliance. "Every community deserves to have swimmable, drinkable and fishable water, and John Cassani is a proven leader in the fight for clean water in the region.

The Calusa Waterkeeper will be a full-time advocate for the Caloosahatchee River and its tributaries as well as the estuary system from Charlotte Harbor to Estero Bay, protecting and restoring water quality through community action and

enforcement.

'Calusa Waterkeeper's aim is to provide strong advocacy that will result in an improved quality of life for all citizens whether they rely on it for drinking water or recreation, or whether they simply value the continued well-being of our waterways," Cassani

"John Cassani will have an incredibly important job," added Marc Yaggi, executive director of Waterkeeper Alliance. "Waterkeepers defend their communities against anyone who threatens their right to clean water, from law-breaking polluters to irresponsible government officials. Until our public agencies have the means necessary to protect us from polluters, and the will to enforce the law, there will always be a great need for people like John to fight for our right to clean water.

The Calusa Waterkeeper will work on watershed-related issues from Lake Okeechobee west through the Caloosahatchee River to the coastal estuaries and near shore waters.

Calusa Waterkeeper is a new name for the Caloosahatchee River Citizens Association (aka Riverwatch).



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Winter Juried Art Show Winners



Sue Pink won first place for Le Premier Moulin

photos courtesy Fort Myers Beach Art Association

n January 16, the Winter Juried Show opened in both studios at the Fort Myers Beach Art Association's main gallery. On January 22, Cheryl Fausel gave a gallery talk, which was followed by the reception. Fresh Catch Bistro, the event sponsor, provided refreshments. This exhibit is available for viewing and sale until February 9.

The Lee Ackert Memorial FMBAA Member Award for **Exceptional Color**



Tracy Owen-Cullimore won second place for Café Paris

Cook teams can enter barbecue chicken, ribs, pork, and/or brisket. Competition entry fee is \$50 per category. You must compete in all four categories in order to be eligible for Grand Champion. Only eight cook teams will be allowed to vend their food to patrons. To vend food, there is an additional \$200 fee. Only barbeque cook teams may apply. Cook teams compete for over \$10,000 in cash prizes.

Smoke on the Water is seeking certified Florida BBQ Association smoke and barbeque judges. Judges will be needed for the Friday night dessert competition and the Saturday barbecue competition. Retail vendors are also being sought to sell their items during the two-day event. Vendors will be open for business on April 28 from 6 to 10 p.m. and April 29 from 11 a.m. to

. Visit www.sbdac.com/sowregistration-2017/ for registration, complete details and information.

10 p.m. The retail vending fee is \$200.



Third place went to Cheryl A. Fausel for Flower Reflection in Loschwitz

Use was awarded to Gloria Warren for Lubec View.

First place was awarded to Sue Pink for Le Premier Moulin, second place went went to Tracy Owen-Cullimore for Café Paris and third place went to Cheryl A. Fausel for Flower Reflection in Loschwitz.

Merit awards went to Julie Nusbaum for Traveler, Milly Pereira for Walk to Lighthouse and Terry Shattuck for Walking in the Park.

Honorable mentions went to Michele Barron Buelow for Solitude, Dannica Walker for Redpunzel and Joan Zeoli for Acadia National Park.

If you are interested in learning to paint, several short workshops are being taught at the Fort Myers Beach Art Association this season. Visit www. fortmyersbeachart.com to see all the exciting artistic events happening this season.

For more information, send e-mails to the art association publicity chair Pam Flaherty at fmbaapublicity@gmail.com or stop by the Fort Myers Beach Art Association gallery located at 3030 Shell Mound Boulevard, one mile south of the Matanzas Bridge. The gallery is open daily through mid-April, Monday to Saturday from 10 a.m. to 3 p.m. Visit the website for updates at www.fortmyersbeachart. com or call 463-3909.



Entries Open For Barbecue Competition

he Sidney & Berne Davis Art Center is calling for cook teams, judges and vendors to participate in Smoke on the Water Barbecue Competition & Music Festival. Downtown Fort Myers' river basin will host the 4th annual event on April 28 and 29. This official Florida BBQ Association competition involves professional teams from all across the Southeast vying for the Grand Champion title.

As a sanctioned contest, Smoke on the Water is a qualifier for the Jack Daniels Invitational draw and the FBA's new championship contest, the Sonny's Smokin' Showdown Invitational. The local festival promises an authentic experience of craft barbecue, beer, and bands.

Bar Association Holds Seminar



From left to right, Leo Kremenchuker, Esq. of the Kremenchuker Law Firm; Henry Lee Paul, Esq.; Scott Atwood, Esq.; Chief Judge Michael T. McHugh; Mayor Randall P. Henderson, Jr.; Florida Supreme Court Justice R. Fred Lewis; Belarusian Ambassador Pavel Shidlovsky; Regional Counsel Ita M. Neymotin; Kelly Fayer, Esq.; Michel Doherty

egional Counsel Ita M. Neymotin, former Florida Bar Counsel Henry Lee Paul and the Lee County Bar Association recently hosted an intensive five-hour seminar on Professionalism in Florida Courts featuring Florida Supreme Court Justice R. Fred Lewis as its guest speaker. About 150 attendees, including attorneys, 20 judges, community leaders and even one foreign dignitary were at the December event, which offered a special focus on legal ethics and provided continuing legal education credits to lawyers and continuing judicial credits to members of the bench. This seminar was also attended by Dean Rachel Janutis of Capital University Law School in Columbus, Ohio; Dean Alexander Acosta of Florida International University College of Law; and Dean Kevin Cieply of Ave Maria Law School.

In addition to Neymotin and Paul, presenters included Mayor Randall P. Henderson Jr., Twentieth Judicial Circuit Chief Judge Michael T. McHugh, 2016 Lee County Bar Association President Scott Atwood and past Twentieth Judicial Circuit Peer Review Panel Chair Jason Hunter Korn. Expert speakers also included several of Neymotin's Assistant Regional Counsels, including Homicide Division Chief Byron Hileman, Death Penalty Division Manager Chris Boldt and Karen Meeks of the Death Penalty Division.



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Justice Lewis, who became chair of the Supreme Court's Professionalism Commission in 2013, outlined the history of professionalism development efforts in the Florida courts, described its progression over time and highlighted his role in the process. He concluded that while much meaningful progress has been made to more fully realize the aspirations of the third branch of government and elevate the prestige of the legal profession, there is always more room for improvement. The most powerful approach, he said, starts with examining the underlying causes of unprofessional behavior that occurs in the legal

The Charge d'Affaires of Belarus, Pavel Shidlovsky, traveled to Fort Myers from the Belarusian Embassy in Washington D.C. to attend the event, a testament to the continuing friendship and mutual respect between the two countries that was established by the signing of a Sister City Agreement in June of 2016. Shidlovsky was instrumental, with Neymotin, Mayor Henderson and Deputy Chairman Boleslav Pirshtuk of the Regional Executive Committee of Belarus' Gomel Region, in establishing the historic agreement between Fort Myers and Gomel.

While serving as Regional Counsel for the Office of Criminal Conflict and Civil Regional Counsel for the Second District Court of Appeal Region, Neymotin is also chair of the Twentieth Judicial Circuit Local Professionalism Panel and a member of the Confidentiality and Public Records Sub-Committee in the Florida Supreme Court Commission on Professionalism. The Professionalism in Florida Courts seminar represents just part of her continuing efforts to highlight professionalism issues, which includes frequent speaking engagements across the state and presentations by and for her regional counsel staff. She is also a volunteer adjunct professor at Ave Maria School of Law where she teaches advanced Florida criminal law and procedure.

Grant For **Employment** Training Program

oodwill Industries of Southwest Florida, Inc. received a grant from the Southwest Florida Community Foundation to offer classes to residents seeking their food handlers' certification, enabling them to be better qualified for culinary employment positions in Southwest Florida.

As part of the Community Foundation's 2016/17 Community Impact Grants, Goodwill received \$38,000 in funding to offer basic cooking techniques and to assist with identifying and solving barriers to employment. Goodwill plans to work with the Heights Foundation to provide individualized services.

"Our culinary training program at Pine Manor has successfully trained and placed people in entry level jobs in restaurants during the past two years. This grant will allow us to address the holistic, individualized needs and training goals of our program participants so they can overcome barriers that prevent them from sustaining employment and becoming

independent," said Fred Richards, vice president of Community Support Services for Goodwill.

The Southwest Florida Community Foundation, founded in 1976, cultivates regional change for the common good through collective leadership, social innovation and philanthropy to address the evolving community needs in Lee, Collier, Charlotte, Hendry and Glades counties. Last year, the foundation partnered with individuals, families and corporations who have created over 400 philanthropic funds. Thanks to them, the foundation has invested \$5 million this year in grants and programs to the community. With assets of \$93 million, the Community Foundation has provided more than \$67 million in grants and scholarships to the communities it serves since inception. The foundation is the backbone organization for the regional FutureMakers Coalition and Lee County's Sustainability Plan. Based in Fort Myers, the Foundation has satellite offices located in Sanibel Island, LaBelle (Hendry County) and downtown Fort Myers. For more information, visit www.FloridaCommunity. com or call 274-5900.

For more information about Goodwill Industries of Southwest Florida, visit www. goodwillswfl.org or call 995-2106.☆

Applications Sought for Grant

ushing the Envelope, Inc., a marketing communication firm based in Fort Myers, has opened applications for its third annual Push-It-Forward Grant. The grant will award 20 service hours to an eligible, local nonprofit organization to fulfill a marketing or public relations need.

Pushing the Envelope will select a recipient based on the following criteria:

- Organization Must be a local, nonprofit (501c3 or 501c6) organization based in Lee, Collier, Hendry and/or Charlotte county and serving residents/ needs predominately in one or all three of these Counties
- Need The stated need for public relations/marketing services to better their organization and how assistance

would provide sustainable impact

- Proposed Use How the organization would use this time/service (project, campaign, etc.) and how it would provide long-term benefit
- Timeliness/Urgency The need for the project to be addressed within the 2017 calendar year
- Scope The ability to address the project/need within the allotted hours

We believe it is our responsibility to contribute to the growth and sustainability of Southwest Florida. The Push-It-Forward Grant allows us to help one organization in an impactful way and help them push it forward to others." commented Samantha Scott, APR, President of Pushing the Envelope.

Applications will be accepted through February 15. Nonprofits can get more information and apply at getpushing. com/push-it-forward-grant. The recipient will be announced on Feb. 28, 2017.

SARPA Meetings

he Senior And Retired Physicians Association of Lee County (SARPA) will hold a dinner meeting at The Forest Country Club on Wednesday, February 8.

Award-winning maritime author Robert Macomber will speak on the Paul Brickhill novel The Great Escape. The evening begins with a social at 5:30 p.m., followed by a dinner at 6 p.m. and the program around 6:45

Other SARPA programs for 2017 include a dinner meeting at The Forest Country Club on Thursday, March where Dr. Ran Niehoff will speak on Radical Islamic Terrorism: A Muslim Physician's Prescription From Diagnosis and Treatment to Prognosis.

On Saturday, April 8, the group will attend a matinee at the Broadway Palm Dinner Theatre at 11:45 a.m. for a show at 1:15 p.m. They will view Things My Mother Taught Me, a

romantic comedy.

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

The membership consists of retired physicians, dentists, veterinarians, doctors and pharmacologists. It is open to doctoral level allied health care professionals and their spouses. The members meet monthly from November

The dinner meetings are designed to have a program of interest to all attendees. Medically scientific topics are usually not presented, however medically related topics of interest to both a medical and non-medical audience are not avoided. The programs span a variety of topics and have included talks on healthcare by Jim Nathan, CEO, LMHS and Wilson Bradshaw PhD, president at FGCU as well as talks by local authors; community law enforcement on identity theft, sports writers, historians and topics appropriate and timely for a maturing professional audience.

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

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

For more information, contact Dr. Ron Clearfield at 992-9829.\$



or its next luncheon meeting, Above Board Chamber of Florida will present What Insurance Companies Don't Want You To Know from 11:30 a.m. to 1 p.m. on Thursday, February 9 at Pelican Preserve, 10561 Veneto Drive in Fort Myers and Monday, February 13 at Hilton Naples, 5111 Tamiami Trail North. Reservations are required at www.AboveBoardChamber.com.

Updated policy information for 2017 means business owners could miss out on savings and important coverages to protect their companies, staff and themselves. A panel of top experts will share industry secrets to help you protect your most important investment.

The Naples meeting will be emceed by Bob Harden of the Bob Harden Show and will feature a panel including Brian Glaeser of State Farm, Brian Chapman, Jr. from State Insurance Agency and Christin Borowski Herrera of First Choice Insurance of Naples.

The Fort Myers meeting will be emceed by Steve McQuilkin, Storytelling Coach at The News-Press Media Group, and will feature a panel including Brain Chapman Jr. of State Insurance Agency, Ellen Fox from Fox Insurance Agency and BB&T - Oswald Tripp and Company's Scott Gregory.

Fort Myers lunch registration on or before Friday, February 3 will be \$25 for members and \$28 for guests. After February 3, registration will be \$30 for

before Thursday, February 9 will be \$25 for members and \$30 for guests. After February 9, registration will be \$28 for members and \$35 for guests.

The Fort Myers meeting will be sponsored by Ande Grant at Noela Chocolate and Brian G. Chapman, Jr. at State Insurance Agency.

The Naples meeting will be sponsored by Florice Hodges at Best Home Services and Denise Murphy at The Players Club & Spa.

Non-members are encouraged to attend two meetings, then consider joining us to be part of the Above Board Chamber of Florida. To become a member of the Above Board Chamber, contact Jeanne Sweeney at 910-7426.

Special thanks to our 2017 yearly sponsors CONRIC PR & Marketing, Fuller On-Line Solutions, E. Sue Huff and Associates, Pulse Technology Solutions, LLC, Spada Salon & Day Spa, Your Walking Billboard, Charlie McDonald Photography, Lady in Pink Photography and Signarama North Fort Myers.₩

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Golfing Great Returning Here To Commemorate 30th Chubb Classic



by Ed Frank

Te is the most successful **↓** international golfer of all time. He is one of only five golfers in the world to have won all four major golf tournaments. And he has won 167 tournaments on six

continents over six decades.

These descriptions and much, much more belong to 81-year-old Gary Player, the 1988 inaugural champion of what is now known as the Chubb Classic, and who will return here in two weeks to mark the 30th anniversary of this Champions Tour event.

It is symbolic that this living golf legend will highlight the Chubb Classic February 13 to 19 at TwinEagles Club in Naples, which is the longest running



Gary Player

photo provided

tournament in the same metropolitan area on the Champions Tour.

"To see any event stay in one community for 30 years is truly special," Player said in accepting the invitation to come here.

Turning the calendar back to 1988, Player won that initial tournament by one stroke which was played that year at The Club at Pelican Bay in Naples. It was his ninth win on the Champions Tour.

He went on to win a total of 19 championships on the senior tour, including six Champion Tour majors.

A physical fitness perfectionist, the trim, 150-pound Player will tee it up in the pro-am tournament before to the start of the Chubb Classic, and then signal the official start of the first-round of championship play with an honorary tee shot prior to the first round on Friday, February 17.

You will be missing an opportunity to witness one of the greatest golfers ever to play the game if you're not there.

This reporter remembers vividly interviewing Player several years ago here when he was still competing on the Champions Tour.

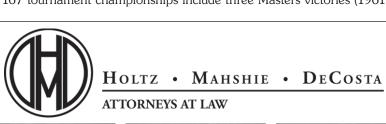
Always friendly and cooperative, he soon asked me if I played golf. I said "Yes...

He handed me one of his clubs and told me to take a few swings.

The interview suddenly turned into a priceless golf lesson which ended with his words of advice, "You've got some work to do on your game."

Gary Player's biography is one of amazing accomplishments both on and off the

His 167 tournament championships include three Masters victories (1961, 1974





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Offices in Sanibel, Fort Myers & Punta Gorda Phone: (239) 931-7566 • Fax: (239) 931-7560 Email: info@hmdlegal.com • www.hmdlegal.com and 1978), two PGA titles (1962 and 1972), three British Open wins (1959, 1968 and 1974) and a U.S. Open championship in 1965.

As a preeminent golf course architect, Player has designed more than 325 courses throughout the world.

His company, Black Knight International, includes Gary Player Design, Player Real Estate, Gary Player Enterprises and The Player Foundation.

That foundation built the Blair Atholl Schools in Johannesburg, South Africa, which has educational facilities for 500 students. In addition, the foundation has expanded efforts in all corners of the globe raising funds for impoverished children through four Gary Player Invitational events in Europe, China, South Africa and the United States.

Those events have raised more than \$50 million in 30 years.

When he's not traveling the world attending to his far-flung ventures, Player spends time on his ranch in South Africa, the Gary Player Stud Farm, where more than 2,000 top thoroughbred race horses have been bred.

You won't want to miss seeing this all-time golfing great when he returns here to commemorate the 30th Chubb Classic. A

SPORTS QUIZ

- 1. Name the last pitchers before the Los Angeles Dodgers' Clayton Kershaw in 2015 to record at least 300 strikeouts in a season.
- 2. Who was the last St. Louis Cardinal to lead the National League in RBIs for a season?
- 3. How many consecutive seasons have the Clemson Tigers football team won at least 10
- 4. Dwane Casey is the Toronto Raptors' all-time leader in regular-season coaching victories (210 entering the 2016-17 season). Who is No. 2 on the team's list?
- 5. In 2016, Connor McDavid tallied five points in an NHL game, becoming the third rookie player in Edmonton Oilers history to do such. Name either of the other two.
- Who was the last NASCAR Cup driver before Carl Edwards (2015) and Martin Truex Jr. (2016) to win the Charlotte 600 race and Darlington 500 race in the same year?
- 7. In 2016, Serena Williams set the record for most Grand Slam singles victories in the Open Era. Who had held the mark?

ANSWERS

2004. 7. Martina Navratilova, with 306 Grand Slam singles wins. victories (2004-08). 5. Dave Lumley (1980) and Ryan Nugent-Hopkins (2011). 6. Jimmie Johnson, in 1. Randy Johnson (334 strikeouts) and Curt Schilling (316), tearmrates in Arizona in 2002. 2. Albert Pujols, with 118 RBIs in 2010. 3. Six seasons. 4. Sam Mitchell had 156 regular-season coaching

Local Waters Chart Reading Course

he San Carlos Bay Power Squadron, a unit of the United States Power Squadrons, will be conducting its popular Local Waters Chart Reading class on Saturday, February 18 from 8 a.m. to noon. The class will be held at the squadron classroom, located at 16048 San Carlos Boulevard in Fort Myers. The site is close to the corner of San Carlos and Kelly Road and across from Ace Hardware.

The class will teach students how

to read our local waters Chart Number 11427. Students will learn the basics of latitude and longitude, how to find where they are and how to get to where they want to go and how to take bearings.

While we have a very limited number of charts in the classroom, students are strongly urged to bring chart 11427 to class. Charts are best purchased online from Ocean Grafix. Be sure to order the MAPFOLD version of #11427. The cost of the class is \$45 for a single and \$65 for two people sharing the materials. The cost includes a divider and a plotter.

Students can register online at www. SCBPS.com or call 466-4040 and leave a message.☆

5K Run/Walk For Lung Cancer **Awareness**

Breath of Hope Lung Foundation will host the first-ever A Breath of Hope Lung Run/Walk in Fort Myers to raise awareness about lung cancer and available screening, support cancer patients and their families, and raise money for lung cancer research.

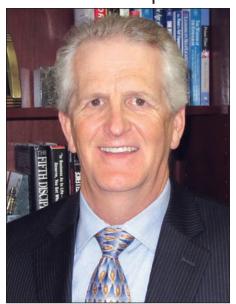
The event, to be held at Lakes Regional Park on Saturday, February 25, will feature a 5K chip-timed run or walk for all ages. Included will be kids' activities, snacks, music, free T-shirts for participants, a remembrance ceremony

for those lost to lung cancer, patient resources and a lung cancer field update by a leading oncologist.

Lung cancer is the leading cause of cancer death in the United States, claiming more lives than breast, colon and prostate cancers combined. Half of the lung cancer diagnoses each year happen to non-smokers, former or never smokers. Nearly twice as many women die of lung cancer as breast cancer each year, yet lung cancer research is funded by as much as 10 to 20 times less than breast cancer. Less than 18 percent survive five years past their lung cancer diagnosis.

For more information, contact Nancy Torrison, executive director for A Breath of Hope Lung Foundation, at 952-807-6111 or nancy@abreathofhope.org.*

Complete Streets 2016 Champion



Billy Hattaway photo courtesy BikeWalkLee

ikeWalkLee, a local community coalition advocating for complete streets in Lee County Florida, has selected Billy Hattaway, Florida Dept. of Transportation's (FDOT) District 1 secretary (2011 to 2016) as the 2016 Complete Streets Champion of the Year for his visionary and passionate statewide and local leadership in support of complete streets and pedestrian and bicycle safety.

Today we honor Billy Hattaway as an outstanding champion of complete streets and pedestrian and bicycle safety throughout Florida, and specifically in Lee County, over the past decade," said BikeWalkLee's Darla Letourneau.

'Hattaway also initiated transformative change in FDOT's design and operation of roads, shifting the focus from a carcentric culture to meeting the needs of all roadway users in a context-sensitive way. His six-year tenure as District 1 secretary, along with his statewide leadership of FDOT's bike/ped safety campaign and its Complete Streets Implementation Plan, and his commitment to a balanced multimodal transportation throughout his career, leaves a lasting legacy for the current and future generations of Floridians, county and city officials, local agencies, advocates, as well as the department itself," said Letourneau.

A nationally renowned leader, Hattaway has shown commitment and caliber assisting communities over the past six years as they strive to implement complete streets and a more balanced multi-modal transportation system that is safe for all users. Hattaway has displayed a willingness

HOME

to assist in any way he was asked, both publicly and behind the scenes, that has made a difference to the citizens of Lee County today and well into the future when some of these new transportation approaches will come to fruition.

BikeWalkLee is grateful for its long-term partnership with Secretary Hattaway on many bike/ped safety and complete streets initiatives over the past nine years, first as a consultant on the Lee Metropolitan Planning Organization's first-ever countywide bike/ped master plan, and then during his six-year tenure at FDOT. Since BikeWalkLee's inception in 2009, he has supported advocacy efforts and included the coalition as full partners with a seat at the table. His hands-on participation in local complete streets efforts, bike/ped safety campaign and events in Lee County, the Tice Community walking audit project, the Lee MPO TIGER grant, promotion and support for modern roundabouts, among many other activities, was instrumental in creating momentum for trying innovative approaches in jurisdictions throughout Southwset Florida.

Hattaway has exposed local leaders to innovative treatments such as roundabouts and road diets, context-sensitive complete streets, traditional neighborhood development and the integration of land use and transportation planning. He also helped local officials, staff and community leaders navigate the paradigm shift that is occurring in the transportation world.

Secretary Hattaway inspired and motivated many agencies, individuals, and organizations throughout Southwest Florida and statewide to become champions of complete streets and livable communities, resulting in an expanded local bench of champions that can carry the torch forward, another of his lasting legacies.

Secretary Hattaway left FDOT at the end of November 2016 to become the director of transportation for the city of Orlando. While his FDOT leadership will be greatly missed, we are confident that the Complete Streets Implementation Plan for FDOT he launched in 2014 will meet its completion date of February 2018, integrating a complete streets approach into the fiber of FDOT's policies, guidances and way of doing business, thus institutionalizing the many changes he undertook during his tenure.

"BikeWalkLee is deeply grateful to Secretary Hattaway for his many contributions to the complete streets movement across the country, throughout Florida, and especially in Southwest Florida," said Letourneau. "The city of Orlando is lucky to have Billy as its transportation director, and we are confident that his contributions to the complete streets movement will continue in his new post."

Club Selects General Manager



photo courtesy St. Charles Yacht Club

he St. Charles Harbour & Yacht Club recently announced that Dennis Fahey has been hired as the club's new general manager.

Fahey has lived in Southwest Florida

for over 30 years. He brings invaluable expertise to the club after being a professional in the country club business . for more than 20 years.

"I believe St. Charles Harbour & Yacht Club is the hidden gem of Southwest Florida," Fahey said. "As the new general manager at St. Charles Harbour & Yacht Club, I have encountered significant positive feedback from the friendly and accommodating nature of the membership and staff here. I pledge to build on and further improve the highly regarded reputation as we move forward."

Commodore Dick Waterhouse affirmed, "We are excited to have Dennis Fahey as our new general manager. He brings experience, enthusiasm and practice to the growing membership at St. Charles Harbour & Yacht Club. Dennis originally hails from White Plains, New York. He is a family man; he and wife Sara have four children and two golden retrievers. Their family is now a part of our family here at St. Charles Harbour & Yacht Club.

For more information regarding St. Charles Harbour & Yacht Club, call 466--2007 or email membership@stcharlesyc. com.₩

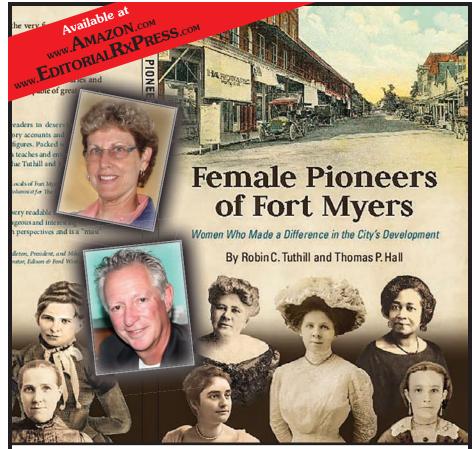
Lake Kennedy Senior Center

Lunch And Learn

erri Prager with Clear Captions will offer valuable information about the Clear Captions phone at a Lake Kennedy Center lunch, slated for Wednesday, February 22 from 11:30 a.m. to 1p.m. This ensemble is a captioned phone that displays text of conversations

in near real time on a large color touch screen so you can see and hear what the caller is saying. Complimentary lunch from Bob Evans is provided by Clear Captions. This valuable event is free but preregistration is required.

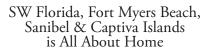
For more information, call 574-0575. Lake Kennedy Senior Center is located at 400 Santa Barbara Boulevard in Cape Coral. For more information, call 574-0575.☆



"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





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The E\$P Dream Team

Entrepreneurial Spirit Program

arbara Dell, executive director of Dress for Success SW Florida, announced that the Entrepreneurial Spirit Program (E\$P), a conference and networking event for women who would like to start their own business, will be held from 9:30 a.m. to 2 p.m. on Saturday, February 4. The conference will be held at the Dress for Success SW Florida Career Center, located at 12995 Cleveland Avenue, Suite 153 in Fort Myers. Limited seating is available for this dynamic presentation, featuring four accomplished local business leaders providing the information, resources and confidence to get attendees' dreams off the ground.

The E\$P Dream Team includes Gail Markham, founding partner of public accounting and business consulting firm Markham, Norton, Mosteller, Wright & Company; Barbara Melvin, owner

photo courtesy Dress for Success

of BMR-Melvin Consulting; Attorney Christina Harris Schwinn of Pavese Law Firm; and Connie Ramos-Williams, president and chief marketing officer of CONRIC PR & Marketing. Markham will speak on entrepreneurship and accounting. Small business loans will be the focus of Melvin's presentation. Ramos-Williams will address marketing on a shoestring budget. Schwinn will discuss the ins and outs of incorporation, plus intellectual property and employment law.

All attendees will receive a certificate of completion. A suggested donation of \$25 includes light breakfast, lunch and education. Registration is required; call or email Nickole at 689-4992 or nickole@dfssytlorida.org

nickole@dfsswflorida.org.
The Entrepreneurial Spirit Program is presented in partnership with Title Sponsor CONRIC PR & Marketing and Lunch Sponsor Markham, Norton, Mosteller, Wright & Company, PA. Other sponsors include First Florida Integrity Bank and Pavese Law Firm.

Financial Focus

Try To Overcome Roadblocks To Retirement



by Jennifer Basey

In your life, you will want to take many journeys.
Some are physical – perhaps you'll finally visit the French Riviera or the Caribbean. Others involve personal growth – one day, you'll finally become

fluent in that foreign language you've been studying. But of all the destinations you can identify, few will be as important as retirement – specifically, a comfortable retirement. And that's why it's so important to consider the "roadblocks" you might encounter on your road to the retirement lifestyle you've envisioned.

Here are five of the most common

- Insufficient investments Very few of us have ever reported investing "too much" for their retirement. But a great many people regret that they saved and invested too little. Don't make that mistake. Contribute as much as you can afford to your 401(k) or other employersponsored retirement plan, and increase your contributions whenever your salary goes up. Even if you do participate in your retirement plan at work, you may also still be eligible to fund an IRA, so take advantage of that opportunity, too. And always look for other ways to cut expenses and direct this "found" money toward your retirement.
- Underestimating your longevity You can't predict how long you'll live, but you can make some reasonable guesses and you might be surprised at your prospects. According to the Social Security Administration, men reaching age 65 today can expect to live, on

average, until age 84.3, while women turning age 65 today can anticipate living, on average, until age 86.6. That's a lot of years – and you'll need to plan for them when you create long-term saving, investing and spending strategies.

- Not establishing a suitable withdrawal rate - Once you are retired, you will likely need to start withdrawing money from your 401(k), IRA and other retirement accounts. It's essential that you don't withdraw too much each year - obviously, you don't want to run the risk of outliving your resources. That's why you need to establish an annual withdrawal rate that's appropriate for your situation, incorporating variables such as your age, the value of your retirement accounts, your estimated lifestyle expenses, and so on. Calculating such a withdrawal rate can be challenging, so you may want to consult with a professional financial advisor.
- Taking Social Security at the wrong time You can start taking Social Security as early as age 62, but your checks will be bigger if you wait until your full retirement age, which will probably be 66 or 67, or when your payments "max out" at 70. You might not be able to afford to wait until then, but by postponing the date you begin taking withdrawals, you could help yourself considerably.
- Ignoring inflation It's been low in recent years, but inflation hasn't disappeared, and it could rise at exactly the wrong time when you're retired. That's why you'll want your portfolio to include some investments with the potential to outpace inflation, even during your retirement years.

By being aware of these roadblocks, and taking steps to overcome them, you can help smooth your journey toward retirement – and once you get there, you may enjoy it more.

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.*

Futuremakers Partner Project

s part of its overall goal to transform the workforce by increasing the number of Southwest Florida residents with degrees, certificates and other high-quality credentials by the year 2025, the FutureMakers Coalition is piloting a project to determine if coordinated exposure and collaboration could increase the positive perception of technical education in Lee County. The project also aims to make progress toward technical education enrollment goals throughout Southwest Florida.

Through Lumina Foundation, the FutureMakers Coalition provided a \$8,600 grant to fund strategies to be used to achieve the goals by partners including Cape Coral Technical College, Fort Myers Technical College and the Southwest Florida Public Service Academy (Lee Technical Colleges), the School District of Lee County Adult and Career Education

Department and the Student Services Department.

In a recent interim report, these partners reported that the stated goal of raising the positive perception of technical education showed a 19 percent increase of interest by students who were previously unsure about attending a technical school. The second stated goal of increasing enrollment is still to be determined.

The group's plan was a three-step approach including the identification of potential future students within the School District of Lee County, communicating the plan to the intended audience and other key stakeholders, and inviting the students of the 13 local high schools to visit the Lee Technical College campuses.

Working with the high school guidance departments, 1,594 students were identified as potential future technical college enrollees. Directors of the local technical colleges presented the plan to the high school principals, assistant principals for curriculum, school

counselors and career specialists. The presentations were followed up with electronic communications.

Of the original 1,594 students identified to date, more than 290 have made campus visits and have been added to a database for the technical colleges to track future enrollments.

Students' feedback through post-visit surveys included that they feel technical schools are a good way to find better paying jobs and learn specific trades. They also liked that classes are geared toward their future career choices, tuition costs and the ability to obtain a certificate faster than four year degrees.

"This is a great start in moving the needle toward positive perceptions of technical education available in Lee County and increasing enrollment," said Tessa LeSage, who as director of social innovation and sustainability for the Southwest Florida Community Foundation oversees the FutureMakers Coalition. "The technical colleges will continue to identify students as well as

further strengthen their communications, continue to conduct quality visits to the Lee Technical Colleges and evaluate the impact of these efforts. The project is designed for replication and scaling throughout the region if it meets the goals."

In 2016, Southwest Florida was one of 75 metropolitan areas selected as part of Lumina Foundation's Community Partnership for Attainment to increase post-secondary attainment nationwide by increasing the number of working age adults with degrees and certifications.

The Southwest Florida Community Foundation serves as the anchor organization for the coalition. The FutureMakers Coalition encourages residents to join and support this community-changing initiative. For more information, visit www. futuremakerscoalition.com, call 274-5900 or email TLeSage@floridacommunity.com.

Women's Legacy Prima Donors



Carolyn Conant, Adrina White & Elaine Ehmann

photos courtesy SWFLCF

he Southwest Florida Community Foundation (SWFLCF) recently hosted more than a dozen of its Women's Legacy Fund's Prima Donors for dinner and conversation on Impact Dunbar, a new fund established by women of

Prima Donors are local women who have contributed \$10,000 or more to the Women's Legacy Fund endowment and are committed to making an impact in their community through charitable giving.

Conversation leaders were Impact Dunbar founders Karen Watson, a prima donor, and TaSheekia Perry. Similar to the Women's Legacy Fund, this new fund will include a group of women who foster the immersion of women in philanthropy and develop Dunbar's next philanthropic leaders. The fund was established in 2016 to empower young women and girls in the Dunbar Community.

The WLF Prima Donors are now made up of 44 women from across the region. The WLF also offers a contributor-giving level at \$250 a year. The WLF was established in 2007 by the Community Foundation to enable women in Southwest Florida to direct their giving in focused, strategic ways. The Fund's mission is to engage women in affecting change in our community through collective philanthropy.

Free Tax Filing Assistance Through United Way VITA

In order to help local residents keep more of their hard earned money, United Way of Lee, Hendry, Glades and Okeechobee provides free tax filing services. The free VITA service (Volunteer Income Tax Assistance) is available at 13 sites in Lee, Hendry and Charlotte counties to individuals and families making less than \$60,000 per year.

United Way's free tax preparation program helps low- to moderate-income households meet their basic needs and build financial assets. Residents who earn a household income of \$60,000 or less can have their federal tax returns prepared, e-filed and direct deposited for FREE by United Way's Volunteer Income Tax Assistance (VITA) program. United Way IRS-certified volunteers who are passionate about taxes will prepare the return and determine if the tax payer is eligible for the Earned Income Tax Credit (EITC) and/or Childcare Credits.

Last year, 3,500 individuals and families were able to utilize the earned income tax credit and other available credits through free tax preparation resulting in \$4.6 million coming back to our five-county region and saving an average of \$200 per family in tax preparation fees. More than 120 volunteers will be staffing the sites this year. Tax preparers have been trained and certified by the IRS. They are trained to determine if the taxpayer qualifies for tax breaks designed to assist lower to middle income persons. Returns are filed electronically, making tax refunds available as quickly as from commercial tax preparing companies.

United Way VITA services will be available beginning January 24 and continue through the tax filing deadline of April 18. A few VITA sites are open year round. Locate the most convenient VITA site, schedule an appointment and allow an IRS-certified volunteer to prepare and e-file your tax return for free. Visit https:// booknow.appointment-plus.com/7z18p1x6/or call United Way 211 by dialing 2-1-1 or 433-3900.

If the taxpayer has access to a computer and would like to file their own taxes free of charge, United Way can help with that too. Log on to www.MyFreeTaxes.

For more information about the United Way of Lee, Hendry, Glades and Okeechobee, visit www.UnitedWayLee.org.



Christina Harris Schwinn, Connie Lizak, Lynne Birdt and Dawn-Marie Driscoll

In nine years of existence, the WLF has been able to provide more than \$122,000 in grants to benefit people and communities in Southwest Florida. Currently, the fund has \$547,000 in endowment that will continue to help fund local issues now and in the future.

The Southwest Florida Community Foundation, founded in 1976, cultivates regional change for the common good through collective leadership, social innovation and philanthropy to address the evolving community needs in Lee, Collier, Charlotte, Hendry and Glades counties. Last year, it partnered with individuals, families and corporations that created more than 400 philanthropic funds. Thanks to them, the foundation invested \$5 million in grants and programs to the community. With assets of more than \$93 million, it has provided more than \$67 million in grants and scholarships to the communities it serves since inception. The Community Foundation is the backbone organization for the regional FutureMakers Coalition and Lee County's Sustainability Plan.

Based in Fort Myers, the Southwest Florida Community Foundation has satellite offices located on Sanibel Island, in LaBelle (Hendry County) and downtown Fort Myers. For more information, call 274-5900 or visit www.floridacommunity.com.







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Luncheon Honors Southwest Florida Wine & Food Festival Dinner Hosts

n January 17, Southwest Florida Children's Charities, Inc. held an appreciation luncheon to recognize the 2017 Southwest Florida Wine & Food Chef Vintner Dinner hosts at La Trattoria Café Napoli Villas Plaza, presented by Florida Community Bank.

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, Christin Collins, Jenny Kashman and Debbie Toler

photos courtesy SWFL CHildren's Charities



Elaine Hawkins and Maria Wiles



Pason Gaddis and Christin Collins



Debbie Toler and Gloria Jordan



From left, Debbie Toler, Ann Middleton, Maureen Shuman, Patti Byers, David and Christin



From left, Art and Bev Cherry with Jenn and Joe Pavich

Image Awards

he Florida Public Relations Association (FPRA) Southwest Florida Chapter will present a workshop luncheon at The Edison Restaurant on Tuesday, February 14 from 11:30 a.m. to 1 p.m. The workshop will help attendees understand the anatomy of a winning public relations and marketing award entry. Information will also be disseminated to attendees on how to improve their skills at crafting wellcomposed awards applications for any purpose.
With the entry process for the

FPRA Image Awards starting soon, Vicki Moreland, Southwest Florida FPRA Image chair, and the Lee County Port Authority Communications and Marketing team will present their Airport TSA PreCheck Campaign case study, which was awarded the 2016 Dick Pope All-Florida Golden Image Award.

During the luncheon, attendees will learn how the elements of this campaign transformed into an awardwinning Image Awards entry. Attendees will also have the opportunity to ask questions and prepare for the upcoming Image Awards season.

Attendees will not only be given information on how to enter the

Image Awards, but they will also learn the importance of following Research, Analysis, Communication, and Evaluation (RACE) or Research, Planning, Implementation and Evaluation (RPIE) when creating a public relations campaign or marketing communications plan.

The Image Awards competition is the precursor to FPRA's Golden Image Awards and provides PR practitioners an excellent platform to be recognized in their home markets for their outstanding public relations programs and tools. This year's Southwest Florida Chapter Image Awards ceremony will be held on Thursday, April 13.

The cost for attending the February luncheon is \$25 for members, \$30 for non-members and \$15 for students. Space is limited so register early. Guests must RSVP online at www.fpraswfl. org. The Edison Restaurant is located at 3583 McGregor Boulevard, Fort Myers.

Luncheon sponsorships ranging from \$250 to \$500 are available. Sponsors will receive acknowledgement in news releases, complimentary event admission, table display to showcase promotional items, visibility on electronic and print marketing and more, depending on level.

For more information or to become a sponsor, contact Trish Robertson at

Women Of Distinction **Awards**

he Ladies Leading Right in Cape Coral (RWCCF) wish to honor and celebrate women of distinction throughout Cape Coral and Lee County. The nomination process was launched last week at the general meeting of the RWCCF.

Any Lee County woman who exhibits leadership, teamwork, integrity, compassion and dedication to her community in her field of expertise. Many of us give back to our communities through our time, talent and incredible efforts. Your sister, friend, neighbor, leader, artist, media person or entertainer and more is eligible. The categories potentially

being honored are: Charitable/Community Steward, Business Woman, Educator, Creative Art/Media/Entertainment, Health Care Provider, Political/Elected Leader, First Responder, High School/College Student.

The selection committee will choose exemplary leaders in six of these categories who will be honored on April 7. Of the six honorees, one will be chosen as the 2017 Woman of Distinction and overall honoree.

On Friday, April 7, organizers will announce the winners at the inaugural Women of Distinction gala. All will enjoy an evening of celebration, entertainment and an amazing, well-known keynote speaker (to be announced).

Take this opportunity to nominate those amazing female leaders in your profession, non-profit, church, neighborhood, etc. Ladies may also self-nominate.

For more information, visit www. ladiesleadingright.com.☆

Calendar Girls Visit Laurel Estates



The Calendar Girls

photo courtesy Linda Floyd

The Calendar Girls made an encore performance for the generous residents of Laurel Estates on January 19 in Fort Myers. The Calendar Girls have been sponsoring guide dogs for veterans since 2006. For more information, visit www.calendargirlsflorida.com.☆

Lee Republican Women

ee County Tax Collector Larry Hart, will be the featured speaker at the February 21 luncheon meeting of the Fort Myers Republican Women's Club at The Helm Club, The Landings, South Fort Myers. Hart will discuss the importance of the tax collector's role in Lee County government.

Festivities begin at 11:15 a.m. with a social. The noon lunch, business meeting, program and installation

Cost to attend is \$20. Reservations are required by Thursday, February 16, by contacting Tina Laurie at 489-4701.

The 2017 club dues of \$25 are

currently being accepted. For more information, call Carole Green at 850-590-2206.

Space Heater Safety

ccording to the Lee County Electric Cooperative, space heaters are a cost-effective way to keep warm when the temperatures drop in Southwest Florida. As useful as space heaters are, they are equally dangerous if used improperly. In fact, using a space heater improperly could result in a fire, or worst yet, death! Below are some safety tips to get all of the perks of a space heater while staying safe in the process:

 Only use space heaters with labels showing that they have been approved by a recognized testing laboratory.

- Keep space heaters at least three feet from anything that can burn (such as paper). Keep space heaters as far away as possible from kids, pets, and high-traffic areas.
- Only use space heaters for their intended purpose. Never use a space hater for things such as warming bedding or drying clothes.
- Always turn off, unplug and store space heaters when not in use.
- Plug space heaters directly into wall receptacles. Avoid using extension
 - Read manufacturer's instructions

and warning labels before using a space

• Do not use a space heater if the cords are frayed, worn or damaged in any way. Inspect cords before each and every use.

When used properly, space heaters can provide just enough warmth to keep you from turning on the heat. Remember, heat costs anywhere from two to three times more than cooling! Using an alternative, like a space heater or electric blanket, will keep you warm without heating up your electric bill.\$

Lee Coast **MOAA** Meeting

The next meeting of the Lee Coast Chapter of MOAA (Military Officers Association or America) will be held at Crown Colony Golf and Country Club at 5:45 pm, Monday, February 13. The speaker will be Dr. Wright-Izak, PhD in military sociology and instructor at Florida Gulf Coast University.

Former, retired or active duty uniformed officers who are interested in joining MOAA should contact Jeff Nichols at 515-720-5204 for membership information. な



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



Healthy Lee Participants Log Nearly 87,000 Miles In Two Weeks



Business leaders take steps toward their team goals at Healthy Lee's Million Mile Movement launch, held at Around the Clock Fitness. 285,000 miles were pledged photo courtesy Lee Health during the launch by local businesses and organizations.

ust two weeks after the kickoff of Healthy Lee's Million Mile Movement, more than 86,000 miles have already been logged by participants enrolled to help reach the goal. During the kickoff January 9, Healthy Lee – Lee County's community collaborative focused on improving the overall health and well-being of our community - issued a challenge to the community to move 1 million miles by March 31. Major sponsors of the challenge announced their team goals at the kickoff, held at Around the Clock Fitness in Fort Myers, and then began logging miles on treadmills during the event. Other businesses and organizations stepped up to the challenge and pledged team goals as well.

In total, 285,000 miles were 'pledged' by the sponsors, and other supporters attending the event. Here's a breakdown of the pledges in miles:

- Around the Clock Fitness 15,000
- Chamber of Southwest Florida 10,000

chief foundation officer. Lee Health Foundation. "On behalf of Lee Health Foundation, we thank our leadership and the Southwest Florida community for their efforts in helping us achieve this success. The generous donor support extended to our patients each year has allowed our team to achieve this honor.'

Data for the honor is drawn from annual surveys completed by AHP members and analyzed by the national office. High performers represent the top 25 percent of all reporting entities and include organizations demonstrating high fundraising efficiency and effectiveness. A complete list of AHP high performers is available by visiting www.ahp.org/highperformers.

To learn more about giving opportunities at Lee Health, visit www.LeeHealthFoundation.org or call 343-6950.

Health Foundation Nets National Ranking

ee Health Foundation was recently recognized as a High Performer by the Association for Healthcare Philanthropy (AHP). AHP is the leading authority on health care philanthropy in the United States and Canada; encompassing 5,000 members who represent more than 2,200 health care facilities.

Lee Health Foundation is one of only 51 organizations to receive the recognition this year, marking its third consecutive year to be honored.

"We're so pleased to have achieved AHP's 'High Performer' status once again," said Skip Leonard,

From page 1

Garden Festival

bookmarks, Valentine's Day cards, votive candle holders and lockets with pressed flowers and get temporary flower tattoos.

The festival will also feature live music and refreshments, and a specialty crafted Edison tea beer will be available for purchase.

Parking and admission are free (tours of the homes, museum and lab are not included). For more information, call 334-7419 or visit www. edisonfordwinterestates.org.

- City of Cape Coral 40,000
- Edison National Bank 5,000
- Gravity Benefits 10,000
- Greater Fort Myers Chamber 25,000
- Jason's Deli 35,000
- Lee County Electric Coop 5,000
- Lee Health 60,000
- The News-Press 15,000
- Markham Norton Mostellar Wright 10,000McHale Caruso Scullion Knox 5,000
- Owen-Ames-Kimball 5,000
- Physicians Primary Care 11,000
- Paradies/Lee County Port Authority 9,000
- School District of Lee County 25,000

Healthy Lee Chairman Robbie Roepstorff, president of Edison National Bank, issued the challenge to the community. She was joined by Million Mile Movement co-chairs Ben Siegel, deputy executive director- administration for Lee County Port Authority, and Christin Collins, system health and wellness business partner for Lee Health.

Healthy Lee promotes every aspect of healthy living, from exercise opportunities to eating right and cultivating mental health, for every resident. "By bringing best practices to Lee County, we are working to create a culture of healthy lifestyles and improve Southwest Florida's overall quality of life," Roepstorff says. "The Million Mile Movement challenge is a fun way to encourage employees, families, friends and neighbors to get moving toward better health."

The Million Mile Movement challenge is free and open to all Lee County residents—of all ages and fitness levels. Visit www.HealthyLee.com/news-events/ Million-Mile-Movement to register as an individual or create a team with your family, friends and co-workers. All participants will receive a weekly email newsletter with health tips and motivation throughout the 12-week challenge. If you participated last year, your registration automatically renews. Please log in to update your profile.

Make sure your goal is realistic and attainable, so you stay motivated to reach it. If you choose to create a team, set your own individual goal, as well as the team's goal.

Visit the easy-to-use website— www.HealthyLee.com/news-events/Million-Mile-Movement —to track your healthy activities – walking, running, biking, swimming or just about any movement counts. The website also features a movement converter tool to convert a variety of healthy activities into miles, so incorporate different exercises to keep yourself interested, engaged and challenged. If you're looking for different ways to get moving in Lee County, the event calendar on the Healthy Lee website features health and wellness events, activities and ideas. This keeps you motivated to continue working toward your goal, and the Million Mile Movement leaderboard keeps you updated on our community's progress toward 1,000,000 miles.☆

Read For Peace

In honor of Black History Month, The Laboratory Theater of Florida in Fort ■Myers is hosting a reading of Dr. Martin Luther King's "I Have A Dream" speech. Religious leaders, business and community leaders, and residents from all walks of life will read excerpts from Dr. King's iconic speech at 6:30 p.m. on Monday, February 6.

The event is free and open to the public. About 50 people are expected to read portions of the speech, said Lab Theater Artistic Director Annette Trossbach. The event will give the Southwest Florida community a chance to join together in unity and peace.

'As a theater that promotes social outreach and growth within the community, we view Read for Peace as an opportunity to bring the community together and inspire positive and meaningful dialogue and discussion," Trossbach said.

Dr. King read his speech in front of the Lincoln Memorial in 1963. During his speech, he urged America to make good on its Constitutional promise for democracy.

"Just as Dr. King pushed for change and understanding within the American people more than 50 years ago, we too need to find common ground and

ways of connecting to each other," said Ella Nayor, Lab Theater board member. "Only through the willingness to be brave and stretch our own boundaries can we move towards peace in our community and beyond."

For more information, call the theater at 218-0481.

The Laboratory Theater of Florida is located at 1634 Woodford Avenue, on the corner of Woodford and Second Streets in the Fort Myers River District. Doors open one half hour before showtime.☼

Church Big Band

ig Band Memories will be presented at St. Peter Lutheran Church on Monday, February 13 at 7 p.m. as part of the church's concert series.

Featuring the 15-piece Southwest Florida Big Band, the concert will spotlight top hit swing tunes and ballads made popular by Glenn Miller, Tommy Dorsey and others from the fabulous Big Band era. Doors open at 6:30 p.m. Admission is free, but donations are accepted.

St. Peter Lutheran Church is located at 3751 Estero Boulevard on Fort Myers Beach. For more information, call 463-4251.☆

Prostate Cancer Conference To Be Held On March 4



The late Capt. Dominic Manarite and Jan Manarite photo provided

an Manarite, executive vice president of Prostate Cancer International, is bringing a conference for prostate cancer patients and caregivers to Punta Gorda on Saturday, March 4. The conference, titled Prostate Cancer Today: Living Well, Choosing Wisely, will be focused on patient empowerment, and geared to help people in whatever part of their cancer journey they may be in. There will be panel discussions, questionand-answer sessions, insurance help and discussion of side effects.

Speakers include Dr. Michael Katin and Dr. Constantine Mantz from 21st

Century Oncology, Dr. Bob McDonald and Dr. Eric Lubiner from Florida Cancer Specialists, and several nurses, pharmacists, advocates and patients.

The conference will be held at the Charlotte Harbor Event & Conference Center on the Peace River in Punta Gorda, which sits in the historic downtown section of Punta Gorda.

Discounted hotel rooms are available at the PC Waterfront Inn for \$139 per night plus tax. The deadline for reserving your discount hotel room is Monday, February 13. Room availability is first come, first served.

Free admission will be offered to anyone who cannot afford the \$25 per person donation/registration fee. Free lunch will be offered to everyone who registers by Saturday, February 25. Register online at www.TinyURL.com/Mar4Conf or by calling Jan at 208-4400.

Many of you may remember Capt. Dominic Manarite, who was a charter captain for over a decade at Castaways Marina. He had a long battle with prostate cancer, which eventually took his life in 2013. Jan is his widow, and this is her continued commitment to advocacy and education in patient empowerment, and in prostate cancer.

For more information, call Jan at 208-4400 or email JManarite@hotmail. com. $\mbox{$^{\!\!\!/}$}$

Captain Wattage To Connect With Florida Students

Plorida Power and Light, Company (FPL) and The National Theatre for Children (NTC) have partnered again to bring energy efficiency education to elementary schools throughout FPL's service areas in the winter of 2017. Through these innovative programs, teachers have the opportunity to educate their students about resources and energy conservation via unique live theatre performances.

This winter, troupes will visit over 60 elementary schools. The educational and entertaining program will focus on:

- What is energy
- The uses of energy
- Ways energy is wasted
- What you can do to conserve

The program offers live theatrical performances to schools with students in kindergarten through sixth grades. The program revolves around Captain Wattage, hero of everything to do with energy. However, it seems that Vivica Voltage, waste-ress supreme, is wasting energy all over the city. Not only that,

but she is wasting energy as fast as she can. With the help of student volunteers, Captain Wattage sets off to stop Vivica.

In addition to the live performances, the program includes online student playbooks, teacher guides, e-books and digital games and activities that align with the important concepts outlined in the live shows.

FPL sponsors the performances at each school, making it a cost-free supplement to lessons in science as well as the arts.

"Captain Wattage is an opportunity to see education brought to life, at no burden to a school district," said Maureen Wilt, education program manager at FPL. "It's really important that we educate and help children and their families understand the importance of our natural resources and using energy wisely. Even young students can understand that they have energy choices. And the younger they begin learning, the more likely they will retain these concepts throughout their life."

Performances will take place now through March 3 in Charlotte, Collier, Lee, Manatee, Nassau and Sarasota counties amongst others. For more information on The National Theatre for Children, visit www.nationaltheatre.com.

Our email address is press@riverweekly.com

Foundation Scholarship Application Process Begins

The Southwest Florida Community Foundation's scholarship application process for the 2017-18 school year will begin this month, and need-based scholarships require the Free Application for Federal Student Aid (FAFSA) form available at www.fafsa.gov.

Approximately \$500,000 in scholarship money is available through more than 50 scholarships for local high school students, undergraduate and graduate students from Charlotte, Collier, Glades, Hendry and Lee counties.

Students may apply for scholarships through the foundation's online portal at www.floridacommunity.com/scholarships. The scholarship application process will close March 3. Students may review the scholarships available online as well as a tutorial about how to create and submit the online application. Students may apply for multiple scholarships and upload transcripts, SAT/ACT scores, letters of recommendation and the FAFSA student aid report.

Educators, mentors, parents and students can find resources to complete the FAFSA form through the local FAFSA first website recently launched by the FutureMakers Coalition at www.fafsafirst.org/. The goal of the FutureMakers Coalition is to transform the workforce by increasing the number of Southwest Florida residents with degrees, certificates and other high-quality credentials by the year 2025.

The Southwest Florida Community Foundation, founded in 1976, cultivates regional change for the common good through collective leadership, social innovation and philanthropy to address the evolving community needs in Lee, Collier, Charlotte, Hendry and Glades counties. Last year, it partnered with individuals, families and corporations that created more than 400 philanthropic funds. Thanks to them, the foundation invested \$5 million in grants and programs to the community. With assets of more than \$93 million, it has provided more than \$67 million in grants and scholarships to the communities it serves since inception. The foundation is the backbone organization for the regional FutureMakers Coalition and Lee County's Sustainability Plan.

Based in Fort Myers, the Southwest Florida Community Foundation has satellite offices located on Sanibel Island, in LaBelle (Hendry County) and downtown Fort Myers. For more information, call 274-5900 or visit www.floridacommunity.com.





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

School Grant For Programming

he Cape Coral Community Foundation has awarded \$6,500 to the Big Brothers Big Sisters of the Sun Coast for its 1-to-1 mentoring program in the Cape Coral school system.

Big Brothers Big Sisters programs encourage children to set higher goals for high schools and college, improve their confidence in themselves and help them have better, stronger relationships with their families. There are two core programs: community-based program and site-based program. In the communitybased program, some big brothers meet

their little brothers on the weekends. Others get together with their little brothers in the evenings. Each match develops a schedule that works for them. Getting together doesn't require a special occasion or expensive activity - just a few hours every month doing things the brothers

Although it takes place at schools, our site-based mentoring program isn't limited to the classroom. Of course, some little brothers do talk with their big brothers about class or do homework or read together, but it's perfectly fine to shoot hoops in the gym or play on the playground. At the end of the day, it is really all about starting a friendship, providing guidance and inspiring little brothers to reach their potential.蓉

Pancreatic Cancer Walk

he 6th annual Southwest Florida Pancreatic Cancer Research Walk will be held Saturday, February 18 at Florida SouthWestern State College (FSW). Registration opens at 8:30 a.m. and the walk begins at 10 a.m.

There will be entertainment as well as a 50/50 raffle, refreshments and face

painting at the benefit. U.S. Marines will lead the walk, followed by cancer

Registration is \$50 online and \$60 for walk-ins. For more information, visit www.2017SouthwestFloridaWalk.kintera. org or call 415-3886.

One hundred percent of every dollar donated going directly to research ... and research is the only hope.

FSW is located between Cypress Lake Drive and College Parkway near Barbara B. Mann Performing Arts Hall. 公

Children's Choir On Tour

he Watoto Children's Choir, a group of 18 orphans from Uganda, will continue its six-month U.S. tour in the Fort Myers area from February 15 to 22.

The brand new concert, called Oh, What Love, will feature worship songs that share the stories of the children and the hope that they have because of God's love. All performances are free and open to the public.

Since 1994, Watoto Children's Choirs have traveled the world sharing the plight of Africa's orphaned children. Each child in the choir has suffered the loss of one or both of their parents, but they have been rescued and now live in a Watoto village. Watoto is a holistic child-care solution initiated to serve the dire needs of the people of Africa.

The choir will be performing at the following venues:

• Fort Myers – First Assembly of God (4701 Summerlin Road) on Wednesday, February 15 at 7 p.m.

• Port Charlotte - Murdock Baptist Church (18375 Cochran Boulevard) on

Wednesday, February 22 at 6:15 p.m.

Based on the Bible verse 1 John 3:1 – "See what kind of love the father has given us, that we should be called children of God, and so we are" - Oh, What Love provides a unique worship experience that celebrates the urban African landscape and brings out the individual talents and charisma of the children.

'After losing my parents I felt alone, with no one to love me. Now I know that God is my father. He loves and cares for me. As I travel on the choir, I am going to show people that God loves them too," said 6-year-old Jackie Nakku.

"What an extraordinary experience it is to see the Watoto Children's Choir," said Brian Houston, Senior Pastor of Hillsong Church. "It lights up the place to see these beautiful kids, and when you hear their stories and learn about where they have come from, you can't help but think of all God has done."

For a complete choir tour schedule, visit www.watoto.com/choir/.

For more information, contact Aubrey Hudson at Watoto Child Care Ministry at 813-948-4343 or email aubrey.hudson@watoto.com.\$

Calusa Chapter MOAA Meeting

hino Chen, a new member of the Calusa Chapter of the Military Officers Association of America, will be the speaker at the regular chapter monthly meeting on Saturday, February 11. The 10:30 a.m. meeting will be held at Gulf Coast Village, 1333 Santa Barbara, in Cape Coral.

All current, former and retired military officers and spouses are invited to attend.

Reservations are requested and may be made by contacting Dixie Buick at 945-5030 or calusamoaa@yahoo.com.

MOAA is a national organization of military officers that supports the interests of military members of all ranks-past, present and future. Regular membership is open to all current and former officers, and associate membership is available to all who support our armed forces. For more information about the Calusa Chapter of MOAA, contact Calusa Chapter President Gary Peppers at 573-6690. For membership information, call Tom Wagner at 608-658-6254.☆

Foundation Scholarship **Appications**

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

Qualifications require that nominees reside in Lee, Charlotte, Collier, Glades, or Hendry counties, need financial assistance, excel in school and/or their personal lives and possess high quality character traits. Scholarships vary in application requirements, duration and financial amounts.

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

For the 14th consecutive year, Uncommon Friends Foundation board member Brenda Stewart will chair the scholarship committee that includes volunteers and members of community service organizations. Over the past 21 years, the Foundation has awarded nearly 500 educational scholarships totaling hundreds of thousands of dollars. All questions regarding scholarships should be directed to scholarships@ uncommonfriends.org.

UFF Award Categories

• High Tech Center Scholarship - Helps defray costs of tuition, books and supplies not covered by other scholarships or grants for any age student for two terms at a High Tech Center.

• Berne Davis Future Teacher Scholarship for \$5,000 – For a student enrolled in a program leading to a college degree in education who demonstrates financial need.

• Special Recognition Scholarship -Helps defray cost of books or education for one semester for a student who needs financial assistance.

• Hilliard Scholarships for \$2,000 for seniors in Glades and Hendry counties to attend FGCU - For high school seniors residing in either Glades or Hendry Counties to attend Florida Gulf Coast University who need financial assistance.

• Florida Prepaid College Foundation for freshmen and sophomores to attend a state college - Covers two years of state college tuition and fees for a high school freshman or sophomore who contracts to succeed in high school, stays free of drugs and crime and fulfills other scholarship conditions.

• Health Sciences Scholarship for \$1,000 - Helps defray cost of books or education for any age student with financial need working toward a degree in a health field (e.g., nursing, dental hygiene, technologist, or therapist.)

 Lee County Bar Association Scholarship for \$1,000 - Helps defray tuition, books and supplies at any Florida college or university for a student enrolled in a program leading to a law degree.

• Single Parent Scholarship for \$1,000 – Helps a single parent who has overcome extraordinary obstacles to further his or her education to gain skills needed to enter the workforce

• Veteran's Scholarship for \$1,000 - Helps defray the costs of books or education for a deserving veteran of any age who has a financial need.

• PACE Center for Girls of Lee County Scholarship for \$1,000 - For a PACE student who has completed the Uncommon Friends Character Education curriculum and demonstrates high character traits.

For more information, visit www. uncommonfriends.org.☆

Local Soup Kitchen To Host Open House

ommunity Cooperative will be hosting an open house at their Fort Myers Campus, located at 3429 Dr. Martin Luther King, Jr. Boulevard on Thursday, February 16. The event will take place from 3 to 5 p.m. Past, present and future volunteers are invited to attend to learn more about upcoming volunteer opportunities with Community Cooperative as well as what is new for 2017. Tours of the campus and light refreshments will be provided.

For more information, contact Nicole Rieg, community relations coordinator, at Nicole@CommunityCooperative.com or call 332-7687 ext. 101.

Community Cooperative is an innovative nonprofit 501(c)3 organization made up of social service entrepreneurs fighting to end homelessness and

hunger in our community. The agency provides more than 14,000 meals each month through its Community Cafés and Marketplace and Meals on Wheels programs. Community Cooperative offers homeless and comprehensive case management services through its Social & Education Resource Centers and oversees emergency mobile food pantries as well as Healthy School Pantries and Food Literacy in Preschool (FLIP) through its Growing Health Kids programs.

A proud United Way partner, Community Cooperative serves Fort Myers and the greater Lee County area, including Bonita Springs, Cape Coral, Lehigh Acres and Fort Myers Beach. Community Cooperative works in close partnership with the Harry Chapin Food Bank and the School District of Lee County as well as collaborating with fellow community and service groups, churches, businesses and community support organizations.

For more information, call 332-7687 ext. 101 or visit www. communitycooperative.com.

Peter The Little Irish Seal

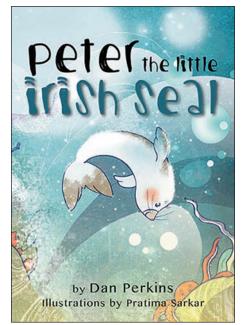


by Di Saggau

an Perkins, a Sanibel resident, is known for his books about terrorism, so I was surprised when I received his latest book Peter The Little Irish Seal. It's a delightful "readto-me" book for

children aged 2 to 7 years, but also for children of all ages, including parents and grandparents. It's a story about a very special relationship between a mother and her child.

Peter and his mother are Selkies, and according to Celtic folklore, a Selkie can



shed its skin and become human. Before this is possible, Mama Kim must teach Peter how to sustain himself by learning to swim and catch his own food. Peter's mother knows that someday she must tell him of his special power, and she also knows that he will leave her one day and go out on his own.

Perkins told me that his youngest son is married to a woman of Irish descent and they return to Dublin almost every year to visit family. Their new son is named Peter Ronan, which stands for Little Irish Seal. They have noticed how an influx of people from the Middle East is changing Ireland. Perkins decided to write a story that could preserve Irish folklore for generations to come. During his research about the history of the little Irish seal, he found that the folklore about the Selkie dates back to the 5th century, perhaps even longer.

The book is beautifully illustrated and is a wonderful story about the nurturing

relationship between a mother and son. The story begins on Skellig Island, just off the southwest coast of Ireland. We follow Peter, a three-day old seal, as he explores the island with his mother. Mama Kim warns Peter to be careful if he gets too close to the mainland because his life may change forever. Unlike many other children's books, this one leaves you with questions that will be answered in the next installment. Perkins plans to publish one new book a year about Peter.

Peter The Little Irish Seal is available in paperback and hardcover at Amazon or Barnes and Noble and bookstores on the island can order it for you. A special offer exists on his website www. danperkins.guru. You can get the book in hardcover along with a beautiful plush Irish seal toy for \$25 plus shipping and handling. That way 10 percent of the purchase price is donated to help soldiers with PTSD.**

School Smart



by Shelley M. Greggs, NCSP

Readers,
Here is
the third column
about the Special
Education
Evaluation process
and its' implications.
Last week, I
discussed what it

means to be found ineligible for special services. This week, I will explain how a student is found eligible for Special Education services and the subsequent processes

We will begin at the eligibility meeting that is held after all the evaluation information is collected and the testing is completed. Every eligibility meeting should include the parents, an administrator, the classroom teacher, a Special Education teacher and everyone who completed an assessment of the child typically the school psychologist, educational diagnostician, speech pathologist, occupational therapist and school social worker. There may be more or fewer specialists present depending on the child's needs.

Eligibility is then determined by applying the regulations of the Individuals with Disabilities Act (IDEA) that have been made law by the federal government. Each state interprets the laws, and then the local school districts interpret the laws and establish their guidelines, which should not veer from federal or state ones. There are 13 disability categories in which a student can be eligible to receive special education services. They are autism, developmental delay, deaf - blindness, emotional disability, hearing impairment (including deafness), intellectual disability, multiple disabilities, orthopedic impairment, other health impairment, specific learning disability, speech or language impairment, traumatic brain injury and vision impaired (including blindness). Each category has a federal definition and it is up to a school

system to evaluate and determine if specific criteria are met within a particular category. The school system typically completes an evaluation based on the suspected disability. At the eligibility meeting, the evaluations are presented and then the team looks at the criteria for the suspected disability and determines whether the student is eligible to receive special education services.

Once a child is eligible for special education services, the school has 30 days to develop an Individualized Educational Plan (IEP) for the student. The IEP will consist of present levels of performance, accommodations, goals and describe how they will be measured and the services offered. Parents are part of a committee to help create this document. Once the IEP is signed, schools are legally required to follow it. It is reviewed at least once a year, unless parents or teachers feel that changes are necessary and then the changes should be addressed immediately. Progress reports on goal attainment are sent quarterly to the

Every three years, the school is required to examine each student in special education and determine if he or she continues to qualify for special education services. Sometimes another full evaluation will be conducted, other times a review of records and updated teacher information is used. Parents must sign consent in order for testing to be completed.

The Special Education Evaluation process is a lengthy, time consuming and expensive one but absolutely essential and ensures that all students may have the opportunity to participate in reaching their educational potential.

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

Theater Establishes Endowment Fund

The Florida Repertory Theatre's board of directors recently established a nonprofit agency endowment fund with the Southwest Florida Community Foundation.

Established by nonprofit organizations, Nonprofit Agency Endowment Funds are long-term funds that allow an agency to plan for the future needs of the organization. Because the funds are endowed, agencies like Florida Rep can take advantage of the community foundation's financial management, administrative resources and expertise on planned giving. The fund provides a simple and effective way for charities to build endowment and therefore sustainability. Agencies can opt to receive annual payout based on the balance of the fund as a source of income for operations and programs or roll over the amount to increase future endowment.

"We look forward to working in partnership with the Southwest Florida Community Foundation and cultivating our donors to not only give for the future but also endow gifts such as cash, appreciated assets and planned gifts," said Robert Cacioppo, Florida Repertory Theatre's founder and producing artistic director. "Thanks to

our wonderfully supportive community and incredible ensemble of artists, Florida Rep has proudly become the largest nonprofit arts organization in the history of Lee County with \$4 million in budget, 51 full-time staff members and 87,000 people served annually. With no debt, it is exciting for people to know that when they donate to the Rep, those donations go directly to new programs.

"Now, as we prepare for our 20th season, we look even further into the future," Cacioppo continued. "We want Florida Rep to be serving our area 20, 30 years from now. In my mind, there are two important ways to assure that: to reach more young people (we now serve 25,000 youth annually.) and build an endowment, a fund that will secure our future for future generations to enjoy the magic of live theater. Because 20 years from now, that 15-year-old in our programs will be our future audience, donor, board member and subscriber."

"Building a fund for the future enhances a nonprofit's mainstay and health of the organization," said Sarah Owen, CEO and president of the Southwest Florida Community Foundation. "In our 40 years, we have found donors like to give to an endowment, and we are dedicated to the stewardship of such gifts to help nonprofits like Florida Rep remain effective."

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

Hertz Officer To Speak At ABWA

liana Zem, chief human resources officer at Hertz, will speak at ABWA Imperial River on Wednesday February 8. Registration/check-in and networking starts at 6 p.m. while dinner will be served at 6:30 p.m. at the Holiday Inn Fort Myers Airport.

Born and educated in Brazil,

Zem has served in various HR roles of increasing seniority at several international corporations. Her subject matter expertise includes talent, compensation, total rewards, planning and organization development as well as senior-level management.

Holiday Inn Fort Myers Airport at Town Center is located at 9931 Interstate Commerce Drive in Fort Myers. Tickets are \$30 each. For more information, email info@ ABWAImperialRiver.org.

We Are Never

Sure If We Should Say It Out Loud



by Suzy Cohen, RPh

ear Readers: When I worked in retail stores, one of the most common questions I had was, What side effects will this drug cause?" I remember some of my customers. especially the

funny ones or those who gifted me with tokens like flowers, hand-made jewelry or pickled herring which I craved during my pregnancy in 1993. I had a good relationship with all of my patients.

I used to work 14-hour shifts, day after day back in the '90's and 2000s. I "floated" all around central Florida whenever a pharmacist called off. The pharmacy would be closed and I was the pharmacist called upon to go open it, hence "float." I thrived in this position, basically walking into a mess, and catching the store up, making all the customers suddenly happy.

But there's a ton of mental chatter to reconcile in our brain when we are not sure that you need what the doctor prescribed, or if there's a natural vitamin for that, or we realize the side effects will be far worse for you than your condition itself. We are never sure if we should say it

People trust us. Americans have deemed us to be among the most honest professions, maintaining the highest ethical standards. That's why pharmacists have been rated in the top two "most trusted professionals in the United States" yet again. (Gallup Survey).

Pharmacists can:

1. Keep you safe. As medication experts, we reduce risk of miserable side effects. Occasionally, one drug is intended, but another drug is prescribed by accident. Maybe Zyrtec for Zantac, Actos for Actonel or Neurontin for Noroxin. Your pharmacist should catch these errors.

2. They're accessible and fast. Pharmacists are always on duty if a pharmacy is open. You don't have to make appointments weeks in advance to get advice.

3. They're intelligent. If you have a skin rash from poison ivy or a bee sting, your pharmacist can suggest an over-thecounter remedy. If you are constipated or have the flu, we got your back.

3. They're not paid off. Pharmacists work for you, not the pharmaceutical companies that probably sent a drug rep over with delicious meals, trinkets and trips. This colors the decision-making process of some (not all) physicians. Capiche?

5. You save money. The "pharmacy tech" expertly runs your prescription through your insurance company online and they'll check the cash price against your insurance co-pay in case it's lower. Some will phone your insurance company to authorize cheaper alternatives

6. Pharmacists know about food, too. They'll suggest you avoid grapefruit if you take statins, or avoid MSG with sedatives. Bananas are constipating, you should avoid those with hydrocodone, but eat them with some diuretics like HCTZ. Tips like this are worth their weight in gold.

Your pharmacist may be high up and

partially hidden behind glass (that's for security reasons... you do realize they are in charge of millions of dollars of drugs right?) but I highly recommend that you develop a relationship with your local pharmacist. We are on your side.

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.☆

Greeters Club Luncheon

specially trained PAWS Assistance dog can be a lifeline for a child with a life-changing disability or a combat-wounded veteran. At its Thursday, February 16 luncheon, the Greeters Club of Greater Fort Myers will have a guest speaker from PAWS who will bring along a PAWS service dog in training. The organization enhances the independence and quality of life of its clients by providing custom-trained assistance

Make a luncheon reservation and find out more about joining this dynamic group of Lee County women. Cost is \$20. If interested, email greetersclub@gmail.com. Provide your contact information (your name, email address and phone number). You will receive a call confirming your reservation as well as an email confirmation. Luncheons are held on the third Thursday of the month. Arrive between 10:30 to 11 a.m to check in at the Colonial Country Club, 9181 Independence Way, Fort Myers. Visit

Eden Energy Medicine

Create Immune Resilience With Thymus HUB



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

he thymus gland is intimately involved in our immune system, production of T Cells to fight off invading

microorganisms. You have learned 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 "dis-ease" and boosting the immune function. We have learned the connection to the main heart electric point, spleen 21 points. Today will learn the benefits of the connection to the navel.

The gut has the largest number of immune cells in the body. The navel is like an energetic gate to the second brain - the gut. Over 100 million neurons in the gut link directly to the brain, which is why one experiences that "gut feeling" or butterflies in your stomach when nervous or excited. The intestines contain 60 percent of the body's blood and also produce 90 percent of the body's serotonin (the ability to feel happiness) and 50 percent of its dopamine, which helps us experience pleasure and drive. Stagnant blood and energy in the gut blocks the health of these functions, leading to any number of negative health effects. By stimulating the navel, energetic tension is released in the

entire abdominal cavity as well as many energetic and nerve connections to all the organs. Plus, the navel is the hub of the Central Meridian, is directly connected to Chakra energy, is a Radiant Circuit and has energetic tentacles to all parts of our

So, the big news is that placing your index finger in your navel acts as a reset button because just below it lays 90 percent of the body's serotonin; 50 percent body's dopamine; extensive network fascial tissue connecting organs; half of the blood in the body, enteric nervous system, digestive system and lymph nodes. Wow, lots of boost to the immune system's resilience.

The third connection is between Thymus gland and the navel to increase immune function. 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. Thump Thymus and hold Heart Electric Point, the main electrical point of the body (previous column). Thump Thymus with Spleen 21 points (both sides).

3. Thump Thymus while placing the other hand's middle finger in the navel and gently pull up.

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

You learned the first, second and third connections.

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

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

Doctor and Dietician

What Are The Best Foods For Fitness?





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

recent health article encouraged consuming carbohydrates – such as cereal, granola bars and fruit - at least an hour before workouts and discouraged the consumption of saturated fats, because fats take longer to digest. But are carbohydrates the best foods for fitness?

Carbohydrates are basically sugars. Not everyone feels their best on a high carbohydrate diet. People with hypoglycemic tendencies may get shaky, lightheaded or weak because carbohydrates worsen blood sugar swings as well as increase insulin levels, decrease anabolic hormone levels and can put the body into a fat-storing mode versus a muscle-building one. Muscle is

almost all protein. Those who exercise regularly need protein, because the body uses protein to repair muscles. How will athletes build muscle and restore tissue damage with cereal and fruit?

Endurance athletes tend to see gains in energy, strength and recovery from protein and fatty acids. In order to be in optimal health and improve athletic prowess, athletes must eat substantially more of the essential fats and proteins than sugar-based foods. Essential fatty acids are found in food such as flaxseed and olive oils, fish, nuts, chia seeds, cruciferous and dark leafy vegetables. Proteins are found in foods such as meat, fish, poultry, eggs, nuts, beans and soy, including tofu and tempeh.

Water is usually all that is needed for hydration while working out. Athletes may require supplementation with sports drinks during long, intense workouts in the heat, but there is typically no need for sugary drinks and carbohydrate loading for short workouts. Electrolyte tablets are also a nice low calorie option for those sweating outside in the sun and heat.

In summary, make a habit of eating fresh foods, rather than high calorie, sugary drinks and bars to fuel your daily workouts and recovery.

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

PETS OF THE WEEK

Alfie is a 6-year-old male terrier mix who is the perfect size companion for someone in apartment or condo living. He is a bit shy at first, but after a few minutes, he will climb right on your lap and be perfectly content hanging out there. He is a single guy looking for someone just in time for Valentine's Day. Are you his perfect match?

His adoption fee is \$25.

Porkie is a young female domestic shorthair special girl that would make a great addition to anyone's family. When she arrived at Lee County Domestic Animal Services, she was showing signs of neurological issues. She has improved greatly and blossomed into a great cat. The only remaining signs of her problem is that she sometimes has trouble jumping up. Are you the perfect match for this sweet girl?

Her adoption fee is \$14.

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, ageappropriate 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.☆



Alfie ID# 687544



Porkie ID# 625468

Free Screenings

The Lee Health Parish Nurse Program is teaming up with Right at Home In Home Care & Assistance and Shell Point Retirement Community to provide a series of free health screening and positive aging events, which are open to the public. The Parish Nurse Program will provide a number of valuable screenings, including:

- Memory
- Vein
- Balance
- Oxygen saturation
- Vision
- Glucose
- Skin cancer
- Hearing
- Body Mass Index (BMI)
- Blood pressure

In addition to the health screenings, each event will feature a guest speaker or panel focused on positive aging. The events run from 9 a.m. to noon and the speakers start their presentations at 10 a.m.

The event dates, locations, topics and speakers include:

• February 17 at Zion Lutheran Church, 7401 Winkler Road, Fort Myers – Getting Involved: Where To Start, a panel presentation by SHARE Club, Lee County Parks & Recreation, United Way and Shell Point Retirement Community

• February 22 at Christ Lutheran Church, 2507 Del Prado Boulevard, Cape Coral – Elder Law Basics That Everyone Over 50 Needs to Know with Kelly Faver. PA

 March 22 at Good Shepherd United Methodist Church, 2951 Trail Dairy Circle, North Fort Myers
 Planning For The Future, Financially with Beth Prather, PA

Each event also includes valuable information on hospice services, advance directives, assisted living, injury prevention, in-home care, pharmaceuticals, skilled nursing care and other services. Senior resource guides, door prizes and healthy snacks will also be provided.

"We are blessed to be able to serve our community through these free events," said Nancy

Roberts, manager of the Lee Health Parish Nurse Program. "Thanks to these screenings and the health fairs, we usually identify one or two people who need immediate care. This community outreach – along with congregational health – is one of the primary functions of the Parish Nurse Program."

The Parish Nurse Program is part of Lee Health's Spiritual Services department. The program promotes holistic care of the body, mind and spirit by addressing the spiritual and emotional needs of patients, families, employees, volunteers and faith communities.

More information at www.LeeHealth.org/spiritualservices/parish-nurse.asp or call 343-5182.

Lake Kennedy Senior Center

Aquarium Trip

The Kennedy Kruisers are off to discover the Mote Marine Aquarium on Thursday, February 23. Bus trip participants should arrive by 10:15 a.m. before the bus leaves at 10:30 a.m. The return time to Cape Coral is 6:30 p.m. or earlier.

Join your friends and neighbors for a docent-led tour to discover Mote Marine Mammal Center and its aquarium. Explore the secrets of the sea through touch pools, viewable working labs and high-tech interactive exhibits that showcase the world-renowned research of Mote Marine Laboratory. See sharks, manatees and sea turtles, along with more than 100 other species of marine life.

Participants will enjoy a buffet lunch at Der Dutchman Restaurant with home-style, made from scratch favorites including slow-roasted turkey, tilapia, shrimp and the eatery's legendary pies.

Tickets are \$64 for members and \$69 for nonmembers, with lunch included. Pre-registration is required.

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

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Emergency. Lee County Sheriff's Office	
Emergency	911
Lee County Sheriff's Office	477-1200
Florida Marine Patrol	332-6966
Florida Highway Patrol	
Poison Control	
HealthPark Medical Center	
Ft. Myers Chamber of Commerce	
Foundation for Quality Childcare	
Fort Myers Beach Chamber of Commerce	
Lakes Regional Library	
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	
BIG ARTS	
Broadway Palm Dinner Theatre	278-4422
Cultural Park Theatre	772-5862
Edison Festival of Light	
Florida Repertory Theatre at the Arcade	
Florida West Arts	
Fort Myers Symphony Gulf Coast Symphony	200-2535
Gulf Coast Symphony	409-1800 481-8050
Naples Philharmonic	
The Schoolhouse Theater	
SW Florida Symphony	
Theatre Conspiracy	
Young Artists Awards	574-9321
CLUBS & ORGANIZATIONS	
Angel Flight	877-4AN-ANGEL
Animal Refuge Center	731-3535
American Business Women Association	
Audubon of SWFL	
Audubon Society	
Caloosahatchee Chapter DAR	
Caloosahatchee Folk Society	321-4620
Cape Chorale Barbershop Chorus	. 1-855-425-3631
Cape Coral Stamp Club	
duPont Company Retirees	
Embroiderers Guild of America - Sea Grape Chapter	230-267-1000
FM UDC Chapter 2614 - United Daughters of the Confeder	233-201-1330
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King Crossword

16

ACROSS

1 Stomach muscles

12

15

18

33

50

comedian

Martha

60 College VIP

1 State with

certainty

Use a drill

3 Use a mop

Lethargic

5 Ostrich's

cousin

6 Cage

61 Blue

DOWN

- 4 Graceful
- sprite Wise one
- 12 Promise
- 13 Surrounded
- 14 From the
- beginning 15 Mound stat
- 16 Make more acceptable
- 18 Picture puzzle 20 Thee
- 21 Sharp turns
- 24 Horse's call 28 Drool
- 32 Unrivaled
- 33 Hearty brew
- 34 Beethoven's "Fuer --
- 36 Pitch
- 37 Campus mil. org. 39 Part
- 41 Man of morals?
- 43 Mediocre
- 44 Workweek
- end (Abbr.)
- 46 Poisonous 50 Asphyxiate
- Cattle call?
- 56 Capri or
- Wight 57 Always
- 58 Puncturing

- 59 Bygone
- component Without doing 30
- anything
 - 9 Literary

collection 10 Obtain

53

- 11 Ram's mate Charged bit
- 19 Submachine aun
- Guys' dates
- 23 Pigs' digs
- 25 Tittle
- pest
- 27 . Present
- 28
- 29 Lotion addi
 - tive "-- Make a
- Deal" 8 Justice Alito 31 Hockey leg
 - end Phil, to

fans 35 Oriental 38 Morning

58

61

- stimulant Kanga's kid
- 42 Expert
- 45 On the rocks
- Grand opening day?
- 26 Summertime 48 Midwest state
 - 49 45-Down, perhaps
 - Poet Teasdale 50 Knightly
 - address
 - Mex. neighbor
 - 52 Aviate
 - 53 "Hail!"
 - 54 Alternative to 38-Down

HEARD FROM MAGIC MAZE THE CROWD

EDAXUROLJGDAXVS P N K I F C A X V S Q O L J H ECAXVTRPNLJHFGD BEYXVTRPOMKIGNE D B S Z X W E U T R Q E T I O NLJUIMLLEYRLNOG FZD(LAUGHTE R)KUOC AYZEPLXWESVCABH TSRAORPHRPIETIO N C L L R K C P T U O H S U J S C I G N O I T A V O S W F O

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

Hiss

Laughter

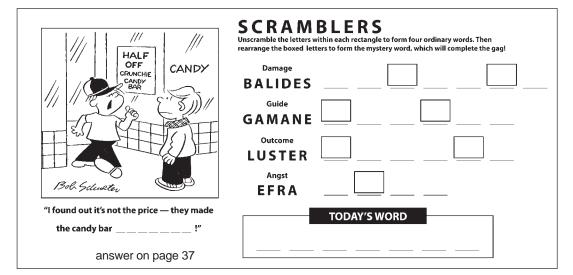
Outcry

Ovation

Applause Cheer Clap Heckle

Razz Roar Scream Shout

Taunt Whistle Yell



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SUDOKU

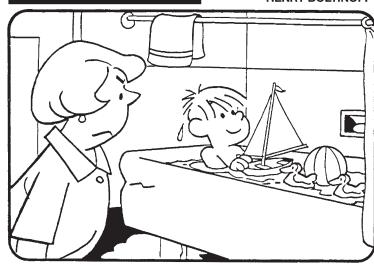
To play Sudoku:

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

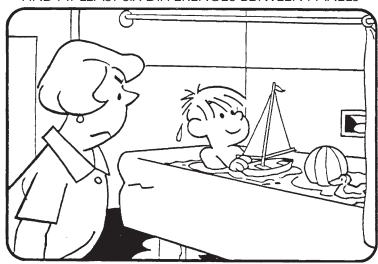
answer on page 37

HOCUS-FOCUS

BY HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Hair is different. 2. Sleeve is shorter. 3. Towel is missing. 4. Puddle is smaller. 5. Sail is smaller. 6. Rubber duck is missing.

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Grilled Swordfish With Mango Citrus Salsa

1 cup pink grapefruit sections

1 cup orange sections

1 cup papaya cubes

1 star fruit, diced

1 cup mango cubes

1 medium red onion, finely diced

1 tablespoon fresh cilantro, chopped

1 tablespoon mint, chopped

2 tablespoons orange liqueur (optional)

4 six-ounce swordfish steaks,

1½ inch thick, skin removed

1 tablespoon olive oil

sea salt

black pepper

mint sprigs for garnish

Make the Mango Citrus Salsa by combining all ingredients except swordfish, oil, salt and pepper in a medium bowl. Mix well and set aside to let flavors blend. Brush swordfish steaks with olive oil then season with salt and pepper to taste. Grill steaks over mediumhigh heat for 4 minutes per side or until



Grilled Swordfish With Mango Citrus Salsa

cooked through. To serve, spoon the Mango Citrus Salsa over the swordfish steaks and garnish with mint sprigs.

Yield four servings

Nutritional Value Per Serving Calories 333, Calories From Fat 95, Total Fat 11g, Saturated Fat 2g, Trans Fatty Acid 0, Cholesterol 66mg, Total

photo courtesy Fresh From Florida

Carbohydrates 24g, Protein 35g, Omega 3 Fatty Acid 1.44g

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HEARD FROM THE CROWD E U M L E T U M L E T U M L E C A H R A O R C

MAGIC MAZE

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My Stars ★★★★

FOR WEEK OF FEBRUARY 6, 2017

ARIES (March 21 to April 19) Lots of mixed signals can create an unreliable situation in which to make decisions. Best advice: Hold off on making any commitments until you're sure you know what's going on.

TAURUS (April 20 to May 20) An apparently friendly offer comes with some strings attached. Be careful not to get tied into something you don't really want. Thoroughly examine all your options before making a choice.

GEMINI (May 21 to June 20) If you're not careful, distractions can interrupt your best efforts. Continue to focus on what you need to do. You'll soon have lots of time to enjoy the rewards of your dedication.

CANCER (June 21 to July 22) Knowledge replaces suspicion as you begin to learn more about that "act of betrayal." On a lighter note, someone close to you might be planning a pleasant surprise.

LEO (July 23 to August 22) Control your sometimes-overactive jealousy gene before you find yourself saying or doing something that you could later regret. Best advice: Stop obsessing and move on.

VIRGO (August 23 to September 22) It's a good time to loosen up and do something wonderful and exciting before your more reserved nature resurfaces. A message brings news of imminent change.

LIBRA (September 23 to October 22) Cheer up. Things begin to improve significantly by mid-February. However, you might still need help to get through the rest of this sometimes-difficult period.

SCORPIO (October 23 to November 21) Something you learned last week takes on new meaning as you begin to relate it to another situation in your life. It's best to keep this matter to yourself for now.

SAGITTARIUS (November 22 to December 21) Your energy level is climbing, and so is your self-confidence. Good for you, because you'll need a good dollop of both to tackle an exciting challenge on the way.

CAPRICORN (December 22 to January 19) A family issue might interrupt a career-linked project. Try to give the

matter the attention it needs, but be careful not to jeopardize your workplace situation.

AQUARIUS (January 20 to February 18) Some self-doubt shows up this week, causing you to question your ability to handle a new challenge. But you know you can do it, and this is your chance to prove it.

PISCES (February 19 to March 20) A personal matter requires you to be as clear and forthcoming as possible in order to avoid misunderstandings. A career move is eased with the emergence of new facts.

BORN THIS WEEK: You have a way of reaching people that makes them feel good about themselves. You would be an excellent motivational speaker.

THIS WEEK IN HISTORY

- On Feb. 12, 1793, Congress passes the first fugitive slave law, requiring all states, including those that forbid slavery, to forcibly return slaves who have escaped from other states to their original owners.
- On Feb. 11, 1916, Emma Goldman, a crusader for women's rights and social justice, is arrested in New York City for lecturing and distributing materials about birth control in violation of the Comstock Act of 1873.
- On Feb. 6, 1937, John Steinbeck's novella "Of Mice and Men," the story of the bond between two migrant workers, is published. In 1925, he had moved to New York City, where he worked as a manual laborer and a journalist. In 1939, Steinbeck won the Pulitzer Prize for "The Grapes of Wrath."
- On Feb. 9, 1950, U.S. Sen. Joseph McCarthy claims he has a list with the names of more than 200 members of the Department of State who are "known communists." McCarthy never produced any evidence that there was even one.
- On Feb. 10, 1966, Ralph Nader, author of the groundbreaking book "Unsafe at Any Speed," first testifies before Congress about unsafe practices in the auto industry. Nader would go on to advocate for other consumer causes, including food and drug safety.
- On Feb. 8, 1978, a classic Nor'easter that brought a severe blizzard to New England finally subsides. In the end, 56

deaths were attributed to the storm, which dumped up to 55 inches of snow in some areas of Massachusetts and Rhode Island.

STRANGE BUT TRUE

- It was 20th-century American theoretical physicist Richard Feynman who made the following sage observation: "It doesn't matter how beautiful your theory is, it doesn't matter how smart you are. If it doesn't agree with experiment, it's wrong."
- Historians report that Alexander the Great best known for his conquests throughout Asia and North Africa, which helped to create one of the ancient world's largest empires before he turned 30 had a hard-and-fast rule for his soldiers: no beards. Alexander didn't want to give their enemies anything to grab onto during battle.
- If you're sending a letter to Ireland, don't worry if the address you have on file is missing the postal code; in that country the only addresses that use them are in the capital, Dublin.
- In 2002, researchers conducted a study to determine how consumers' decisions are influenced by seemingly minor changes in appearance. They presented car-buyers with a variety of webpages; everything on the pages was the same - the vehicles presented, the information provided, prices, etc. -- except for the background. One group got a green background with a pattern of pennies on it, and one group got a red background with a pattern of flames. As it turns out, the background did, indeed, influence behavior: Consumers in the green-background group spent more time looking at information about cost, while those in the redbackground group spent more time looking at details about safety features.
- In Ireland, to ensure good luck on a child's birthday, it was once the tradition to hold the child by the feet and bump his or her head on the floor once for each of the child's years.

THOUGHT FOR THE DAY

"God is a comedian playing to an audience too afraid to laugh." -- Voltaire

SCRAMBLERS

solution

1. Disable; 2. Manage;

3. Result; 4. Fear

Today's Word

SMALLER

TRIVIA TEST

- MOVIES: What was the last movie that Nancy Davis Reagan appeared in?
- GEOGRAPHY: What desert exists in parts of California, Arizona and Mexico?
- 3. **PROVERBS:** Where should you "never look a gift horse"?
- 4. **U.S. STATES:** Which state is an anagram of the word "anime"?
- 5. **LITERATURE:** What was author Thomas Mann's native country?
- 6. ANATOMY: How much of blood's volume is made up of plasma?7. RELIGION: Which religion's places
- 7. **RELIGION:** Which religion's places of worship are called "Kingdom Halls"?
- 8. MEASUREMENTS: What is the base unit of mass in the metric system?
- PSYCHOLOGY: What fear is represented in the condition called "neophobia"?
- 10. **U.S. PRESIDENTS:** Which president began appearing on the half dollar coin in 1964?

TRIVIA ANSWERS

I. "Crash Landing" (1958) 2. Sonoran desert 3. "In the mouth" 4. Maine 5. Germany 6. 55 percent 7. Jehovah's Witnesses 8. The gram 9. The fear of anything new 10. John F. Kennedy

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

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ANNUAL HOUSE RENTAL

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Bike to beaches on West Gulf dr. None smokers. Email owner at stonebrook108@aol.com #NS 2/3 CC 2/10

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**NS 1/27 CC 2/3

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**NS 1/20 CC 2/10

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Respond only by Fax to 239 437-7543 or email to DSchuldenfrei@VIPRealty.com

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

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 TEN

LOST AND FOUND

LOST KITTEN

Orange, neutered male, 4 months old. East end of Island. Last seen Saturday January 28, on S. Yachtsman Drive.
Reward. Please call 239-277-0058 or 239-472-1788.
**NS 2/3 CC TFN

BOATS - CANOES - KAYAKS

DOCKAGE

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

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.

VEHICLES FOR SALE

2000 BMWZ3

\$5,000. Perfect Island Car! Green with new tan conv.top. 115,500 miles. Manual 5 speed. Well maintained. I am local owner. Call Jeff 239.293.4329.



Street legal, "gas" powered. \$7,000. 239-209-6500

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

MERCEDES BENZ 560SEL 1988

150k Miles. Great condition, A/C great, tires great MUST SEE - on Sanibel Asking \$6,000 OBO. Call 215-768-5117 *RS 2/3 CC 2/10

GARAGE • MOVING • YARD SALES

MOVING SALE

Fun, Sunny Island Style Moving Sale Feb. 3 9-3, Feb. 4 9-3 p.m.
Feb. 5 9-2
1665 Sabal Palm Dr., Sanibel Wonderful furnishings; sleeper sofa, twin beds, queen bedroom suite, lots of lanai and pool furniture. Fun home decor. Colorful housewares, Linens, plus much, much more! photos & info go to: elanestatesales.com

ANNUAL YARD SALE

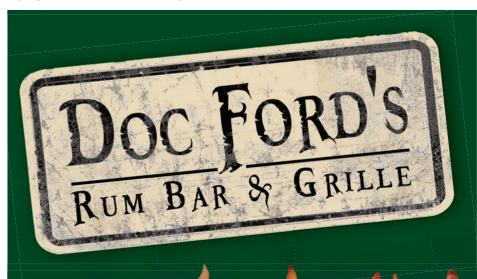
Sat. Feb. 4, 501 Lagoon Drive towards the Lighthouse.
Antiques, Household, Jewelry.
Early Birds Welcome on that day only.
Don't Miss It.
*NS 2/3 CC 2/3

HORTOONS



Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Bay Woods	Bonita Springs	2016	4,534	\$3,395,000	\$3,117,000	455
Sanibel Isles	Sanibel	2012	\$2,100,000	\$2,000,000	12	
Bellamare	Miromar Lakes	2009	5,289	\$1,899,000	\$1,750,000	29
Verona Lago	Miromar Lakes	2002	3,056	\$1,849,000	\$1,532,250	276
Town and River	own and River Fort Myers		3,772	\$1,525,000	\$1,368,125	73
Holiday Heights	Holiday Heights Fort Myers Beach		2,760	\$1,520,000	\$1,412,500	60
Whisperwood Cove	Sanibel	2004	3,621	\$1,489,000	\$1,325,000	124
Edgewater	Fort Myers	1996	3,358	\$1,129,000	\$1,069,000	90
Sanibel Estates Sanibel		1969	1,636	\$995,000	\$938,000	82
North Captiva Sands	Captiva	1991	1,966	\$989,000	\$933,500	272



AWARD WINNING

FLAVORS FROM THE CARIBBEAN RIM!

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

The New Hork Cimes

Flat Breads • Outdoor Seating • Island Mojitos

Sanibel Island

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