



Vol. 16, No. 6

From the Beaches to the River District downtown Fort Myers FEBRUARY 10, 2017

# Festival Of Light Set To Illuminate

It is time to illuminate, innovate and celebrate in Southwest Florida. The Edison Festival of Light, Southwest Florida's largest and longest running festival, will begin activities this weekend.

"Our board of directors has been working to produce a multitude of fun and exciting events over the next two weeks," said Kevin Anderson, Edison Festival of Light board president.

The Grand Parade of Light will be held on Saturday, February 18. The 2017 Grand Marshals are the Cape Coral Little League Senior League World Series Championship team, who beat British Columbia, Canada to win the title. The Honorary Grand Marshal is Bobby Nichols, a 12-time PGA tour champion. Nichols has held the Nichols Cup Golf Tournament at Fiddlesticks Golf Course for the past 15 years and has donated over \$8.2 million for abused and neglected children from the proceeds of the tournament. "This is quite an honor to be chosen as

the Honorary Grand Marshal for this community tradition," said Nichols.

The Grand Parade of Light will have triple the number of helium balloons as in previous years. Fort Myers Pest Control will be carrying Jerry the



Jerry the Mouse will make its Southwest Florida debut, led by Fort Myers Pest Control photo courtesy Starbound Entertainment

Mouse, of Tom and Jerry cartoon fame, making its debut here in Southwest Florida. "We are excited that Chico's is bringing back their shopping bag balloon, which made its debut in this parade a number of years ago," said Anderson. "These large balloons are a part of Americana and a tradition in parades across the country. Having these helium balloons brings a new excitement and experience for our parade-goers."

Seats are still available for the Grand Parade of Light. Street seats are

#### \$10 and tickets to the VIP event at Harborside Event Center that includes food and beverages are \$57 per person. Visit www.edisonfestival.org for parade tickets.

For those unable to attend the Grand Parade in person, the parade will be broadcast on MeTV on Sunday, March 12 from 7 to 9 p.m. MeTV is a Waterman Broadcast station and is found on various cable channels throughout the area.

Volunteers are still needed for the Grand Parade and for all the Edison Festival of Light events. Information on opportunities can be found at www. edisonfestival.org/p/volunteer.

Other Edison Festival of Light highlights include:

• STEMtastic Day of Discovery – February 11 from 10 a.m. to 3 p.m. in Harborside Event Center and Centennial Park. The largest STEM (Science, Technology, Engineering, and Math) event in the region has over 7,500 participants create and learn through hands-on experiments. Activities will include displays from Mote Aquarium and Full Sail University.

• Craft Beer and Food Truck Festival – February 11 from 2 to 9 p.m. Edwards Drive. Local craft beer and epicureans will delight in tasting some of Southwest Florida's creations while listening to local continued on page 21



Rob Green, Brandon Somers, Annette Trossbach and Paul Graffy

# A Lanford Wilson Play At Lab Theater

by Di Saggau

The play Burn This by Lanford Wilson centers on the personal crisis of Anna, played by Annette Trossbach. She is a rising downtown dancer and choreographer. Anna is steeped in rage over the senseless tragedy of her gay roommate, Robbie, who died in a boating accident with his partner. Larry, another roommate, is played by Brandon Somers. He is an ad exec, very intelligent and gay. He fields Wilson's funniest lines in the play. Then there is Burton, a commercially successful screenwriter who is in love with Anna. He is played by Rob Green. During the night, Pale, played by Paul Graffy, arrives in the middle of the night, continued on page 26

# Cypress Lake High Team Wins Art Competition

A team from Cypress Lake High School captured top honors at Chalk Block, a sidewalk chalk competition between area high schools, this past Saturday, February 4. The theme was Exploring a Bright New World.

The three-member Cypress 2 squad won first place and took home blue medals for the effort during the competition that involved 35 teams from 9 a.m. to 3:30 p.m. The winning students were taught by Cypress Lake High School Center for the Arts teacher Marguerite Petcher.

Other top finishers included Cape Coral High School in second place and Mariner High School who took third place. Oasis High seized the Sunny and Sparkle Award, based on two cartoon characters representing Golisano Children's Hospital of Southwest Florida, the event sponsor. Cartoonist Doug MacGregor

continued on page 4



From left, 2017 Chalk Block winners Sara Miller, Skylan Abraham and Emma Wigington from Cypress Lake High School photo by Marguerite Petcher



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#### Historic Downtown Fort Myers, Then And Now: Honoring Edisons In City Park



#### by Gerri Reaves, PhD

s the Edison Festival and Pageant of Light get underway, it's fitting to remember Thomas A. Edison's profound effect on Fort Myers

This historic photo reminds us of two historic events, one of international significance and one of local consequence -- both involving the town's most famous citizen.

The next time you pass the intersection of Main and Heitman, take a moment to notice a plaque mounted in a brick frame low to the ground. That plague is what remains of the larger monument pictured in the historic photo, which was dedicated in City Park 87 years ago.

Edison's birthday, February 11, has been something of a holiday in town for decades. Ever since the inventor happened upon little Fort Myers in 1885, purchased his land, subsequently brought his bride Mina to town, and established a winter home and laboratory, he was blessed – or doomed – to be a celebrated figure while in

residence. Over the decades, a wide variety of events, commemorations, and honors have been initiated because of him. Besides, his arrival in winter provided the town annual justification for a celebration - and who doesn't like that?

February 11, 1930 was no exception. Not only was it Edison's birthday, but it was an appropriate time to honor what is probably his best-known invention, the first practical incandescent light bulb.

"Edison's Light Golden Jubilee," a major nationwide celebration, had occurred the previous October 21, the actual fiftieth anniversary of the day the bulb had been successfully tested in 1879.

A wide variety of events, proclamations, and displays were held on October 21. So important was the invention that the U.S. Post Office issued a commemorative stamp. On the evening of October 21, 1929, Edison, Ford, and 500 of their personal

guests attended a banquet (dinner and radio broadcast) held in a ballroom in Dearborn, Michigan. It was the ceremonial opening of Ford's Edison Institute (now the Henry Ford Museum).

Among them were luminaries from science, politics, business, and other fields. Even the great Albert Einstein

spoke via shortwave radio from Berlin, Germany.

So, Fort Myers's version of the "Edison's Light Golden Jubilee" several months later might have been a bit late, but was nevertheless important locally.

Both Thomas and Mina Edison, who had arrived in Fort Myers only days before, were honored at a plaque dedication that drew an estimated 2000 people.

The event was filmed for the movie-reels by Movietone, Pathe, and Paramount.

The park in which the monument originally stood had been established in 1921 when the City bought

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On Thomas A. Edison's birthday, February 11, 1930, the City of Fort Myers dedicated this plaque in City Park to recognize "Edison's Light Golden Jubilee"

photo courtesy SWFL Museum of History

NEEKL

**Reporters** Jeff Lysiak

#### Read Us Online: www.IslandSunNews.com

#### **Contributing Writers**

Marion Hauser, MS, RD Ross Hauser, MD Audrev Krienen Anne Mitchell Capt. Matt Mitchell Di Saggau

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fort Myers

PRINTED ON RECYCLED PAPER Publisher Lorin Arundel

**Advertising Sales** Bob Petcher George Beleslin

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

Gerri Reaves, PhD

Jennifer Basey Kimberlev Berisford Suzy Cohen Ed Frank Jim George Shelley Greggs Tom Hall

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The commemorative plaque is now mounted in a brick frame at the corner of Main and Heitman (bottom left) and a bank is located on what was once City Park photo by Gerri Reaves

its first permanent city hall, the wood-frame home of Edward L. and Carrie Belle Hendry Evans. It was called Evans Park or City Park.

The grounds occupied the block bordered by Main/McGregor Boulevard and West First Street on the south and north, respectively, and by Carson and Heitman Streets on the west and east, respectively.

The monument itself wasn't particularly artistic or impressive, but was heartfelt. A simple coral-rock pediment was topped by two tower-like structures with a mildly Art Deco look.

Between those twin structures, emblazoned with the letters "E," was the bronze plaque, made by local artist Maurice Kidjel, that is now located on the Main-Heitman corner.

On the plaque, Thomas and Mina face each other in profile, framed by the dates 1879 and 1929, signifying the half century since the light bulb's invention. Also on the plaque are the words, "50, Edison's Light Golden Jubilee."

Below the plaque were the words, "Erected by the Citizens of Fort Myers."

Also in town for the special event were the inventor's friends Henry Ford, who had arrived only four days before, and Harvey Firestone, who had arrived the previous day. Ald Martin E. Schultz presided as chair of the committee for the dedication.

Mayor William J. Wood introduced the keynote speaker, Dr. Hamilton Holt, president of Winter Park's Rollins College. The Fort Myers Band, which provided music, was but

one of the contributors to the festivities. Who on that day would have foreseen that the memorial would not exist a quarter

century or so hence?

Changes came to the property and the coral-rock structure was eventually dismantled. A new city hall was constructed in 1954 facing the Main-Heitman corner.

After the current city hall on Second Street was opened in 1973, the existing bank building was built on the park property.

Fortunately, the plaque was saved to remind us of a day that 2000 people and newsreel crews made the park seem like center of the world.

Edison would return to Fort Myers only once more, the following year, when he dedicated the bridge that bore his name. He died a few months later.

Want to learn more about local history? Then visit the following two research centers. The Southwest Florida Historical Society is an all-volunteer non-profit organization

open Wednesday and Saturday between 9 a.m. and noon and Wednesday  $\overline{4}$  to 7 p.m. It is located at 10091 McGregor Boulevard on the campus of the Lee County Alliance

for the Arts. Call 939-4044 or visit swflhistoricalsociety.org for more information. The Lee County Black History Society is located at 1936 Henderson Avenue, adja-

cent 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 information, call 332-8778 or visit leecountyblackhistorysociety.org.

Sources: Fort Myers Press, Fort Myer Tropical News, and "Light's Golden Jubilee" by Cary O'Dell (loc.gov).☆



# Museum Merger Enhances Science And History Experience

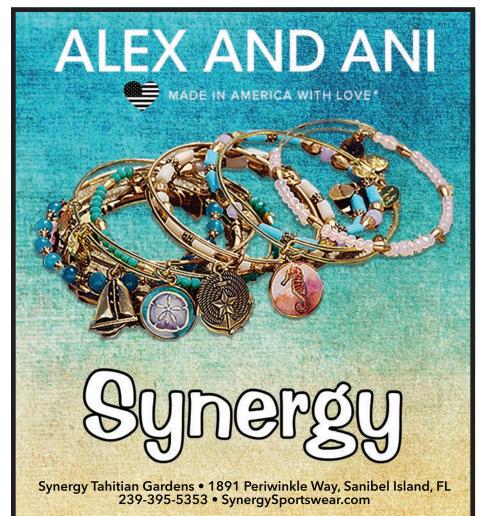


rendering courtesy of MKM Architecture & Design

The Imaginarium Science Center and Southwest Florida Museum of History have adopted a new, streamlined operating structure ahead of unveiling a newly branded, combined experience for Southwest Florida residents and visitors of all ages. Officials have announced an expanded board of directors as well.

While a dynamic rebranding effort remains under wraps, history exhibits are being added to existing science experiences to provide an immersive multidisciplinary experience under one roof at the Imaginarium at 2000 Cranford Avenue in Fort Myers. The Imaginarium has traditionally attracted families and youth groups, while more senior visitors patronized the Museum of History. The combined museum will offer exhibits and programs to appeal to visitors who fall on either end of the age spectrum and on any point in between.

In addition, a new non-profit corporate structure replaces the City of Fort Myers management, allowing the nimbleness required to act quickly in response



to market trends while reducing long-term costs to taxpayers. The city continues to serve as partner for this community asset through a 10-year renewable lease of the facility. The former train depot that housed the Museum of History has been leased to the Southwest Florida Community Foundation to anchor a technology hub that will be integral to the new midtown redevelopment project.

The groundwork for the museums' new organizational structure was established over the past several years under a dedicated and talented board of directors led by outgoing Chair Jonathan Romine of Fort Myers-based planning and design firm EnSite, which has also provided conceptual planning for the future footprint of an expanded campus.

Executive Director Matt Johnson said, "Jon developed the master plan, leading this organization through a difficult process. He's done an amazing job keeping the board focused and moving forward through staffing transitions and challenges coming out of the recession. He has been an excellent leader from the very beginning, and we're thrilled to receive his continuing guidance as past chair while we see many fruits of his labor materialize."

Jon Ellsworth of Enterprise Holdings has been named the new chair of Imaginarium Group Inc., the public-private partnership managing the two museums. In addition to Romine, he joins Vice Chair Carlos Kelly of Henderson, Franklin, Starnes & Holt PA., Treasurer Jennifer Powers of Chico's FAS Inc. and Secretary Denise Weisinger of GMA Architects & Planners. The board also includes Jeff Bayer of Signarama Fort Myers; Greg Blurton of the Lee County School District; History Professor Erik Carlson of Florida Gulf Coast University; Britt Gravley of Bernard Anthony Salon; Derrick Isaac of Goldstein, Buckley, Cechman, Rice & Purtz, P.A.; Kathryn Kelly of the Heights Foundation; Shamie Kelly, Fort Myers native; David Miller of the Chamber of Southwest Florida; and Matt Simmons of Maxwell, Hendry & Simmons LLC.

Romine said, "Science and history are so intertwined in Southwest Florida that they can't be separated. The two museums can tell a much greater story when they tell it together."

A Night at the Museum fundraising event is planned for 7 to 10 p.m. Saturday, March 4 on the grounds of the new museum, celebrating the rightful alignment of science and history with extinct animals and figures of Florida's storied past come to life, plus cocktails, hors d'oeuvres, auctions and tours from "Night Watchman" Ted Fitzgeorge. All proceeds will support the Imaginarium and the Museum of History.\*\*

# Poet To Appear In Fort Myers



Dan Albergotti

A ward-winning poet Dan Albergotti will hold a book signing and poetry reading at the Florida SouthWestern State College (FSW) Thomas Edison Campus in Fort Myers on Monday,

photo courtesy FSW

From page 1 Competition

designed the characters.

Chalk Block was part of 2017 ArtFest Fort Myers, which celebrated its 16th annual downtown Fort Myers juried fine art festival. The festival also showcased the works of 215 artists, provided continuous entertainment and free interactive children's art experiences, and displayed Art Under 20, the largest high school art competition in Southwest Florida.

February 27 in the Rush Auditorium, Building J. The event, which begins at 4:30 p.m., is free and open to the public.

Albergotti is the author of The Boatloads and Millennial Teeth as well as a limited-edition chapbook, The Use of the World. His poems have appeared in The Cincinnati Review, Five Points, The Southern Review, The Virginia Quarterly Review, two editions of the Pushcart Prize as well as other journals and anthologies. A graduate of the MFA program at UNC Greensboro and former poetry editor of The Greensboro Review, Albergotti is a professor of English at Coastal Carolina University in Conway, South Carolina.

This project is sponsored in part by the Department of State, Division of Cultural Affairs, the Florida Council of Arts and Culture and the State of Florida (Section 286.25, Florida Statutes). It is coordinated by the Florida Literary Arts Coalition and FSW Writes, an FSW faculty group that plans writing events for FSW students, employees and the public.

Copies of the book are currently available for purchase at the FSW Thomas Edison Campus bookstore, and they will also be available for purchase during the event.

For more information, contact Dr. Scott Ortolano at 489-9472 or sortolano@fsw. edu.  $\overleftarrow{\times}$ 



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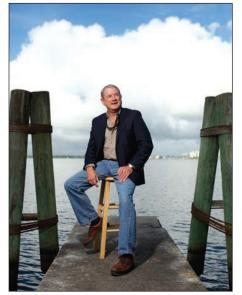
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# Local Comedian To Perform At Cracker Dinner February 20



Tom Chase

photos courtesy Brian Tietz Bev

Fort Myers attorney, comedian and storyteller Tom Chase will speak, tell jokes and do impersonations at the Southwest Florida Historical Society's annual Cracker Dinner scheduled for Monday, February 20. The event will be held at the Broadway Palm Dinner Theater, 1380 Colonial Boulevard, located in Royal Palm Square, which is near the foot of the Midpoint Bridge on the Fort Myers' side of the Caloosahatchee River.

A buffet dinner begins at 5:30 p.m.



Beverly Cox

and will be followed by the program at 7 p.m. with former WINK-TV anchor Jim McLaughlin serving as master of ceremonies. The event also will include door prizes, a silent auction and a 50/50 raffle. Music will be provided by soprano Beverly Cox and musicians Barbara and Roger Peterson.

Tickets are \$35 each and are available through the Southwest Florida Historical Society, located at 10091 McGregor Boulevard on the campus of the Lee County Alliance for the Arts. Tickets are





**Roger and Barb Peterson** 

also available at Barbee and Son, Inc. Realtors, 1936 Grace Avenue, and at the Sam Galloway Ford Dealership on Boy Scout Drive.

Funds raised at the annual dinner will be used to support the mission of the Southwest Florida Historical Society

# Robotics Class At Edison Ford

Lison & Ford Winter Estates is offering a robotics class for students in grades four through eight on February 11 at 1 p.m. Instructors at Edison Ford will teach

Instructors at Edison Ford will teach students how to use loops and logic to outsmart opponents with LEGO Battle Bots.

The class is part of the engineering series that runs through April. The series of classes will teach students how to build robots and design new inventions. Classes are held once a month on Saturdays from 1 to 3 p.m.

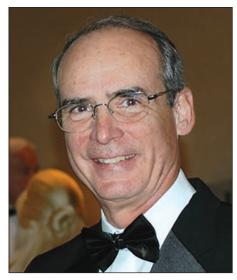
month on Saturdays from 1 to 3 p.m. Cost per class is \$15 for Edison Ford members and \$25 for nonmembers. For more information or to register, contact Leeanne Criswell at LCriswell@ edisonfordwinterestates.org or call 334-7419.‡

# Over The Edge Fundraiser

Junior Achievement of Southwest Florida still has open availability for its 2017 Over The Edge rappelling fundraising event on Saturday, February 25 at the Naples Grand Beach Resort in Naples.

In partnership with Over The Edge USA, Junior Achievement of Southwest Florida is raising funds that will support its mission to bring work-readiness, entrepreneurship and financial literacy programs to students throughout Southwest Florida.

Over The Edge participants known as "edgers" raise a minimum pledge of \$1,000 minimum and have the exhilarating opportunity to rappel over the edge of the Naples Grande Beach Resort (170 feet). If you would to become an "edger" and help prepare the next generation for a lifetime of success, register



#### Jim McLaughlin

which is dedicated to preserving the history of our area by archiving donated historical documents, photos and maps and stimulating public interest and appreciation for local history.

For more details, call the Southwest Florida Historical Society at 939-4044.



Students at a previous robotics class photo provided

by visiting jaovertheedge.com/selfregister. Participation allows Junior Achievement of Southwest Florida to fund all gradeschool economic education programs for local students. Through sponsorship and fundraising efforts of their participants; Junior Achievement of Southwest Florida is a step closer to preserving free enterprise and preparing the next generation for a lifetime of success.

The 2017 Junior Achievement sponsors are Beasley Broadcasting and B103.9 (Ascent Sponsor), Lipman Family Farms (Ascent Sponsor), Iberia Bank (Belay Sponsor) and PBS Construction, Inc (Ropes Volunteers Sponsor). Any businesses, organizations, or individuals interested in becoming an event sponsor are encouraged to contact Stephanie Hoffman at 225-2590 or info @jaswfl. org. Those interested can also visit www. JASWFL.org/Over-the-Edge. Sponsorship packages offering the opportunity to rappel are available as well as nonrappelling packages.



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# Appreciate Artwork By Revisiting Original Installation



by Tom Hall

Ann Hamilton created Phora in 2005. The term has both Greek and Latin derivations. The Greek word pherein means "to bear" and the Latin term fora signifies a place of

assembly or forum. Hamilton's iteration of the concept combines both of these sentiments and much, much more.

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

Initially conceived for the architectural context of *la maison rouge* in Paris, France, the exhibition was inspired by two highly-symbolic locales – the Bastille (as the voice of civic demonstration) and the Bastille Opera (as a demonstrative public voice). *Phora* thus explores the origins of public speaking from the first forums to on-going political debate. It opened on the day of the U.S. Presidential Inauguration on January 20.

La maison rouge's Waltraud Forelli-Wallach explains:

'The interlocking of public and private spaces at la maison rouge enabled [Hamilton] to come back to the idea of the home and explore the oppositions between interior and exterior, private and public, culture and nature. The foundation's urban and historic environment, with the nearby opera and the ghostly presence of the Bastille prison, were an opportunity for her to continue her reflections on language and vocal expression. In her eyes, the Bastille prison represents the voice of the insurgent people and has mythical status in the collective memory, whereas the opera represents the voice of poetic and historic fabrication. These two public platforms form the symbolic context of the foundation with, at its center, the red house."

As ultimately conceived and installed, the exhibition sprawled through several rooms of la maison rouge. It began with a hallway filled with printed video stills of the silent, painted mouths of medieval wooden sculptures that led to a dimly lit room in which a revolving projector threw images of an ink pen nib drawing a horizon line onto white paper while five voices uttered unintelligible sounds from different





Ann Hamilton: Phora is on display at the Bob Rauschenberg Gallery until March 18 photos courtesy www.artswfl

corners of the room. In a second room containing a large scarlet silk tent and scale model of la maison rouge floating in mid-air, three female voices recited a mantra in English, French and Arabic, vis: "There, here, now, you, I, in this place, speaking. The things we offer. How to account for each other, to attend the order, sounding."

The installation encompassed another room and the basement of la maison rouge as well, and viewed in its totality, *Phora* explored the "genesis of vocalization and vocal expression" through a "progression from silence to sound, from sound to voice, from voice to speech and from speech to speaking" (in the words of the exhibition catalogue).

Textiles in particular were vital to the original installation, evoking references to France's controversial decision to ban women wearing the veil during school time, the European Union's struggles with immigration control and the dilemma of housing in permanent homes rather than cloth tents political refugees and asylum seekers. Then, and now, *Phora* offers a timely reminder that identity politics is far from a new concern and voicelessness, whether collective or individual, must be addressed at its multiple and diverse sources.

Although it is not installed in the Bob

# Gala And Fine Art Auction

ee, Hendry and Glades counties' first and only licensed and certified domestic and sexual violence center, will host its Arts for ACT Gala and Fine Art Auction at the Hyatt on Saturday, November 11 at 5 p.m. at the Hyatt Regency Coconut Point.

The fundraiser, whose committee includes chair Stephen Blancett and honorary chair Marc Collins, will support ACT's core services for victims of domestic violence, rape/sexual assault and human trafficking, including emergency shelter for survivors and their children, the 24-hour crisis hotline, counseling, children's programs and community education. A call to artists local and nation has also been requested

Rauschenberg Gallery in the same way or order that it appeared in la maison rouge, this new version of Phora will nonetheless provide much to dwell on. One major change is groundbreaking indeed. For the first-time, *Phora* will be presented with The First Line (Sounds For Drawing), an experimental drawing project and participatory installation by the artist and Andrew Deutsch that encourages visitors to take a "hands-on" role by contributing their own drawing in response to audio tracks played through a headset while a newly commissioned composition featuring micro-loops of the artist's voice is played aloud in the gallery to provide further inspiration and a soundtrack both for The First Line and Phora.

Ann Hamilton: Phora runs through March 18.

For more information, visit www. rauschenberggallery.com or call 489-9313. The Bob Rauschenberg Gallery is located on the Lee campus of Florida SouthWestern State College, located at 8099 College Parkway in Fort Myers.

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.

for juried art submissions.

The Arts for ACT Gala and Fine Art Auction will feature a cocktail reception, silent and live auctions to commemorate the nonprofit agency's 39 years in the community.

Last year, ACT served over 6,000 victims and their children. In 2016 alone, ACT provided 5,332 people with services in their outreach program, 253 were victims of sexual assault, 95 of which received the forensic examination for rape. A total of 743 clients stayed in the residential shelters (nearly half were children).

Tickets for the event are \$150 per person, with sponsorships available for tables and business branding recognition. For those interested in more information on how to join as a supporter of this high-profile event, visit www.artsforactfineartauction.com or call 939-2553.\*\*

# Tickets On Sale For The Lee County Fair



There will be plenty of rides for the kids photos provided

Setup is undeway at the Lee Civic Center and Fairgrounds for the 93rd Southwest Florida & Lee County Fair, to be held February 23 to March 5. Tickets are now on sale at www.swflcfair.com/tickets, along with the Mega Pass, granting admission and unlimited rides for one day of the fair.

A lineup of free entertainment is in store, from Ron Diamond's Hypnosis Magic to the Timberworks Lumberjack Show. The Fire Fighter Training Show returns for its second year along with



Tango is a new ride this year

Dale's Scott's The Future of Magic Show. Marc Dobson's One Man Band and Billy "Elvis" Lindsey – winner of the ELVIS Extravaganza Contest at the Florida State Fair – will also perform. Tadpole the Clown, Carrie McQueen Stilt Walker and the Moogician will be on hand, and Rocky Da Roosta and his cast of cackling hens will entertain you throughout the day.

The 4-H Livestock competitions, shows and sales are held throughout the 11 days, with over 1,300 entries including beef breeding, goats, horses, small animals and swine from more than 400 4-H exhibitors. Specialty goat shows and competitions are presented by the American Dairy Goat Association, National Pygmy Goat Association and the American Boer Goat Association. The Market Animal

# **Banglafest Nears**

The Bangladeshi American Society of Southwest Florida will host their 6th annual Banglafest on Saturday, February 18. The primary goal at Banglafest is to share the Bangladeshi heritage, culture, tradition, music, fashion and authentic cuisine to the diversified society of Southwest Florida. The event presents the best of local talents with performances in music, songs, dance, arts and fashion shows. The main attraction though will be a surprise renowned artist from Bangladesh.

Banglafest will be held at Lee County's Alliance for the Arts, located at 10091 McGregor Boulevard in Fort Myers. The event runs from 11 a.m. to 5 p.m. Admission and parking is free.

# Lake Kennedy Senior Center Mote Marine 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 non-members, with lunch included. Pre-registration is required.

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



Marc Dobson's One Man Band

Livestock sale will be held on Saturday, March 4.

Registration is still open in the Creative Living and Home Arts Departments where the community's creativity comes alive, and featured more than 1,000 entries in 2016. Register now to enter your crafts, baked goods, recycled art, photography, horticulture and other wares. New this year is the Decorate a Hat contest. Guess all the Skittles in the candy jar and you could win that candy jar, plus a four-foot Dankin Teddy Bear.

On Senior/Military Day, there will be many workshops presented by Lee County Master Gardeners on 18 topics from worm composting to citrus growing to Florida Friendly Landscapes. An Ask the Gardener session will help answer fairgoers' gardening questions. Senior/Military Day is Wednesday, March 1 from 11 a.m. to 5 p.m. Admission is \$5.

A host of specials and discounts are available, ranging from Sneak Peek on Thursday, February 23 with a \$15 special for admission and rides, to Harry Chapin Food Bank Night on Monday, February 27 with free gate admission for three cans of donated food. Admission for Moonlight Madness is \$25 for rides from 8 p.m. to 1 a.m. on Friday, February 24 and Friday, March 3.

Visit the website for Creative Living entry information, the full lineup of entertainment, community stage happenings, plus a downloadable brochure that is your ultimate guide to all of the excitement.

In 2016 the Southwest Florida & Lee County Fair welcomed more than 109,000 fairgoers. The Fair Association is recognized as a 501(c)3 non-profit organization and re-donates to a number of other non-profits, including the local 4-H clubs, Rotary, Lee County Explorer's and the Araba Shrine units. Lee County Schools are also a beneficiary, and the fair offers scholarships to graduating seniors who are exhibiting.



# **RIVER CITY BRASS** Thursday, February 16, at 7:30 p.m.



fB

DISCOVER

VISA

Don't miss the rich sounds of River City Brass as they perform live at Shell Point during the 2016-2017 Concert Series. This group's signature style, developed during 30 years of touring from California to New York, includes featured concert performances by superb soloists and a powerful

repertoire from classical to pops, and from jazz to marches.



Shell Point Retirement Community • 15101 Shell Point Boulevard • Fort Myers, Florida 33908. Shell Point is located just off Summerlin Road in Fort Myers, 2 miles before the Sanibel Causeway.

# Along The River

The public is invited to celebrate Thomas Edison's 170th birthday at Edison & Ford Winter Estates this Friday and Saturday, 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 1938 began to hold annual events to memorialize Thomas Edison. 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 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.

Edison & Ford Winter Estates will hold its annual Edison Garden Festival this Saturday, February 11 from 9 a.m. to 5 p.m. and Sunday, February 12 from 9 a.m. to 4 p.m. Dozens of



Garden festival attendees walking the grounds of the estates

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. Plant vendors will be selling palms,

Plant vendors will be selling pains, vegetables, bromeliads, hibiscus, butterfly plants, African violets, orchids, air plants, herbs, succulents, cactus and many hardto-find species, as well as garden supplies and gift items, including mulch, trellises,



#### SummerlinJakes.com



Live Music Fri & Sat Nights Lunch & Dinner Served Daily Breakfast Served Sat & Sun 17501 Harbour Pointe Drive Fort Myers, before the Sanibel Bridge 239-466-5377 photo courtesy Edison & Ford Winter Estates pottery, cut flowers, hats and jewelry.

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

will also be able to make crafts, such as 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

The **SoCo Second Saturday** event returns this Saturday, February 11 from 5 to 10 p.m. The newly formed cultural district of SoCo 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.

Patrons of the arts, collectors, art enthusiasts and all attending guests will have the chance to win tickets to a Broadway 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, Catch 22, Vamped Up Vintage, Yoga Bird, Living Vine Café, A Swedish Affair, Broadway Palm Dinner Theatre, Suzanne's Dance Fitness and 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 Square.

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 is available online at www. socoswfl.com.

Learn more about particular birds during a **beach walk with a bird guide** along **Bunche Beach** this Saturday, February 11 at 8 a.m.

Bunche Beach has been known as an excellent spot to see both migrant and resident waders and shorebirds working the mudflats at low tide due to the diversity of micro-invertebrates. You may also see waterfowl, raptors and warblers. Bring binoculars, sun protection, shoes that can get wet and a bottle of drinking water.

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

The **Boston Red Sox 2017 spring training** season takes its first official step with the team's pitchers and catchers holding their first workout on Tuesday, February 14 at **JetBlue Park** at Fenway South in Lee County.

Starting on February 23, the team will play a total of 19 home games, including 17 Grapefruit League games, a nineinning matchup against the Northeastern University Huskies, and a World Baseball Classic exhibition game against Team USA on March 9.

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

The first full squad workout, free and open to the public, will take place on February 17. The Red Sox play their first exhibition game on Thursday, February 23 at 1:05 p.m. against the Northeastern University Huskies.

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

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

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

# 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 service

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.



# **KIRIN ICHIBAN**

Family-owned and operated Ichiban, located in the River District, serves the freshest sushi in Fort Myers. Pictured from left, salmon roe, a shrimp tempura roll and salmon sashimi. photo provided

#### LAMOTTA'S ITALIAN RESTAURANT

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

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

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

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

**SUMMERLIN JAKE'S** 

Summerlin Jake's Seafood and Steaks, a sunset dining water view restaurant in Fort Myers, located near the Sanibel Bridge, offers new American cuisine prepared in the old Florida tradition. Paying tribute to the rich history of Punta Rassa, where Jake Summerlin owned a wharf that he used to ship his cattle to Cuba and the local waters that are famous for being the home to big game fishing, Summerlin Jake's offers freshly caught local seafood, tender, juicy prime steaks, smoked ribs, brisket & chicken and heart-healthy, vegan choices that are locally sourced, hand-selected and artfully prepared. Summerlin Jakes is open Monday through Friday 11 a.m. to 10 p.m. and Saturday and Sunday 8 a.m. to 10 p.m. (Breakfast served 8 to 11:30 a.m.). Happy Hour is 3 to 6 p.m. daily. Live music on Friday and Saturday 5:30 to 10 p.m.

17501 Harbour Pointe Drive, 466-5377.

#### SUNDIAL BEACH RESORT & SPA

Voted Best Waterfront Dining in Southwest Florida!

Awarded Best New Restaurant 2016, discover an authentic experience at Shima Japanese Steakhouse & Sushi Bar as your meal is artfully prepared right before your eyes! Panoramic Gulf views await you at Sea Breeze Café where the menu celebrates fresh local produce and seafood. Enjoy breakfast, lunch or dinner on the terrace or dining room, or expertly rolled sushi at the bar. Sanibel's favorite tiki bar, Turtle's Pool & Beach Bar, serves up island favorites at the bar or 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.

To advertise in The River Weekly News Call 395-1213





#### Churches/Temples ALL FAITHS UNITARIAN

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

# www.allfaiths-uc.org ALL SAINTS BYZANTINE

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

#### Interstate 75. ANNUNCIATION GREEK ORTHODOX CHURCH

8210 Cypress Lake Drive, Fort Myers Reverend Father Dean Nastos, Orthos Service Sunday 9 a.m., Divine Liturgy Sunday 10 a.m., Fellowship Programs, Sunday 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 ELOPIDA OPTHODOX

#### **OF SW FLORIDA ORTHODOX**

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

# Thursday 7 a.m. CHAPEL OF CYPRESS COVE

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

#### **CHURCH OF THE CROSS**

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

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

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

Traditional Sunday service 10 a.m. Nursery available. **CYPRESS LAKE BAPTIST CHURCH** 

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

#### PRESBYTERIAN CHURCH

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

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

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

#### FAITH FELLOWSHIP WORLD **OUTREACH MINISTRIES**

6111 South Pointe Boulevard, Fort Myers, 278-3638. Sunday Worship, 10:30 a.m.; Voice of Faith, WCRN 13.50 AM Radio, Sunday, 1:30 p.m.; Thursday Service, 7:30 p.m.; Friday Youth Service, 7:30 p.m. Nursery care for pre-school children and Children's Church ages 5 to12 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 1/2 mile past the intersection of Gladiolus and San Carlos Boulevard on the way to Sanibel. FIRST CHURCH OF CHRIST, SCIENTIST 2390 West First Street, next door to Edison Estates. 10:30 a.m Sunday Service and Sunday School; 12 noon Wednesday Testimony Meeting. Child care provided at services. Reading Room located in church building for quiet study and information about Christian Science. Monday and Friday noon to 3 p.m., Wednesday 1 to 3 p.m. www.christiansciencefortmyers.net, www.christianscience.com

FIRST CHURCH OF THE NAZARENE 13545 American Colony Boulevard off Daniels Parkway in the Colony, Fort Myers, 936-2511 Pastor Reverend Joey Brummett Sunday School: 9:30 a.m.; Morning Worship, 10:30 a.m.; Sunday Evening, 6 p.m.; Wednesday Family Night, 7 p.m. FIRST UNITED METHODIST CHURCH Downtown Fort Myers River District, 2466 First Street, 332-1152. www.fumcftmyers. org. Sunday Services: 9:30 a.m. Sunday School; 10:30 a.m. Blended Church Service; 5:30 p.m. Youth Group. FORT MYERS CHRISTIAN CHURCH (DISCIPLES OF CHRIST) A STEPHEN MINISTRIES CONGREGATION 5916 Winkler Road, Fort Myers, 437-4330 Pastor Reverend Mark Condrey. Sunday Worship 10:30 a.m., Church School 9:15

#### a.m. FORT MYERS CONGREGATIONAL UNITED CHURCH OF CHRIST;

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

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

services. JESUS THE WORKER

#### CATHOLIC CHURCH 881 Nuna Avenue, Fort Myers, 481-1143

Masses Friday and Saturday, 7 p.m.; Sunday, 8 and 10 a.m. and 6 p.m. KINGDOM LIFE CHURCH 2154 McGregor Boulevard, Fort Myers, 2134 McGregor Boulevald, Port 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 Lódge. 1900 Park Meadows Drive, Fort Myers. 220-8519. Pastor Alan Bondar. www.newcovenanteyes.com. LIFT Kidz program, free coffee and donuts NEW HOPE BAPTIST CHURCH **OF FORT MYERS** 

16120 San Carlos Boulevard, Unit 10. 985-8503. 9:45 a.m. Sunday School for all ages. 11 a.m Sunday Morning Worship. 7 p.m. Wednesday Evening Bible Study. NEW HOPE PRESBYTERIAN CHURCH 3825 McGregor Boulevard. Fort Myers. Pastor Eddie Spencer. 8 and 9:30 a.m. Traditional Worship. 11 a.m. Contemporary Worship. 8, 9:30 and 11 a.m. Sunday School. Youth and Children's programming runs concurrent to Sunday services. Nursery care provided at all services. 274-1230. www.newhopefortmyers.org. PEACE COMMUNITY CHURCH Fort Myers Beach Masonic Lodge

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

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

#### **REDEEMER LUTHERAN CHURCH** 3950 Winkler Ext., Fort Myers, 274-0143 8:15 and 10:15 a.m. Sunday Services Daily early learning center/day care. RIVER OF LIFE ASSEMBLY OF GOD 21580 River Ranch Road, Estero. 495-0400, Senior Pastor Todd Weston. 8 and 9:45 a.m Services; 11:30 a.m. Legacy Service, multi-generational. SAMUDRABADRA BUDDHIST CENTER

Meditation classes. Guided meditations, methods to 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, 344-0012. Pastor Reverend Steve Filizzi. An Affirming and Inclusive Congregation Sunday Services 10 a.m.

#### SAINT MICHAEL LUTHERAN CHURCH & SCHOOL (LCMS) 3595 Broadway, Fort Myers, 939-1218, Worship: Saturday 5:30 p.m., Sunday 8 and 10:45 a.m. Bible Study for adults and children Sunday at 9:15 a.m. SAINT PETER LUTHERAN CHURCH

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

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

#### SAINT NICHOLAS MONASTERY

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

#### ST. VINCENT DE PAUL CATHOLIC COMMUNITY

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

# a.m. Sunday. SOUTHWEST BAPTIST CHURCH

16940 McGregor Boulevard, Fort Myers, 454-3336. Robert G. Kasten Pastor. Sunday 11 a.m. Nursery 9:45 a.m. Sunday School all ages. Junior Church grades one to five. Wee Church Pre-K to K. Evening Service 6 p.m. Wednsday Service 6 p.m. TEMPLE BETHEL SYNAGOGUE 16225 Winkler Road Fort Myers. 433-0018, www.templebethel.com. Religious School Director Dale Cohen, Learning Tree Director Jesyca Virnig, Office Manager Karen Kagan. Union For Reform Judaism Shabbat Šervice Friday 7:30 p.m., Torah Study Saturday 9 a.m. Religious School Wednesday 5:30 p.m. and Sunday 9:30 a.m. Learning Tree Monday through Friday. TEMPLE JUDEA (CONSERVATIVE) 14486 A&W Bulb Road, Fort Myers, 433-0201, Rabbi: Rabbi Marc Sack Minyan: Monday at 9 a.m. Religious Education: Sunday mornings and Wednesday evenings. Services Friday 6:30 p.m. and Saturday 9 a.m. www.tjswfl.org.

THE NEW CHURCH The New Church of SWFL, 10811 Sunset

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

#### **CHURCH FORT MYERS**

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

# www.uucfm.org. UNITY OF BONITA SPRINGS

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

#### UNITY OF FORT MYERS

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

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

#### WORD OF LIFE CHURCH

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

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



# **AWARD WINNING** FLAVORS FROM THE CARIBBEAN RIM!

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**2500 Island Inn Rd** Sanibel Island Fl, 33957 239.472.8311 South Seas Island Resort Captiva Island Fl, 33924 239.312.4275

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Participants of a previous Walk For Wishes

# Walk For Wishes Fundraiser

Registration is still open for the 7th annual Walk For Wishes 5K Walk/Run to benefit Make-A-Wish Southern Florida. Walk For photo provided

Wishes presented by Publix will be held on Saturday, February 25 at the Florida Gulf Coast University Recreation Fields located at 10501 FGCU Boulevard South in Fort Myers.

The fundraiser is a certified timed 5K walk/run; registration begins at 7:30 a.m. and the walk/run begins at 8:30. The family fun day begins after



the walk/run and includes food, bounce houses, a rock wall, balloon art, face painting and more fun activities. All ages are encouraged to participate in the event to help make wishes come true for local children with lifethreatening medical conditions.

Chairs for the fundraising event are Dorothy Blasingim and Tammy Teece of Regions. The goal for this year's event is to help raise enough money to grant 23 local wishes. The fundraiser is a family-friendly event powered by wish families, volunteers, donors and friends.

Sponsors for the walk/run include: Publix, Family Thrift Center, Regions, Shoreline Carpet Supplies, Trusted Choice, Feil Inc., Gunterberg Charitable Foundation, Health Fund Solutions, Institute for Entrepreneurship and Business & Entrepreneurship Student Club at FGCU, Joey D's Restaurant, Lake Michigan Credit Union, Lee Health, Mutual of Omaha Bank, Scott M. Craven, Seminole Casino Hotel Immokalee, Island Coast Pediatrics, It's IT, Neaher Law, Once Upon A Child, R&R Sprinkler and Sod, Red's Ok Tire and Blue Ocean Press.

Walk For Wishes pre-registration fees are \$25 for adults, \$15 for students and \$10 for children age 13 and younger. Registration is available at www. walkforwishessfla.net. Sign up as an individual or register a team.

# College Fraternity Give Back Series

The Pi Kappa Alpha Fraternity at Florida Gulf Coast University (FGCU) will be holding a series of events throughout the spring 2017 season, all aimed to give back and raise funds for local beneficiaries – Lee Memorial Trauma Center, San Carlos Park Fire Department and The Brotherhood Ride, an organization that aids and relieves families of fallen or wounded police officers and firefighters.

The philanthropic series, named The Pike Fireman's Challenge, kicks off on February 21 and runs through February 24.

Fundraising activities include:

• Proceed night on Tuesday, February 21 at Chipotle in the Gulf Coast Town Center from 5 to 9 p.m.

• 5-on-5 sorority volleyball tournament on Wednesday, February 22 at the Northlake Volleyball Court located next to Alico Arena from 6 to

# Laugh Out Loud Comedy Show

ome experience the zany antics of several seasoned veteran comedians including Don Lee, Sheena Reagan and America's Favorite Teacher Mike Rivera at the Laugh Out Loud Comedy Show on Friday, February 24. Doors open at 6:30 p.m. and the show starts at 7 p.m. 9 p.m.

• Pike Car Wash on February 23 at 7 Eleven across from Gulf Coast Town Center from 11 a.m. to 4 p.m.

• Skit Night hosted by Pi Kappa Alpha on Friday, February 24 from 2 to 5 p.m. at South Fort Myers High School

"These heroes of our local community deserve recognition for their amazing work. Here, at Pi Kappa Alpha, we want to make sure that we continue to be one of their largest supporters," said Nick Anderson, Pi Kappa Alpha philanthropy director.

All money raised during the event series will be divided equally among the three beneficiaries. For more information on attending these events and sponsorship opportunities, visit www.lambdaxi.pikes.org or contact Nick Anderson at 813-770-9241 or nsanderson6851@eagle.fgcu.edu.\*\*

#### Lake Kennedy Senior Center Senior Idol Showcase

Senior Idol returns to the Lake Kennedy Senior Center on Friday, February 17. Doors open at 6:30 p.m. prior to the showcase starting at 7 p.m.

KJ Mike will emcee the evening, which invites locals to simply watch the show or take part and sing a tune. All Senior Idol contestants must register prior to the February 15 deadline; applications are available at the Lake Kennedy Senior Center.

The first place winner will receive prizes including a karaoke machine and a plaque. Second and third place winners will receive a gift basket and a plaque as well. All contestants must be 50 or over and no paid professionals can enter the competition. Entries are limited to the first 15 applicants. There is a \$10 per contestant entry fee.

Prizes are courtesy of community partners Dignity Memorial, D. Gates Wealth Management, Dignity Memorial and Juniper Village.

Appetizers and beverages will be served. BYOB.

Cost to attend is \$10 for members and \$15 for non-members. Preregistration is required.

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

Be prepared for an unforgettable evening of comedy that will have you laughing out loud. Get together with friends for a night of fun and fabulous comedy. Appetizers, gluten free soup, and beverages will be served. BYOB.

Tickets are \$10 for members and \$15 for non-members. Pre-registration is required.

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

#### crow case of the Week: Share The Road



by Bob Petcher

Welcome to Sanibel and Captiva! They are beautiful islands that have an abundance of wildlife. Many of these island animals do find their way onto the roadways, either by accident or they may need to get to the other side of the street.

While we are constantly educated about sharing the road with bicyclists, we should also be

cognizant that island wildlife will be present on such streets and avenues. The answer is not laying on the horn while increasing speed. Give them time.

On a related note, a cormorant suffered an injury during a near tragic incident on one of the Sanibel Causeway bridges. The dark, long-bodied diving bird arrived at CROW clinic on January 25 after being rescued by Lynn Morningstar, a CROW volunteer, on the Sanibel Causeway on bridge A. Morningstar told CROW officials she was on her way home when she saw the disoriented cormorant in the middle of the road. She pulled over on the bridge to assist the bird, and traffic behind her vehicle came to a halt. While Morningstar approached the unbalanced cormorant, an oncoming car did not stop and almost hit the volunteer. Also, as a result, the draft from the car sent the cormorant flailing in the air. The bird damaged its foot upon landing.

At CROW, medical officials ordered x-rays for the cormorant, but radiographs showed no fractures or internal injuries. Medical staff did determine the patient had ataxia, the complete loss of body control. CROW DVM intern Dr. Spencer Kehoe stated the bird's condition was a direct result of red tide. "When wildlife such as a cormorant or pelican is unable to fly or walk, it's commonly a result of red tide," he said.

Cormorants look like a combination of a goose and a loon, yet they are unrelated to either but instead are relatives of frigatebirds. From land, these birds draw attention when they stand on docks, rocky islands and channel markers with their wings spread out to dry. These expert divers tend to float low in the water with their necks and bills raised.

At CROW, the cormorant was given supportive care to treat the toxicosis. In time, the patient became bright and alert and began eating on its own. It was moved to the outside enclosure to work on its flying technique.

The patient was released last week after 12 days. The nearly two-week period was seen as an extended visit for an average patient with red tide sickness.

"The length of stay for any patient depends on how much red tide is in their system," said Dr. Kehoe. "It usually takes a few days with supportive care with fluids, but the cormorant stayed a bit longer than usual due to a foot abrasion from being tossed in the air from the car."

Not surprisingly, the cormorant was released by the same volunteer that rescued it. CROW officials say volunteers often go into traffic and put themselves at risk to rescue animals, so take heed when driving. This occurrence is not uncommon on our small islands.

"Today is an example of why I volunteer," said Morningstar on the day of the release. "To rescue wildlife then release them after a successful rehabilitation is just an amazing experience."

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



Lynn Morningstar releases the cormorant on the causeway photo by Kenny Howell



Gulf Point Plaza • 15660-225 San Carlos Blvd. • Fort Myers • Call for reservations 239.482.5505 • LaMottasItalian.com Hours: Monday - Friday 11AM to 9PM • Saturday NOON to 9PM • Sunday 4PM to 9PM

# Getting The Most Out Of Different Daily Conditions



by Capt. Matt Mitchell

What a swing in temperatures and crazy weather conditions we experienced on the water this week. The good news was that if you targeted the correct species

at the right time, fishing was fantastic and gave my clients some very memorable trips.

During the first few days after the passing of last weekend's strong cold front, morning low temperatures were in the 40s and, as was expected, we got another huge push of big sheepshead into the sound. We took advantage of this during the first few cold days by doing really well on these big sheepshead both up around the passes and deep in the back country. We down-sized the gear to 10-pound test and light spinning

Send Us Your Fish Tales

Email to press@islandsunnews.com or call 395-0113.

e would like to hear from anglers about their catches.

Send us details including tackle, bait and weather conditions, date of catch, species and weight, and include a photograph with identification.

rods. These hard-fighting sheepshead fill both the cooler and the void until conditions improved. The winter sheepshead bite is always the best when no other species will bite due to the cold.

As temperatures gradually rebounded and crept back up over a few-day period, anglers quickly switched gears from sheepshead fishing. With warmer conditions, shiners slowly started reappearing out on the flats, and it was back to business as usual with catch-andrelease snook fishing along with some bonus upper slot or even over slot sized redfish. Watching a big redfish blow up on a live shiner in a narrow mangrove creek is a sight not quickly forgotten. Longtime client Kevin Murray caught and released the big redfish of the week on my boat. It was a 29-inch fish caught doing close hand-to-hand combat in a tiny narrow mangrove creek.

Other crazy conditions Mother Nature threw at us this week included almost total white-out dense fog that stuck around until mid-morning and days of doldrum-like conditions with zero wind. During these periods of zero wind, the no-see-ems back in the mangroves made fishing in any mangrove creek or even close to the mangroves unbearable. Even though the bite was nonstop back in these mangrove creeks, after a few



Kevin Murray with a 29-inch over-slot redfish caught and released with Capt. Matt Mitchell this week

minutes swarms of hungry flying teeth sent us running for open water. I don't remember a February in recent memory that we had to deal with insect issues.

Adapting to the day's conditions is always the key to a successful day's fishing no matter where you fish, but this week tested those boundaries in so many different ways. Knowing which species of fish to target is a little more cut and dry during winter than certain other seasons of the year. The variety of species we have available lets us catch fish in just about any weather condition.

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



# Paint Social Raises Funds

The Fort Myers Beach Art Association (FMBAA) recently hosted a Paint Around Social to raise over \$1,500 for the organization's Student Scholarship Fund. One hundred percent of the proceeds benefit graduating seniors who will have a show beginning March 25.

More than 108 people visited FMBAA to enjoy snacks, beverages, prizes and watch art in the making. The event featured some of FMBAA's award-winning artists: Sue Pink, Cheryl Fausel, Kathleen A Taylor and Terry Shattuck.

The social involved each artist beginning a watercolor work on archival watercolor paper. They then rotated to another artist's work every several minutes until they were back to the original piece that they started. All four artists then signed each artwork since they had contributed to each piece. Other artworks joined the silent auction of these works.

"The purpose of the art association shall be to further and provide education in the cultural aspects of life on Fort Myers Beach and its environs: to promote the study, practice, and appreciation of art; to hold art



FMBAA artists collaborate on artwork at 2017 PaintAround Socialphotos courtesy FMBAA

exhibitions and programs, which are open to the public; and to encourage art instruction of children and junior artists."

FMBAA fulfills its purpose by offering a plein air event at Beach Elementary School, scholarships for seniors pursuing art education after graduation, a show for middle and high



Cheryl Fausel, Kathleen C Taylor, Terry Shattuck and Sue Pink with finished product

school students from Cypress Lake and a student division for the Quick Draw event, which is part of the popular Paint the Beach event in the fall.

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/classes.php for class information.

For more information, email FMBAA Publicity Chair Pam Flaherty at fmbaapublicity@gmail.com, call 463-3909 or stop by the FMBAA gallery, located at 3030 Shell Mound Boulevard. The gallery is open daily through mid-April, Monday to Saturday from 10 a.m. to 3 p.m.\*





Native water cowbane is a perennial aquatic wildflower and larval host plant for the Eastern black swallowtail butterfly

Plant Smart Water Cowbane

by Gerri Reaves

Tater cowbane (Tiedemannia filiformis) is a native wildflower found in freshwater wetlands and marshes throughout most of Florida.

In developed areas, swathes of this pretty emersed plant are seen in swales and ditches. In a home landscape, it works well in a moist wildflower or butterfly garden.

This perennial aquatic is a member of the carrot family, as are dill, coriander, parsley, fennel and celery.

It grows two to five feet tall, with umbrella-shaped inflorescences perched on erect wiry hollow stems.

Each flower stem, which is tipped with

photo by Gerri Reaves

one tiny white flower, arises from the same point, creating lacey "umbrellas." Also called water dropwort, it blooms in

all year, mostly in summer and fall. The term *filiformis*, which means "thread-like," refers to filament-like phyllodes, enlarged flattened petioles, or

leaf stalks. It has a moderate growth rate, likes full sun, and will not tolerate dryness. It spreads by seed.

This wildflower is the larval host plant for the eastern black swallowtail butterfly.

If you have a swale or wet area in your yard, this might be a good choice for the spot. Sources: Everglades Wildflowers by

Roger L. Hammer, regionalconservation. org, and wildflower.org.

Plant Smart explores the diverse flora of South Florida.



# Spring Juried Show On Beach

he Spring Juried art show of the Fort Myers Beach Art Association opens Monday, February 13 and extends through March 23 at the FMBAA gallery at 3030 Shell Mound Boulevard on Fort Myers Beach. The gallery will announce the award winners at the reception scheduled for Sunday, February 19 beginning with a gallery talk by Heidi Fausel at 1 p.m. The Fish House Restaurant, the event sponsor, will provide refreshments at 2:15 p.m. Admission to the show is free and visitors are welcome. Art in this exhibit will be available for viewing and sale.

Jan Sitts, who is offering a workshop at the gallery and will be the judge of the show, will also offer a demonstration at the gallery on Sunday, February 12 from 4 to 6 p.m. Cost is \$10.

Studio 2 will feature a show containing work from the various painting groups who meet at the gallery and paint out on a regular basis. This show will be available to view from Saturday, February 11 to Thursday, February 23.

Experimentalists leader Michele Barron Buelow received the President's Award from the Winners' Circle Show of the Art Council of Southwest Florida.

# Free Trees For Spring Planting

oining the Arbor Day Foundation is an ideal way to get in the mood for **O** spring planting. Anyone who joins the foundation in February 2017 will receive 10 free Colorado blue spruce trees or 10 free redbud trees to plant when the weather turns warm.

The free trees are part of the nonprofit Foundation's Trees for America campaign.

These trees will help beautify your home for many years to come," said Matt Harris, chief executive of the Arbor Day Foundation. "The trees will also add to the proud heritage of your state's existing Tree City USA communities.'

The Tree City USA program has supported community forestry



Michele Barron Buelow

photo provided

If you are interested in learning to paint, several short workshops are offered at the Fort Myers Beach Art Association this season. Visit www. fortmyersbeachart.com for artistic events.

For more information, call 463-3909 or send emails to Pam Flaherty at fmbaapublicity@gmail.com or stop by the Fort Myers Beach Arts Association gallery located on Donora Boulevard, one mile south of the Matanzas Bridge. The gallery is open daily Monday to Saturday from 10 a.m. to 3 p.m.\*

throughout the country for the past 40 vears.

The trees will be shipped postpaid at the right time for planting, between March 1 and May 31, with enclosed planting instructions. The 6- to 12-inch trees are guaranteed to grow or they will be replaced free of charge.

Members also receive a subscription to the foundation's colorful bimonthly publication, Arbor Day, and The Tree Book, which contains information about planting and care.

To become a member of the foundation and receive the free trees, visit www.arborday.org/february or send a \$10 contribution to ten free colorado blue spruce trees or ten free eastern redbud trees, Arbor Day Foundation, 100 Arbor Avenue, Nebraska City, Nebraska 68410. The contribution needs to reach the foundation by February 28.



# World Affairs Expert To Speak At Lecture



Sarah Chayes

photo by Kaveh Sardari

arnegie Endowment for International Peace Senior Associate and author Sarah Chayes will be speak Friday, February 17 as part of the Liebert Lecture Series presented by the Florida Gulf Coast University (FGCU) Department of Political Science and Public Administration. The free lecture begins with a reception at 6 p.m. in Edwards Hall, Room 112, followed by the presentation at 6:30 p.m.

Chayes will speak on Systemic Corruption and Its Dangers – At

Home and Abroad. She is the author of Thieves of State: Why Corruption Threatens Global Security, and is an international authority on corruption and its implications.

In May 2016, Chayes participated alongside United Kingdom Prime Minister David Cameron, Secretary of State John Kerry and world leaders from more than 40 countries at the first international summit devoted to tackling corruption.

Prior to joining Carnegie, Chayes served as special assistant to the top U.S. military officer, Chairman of the Joint Chiefs of Staff Admiral Mike Mullen. She participated in Cabinetlevel decision-making on Afghanistan, Pakistan and the Arab Spring, traveling with Mullen frequently to these regions. Mullen tapped Chayes for the job after her work as special advisor to two commanders of the international troops in Afghanistan (ISAF). She contributed her unique knowledge of the Afghan south to the ISAF command. In 2005, Chayes founded Arghand,

a start-up manufacturing cooperative, where men and women working together produce fine skin care products. The goal was to revive the region's historic role in exporting fruit and its derivatives, to promote sustainable development and expand alternatives to the opium economy.

From 1996 to 2001, Chayes was NPR Paris correspondent. For her work during the Kosovo crisis, she shared the 1999 Foreign Press Club and Sigma Delta Chi awards.

Along with *Thieves of State*, which won the 2016 LA Times Book Prize, Chayes is the author of *The Punishment of Virtue: Inside* Afghanistan After the Taliban (Penguin, 2006).

For more information, call 590-7847, email Liebertlectures@fgcu.edu., or visit www.fgcu.edu/worldaffairslectures.☆



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# Donor Dress Sale

noppers will discover a delightful assortment of dresses – including many still with original tags - as they browse the racks at Hope Chest's Weekend of 2,000 Dresses. The special event will be held

Saturday, February 11 from 6 to 9 p.m. and Sunday, February 12 from 1 to 4 p.m. at the store's location at 13821 N. Cleveland Ave. in North Fort Myers.

The dresses, which make their Hope Chest debut from a private donor's collection, range from casual to formal and include cocktail and evening wear in women's sizes 8 through 16, with a majority in size 12. Shoppers will recognize brand names including Badgley Mischka, Michael Kors, Max and Cleo, Nicole Miller, Jill Stuart, Donna Ricco, bebe and Forever 21, as well as designs from other stores.

Prices range from \$10 to \$200 based on dress style and formality. Fitting rooms are available but extremely limited, so shoppers should wear garments that will allow trying on dresses without access to a fitting room.

During these special store hours, only dresses in this collection, new shoes and Chico's jewelry will be sold. All other Hope Chest merchandise, including bargain clothing, home goods and furniture, will not be available for purchase.

Cash and major credit cards will be accepted for payment. All sales are final, and no coupons or store discounts will apply for items in this special collection.

Proceeds from Hope Chest benefit the programs and services of Hope Healthcare, which provides exceptional care and support to individuals and their loved ones as they fulfill life's journey.

For information about volunteer opportunities or donating items to the Hope Chest Resale Stores, call 482-4673 or visit www.HopeHCS.org.☆

# 20 | THE RIVER - FEBRUARY 10, 2017 Fundraiser Brings In \$395,000 For Children's Program At Heights



From left, Alan and Patricia Canfield and John Demaster photos courtesy The Heights Foundation





Michele Eddy and Scott Gratto

Connie and Ed Lizak

ove Your Neighbor, an annual event benefiting The Heights Foundation, raised \$395,000 for School Success programs for at-risk kids in Harlem Heights. The fundraiser was held at the Gulf Harbour home of Patricia and Alan Canfield. The VIP pre-party was held at the home of Cheryl and Dave Copham. Three couples from Gulf Harbour were honored for their long-time support of the foundation: Caroline and Bill Bloomhall, Cheryl and Dave Copham and Cliff and Georganne Williams.

Norman Love Confections and Mark Loren Designs helped create this signature event and have supported it since the inception. Guests sampled an assortment of culinary creations from popular local restaurants and chefs including Norman Love Confections, Blu Sushi, Chef Andy Hyde, Chef David Rashty, Cru, Summerlin Jake's Seafood & Steaks, Three Fishermen Seafood Restaurant and The Timbers Restaurant & Fish Market. List Distillery and The Lighthouse Resort/Tiki Bar and Yucatan Beach Stand provided beverages.

VIP guests enjoyed hors d'oeuvres from Black Salt Culinary and wines from Benovia Winery. Auctioneer Scott Robertson, along with celebrity emcee Kellie Burns of NBC-2, conducted the live auction that included an insider's trip for eight to Cuba with chef Gloria Jordan, a sunset cruise and dinner with wine pairings aboard the 101-foot yacht, *TO-KALON*, and a one-of-a-kind necklace created for by Mark Loren.

Sponsors include The Suncoast Credit Union Foundation, Connie and Ed Lizak, Bill and Caroline Bloomhall, Vicki and Richard Pitbladdo, Javedan Family, JP Morgan Chase, Val Ward Cadillac, Creighton Development, Florida Power & Light, Private Client Insurance, Dean and Janie Schreiner, Joe and Terri Bryan, Huff Insurance Agency, Cushman & Wakefield Commercial Property SWFL, Bro and Dede D'Arcy, Mark and Gretchen Banks, Larry and Becky Antonucci, Maria and Wayne Wiles, Vee Yerrid and Buzz Waid, Steve and Patti Carson, Gary and Kathy Smithwick, Gary and Sharyn Morgan, Michele Eddy, Sandy Stilwell and Tim



Children from The Heights Center's After School Program with honored guests Cheryl Copham, Caroline Bloomhall, Bill Bloomhall, Cliff Williams, Dave Copham and Georganne Williams



Tom and Linda Van Wyk

Youngquist and General Air & Plumbing.

"The Gulf Harbour community has been so supportive of The Heights Foundation and embraced their neighbors in the Harlem Heights community," said Kathryn Kelly, president and CEO of The Heights Foundation. "Our mission is to build strong, self-sufficient families and education is the key to their success. The monies raised will support our School Success program that includes academic tutoring, after school and summer camp programs, scholarship and college access assistance, school supplies and tuition support. Each program is geared to meet the specific needs of children and young adults who seek to further their education."

Kim and Ron Agypt

For more information about the Heights Center and The Heights Foundation visit www.heightsfoundation.org or call 482-7706.

# College Open House Week

Forida SouthWestern State College (FSW) will host its spring 2017 Open House Week from February 27 to March 2 at all locations.

Open houses are free and public events for the community. Attendees are encouraged to register in advance at www.FSW.edu/openhouse.

The open house at Thomas Edison (Lee) Campus, 8099 College Parkway, in Fort Myers is scheduled for March 2 from 3 to 5:30 p.m. "Open House Week at Florida SouthWestern State College provides prospective students with the opportunity to explore all the opportunities that FSW has to offer," said Amber McCown, Director of Admissions at FSW. "Those who attend will be able to meet with faculty, staff, and current students from across the college to answer questions about enrollment steps, academic program offerings, support resources, and student services."

# Sheriff To Speak

ee Republican Women Federated will hold a monthly lunch meeting at Pinchers – The Marina at Edison Ford on Monday, March 13.

Lee County Sheriff Mike Scott will be March's program speaker. Social begins at 11:15 a.m. followed by the lunch and program.

Cost is \$22. The public is invited. Pinchers is located at 2360 W. 1st Street in Fort Myers, adjacent to the Edison & Ford Winter Estates in the Fort Myers Downtown River District To RSVP. visit www.

leerepublicanwomen.com or contact Wren Morefield at 270-210-1284 or wrenspet@ hotmail.com before March 9 at noon.举

#### From page 1 Festival Of Light

bands. Admission is free. • Mutt Strutt – February 11 from 3 to 6 p.m. - Edwards Drive and Hendry Street. Bring your favorite pooch and join in the festivities to celebrate your canine friends. A parade and costume contest will take place at 5 p.m. Canine registration to participate in the festivities is \$10. • Junior Fun Run – February 12, 11 a.m. registration – First and Jackson

streets. Designed for the children, this fun run is for ages 2 and 10. Registration is \$7 per child and includes a T-shirt, while supplies last.

• Junior Parade – February 12 at 2:30 p.m. First Street and throughout downtown Fort Myers. The Junior Parade showcases the creativity and talent of area children and their family as they parade through downtown, proceeding down historic First Street and then moving north down Lee to Bay, proceeding west on Bay to Monroe and then north on Monroe to Edwards. This free parade features more than 100 units including floats, clowns, bands and dignitaries. A highlight of the Junior Parade and the Grand Parade are the homemade floats. Over a dozen nonprofits are building floats to promote their organizations. Families have participated for generations whether wearing costumes and walking the parade route or building floats. Some of those families now help manage the parade.

The Junior Parade will be broadcast on

he Employment Law Practice Group

at Henderson, Franklin, Starnes & Holt, PA, will hold the firm's 25th

**Business Seminar** 

annual HR Law & Solutions on Friday,

owners, managers, and human resource

workplace. Topics and speakers include: • Employment Law and Legislation

Update presented by Attorneys Robert

by Attorney John Potanovic; • How to Avoid Costly Litigation in

Workers' Compensation by Workers'

Compensation Defense Attorneys David

Roos, Michael McCabe and Tania Ogden

• The ADA – 25 Years Later presented

professionals on legal issues in the

Shearman and Vicki Sproat

March 10 at the Sanibel Harbour Marriott Resort & Spa. This annual seminar is designed to update and educate business

MeTV on Sunday, March 5 from 7 to 8 p.m.

• Crafts on the River – February 17 and 18 from 10 a.m. to 5 p.m. February 19 from 10 a.m. to 3 p.m. Centennial Park. Join local and national craft vendors as they showcase their talent and wares throughout Centennial Park. Free admission.

 Music Walk Block Party – February 17 from 6 to 10 p.m. Listen to SoFlo and the Tucci Band. Free admission.

• Parade Celebration – February 18 from 11 a.m. to 7 p.m. Edwards Drive. Start the celebration for the Grand Parade of Light and listen to bands, local disc jockey DJ Mad Mel and local talent. Multiple food locations include the boat ramp, the corner of Dean and Edwards, and Hendry and Edwards. Free admission.

• Edison Festival of Light 5K – February 18 at 5:45 p.m. in Centennial Park. Join 1,500 participants in this sanctioned race that has earned national recognition thanks to its rich history, list of participants and thousands of cheering fans. Participants race along the Grand Parade route and cross the finish line in time for the parade to begin. Registration is \$25 until February 11; \$30 February 12 to 17; and \$40 on race day and includes a T-shirt.

• Classic Car Show – February 19, 10 a.m. to 3 p.m. on Edwards Drive. Celebrate classic cars and hot rods that include antiques, muscle cars and other classics. Free admission.

Visit www.edisonfestival.org for more information.举

• New Year, New Administration: What Does 2017 Hold for Employers? Panel discussion moderated by Attorney Suzanne Boy and panelists Robert E. Weisberg, Regional Attorney for U.S. Equal Employment Opportunity Commission (Miami) and Attorney Benjamin Yormak
The Co-Workers' Challenge by

keynote guest speaker Scotty Gunther

Continuing education credit is available from the HR Certification Institute (HRCI) and from the Society of Human Resource Management (SHRM). Registration is \$50 per person and includes a continental breakfast, plated lunch and valet parking. For more information on the seminar or to register, visit www. henlaw.com/news-events/eventspage/ hr-law-solutions-seminar/.

For more information on Henderson Franklin, visit www.henlaw.com.炎

# Interior Design Company Among Top 10

ecorating Den Interiors, North America's largest home furnishings and interior design company, recently announced that Linda and Dana Coin, owners of Decorating Den Interiors of Sanibel-Captiva, achieved Chairman's Circle status for being in the company's top 10 for retail sales in 2016. The Coins and their team were also recipients of this award in the previous year.

"The Chairman's Circle awards are the first we announce each year," said Jim Bugg, Jr., president and CEO. "These award winners were significant in helping to lead our company to its sixth consecutive year of retail sales growth. The Coins are also exemplary partners that run a full sample studio/office with a team of decorators and other support staff."

This past month, the Coins were also presented with Decorating Den Interior's Dana and Linda Coin regional award titled Business Owner of the Year 2016.

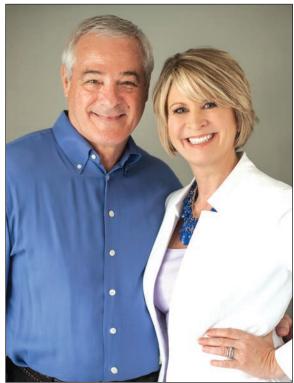
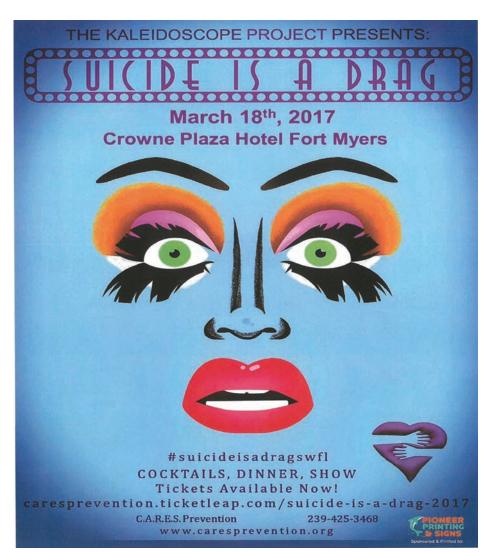


photo provided

Decorating Den Interiors design professionals represent more than 150 home furnishings suppliers and provide convenient complimentary design consultations in the client's home or office.☆





# Last Eight Months In Pro Sports Are Unlike Any Other In Recent Memory



#### by Ed Frank

If you're a sports junkie like this reporter – and I'm guessing there are untold millions that would fit this description – would you agree that in the last eight months we have witnessed historic events and accomplishments unmatched in decades?

Atop that list, of course, was last Sunday's phenomenal, unbelievable comeback victory by the New England Patriots over the Atlanta Falcons that was sparked by what many say the greatest quarterback of all-time, Tom Brady.

Trailing 28-3 late in the third quarter, Brady, who completed 43 of 62 passes for 466 yards in route to his and the Patriots fifth

Super Bowl title, engineered his team to two touchdowns and two two-point conversions in the final six minutes to send the game into the first overtime in the 51 years of Super Bowl history.

To complete that epic performance, he directed his team down the field in overtime by completing five of six passes for 50 yards to cement the victory, the biggest comeback in Super Bowl history.

There have been other legendary Super Bowl quarterbacks, Joe Montana and Terry Bradshaw with four Super Bowl titles apiece, and Green Bay great Bart Starr, who won five NFL championships, but they never came through like the 39-year-old Brady did against the Falcons.

Just the week before Brady's "win for the ages," another sports elder, 35-year-old Roger Federer, won his 18th tennis Grand Slam coming back from a fifth-set deficit against Rafel Nadal, five years his younger, to win the Australian Open.

This comeback came after a six-month layoff following a knee injury and notched his first Grand Slam singles title in nearly five years since Wimbledon in 2012. He is the only male with 18 Grand Slams and one of the few to win one past the age of 30. He is now regarded as the best men's tennis player of all time, joining fellow Australian Open champion Serena Williams on the female side.

But like Brady's Super Bowl heroics, Federer's Australian Open win at an age long past tennis standards will be major chapters in sports history.

We began this column noting the past eight months in professional sports have been unlike any others. Adding to the victories by Brady and Federer have been championships we've described in the past – the Chicago Cubs first World Series title in 108 years and the Cleveland Cavaliers first NBA title that ended a 52-year championship drought in that city.

Just like Brady's and Federer's comeback victories, both the Cubs and the Cavaliers etched their places in history after being down three games to one.

Yes, it's been a remarkable eight months in professional basketball, baseball, football and tennis.

# Twins, Red Sox Players Report Next Week; Chubb Golf Classic Next Weekend

Spring Training is upon us with pitchers and catchers reporting here Monday for the Minnesota Twins and the Boston Red Sox, and position players reporting later in the week.

Full team workouts for the Twins at CenturyLink Sports Complex will begin Sunday, February 19 and the Red Sox at JetBlue Park on Friday, February 17.

Next weekend also is the 30th Chubb Classic at TwinEagles Club in Naples where the top professional golfers on the Champions Tour will compete. The Chubb Classic is the



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#### **SPORTS QUIZ**

- 1. In 2015, the Nationals' Max Scherzer became the sixth pitcher to toss two no-hitters in a season. Name three of the other five to do it.
- 2. The New York Mets' Daniel Murphy set a record in 2015 for homering in the most consecutive postseason games (six). Who had held the record?
- 3. Who was the first NFL player to tally 1,000 points for two different teams?
- 4. When was the last time before 2016 (Wisconsin) that a winning team in an NCAA Tournament men's basketball game scored 47 or fewer points?
- 5. Which did NHL legend Gordie Howe win more of: the Hart Trophy (league MVP) or the Art Ross Trophy (top scorer)?
- 6. When was the last time before 2016 that the Colorado Rapids reached the conference finals of the MLS Cup playoffs?
- 7. In 2016, Nyquist became the second horse in 10 years to win the Breeders' Cup Juvenile race one year and the Kentucky Derby the next. Who was the other?

#### ANSWERS

1. Johnny Vander Meer (1938), Allie Reynolds ('51), Virgil Trucks ('52), Nolan Ryan ('73) and Roy Halladay (2010). 2. Carlos Beltran of the Houston Astros did it in five consecutive postsesson games in 2004. 3. Adam Vinatieri, with New England and Indianapolis. 4. Butter scored 47 points in a win versus Mississippi State in 2003. 5. He won six of each. 6. It was 2010, when the Rapids won the MLS Cup. 7. Street Sense; in 2006-07.

# Dutch Lions FC Launching Women's Team



Local women's club soccer will debut in June

photo courtesy Dutch Lions FC

Florida Gulf Coast Dutch Lions FC is launching a women's team in partnership with Dutch Women's Premier League club ADO Den Haag Women. The Florida Gulf Coast Dutch Lions FC team will compete in the U.S. Women's Premier Soccer League (WPSL).

WPSL is an independent highly competitive national league. The primary focus is the development of highly competitive premier women's soccer teams. WPSL was formed in 1998 and is sanctioned by the United States Adult Soccer Association (USASA), an affiliate of the United States Soccer Federation (USSF), the ruling body of soccer in the United States and FIFA, the world's governing body for soccer. It is currently the second-highest league in the U.S., one tier below the National Women's Soccer League (NWSL). Florida Gulf Coast Dutch Lions FC will play in the Sunshine Conference with nine other teams in Florida. The first league game will be played on Saturday, June 3. The location of the home stadium and schedule details will be announced in the coming weeks.

Jouko Gorissen of Florida Gulf Coast Dutch Lions FC is very pleased with the newest addition to the club: "Florida Gulf Coast Dutch Lions FC is proud to be part of the WPSL and is delighted to partner with Dutch Women Premier League club ADO Den Haag Women. They have established a very good reputation in the Netherlands in women's soccer and they will be able to provide valuable expertise and resources to the club."

Vincent de Weger, director of soccer operations, also commented on the launch: "Playing in the WPSL is the next step in our mission to be a 'Gateway to Professional Soccer.' Competing with our team in this league will not only help the development of all the players in the Cape Coral/Fort Myers region but also provide opportunities to become professional. It will also make the club bigger as a family with our academy players supporting our Lions. We will have players from Europe but, most importantly, also players from local clubs, schools and universities."

Jerry Zanelli, league commissioner of the WPSL, is excited about the participation of the Florida Gulf Coast Dutch Lions FC. "The Florida Gulf Coast Dutch Lions FC is the second Dutch Lions team in the WPSL. Not only do we get another Dutch Lions FC organization in the WPSL, but also an opportunity for continued on page 23

# Breakfast With At JetBlue Park

Red Sox fans will have a rare opportunity to dine with their favorite monsters prior to the team's annual Spring Training Open House on Saturday, February 18.

From 9 to 11 a.m., fans can get an up close and personal experience with Wally the Green Monster and his sister Tessie at JetBlue Park, located at 11500 Fenway South Drive in Fort Myers. The newest Boston Red Sox mascot, Tessie joined her older brother Wally at JetBlue Park last season. She lives with her parents inside of the Green Monster wall at JetBlue Park.

The price for the breakfast is \$35 per adult and \$20 for children 12 years old and younger. Children younger than 2 years old are free. Check-in will start at 8:30 a.m. Space is limited, and advance reservations must be made by calling Matt Thome at 226-4707 or emailing mthome@redsox.com.

A free Spring Training Open House will follow from 11 a.m. to 3 p.m. Family friendly activities will include inflatables on the field, player autographs, discounted concessions, face painting, magicians, self-guided tours of the park and more.

The Open House will also feature the new Red Sox Showcase powered by T-Mobile. This is the first of its kind mobile experience. The 14-foot box truck transforms into a full-blown Fenway experience, including a pitching accuracy challenge, Green Monster photo backdrop, batting cage where fans can choose to walk up to their favorite player's music, steal second



challenge, highlight reels, Red Sox virtual reality lockers, authentic player jerseys, bats, helmets and more.

Pitchers and catchers will hold their first workout on Tuesday, February 14.

Guided public tours of JetBlue Park will begin Monday, February 13. Tours will be conducted daily from 10 a.m. to 3 p.m. on the hour on non-game days until April 7. Tickets are \$7 per person, and children age 12 and younger are free. Tickets go on sale the day of the tour at 10 a.m. at the box office and are available on a first-come, first-serve

basis. VIP pregame tours are also available on game days for \$40 per person and \$15 for children age 12 and younger.

#### THE RIVER - FEBRUARY 10 , 2017 23

Reservations must be made in advance and require a ticket to that day's game.

The first full squad workout will take place Friday, February 17. Workouts are free and open to the public.

The weekly Fenway South Farm & Flea Market continues every Monday from 11 a.m. to 2 p.m. through March 27. Flea market vendors are welcome and encouraged to drop in for the day to sell their new or gently used items, antiques, etc. Spaces will be assigned upon arrival at 10 a.m. The market will be closed on February 27 and March 20 due to Spring Training games.

Parking is free during the weekly events.

Additional events include: February 20 – Annual Spring Training Week of Service Volunteer Day, 12th annual Evening with the Red Sox at Crowne Plaza Hotel in Fort Myers, benefiting the Boys & Girls Clubs of Lee County and Boston Tee Party at the Forrest Country Club in Fort Myers; February 21 – 23rd annual Boston Red Sox Children's Hospital Celebrity Golf Classic at the Forrest Country Club in Fort Myers; and March 14 – 20th annual Diamond Dinner.

TPhe Red Sox play its first exhibition game on Thursday, February 23 at 1:05 p.m. against the Northeastern University Huskies. The team will play a total of 19 home games including 17 Grapefruit League games and a World Baseball Classic exhibition game against Team USA on March 9. Red Sox Spring Training is presented by CVS Health.\*



### From page 22 Dutch Lions FC

players to play in Europe through the partnership with ADO Den Haag Women."

Kees Punt, CEO of ADO Den Haag Women and co-owner of Florida Gulf Coast Dutch Lions FC, shared the excitement: "We very much welcome the partnership and consider it of added value to our technical staff and the players of both our two teams. We will also seek to establish a partnership with local universities. It will be educational for all parties involved but also a lot of fun."

The try-outs for the woman's team will be held on February 24, March 12 and April 9. Tryouts will be at North Fort Myers Community Park.

Florida Gulf Coast Dutch Lions FC was founded in April 2015 in Cape Coral as the 5th Dutch Lions FC club. In recent years, four women signed contracts in Europe to play professionally after playing for the Dayton Dutch Lions FC Women's team.





Amanda and Brian Bartley

# Bar Association KindLee Campaign

The Lee County Bar Association recently introduced its new grassroots initiative, #KindLee, in advance of Random Acts of Kindness Day on February 17 and intended to spotlight and celebrate the kind acts performed in abundance throughout Southwest Florida. Residents are invited to post their stories with a photo on Instagram, Twitter, Google+, Pinterest and Facebook and include the hashtag #KindLee. The campaign will run through December 31.

A #KindLee post will be selected at the end of the year, and its author or featured kindly resident will receive a \$500 donation presented by the LCBA Foundation for a charity of their choice in his or her name. The idea is to tip the scales toward kindness and skew the conversation to favor the inherent good of humanity rather than the cynicism that can all too often characterize it.

This grassroots action is an exciting component of the LCBA Cares initiative designed to better serve the organization's members and the greater community. #KindLee was inspired by LCBA members Amanda and Brian Bartley, who turned their grief following the death of their baby, Trevor William Bartley, at 32 weeks' gestation due to a rare umbilical cord accident, into a community service gift.

The couple created a card that friends could hand out to strangers that read: "Please accept this random act of kindness in honor of a sweet baby angel, Trevor photo courtesy Lee County Bar Association

William Bartley." In this way, friends and family embraced the opportunity to imbue Trevor's too-brief presence on Earth with rich and lasting meaning by making the world a better place. More than 200 random acts of kindness were performed in the child's memory.

LCBA President Kelly Fayer said, "Amanda and Brian inspired our entire organization with their openness and grace while dealing with an unfathomable loss. I envision their example reaching out to every corner of the community like a ripple in a pond, making Lee County a better, kinder place to live. Kindness happens around us every day. It's time to honor it where and when it happens."

The LCBA encourages individuals, businesses, organizations and teams to take part in #KindLee. Examples of random acts of kindness include:

• Pay the toll for the car behind you or buy a cup of coffee for the person next in line

Bring a bag of groceries to an elderly neighbor

• Find a manager and report a cashier or server for being amazing

• Deliver a pot of hot soup to an ill coworker

• Offer free babysitting to an overwhelmed mom or dad

Clean up a neighborhood park

• Email a friend with an uplifting message

• Do something kind for yourself so you feel more kind toward others

However big or small, report your random acts of kindness on social media and use the #KindLee hashtag. Together, we can make Lee more kind. For more information and to read inspiring stories, visit leebar.org/KindLee.‡

# Financial Focus On Valentine's Day, Consider Financial Gifts

by Jennifer Basey **T** ast year,



Americans spent more than \$19 billion on Valentine's Day gifts, according to the National Retail Federation, with the majority of this money going to flowers,

candy, cards and an evening out. These gifts were thoughtful, of course, and no doubt appreciated, but they were also somewhat disposable, for want of a better word. On the other hand, some financial gifts can have a pretty long "shelf life."

Beyond simply enclosing some money in a card, what sort of financial gifts can you give? The answer depends somewhat on the recipient. For example, if your sweetheart is also your spouse, some of the gifts suggested below may be redundant to the financial moves you make together. However, if you aren't married, or if you and your spouse maintain separate finances, these ideas may make excellent Valentine's Day presents:

• IRA contributions – Technically, you can't contribute directly to someone else's traditional or Roth IRA, but you can write a check to your loved one – although, of course, he or she is free to use the money for any purpose. Like most people, your valentine may not usually contribute the yearly maximum amount – which, in 2017, is \$5,500, or \$6,500 if you're 50 or older – so your check should be quite welcome. A traditional IRA can grow on tax-deferred basis, and contributions may be tax-deductible. (Taxes are due upon withdrawal, and any withdrawals you make before you reach 59½ may be subject to a 10 percent

# Junior Achievement National Honor

Junior Achievement of Southwest Florida has been awarded one of Junior Achievement USA's highest honors: the 5 Star Award. The purpose of the 5 Star Award is to recognize staff and boards that meet Junior Achievement's national standards in operational efficiency and through strong representation of the Junior Achievement brand. Recipients must demonstrate growth in student impact and superior fiscal performance. Achievement against these criteria is certified through the national organization and audited financial statements.

"These Star Award winners represent the best Junior Achievement has to offer," said Jack E. Kosakowski, IRS penalty. A Roth IRA's earnings are distributed tax-free, provided withdrawals aren't taken until the account owner is  $59^{1/2}$  and has had the IRA for at least five years.

• Charitable gifts – Consider making a gift to a charitable organization supported by your loved one. When you send cash to a qualified charity, you can get a tax deduction, but you might gain even bigger benefits by donating appreciated securities you've held for more than one year. By doing so, you can generally deduct the value of the securities, based on their worth when you make the gift. Plus, neither you nor the charity will have to pay capital gains taxes on the donated investments.

• Contributions to an emergency fund – It's a good idea for everyone to maintain an emergency fund to cover unanticipated expenses, such as a major car repair, a new furnace or out-of-pocket medical bills. If your valentine doesn't have such a fund, consider helping him or her establish one, with the money going to a liquid, low-risk account.

• Gym membership – Although not actually a "financial" gift, a gym membership can nonetheless bring some positive economic results to your valentine. For one thing, the insurance industry is providing more incentives to encourage people to exercise and live healthier lifestyles. But even if a gym membership doesn't give your loved one a break on insurance premiums, it can nonetheless result in better physical conditioning, which, in, turn, could ultimately result in lower medical costs.

On Valentine's Day, you may still want to get your sweetheart something associated with the holiday. But if it's within your means to do so, also consider one of the above suggestions for financial gifts. Your generosity will still be felt long after the chocolates are eaten and the flowers have faded.

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.X

president and CEO of Junior Achievement USA. "They set the standard by which Junior Achievement's success is measured at the local level. Their commitment and dedication to young people is reflected in their achieving this honor."

As an organization, Junior Achievement understands that its effectiveness depends on how well JA areas deliver the organization's financial literacy, work-readiness and entrepreneurship programs in local communities.

"We are thrilled to receive the 5 Star Award," said Angela Fisher, president & CEO of Junior Achievement of Southwest Florida. "We thank our more than 150 classroom volunteers and corporate partners who joined with our board of directors and staff to empower thousands of young people to own their economic success, plan for their future and make smart academic and economic choices."

# Chart Reading Course

The 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 across from Ace Hardware.

The class will teach students how to read 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.

There is 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 person and \$65 for two people sharing the materials. The cost includes a divider and a plotter. Students can register at www.SCBPS.com or call 466-4040 and leave a message.



#### Bill Baker with Tena Rodgers

Tena Rodgers and friend Bill Baker caught several fish on January 13 while fishing in Estero Bay. Rodgers caught a mangrove snapper and a sheepshead while Baker caught a redfish. "I caught several varieties, but all were released," noted Tom Rodgers, who was also along on the fishing trip. "The dolphin gave us quite a show, tossing fish in the air as if to show us how fishing was supposed to be done."

# Housing Authority Nets High Scores

Marcus D. Goodson, executive director of the Lee County Housing Authority, recently announced that the agency has received a High Performance status in the Public Housing Assessment System (PHAS) report for 2016.

Reportedly, U.S. Department of Housing and Urban Development's Real Estate Assessment Center (REAC) effectively and fairly measures the performance of a public housing agency using the PHAS. As the centralized system of REAC, the Integrated Assessment Subsystem electronically collects individual subsystem scores, produces a composite PHAS score and communicates the results that represent a PHA's management performance.

The PHAS scored the local housing authority 90 points out of a possible 100. PHAS indicators used for the scoring included physical, financial, management and resident reviews as well as financial sub-indicators including current ratio, months expendable funds balance, tenant receivable outstanding, occupancy loss, net income and expense management.

The LCHA oversees 142 low-income rental units at three sites in North Fort Myers and administers 271 vouchers in Lee County.

The mission of the Lee County Housing Authority is to assist lowincome families with safe, decent and affordable housing opportunities as those families strive to achieve self-sufficiency and improve their lives. The LCHA is committed to operating in an efficient, ethical and professional manner, and will create and maintain partnerships with its clients and appropriate community agencies in order to accomplish this mission.

Programs offered through LCHA include public housing, section 8 housing vouchers, family self-sufficiency and resident opportunity self-sufficiency.

For more information, call 997-6688.举



# Entrepreneur Nominations

Florida Small Business Development Center (FSBDC) at Florida Gulf Coast University (FGCU) is accepting nominations for the 2017 Distinguished Entrepreneur of Southwest Florida. Local business owners who have overcome obstacles, discovered new technologies to help grow their business or dedicated themselves to helping other small businesses through mentorship and civic leadership are encouraged to submit applications. Self-nominations are permitted and encouraged. All nominees, regardless of nomination source, are responsible for completing the application due to the confidentiality of information

# Chamber After Hours

The North Fort Myers Chamber of Commerce will hold its Business After Hours on Thursday, February 9 at Gulf Coast Humane Society, located at 2010 Arcadia Street in Fort Myers.

GCHS is celebrating its 70th anniversary this year. The chamber will hold a ribbon cutting ceremony to welcome the society into the business family.

Donations of dog and cat food (soft and hard), towels, blankets or toys will be accepted.

Gulf Coast Humane Society is a

collected. Awards include Distinguished Entrepreneur, Distinguished Small Business Advocate and Distinguished Innovator of the Year. Prizes include video and press coverage for the three awardees. The application deadline is March 31. Apply at www.fsbdcswfl. org/ as manual submissions will not be accepted.

The awards ceremony will be held May 10, from 6 to 9 p.m. at the SWFL Performing Arts Center, 11515 Bonita Beach Road SE, Bonita Springs. Sponsorship opportunities are still available. Ticket are \$75 per person.

Markham Norton Mosteller Wright & Co. PA is the Hallmark Sponsor.

For more information, contact Amanda Stirn at astirn@fgcu.edu or 745-3706.尊

501(c)3 not-for-profit, no-kill, animal welfare organization established as the first non-profit animal welfare organization in southwest Florida in 1947. GCHS does not receive any federal, state, or county funding and no funding from the Humane Society of the United States or ASPCA.

GCHS relies solely on donations, grants, bequests and fundraising events to further its mission of caring for the neglected and abandoned pets of Southwest Florida. As a no-kill facility, the pets of the Gulf Coast Humane Society remain in its care until they find their forever home.

For more information on GCHS, visit www.gulfcoasthumanesociety.org. 炎

The "Scientists' Society of SWFL" speaker for the month of February is Dr. Paul Kucera who will be talking about The Use of Gas and Liquid Chromatograph in Pharmaceutical Development.

Dr. Kucera developed a microbore high-pressure liquid chromatography column, which is widely used in conjunction with Liquid Chromatography-Mass Spectroscopy. Dr. Paul Kucera is the President of KCS Company, holds a BS in Organic Chemistry, a MS in Chemical Engineering and a Ph.D. in Analytical Chemistry. Dr. Kucera has over 50 publications and two books.

The talk and dinner will be on Thursday, February 16 at the Lexington Club House from 5:15 PM to 8:30 PM. The cost for the dinner and talk is \$39. It is open to the public. Anyone who is interested in spending time socializing with other scientists, engineers and teachers in the local area and want to attend the dinner and talk can make a reservation by calling Dr. Martin Hudis (508/728-0755) or emailing (mhudis@icloud.com).

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# Scientists Dinner

The Scientists' Society of Southwest Florida speaker for the month of February is Dr. Paul Kucera who will be talking about The Use of Gas and Liquid Chromatograph in Pharmaceutical Development.

Dr. Kucera, the president of Kucera Consulting Services, developed a microbore high-pressure liquid chromatography column, which is widely used in conjunction with liquid chromatography-mass Spectroscopy. He holds a bachelor of science in organic chemistry, a masters of science

#### From page 1 Lab Theater

pounding on the door. He is the wild, unpredictable brother of Robbie and he's there to collect his things. He's drunk, loud and obnoxious, and uses foul language.

Anna and Pale are comically dissimilar and yet she is attracted to him. He despises the downtown world she is from, a world he feels killed his brother. Pale is one of those impossible oversized characters whom you care about despite his often hateful aggressiveness. Beneath his macho posturing must lie a sympathetic core of vulnerability. Anna tries to resist her attraction to Pale, channeling her "inappropriate" feelings into her work. Eventually Pale becomes important in her life.

In the play, Wilson shows the power

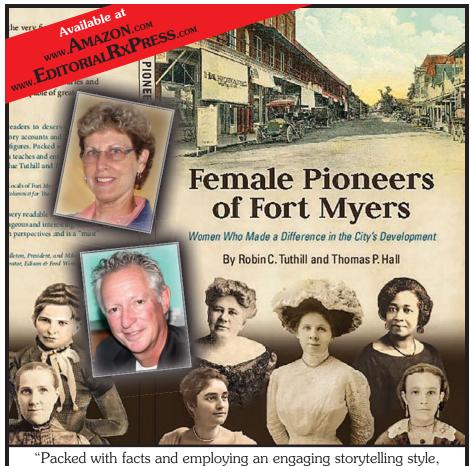
in chemical engineering and a PhD in analytical chemistry. Dr. Kucera has written over 50 publications and two books.

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of his dramatic observation, his humor, his skillful craftsmanship in creating dramatic dialogue and atmospheric scenes in a portrayal of marginal and eccentric characters. The themes throughout the play are art, death, friendship, human condition, prejudice and tolerance. Dialogue is key to revealing the plot, so the audience must pay close attention to what is being said. The title *Burn This* becomes obvious at the end of the second act.

This is a well cast play, directed by Anne Dodd. I have long admired Artistic Director Annette Trossbach for the type of theater she brings to our area, and it is a pleasure when she shares her talents on stage. Burn This plays through February 25 at Laboratory Theater of Florida, located at 1634 Woodford Avenue in Downtown Fort Myers. For tickets, call 218-0481.\*



"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

# Protect Yourself From Scammers

Scammers are relentless. They prey, they push, and they can steal just about anything from unsuspecting victims. Utility scams are especially prevalent these days which makes it even more important to know how to protect yourself.

#### What to look for:

• Someone pretending to be an LCEC representative to get into your home

• Anyone soliciting your personal information or trying to sell products and services over the telephone or through the mail on behalf of LCEC

• Requests for personal information by email or websites appearing to be sent from LCEC

• Someone requesting immediate cash or gift card payment in person

#### How to protect yourself:

LCEC employees and contractors are frequently in your neighborhood to perform routine maintenance, energy services and conduct tree trimming. All LCEC employees and contractors carry a photo identification badge and can provide work documents with corporate contact information. Ask to see proof and, if in doubt, call LCEC at 656-2300 to verify.

Remember that LCEC will not: • Come into your home without

making arrangements ahead of time

# (iwanis Helps

• Solicit personal information over the phone, unless you initiated the call

• Threaten to close your account if you do not take the immediate action of providing personal information

• Visit your home offering cash refunds on deposits or electric charges. The company either credits your account or mails a check to your electric service address

When in doubt, check it out and use caution:

• If someone suspicious is on your property claiming to be an LCEC representative, ask to see photo identification badge or work request number

• Contact LCEC to inquire if representatives are in your area or to ask about your account

• Do not allow anyone into your home if you feel uneasy about if they are actually from LCEC

• Do not provide personal information such as bank account numbers, passwords, social security number or credit/debit card numbers over the phone unless you initiated the call

• Ignore suspicious emails that urge immediate action or request personal information

• Do not trust contact information provided in suspicious emails

Check out the safety tab on www. lcec.net for more information on common scams and how to report scams. Remember, you have the power to stop scammers. Stay safe.

and highly preventable disease by immunizing women of childbearing age, which will not only protect them, but also their future babies.

"I am proud that our club has contributed to Florida being ranked fourth in the world for total funds raised," said Eliminate fundraising club chair Bill Grant, "It is a testament to our mission to serve the children of the world."

Since 1999, UNICEF and partners have eliminated MNT in 41 countries, including Madagascar, Sierra Leone, Gabon, Cote d' Ivoire and Iraq. As of January 2017, MNT remains a public health threat in 18 countries. For more information about The Eliminate Project, visit www.TheEliminateProject. org.

org. The Metro-McGregor Kiwanis Club is looking for more serviceminded individuals and business professionals who would like to make a direct impact on the community through volunteering. Meetings are held every Tuesday at 11:30 a.m. in Fort Myers. For details on joining the Metro-McGregor Kiwanis Club, call membership chair Stewart Ross at 507-304-1624 or club president Harris Segel at 939-4027. Interested individuals can also email stewart.ross@ mnsu.edu or harris@pampered-pooch. com. The Metro-McGregor Kiwanis Club can be found on Facebook or online at www.metro-mcgregor.com.☆

# Kiwanis Helps Save Women And Babies

he Fort Myers Metro-McGregor Kiwanis club have reached their pledge goal of \$26,250 to The Eliminate Project. In addition to that donation, the club's sponsored youth organization, Cypress Lake Middle School Builders Club, have raised \$1,600 towards Eliminate. The Eliminate Project is a partnership between Kiwanis International and UNICEF to eliminate maternal and neonatal tetanus (MNT). MNT is a painful disease that kills one baby every nine minutes, or about 160 newborns each day, and a significant number of women. The donation from the Fort Myers Metro-McGregor Kiwanis will save 14,580 women and children from MNT. As of December 23, Kiwanians around the globe have raised \$110 million in cash and pledges.

Maternal and neonatal tetanus takes the lives of nearly 60,000 innocent babies and a significant number of women each year. The effects of the disease are excruciating – tiny newborns suffer repeated, painful convulsions and extreme sensitivity to light and touch. The disease is typically contracted through unhygienic childbirth practices. The goal of the project is to eliminate this swift, painful

# Physicians' Group Joins Million Mile Movement

Physicians' Primary Care of Southwest Florida has joined Healthy Lee's Million Mile Movement, a community-wide challenge to Lee County residents to move one million miles by March 31.

Physicians' Primary Care physicians and staff have pledged to walk, run or participate in some other form of exercise to collectively log 11,000 miles during the challenge.

"We are encouraging all of our employees to be active, which is one of the keys to a healthy lifestyle," said Managing Physician Dr. Mary Yankaskas. "Physical fitness is essential to achieving and maintaining good

# Teen Girl Program Now In Fort Myers

Wy ellfit Girls, a five-month leadership, fitness and empowerment program for teen girls, has expanded to Fort Myers in partnership with United Way of Lee County, Fort Myers High School and PACE Lee County.

The mission of Wellfit Girls is to inspire, challenge and empower teen girls to climb high in all areas of life through transformational leadership programs. The five-month program, which begins in January, prepares the teens physically and mentally for a life-changing trekking expedition to Peru in June where the girls do community service work, trek above 15,000 feet and visit Machu Picchu, one of the new Seven Modern Wonders of the World.

Wellfit Girls, based in Naples, was founded by Jill Wheeler in 2014. "We are thrilled that we are able to expand this life-changing program into Fort Myers and to do so in partnership with United Way of Lee County is really special," said Wheeler, Wellfit Girls executive director. "United Way of Lee County is a very well respected organization and an integral part of the community. It's encouraging to know our organizations share the same vision for inspiring and developing empowered women who value wellness, fitness and adventure."

Fifteen girls from PACE Lee County and Fort Myers High School were selected into the Fort Myers program following an application process. The teens meet health so the Million Mile Movement is an initiative that we can heartily support."

Participants are running, walking, swimming or performing some other aerobic exercise. Results are monitored on a daily basis with prizes awarded when milestones are reached.

"We want to make it fun as well as healthy for our employees. Every step taken is a move toward healthier living," said Staci Mihm, who is coordinating the employee participation. "This is our second year to participate in the Million Mile Movement and it is creating more excitement this year. We will definitely surpass our goal."

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

For more information, visit www. ppcswfl.com.  $\ddagger$ 

every Monday and Thursday at Fort Myers High School for five-months. Around the Clock Fitness is donating staff to train the girls once a week. Leadership and fitness training, yoga, wellness and social entrepreneurship are included in the program curriculum. Rio DeArmond, a Fort Myers native, was brought on to lead the expansion as program coordinator in Lee County.

"I am honored to have the opportunity to expand Wellfit Girls to Fort Myers. I have a genuine passion for nonprofits, helping young girls, fitness and travel, so this position is truly where I am meant to be," said DeArmond. "The fact that we meet at Fort Myers High School, my alma mater, makes it even more meaningful. I am thrilled United Way took Wellfit Girls on as a partner. Having served on their allocations team for a few years now, I understand how special this opportunity is."

"We are so grateful to have Rio on our team," said Colby Hazewinkel, program director. "Her connection to the Fort Myers community, Pace Lee County and Fort Myers High School spearheaded the collaboration to make this expansion possible and to do so with funding from United Way is so important to ensure that we become sustainable and able to serve teen girls in Lee County for years to come."

United Way President Cliff Smith announced the partnership with Wellfit Girls during a celebration on January 22 at Around the Clock Fitness' Alico Road location.

For more information, contact DeArmond at rio@wellfitgirls.org.or visit www.wellfitgirls.org.荐

# Give Kids A Smile Day

The Dental Hygiene Clinic at Florida SouthWestern State College (FSW) in Fort Myers will host its annual Give Kids A Smile Day from 9 a.m. to 3 p.m. on Saturday, February 11.

Children ages 3 to 17 will receive free dental services on a first-come, firstserved basis. Services that will be offered at no charge include dental cleanings, x-rays, dental sealants and a dental examination.

"Dental care is an important part of our overall health," said Karen Molumby, FSW Dental Health program director. "We want to help educate children on how to keep their beautiful smiles by making sure their teeth and gums remain healthy."

For more information about the annual event, call 985-8334. The dental hygiene clinic is located on the FSW Thomas Edison campus in Fort Myers at 8099 College Parkway, in Building A.☆

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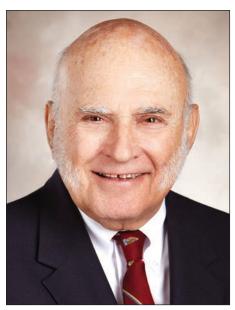
Learn more at CaringMedical.com or call 239.303.4069

# Lee Health Board Elects Officers

ee Health recently announced the newly elected officers of its board of directors for 2017.

Sanford N. Cohen, MD, will continue to serve as board chairman. He is the former chair of the Pediatrics Department at Wayne State University School of Medicine and chief of pediatrics for the Children's Hospital of Michigan. He also served as dean and the university's provost before retiring as a professor. Cohen is a former chair of the Detroit Board of Police Commissioners and served as a captain in the U.S. Army Medical Corps at Walter Reed Army Medical Center. Cohen is a former president and active member of Temple Judea, the Conservative Jewish Congregation in Lee County. He also has an extensive history of community involvement in pediatric health care issues and research organizations.

Donna Clarke will serve as vice chairman. She is a former Florida State representative and has served as an adjunct professor with State College of Florida. Previously, she has owned and operated an environmental consulting firm. Clarke earned a master's degree in industrial management from Georgia Institute of Technology. She currently is co-president of the Fort Myers Kiwanis Club and has served as vice chair of the STARS Advisory Board. She has also volunteered as a math tutor at the Pace



Sanford Cohen photo courtesy Lee Health

Center for Girls of Lee County. David F. Collins will continue to serve as treasurer. He has been a mortgage banker for over 20 years and has served as a board member for PACE Center for Girls of Lee County. He also serves as treasurer for the PACE Capital Campaign. Collins has also taken part in the executive leadership team for American Heart Association Heart Walk and was an AHA Red Tie society member.

Therese Everly will serve as board secretary. She is a registered respiratory therapist and licensed Florida realtor continued on page 29



**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

# Girl Scouts Add Board Member

t their annual meeting held on January 28, Girl Scouts of Gulfcoast Florida welcomed Fort Myers resident LaShondia Kendrick onto their board of directors.

Kendrick is a senior director for Comcast in Fort Myers. She has served in numerous community volunteer leadership roles with The Salvation Army, YMCA and Harry Chapin Food Bank. Kendrick also volunteers as a mentor with Big Brothers Big Sisters, and is a Know Your Value Award recipient.

Girl Scouts of Gulfcoast Florida is chartered by Girl Scouts of the USA and serves nearly 6,500 girls in 10 counties including Manatee, Hardee, Highlands,

#### Lake Kennedy Senior Center Senior Idol Showcase

Senior Idol returns to the Lake Kennedy Senior Center on Friday, February 17. Doors open at 6:30 p.m. prior to the showcase starting at 7 p.m.

KJ Mike will emcee the evening, which invites locals to simply watch the show or take part and sing a tune. All Senior Idol contestants must register prior to the February 15 deadline; applications are available at the Lake Kennedy Senior Center.

The first place winner will receive prizes including a karaoke machine and a plaque. Second and third place winners will receive a gift basket and a plaque as well. All contestants must be 50 or over and no paid professionals can enter the competition. Entries are limited to the first 15 applicants. There is a \$10 per contestant entry fee.

Prizes are courtesy of community partners Dignity Memorial, D. Gates

# Celebrity Neurosurgeon

Shipley Cardiothoracic Surgeons present an opportunity to support clinical education at Lee Health's Shipley Cardiothoracic Center on Saturday, February 18 at 6 p.m. Join the surgeons at Sanibel Harbour Marriott Resort & Spa as they host special guest abd high-profile speaker Dr. Sanjay Gupta, a neurosurgeon and the Emmy Awardwinning chief medical correspondent for *CNN*.

This exclusive event features a cocktail reception and dinner. VIP guests will also have the opportunity for an intimate meet-and-greet with Dr. Gupta. Dr. Brian Hummel of Shipley Cardiothoracic Center will moderate this conversational-style look into the future of heart and lung disease treatment and surgery. The event benefits clinical education at

The event benefits clinical education at the new Shipley Cardiothoracic Center, which will expand upon Lee Health's current cardiothoracic care expertise by establishing an innovation hub focused on patient care optimization, research and



LaShondia Kendrick

photo courtesy Girl Scouts of SWFL Sarasota, DeSoto, Charlotte, Glades, Lee, Hendry and Collier. For more information about Girl Scouts of Gulfcoast Florida, visit www.gsgcf.org.\*

Wealth Management, Dignity Memorial and Juniper Village. Appetizers and beverages will be

Appetizers and beverages will be served. BYOB.

Cost to attend is \$10 for members and \$15 for non-members. Pre-registration is required.

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

# Collection Schedule

The City of Fort Myers Solid Waste Division will have no change in schedule for the residential and commercial trash or recycling collection on Presidents Day, Monday, February 20.

Fort Myers City Hall and city offices will be closed in observance of the holiday.

If you have questions concerning your service, call 321-8050. The City of Fort Myers Solid Waste Division wishes you a safe holiday.\*

learning opportunities for surgical teams worldwide.

"The innovative approach to heart disease, combined with the research and educational components being undertaken by Dr. Paul DiGiorgi and other professionals at the center will be a life-changing benefit for many in the community and will improve the quality of life for our friends, families and neighbors for generations to come," said Richard C. Shipley, namesake and major benefactor of Shipley Cardiothoracic Center at Lee Health. "I hope my gift will motivate and inspire others in the community to consider supporting this worthwhile effort."

This event is sponsored by Shipley Cardiothoracic Surgeons, Lee Health Foundation, FineMark National Bank, Patricia Fleischman – "In Memory of my adored husband Russell Fleischman," Alpha Home Care, Medtronic and Leone A. Graham – The Asplundh Foundation. Individual tickets are \$500. Sponsorships opportunities are still available.

To learn more about Lee Health's Shipley Cardiothoracic Center or to reserve your seats, visit www. LeeHealthFoundation.org/Shipley or call Lee Health Foundation at 343-6950.\*



From left, Wendy Morris and Judith Sweeney

photo courtesy FSW

# Two College Employees Recognized With NISOD Awards

wo Florida SouthWestern State College (FSW) faculty and staff members have been named winners of the National Institute for Staff and Organizational Development (NISOD) Award. The two winners are Judith Sweeney, nursing professor, and Wendy Morris, instructional assistant.

NISOD's Excellence Awards recognize men and women each year who have demonstrated an outstanding commitment and contribution to their students and colleagues. FSW students and employees submit nominations for their professors and colleagues for this award based on teaching and learning practices that encourage student achievement.

"I am beyond words," said Sweeney. "It is an honor to receive the NISOD Award of Excellence for faculty. The best part of this award was that it came from the students. I was truly amazed at their comments and how much I have impacted their lives. Our nursing students are our future, and I am blessed to be a part of it.

"I am very proud to have been chosen for the NISOD Excellence Award," said Morris. "Hearing the kind and generous

words from our nursing students and my colleagues was motivating and inspiring. It is extremely rewarding to be of assistance to the students and to help them achieve their goals.

'The NISOD Excellence Awards gives our students, faculty and staff the opportunity to recognize those college employees that go above and beyond their everyday duties in guiding our students to the ultimate goal of graduation," said Dr. Jeff Stewart, FSW provost and vice president of academic affairs. "It is always heartwarming to read the nominations and to see the effect the nominees have on others at the college."

In 1989, in connection with a University of Texas at Austin national study of teaching excellence, NISOD hosted its first ceremony honoring NISOD Excellence Award recipients. It has since become the largest and most inspiring gathering that recognizes the contributions and achievements of community and technical college faculty, administrators and staff. This year's recipients will be recognized during NISOD's International Conference on Teaching and Leadership Excellence in May.☆

# Free Balance Series Offered

ee Health's Healthy Life Center is hosting a free educational series about balance. A series of discussions by multiple specialists offers help for those living with balance, dizziness or vertigo problems. Balance is the result of several body systems working together, including the visual system (eyes), vestibular system (inner ears) and proprioception (the body's sense of where it is in space through stretch and pressure sensors). Loss of function in any of these systems can lead to balance deficits, and symptoms of balance disorders such as dizziness, vertigo (a spinning sensation), lightheadedness or a feeling of falling.

Presented by Lee Health; Ear, Nose & Throat Associates; Florida Gulf Coast Ear, Nose & Throat; Neurology and Spine Center; and West Coast Eye Care, the discussions will be held on the following Wednesdays from 5 to 6 p.m. at the Healthy Life Center at Coconut Point, 23190 Fashion Drive, Suite 105, Estero:

• February 15 – The Role of Vestibular Diagnostic Testing and the Neurotologist in Dizziness/Vertigo, presented by Travis Pfannenstiel, MD, neurotologist

• February 22 – How a

Neuro-Ophthalmologist Can Help, presented by Rachid Aouchiche, MD, neuro-ophthalmologist

• March 1 – How a Registered Dietitian Can Help, presented by Ray Halstead, DPT, MSH, RD, CSCS

• March 8 – How an Occupational Therapist Can Help, presented by Renee Black, OTR/L, vision specialist

• March 15 – How a Physical Therapist Can Help, presented by Nathalie Grondin, PT

Impaired balance has been associated with an increased risk of falls in older adults, resulting in higher mortality rates. The Healthy Life Center's Balance Series provides education and information on various medical specialties that can help diagnose and treat balance problems.

For more information or to register to attend, call the Healthy Life Center at 495-4475 or email HealthyLifeCenter@ LeeHealth.org.袋

# Family Caregiver Presentation

n Thursday, February 16 from 2 to 4 p.m., the Alvin A. Dubin Alzheimer's Resource Center in collaboration with Nurse On Call of Fort Myers presents a family caregiver presentation titled The Impact and Correlation of Hearing Loss and Visual Impairment on the Dementia Patient and Their Caregiver. Following the presentations, free general hearing and vision screenings will be offered.

The event is open to all family caregivers caring for someone with Alzheimer's disease or a related dementia and is designed for spouses, families or other primary caregivers. The event will take place at the Alvin A. Dubin Alzheimer's Resource Center, 12468 Brantley Commons Court, in Fort Myers.

#### From page 28 Health Board

who also serves on the Board of Human Trafficking Awareness Partnership Inc., Advisory Board for Catholic Charities, Diocese of Venice, Inc. Everly has served as a member of the City of Cape Coral Financial Advisory Board and is a former adjunct professor at Florida Southwestern State College. She has 26 years of health care and management experience accompanied by a degree in health care administration.

'We appreciate the officers' level of



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This program has an emphasis on occupational therapy as it relates to Alzheimer's disease and related dementias. Caregivers will learn how to implement structure and support based on the remaining skills set of their loved one. Caregivers will also learn how to keep their loved one involved and content, thereby reducing caregiver stress, decreasing safety issues and

increasing quality of life for all. Please RSVP by February 15 by contacting Mary Freyre, RN, health education specialist at the Dubin Alzheimer's Resource Center at 437-3007. Seating is limited.

The Alvin A. Dubin Alzheimer's Resource Center, a United Way agency, provides information, support, and education for individuals with Alzheimer's disease or related memory impairment and their caregivers in Lee, Hendry and Charlotte counties.☆

involvement and we are thankful to have such an accomplished group working to further our commitment to provide the highest quality care," said Jim Nathan, president of Lee Health.

In addition to the officers, other board members include Steve Brown, MD; Diane Champion; Jessica Carter Peer; Chris Hansen; Nancy McGovern, RN, MSM; and Stephanie Meyer, BSN, RN

The board of directors' primary goal is to carry out the mission and vision of Lee Memorial Health System. The board of directors consists of 10 officials, from five districts, who are elected by the people of Lee County in staggered four-year terms.

# **FREE SEMINAR**

#### It's All About Face- Yours!

Join us for a light lunch and presentation, followed by a valuable Q&A session with SW FL's Facial Expert, Dr. Prendiville. He will explain the benefits of the Pre-lift and other aesthetic procedures. Also, find out the latest information on minimal incision surgeries, injectable facelifts, wrinkle reduction, skin smoothing techniques, and our newest fat dissolving treatment, SculpSure®.

#### FRIDAY, FEBRUARY 24TH AT 11:30AM GULF HARBOUR YACHT & COUNTRY CLUB

14500 VISTA RIVER DRIVE, FORT MYERS, FL 33908

Space is limited. RSVP Today. <u>Please Note:</u> This is hosted in a gated community, therefore we will need names of all attendees prior to seminar.

#### Stephen Prendiville, MD Fellowship Trained & Double Board Certified Facial Plastic Surgeon





Southeastern Guide Dogs event flyers

# Pancakes And Puppies

n Saturday, February 25, Southeastern Guide Dogs is hosting a fundraiser called Pancakes and Puppies at Applebee's, located at 13550 South Tamiami Trail in Fort Myers. The event begins at 8 a.m.

For \$10, supporters will enjoy a hearty breakfast of pancakes, sausage,

# Summer Camp Registration

The Alliance for the Arts will offer three summer camp options: Minis Arts Camp for age 4 and 5, Summer Arts Camp for grades K–6 and Musical Theatre Intensive Camp for grades 7-12.

Registration will open on February 13 for Alliance members and on February 27 for non-members. Campers must turn age 5 by September 1 to be eligible for Minis Arts Camp.

Minis and Summer Arts Camp allow children to discover their creative abilities by taking part in visual and performing arts following a different theme each week. Both camps are held at the Alliance campus located at 10091 McGregor Boulevard in Fort Myers. There is an art exhibition and final stage performance each Friday afternoon. Both camps run from 9 a.m. to 4 p.m. with extended care available from 8 a.m. until 5 p.m. for a fee. Summer Arts Camp is \$160 per week for Alliance members or \$200 per week for nonmembers. Minis Arts Camp is \$200 per week for Alliance members or \$240 per week for non-members.

Themes include:

• Week One: Dragon Tales (June 5 to 9)

• Week Two: A Glitch In Time (June 12 to 16)

• Week Three: Bright Lights, Big City (June 19 to 23)

• Week Four: Big Country (June 26 to 30)

• Week Five: We've Got Talent (July



images provided

eggs, juice and coffee, served up the the puppy raisers and The Calendar Girls.

Southeastern Guide Dogs is only one of 10 internationally accredited guide dog schools in the United States, and is located in Palmetto, Florida. All dogs are given free of charge and the monies are raised through the community. The school also serves our veterans through the Paws For Patriots program providing our veterans a service dog free of charge. For more information, call Linda Floyd at 560-0167.\*\*

10 to 14)

Week Six: Stranded (July 17 to 21)
 Week Seven: Bandits & Badges
 (July 24 to 28)

• Week Eight: Weird Science (July 31 to August 4)

Musical Theatre Intensive camp is held at Broadway Palm Dinner Theater's rehearsal space in the Royal Palm Plaza. Camp runs from 9 a.m. to 4 p.m. Monday through Friday. Daily arrival time is 8:45 to 9 a.m., and there is extended care available. There is a final performance each Friday at 3 p.m. Each week is \$175 for Alliance members or \$220 for non-members.

Themes include:

• Week One: Mary Poppins – all levels (July 10 to 14)

• Week Two: Pop/Rock Star – all levels (July 17 to 21)

• Week Three: White Christmas – all levels (July 24 to 28)

• Week Four: Broadway Palm Season Review – advanced students (July 31 to August 4)

"Our camps engage kids in dynamic and imaginative learning," says Brandi Couse, director of operations and education. "By being exposed to a wide spectrum of the arts, campers unlock their full creative potential."

You may become a member at www. ArtInLee.org/Join to take advantage of early registration and discounts. Teen volunteer and scholarship applications will be available beginning February 13.

For more information or to register, call 939-2787 or visit www.ArtInLee. org. Summer Arts Camp is sponsored by Family Thrift Center in Fort Myers.

# Physician Group Promotes Director



Leah Lynch photo courtesy Lee Health

eah Lynch, MD, has been promoted to system medical director of clinical quality initiatives and informatics for Lee Physician Group. In her new role, Dr. Lynch will have the operational responsibility of leading the Practice Transformation Network (PTN). Funded by the Centers for Medicare and Medicaid Services Innovation (CMMI), the PTN provides technical assistance for primary and specialty care practices to achieve the Triple Aim—better patient experience, better care and lower costs. This work will allow Lee Physician Group to

# Health Class At Alliance

The Alliance for the Arts presents 100 Yogis for Health community class during its GreenMarket on Saturday, February 18 at 9:30 a.m. Registration begins at 9 a.m.

The class is free. Donations from this event benefit the local chapter of the National Kidney Foundation. The first 100 participants donating \$20 or more

# Chronic Pain Workshops

Would you like to learn how to better manage chronic pain conditions such as arthritis, fibromyalgia, back pain, headaches and more? Lee Health announced they will present a free six-week workshop, entitled Chronic Pain Self-Management, a research-based program developed by Stanford University.

Information presented in the workshop can help you become empowered to improve your quality of develop skill sets to thrive in the valuebased care model, which focuses on helping keep people healthy, as well as improving the health of those with chronic conditions through evidencebased, cost-effective means.

'This new role combines Dr. Lynch's informatics, clinical and leadership skills and will use clinical data to identify and redesign ineffective and inefficient processes that result in variations that are not value-added to the patient, explained Scott Nygaard, M.D., MBA, Lee Health chief medical & clinical integration officer. "Dr. Lynch will work with clinicians and staff as we transition to value-based payments by providing education, tools and support to improve clinical documentation of care and reduce variations in care through practice standardization. Technology and data reporting will improve performance at the point of care in a manner that more effectively integrates with clinical workflow to achieve desired performance outcomes.

Dr. Lynch joined Lee Physician Group as an internal medicine physician in 1995. She is board certified in both internal medicine and clinical informatics, and has served as Lee Physician Group's medical director of informatics. She earned her medical degree at the University of South Florida College of Medicine in Tampa, and she completed an internship and internal medicine residency at Medical University of South Carolina in Charleston.

"I am excited and ready for the challenge to improve both the health of our patient community and the overall experience of patients, clinicians and staff," Dr. Lynch said."

will receive a gift bag filled with healthy prizes.

The class welcomes children and adults of all ages. No experience is necessary.

This event is made possible by Yoga Bird, 2 the Top, the Alliance for the Arts GreenMarket and the National Kidney Foundation.

Alliance for the Arts is located at 10091 McGregor Boulevard in Fort Myers.

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

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

Sessions will be held on Tuesdays beginning on February 28 from 9:30 a.m. to noon at Chapel by the Sea, located at 100 Chapel Street in Fort Myers Beach.

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

#### **Book Review** No Man's Land

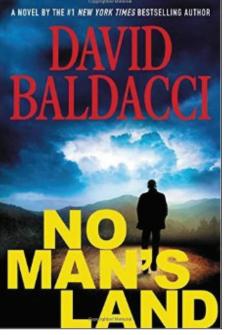


by Di Saggau avid

Baldacci's storytelling is addictive. It's no wonder he is one of America's favorite mystery writers. He turns out one readable and enjoyable adventure after

another. In his latest novel, No Man's Land, Baldacci introduces us to another John Puller story. It all starts when Puller learns that his father, a legendary three-star general suffering from dementia, has been accused of murdering his wife 30 years ago. A woman who was friends with Puller's mother, who is now dying from pancreatic cancer, sends a letter to the CID, claiming that John Puller, Sr. killed his wife. Puller knows his mother's disappearance has never been solved or fully explained, but the thought of his father being involved is something he cannot believe. With the help of his friend, intelligence operative Veronica Knox, they begin an investigation to get to the truth. His brother, Robert Puller, also helps out.

John Puller is not the only troubled character in the book. Paul Rogers is another. He has just been paroled after spending 10 years in a high-security prison for murder. With his freedom comes a desire to pay back old debts. He harbors a dark past that changed him in unimaginable ways. A stupid mistake cost him 10 years of his life. He made the wrong choice, but the thing in his head had not let him make a better choice. Rogers becomes a



man with a mission: to find the person responsible for his condition and rid the world of her. One night 30 years ago, Puller's and Rogers' worlds collided with devastating results, and until now, the truth has been buried. At the same time Rogers begins his own journey, Puller begins one that will take him into his own past, to find the truth about his mother.

Puller knows that for the Army to open a formal investigation against someone like his father, they must have something else they aren't sharing. Puller is told to stay out of his father's case at all costs or it could jeopardize his career. The chance to find out the truth about his mother and his father's past is something John cannot pass up.

No Man's Land is told with relentless pacing and plenty of action. It's another David Baldacci winner.☆

# Free Seminar On Facial **Advancements**

he first and only injectable to dissolve fat under the chin, commonly referred to as a double chin, will be explained at a free seminar conducted by facial plastic surgeon Dr. Stephen Prendiville.

Kybella will be among the latest procedures for rejuvenating the face and removing unwanted fat at a seminar Dr. Prendiville will conduct on Friday, February 24 at 11:30 a.m. at Gulf Harbour Yacht & Country Club on McGregor Boulevard in South Fort Myers. A light lunch will be served. The seminar is free, but reservations are required by calling 437-3900. Space is limited.

Kybella (deoxycholic acid) contours and improves the appearance of moderate to severe submental fullness under the chin. Each in-office treatment is typically 15 to 20 minutes with most patients seeing visible results in two to four treatments spaced at least one month apart. Up to six treatments may be administered, according to Dr. Prendiville.

When injected into subcutaneous fat, Kybella causes the destruction of fat cells. Once destroyed, those cells cannot store or accumulate fat. After the desired effect is achieved with Kybella, re-treatment is not expected," he said.

Authors To Speak

uthors Robin C. Tutthill and Thomas P. Hall will be the guest speakers at the monthly meeting of the Friends of Lakes Regional Library on February 10 at 1 p.m. at the library.

Dr. Stephen Prendiville

photo provided

Dr. Prendiville will also discuss: the latest advances in facelifts, eyelid lifts, nose surgery, lasers and reconstructive surgery; injectable wrinkle fillers Botox, Sculptra, Juvederm, Restylane, Restylane Silk, Radiesse and Voluma; and FDA approved SculpSure, the world's first non-invasive fat-melting laser device to treat stubborn fat in just 25 minutes,

Attendees will have the opportunity to make an appointment for a free consultation with Dr. Prendiville.☆

The authors of the book titled Female Pioneers of Fort Myers: Women who Made a Difference in the City's Development will discuss their work as well as the local history of this area.

All are welcome. Lakes Regional Library is located at 15290 Bass Road.

#### especially once she leaves home. This way, she won't have to feel so alone as she navigates through life.

By enabling your teenager to selfadvocate, you'll help her develop skills necessary for success in learning and life. Talk with her regularly to reflect on what's going well for her and what isn't. Using a self-reflective questioning technique may also be helpful. Here is an excellent site for a great list of questions a teen can use for this activity - www.emotional-intelligence-education. com/self-reflection.html. Self-evaluation is often where the greatest learning takes place.

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.  $\ddagger$ 

# School Smart



ear Readers,

Greggs, NCSP

I've been reading a bit about about kids becoming selfadvocates. I want to work on this with my daughter

who has ADHD. What are some things I can do? Alex K., Fort Myers

#### Alex,

Self-advocacy is a very important skill for students to learn in order to be successful at all stages of their lives. Formerly, self-advocacy was a term applied for the most part to adults with disabilities but recent research suggests that learning to self-advocate is an important part of success for college and in the workforce.

According to psychologist Jodie Dawson, "Self-advocacy is understanding your strengths and

needs, identifying your personal goals, knowing your legal rights and responsibilities, and communicating these to others." Since your daughter has learning struggles, she must learn how to maneuver through life's challenges to make sure her needs are met. She must understand her strengths and limitations, know how they affect her performance, and be able to communicate this to other people.

Dr. Dawson has shared some ideas for developing self-advocacy skills. She says that the young person must understand his or her learning difficulty and then understand how they learn best. The student should know his or her strengths and weaknesses and the strategies, accommodations and environments that help them learn best. Teachers and specialists at school can help with this and personal reflection on these issues is also important.

To self-advocate successfully the student must be able to communicate this self-knowledge to others. Your child must be clear in her requests and prepared with explanations. The manner in which she communicates can either create supporters for her

or push people away. Your daughter will probably need your help preparing ahead of time, planning what she will say. Role-playing is a great way to practice communication skills by helping her anticipate different situations, creating a script that she can use and thus raise her level of confidence for these encounters.

Throughout high school and beyond, your child will face many situations where she'll be required to inform and educate others about her learning disability. Friends may ask questions about her "special attention" at school and teachers unfamiliar with her needs will need more information about how she learns. On the job, she may require a specific work-related accommodation. At times, these situations may feel uncomfortable for your child, but the more self-knowledge she has, the better she'll be at advocating for herself.

It's important to help your child identify her support system early on. Whom does she trust and feel comfortable talking to - parent, relative, teacher, administrator, counselor, mentor, tutor? She needs to have people she can turn to for help,

# Avoiding Salt Is Bad For Your Heart



by Suzy Cohen, RPh

**Defore you** reach for the salt shaker, you need to know that the kind of salt you eat matters. Typical table salt found in almost all kitchens and restaurants is similar to the industrial

chemical used to de-ice highways. Not very appetizing, is it?

Despite its bad rap as a prime driver of heart disease, good salt is actually an essential component of a healthy diet. Even the mainstream medical establishment is starting to understand that good salt isn't the bad guy it's been made out be. In 2010, a study published in *JAMA* found that (in exactly the opposite of what most of you think about salt consumption), the risk of heart disease and related deaths rises with seemingly modest salt reductions. Yes, rises!

This is troubling when you consider that the U.S. Dietary Guidelines have steadily recommended American reduce their sodium intake, from 6,000 mg per day in the 2005 guidelines to 2,300 mg per day in the 2015 guidelines.

Another 2010 study, published by researchers out of Harvard, found a link

between a low-salt diet and an increase in insulin resistance, which is the gateway problem that leads to diabetes and obesity.

Table salt is so refined that I consider it a food additive and not a food. It's high in sodium and chloride only, it has been stripped of life-sustaining minerals like copper, iodine, potassium, magnesium, chromium, zinc and iron. There is nothing left except sodium chloride. It's nutritionally naked. Sea salt is different. Avoiding sea salt (the unrefined kinds) could actually be bad for your health.

Refined table salt (ie sodium chloride) is often mixed with chemicals to keep it from clumping up inside your shaker. They may use an anti-caking agents called talc, which is a possible carcinogen found in "baby powder."

Unrefined sea salt, is not chemically modified in a lab or stripped of it's minerals. Be careful because sea salt can also be refined too much. But colorful, unrefined sea salt is essentially water from a sea (or river) that gets evaporated and purified. These types of salts should not dramatically impact blood pressure like table salt, in fact they offer healthy minerals which drive thousand's of metabolic reactions all day long. I will now list a few salts, but please go to my website to read the longer version of this article which includes other unique salts:

Pink Himalyan Salt – The color comes from iron oxide, but this one has over 80 trace minerals, the most of any type of salt.

Red Alaea Hawaiian Salt – This sea salt starts white but then develops a beautiful rich red color when it's dried in salt ponds that are lined with red volcanic clay (known as alaea in Hawaiian). That red hue comes

and obesity caused by consuming large portion sizes.

Twenty-nine obese adults joined this study to test this recommendation. For seven to 12 weeks, they alternated between larger and smaller plates and larger and smaller spoons. Twenty-one of the participants lost weight.

How does this work? Can we actually fool ourselves with smaller utensils? Won't we just go back for more? There are different theories and thoughts about that. However, perception plays a big role.

Identical quantities of food appear larger when served on a smaller plate. We perceive this as the amount of food available, and we eat smaller portions. It's like the reverse of the salad bar phenomena which involves grabbing a large plate and piling on all of the different varieties of food. We tend to serve ourselves more when our plates and bowls are bigger. The space is available, so we fill it up, driving up the calorie count.

The approach of using smaller utensils is appealing because it's simple. If we can regulate calorie intake and achieve weight loss success by eating on smaller plates and using smaller silverware, it sure is worth a try.

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

Celtic or French Grey Sea Salt – This comes from France, and gets its color from the clay found in the tidal pools where the salt is dried. It is a particularly good source of magnesium.

# Eden Energy Medicine Create Immune Resilience



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

The thymus gland is intimately involved in our immune system, production of T cells to fight off invading microorganisms. Thumping thymus

boosts the immune system. Connecting thymus to other locations or systems, including the spleen, the electrical system, the "gut" via the navel and the hippocampus (part of the limbic system) is critical to building resiliency to disease and boosting the immune function. We have learned the connection to the main heart electric point, spleen 21 points and the navel. Today, will learn the final connection to the hippocampus.

Per Wikipedia, the hippocampus is a major component of the brain. There are two hippocampi, one in each side of the brain. The hippocampus is part of the limbic system and plays important roles in the consolidation of information from short-term memory to long-term memory, and in spatial memory that enables navigation. In Alzheimer's disease, the hippocampus is one of the first regions of the brain to suffer damage; memory loss and disorientation are included among the early symptoms.

According to Dr. Majid Foruhi, in a November 2105 Sharper Brain article, new neuroscience discoveries provide evidence on how simple lifestyle interventions can grow the hippocampus size. Stress reduction and meditation

# Mom And Me



#### by Lizzie and Pryce

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

have been shown to substantially expand the volume of hippocampus. Thus, he concludes science shows we have the capacity to grow the part of our brains that shrinks with aging and makes us prone to developing Alzheimer's disease. A bigger hippocampus can protect us against dementia symptoms in our 70s and 80s. So, when we actively engage the hippocampus in the exercise below, we are certainly influencing our energies in a very positive way.

The fourth connection is between thymus gland and hippocampus to increase immune function. Here is the technique:

• 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).

• Thump thymus and hold heart electric point, the main electrical point of the body. Thump thymus with spleen 21 points (both sides); thump thymus with navel (see previous columns).

• Thump thymus while placing middle finger on thumb on the arches of both eyebrows. Locate the high point in on the eyebrow, slide the finger and/or thumb down under the ridge of the eye into a small divot. These are called YuYao points in Chinese medicine, directly accessing the energy of hippocampus.

• Hold this connection for two to four minutes or until you fill a shift in your energy – perhaps a deep breath or deep sigh.

sigh. You have learned all four connections. Bask in knowing you have calmed the nervous system; boosted immune function and health; and given your being an energetic immune boost. Use this exercise regularly to feel better.

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.<sup>\*</sup>

of elders and people with chronic illnesses. **Dear Mom & Me**,

My 92-year-old mother is driving me crazy. She is a very determined woman who has lived in the same house from her early childhood and has outlived two husbands there. She refuses to leave and go into a sheltered environment.

Her attorney says we should forcibly remove her, her physician says that she should leave, and he would help us by giving her some type of medication. She requires around the clock help and they are robbing her blind. Keeping her in her home is very expensive and it would be so much easier for us to have her where she would be safe.

What would you suggest we do now? Andrea

#### Dear Andrea,

I do not think a 92-year-old woman should be in such control. While her spunk is an asset in some areas, something continued on page 33

# Is Key To Weight Loss Using Smaller Plates, Spoons?



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

Portion sizes are getting larger and larger, which as we all know is causing an increase in the rate of obesity. It makes sense that an increased portion size would increase food intake, which would then increase our weight. Could a simple change in the way we eat help us to lose weight?

We've all heard about portion control, but what about using smaller utensils to affect the rate of weight loss? A new study published in the *British Journal of Nutrition* appears to be saying just that. They recommend reducing the size of tableware to reduce the risk of weight gain

# PETS OF THE WEEK

#### **PAWS Of Sanibel** Miss Kitty

Ti there, my name is Miss Kitty. A very nice lady found me all alone, in the wild, and took me inside her home. She could tell I was a really sweet girl that just needed a chance. She took me to the vet hospital and had me combo tested and spayed. I'm approximately 6 to 7 months old and a beautiful

(if I do say so myself) Calico kitty. My foster mom would love to keep me, but someone in the household doesn't do well with cat fur. She is going to keep me until she finds me the "purr-fect" home.

If there is someone out there that's looking for an extremely sweet, beautiful kitty, and knows they must keep me totally inside, call my foster mom, PAWS of Sanibel volunteer Jenny at 699-1149.举



Miss Kitty



i, my name is Natalie. I'm 6 years old, spayed and up to date on all vaccines. I'm looking for a genuine cat lover who speaks "cat." I am a very sweet and loving kitty. Come see me at PetSmart, located at Six Mile Cypress and Colonial Boulevard in Fort

Myers. My big round eyes will melt your heart. My adoption fee is \$75

Natalie

Hello, my name is Beauregard. I'm a Russian

#### From page 32 Mom And Me

should be done to protect her from herself and help you with her care. If she refuses to help you, I think it would be appropriate for you to seek the help of authorities who are experienced with this type of problem.

Lizzie

#### Dear Andrea,

The short answer is, if your mother is competent, can afford in home care and is reasonably safe, she can live where she wants to







Beaureaard

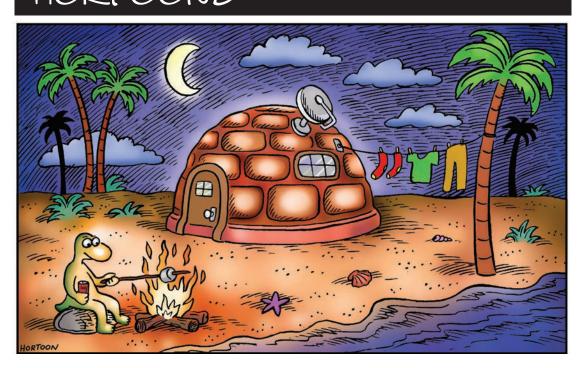
Boulevard in Fort Myers. My adoption fee is \$75. We are being cared for by Haven On Earth Animal League. For more information, email havenonearthanimalleague@yahoo.com.芬

live. If she is not competent, cannot afford the services she needs in the home and is unsafe, abused and/or neglected, there are proper and legal avenues to use.

Talk with her attorney to understand legal competence. Talk with Ádult Protective Services to gain an understanding of the statutes around abuse and neglect. Your family is not the first or the last to struggle with this issue. There are community resources and professionals that can assist you and your mother with a plan.

Pryce

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



Emergency.	
Emergency	
Lee County Sheriff's Office	477-1200
Florida Marine Patrol	
Florida Highway Patrol.	1-800-282-3171
HealthPark Medical Center.	
Ft. Myers Chamber of Commerce	332-3624
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	
Alliance for the Arts	
Arts For ACT Gallery & Studio	
Art League Of Fort Myers Barbara B. Mann Performing Arts Hall	275-3970
Barbara B. Mann Performing Arts Hall BIG ARTS	
Broadway Palm Dinner Theatre	
Cultural Park Theatre	772-5862
Edison Festival of Light	
Florida Repertory Theatre at the Arcade	
Fort Myers Symphonic Mastersingers	288-2535
Gulf Coast Symphony	489-1800
Harmony Chorus, Charles Sutter, Pres	481-8059
Naples Philharmonic	
The Schoolhouse Theater	
Theatre Conspiracy	
Young Artists Awards	574-9321
CLUBS & ORGANIZATIONS	
Angel Flight	-8//-4AN-ANGEL 731-3535
American Business Women Association	
Audubon of SWFL	
Audubon Society	
Caloosahatchee Chapter DAR	
Cape Chorale Barbershop Chorus	1-855-425-3631
Cape Coral Stamp Club	
duPont Company Retirees	454-1083
Edison Porcelain Artists	415-2484
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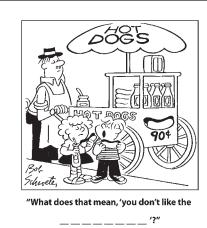
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THE RIVER - FEBRUARY 10, 2017 35

BY



answer on page 37

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6

SCRAMBLERS Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag! Intense RANTED Scold ABTREE Number MAUTON Gentle COLIDE TODAY'S WORD

1



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



<sup>4.</sup> Dock is missing. 5. Cloud is smaller. 6. Sign is different. Differences: 1. Earliap is missing. 2. Jacket is different. 3. Scart and is shorter.

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

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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

# **PROFESSIONAL DIRECTORY**

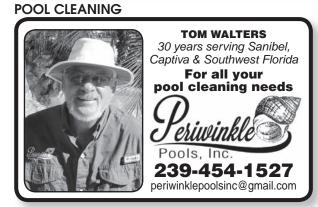
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**Crisp Autumn Salad** 

- 1 large cucumber, peeled, seeded, and cut into <sup>1</sup>/<sub>4</sub>-inch diced pieces
- 2 large tomatoes, diced 2 medium red bell peppers,
- diced small
- 1 cup red cabbage, finely shredded 2 bunches green onions,
- finely chopped
- 1/3 cup radish, finely diced 1 medium half-sour pickle, finely diced, or
- 1/3 cup chopped green olives
- 3 tablespoons olive oil Fresh squeezed juice of 1/3 to 1
- lemon, or to taste Kosher salt and freshly ground pepper

to taste Combine all the vegetables and pickles or olives in a salad bowl. Use enough olive oil to moisten the vegetables and add lemon juice to taste. Season with salt and

pepper, then toss. Yield eight servings

Look for Fresh from Florida ingredients at your grocery store.袋



**Crisp Autumn Salad** 

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Film Society of Southwest Florida

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**Meeting Location** Community Room - Robb & Stucky

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

President, Di Saggau 239-466-4707



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 Safety
 Tubs
 Doors • Add a Room or Garage Outdoor Kitchens • Storm Shutters • and Much More



SUDOKU

# **PUZZLE ANSWERS**

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

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# My Stars \*\*\*\*

**ARIES** (March 21 to April 19) You don't like rejection. But instead of trying to "ram" your ideas through to an unreceptive audience, stand back and wait for a more favorable environment later this month.

**TAURUS** (April 20 to May 20) Job commitments call for the tidy Taurean to charge into those problem-plagued projects and get them into shape. Then go ahead and enjoy the fun and friendships of your expanding social life.

**GEMINI** (May 21 to June 20) The pressures of the workplace are beginning to ease. While you still need to stay connected to your ongoing commitments, you'll be able to take more time to relax with family and friends.

**CANCER** (June 21 to July 22) You might feel that you need to prove how much you can do. But be careful not to take on more than you can handle, or you risk being bogged down. An Aries has a message for you.

**LEO** (July 23 to August 22) Financially it could be a little tight for a while. So resist the urge to splurge on things you don't really need. There will be time enough to indulge yourself when the money squeeze eases later this month.

**VIRGO** (August 23 to September 22) You demand trust from others. But someone is creating a situation that could put your own trustworthiness in question. Be sure to keep all lines of communication open.

**LIBRA** (September 23 to October 22) A problem delays the recognition that you hoped to receive for your hard work. But all will soon be resolved. Remember to make patience your watchword this week.

**SCORPIO** (October 23 to November 21) Those wonderful ideas could expand your workplace prospects and ultimately lead you on a new career path. Your personal life also opens up new vistas.

**SAGITTARIUS** (November 22 to December 21) So much seems to be swirling around you these days that you might find it hard to focus on priorities. Best advice: Take things one at a time, and you'll get through them all.

**CAPRICORN** (December 22 to January

19) Work out situations with what you have, and avoid the temptation to create complications where they don't exist. This applies both at home and in the workplace.

**AQUARIUS** (January 20 to February 18) Keep your keen senses open to possible changes in personal and/or professional situations. Knowing what might lie ahead gives you an edge on how to handle it.

**PISCES** (February 19 to March 20) Personal pressures at work could create a problem with your performance. Best advice: Focus on the job ahead of you. If necessary, you can deal with the other issue later.

**BORN THIS WEEK:** Like your fellow Aquarian Abraham Lincoln, you have a way of handling the most difficult situations with grace and conviction.

#### THIS WEEK IN HISTORY

• On Feb. 14, 278 A.D., Valentine, a priest in Rome, is executed for defying Emperor Claudius II and performing marriages in secret. Claudius believed that Roman men were unwilling to join his army because of their attachment to their families, and banned all marriages. Today, we celebrate Feb. 14 as Valentine's Day.

• On Feb. 19, 1777, the Continental Congress votes to promote five men to major general, but overlooks Benedict Arnold, who felt slighted and threatened to resign. In 1780, Arnold became the most famous traitor in American history when he offered to hand over West Point to the British.

• On Feb. 16, 1894, gunslinger John Wesley Hardin is pardoned after spending 15 years in a Texas prison for murder. Hardin was reputed to have shot and killed a man just for snoring and had probably killed at least 40 people.

• On Feb. 17, 1904, Giacomo Puccini's opera "Madame Butterfly" premieres in Milan, Italy. The audience responded with hissing and yelling. Four months later, a reworked "Madame Butterfly" opened to applause, repeated encores and 10 curtain calls.

• On Feb. 15, 1965, a new Canadian national flag is raised in the capital of Ottawa. In 1964, the Canadian Parliament had voted to adopt a new design, a white background with a stylized 11-point red maple leaf in its center.

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**MAGIC MAZE** 

• On Feb. 18, 2001, NASCAR driver Dale Earnhardt Sr. dies at age of 49 in a last-lap crash at the Daytona 500. While vying for third place in his famous black No. 3 Chevrolet, Earnhardt collided with another car, then crashed into a wall.

#### STRANGE BUT TRUE

• It was 20th-century American writer and political activist Max Eastman who made the following sage observation: "It is the ability to take a joke, not make one, that proves you have a sense of humor."

• Have you ever wondered why a "down" in American football is called that? In the early days of the sport, when the ball carrier was tackled, he was supposed to yell "Down!" to avoid getting hit by other players.

• If you're like one-third of American vacationers, you spend at least some time cleaning your holiday lodgings upon arrival.

• In many Mediterranean countries, a typical breakfast consists of some combination of the following: tomatoes, olives, cheese, bread and hard-boiled eggs.

• The Guinness Book of World Records (now known simply as Guinness World Records) is so named because in 1951, Sir Hugh Beaver, the managing director of the Guinness Breweries, wanted to settle an argument over whether the golden plover or the red grouse was the fastest game bird in Europe. Unable to find the answer in reference books, Beaver realized that there must be many such questions debated in pubs, but no reference book to settle them. Another Guinness employee recommended professional fact-finders (and twin brothers) Norris and Ross McWhirter to compile such a book. The first edition was printed in 1954, and all 1,000 copies were given away.

• It was a New Yorker named William Shepherd who patented the first liquid soap. The recipe? One pound of soap, 100 pounds of ammonia solution and enough water for the mixture to reach the consistency of molasses.

#### THOUGHT FOR THE DAY

"I love America more than any other country in this world, and, exactly for this reason, I insist on the right to criticize her perpetually." – James Baldwin

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#### SCRAMBLERS

solution 1. Ardent; 2. Berate; 3. Amount; 4. Docile Today's Word AMBIANCE

#### **TRIVIA TEST**

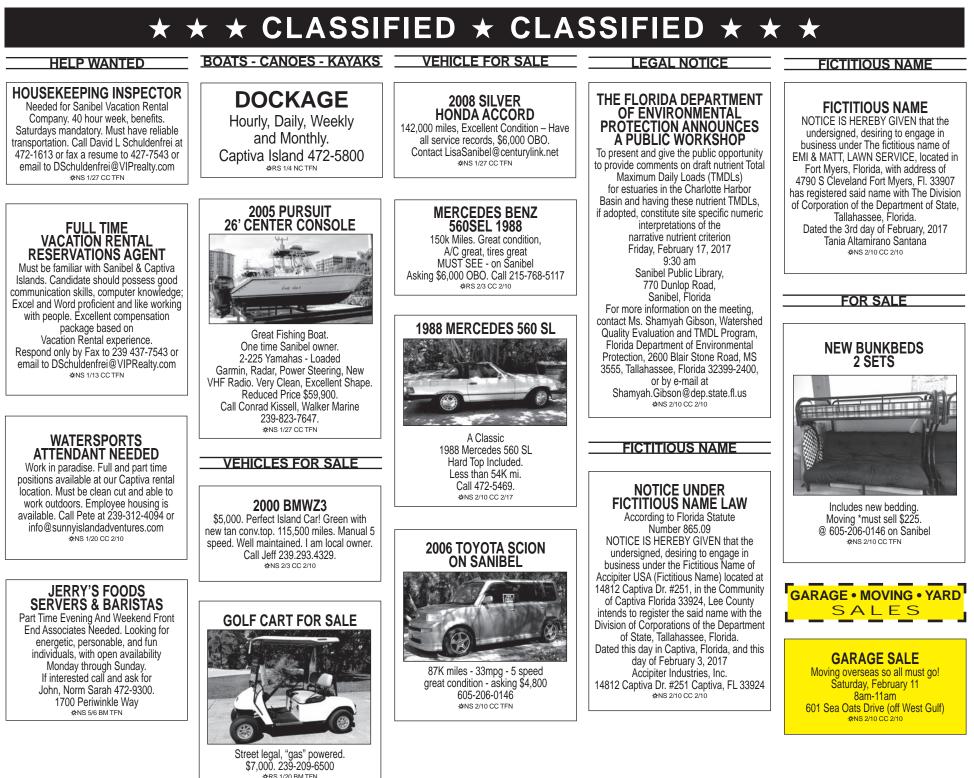
- 1. MYTHOLOGY: Who was the queen of the warrior women called Amazons?
- GOVERNMENT: What did the 22nd Amendment to the U.S. Constitution do?
- 3. ADVERTISEMENTS: What luggage company used a gorilla in a 1970 advertisement to show how tough its Samsonite brand was?
- 4. ART: Where is The Field Museum located?
- 5. U.S. PRESIDENTS: Which U.S. president had the nickname "Old Rough and Ready"?
- 6. GAMES: What is a grand slam in bridge?
- HISTORY: In what year did the French invade England (The Battle of Hastings)?
- 8. LITERATURE: Which famous Beat poet wrote the poem titled "Howl"?
- GEOGRAPHY: The Leonardo Da Vinci-Fiumicino Airport is located in what city?
- 10. GENERAL KNOWLEDGE: What is a petroglyph?

#### **TRIVIA ANSWERS**

 I. Hippolyta 2. Limits presidents to two terms 3. American Tourister 4.
 Chicago 5. Zachary Taylor 6. Winning all 13 tricks 7. 1066 8. Allen Ginsberg 9. Rome, Italy 10. Rock carving

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SANIBEL HOME FOR RENT OR SALE Seeking 6 mo. snow bird or buyer. Pretty lakefront 2/2 furnished home 2+ garage. Avil. 9/1/17. Disc. 6 mo+. Sanibelcooks.com, or Zillow.com 9455 Beverly Ln Robin Cook 239-246-8124 *NS 2/10 CC 2/17	PRIME OFFICE SPACE 700 square feet at 1619 Periwinkle Way Suite 105. Immediate Occupancy. Call Joe Gil 516-972-2883 or 800-592-0009. **RS 12/23 CC TFN	Island Vacations Of Sanibel & Captiva <i>Million \$ Views Await You!</i> • Cottages • Condos • Homes • Miles of Beaches & Bike Paths 239-472-7277	3/2 SANIBEL POOL HOME Annual. Granite kitchen. New A/C W/D Appliances. Text Realtor 239-271-4894 **NS 1/27 CC TEN	ENVIROMOW OF LEE COUNTY Complete Landscaping Services & Weekly Lawn Service *Mention this add to recieve 10% OFF your Mulch Installation, Landscaping Project, or Tree Trimming Project.* Call today for a FREE estimate: 200.000 C700 Landly, genetical
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storage room. Fully furnished \$450,000. By appointment 239-297-1157 *NS 2/3 CC 2/10	WONDERFUL RENTAL IN POPULAR LOCATION ON SANIBEL	SHELL PATH COTTAGE Delightful 2/1 east end cottage, sleeps 4 Newly renovated with all new furnishings	Helping People Become Islanders for over 35 years! The Island Experience! *RS 2/10 BM TEN	SCARNATO LAWN SERVICE Lawn Service, Shrubs and Tree Trimming Weeding, Installation of Plants, Trees and Mulch (one month free service available) Joe Scarnato (239) 849-6163 scarnatolawn@aol.com *RS 1/25 BM TEN
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Short walk to the Beach 2BD/2BTH Asking \$390,000. Call or text Chris 914-629-9434 www.forsalebyowner.com listing #24084259 for details *NS 1/20 CC 2/10		April-May \$5,000 monthly; June-Oct \$2,750 monthly website: shellpathcottage.com **NS 2/3 CC 2/24	<b>RENTAL WANTED</b> 61 year old female, non-smoker, clean, quiet seeking room in your home in Sanibel. I am employed full-time on Sanibel and would be willing to offset price with help	MISS MASSAGE MOBILE SPA MA#84433 Ashiatsu/Swedish/Hot Stone/Couples/ Reflexology/Body Scrubs/Facials/Hair Kreme & More! Convenient service in your home/vacation rental. 256-506-1165
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*NS 12/2 CC TFN	¥RS 8/5 CC TFN VACATION RENTAL	RE/MAX OF THE ISLANDS Putting owners and	<b>GARAGE FOR RENT</b> Garage for rent at Anchor Point, 1633 Periwinkle Way, for \$300. a month. Please call Ashley at Island Management at 239-472-5020 with any inquiries.	I come to your Home, Condo or Hotel. Reasonable Rates. Satisfaction Guaranteed. 239-284-3639. *RS 2/3 CC 2/27
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# Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Barefoot Beach	Bonita Springs	2016	9,065	\$11,999,000	\$11,600,000	89
Shell Harbor	Sanibel	1975	2,735	\$1,695,000	\$1,625,000	36
Palmetto Point	Fort Myers	2008	4,978	\$1,650,000	\$1,550,000	11
Avieto	Bonita Springs	2013	4,058	\$1,199,000	\$1,150,000	10
Water Shadows Unrecorded Subdivison	Sanibel	1987	2,037	\$1,195,000	\$1,050,000	232
Edgewater	Fort Myers	1996	4,009	\$1,190,000	\$1,100,000	0
Woodlake At Bonita Bay	Bonita Springs	1986	3,569	\$824,900	\$735,000	344
Cottage Point Subd	Fort Myers	2003	3,359	\$819,000	\$809,000	42
Bonita Lakes	Bonita Springs	2016	2,720	\$778,600	\$770,000	163
Pinehurst	Estero	1999	2,797	\$775,000	\$750,000	0

Courtesy of Royal Shell Real Estate

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