

Daylight Saving Time
begins at
2 a.m. Sunday.
Spring forward one hour.

THE RIVER WEEKLY NEWS

FREE
Take Me
Home

Vol. 16, No. 10

From the Beaches to the River District downtown Fort Myers

MARCH 10, 2017



A young lady winds up to toss a mullet

photo provided

Mullet Toss Is Now A Two-Day Event

The Matlacha Mariners are holding the 26th annual Mullet Toss Championship from 10:30 a.m. to 4:30 p.m. on Saturday and Sunday, March 11 and 12, at the Matlacha Community Park, located at 4577 Pine Island Road NW in Matlacha. The popular event raises money to support Pine Island charitable work. Registration begins at 10 a.m. on both days, with mullet flinging contests from 11 a.m. to 4 p.m. for children and adults. Winners for each category will be determined by best distance tosses.

On Saturday, the whole family can

participate in groups: Fry Division, Boys and Girls matches, ages 1 to 5; Fingerlings Division, Boys and Girls matches, ages 6 to 10; Juvenile Division, Boys and Girls matches, ages 11 to 15; and Adult Men and Women matches, ages 16 and older.

New this year on Sunday are mullet tossing competitions for public safety officers, restaurants and bars as well as businesses and organizations. Individual members in each group will compete with one another to win group bragging rights and an annual traveling trophy.

For details, visit www.MatlachaMariners.org. For more information, contact Rick Williams at 898-5004. Vendor contact is Lisa Dence at Olde Fish House Marina at 321-3281.*

National Orchestra To Perform March 20

The Royal Scottish National Orchestra will appear in concert at the Barbara B. Mann Performing Arts Hall on Monday, March 20 as part of their first United States tour in more than 35 years.

The concert is the last of the season offered by the Fort Myers Community Concert Association. Tickets for the 7:30 p.m. concert are available at the Barbara B. Mann Performing Arts Hall on the Florida SouthWestern State College campus in Fort Myers. For tickets, call 481-4849.

Prices are \$35 for lower balcony and \$25 for upper balcony seats. A limited number of orchestra and mezzanine seats are available at \$55 each.

"This is an amazing and very rare opportunity to hear these musicians in concert," said Fort Myers Community Association President Mary Lee Mann. "We are so fortunate that acclaimed violinist Nicola Benedetti will be performing as well."

The Royal Scottish National Orchestra is celebrating 125 years of bringing the best in classical music to audiences around the world. The



Nicola Benedetti

photo provided

orchestra will present Debussy's *Prelude to the Afternoon of a Faun* and feature violinist Nicola Benedetti in Brahms' *Violin Concerto, D Major* and Beethoven's *Symphony No. 5*.

The Royal Scottish National Orchestra has made more than 200 recordings with eight Grammy-nominations. The orchestra's current artistic team is led by British Canadian

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Boston Chamber Music Society To Perform On Sanibel



Boston Chamber Music Society

photo courtesy Sanibel Music Festival

The Boston Chamber Music Society, with harpist Ann Hobson Pilot, will perform at 8 p.m. on Tuesday, March 14 at Sanibel Congregational United Church of Christ, located at 2050 Periwinkle Way on Sanibel. This

ensemble of superbly versatile musicians comes together in different instrumental combinations to perform chamber music.

The *Boston Globe* calls them "vivid, compelling and first-rate." They are

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Suzanne's Dance Fitness is one of the cultural venues

photo provided

SoCo Second Saturday Returns

Another artful night will be held at the cultural district of SoCo in the month of March. The monthly SoCo Second Saturday event began last October and continues to grow with more cultural venues, new vendors and a

redesigned map, which includes all of the night's attractions and the details on how to win a great prize by one of the participating SoCo stops. On Saturday, March 11, patrons of the arts, collectors, art enthusiasts and all attending guests will have the chance to win another great prize just by visiting the SoCo cultural venues and collecting the very popular

continued on page 30

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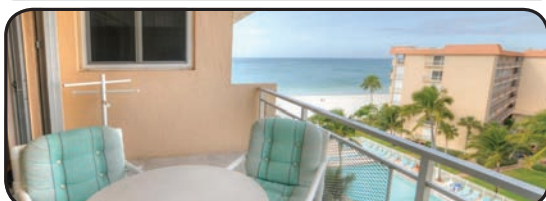
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Historic Downtown Fort Myers, Then And Now:

See You At The Shuffleboard Courts



by Gerri Reaves, PhD

If the gazebo and shuffleboard courts in this photo still existed, it's hard to believe that someone wouldn't be watching the sunset from the gazebo or enjoying a game on the court.

This photo, probably taken in the 1980s, shows those enticing amenities on Edwards Drive across from the Fort Myers Yacht Basin between Hendry and Jackson. The gazebo stood at the Jackson corner, and the courts were adjacent.

They were part of the Civic Center complex between Hendry and Jackson.

The center consisted of two connected buildings on the Hendry side: the 1943 Civic Center and an auditorium that we call the Hall of Fifty States today. The hall is a remnant of the 1927 Pleasure Pier.

Starting in World War II, that complex was a beehive of activity involving locals, tourists, and military personnel stationed at various bases in the region.

Dances, dinners, card games, chess, tennis, shuffleboard, roque (croquet), horseshoes, checkers and diamond ball were on the non-stop roster of events and activities enjoyed by all.

Over the decades, it housed the USO, the Tourist Club, the Fort Myers Chamber of Commerce, and other entities, including the Edison Festival of Light offices.

The courts had a symbolic meaning for some locals decades ago. Suzanne Sutton said that in the early 1970s, she and her friends at Edison College had a saying, "See you at the shuffleboard courts."

She described the saying as "young people's irony," for the farewell meant that, though they were going their separate ways for the present, they would meet up again in their later years at the courts.

In those days, the numerous courts sported plenty of benches, sheltered seating areas and large scoreboards.

When those courts were demolished, they ended a long history of shuffleboard as public recreation in downtown Fort Myers.

In the early 1930s, when federal programs provided funds for civic improvements and



A pretty gazebo and functioning shuffleboard courts were located at the Civic Center property on Edwards Drive across from the yacht basin. This photo was probably taken in the 1980s.

photo courtesy SWFL Historical Society



The gazebo and courts are gone and the property is often used for parking. On the right is the Chamber of Commerce and in the distance, a big change since the 1980s – the south-bound span of the Edison Bridge.

photo by Gerri Reaves

projects, the town benefitted by acquiring beautiful shuffleboard courts and other public amenities in City Park east of Heitman Street.

Although the game of shuffleboard is centuries old, it peaked in popularity in the 1940s and 1950s, including in Fort Myers.

Celebrity shuffleboard fans helped to promote it, and it was a diversion on military bases and ocean liners and in fraternal clubs, rehabilitation hospitals, youth clubs, community centers and taverns, and at summer camps.

Gazebos (or bandstands), too, had a role in downtown history. Photos from the late nineteenth century show the community band posed in front of the one at the intersection of Second and Lee Streets.

Photos taken in the 1920s, the decade that the town designated its first public park, show band concerts, with musicians seated in one.

From the construction of the yacht basin in the late 1930s until not so long ago, that part of downtown had energy and purpose. The center's importance to downtown was reiterated in 1981, when the "Fort Myers Tourist Building" was remodeled and a grand opening held.

Historic photos like this one capture the facility's last hurrah.

By the first decade of this century, the once busy courts were dilapidated and unused. In 2007, they were scraped off the ground and the Civic Center side demolished.

The fate of the Hall of Fifty States hung in the balance – and still does, as government, business, and the private sector debate and re-debate what to do with the auditorium that has historic and personal significance to so many people.

Meanwhile, the former gazebo and shuffleboard-court area is often used for parking. Walk down Edwards Drive to catch a glimpse of the river and to imagine what it would be like to relax in a pretty gazebo or play a game of shuffleboard.

You can also contemplate just what those former Edison College students will do when they show up – as promised – and there are no shuffleboard courts.

Learn more about local history by visiting 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 4 to 7 p.m.

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

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

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

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

Sources: Archives of the Southwest Florida Historical Society.*

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THE RIVER
WEEKLY NEWS
FROM THE BEACHES TO DOWNTOWN FORT MYERS

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Dance in the moonlight glow at Edison & Ford Winter Estates

photos courtesy Edison Ford Winter Estates

Big Band Dance Party

Edison & Ford Winter Estates will host a big band dance celebration titled Rhythm on the River on March 10 at 5:30 p.m. in the newly completed river pavilion.

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

The pavilion offers a beautiful river view

and a chance to see a spectacular sunset.

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

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

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

Stars On Ice To Offer A Glimpse Into 2018 Winter Olympic Games

The world is eagerly awaiting next year's Winter Olympic Games in Pyeongchang, South Korea, commencing in February 2018. Here in the United States, the wait will not be quite as long, as the 2017 Stars On Ice tour will feature many of the skaters that will be vying for gold for the U.S. in the 2018 Winter Olympics. The tour will arrive in Fort Myers on Thursday, April 13 for a 7 p.m. performance at Germain Arena.

This year, the Emmy Award-winning production will be the ultimate preview of the U.S. Figure Skating team that will compete in South Korea. Medal hopefuls including three-time U.S. Champion and 2016 World Silver Medalist Ashley Wagner, reigning two-time U.S. Champion Gracie Gold and 2015 U.S. Ice Dance Champions and two-time World Medalists Madison Chock and Evan Bates will highlight a star-studded cast that will also include reigning Olympic Ice Dance Gold Medalists Meryl Davis and Charlie White, and four-time U.S. Champion and Olympic Bronze Medalist Jeremy Abbott.

Tickets for the 2017 Stars On Ice tour in Fort Myers are now on sale. Tickets start at \$27 and are available via www.starsonice.com, www.ticketmaster.com, the Florida Community Bank Box Office and by phone at 1-800-745-3000. Limited on-ice seating is available upon request. Group discounts are available for parties of 10 or more.

Visit www.starsonice.com for the most up to date information and show announcements.✱



Gracie Gold

photo provided

Festival Of Light Parade To Be Broadcast On Television



A float entry in the junior parade

The Edison Festival of Light committee recently announced its broadcast schedule for recent parades.

While the Junior Parade was broadcast on Sunday, March 5 from 7 to 8 p.m., the Grand Parade of Light will be broadcast on Sunday, March 12 from 7 to 9 pm. The broadcast will be on Me TV, which can be found over the air on 26.2, on Comcast Cable 208, Century Link 8, and Marco Island Cable 7.

"The Edison Festival parades are great community events designed to involve various organizations and nonprofits and bring out the citizens of Southwest Florida to enjoy and commemorate the works of Thomas Edison," said Kevin Anderson, the event board president. "This year's parades had something for everyone

photo courtesy of the Edison Festival of Light

and included new balloons and even traditional ones as Chico's brought back their shopping bag balloon which was created for this event and not seen in over 10 years."

The Edison Festival of Light, Inc. honors Thomas Alva Edison's contributions to mankind including Southwest Florida and seeks to improve the community by education and activities relating to Edison's works and values. The Edison Festival of Light is a member of the Florida Festivals and Events Association and the International Festivals and Events Association.

For more information, visit www.edisonfestival.org or call 334-2999. Become a fan by following us on Facebook ([Facebook.com/edisonfestival](https://www.facebook.com/edisonfestival)) and Twitter and Instagram (@edisonfestival). ✱

Empty Bowls Fundraiser Nears

Community Cooperative's 2017 Empty Bowls fundraiser, presented by Suncoast Credit Union, is set to take place on Saturday, March 25 at Alliance for the Arts. The Lee Arts Education Program will also be collaborating with this year's event to raise hunger awareness through art. One of a kind handcrafted ceramic bowls made by Lee County school children will be available for purchase at the event as a reminder of those that go hungry right here in Lee County.

This year's event will feature a soup cook-off and soup sampling from local

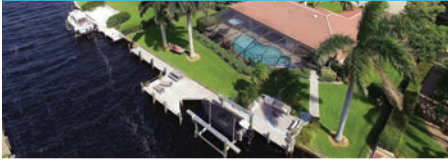
favorites, a painting area sponsored by Painting with a Twist Fort Myers, bites from Jonesez BBQ, Inc., family-friendly activities, dance and music performances by local schools and organizations and more to support Community Cooperative's mission to end hunger and homelessness in Lee County. Admission is free and wristbands for the soup sampling will be available for purchase for a small donation at the event. Money raised at the event will benefit Community Cooperative's Healthy School Pantry and FLIP (Food Literacy in Preschool) programs.

To register as a participant of the soup cook-off or for more information about sponsorship, contact Nicole Rieg at Nicole@CommunityCooperative.com, visit www.communitycooperative.com or call 332-7687 ext 101.✱

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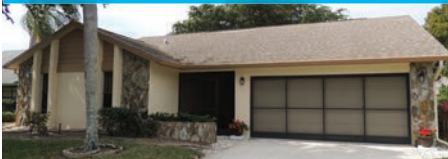
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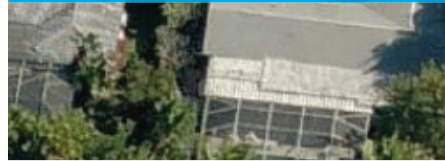
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Models walk the runway

photos courtesy SBDAC

Art Fashion Show Returns To Center

Art & fashion collide when the 6th annual Art Walks the Runway fashion show returns to the Sidney & Berne Davis Art Center. The Celebrate Fashion Opening Night VIP Party kicks off this three-day runway show on Thursday, March 3. Art Walks the Runway features local and international designers through Saturday, April 1. The Sidney & Berne Davis Art Center is located at 2301

First Street in the historic downtown Fort Myers River District. Thursday night's fashion show features world-class designer and stylist to the stars Patricia Gomez-Gracia. Sample hors d'oeuvres by G3 Catering throughout the evening, enjoy a contortion dance performance by Katarina Danks and experience Gomez-Gracia's fusion of East London and West End fashion set to the sounds of Sol Productions. Gomez-Gracia is a Madrid-born, Miami native who's up-and-coming label is receiving attention that is typical of red carpet designers. Having been




Katrina Danks performs a contortion dance


trained by fashion great Alexander McQueen and then the much-respected Julien Macdonald, she was well-prepared and ready to make a name for herself by 2009, when she started her own namesake label. Gomez-Gracia's designs are defined not only by sensual cuts and flattering lines, but also by the fusion of East London edginess with West End class that she has creatively pioneered during her time in London. Gomez-Gracia designs a ready-to-wear collection that is about sensual silhouettes and flattering cuts. The combination of luxury, hand-sourced, textured, and often contrasting fabrics,

is tempered by tongue-in-cheek details to make Gomez-Gracia the perfect designer for the work-hard, play-hard woman who loves to express herself. Gomez-Gracia's stylish, sophisticated pieces have caught the eye of the Hollywood in-crowd and is worn by many celebrities including Katie Holmes, the Kardashians, Carrie Underwood and Alicia Keys. It has been covered in magazines such as *Vogue*, and named by *InStyle Magazine* as "The Brand to Know Now: The New Hollywood Favourite." Visit www.gomez-gracia.com/ for more information.✧

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Taco Fest At Centennial Park

Downtown Fort Myers is gearing up for the first ever 93X Taco Fest to be held Sunday, March 12 from 11 a.m. to 6 p.m. in Centennial Park, located at 2000 W. First Street. Admission is \$5 at the gate and children under 12 years of age are free. The event is expected to be a fun-filled, taco-themed day for the whole family to enjoy food, music and activities. Some of the area's most popular Mexican restaurants will be taking part, offering a wide variety of South-of-the-border food and \$2 tacos, in addition to other tasty treats, margaritas and beer. Musical entertainment will feature local favorite Soapy Tuna. Other popular musical groups entertaining on the main stage will be Sowflo and The

Clanton Group. A play area for children will include a bounce house to entertain the whole family. Part of the proceeds for the event will be donated to Valerie's House, a nonprofit that supports children grieving the loss of a loved one. 93X Taco Fest is hosted by Businesses Supporting Communities and sponsored by 93X FM Radio and its Sun Broadcasting partners, including WINK-TV. For more event information, visit the 93X Taco Fest's Facebook page at Facebook.com/93XTacoFest/. Valerie's House was founded in January 2016 to help children and their families work through grief following the loss of a close family member. Valerie's House is a 501(c)(3) not-for-profit organization that is fully supported through generous donations from the community. For more information, visit www.valereshouseswfl.org or call 841-9186. ✧

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Fort Myers Art:

Short Horror Film A Must-See At Fort Myers Festival



by Tom Hall

The 7th annual Fort Myers Film Festival (FMFF) opened on March 8 with a red carpet gala, the screening of a documentary about Southwest Florida's water woes and a VIP after-party. The festival will go on to screen more than 70 feature films, shorts, documentaries and other movies over four days, with the festival closing with a champagne and dessert awards ceremony at the Broadway Palm Dinner Theatre on Sunday, March 12.

Known for its world-class swagger and support of local filmmakers, the Fort Myers Film Festival consistently attracts a vibrant, intellectual and edgy crowd to its events. It has evolved into a can't-miss, must-attend extravaganza for the hundreds of cineastes living in Lee, Collier and Charlotte counties who love independent films, revel in groundbreaking documentaries and consider themselves connoisseurs of high-quality, top-notch film festivals. This year, the five venues screening films are Barbara B. Mann Performing Arts Hall, the Sidney & Berne Davis Art Center, Alliance for the Arts, Broadway Palm Dinner Theatre and Imaginarium Cinema.

One of the local short films that has been juried into this year's Fort Myers Film Festival is *Bubbles*. Starring local portrait artist Eric Riemenschneider and filmed by Tyler Shore, *Bubbles* was written, co-produced, directed and co-starred by popular mixed media artist Cesar Aguilera.

The six-minute film is a horror. Riemenschneider plays an abrupt and abrasive business executive who drops into a barber shop for a haircut. Aguilera plays a serial murderer who is dressed in a blood-stained clown outfit. It is not clear from the film whether Bubbles the clown has offed the barber or is the barber, and it's ambiguous whether he was intent on hacking the exec to death from the outset or was provoked by the exec's condescending attitude. But for five of the six minute running time of the film, the viewer assumes the point of view of the exec, who finds himself cast into the dark, looking for a means of escape in the pale light cast by the flashlight app of his cell phone. The action is disorienting, intense and enthralling (although you will have to see the film for yourself to learn whether the exec escapes or has his "Bubbles" burst).

The film made its world premiere at last November's TGIM. Celebrity judge

and *Morning Blend* producer Toni Gonzales found much to like about *Bubbles*. She applauded Aguilera and filmmaker Tyler Shore for their shot selection, cinematography and the film's introductory sequence, but she found fault with the fact that the film started in the third person and then abruptly switched to first person point of view. "I'm not a big fan of the point of view change," said Gonzales. "Either let the story unfold in front of me and let me be an observer of it, or let me go through it with you." Still, Gonzales found the effort "awesome" and looks forward to seeing more from this filmmaking trio.

Like Gonzales, celebrity judge Jamie Hufford liked the opening credits. "I thought, oh, it's going to be a nice period piece," she said. "And then, *that* happened!" Hufford evoked a cascade of chuckles and guffaws when she confessed that she had some difficulty focusing because, knowing that Aguilera, Riemenschneider and Shore were in the TGIM audience, she found herself glancing over her shoulder, half expecting Bubbles the clown to dart across the grand atrium's polished marble floor in some kind interactive, crowd participation scenario. (In Hufford's defense, stranger things have happened during TGIM screenings.)

Celebrity judge Don Molloy copped to being extremely scared. He felt that the sound, the music and the cinematography all worked synergistically to ramp up the fear factor invoked by the film. In fact, Molloy compared *Bubbles* favorably with *Angel Heart* starring Mickey Rourke. "My wife will attest to the fact that when I'm scared, I jump. And I jumped. I did. So if that's what you were going for, it really worked."

There is more to the film than just one's worst nightmare. Like too many people we encounter on a daily basis, Riemenschneider's character doesn't even acknowledge the barber when he first sits in his chair.

"Just because you drive an expensive car, live in a nice home in a upscale part of town or have a few more zeroes in your bank account, does not make you any better than anyone else," Aguilera observed. "We all breathe the same air, drink the same water. But we all have a trigger point. You have a menial job like cutting people's hair and someone mistreats you like this, it may not turn out well."

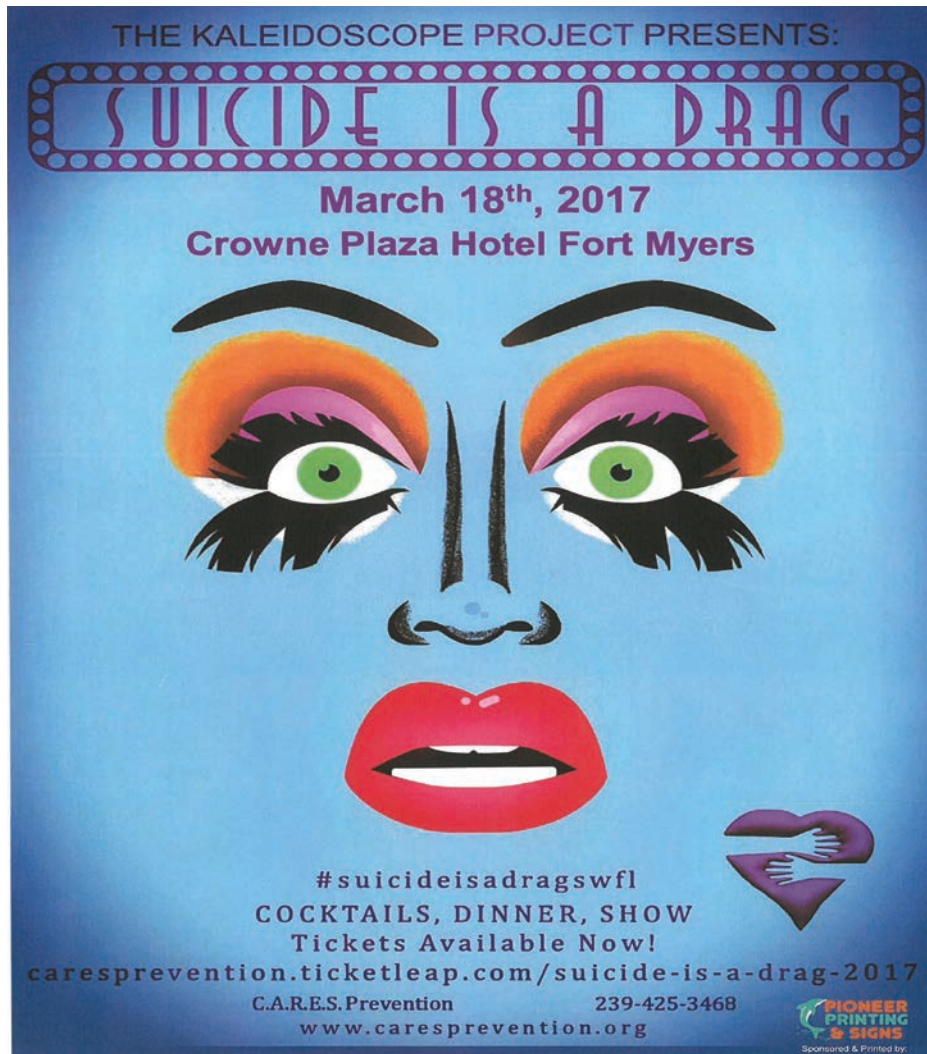
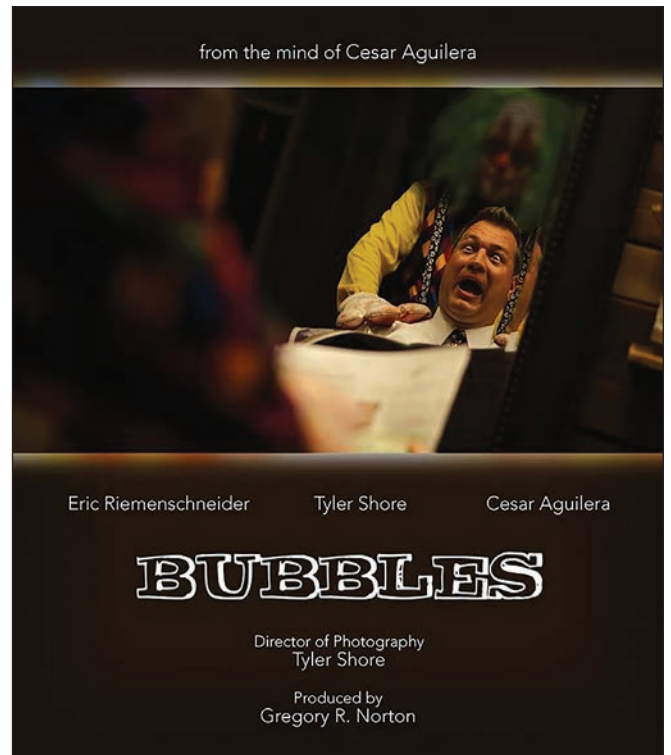
However, Aguilera's explanation of Bubbles' motives does not ring entirely true. While feelings of being disrespected, bullied or an outcast have admittedly led to some of the worst instances of rampage violence from Columbine to Virginia Tech and beyond, mass murderers usually plan their attacks in public places during daylight hours and include their own demise as the ultimate denouement of their lethal plan. A serial killer, by contrast, is more maniacal. Because he has an insatiable appetite for killing, he wants the death spree to go on and on. Towards that end, he works hard not to get caught. *Bubbles* seems to fit this profile more comfortably, and if so, there is no need to assign a rational motive to his murderous machinations. In fact, it is probably more horrifying to the viewer to realize that life is so fragile and precarious that any routine chore or task can place one in mortal jeopardy.

And that raises yet another interesting conundrum when it comes to analyzing this film. As celebrity judge Gonzales astutely observed, the film shifts fairly quickly from third person to first person point of view. In first person POV, the viewer steps into the mind, body and shoes of the protagonist, and yet, the character we assume in this story is an unlikeable, detestable business type who probably deserves his fate. Would not the audience's identification with the protagonist be easier and more complete if he had been portrayed as a more likeable and sympathetic person?

Hmmm.

You be the judge. Be sure to include *Bubbles* among your FMff short local film viewing choices. It is being viewed as part of the Late Night Shorts at the Sidney & Berne Davis Art Center, located at 2301 First Street in Fort Myers on Saturday, March 11 at 9:30 p.m.

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. ✨





Home-Tech employees prepare to raise the walls of their 20th sponsored Habitat home photo provided

Home-Tech Raises Walls For Habitat

Home-Tech employees, working alongside Habitat for Humanity staff and a future homeowner, raised the exterior house walls of a home, transforming the concrete slab to the framework of the house in just one morning. The three bedroom, two bathroom house will provide a family of three a safe, decent and affordable place to call home.

This marks the 20th Habitat home to have its walls raised by Habitat for Humanity of Lee and Hendry counties and Home-Tech personnel.

"The employee owners are thrilled to be building our 20th home for

Habitat for Humanity. It is the power of working together for the good of our community that makes us stronger every year," said Sonya Sawyer, Home-Tech chief financial officer.

Home-Tech has been an active Habitat home sponsor and will sponsor two more homes through the state's tax credit program this fiscal year. Home-Tech has not only been generous with their funds, but also with their time. Home-Tech employees have been on the home sites, raising walls, hammering nails, sweeping floors and contributing volunteer hours of their own.

For more information about sponsoring a home, contact Jennifer Hussey-Keene at jenniferk@habitat4humanity.org or to volunteer contact Rachel West at RachelW@habitat4humanity.org.

Autobiography Makes Its Debut

New York City based writer and performer Amy Marcs brings her critically acclaimed, autobiographical one-woman comedy *Nice T!ts* to Southwest Florida at the Alliance for the Arts during the weekend of March 17, 18 and 19. *Nice T!ts* explores Marc's diagnosis and treatment of breast cancer with humor and heart-felt honesty. The show grapples with themes of femininity, womanhood, confidence and mortality. At its core, *Nice T!ts* is a celebration of women and the transformative power of art to heal.

"I hope to be of service to others with my show. To give hope to women who are going through this, so they know they're not alone and that they are still beautiful, vibrant and sexy," said

Marcs. "My story is about the resiliency of the human spirit and finding self-acceptance, love and hope in a very difficult and traumatic situation. And, of course, all told through humor, because I believe that is one of the best healing tools we have."

Nice T!ts opens in Foulds Theatre at Alliance on Friday, March 17 at 8 p.m. It continues with a 2 p.m. matinee and 8 p.m. show on Saturday, March 18 and a 2 p.m. matinee on Sunday, March 19. Performances are sponsored in part by the Meisenberg Family Trust.

Price for tickets is \$22 for Alliance members, \$24 for non-members and \$11 for students with proper ID. For tickets, call 939-2787 or visit www.ArtInLee.org.

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

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

SANIBEL Music FESTIVAL

Save March For Music 2017

Concerts are held at the Sanibel Congregational U.C.C.
2050 Periwinkle Way at 8:00 p.m.



Daedalus String Quartet

Impressing critics and listeners alike with the security, interpretive ability and sheer gusto of their performance, this ensemble has established itself as a leader among the new generation of string quartets.

Saturday, March 11 • \$45

Sponsored by Bunny & Joel Ospa and Sanibel Captiva Community Bank



Boston Chamber Music Society with Ann Hobson Pilot, Harp

Vivid, compelling and first-rate, they are New England's longest running chamber music society with a reputation for impassioned performances of control and freedom.

Tuesday, March 14 • \$45

Sponsored by Janet & Joseph Davie and Gene & Lee Seidler



Emerson String Quartet

With an unparalleled list of achievements over three decades including nine Grammys they were inducted into the Classical Music Hall of Fame in 2010.

Saturday, March 18 • \$50

Sponsored by Sue & Tom Pick



An Evening with George and Ira Gershwin

Selections from their classic songs will be performed with piano accompaniment by an exciting young cast of singing actors.

Tuesday, March 21 • \$45

Sponsored by the LAT Foundation

CELEBRATING OUR
31st
Year

Tickets available on-line at
www.sanibelmusicfestival.org

or by phone at **239-344-7025**

After February 15, Tickets may also be purchased at
Bank of the Islands, 1699 Periwinkle Way
or Sanibel Captiva Community Bank, 2475 Library
Way. *Cash or check only.*

An Island Tradition

Sanibel Music Festival is grateful for the support of Lee County and Southwest Florida Community Foundation.



Along The River

The *Pinta* and the *Nina*, replicas of **Columbus' ships**, will return to Fort Myers from Thursday, March 15 through Saturday, March 18. The ships will be docked at the **Marina at Edison Ford**, 2360 West First Street, until their departure early morning on Sunday, March 19.

Admission is \$8 for adults, \$7 for seniors, and \$6 for students age 5 to 16. Children age 4 and younger are free. The ships are open every day from 9 a.m. to 6 p.m. No reservations are necessary.

While in port, the public is invited to visit the ships for a walk-aboard, self-guided tour. Teachers or organizations wishing to schedule a 30-minute guided tour with a crew member should call 787-672-2152 or email columfnd1492@gmail.com. Minimum of 15 people; \$5 per person. There is no maximum limit.

Guests who visit the ships will receive a voucher for a free drink or free dessert with their ticket purchase, courtesy of Pinchers Crab Shack at the marina.

The *Nina* was built completely by hand and without the use of power tools. *Archaeology* magazine called the ship "the most historically correct Columbus replica ever built." In 2005, the *Pinta*, also a caravel, was launched in Brazil and was the first ship to site land in the New World. Historians consider the caravel the Space Shuttle of the 15th century.

Both ships tour together as a new and enhanced "sailing museum" for



Past participants of March in the Park browse through the plant sale

photo courtesy

the purpose of educating the public and school children on the "caravel," a Portuguese ship used by Columbus and many early explorers to discover the world. Before him, the Old World and the New World remained separate and distinct continents and, ever since, their fates have been bound together for better or for worse.

Visit www.ninapinta.org for more information.

The final **Outdoor Family Movie Night** of the recent series at **Alliance for the Arts** will be held this Friday, March 10 at 7:15 p.m. with *How To Train Your Dragon 2*. Families are

encouraged to bring lawn chairs, coolers and blankets. Admission is free, but a suggested \$10 family donation helps the Alliance continue offering affordable family programming.

The film stars Hiccup and Toothless, who discover an ice cave that is home to hundreds of new wild dragons and the mysterious Dragon Rider. The two friends find themselves at the center of a battle to protect the peace.

Support for this event is provided by DinoLingo.com Language Learning Programs for Kids, Pediatric Density of Fort Myers, GreenMedinfo, Riverside Realty Group LLC and Staging Matters, Inc.

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

Experience the birds of **Bunche Beach** with a **bird patrol** guide this Thursday, March 30 at 5:30 p.m.

Meet on the beachfront located in South Fort Myers off Summerlin Road on the south end John Morris Road.

Migrant and resident waders and shorebirds tend to work the mudflats at low tide due to the diversity of micro-invertebrates at Bunche Beach.

Bring binoculars, sun protection, shoes that can get wet, a bottle of drinking water, your curiosity and love of nature.

For more information, call 707-3015 or visit www.birdpatrol.org. The event is free with a parking fee of \$2 per hour. Tour is approximately two hours. Provided in cooperation with Lee County Parks and Recreation

March in the Park, the annual plant and garden art sale and major fundraiser of the Garden Club of Cape Coral, will be held this Saturday, March 11 from 9 a.m. to 3 p.m. at **Jaycee Park**, located at 4125 SE 20th Place in Cape Coral.

With more than 30 vendors attending, there will be plants of all kinds, trees, shrubs, ground cover, native plants and miniatures available. Garden art will include essential and fragrance oils, glass reflections, stepping stones, metal works, fish faces and various planters.

Speakers will make informative presentations hourly and master

gardeners will be available all day to answer questions. A kid's booth with a face painter will offer activities and take-home projects for all ages. Food, music and opportunity drawings will be available throughout the day. Admission and parking are free.

The Garden Club of Cape Coral is a non-profit organization and all proceeds go to local high school seniors Marty Ward Merit Awards in horticulture, civic beautification, youth campers to Camp Wekiva, Habitat For Humanity projects, local middle and high school garden projects, and to promote civic awareness of environmental and conservation concerns.

Visit www.gardenclubofcapecoral.com for more information.

The inaugural **93X Taco Fest** to be held in downtown Fort Myers this Sunday, March 12 from 11 a.m. to 6 p.m. in **Centennial Park**, located at 2000 W. First Street. Admission is \$5 at the gate and children under 12 years of age are free.

The event is expected to be a fun-filled, taco-themed day for the whole family to enjoy food, music and activities. Some of the area's most popular Mexican restaurants will be taking part, offering a wide variety of South-of-the-border food and \$2 tacos, in addition to other tasty treats, margaritas and beer.

Musical entertainment will feature local favorite Soapy Tuna. Other popular musical groups entertaining on the main stage will be Sowflo and The Clanton Group. A play area for children will include a bounce house to entertain the whole family.

Part of the proceeds for the event will be donated to Valerie's House, a nonprofit that supports children grieving the loss of a loved one. 93X Taco Fest is hosted by Businesses Supporting Communities and sponsored by 93X FM Radio and its Sun Broadcasting partners, including WINK-TV. For more event information, visit the 93X Taco Fest's Facebook page at [Facebook.com/93XTacoFest/](https://www.facebook.com/93XTacoFest/).

Fort Myers Bike Night returns to the **downtown River District** this Sunday, March 11 from 6 to 10 p.m.

One of the largest bike nights in Southwest Florida offers live music, vendors and free admission. All bikes are welcome.

Visit www.facebook.com/pg/fortmyersbikenight/ for more information.

Family Math Night is coming to the **Florida SouthWestern State College** (FSW) Thomas Edison campus this Monday, March 13 from 5:45 to 7:30 p.m. This free, family-oriented event for students in kindergarten to the eighth grade will be held in Building U, Room 102 at the 8099 College Parkway location in Fort Myers.

Expect fun math games created by teacher candidates in FSW's School of Education.

While Family Math Night is open to anyone interested in exploring mathematics, students are encouraged to register by sending an e-mail to familymathnight@fsw.edu. For questions

continued on page 27

SHELL POINT PRESENTS

Britain's Got Talent Stars!

Jive Aces



Tickets just \$35

Monday, March 20, 2017 • 7:30 p.m.

The Jive Aces are the United Kingdom's No. 1 jive and swing band. Renowned for their high-energy jump jive and swing music, and spectacular stage show, the band's repertoire stretches from the timeless tunes of the swing era to the glitz of the Rat Pack, with a dash of rhythm and blues, swing, and jazz.

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shellpoint.org/concerts or call (239) 454-2067

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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.



Paradise Coastmen Barbershop Chorus

photo provided

Barbershop Chorus To Perform

The Paradise Coastmen will perform on Tuesday, March 21 at 7:30 p.m. as part of the 2017 Concert Series at St. Peter Lutheran Church. The popular group is Fort Myers-Naples premier men's barbershop chorus and has been entertaining Southwest Florida

audiences for more than 40 years. The concert will feature a fun-filled evening of barbershop classics, as well as pop and folk favorites sung in their award-winning harmonies.

Doors open at 7 p.m. and admission is free. Donations will be accepted.

St. Peter Lutheran Church is located at 3751 Estero Boulevard in Fort Myers Beach. Call 463-4251 for more information.✱



Emerson String Quartet

photo courtesy Sanibel Music Festival

Emerson String Quartet To Perform March 18

The renowned Emerson String Quartet, with an unparalleled list of achievements over three decades, will perform during the Sanibel Music Festival at 8 p.m. on Saturday, March 18 at the Sanibel Congregational United Church of Christ, located at 2050 Periwinkle Way.

The Emerson stands apart in the history of string quartets. They have acquired more than 30 acclaimed recordings, nine Grammy Awards (including two for Best Classical album), three Gramophone Awards, the Avery Fisher Prize and *Musical America's* Ensemble of the Year. They were inducted into the Classical Music Hall of Fame in 2010.

Formed in 1976, the quartet took

its name from American poet Ralph Waldo Emerson. Violinists Eugene Druker and Philip Setzer alternate in the first chair position. They are joined by violist Lawrence Dutton and new cellist Paul Watkins, who replaced founding cellist David Finckel, who retired in 2015. The quartet approaches classical and contemporary repertoire with equal mastery and enthusiasm. *Time* magazine called them "America's greatest quartet."

Sponsored by Sue and Tom Pick, the March 18 program will include:

- Mozart's *String Quartet in C major, K. 465 "Dissonant"*
- Debussy's *String Quartet in G minor, Op. 10*
- Beethoven's *String Quartet in E-flat major, Op. 127*.

Tickets may be purchased for \$50 each online at www.sanibelmusicfestival.org or by calling 344-7025. Tickets may also be purchased by cash or check only at the Bank of the Islands, 1699 Periwinkle Way, and Sanibel Captiva Community Bank, 2477 Library Way.✱

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Churches/Temples

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

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

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

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

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

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

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

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

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

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

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

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

Combined Traditional/Praise 10 a.m.

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

FAITH FELLOWSHIP WORLD OUTREACH MINISTRIES
6111 South Pointe Boulevard, Fort Myers, 278-3638. Sunday Worship, 10:30 a.m.; Voice of Faith, WCRN 13.50 AM Radio, Sunday, 1:30 p.m.; Thursday Service, 7:30 p.m.; Friday Youth Service, 7:30 p.m. Nursery care for pre-school children and Children's Church ages 5 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 ½ mile past the intersection of Gladiolus and San Carlos Boulevard on the way to Sanibel.

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

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

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

FORT MYERS CHRISTIAN CHURCH (DISCIPLES OF CHRIST) A STEPHEN MINISTRIES CONGREGATION
5916 Winkler Road, Fort Myers, 437-4330
Pastor Reverend Mark Condrey. Sunday Worship 10:30 a.m., Church School 9:15 a.m.

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

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

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

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

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

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

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

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

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

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

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

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

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

SAMUDRABADRA BUDDHIST CENTER
Meditation classes. Guided meditations, methods to 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.speterfmb.com.

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

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

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

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

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

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

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

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

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

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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✠

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Bob Ackert assisted in the awarding of the Lee Ackert Award to Judi Miller for *Ensoleille Noix de Coco*
photos courtesy FMBAA

Beach Art Group Spring Juried Show Winners

The Fort Myers Beach Art Association (FMBAA) Spring Juried Art Show opened February 13 at the 3030 Shell Mound Boulevard gallery on Fort Myers Beach. Officials announced the award winners at the reception after a 1 p.m. gallery talk by Heidi Fausel, visiting from her home in France. Tara Guthrie, manager of the Fish House Restaurant, the event sponsor, provided refreshments as well as assisting with the presentation of the awards. Admission to the ongoing show is free and visitors are welcome. This exhibit will be available for viewing and sale until March 23.

The honors include several awards: Sue Pink received first place and the Lucy B Campbell Award for *Never*; Jim Tarr received second place for *Storm Watch*; Lisa Grinter received third place for *Big Cypress Slough*.

The Lee Ackert Memorial FMBAA Member Award for Exceptional Use of Color went to Judi Miller for *Ensoleille Noix de Coco* and Suzanne L Brown captured the Florida Watercolor Society Award (limited to water media used in an aqueous manner) for *Tranquility*. Merit awards went to Cheryl Fausel for *A Provençal Afternoon* and to Anne Kittel for *Blu & YLO Interior II*. Honorable Mentions were awarded to Fred Bushnell for *Winter Light* and Nancy T Randall for *Monarch Migration*.

If you are interested in learning to paint, Fort Myers Beach Art Association offers several short workshops this season. Visit www.fortmyersbeachart.com/classes.php

For more information, send emails to the art association publicity chair 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. Call 463-3909. The gallery is open daily Monday to Saturday from 10 a.m. to 3 p.m.✱



Lisa Grinter received third place for her work title *Big Cypress Slough*



Jim Tarr received second place for his work titled *Storm Watch*



Suzanne L Brown received the Florida Watercolor Society Award for *Tranquility*



Sue Pink, pictured with The Fish House Restaurant Manager Tara Guthrie, received first place for her work titled *Never*

FORT MYERS FARE

DOC FORD'S RUM BAR & GRILLE

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

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

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

ISLAND COW

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

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

2163 Periwinkle Way, Sanibel. Call 472-0606.

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.



Chef Richard Howze sauteeing ratatouille at Summerlin Jake's Seafood and Steaks

photo by Bob Petcher

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.

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1451 Middle Gulf Drive, Sanibel 472-4151.

TERRA NOSTRA

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

Owners Fernando and Sao Uva welcome you to their new location after spending many years on Fort Myers Beach. They bring over Chef Anthony Grandepioggia 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.



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March Winds Are Here To Stay



by Capt. Matt Mitchell

Hiding from the wind was the general theme when fishing towards the end of this past week. The month of March always tends to be one of our windier months and after

experiencing what has been weeks of near-perfect calm boating conditions, it took a few days to adapt to fishing in 20 to 30 mph winds. Once across bumpy exposed water and tucked away back in the sheltered creek systems, fishing was outstanding. Limits of the larger seatrout that we generally catch all winter have finally showed up in big numbers back in the deeper creek systems.

The geographical layout of Pine Island Sound makes it possible to hide and stay comfortable during most wind directions. I can still offer my clients the opportunity for a successful day's fishing even during these often windy, high pressure periods of March. Anglers at the southern end of

the sound certainly have it a little easier during these windy periods than the anglers fishing the more exposed waters at the northern end.

When fishing the southern end of the sound, we have lots of options all within just a few miles radius. We are able to duck into the many large sheltered mangrove bays and creeks both around St. James City and Sanibel and not have to spend much time out in open rougher bay. The west to east bend of Sanibel along with the few miles long southern tip of Pine Island offers shelter on just about any wind direction.

I do have to occasionally cancel trips due to wind, but luckily its not very often. Strong northwest wind is the worst and a game-changer, making it almost impossible to comfortably get around in. East to northeast wind will be the prevailing direction for the next few months. Any strong easterly wind intensifies an outgoing tide and causes the water to be blown out of the sound giving us extreme minus low tides that are not predicted on a tide chart. These big minus, east wind-generated low tides are some of my favorite times to be fishing back in mangrove creeks and holes as it consolidates fish into very small areas.

Mangrove creek fishing with shiners was my go-to all week. The action was great! On one windy day, we never left one small single creek system and just



Keith Siler from Ohio with our first keeper snook of season, a 29-incher caught while fishing with Capt. Matt Mitchell this week

bounced spot to spot as the tide continued to dump out. In the middle and on the edges of these deeper channels, we caught lots of keeper trout along with jacks and ladyfish, then casted our shiners tighter to the roots and caught snook after snook. I did see quite a few larger snook in the deepest bends of these creeks but only managed to land one keeper during the first few open days of snook season.

Don't let the wind get you down. If March plays out anything like years past, we will have to deal with windy conditions this whole month. The better you learn

the layout of the sound, the more places you will find to catch fish while getting almost totally out of the wind. Unlike offshore anglers that have to sit home until the wind lets up, it's still possible for us backcountry fisherman to get out and enjoy a great day on the water.

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

Send Us Your Fish Tales

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

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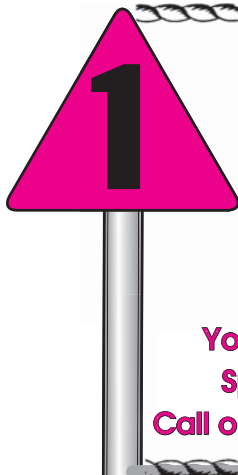
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Dave Doane

CROW Case Of The Week:

Kemp's Ridley

by Bob Petcher



The Kemp's ridley sea turtle (*Lepidochelys kempii*) is regarded as the world's most endangered sea turtle by *National Geographic* magazine. Its numbers were so frighteningly low that the population dipped to between 200 to 300 nesting females in the 1980s. The rebound began after protection laws became stricter and unintended fishing captures

lessened. Today, there are reports that estimate 7,000 to 9,000 sea turtles of that particular species are thriving.

Of the seven sea turtle species, Kemp's ridleys are the smallest, coming in less than 100 pounds and mostly under two feet in length. Nesting primarily during the day is another distinction that sets them apart from their cousins. Loggerheads, greens, leatherbacks, hawksbills, olive ridleys and flatbacks are known to nest at night. And, only the Kemp's ridley and olive ridley possess a unique mass nesting behavior. Known as an arribada, the behavior features both species producing a large number of offspring during reproduction. Yet another distinction from other marine turtles is their sexual maturation. Kemp's reach sexual maturity between age 10 and 15, significantly younger than the other species.

With a triangular-shaped head, hooked beak and a strong jaw, Kemp's ridleys can live to be approximately 50 years old. Its specific function in the ecology of the oceans is to keep the crab population balanced, which makes sense since that is its favorite food.

Kemp's are not big into deep diving. In fact, the adult Kemp's breed prefers shallow waters to reach the bottom to feed on fish, jellyfish, mollusks and occasionally seaweed and sargassum. One drawback with swimming

in shallow waters is that they are easily hooked by fishermen.

At CROW, a female Kemp's ridley sea turtle was received from Fort Myers Beach on February 28. The report stated that the turtle had ingested two fishing hooks that had a steel fishing line attached. After x-rays, it was determined the hooks were in the mid and caudal esophagus.

Medical officials anesthetized the patient and performed an upper GI endoscopy using a rigid endoscope. Both hooks were manipulated and removed using long towel clamps to grasp them with an endoscope camera to visually aid the procedure.

After the surgery, medical officials said the patient was in good health. No restrictions are anticipated.

According to state regulations, all sea turtles must be measured, weighed and tagged before being released. Time and location will be determined by state officials.

"The patient was tagged on Friday, March 3 with a flipper tag on both the left and right sides," said CROW DVM intern Dr. Spencer Kehoe. "She also received a passive integrated transponder (PIT) tag."

The surgical procedure took time and effort on the part of CROW medical officials.

"Unfortunately, we have to perform this procedure more often than we would like," said Dr. Kehoe.

"With this patient, we were able to remove the hooks using only the endoscope. However, often times, further surgery is required."

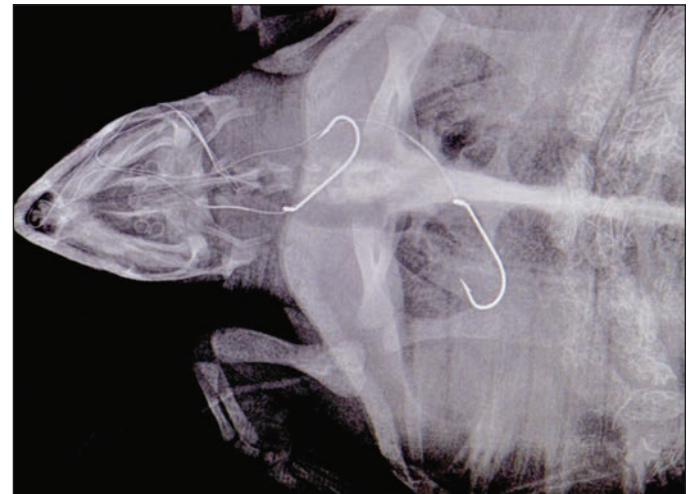
For more information on how to unhook an animal caught on your line or ways to prevent these accidents, visit www.clearyourgear.org.

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.✽



Patient #17-424 getting an exam

photos by Brian Bohlman



X-ray reveals the embedded hooks and steel fishing line

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Coontie is a native cycad and host plant for the atala butterfly

photos by Gerri Reaves

Plant Smart

Choosing Zamias

by Gerri Reaves

You might be familiar with the two common cycads pictured here, but do you know which one is native?

Both coontie (*Zamia integrifolia*) and cardboard plant, or Mexican scurfy zamia (*Zamia furfuracea*), have striking similarities, particularly the fern- or palm-like leaves.

Despite that superficial look, however, cycads are more closely related to pines than to ferns or palms.

In fact, cycads were already part of the landscape before dinosaurs populated the earth, so they are classified as primitive in the plant world.

Native coontie is the plant with the more slender shiny brighter green leaflets with smooth edges. Cardboard plant's are dull green and coarse-textured with finely serrated edges.

Coontie is smaller than the non-native, typically growing only one to four feet high, while the latter can form large clumps up to 10 feet wide.

Slow-growing and cold-, salt- and drought-tolerant, the native prefers well-drained sandy or limestone soil, dry conditions and full sun.

Coontie's male cones are elongated and cylindrical, and the female ones are squat, rounded and tightly packed bright orange seeds.

While it's available at native-plant nurseries, coontie is now rare in the wild and listed on the Florida Commercially



Non-native cardboard plant is another cycad commonly found in South Florida landscapes

Exploited Plant List. Law prohibits the collection of the coontie from the wild.

One contributing factor to coontie's scarcity in the wild, besides habitat destruction, is its extensive use of the large starchy underground stems as a staple food source.

Native Americans produced Indian breadroot and pioneers harvested it commercially to make Florida arrowroot.

Like coontie, cardboard plant is very slow-growing and prefers full sun and well-drained soil. Attributes such as salt and drought tolerance qualify it as Florida friendly.

Both cycads are good choices as a groundcover if you want to reduce mowing, irrigation, and fertilizer application.

However, as the host plant for the rare atala butterfly (*Eumaeus atala florida*), coontie has benefits for wildlife that make

it a better landscape choice.

At least two other non-native cycads are also common in the non-native landscape trade: king sago (*Cycas revoluta*) and queen sago (*Cycas circinalis*), both of which have suffered from a widespread incurable airborne fungus in recent years.

If you need other reasons to go native, consider these facts: coontie is immune to that fungus, and is even capable of converting nitrogen from the air into its own fertilizer source.

Zamia seeds are poisonous.

Sources: *Florida, My Eden* by Frederic B. Stresau; *Gardening for Florida's Butterflies* by Pamela F. Traas; *Native Florida Plants* by Robert G. Haehle and Joan Brookwell; floridata.com; lee.ifas.ufl.edu; and regionalconservation.org.

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Free Standard Flower Show

The public is invited to attend a special standard flower show on Friday and Saturday, March 17 and 18, at the Fort Myers-Lee County Garden Council headquarters, located at 2166 Virginia Avenue in Fort Myers, the home of the Berne Davis Botanical Garden. Handicapped parking is available.

The biennial show, presented by the Garden Council, is free to the public and is titled Celebration. It represents the history and heritage of the council, the present day talents and the future.

The standard flower show will be held from 1 to 6 p.m. on Friday and from 10 a.m. to 3 p.m. on Saturday. Donations for the council will be accepted. The council's headquarters have been recently refurbished; the show is an opportunity for the public to view the new facility.

The show will feature 48 designs displayed on creative staging throughout the gardens. As a National Garden Club (NGC) member, the show will be judged by panels of NGC accredited judges from Florida Flower Show Judges, which is part of the Florida Federation of Garden Clubs, Inc. Exhibitor awards to be presented include an Award of Design

Excellence, Award of Horticulture Excellence, Educational Top Exhibitor Award and Artistic Craft Award.

There will be many section awards offered in both design and horticulture. Special awards for design and horticulture will be the Kay Holloway President's Design and Horticulture Award as well as People's Choice Awards. There will be more than 100 exhibits for the public to see.

Attendees will have the opportunity to visit with two young people, Sabal Jean Gallant and Magnolia Gallant, who have visited the Berne Davis Botanical Garden every Tuesday since they were newborns. They are part of both the present and the future.

The Fort Myers-Lee County Garden Council was formed in 1957 and now comprises various clubs, societies and affiliate members in the area. Membership provides an opportunity to learn about floral design, growing plants suitable for our locale, and conservation methods. The council assists in educating and beautifying the community, and improving the environment. A speakers bureau provides speakers for meetings and events.

For those interested, membership will be available to join a local garden club or plant society. For additional information, contact Bernadette Hamera at 233-1166 or bhamera@outlook.com.✧

St. Patrick's Day Boat Cruises

Pure Florida's Naples and Fort Myers locations will present celebratory St. Patrick's Day cruises on Friday, March 17, offering buy-one-get-one-free drinks aboard any Pure Florida cruise throughout the day.

Passengers cruising from Pure Florida's Naples location will sail the Gordon River aboard the *M/V Double Sunshine*. Cruises set sail at 10 a.m., noon, 2 p.m. and 4 p.m., with sunset cruises departing at 6:30 p.m. Cost is \$35 per passenger during the day and \$37.50 for the sunset cruise. Drinks and snacks will be available for purchase on board.

Guests visiting Pure Florida's Fort Myers location will cruise the Caloosahatchee aboard the *M/V Edison Explorer*. Cruises will depart at noon, 2 p.m. and 4 p.m., with sunset cruises departing at 6:30 p.m. Cost is \$32 per passenger. Drinks will be available for purchase on board.

Narration on local history, wildlife and ecology is provided by U.S. Coast Guard-certified captains, who are also master naturalists. Aboard the vessels, guests are invited to relax and enjoy the natural beauty of Southwest Florida and observe the wildlife native to the region. While Pure Florida cannot guarantee animal sightings in the wild, the captain will alert passengers to wildlife such as dolphins, eagles, manatee, native birds and more. Guests aboard the special cruise are invited to post pictures to social media using hashtag #GoPureFL for a chance to receive a \$100 gift certificate to Pure

Florida for additional fun on the water.

The *M/V Double Sunshine* departs from the historic Tin City, located at 1200 Fifth Ave. S. in Naples, and the *M/V Edison Explorer* departs from The Marina at Edison Ford, located at 2360 W. First Street in Fort Myers. Reservations are required.

For more information on Pure Florida or to register for a St. Patrick's Day cruise, visit www.PureFL.com or call Pure Florida's Naples location at 263-4949 or its Fort Myers location at 919-2965.✱

History And Urban Birding Tour Downtown

Audubon of Southwest Florida invites you to experience birding and local history during a unique event in downtown Fort Myers on Monday, March 13 at 6:30 p.m. History & Urban Birding will be led by chapter birders and local history aficionado Gerri Reaves. Participants will learn about the history of the town and look for birds at sunset over and around the downtown district and the Caloosahatchee.

Meet in Centennial Park at the Uncommon Friends water statue across from Harborside Event Center. Recommended parking is on the street near the center. Wear comfortable shoes and light clothes. Bring your binoculars, camera and water. No tour will be held if rainy conditions are prevailing.

Chapter birders and non-members,

beginner to advanced birders are welcome. The tour is free, however, donations are appreciated. Visit audubonswfl.org for more information.✱

Food Bank Gains From Italian Fest

The Rotary Club of Fort Myers recently honored the Harry Chapin Food Bank of Southwest Florida with a donation from money raised at the club's 8th annual Italian Fest. Continuing their support of the food bank, club members presented Harry Chapin President and CEO Richard LeBer with a check for more than \$16,000.

Hosted at the Alliance for the Arts last October, the Italian Fest served up some of the best Italian food in Southwest Florida and raised a total of \$32,256.80 for various charitable programs in the community. The Italian Fest has raised more than \$158,000 since it first began in 2009.✱

Craft And White Elephant Sale

Palmetto Palms RV Resort will hold a Craft and White Elephant Sale on Saturday, March 11 from 8 a.m. to noon. The resort is located at 19681 Summerlin Road in Fort Myers. Coffee and donuts will be available. The public is invited to attend this sale. For more information, call Marge Gregg at 466-5331.✱

Join Foundation, Collect Free Trees

The Arbor Day Foundation is making it easy for everyone to celebrate the arrival of spring by planting trees.

Join the Arbor Day Foundation in March and receive 10 free white pine trees or 10 white flowering dogwood trees.

"White pine trees or white flowering dogwoods will add beauty to your home throughout the year," said Matt Harris, chief executive of the Arbor Day Foundation. "Dogwoods are known for their showy spring flowers and red berries that attract songbirds during winter. White pine trees are fast-growing landscape trees that will break heavy winds, making them an ideal addition to any yard."

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

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

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

To become a member of the foundation and receive the free trees, send a \$10 contribution by March 31 to 10 free white pine or 10 free dogwood trees, Arbor Day Foundation, 100 Arbor Avenue, Nebraska City, Nebraska 68410. Visit www.arborday.org/march to join online.✱

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From left, Brennan Whitley, Sarah Isley and Ashton Begg photos provided



Pitcher Chris Sale of the Boston Red Sox signs autographs

Red Sox Benefit Raises \$120,000 For Local Youth

Three-hundred guests attended this year's 12th annual Evening with the Red Sox on Monday, February 20 at the Crowne Plaza Hotel in Fort Myers. The event raised more than \$120,000 that will provide nearly 30,000 hours of service to more than 420 young people in the community who are a part of the Boys & Girls Clubs of Lee County (BGCLC).

The free-flowing event included games, live music and an extended cocktail reception offering complimentary beer and wine, and heavy hors d'oeuvres. The evening also included autograph signings by current and former Boston Red Sox players, including Florida Gulf Coast University graduate and newest Red Sox star pitcher Chris Sale, Bernie Carbo, Manager John Farrell and former Detroit Tigers' MVP and Cy Young Award winner Denny McLain, the last pitcher to win 30 games in a season. Former Red Sox right fielder and three-time All-Star Dwight "Dewey"



Greg Brock and Justin Stockman



Jim Larkin and Chris Kiefer



Jackie and Jerry Elliot

Evans was also in attendance and participated in a Q&A that was lead by Bill Banfield, the voice behind the FGCU Eagles. This year's presenting sponsor was Ted Todd Insurance. Celebrating 42 years of providing quality youth programs and brighter futures for young people in the Lee County community, the Boys & Girls Clubs of Lee County work to inspire and enable young people to realize their full potential as productive,



Hannah Pelle and Alison Hussey

responsible and caring citizens. The BGCLC strives to provide a safe, world-class club experience that assures success is within reach of every young person who walks through its doors. The organization envisions all of its members graduating high school with a plan for the future, demonstrating good character and citizenship while adapting a healthy lifestyle. For more information, contact Shannon Lane at 334-1886 or slane@bgclc.net.✪



Robert Parks and Rodney Ford



Keith Ruebeling and Mike Cannington



From left, Saeed and Farzaneh Kazemi, Katie Haas and Colleen DePasquale



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Biggest Challenge For Red Sox Is Void Left From Big Papi’s Retirement



by Ed Frank

Filling the void left by the retirement of David Ortiz is the biggest challenge for the Boston Red Sox in the team’s quest for a second consecutive American League Eastern Division championship.

In a recent interview with David Dombrowski, the Red Sox president of baseball operations, he said the leadership and

offensive power of the future Hall of Famer will be sorely missed, but hopefully the team’s off-season moves will counter “Big Papi’s” absence.

Ortiz capped a brilliant 19-season Major League career last year (14 with the Red Sox) when he belted 38 home runs, drove in 127 runs and batted .315.

Dombrowski said Ortiz is “just taking it easy” in his first year of retirement, but emphasized the Red Sox want him to be part of the organization in the future

Three significant acquisitions by Dombrowski should bolster Boston this season, topped by signing All-Star hurler Chris Sale, who won 17 games last season for a woeful Chicago White Sox team.

To get Sale, he had to trade away his top prospect, infielder Yoan Moncada, and three other minor leaguers.

In addition to Sale, the Red Sox acquired first-baseman Mitch Moreland and reliever Tyler Thornburg.

In a wide-ranging interview, Dombrowski was asked whether Cleveland’s sweep of the Red Sox in the post-season pointed to any significant weakness.

“I don’t think so. We were outpitched and just didn’t play well. For many of our young guys, it was their first taste of postseason play,” he said.

A 38-year veteran of Major League front office experience, Dombrowski said he favors reasonable changes in the game that will reduce “dead time” and speed up play.

He likes the recent rule change on intentional walks whereby a signal from the pitching team’s dugout will replace the long-standing practice of throwing four pitches to a standing catcher for an intentional base on balls.



David Dombrowski
photo courtesy Red Sox

Baseball instituted a change last year that is not being enforced in which a batter shall keep at least one foot in the batter’s box throughout his at-bat with a few exceptions such as a foul ball, wild pitch or time out.

“I understand why many batters don’t like the rule because of habits etc., but the rule would speed up the game and that’s what we need,” he said, adding that the rule is being followed in the minor leagues.

Two years ago, the Red Sox signed third-baseman Pablo Sandoval to a five-year \$90 million contract. The first year of the contract, he came into camp overweight, performed poorly and reportedly was a source of friction within the team. Last year, he missed nearly the entire season due to injury.

“He reported this year in good shape. He has lost weight, has worked hard physically and nutritionally and looks like he did when he was a young player,” Dombrowski said. However, he will have to “earn his way back” as the team’s starting third-baseman, he added.

The Red Sox recently announced they have formed a partnership with a company known as Begear to provide their players with custom-made bedding to improve their sleeping at home. The team has also upgraded the “sleep room” at Fenway Park.

Research has shown that the long, grueling baseball season, along with long cross-country travel, often affects players’ performances negatively in the later stages of the season.

Last week, each Red Sox was fitted with pillows, sheets and mattresses to fit each player’s sleep style and body frame. The cool-vented pillow are molded for specific body types.

The Las Vegas odds-makers have made the Red Sox the preseason favorites to repeat as AL East champions.

No question that the retirement of David Ortiz leaves a big, big question mark for most Red Sox fans.

But the shrewd, long-successful Dombrowski feels the 2017 edition of the Red Sox is up to the challenge.✧

Dine OnThe Field With The Red Sox

Lee Health Foundation has announced tickets are available for the annual Boston Red Sox Diamond Dinner event. Red Sox fans and Golisano Children’s Hospital supporters are invited on the field at JetBlue Park following the spring training game on Tuesday, March 14. The fun-filled evening will include dinner on the field, Red Sox celebrity appearances and autograph signings, a sports memorabilia-filled silent auction as well as music and fun for the whole family.

For those who cannot attend this year’s Diamond Dinner event, there is still a chance to win one of the very exciting chance drawings. Support young patients at Golisano Children’s Hospital and enter into a chance to win two roundtrip airline tickets anywhere JetBlue flies. Choose from any of more than 50 destinations in the continental US, Bermuda, Mexico, the Caribbean and Latin America. One

hundred percent of the proceeds from this chance drawing go to the Boston Red Sox Celebrity Event Series to benefit Golisano Children’s Hospital of Southwest Florida. The drawing will be held at the event, but participants do not have to be present to win.

Proceeds benefit Golisano Children’s Hospital of Southwest Florida that is opening later this spring. All funds raised will be matched dollar for dollar by a generous philanthropist. Tickets range from \$35 for children and \$75 for adults to \$150 for a VIP ticket. Guests may also reserve tables of eight and are available as both standard and VIP sponsorship options. To purchase tickets to the event or chance drawing, visit www.LeeHealthFoundation.org/RedSox or call 343-6590 for more information.

Tickets to the March 14 game are not included in the Diamond Dinner general ticket price. In the event of inclement weather, attendees are asked to consider their ticket purchase a donation to Golisano Children’s Hospital of Southwest Florida.✧

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SPORTS QUIZ

- Who are the only three major-league third basemen to have a season in which they hit 40-plus home runs and led the A.L. in runs scored?
- Two major-league players are tied for the most Gold Gloves for an outfielder (12). Name them.
- Tampa Bay’s Jameis Winston tied a record in 2015 for most touchdown passes by a rookie in a game (five). Who else did it?
- Name the last ACC men’s basketball team before Boston College in 2015-16 to go winless in conference play for a season.
- How many times have the Florida Panthers registered at least 100 points in the standings for an NHL season?
- Who was the first African-American woman to win an Olympic gold medal in swimming?
- When was the last time before 2016 that the U.S. team swept the first session of golf’s Ryder Cup?

ANSWERS

1. Al Rosen (1953), Alex Rodriguez (2005, 2007) and Josh Donaldson (2015). 2. Roberto Clemente and Willie Mays. 3. Ray Butvid (Chicago Bears, 1937) and Matthew Stafford (Detroit Lions, 2009). 4. Maryland. 5. Once, in the 1986-87. 6. Simone Manuel of the U.S. in 2016. 7. It was 1975.

Manager Gains Counselor Status

Jessica Walker, APR, CPRC, of the Southwest Florida Chapter of the Florida Public Relations Association (FPRA), recently earned professional certification in public relations and received the designation of Certified Public Relations Counselor (CPRC).

Earning the CPRC designation distinguishes senior members of FPRA who have demonstrated understanding and mastery of core public relations principles and practices and have been certified to act as public relations counselors. Currently, there are 107 CPRCs in Florida, including 14 in southwest Florida.

Walker is the marketing and public relations manager for Markham Norton Mosteller Wright & Company. She has 16 years of public relations experience with various organizations and is an active community volunteer with organizations like FPRA, Women In Business (Greater Fort Myers Chamber of Commerce), Rotary Club of Fort Myers South and the American Cancer Society. In 2013, the state association of FPRA named her President of the Year.



Jessica Walker

photo provided

To earn the CPRC credential, candidates must have 10 years of experience in the field, have earned the first tier of accreditation, the Accredited in Public Relations (APR) credential, successfully complete a verbal presentation and pass a five-hour written exam.*

Twins Stadium To Offer Skin Cancer Screenings Saturday

Moffitt's Sun Safety Tour is a partnership between Moffitt and the Tampa Bay Rays offering free skin cancer screenings at specified baseball spring training venues in March. The 10th annual Spring Swing tour kicked off March 4 when the Rays hosted the Baltimore Orioles at Charlotte Sports Park in Port Charlotte. Now, the second leg of the tour will be on Saturday, March 11 when the Boston Red Sox visit the Minnesota Twins in Hammond Stadium at the CenturyLink Sports Complex in Fort Myers. Screening time is 10:30 a.m. to 1 p.m. with game time at 1:05 p.m.

Screeners will look for early signs of skin cancer while promoting sun safety, skin cancer awareness and education. Fans who receive a screening will receive a free Spring Swing T-shirt, sunscreen and sun safety educational materials and promotional items.

During the previous nine spring training seasons, Spring Swing has screened more than 3,900 people, identifying 4,010 suspected cancerous lesions, including 25 suspected melanomas.

The Spring Swing tour will end on Sunday, March 26 when the New York Yankees host the Rays at Steinbrenner Field in Tampa. Again, screening will begin approximately 2 1/2 hours before game time.

For more information, visit Moffitt.org/SpringSwing.*

Spring Training Home Schedules

Boston Red Sox – JetBlue Park

March 9 – Team USA, Baseball Classic; 1:05 p.m.

March 10 – Baltimore; 6:05 p.m.

March 11 – Tampa Bay (split squad); 1:05 p.m.

March 14 – Toronto; 1:05 p.m.

March 16 – Pittsburgh; 1:05 p.m.

Minnesota Twins – CenturyLink Sports Complex

March 9 – Colombia, Baseball Classic; 1:05 p.m.

March 11 – Boston; 1:05 p.m.

March 12 – Baltimore (split squad); 1:05 p.m.

March 13 – Tampa Bay; 1:05 p.m.

March 15 – St. Louis; 1:05 p.m.*

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Financial Focus

Plan For Health Care Costs During Retirement



by Jennifer Basey

When you retire, some of your expenses may go down – but health care is not likely to be one of them. In fact, your health care costs during retirement may well increase,

so you may want to plan for these costs well before you leave the work force. How much can you expect to spend on health care during your retirement years? Consider these statistics:

- A 65-year-old couple who retired in 2016 will need about \$288,000 (in today's dollars) during retirement just to pay Medicare Parts B, D and supplemental insurance, according to HealthView Services, a company that provides health care cost projections for financial services firms. If out-of-pocket costs such as deductibles, co-pays, hearing, vision and dental are included, the lifetime figure rises to about \$377,000 in today's dollars.

- The national average for a private room in a nursing home is more than \$92,000 per year, according to a survey by Genworth, an insurance company. And the services of a home health aide cost more than \$45,000 per year, according to the same survey. Medicare typically pays very little of these costs.

To cope with these expenses, you'll want to integrate them into your overall retirement saving and investing strategies. Knowing the size of a potential health care burden may help motivate you to put as much as you can afford into your 401(k), IRA and other retirement accounts. Even when you're retired, part of your portfolio

should be devoted to growth-oriented investments, such as stocks, to help pay for rising health care costs. It's true that stocks will always fluctuate, and you don't want to be forced to sell them when their price is down. However, you can help yourself avoid this problem by also owning a good mix of other investments, such as investment-grade corporate bonds, government securities and certificates of deposit (CDs), whose value may be more stable than that of stocks.

Another way to help defray the costs of health care is to work part-time a few years after you had originally planned to retire. This added income can help you delay tapping into your IRA and 401(k), thus giving these accounts a chance to potentially grow further. Plus, you may be able to put off taking Social Security, and the longer you wait until you start collecting benefits, the bigger your checks will be, at least until they top out at age 70.

These suggestions may help you meet many of your typical medical costs during retirement, but what about long-term care expenses, such as an extended stay in a nursing home or the need for home health care assistance? As mentioned above, these costs can be enormous. Fortunately, the financial marketplace does provide some cost-effective solutions for long-term care – solutions that may help you avoid "self-insuring." A financial professional can provide you with some recommendations in this area.

It's probably unavoidable that your health care costs will rise, and possibly keep rising, when you're retired. But by being aware of these expenses years in advance, and by following a diligent saving and investment strategy – one that may also include a long-term care component – you can improve your "financial fitness" for dealing with health care costs.

*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.**

Foundation Receives AARP Foundation Grant

AARP Foundation has awarded a generous grant of more than \$500,000 to Lee Health Foundation to provide a medically prescribed, nutritionally appropriate, home-delivered meal program for patients currently or at risk of becoming malnourished in Southwest Florida. This national grant initiative is designed to advance evidence-based solutions that help vulnerable older adults in one of AARP Foundation's four main areas:

- Encourage more working-age older adults to become employed and better equipped to protect their financial assets.
- Help create a food-secure community where older adults have access to healthy, safe and affordable foods.
- Ensure older adults are able to keep and maintain the place called home.
- Aide in creating a socially connected community and help reduce the risk of social isolation for older adults.

"For many older adults, food security, housing security and financial security can be at risk as we age," said AARP Foundation President Lisa Marsh Ryerson. "AARP Foundation is proud to work with organizations committed to helping older adults live their best lives by connecting them with trustworthy resources in their own communities."

Lee Health will use the grant to support the Flavor Harvest@Home program, an innovative nutrition intervention program designed to improve the identification of and care for patients who are currently malnourished or at risk of becoming malnourished. Created by Lee Health's Food and Nutrition Services and supported by grants from Bank of America and the Allen Foundation, Flavor Harvest@Home has served over 900 individuals at two Lee Health hospitals – Cape Coral Hospital and

Gulf Coast Medical Center – with plans to expand to all Lee Health Hospitals by the end of the year in 2017. Those assessed most at risk have generally been elderly patients in the hospital for cardiac issues, surgical services, orthopedic, pulmonary and gastrointestinal conditions. The program has shown to positively impact readmission rates, reducing cost of care and shortening length of stay for those patients participating in the program.

Flavor Harvest@Home is currently available only to patients admitted to the hospital. The AARP grant will make it possible for the program to expand into the outpatient arena through offices operated by Lee Health's Lee Physician Group. Poor nutrition and malnutrition are often contributing factors for hospitalization for patients with complex medical conditions such as pulmonary and cardiovascular disease. By identifying the most at risk patients and intervening early, Lee Health and Lee Physician Group aim to improve patient health and reduce hospitalizations and lengths of stay.

"The program will likely begin in June and could impact as many as 700 individuals over the next two years. It is by design a nutrition program that works to address medically induced food deserts, a condition in which an individual is unable to secure, prepare or manage their nutritional needs based on restrictions created by their medical condition, in our elder populations," said Larry Altier, creator of the program and director of food and nutrition services for Lee Health.

There is no defining demographic for eligibility other than one of medical necessity. Patients who are identified as being at risk for undernourishment as defined by set criteria and their physicians see the meal program as appropriate for their care, they will be offered the opportunity to participate in the program.

To find out more about Lee Health's Flavor Harvest@Home program or programs made possible through Lee Health Foundation, visit LeeHealthFoundation.org. Visit aarpfoundation.org to learn more about AARP Foundation grants program.*



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Royal Scottish Orchestra

From page 1

Orchestra

conductor Peter Oundjian, who joined as music director in 2012.

The RSNO performs across Scotland and has made recent tours to France, Germany, Spain, Austria, the Netherlands, Luxembourg and Serbia. In December 2012 and January 2013, the Orchestra undertook its first mainland Asia visit with a hugely successful tour of China with Peter Oundjian. The RSNO was an active participant in the cultural program of the 2014 Commonwealth Games, held in Glasgow and in the same year hosted the Ryder Cup Gala Concert.

Violinist Nicola Benedetti is one of the most sought-after violinists of her generation and one of the most

photo provided

influential classical artists of today. With concerto performances at the heart of her career, Benedetti is in much demand with major orchestras and conductors across the globe. Most recently she has enjoyed collaborations with the London Symphony Orchestra, New York Philharmonic, Orchestra of the Mariinsky Theatre, Verdi Orchestra Milano, Camerata Salzburg, Berlin Konzerthausorchester, Danish National Symphony Orchestra, Czech Philharmonic, La Cetra Barockorchester, Orchestre Capitole du Toulouse, Iceland Symphony, New Zealand Symphony, Pittsburgh Symphony, Toronto Symphony, National Arts Centre Orchestra, Los Angeles Philharmonic at the Hollywood Bowl and the Chicago Symphony at the Ravinia Festival. ✨

Our email address is press@riverweekly.com

Republican Women

The Lee Republican Women Federated will hold its April dinner meeting on April 10 at Pinchers – The Marina at Edison Ford, 2360 W. First Street, in Fort Myers. The event begins with a social at 5:15 p.m. Dinner and program will follow.

April's speaker will be Starla Brown from Americans for Prosperity.

Cost is \$25. To attend, send an RSVP before April 6 at noon by contacting Wren Morefield at 270-210-1284 or wrenspet@hotmail.com or visit www.leerepublicanwomen.com. ✨



Starla Brown

photo provided

Fashion Show Fundraiser

The Fort Myers Republican Women's Club will hold its annual fashion show fundraiser, Spring Fling, with a red, white and blue theme on Tuesday, March 21 at The Helm Club, The Landings, South Fort Myers. Fashions by Worth of New York will be featured for the club members who serve as the models. Oasis JROTC cadets will serve as escorts for the models and a color guard will present the flag and Pledge of Allegiance. The event replaces the regular monthly business meeting.

The public is invited to attend. The day's activities include a card party beginning at 10 a.m. A social hour and silent auction begin at 11 a.m. The fashion show and luncheon begin at noon. Tickets are \$35.

Donations for door prizes, raffle items and the silent auction are being accepted. The luncheon will feature the traditional money hat and a live auction, presented by Lee County Sheriff Mike Scott.

For more information and to make reservations, call Tina Laurie at 489-4701. Reservations are required by Thursday, March 16. Call Carole Green at 850-590-2206 for more information on the club. ✨

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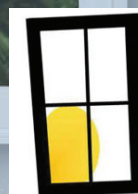
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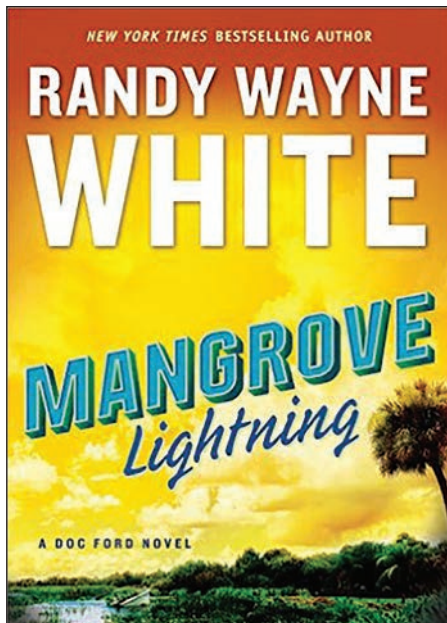
Randy Wayne White photos provided

Meet The Author At Book Signings

Doc Ford's Rum Bar & Grille Sanibel location will be hosting *New York Times* bestselling author Randy Wayne White of the Doc Ford Series, to celebrate the kickoff of his national book signing tour for the electrifying 24th installment in his beloved Doc Ford series, *Mangrove Lightning*. The event will be held at the new Doc Ford's Sanibel location at 2500 Island Inn Road on Sunday, March 19 and Monday, March 20 from 11:30 a.m. to 3 p.m. on both days.

White, "an outdoorsman, raconteur, journalist and former fishing guide as well as a bestselling novelist – has the writing of his popular Florida thrillers down to a finely tuned science, but he always brings something fresh to the mix." – *St. Petersburg Times*.

White will begin each signing with



a question-and-answer session before the book signing. *Mangrove Lightning* hardcover books will be available for purchase on site, the only place to acquire the novel before its official release date on March 21.

White will continue his book signing tour at Doc Ford's Rum Bar & Grille Captiva on Friday, March 31 from noon to 3 p.m. at 5400 South Seas Plantation Road, and at Doc Ford's Rum Bar & Grille Fort Myers Beach on Monday, April 3 from 11:30 a.m. to 3 p.m. at 765 Fishermans Wharf Drive.

All Doc Ford's locations will be offering a full menu all day.

Copies of *Mangrove Lightning* and previously released installments of the Doc Ford Series are available for purchase at all three Doc Ford's locations – Fort Myers Beach, Sanibel and Captiva Island. Call 472-8311 for more information.✪

Company Recognized

Lee County Electric Cooperative (LCEC) has been recognized as a BenchmarkPortal Top Contact Center in the Small Centers Category. LCEC and other contest applicants were judged on key performance indicators including:

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In addition to be recognized as a Top Contact Center, LCEC has proudly held the designation of a Certified Center of Excellence from BenchmarkPortal for four consecutive years.✪

Shorebird Program Offered

Adam DiNuovo, shorebird monitoring and stewardship program coordinator for Audubon Florida, will share stories documenting the fantastic flights of birds at Tropical Masonic Lodge 56, located at 10868 Metro Parkway in Fort Myers. The program entitled Using Banding To Reveal The Amazing Journeys will take place on Thursday, March 16 at 7 p.m.

Visit www.audubonswfl.org for more information.✪



A shorebird wearing a band photo provided

Public Outreach Programs For 2017

The Lee County Clerk of Court has announced public outreach programs for 2017.

Tax certificates and tax deed sales information, presented in partnership with the Lee County Tax Collector's Office, will be held on Saturday, March 18 in the Lee County Election Center south Fort Myers office at 13180 S. Cleveland Avenue in Fort Myers. The tax certificate session will run from 10 to 11 a.m., while the tax deed session goes from 11:20 a.m. to 12:20 p.m.

A seminar on the value of searching public records and online services will be held on Friday, May 5 from 1:30 to 3:30 p.m. at the Cape Coral Library, 921 SW 39 Terrace, in Cape Coral. On Wednesday, October 25, the same seminar will be held from 1:30 to 3:30

p.m. at the Lakes Regional Library, 15290 Bass Road, in Fort Myers. Reservations are not required.

Seating is on a first-come, first-seated basis for all seminars.

For more information, contact Community Relations Manager Rita Miller at 533-2766 or RMiller@LeeClerk.org.✪

MOAA Meeting

The next meeting of the Lee Coast Chapter of MOAA (Military Officers Association of America) will be held at Crown Colony Golf and Country Club on Monday, March 13 at 5:45 pm. This is the annual meeting for the nomination and election of officers. The speaker will be Ed Greenan who will speak on violence, terrorism and religion.

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

Clerk Of Courts Passport Weeks

The Lee County Clerk's Recording Office is offering Special Passport Weeks with extended hours for customer convenience during these peak periods for passport applications. Passport Weeks runs from Monday, March 20 through Friday, March 24 from 7:30 a.m. to 6 p.m.; Saturday, March 25 from 9 a.m. to 2 p.m.; Monday, May 15 through Friday, May 19 from 7:30 a.m. to 6 p.m.; and Saturday, May 20 from 9 a.m. to 2 p.m.

The passports will be processed in the Lee County Clerk of Court Recording Office, 2115 Second Street (second floor) in Fort Myers. The

office will continue to accept passport applications from Monday through Friday from 8 a.m. to 4:30 p.m.

To see if you qualify for a renewal by mail, visit www.LeeClerk.org for more information. Select the Passports link or call 533-5007 to get things started.

The Lee County Clerk's Recording Office is located on the second floor of the Administration Building at 2115 Second Street in Fort Myers.

The Clerk of Court's Recording Office accepts and verifies passport applications on behalf of the U.S. Department of State. It is the responsibility of the office to review the passport application, collect the correct fees and make sure that all required documentation is included prior to it being sent.✪

Greeters Club Luncheon

The Greeters Club in Fort Myers will hold its annual Chinese Auction charity luncheon at the Colonial Country Club on Thursday, March 16. Attendees are asked to participate by donating unused items and buying someone else's donations.

Cost to attend is \$20. Luncheon

reservations are recommended. Email greetersclub@gmail.com and provide your contact information (your name, email address and phone number). You will receive a return email confirming your reservation. Luncheons are held on the third Thursday of the month. Registration is from 10:45 to 11:45 a.m.

The Colonial Country Club is located at 9181 Independence Way. Visit www.greetersclubofgreaterfortmyers.com to learn more.✪

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Benjamin and Emma Ravish

photos provided

Fund Provides Kids With Handcycles

Thanks to support from Grampy's Charities and Sanibel Captiva Community Bank, Save the Kid Fund presented its first adaptive bicycles to two Fort Myers siblings through its Freedom Program at the bank's McGregor branch.

Emma Ravish, born with no legs, and Benjamin Ravish, handicapped with underdeveloped legs as a result of

childhood polio, both received custom-made handcycles, worth \$2,500, that will enable them to participate in the normal childhood experience of riding a bike.

"Having a bicycle to ride gives these kids independence and social freedom," said Jack Johannemann, Save the Kid Fund director. "It's amazing to see how riding a bicycle can bring such wonderful smiles to their faces."

Save the Kid Fund's Freedom Program provides special adaptive bicycles to children with disabilities. With six local children already on a waiting list, Save the Kid Fund works to donate adaptive bicycles as quickly as



Benjamin Ravish, Craig Albert, Ed Ravish, Dave Essig, Jack Johannemann, Jim Castle, Joe Callaghan, Bob Risch, Annie and Emma Ravish

they can raise funds to purchase them.

Grampy's Charities has supported Save the Kid Fund, opening up new avenues to fundraise and continue delivering adaptive bicycles to children with disabilities. Sanibel Captiva Community Bank partnered with Grampy's Charities in fundraising earlier this year, making it possible for Save the Kid Fund to present bicycles to the Ravishes.

A small, all-volunteer organization, Save the Kid Fund has provided more than \$1.1 million in assistance since

1986. The organization is dedicated to bettering the lives of children. Learn more at www.savethekid.org.

Grampy's Charities is a volunteer organization with no paid staff. For a quarter century, they have donated more than \$3 million to children's charities. Learn more at www.grampyscharities.org.

Founded in 2003, Sanibel Captiva Community Bank has two locations on Sanibel and five additional locations in Fort Myers. To learn more, visit www.SanCapBank.com.✱

Grant For High Visibility Safety Enforcement

The Florida Gulf Coast University Police Department has received a grant for a High Visibility Enforcement program for pedestrian and bicycle safety due to Lee County roads having ranked #1 most dangerous in the state and top 20 in the country.

FGCU and the local community surrounding the university has a significant pedestrian and bicycling population. Community bicyclists frequent Ben Hill Griffin Parkway and the university on a regular basis. During this enforcement effort, officers will be conducting education and enforcement, not only for the vehicles traveling in the

area, but also for those pedestrians and bicyclists frequenting the area.

The education and enforcement efforts will start Saturday, March 11 and run until May 15. Expect to see officers stopping vehicles, pedestrians, and bicycles on Ben Hill Griffin Parkway and throughout the university issuing warnings, citations and handing out education brochures.

The FGCU police department reminds pedestrians and bicyclists to obey all traffic signs and traffic lights. Bicyclists must ride with the flow of traffic and pedestrians must walk against the flow of traffic if there is no sidewalk. Bicyclists who fail to obey traffic signs can face a \$161 citation. The purpose of this enforcement effort is to reduce the number of traffic-related pedestrian and bicycle crashes.

For more information, contact Officer Myles Kittleson at 590-1900.✱

From page 10

Along The River

about the event, contact Dr. Robertson at mary.robertson@fsw.edu

Audubon of Southwest Florida invites everyone to experience birding and local history during a unique event in downtown Fort Myers this Monday, March 13 at 6:30 p.m. **History & Urban Birding** will be led by chapter birders and local history aficionado Gerri Reaves. Participants will learn about the history of the town and look for birds at sunset over and

around the downtown district and the Caloosahatchee.

Meet in **Centennial Park** at the Uncommon Friends water statue across from Harborside Event Center. Recommended parking is on the street near the center. Wear comfortable shoes and light clothes. Bring your binoculars, camera and water. No tour will be held if rainy conditions are prevailing.

Chapter birders and non-members, beginner to advanced birders are welcome. The tour is free, however, donations are appreciated. Visit www.audubonswfl.org for more information.✱

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Water Tower Competition Shows Winners

The Florida Section of the American Water Works Association (FSAWWA) Region V recently announced the winners of the 2017 Model Water Tower Competition, held at Florida Gulf Coast University's Emergent Technologies Institute in Fort Myers on Saturday, January 28. This year the competition was held as one of the STEM Tour events, a series of science, technology, engineering and math

challenges for students in elementary, middle and high school.

The top three winners in the high school division were all from Bishop Verot High School with Team BV Forge in first place, BV Gold in second place, and BV Black in third place. The middle school division first-place winner was Full STEAM Ahead's Full STEAM 2 Team, second place went to STEM Eagles from Paul Lawrence Dunbar Middle School and third place was taken by ea quintupled from Trafalgar Middle School. The elementary school division had Three Oaks Elementary School's Team E in first place, Heights Elementary Team Cattitude



Heights Elementary team Panther Paw won the Design Ingenuity award for most creative model water tower. Left to right, Ashley Ford, Morgan McCarty, Ella Chevalier, Olivia Jaworowski and Ava Byrd

taking second place and Three Oaks Elementary School's Team D in third place.

Each placing team received a trophy and a cash prize. Heights Elementary Panther Paws captured the Design Ingenuity award for the most creative model water tower among all grade levels. In all, more than 160 students participated on 40 teams.

The 2017 Model Water Tower Competition pits participants from a three-county region (Collier, Hendry, and Lee). The objective of the competition is to make participants aware of the importance of reliable drinking water and the rewarding

opportunities available in the water profession. Model water towers may be of any design and constructed from any materials. The best model water tower is selected based on four criteria, including structural efficiency, hydraulic efficiency, cost efficiency and design ingenuity.

FSAWWA Region V is actively recruiting teams for next year's competition. For more information, contact Ronald Cavalieri, Region V chair, at 278-7996 or visit the STEM Tour site at www.STEMTour.org. Individuals interested in learning more can also follow FSAWWA on Facebook.✱

Center To Hold Bingo Fundraiser

The Children's Advocacy Center (CAC) of SWFL is holding its inaugural Bling & Bags Bingo fundraiser on Wednesday, April 12 from 5:30 to 8:30 p.m. at The Landings in Fort Myers. The night's special caller and official emcee will be none other than Lee County Tax Collector Larry Hart, who was recently named Public Official of the Year.

"This is what happens when you miss a board meeting," joked Hart, who also serves on CAC's Board of Directors. "But seriously, this is for a great cause. The money raised will help the Children's Advocacy Center to continue its fight against child abuse and neglect in our community."

The month of April is National Child Abuse Prevention month, which is an appropriate time for CAC to hold its fundraiser, not only to raise funds for the agency, but to raise awareness of the need for programs that protect children. The symbol of this cause is the blue pinwheel. At the event, all attendees will be given one to hold for a group photo which CAC will use throughout the month in its communications.

Tickets are \$45 per person, which includes 12 bingo game cards for a



Larry Hart

photo provided

chance to win fine jewelry and designer handbags. There will be heavy hors d'oeuvres and door prizes. Tickets must be purchased in advance by going to Eventbrite.com.

CAC thanks its major sponsor, Florida Blue; platinum sponsors Entech, the Hansen family, Wilbur Smith Law Firm, Strayhorn & Persons, Investors Security Trust and Thompson Family Law; gold sponsors Island Mortgage of SWFL and United Healthcare.

To become a sponsor, call Lisa at 939-2808.

Since 1981, Children's Advocacy Center of Southwest Florida, Inc. (CAC), a United Way partner agency, has worked to improve the lives of children and their families through a coordinated response to child abuse and neglect, offering them a safe and

friendly environment in which to heal. CAC provides abuse determination services as well as therapeutic counseling, parenting education and prevention programs in Lee, Hendry, Glades and Charlotte counties. All services are provided free of charge.

For more information, call 939-2808 or visit www.cac-swfl.org.✱

Push-It-Forward Grant Recipient

Pushing the Envelope has announced Harlem Heights Community Charter School is the recipient of its 2017 Push-it-Forward Grant. The school will receive 20 hours of pro-bono marketing communication service.

"The Push-It-Forward Grant is designed as a way for us to use our skills and talents to help an organization that helps so many others in our community," said Samantha Scott, APR, president of Pushing the Envelope. "Our team carefully considered all 10 applicants and felt we could do the most good for Harlem Heights Community Charter School and that their mission to 'push-it-forward' by helping local at risk children aligned well with the grant's purpose."

The Harlem Heights Community Charter School's mission is "to serve children in their initial years of schooling who are at risk for academic challenges

because of severe economic disadvantage and/or being raised in a home where English is not the primary language." Its purpose is to assist students in the development of important academic, work habits, social, emotional well-being and self-sufficiency skills needed for their success with their continuing education. For more information on the school, visit www.heightscharterschool.org.

The Push-it-Forward Grant was created in 2015 as a way to provide 20 hours of marketing and public relations service to a local, non-profit organization serving in Lee, Collier, Charlotte or Hendry counties with for a project that they would otherwise be unable to afford and that would provide a sustainable impact. Harlem Heights Community Charter School will be utilizing the grant for development of a strategic, marketing communication plan to connect with the families they are designed to serve.

For more information on the grant, visit www.GetPushing.com/Push-It-Forward.✱

Book Review

Hillbilly Elegy

by Di Saggau



Hillbilly Elegy by J.D. Vance is a memoir that takes a probing look at the struggles of America's white working class. It is told through the author's own story of growing up in a

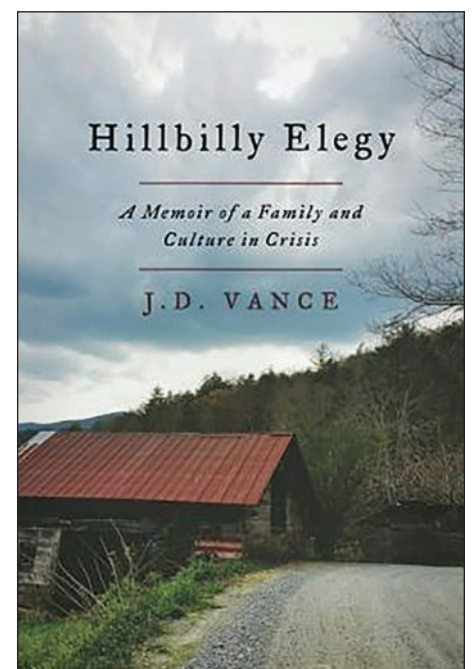
poor and in love" and moved north from Kentucky's Appalachia region to Ohio in the hopes of escaping the dreadful poverty around them. Vance said his Mama and Papaw were the best things that ever happened to him. "They spent the last two decades of their lives showing me the value of love and stability and teaching me the life lessons that most people learn from their parents. Mama and Papaw taught me that we live in the best and greatest country on earth. This fact gave meaning to my childhood. Whenever times were tough, when I felt overwhelmed by the drama and the tumult of my youth, I knew that better days were ahead because I lived in a country that allowed me to make the good choices that others hadn't."

Delving into his own personal story and drawing on a wide array of sociological studies, Vance takes us deep into working class life in the Appalachian region. This demographic of our country has been slowly disintegrating over forty years, and

Vance provides a searching and clear-eyed attempt to understand when and how "hillbillies" lost faith in any hope of upward mobility. The book is funny at times, also disturbing and deeply moving. This is a family history that is also a troubling meditation on the loss of the American dream for a large portion of our country.

Vance's family struggled with poverty and domestic violence. His mother was addicted to drugs and many of his neighbors were jobless and on welfare. He escaped their fate by joining the Marines and serving in Iraq. He then attended Ohio State and Yale Law School. He describes moments known to many kids from troubled families, and tells us that in a given year, 640,000 children, most of them poor, will spend at least some time in foster care. Add that to the unknown number of kids who face abuse or neglect but somehow avoid the foster care system, and you have an epidemic, one that current policies exacerbate.

Through Vance's memories and family history, *Hillbilly Elegy* arrives at its broadest subject. Our hopelessly politicized approach to thinking about poverty. The book is an understated howl of protest against the radicalized blame game that has, for decades,



powered American politics and confounded our attempts to talk about poverty. It also suggests that it's our collective job to figure things out and is an urgent and troubling meditation on the loss of the American dream for a large segment of this country.✱

School Smart



by Shelley M. Greggs, NCSP

Dear Shelley, I need to know more about reading with my kids. How important is it to read with my preschool children? Should I read to them every day,

what the alphabet is all about.

Reading with your child helps to develop and increase family ties and intimacy. When parents read "dialogically" or in other words, using the book as an opportunity to promote a conversation and sharing, this family time creates a warm, loving experience together. This can become a time to share your interests, perspective, and your values but it's also a time to listen. It gives a time for children to express themselves as well as an opportunity for parents to show their willingness to listen. Building a conversation around a book encourages our children to communicate with us.

Research tells us that reading exposes a child to rich language and diverse content. Book language uses a larger vocabulary and more complex grammatical structures than the short, one-way communication we tend to use in feeding and caring for our children and thereby builds your child's vocabulary and expands their language environment. Books of narrative fiction stimulate children's imagination and books of informational non-fiction answer questions, providing concepts and knowledge that are the cornerstones of science and math. Both types of books are important and all of their benefits can be realized with books in any language.

Again, reading with your child is extremely important. Through reading you will increase their chances for school success, deepen your relationship with your child and help them appreciate the joy of reading.

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.✱

every couple of days? I do like to read to them, but we are so busy it's hard to find the time.

Matt G., Fort Myers Beach

Matt,

I'm so glad to hear that you enjoy reading with your children! Reading with your kids is one of the most important activities you can share with them. I suggest you schedule a time to read daily. Many parents and children enjoy a quiet reading time as part of a going-to-bed routine. Below I have listed several of the numerous benefits of reading with your child.

Reading with your children helps prepare their minds to succeed in school. The benefits of shared reading are continual and occur at every age. Babies are soothed by their parents' voices; school children reading to parents can show their new accomplishments or seek their parents' help. Books for toddlers can help children get ready to learn to read. Books that provide nursery rhymes, songs and verse help children learn to appreciate the sounds within words.

Children are used to listening to language for its meaning, but reading demands that they also pay attention to the sounds of language. Hearing words in terms of syllables, consonants and vowels encourages phoneme (speech sounds) awareness, which is the first step towards reading phonetically. No matter what language you speak, traditional nursery rhymes and songs help teach children

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Female Pioneers of Fort Myers

Women Who Made a Difference in the City's Development

By Robin C. Tuthill and Thomas P. Hall

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

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

Parkinson’s Screening Session

Lee Health is holding a community resource and screening session for people who have been diagnosed with Parkinson’s Disease on Saturday, March 18 between 9 a.m. and 1 p.m. at the Outpatient Rehabilitation at City Center, 3114 Cleveland Avenue, in Fort Myers. Registration is necessary to reserve an appointment time.

Space is limited. Call 343-4960 to reserve.

“The Parkinson’s Clinic gives a person with Parkinson’s and their loved ones the opportunity to discuss concerns related to changes in function,” said Nathalie Grondin, physical therapist and coordinator of the Lee Health’s Parkinson’s Disease Rehabilitation Team. All participants are

screened by licensed therapists trained to detect physical deficits which may benefit from therapy intervention. Participants are also provided with a list of available resources including seminars, group exercise classes and support group meetings throughout Lee County.

Each participant can expect to visit with a physical therapist to address mobility concerns, an occupational therapist to address self-care activities and home management, as well as a speech language pathologist to discuss communication and swallowing concerns.

Resources related to education, support group, exercise group and identification of individualized therapy needs will be provided and a report of recommendations will be sent to your health care professional of choice.

Appointment times are limited. For more information and to register, call 343-4960.*



Dr. Elaine Nicpon Marieb photos provided

College Receives \$10 Million For Health Professions

Renowned textbook author, educator and philanthropist Elaine Nicpon Marieb has pledged \$10 million to Florida Gulf Coast University’s College of Health Professions and Social Work. In honor of her generous gift, the college will be renamed the Elaine Nicpon Marieb College of Health & Human Services.

This commitment is the single largest gift from an individual in the history of FGCU’s foundation, which raises money for the university.

This investment marks a total of \$15 million of philanthropic support from Dr. Marieb. In 2012, she donated \$5 million when the building that houses the college was named in her honor.

“Dr. Marieb’s gift epitomizes the term transformational,” said Florida Gulf Coast University President Wilson G. Bradshaw. “Her gifts will enable the Marieb College of Health & Human Services to reach greater heights of excellence and provide an even more comprehensive education to our students.”

The agreement states the gift will be given over a five-year period and will continue to enhance the activities of faculty, students and staff to achieve a level of superior education, research and community outreach.

Among the ways in which the gift will help elevate the college’s work are the following:

- Enable the creation and support of faculty-led clinical health centers on campus and elsewhere, providing comprehensive rehabilitation services, behavioral health services and primary care. This will provide a service to the community as well as afford students the opportunity to train in a professional setting.
- Further support faculty development in teaching and research.
- Provide funding to ensure state-of-the-art clinical technologies that are current and cutting-edge, ensuring an optimal learning environment that produces exceptional healthcare professionals.
- Provide for tuition waivers and stipends to attract and retain eminent graduate students across all programs.
- Attract and retain high-quality faculty

Nursing Program Degree Sessions

Florida SouthWestern State College’s (FSW) nursing program will hold a series of informational sessions at three locations this spring.

FSW’s nursing program offers two degree sessions that are fully accredited by the Accreditation Commission for Education in Nursing (ACEN): the associate in science degree in nursing (ASN) to prepare entry level registered nurses (RN) and the bachelor of science degree in nursing (BSN) for Florida licensed RNs who want to advance their education and expand their employment opportunities in this high-demand profession. Nursing students can seamlessly complete the ASN degree, earn the RN license and then complete the BSN degree 100 percent online while actively employed as an RN.

The public is welcomed to attend any of the information sessions below:

- Monday, April 10, 11:30 a.m. at FSW Thomas Edison Campus, 8099 College Parkway, Fort Myers, Building AA, Room 166

- Wednesday, March 22, 3:30 p.m. at FSW Charlotte Campus, 26300 Airport Rd, Punta Gorda, Building E, Room 114 To register for this session, email or call Wendy Morris at Wendy.Morris@fsw.edu or (941) 637-5667.
- Tuesday, March 28, 11 a.m. at FSW Collier Campus, 7505 Grand Lely Dr., Naples, Building N, Room 148 To register for this session, email or call Edna Shields at eshields@fsw.edu or 732-3748.

The ASN and BSN in nursing programs are two of 17 career options offered in the FSW School of Health Professions. Graduates of FSW’s ASN program are prepared to become a RNs. RNs assess and evaluate clients and their healthcare needs, develop and implement plans of care and document client responses to interventions, administer care to people who are ill, injured, convalescent or disabled, and counsel clients seeking healthier lifestyles. Graduates of FSW’s BSN program are prepared for career promotions and advancements in nursing to include graduate level education, academia, community health, management and leadership.*

Pharmacy Residency Grows

Lee Health’s Pharmacy Residency Program, which includes post-graduate year one (PGY-1) and post-graduate year two (PGY-2) education, is expanding. The PGY-1 residents will increase from four to six and the PGY-2 residents will double from two to four for the 2017-2018 residency class.

Both programs are designed to build on the clinical, professional and leadership skills of the doctor of pharmacy degree. PGY-1 sets the stage for an outstanding practice-based career, while PGY-2 includes advanced training in pediatrics, infectious diseases, critical care and health system pharmacy administration.

Florida has seven pharmacy schools that offer doctoral degrees, but none of the schools are in immediate geographic proximity to Lee Health. Through Lee Health’s Pharmacy

Residency Program, which has been in existence since 2008, new pharmacists are trained in our region of the state, which provides opportunities for these highly-trained pharmacists to begin their careers in Southwest Florida.

“Lee Health is proud to bring quality pharmacists that aspire to enhance their capabilities in providing optimal patient care,” said John Armitstead, MS, BS, FASHP, system director, Lee Health Pharmacy. “Despite the lack of a doctor of pharmacy program in Southwest Florida, we have top graduates coming to our area to participate in Lee Health programs. It has been a great accomplishment to expand our program to additional populations and provide enhanced patient care to additional areas in Southwest Florida.”

The goal of this local program is to attract exceptional pharmacist candidates to the area in the hopes that, upon completion of the program, many will stay to practice in the community.*

and visiting scholars.

- Support global healthcare missions to underdeveloped and underserved regions, which will provide students with unparalleled experience in applying their skills, helping them gain confidence and cultivating civically minded health professionals while also benefitting recipients who lack access to regular care.

Dr. Mitchell L. Cordova, dean of the Marieb College of Health & Human Services, said, “Dr. Elaine Marieb is a leader among leaders in higher education, impacting millions of students and faculty throughout her career. As the pre-eminent author of undergraduate anatomy and physiology textbooks and laboratory manuals, Dr. Marieb continues to guide students in the most critical and foundational courses as they prepare for careers in nursing, rehabilitation sciences and medicine.

“To have her name now associated with our college is an absolute honor and privilege. Our students, faculty and staff will forever cherish the role she has played in shaping our college into one of the best in the state of Florida.”

Dr. Cordova believes that this second gift to the university validates the confidence she has in FGCU’s faculty and staff in preparing students to be exemplary practitioners and professionals in all aspects of health care.

“We hold this confidence in the highest regard as we strive each day to honor her legacy with nothing short of excellence. Dr. Marieb’s gifts will continue to transform the college – having a profound effect on all of our programs in perpetuity.”**

From page 1

Second Saturday

golden tickets from 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 Theater
- Suzanne’s Dance Fitness
- Studio Os Urbanos

In addition, more than 10 vendors, located at various locations of the Royal Palms Square, will be offering their handmade, fine-crafts during the event. There will be live musicians at the Art Loft on the Alliance for the Arts campus and at various locations of Royal Palm Square.

The event starts at 5 p.m. and ends at 10 p.m. on Saturday, March 11. 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 Boulevard. For more information, visit www.socoswfl.com.**

Mom And Me



by Lizzie and Pryce

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

Dear Mom & Me,

On a recent visit to my parents, I realized that they are now starting to develop serious health problems. I suggested that they move to be closer to me, but they seemed very reluctant to do so. They are fearful that they will be unable to find a doctor who will take them on as patients.

I inquired around my area and find

it is a very real problem because so many of the doctors here will not take Medicare patients.

Do others complain about this problem?

Agatha

Dear Agatha,

This is a real problem and also a national problem. With the new administration, we do not know yet what the final solutions to what our health care problems are going to be like. Many doctors complain that they cannot pay rent and staff and are forced to take patients that are private pay only. Your parents could also ask their present physicians if they have any contacts in your area and possibly there could be a referral.

In the meantime, they could go to the hospital emergency room if a crisis develops.

Lizzie

Dear Agatha,

Moving to a new area does present problems and can be very difficult, and being on Medicare just compounds the problem. You could talk to the medical society in your area. They may have some valuable information and, who knows, they may have a wonderful referral service. Best of luck to you.

Pryce

Lizzie and Pryce's e-mail address is momandmeaging@hotmail.com.✱

College Mobile Marketing Series

The Office of Continuing Education & Off-Campus Programs at Florida Gulf Coast University (FGCU) will host a professional development series entitled Creating Your Mobile App and Generating Sales on Mobile at the Cohen Center on campus. The program takes place from 5:45 to 8:45 p.m. each Tuesday from April 4 to April 25.

Participants will learn the fundamentals of building mobile marketing and advertising campaigns; get a step-by-step blueprint to design, build, market and distribute your mobile app; create marketing, distribution,

and monetization plans for the app; and learn how to use mobile apps for a competitive advantage. The program includes a Private Facebook Group for support and networking.

The program's instructor is Eva Zacks, PMP, digital marketing strategist, tech entrepreneur, executive level leader, trainer and business consultant with over 20 years of experience in the areas of digital marketing, e-commerce, management, IT and content marketing at Fortune 500 organizations and startups.

For registration information, call 425-3270, email continuinged@fgcu.edu, or visit Upcoming FGCU Professional Development Programs at www.fgcu.edu/CEd/professional_development_programs.html.✱

From page 1

Music Festival

New England's longest-running chamber music society, and they have built a reputation for impassioned performances, with "a perfect combination of control and freedom" that comes from years of working together. In the Boston area, they present a six-concert series at Harvard's historic Sanders Theater, a four-week Summer Series. They have recorded six critically-acclaimed CDs and tour nationally and internationally. The concert is sponsored by Janet and Joseph Davie and Gene and Lee Seidler.

The March 14 program will include:

- Mozart's *Quintet for Clarinet, Two Violins, Viola and Cello in A major, K. 581*
- Jongen's *Deux Pièces en Trio for Flute, Cello and Harp, Op. 80*
- Schubert's *Trio for Violin, Viola and Cello in B-flat major, D. 581*
- Ravel's *Introduction and Allegro for Harp, with the accompaniment of Flute, Clarinet and Strings.*

Tickets are \$45 each and may be purchased online at www.sanibelmusicfestival.org or by calling 344-7025. Tickets may also be purchased by cash or check only at the Bank of the Islands, 1699 Periwinkle Way, and Sanibel Captiva Community Bank, 2477 Library Way.✱

Doctor and Dietician

Prolonged Sitting Is A Health Hazard



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

Most of us spend a good part of our day sitting down. It's a difficult position to avoid. We sit during our commute, sit at our desk at work, and then arrive home, happy to be able to sit, relax and de-stress by the TV. Excess sitting, though, has been linked to a host of health conditions such as obesity, high blood pressure, heart disease, diabetes, cancer and depression.

Does working out counteract the effects of this "sitting disease?" Unfortunately, the time you spend at the gym or outside exercising doesn't seem to counteract the accumulative ill effects of prolonged sitting. Those glued to a seat still die earlier than

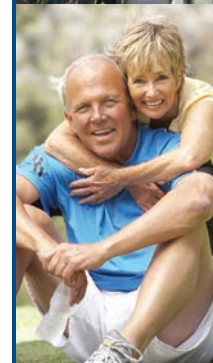
those that don't, even if they exercise. It's similar to smoking. It's still bad for you, even if you exercise.

How does prolonged sitting cause health problems? When muscles are immobile, circulation slows down. You use up less blood sugar and burn up less fat. This increases the risk of heart disease, high blood pressure and other problems. Upon standing, these same muscular and cellular systems are activated by carrying your own bodyweight. Our bodies are designed to move and be active.

Make a plan to stand when you can. Try to take a standing break every 30 minutes. Standing up and taking activity breaks, even for a minute, is helpful. While at work, consider using a standing desk, walk during lunch breaks, or even try conducting standing or walking meetings. When at home, stand and walk around occasionally while reading or watching TV, or take short walk breaks in the sunshine. Reduce sitting, little by little, each week. As you sit less, moving becomes more natural.

Get up and moving. Staying out of your chair is a step to a healthier lifestyle!

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.✱



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

January 9 - March 31, 2017

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

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

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

Be part of the Million Mile Movement!

- WHO?** Lee County residents of all ages and fitness levels can participate as an individual or as a group
- WHAT?** Any form of movement qualifies, walking, running, biking, swimming and even weight training
- HOW?** Register at www.HealthyLee.com and on Jan. 9, start logging your miles on the Challenge Portal, powered by Fit Nation

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

For more information, visit www.HealthyLee.com

dearRPharmacist

What Happens When You Cry



by Suzy Cohen, RPh

Dear Readers: When we think of crying, we usually relate it to grief, pain (whether it be emotional or physical), shame and sometimes, even guilt. We cry for a lot of reasons.

Sometimes we cry because "I'll never let go, Jack" happens in a movie. When I was pregnant with my daughter Samara in 1989, I remember crying at some totally inappropriate moment during the whale movie, *Orca*.

It was so odd, but to this day I recall how good it felt to let those tears out and blow my nose. It's funny looking back. Personally, I'm not a crier, it takes a lot, but I have, and I do and, on occasion, it's provoked by normal things such as grief, or the fear of losing someone I love, or if I really, really hurt myself. I once started crying after pain induced by cutting open my finger while chopping an onion.

Any type of emotional surge, whether it is positive or negative, can trigger tears. When we've finished crying, we feel so much better! That feeling of relief you experience after crying comes from "feel-good" hormones and neurotransmitters that are released during the episode. Emotional crying contains "leucine-enkephalin," an endorphin which improves mood and reduces pain. Your tears contain endorphins, so when you cry, you can feel yourself start to settle down almost instantly after shedding some tears. As an added effect, our emotional

pain tolerance increases after we have cried. This is human nature. Some other interesting benefits associated with crying include enhanced communication, better coping skills and antibacterial effects. Let me explain:

Crying releases stress. Stress-crying releases toxins that assist the body in ridding itself of chemicals that are known to raise cortisol levels. Cortisol is the hormone that puts fat around your belly and so controlling that could contribute to weight loss. Controlling cortisol helps you cope with stress. Do not allow your stress or emotions to remain bottled up inside you.

Tears are antibacterial. As for the killing off of bacteria, an article published by *Medical Daily* found that tears (which contain lysozyme) can kill up to 95 percent of bacteria in under 10 minutes!

Crying improves communication. Babies cannot speak, so they let you know about their discomfort by crying.

As for adults, seeing another person's tears quickly sums up the extreme level of anger, frustration or sadness, that words fail to convey. I have a longer article at my website which explains why some people prefer to cry alone in the shower.

Wherever you cry, it would be a disservice to yourself, your mental health and your physical body to prevent the occasional vulnerable state (and euphoria) that emotional crying provides. In order to restore balance to both your body and mind, you should try to embrace the lachrimation. Men, especially, it is a sign of a kind-hearted sensitive man, and there's nothing wrong with letting your guard down. It is not a sign of weakness like you might think.

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. ✨

Eden Energy Medicine (Part 2)

Strengthen Your Heart's Energy



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

Remember that your heart is the largest generator of electricity in the body and the last organ to stop when the "lights go out." We want to

do whatever we can to assist the heart's energy to stay strong and vibrant.

Last week, we learned two tools to assist:

1. Improving our internal compass to help revitalize;
2. Holding our heart source point to reduce heart disease.

This week, we will visit additional techniques, some of which you may remember from prior columns – that demonstrates how interconnected our energies are. By moving energies in one area, the impact is far reaching, effecting many other parts of our being as well.

Bite down on both little fingers at the base of the nail beds. If you feel disease of the heart, panic, hysteria, etc., this technique assists in sending energy right into the heart since it's the end of the heart meridian on the inside edge of the nail bed and the outside edge of the nail bed is the small intestine, it's paired meridian partner.

• Trace Heart Meridian – If you are feeling anxious, overwhelmed, in panic, have angina, experience pain in your armpits, gums bleeding, low or high blood pressure, pain in chest, chill easily, circulation problems, dizziness, overheating easily, heart palpitations, bleeding problems, extreme thirst, excessive bruising or swollen glands, then it is extremely likely you will benefit from tracing your heart meridian.

• Affirmation for this meridian is: "I deeply and completely love and accept myself." Some believe that heart is the

center of our essence, which enables connection not only to ourselves where we find center, but also to all other living things, including humans. From a Chinese medicine standpoint, the heart is the last organ to cease functioning, so we want to keep it healthy. Remembering that matter follows energy, stating a positive thought shifts the energy just by the intention... this is the metaphysical fabric of life! We are all part of that pure fabric of existence, so reap its benefits.

• Pathway of Meridian – Heart meridian is associated with the heart organ. The beginning point of heart meridian is at the deepest recesses under your armpit, where it is the most protected of all meridian pathways. The end point is at the medial edge of the base of the nail on your little finger. To trace heart, place your open palm under the opposite side of the body in the middle of your armpit. Continue moving your open palm down the inside of the arm in a direct line to the underside of the little finger, where you pull the energy off. That's it. You just traced heart meridian.

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. ✨

Lake Kennedy Senior Center

Spring Fling

The senior center will be hosting an evening of Italian food, fun and friends during its Spring Fling on Friday, March 24. Be prepared to dance the night away as Sh-Boom, a local trio, play oldies, rock and roll, country and more. Doors open at 6:30 p.m. with show time at 7 p.m.

This will be a show you don't want to miss. For \$5 per person, one gets dinner beverage and dessert. Bring your own beverage. Preregistration required. Thanks to community partners Juniper Village and Right at Home.

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

Gift Named For Retiring Lee Health Leader

The annual Lee Health Foundation Fashion for Cancer event took an exciting turn recently when a \$100,000 community challenge gift was announced to be named the Sharon MacDonald Breast Health Fund. Sharon MacDonald is the chief administrative officer of Lee Health's Regional Cancer Center. Minutes before the announcement, Lee Health President Jim Nathan shared MacDonald would be retiring at the end of May.

"With the same energy, drive, vision, clinical coordination and community collaboration that it took to lead Lee Health's efforts to raise \$100 million for a regional children's hospital, Sharon MacDonald has been the driving force behind the vision of our community's regional cancer center, which is among the largest cancer centers in Florida," said Nathan. "Sharon has used her creativity for nearly two decades to find ways to help the financially challenged access vital health services for cancer care including her relentless efforts to find ways of funding for diagnostic breast health services for uninsured and underinsured individuals. We, who have been blessed by Sharon's leadership, are excited to accept the challenge to match the Price Foundation's wonderful gift establishing the Sharon MacDonald Breast Health Fund."

"The trustees of the John E. & Aliese Price Foundation are happy to honor Sharon MacDonald for her outstanding achievements which have brought state-of-the-art cancer care to our area," said Kenneth P. Walker, CEO and President of the John E. & Aliese Price Foundation. "By making this \$100,000.00 matching grant to establish the Sharon MacDonald Breast Health Fund, women who cannot afford to pay for medical services will still be able to receive cancer care. We encourage friends and colleagues, and all who have benefited from the Lee

Health Cancer Center, to contribute to this fund and help ensure that women will not be denied care because of inability to pay."

Walker has had a special interest in supporting programs for cancer care since losing his first wife to cancer 24 years ago at Lee Memorial Hospital. Just last year, he saw his daughter face the devastating effects of breast cancer. He met MacDonald several years ago when she was developing the Regional Cancer Center and was impressed with her strong commitment to improving cancer care for our area.

"I know first-hand what a tremendous contribution she has made in bringing top quality cancer care facilities to our area," added Walker. "This matching grant from the Price Foundation will have a significant impact in making breast cancer diagnosis and treatment available to patients who cannot afford to pay for these services, while honoring Sharon MacDonald for her outstanding work as she retires."

Funds may be used to underwrite the cost of diagnostics, treatment, chemotherapy, radiation, medication and other care/services needed to promote successful patient outcomes. The gift calls for community-wide support to match the donation and double the impact to this fund by May 15, just shy of MacDonald's retirement. To support the Sharon MacDonald Breast Health Fund, visit www.LeeHealthFoundation.org/Donate.

In addition to the exciting announcement and \$100,000 donation, the fashion show raised donations to support the Compassionate Care Fund at Lee Health's Regional Cancer Center, which provides life-saving treatment and financial relief to patients fighting cancer. Every year since opening in 2008, the Regional Cancer Center has experienced double-digit growth and a five-year success rate for cancers diagnosed and managed within Lee Health exceeds national averages. Lee Health will begin a multi-million dollar expansion of the Regional Cancer Center this year. ✨

PETS OF THE WEEK

PAWS Of Sanibel

Papillion Found



Papillion

PAWS of Sanibel found this Papillon (pronounced *Pappy-yun*) on Bowman's Beach Road. If you know who this dog's people are, please call Pam at PAWS of Sanibel at 472-4823.*

Lee County Domestic Animal Services

Zion And Marley



Zion ID# 690792



Marley ID# 599703

Zion is a 6 year old male domestic shorthair and one of our senior cats that has a healthy appetite. He loves to hang out in his cat box and watch what is going on. He is the perfect "Cat in the Hat" for your home. Through the month of March, his \$25 adoption fee is waived for Dr. Seuss month.

Marley is a 4 year old male labrador mix with lots of spunk. His absolute favorite thing to do is to toss a tennis ball around. He has been training with

our volunteers and will sit quietly when asked and has developed nice leash skills. His adoption fee is \$25.

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

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

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

The adoption package is valued at \$500.*

Haven on Earth Animal League

Taters And Princess Lea

Hello, I'm Taters. Look how cute I am! I'm a very sweet girl and about 2 years old. Before I was rescued, I was a loving mom to three litters. I didn't receive the nutrition that I needed, so I was malnourished. I am currently living with a foster family that is giving me good nutrition and lots of attention and I am doing great. Now I just need to find my forever home. I'm spayed and up-to-date on all vaccines. My adoption fee is \$75, or \$30 for a senior on a limited income.

Hello, my name is Princess Lea. I am a very loveable female lap cat that likes to give hugs. I have a beautiful tortoiseshell coat with stunning copper eyes and I'm only 1 year old. I'm spayed and up-to-date on all vaccines. My owner loved me very much but was not able to afford to keep a pet. My adoption fee is \$100. I am currently residing at the PetSmart at Colonial Boulevard and Six Mile Cypress. Please come see me and take me home so I can give you hugs all the time.

To find out more about both cats up for adoption, call Diane at 860-833-4472.

We are being cared for by Haven on Earth Animal League. For more information, email havenonearthanimalleague@yahoo.com.*



Taters



Princess Lea

THE RIVER WEEKLY NEWS

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

ARTS

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

CLUBS & ORGANIZATIONS

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

Kiwanis Clubs:

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

Lions Clubs:

Fort Myers Beach.....	463-9738
Fort Myers High Noon.....	466-4228
Esterio/South Fort Myers.....	898-1921
Notre Dame Club of Lee County.....	768-0417
Organ Transplant Recipients of SW Florida.....	247-3073
POLO Club of Lee County.....	477-4906
Rotary Club of Fort Myers.....	332-8158
Sanibel-Captiva Orchid Society.....	472-6940
United Way of Lee County.....	433-2000
United Way 211 Helpline (24 hour).....	211 or 433-3900

AREA ATTRACTIONS

Bailey-Matthews Shell Museum.....	395-2233
Burrough's Home.....	337-9505
Calusa Nature Center & Planetarium.....	275-3435
Edison & Ford Winter Estates.....	334-7419
Fort Myers Skate Park.....	321-7558
Imaginarium Hands-On Museum & Aquarium.....	321-7420
JN "Ding" Darling National Wildlife Refuge.....	472-1100
Koreshan State Historic Site.....	239-992-0311
Langford Kingston Home.....	239-334-2550
Ostego Bay Foundation Marine Science Center.....	765-8101
Skatium.....	321-7510
Southwest Florida Historical Society.....	939-4044
Southwest Florida Museum of History.....	321-7430
True Tours.....	945-0405

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

PUZZLES

Answers on page 37

Super Crossword

FILM SPLICING

- ACROSS**

1 Earth Day's month

6 Maned antelope

9 Large gulf

14 Tons

19 Excludes

21 Dribble

22 Sign off on

23 1940 thriller drama; 1942 romantic drama

25 Four-stringer

26 Hop- — - thumb

27 Horse morsel

28 Enjoy dinner

29 Really digging

31 Homer, e.g.

32 1982 horror; 1939 western

38 One with adoring fans

40 Moray, e.g.

41 Filmdom's Mrs. Victor Laszlo

42 Expend

43 1996 neo-noir crime drama; 1990 crime drama

49 Titled man

51 Wedding day destinations

52 Fiendish look
- 53 D-Day city in France

55 Takes too much, briefly

58 Pie-mode link

60 1979 comedy-drama; 1982 musical

63 2007 comedy-drama; 1946 spy thriller

69 Many rented homes: Abbr.

70 Zenith

71 Make — of (jot down)

72 "This guy walks into — ..."

73 Irene of "Fame" fame

74 Bone, to Fido

75 "—" in an analogy

76 Braggarts' displays

77 2005 historical drama; 2002 musical

79 2000 neo-noir thriller; 1982 comedy-drama

82 Certain sow

83 Poetic "prior to"
- 84 See 85-Across

85 With 84-Across, diver's gas cylinder

88 "But — I know?"

93 21st Greek letter

94 1980 spoof comedy; 1976 satirical drama

96 "Waterloo" quartet

99 Chop cut

102 Gold, in León

103 Major rtes.

104 1931 horror; 2010 sci-fi thriller

111 Get spoiled

112 Cookie with creme

113 La.-to-Mich. dir.

114 Vast stretch

115 — -pitch

118 Break in, e.g.

120 1963 historical drama; 1950 period drama

125 Locale

126 "Skyfall" singer

127 Alaskan port

128 Civic's make

129 Aired again
- 130 Norma — (film heroine)

131 Pea piercers

DOWN

1 Word form for "height"

2 Haiku, e.g.

3 Deep red wine

4 Serpent tail?

5 USMC rank

6 Having a bit of a beard

7 13th Greek letters

8 Hagen with three Tonys

9 Old politico

10 Spoiled kids

11 O'er there

12 Gregarious

13 Argots

14 Chaos

15 Biblical priest

16 Luau hellos

17 NYPD part

18 Mown strips

20 Ella's singing

24 Cell insect

30 China buys

33 Gymnast

34 Bout arbiters

35 Valley

36 "— a pity ..."

37 Your and my

38 "— tree falls ..."
- 39 NFL's Cowboys, on scoreboards

44 Speak grandly

45 Fjord city

46 Loris' cousin

47 Meadows

48 Prince

Valiant's son

50 — bit (soon)

53 Italian island

54 Affix

55 — year (annually)

56 Yankee Joe, informally

57 Ensure

59 Spanish region

61 Cole — (shoe brand)

62 Anti-drug cop

63 Actress Pressly

64 Indy great Al

65 Phrase of denial

66 Siouan tribe

67 Former Apple laptop

68 Brewery kiln

73 Prepare for playing, as a tape

74 With 119-Down, position Mike Ditka played

76 Online store

77 Tiny: Prefix

78 Gordie of hockey
- 80 Highest degree

81 Fed. stipend program

86 Alliance

87 River of Bern

89 "Horton Hears —!"

90 City native

91 Not moist

92 Signs off on

93 Stove item

94 Kitchen pest

95 Zero relaxation

96 Over again

97 Mustang

98 — down the hatches

100 Like a small garage

101 Tristan's lady

105 Split country

106 — Gay (WWII B-29)

107 Way to sign a contract

108 Tchr.'s gp.

109 Reggae artist Peter

110 — water (up the creek)

116 Theater box

117 Single bills

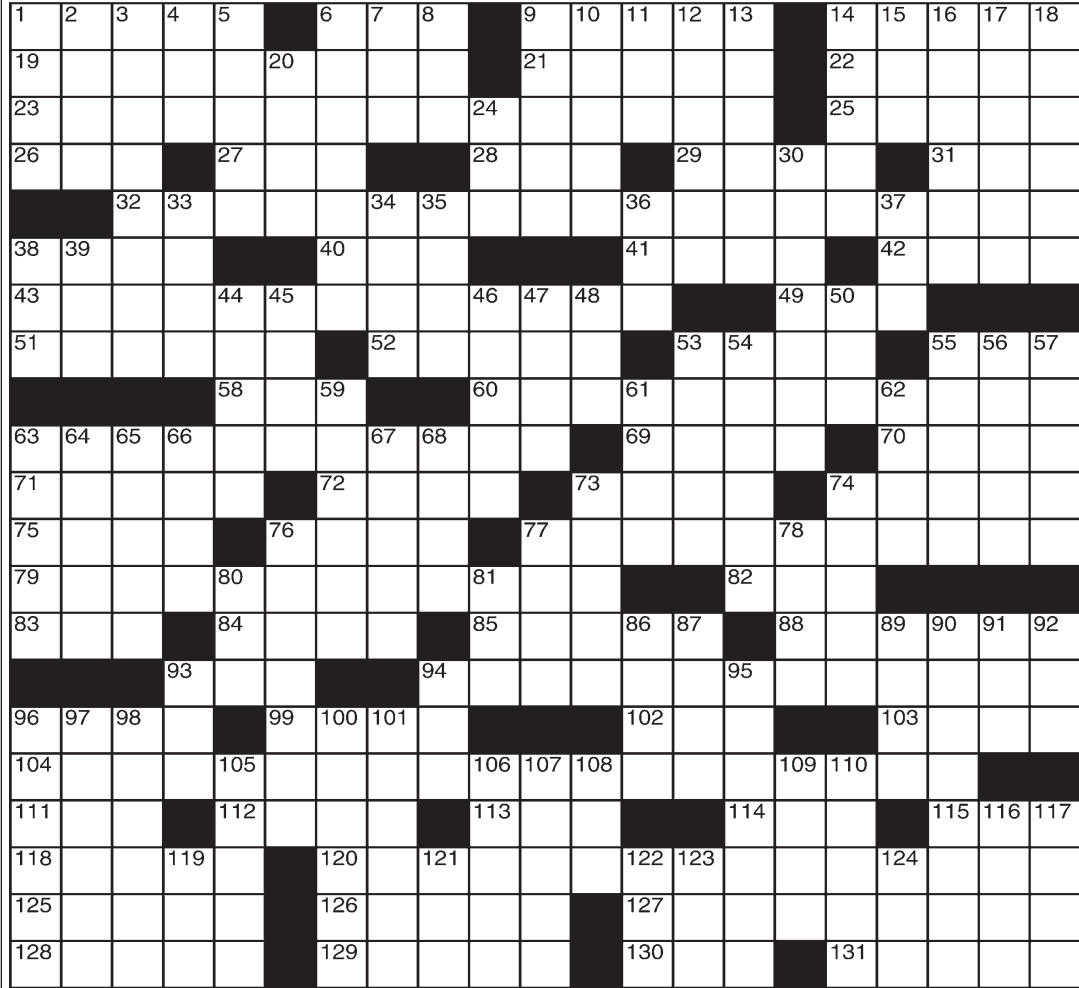
119 See 74-Down

121 Musket tip?

122 Black goo

123 Biochem strand

124 "Either you do it — will"



King Crossword

- ACROSS**

1 Do as you're told

5 A cont.

8 Old fogey

12 Geometry measure

13 Born

14 Divisible by two

15 Soared

17 Choose the best

18 Japanese pond carp

19 With resolution

21 Twelve

24 Highway division

25 Saharan

26 Demonstrated, as when on strike

30 Chaps

31 Chess wins

32 Consumed

33 Sank a billiard ball

35 Caspian feeder

36 Addict

37 William Tell's target

38 Formosa, today

41 Annoy

42 — Major

43 Fined for speeding, e.g.

48 Indonesian island
- 49 High-arc shot

50 Basin accessory

51 Help in a crime

52 "Tasty!"

53 Annoyingly slow

DOWN

1 Rowing tool

2 Sis' counterpart

3 Common Mkt.

4 Talked on and on

5 Opposed

6 Lawyer's payment

7 Clearly
- embarrassed

8 Edict

9 Egg

10 Farmer's home?

11 Sans siblings

16 A billion years

20 Tattoo-parlor supply

21 Moist

22 Sandwich cookie

23 Brass component

24 Metric measure

26 Obviously

27 Rainout cover

28 Common Latin abbr.

29 Strike from
- the text

31 Smaller plateau

34 Persian Gulf nation

35 Maintenance

37 Noah's boat

38 Big brass instrument

39 Bedouin

40 — of Capri

41 Cold War weapon (Abbr.)

44 Debt notice

45 Pair

46 "A mouse!"

47 Parched

MAGIC MAZE ● GRAB IT BY THE HANDLE

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

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

- Briefcase

Broom

Bucket

Crank
- Cup

Dustpan

Hammer

Hoe
- Mop

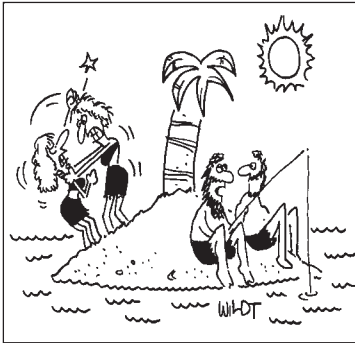
Pail

Pitcher

Screwdriver
- Skillet

Suitcase

Teapot



"Oh, we have plenty of food and fresh water.
They're fighting over a _____."

answer on page 37

SCRAMBLERS

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

Lounge

ZEAL

Cluster

UNBLED

Edge

FINGER

Mosey

BLAME

TODAY'S WORD

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

SUDOKU

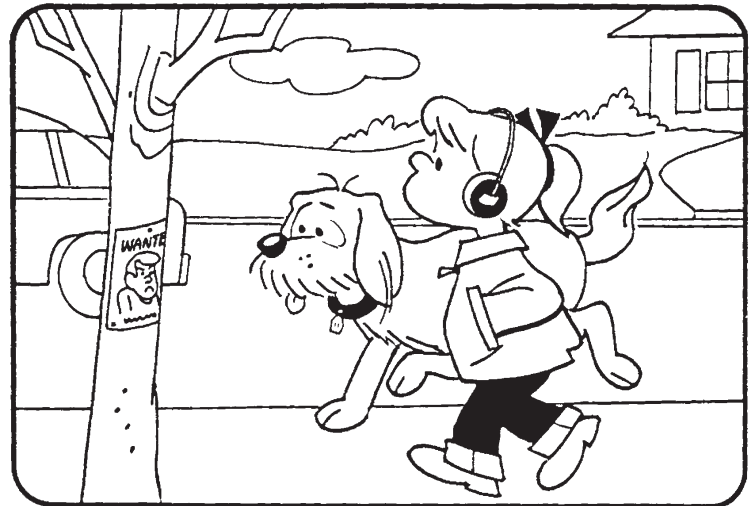
To play Sudoku:

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

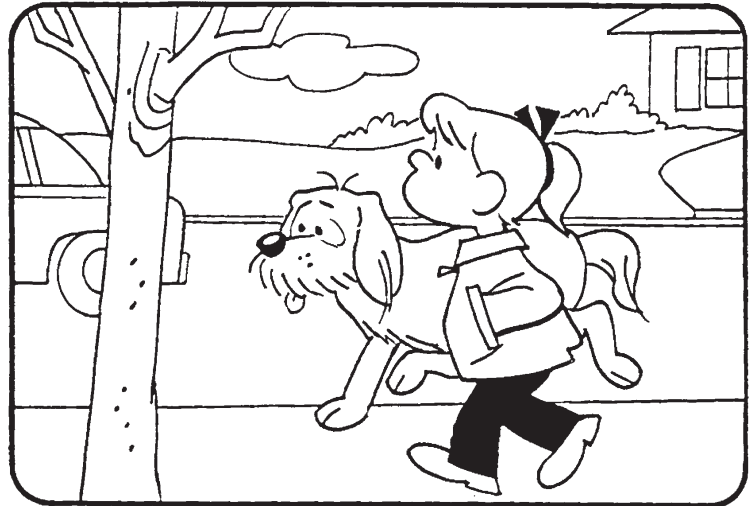
answer on page 37

HOCUS-FOCUS

BY
HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Car is different. 2. Poster is missing. 3. Collar is missing. 4. Headset is missing. 5. Tail is different. 6. Cuffs are missing.

PROFESSIONAL DIRECTORY

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Interior Windows
Home Watch

Jennifer Watson
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brightntidy@gmail.com
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Red Sunset Clam Chowder

- 2 slices bacon, cut into half-inch squares
- 1/3 cup onion, chopped
- 3 tablespoons green bell pepper, diced
- 3 tablespoons celery, diced
- 2/3 cup potato, peeled and diced
- 1 8-oz bottle clam juice
- 1 cup canned, diced tomatoes, with juice
- 1½ dozen littleneck clams, rinsed well
- 2 tablespoons fresh parsley, chopped
- Salt and pepper to taste

Cook bacon in a three-quart heavy saucepan over medium heat until golden. Reduce heat to low. Add onion, bell pepper, and celery and cook until softened, about five minutes. Stir in potato, clam juice, and tomatoes; cover and simmer 10 minutes. Add clams; cover and simmer 8 to 10 minutes, stirring occasionally, until clams open. Discard any clams not open after 10 minutes. Move pan off heat. Remove clams with tongs reserving a few clams in the shell for garnish. Detach clam meat from remaining shells and return meat to chowder. Stir in parsley, salt and pepper to taste. Note: The chowder (without the clams and parsley) can be made one day ahead. Bring chowder to a simmer then add clams and proceed as directed.

Yield 4 servings.*



Red Sunset Clam Chowder photo courtesy Fresh From Florida

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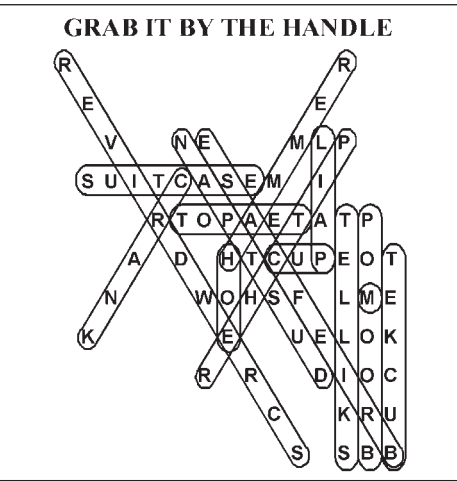
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MAGIC MAZE



SUDOKU

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

My Stars★★★★

FOR WEEK OF MARCH 13, 2017

ARIES (March 21 to April 19) Keep an open mind about a suggestion you see as unworkable. Give it a chance to prove itself one way or another. The results could surprise both supporters and detractors.

TAURUS (April 20 to May 20) News about an upcoming venture causes you to make some last-minute adjustments in your plans. But the extra work will pay off, as you come to learn more about the potential benefits opening up.

GEMINI (May 21 to June 20) A more positive aspect grows out of your determination to reach your immediate goals. Continue to keep your focus sharp and on target by steering clear of petty quarrels and other pesky problems.

CANCER (June 21 to July 22) By acting as a voice of reason, you can avoid adding to an already turbulent situation. You might have to shout over the tumult, but your words ultimately will be heard and heeded.

LEO (July 23 to August 22) The possibility of a new acquisition always makes those Leonine eyes light up. But be careful that what you see is what you want. Appearances often can be deceiving.

VIRGO (August 23 to September 22) No matter how much you might feel that you're in the right, resist saying anything that could reignite a still-unresolved situation. Let the matter drop, and move on.

LIBRA (September 23 to October 22) Help with a personal problem comes from an unexpected source. You also find workplace pressures easing. Use this period of calm to restore your spent energies.

SCORPIO (October 23 to November 21) You might have to share the credit for that project you're working on. But there'll be enough credit to go around, and your efforts will be recognized and rewarded.

SAGITTARIUS (November 22 to December 21) Details need to be dealt with before you can move on to another area. Make sure you don't leave any loose ends that could later cause everything to unravel.

CAPRICORN (December 22 to January 19) News about a change in the workplace carries with it a challenge you could find difficult to resist. Check it out. It

could be what you've been waiting for.

AQUARIUS (January 20 to February 18) Allowing your artistic nature full expression will help restore your spirits and will put you in the mood to take on that new career challenge. A Libra creates excitement.

PISCES (February 19 to March 20) Expect to happily plunge right into a hectic social whirl starting at week's end. Your aspects favor new friendships as well as the strengthening of old relationships.

BORN THIS WEEK: Like St. Patrick (who was also born this week), your spiritual strength is an inspiration to others.

THIS WEEK IN HISTORY

- On March 17, 461 A.D., Saint Patrick -- Christian missionary, bishop and apostle of Ireland -- dies in Ireland. Much of what is known about his legendary life comes from the "Confessio," a book he wrote during his final years. The first St. Patrick's Day parade was held not in Ireland, but in New York City in 1762.
- On March 18, 1852, businessmen Henry Wells and William Fargo join with other New York investors to create Wells, Fargo and Company to serve and profit from the economic boom in California. The discovery of gold at Sutter's Mill in 1849 spurred a huge demand for shipping.
- On March 13, 1781, astronomer William Herschel discovers Uranus, the first new planet to be found by use of a telescope. In 1986, the spacecraft Voyager 2 visited Uranus, discovering 10 additional moons to the five already known.
- On March 14, 1879, Albert Einstein is born in Germany. Einstein's theories of relativity drastically altered man's view of the universe, and his work in particle and energy theory ultimately helped make the atomic bomb.
- On March 19, 1916, eight Curtiss "Jenny" planes of the First Aero Squadron take off from Columbus, New Mexico, in the first combat air mission in U.S. history. The squadron flew in support of U.S. troops who invaded Mexico to capture Mexican revolutionary Pancho Villa.
- On March 16, 1926, in Massachusetts, American Robert H. Goddard successfully launches the world's first liquid-fueled rocket. The 10-foot rocket traveled for 2.5 seconds at a speed of about 60 mph.

- On March 15, 1972, "The Godfather" -- a three-hour epic chronicling the lives of an Italian-American crime family led by the powerful Vito Corleone (Marlon Brando) -- is released in theaters. "The Godfather" was adapted from the best-selling novel by Mario Puzo.

STRANGE BUT TRUE

- It was beloved 20th-century English novelist, journalist and critic Eric Arthur Blair -- better known as George Orwell -- who made the following sage observation: "Journalism is printing what someone else does not want printed; everything else is public relations."
- In August of last year, Charles City, Iowa, saw an over-the-top display of irony when a local bar named DeRailed was struck by -- you guessed it -- a derailed train car.
- Thanks to Peter Jackson's films, you're probably familiar with J.R.R. Tolkien's "Lord of the Rings" series, even if you haven't read the books. There's been quite a lot of scholarship about the novels. Most of the research focuses on literary analysis and historical analogies, and understandably so; a work of fantasy doesn't seem to lend itself to scientific analysis. However, the Journal of Interdisciplinary Science Topics recently published an article titled, "Simply Walking into Mordor: How Much Lembas Would the Fellowship Have Needed?" In it, Skye Rosetti and Krisho Manaharan make public their calculations of the caloric intake that would have been necessary for the Fellowship to walk 92 days to Mordor: precisely 1,780,214.59.
- A survey from retailer Long Tall Sally found that 40 percent of American women own shoes that they know they can't walk in, but wear them anyway. The average woman claims she can last two hours in painful shoes.
- You probably know that "fuzz" has been a common slang term for police, but did you ever wonder why? It began in the United Kingdom, where police officers in London sometimes wore fuzzy hats.

THOUGHT FOR THE DAY

"There is nothing wrong with America that cannot be cured by what is right with America." -- William J. Clinton.

SCRAMBLERS

solution

1. Laze; 2. Bundle; 3. Fringe; 4. Amble

Today's Word

MAGAZINE

TRIVIA TEST

1. FOOD & DRINK: Which plant sometimes is known as "pieplant" because its edible stalks often are used in desserts?
2. LITERATURE: Which of Shakespeare's plays features a character named Viola?
3. MOVIES: Which movie featured the theme song "You've Got a Friend In Me"?
4. U.S. PRESIDENTS: Who served as vice president of the U.S. for 82 days before becoming president?
5. GEOGRAPHY: What two countries are connected by the Khyber Pass?
6. MUSIC: What bridge did Billie Joe jump off in Bobbie Gentry's song "Ode to Billie Joe"?
7. ANATOMY: Where would the parietal bones be found in the human body?
8. RELIGION: What is the second book of the Old Testament?
9. GEOLOGY: What kind of natural stone is known as Carrara?
10. GENERAL KNOWLEDGE: What is the official language of Brazil?

TRIVIA ANSWERS

1. Rhubarb
2. "Twelfth Night"
3. "Toy Story"
4. Harry Truman
5. Afghanistan and Pakistan
6. The Tallahatchie bridge
7. The skull
8. Exodus
9. Marble
10. Portuguese

★ ★ ★ CLASSIFIED ★ CLASSIFIED ★ ★ ★

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*NS 11/11 CC TFN

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*NS 3/10 CC 3/17

50th Vietnam War Commemoration



Wreath laying at the Vietnam War Memorial on the corner of McGregor and Colonial boulevards in Fort Myers

Estero Island Chapter of National Society Daughters of the American Revolution (NSDAR) is honoring the 50th Vietnam War Commemoration with a series of events in Lee County throughout the month of March. The commemoration includes an exhibit at Lee County Regional Library that began March 1, a Vietnam Veterans Day Ceremony on March 29 and proclamations by both Fort Myers Mayor Randall Henderson and Lee County Commissioner Frank Mann.

The 50th Vietnam War Commemoration activities are being held in tandem with the national organization based in Washington, DC, and DAR chapters across the country to recognize the sacrifices of Vietnam War veterans and their families. This is part of a national effort to recognize the men and women who returned home after the war more than 40 years ago.

The 2008 National Defense Authorization Act empowers the Secretary of Defense to conduct a program on behalf of the nation that commemorates the 50th anniversary of the Vietnam War. By presidential proclamation on May 25,

photo courtesy Estero Island Chapter, NSDAR

2012, the commemoration extends from Memorial Day 2012 through Veterans Day 2025. According to the Department of Veterans Affairs, 9 million Americans served on active duty in the U.S. Armed Forces during the period of the Vietnam War; approximately 7 million are living today.

Vietnam era service men and women make up the largest percentage of combat veterans living in Florida. Florida is one of three states with the largest number of living Vietnam veterans.

“In the fall of 1971, I was an Army nurse at Fort Campbell, Kentucky, where I witnessed the 173rd Airborne unit return from Vietnam,” said Carolee Dunivan, co-chair of the 50th Vietnam War Commemoration organized by Estero Island Chapter, NSDAR. “To my dismay, the soldiers were not greeted with parades or appreciation like the celebrations I remembered from previous wars when growing up in rural Nebraska. Veterans of WWI and WWII had been venerated as local and national heroes in elaborate spectacles. In the conspicuous absence of any sort of

public honor, men and women who served in Vietnam, the war we ‘lost,’ tried to return to their lives and families in a country that seemed to want to forget those that served in it.

“Despite attempts to return to a normal life, as more soldiers returned, suicides, accidents and violence increased in the rural community on the border of Kentucky and Tennessee.”

Richard Plesak, current president of Vietnam Veterans of America (VVA), Firebase #594 chapter in Lee County, is pleased that his organization was approached by the Estero Island Chapter, NSDAR, to partner for the 50th Vietnam War Commemoration. The Cape Coral-based group will be presenting the colors on March 29. Plesak said, “It’s a commemoration for us, and we want to honor our brothers and sisters who didn’t come home. Although Vietnam vets have had the same problems and concerns as vets of other wars, for some reason it’s been a different experience.”

Locally, VVA Chapter #594 provides assistance to veterans and their families in Lee County, regardless of the war they served. According to Plesak, more than 75,000 vets are registered with the Department of Veterans Affairs in Lee County.

The 50th Vietnam War Commemoration is recognition of the veterans who are now being honored for their contribution to our nation’s history.

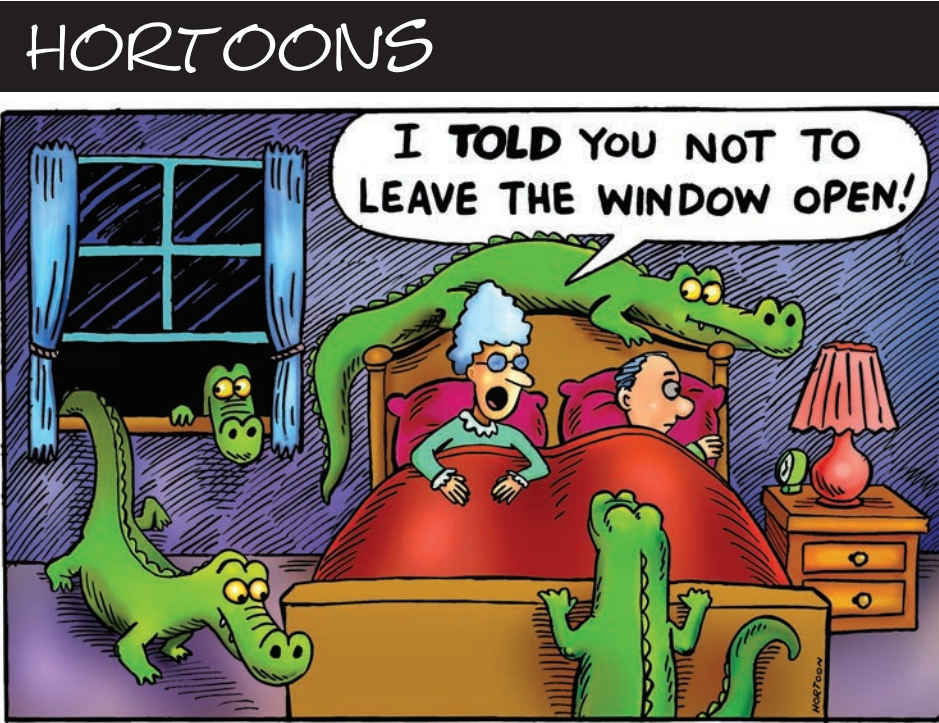
From March 1 to 30, a 50th Vietnam War Commemoration display can be viewed at Fort Myers Regional Library. The Estero Island, Caloosahatchee and Lawrence Kearney Chapters of NSDAR are co-hosting the display throughout the month.

On March 29, there will be a Vietnam Veterans Day Ceremony to honor local Vietnam veterans at Fort Myers Regional Library in the South Building Meeting Rooms A-D from 11:30 a.m. to 1:30 p.m. Advance sign up is required.

The ceremony will include attendance by veterans and their families, Vietnam Veterans of America Color Guard, POW/MIA recognition, presentation by Estero Island Chapter, NSDAR, certificates of appreciation and 50th commemoration lapel pins, reading of proclamations by Fort Myers Mayor Randall Henderson and Lee County Commissioner Frank Mann and attendance by other local dignitaries.

Fort Myers Regional Library is located at 2450 First Street in Fort Myers.

For more information, contact Carolee Dunivan at 708-890-7280 or visit www.eidar.org/.



Top 10 Real Estate Sales


Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Turtle Walk	Fort Myers Beach	2015	3,976	\$3,799,000	\$3,350,000	210
Jonathan Harbour	Fort Myers	1990	6,805	\$2,699,000	\$2,500,000	68
Cape Coral	Cape Coral	2005	4,908	\$1,598,700	\$1,250,000	26
Hidden Harbor	Bonita Springs	1994	4,677	\$1,575,000	\$1,525,000	267
East Rocks	Sanibel	1996	2,536	\$1,300,000	\$1,257,000	38
Edgewater	Fort Myers	1995	3,361	\$1,295,000	\$1,200,000	9
Cape Coral	Cape Coral	2007	3,769	\$1,184,500	\$1,165,000	95
Useppa Island	Useppa Island	1980	4,825	\$1,100,000	\$950,000	251
Cape Coral	Cape Coral	2015	2,301	\$1,100,000	\$985,000	244
Kenwood	Estero	2004	3,021	\$995,000	\$908,000	83



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