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# THE RIVER WEEKLY NEWS

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Vol. 16, No. 12

From the Beaches to the River District downtown Fort Myers

MARCH 24, 2017

## Children's Hospital Grand Opening April 1

America's newest children's hospital, Golisano Children's Hospital of Southwest Florida, is opening its doors in Fort Myers and is hosting a grand opening on Saturday, April 1 from 10 a.m. to 1 p.m., which is sponsored by Suncoast Credit Union. This new, child-friendly facility is located next to HealthPark Medical Center on Bass Road. Festivities include a ribbon cutting, tours, children's activities and entertainment by local schools.

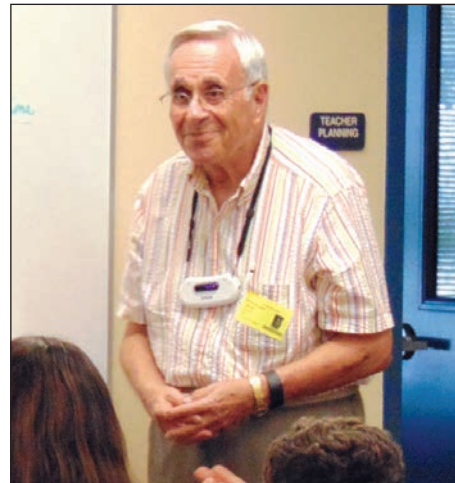
"We are so excited to finally open the doors of our new children's hospital to the Southwest Florida community, so they can see the fruits of their labors," said Kathy Bridge-Liles, chief administrative officer of Golisano Children's Hospital of Southwest Florida. "From neighborhood lemonade stand proceeds and, literally, piggybanks, to celebrity golf tournaments and major philanthropic gifts, the community has given selflessly to help build this very special place so children can receive the care they need close to home."

"It's hard to believe that it was just four years ago that we launched the



One of the colorful statues near the main entrance to America's newest children's hospital photo by Carol Orr Hartman

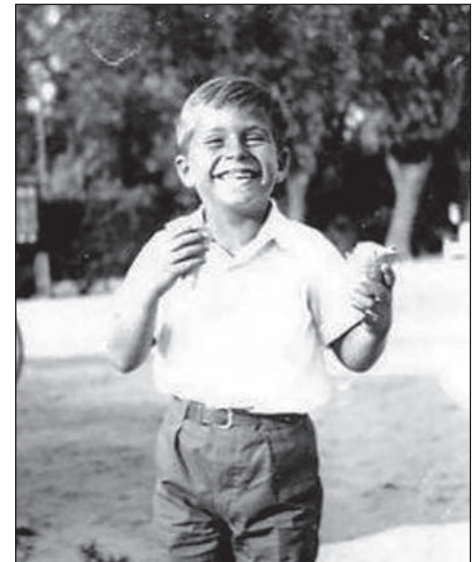
challenge to communities in Southwest Florida to raise money to build a new state-of-the-art children's hospital to serve the children and families in this area with the best care possible close to continued on page 13



Steen Metz recently spoke to eighth grade students at The Sanibel School photo by Jeff Lysiak

## Holocaust Memorial Week At Local College

Florida SouthWestern State College (FSW) will observe Dr. Talbot Spivak Holocaust Memorial Week at the FSW Thomas Edison Campus from March 27 to 31. The free series of events will focus on the theme Resistance.



Steen Metz when he was an 8-year-old in Denmark photo courtesy Steen Metz

The mission of the Dr. Talbot Spivak Holocaust Memorial Week at FSW is to educate students and the community about the Holocaust, to honor its victims and survivors, to cultivate tolerance and to promote awareness of modern-day genocide in support of the world's promise of "Never Again."

In partnership with The Holocaust Museum & Education Center of Southwest continued on page 32

## Festival At Shell Factory Is For The Dogs



A golden retriever puppy photos provided

The 8th annual GoldenFest will be held at the Doggy Heaven canine park at the Shell Factory & Nature Park in North Fort Myers on Sunday, March 26 from 10 a.m. to 2 p.m. It is hosted by Golden Retriever Rescue of



A golden retriever does a dock dive Southwest Florida (GRRSWF).

Attractions include pet vendors, exhibits, pet portraits, dock dog diving, a pet spa, a doggy garage sale, refreshments, raffle and silent auction. Raffle and auction items range from attraction, theater, dinner cruise and hotel tickets to rounds of golf, gift cards and lavish gift baskets. Vendors include animal hospitals, boarding facilities,

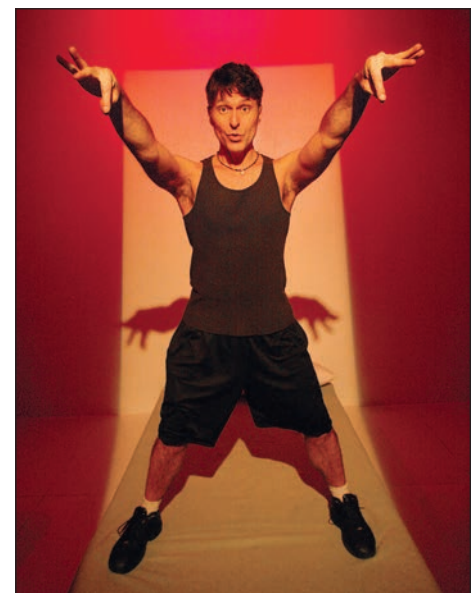
continued on page 31

## College To Host Artist Residency

The Theatre Program in the Bower School of Music & the Arts at Florida Gulf Coast University (FGCU) presents an Artist Residency with Tim Miller, which will include a solo performance and a student-devised performance under Miller's supervision at FGCU's TheatreLab. A welcome reception will be held for Miller on Thursday, March 30 from 5 to 6 p.m. in the Arts Complex lobby on the FGCU campus. This event is free and open to the public.

Miller will present one of his original solo acts on Tuesday, April 4 at 7:30 p.m. followed by a post-performance discussion. Performances of the student-devised piece take place April 7 and 8 at 7:30 p.m. and April 9 at 2 p.m. Performances contain adult language and situations, and are not recommended for children under 18 years of age.

Miller, an internationally acclaimed performance artist, is a pioneer in the field of autobiographical performance art and has particularly focused on Lesbian, Gay, Bisexual, Transgender, Questioning (LGBTQ) related issues in his work. Miller is the recipient of numerous grants from the National Endowment for the Arts (NEA) but became a household name in 1990 when



Tim Miller photo provided

he was awarded an NEA Solo Performer Fellowship that was overturned due to the gay themes in his work. He and three other artists, who have become known as the "NEA 4," sued the government in a case that went all the way to the Supreme Court.

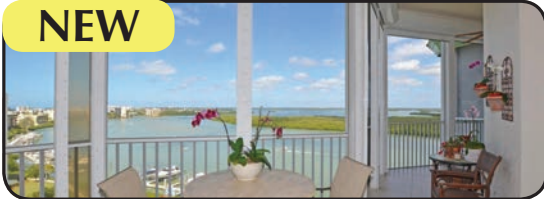
Individual tickets are on sale now and are \$10 for the general public and \$7 for continued on page 4



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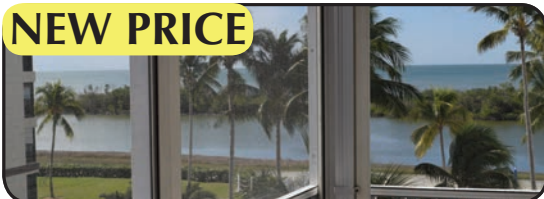


1 Year new stunning 3BD+den/3BA pool home on huge spring fed Lake! Exquisitely customized with features too many to list. Electric storm shutters & a paved driveway.

**MLS#217011221 \$729,900**

## GULF FRONT BEAUTY

**NEW PRICE**



2BR/2BA Island Reef Club w/Gulf views. Beautiful furnishings. Updated kitchen w/granite countertops, tiled backsplash, SS appliances, tray ceiling. Split bedrooms w/en-suite baths.

**MLS#216076801 \$389,999**

## ISLAND SOUND CONDO

**NEW PRICE**



Turnkey furnished 1st floor condo in Pelican Sound Golf & River Club located in beautiful Estero. 2BD/2BA. Tiled throughout except bedrooms. Bundled Golf.

**MLS#215058547 \$159,900**

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**NEW PRICE**



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**MLS#216060279 \$449,000**

## ENJOY SERENE VIEWS & PRIVACY

**NEW PRICE**



Striking turnkey furnished 2BD/2BA condo at the Pointe at Pelican Landing in Bonita Springs. Detached garage, granite counters in kitchen, & many more upgrades.

**MLS#216057868 \$299,000**

## PANORAMIC WATER VIEWS

**NEW PRICE**



Turnkey furnished 2BD Waterside condo w/views of both the Bay & Gulf, glassed in lanai, updated kitchen w/granite & tile in living areas. Garage space sold separately.

**MLS#216079781 \$465,000**

## BOATERS PARADISE IN FAIRVIEW ISLES

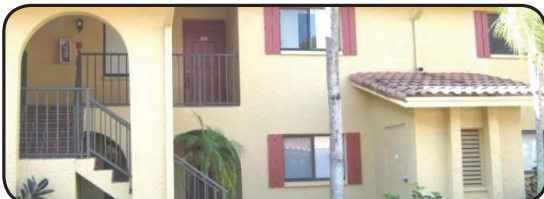
**NEW PRICE**



Great Bay views from this 3BD/3BA updated waterfront home w/additional loft area. Newer windows, A/C, bathrooms & SS appliances. Open floor plan & beautiful pool area.

**MLS#216073634 \$929,000**

## DON'T MISS THIS OPPORTUNITY



2BD condo in the gated community of Citadel in Bonita Springs. Recently replaced some appliances, new paint & cooktop. Close to shopping, dining & beaches.

**MLS#217000388 \$159,900**

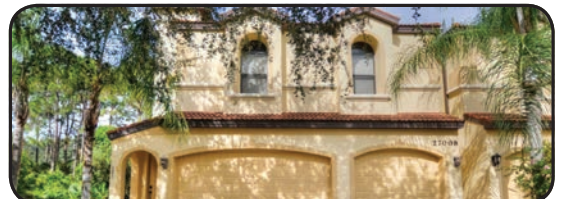
## STYLISH POOL HOME



3BR/2BA great room w/cathedral ceilings. Kitchen w/granite, new appliances. Freshly painted. Master bath updates. Pool updates. 2-car garage. Convenient south FM neighborhood.

**MLS#216080353 \$324,900**

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Historic Downtown Fort Myers, Then And Now:

## Centennial Celebration Winds Down

by Gerri Reaves, PhD



Thirty-one years ago, Fort Myers was wrapping-up a seven-month Centennial Celebration that had begun on the previous August 10.

The festivities ended on March 23, 1986 with a grande finale and the dedication of a time capsule, or time vault, as it was also called.

The August-to-March time period had a logic about it. Fort Myers was born on August 12, 1885, when 45 men voted unanimously to incorporate. In many citizens' opinion, that was the town's true birthday.

In fact, the dates on the centennial time capsule concur with that opinion.

However, it should be noted that other centennial items – such as a marquee at the Exhibition Hall, as well as publicity over the years – stand by the alternate dates 1886 to 1986. That time span is based on the fact that the State of Florida did not make the incorporation official until March 24, 1886.

Packed into the centennial celebration had been a wide variety of events, including parades, a regatta, an antique car show, historical exhibits, riverboat tours, shuffleboard and tennis tournaments, a beard-growing contest, a Pioneer Centennial Dinner, a flower show, and more.

On the final day, thousands of people gathered at the Fort Myers Yacht Basin across from the Hall of Fifty States, where the concrete time capsule was hoisted into position by a crane.

It was fitting that the 1986 celebration concluded with both a solemn message to the future citizens of Fort Myers and a tribute to major influences in the town's first century.

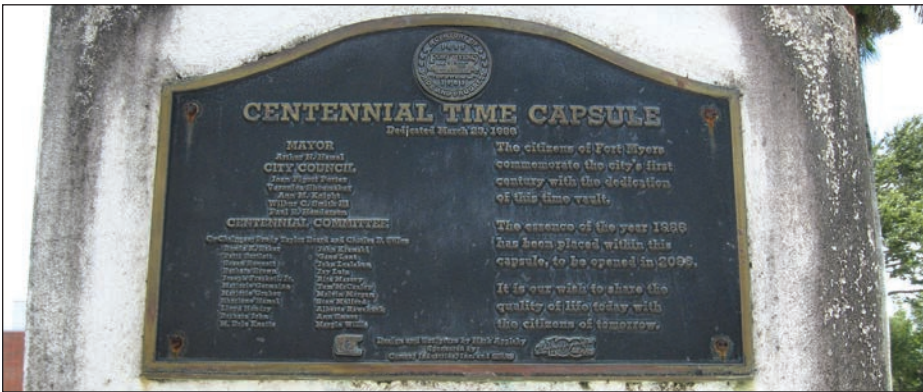
On one side of the capsule is a plaque listing dignitaries and the Centennial Committee, co-chaired by Charlie Stiles and Prudy Taylor Board. A brief statement commemorates the city's first century and says that the "essence of the year 1986" has been placed in the capsule to be opened in 2086.

The final sentence expresses the 1986 citizens' wish to share "the quality of life today with the citizens of tomorrow."

On the other sides are bas-reliefs by artist Mark Appleby's, one with the words, "A Century of Pride and Progress" and the dates 1885 to 1985.

Images pertaining to the area's history appear on the other two sides.

One side pays tribute to Seminole culture, as well as the railroad, steamboat travel, and early aviation.



Dedicated on March 23, 1986, the time capsule plaque states that "the essence of the year 1986 has been placed within this capsule, to be opened in 2086." Let's hope someone remembers.

photos by Gerri Reaves



The capsule recognizes 1885 as the start of the century, the year that 45 men voted to incorporate Fort Myers. Not until 1886 was the incorporation made official by the State of Florida.

On the capsule's fourth side are five figures, three recognizable to students of local history: Chief Billy Bowlegs, Jake Summerlin and Thomas A. Edison.

Also included are a woman, who perhaps collectively represents the contributions of women to the town's history; and man in a military uniform, who presumably stands for the thousands of soldiers who were stationed at Buckingham or Page Fields during World War II.

Among the objects put in the capsule for the citizens who will open it 100 years hence was the March 23 edition of the *News-Press*, which included an amusing column by Joe Workman in which he speaks directly to his future readers.

Humorously recounting the area's history, he focuses on major characters such as the cutely named "Hardy Pioneers."

He reviews some of the issues familiar to 1980s Fort Myers citizens, such as the government red tape and delays over the building of the Midpoint Bridge.

He also mentions the "Contras," a topic much in the news in the 1980s but today almost forgotten. "Contras" refers to the highly controversial Iran-Contra Affair, which funneled profits from U.S. arms sales to Iran to the Nicaraguan Contras, who were fighting the Cuban-backed Sandinistas.

If you want to see the capsule, you won't find it across from the Hall of Fifty States anymore. It was moved to the 1924 Atlantic Coast Line Railroad (ACL) depot on Jackson Street, where it remains.

At the time of the move, that building was the Fort Myers Historical Museum (later renamed the Southwest Florida Historical Museum).

Today, that depot is undergoing renovations and will become the Southwest Florida

continued on page 11



Artwork by Mark Appleby honors the roles that Seminole culture, aviation, marine travel and the railroad played in Fort Myers history



Historical figures such as Chief Billy Bowlegs, Jake Summerlin and Thomas A. Edison are depicted on one of the four sides of the capsule

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# Symphony To Perform With 1970s Pop Icon



Debby Boone photo provided

The Southwest Florida Symphony, Lee County's only professional orchestra and one of the oldest on Florida's gulf coast, closes its 56th season of Pops in early April with a burst of star power – a weekend of performances featuring multi Grammy Award winning 1970s pop icon Debby Boone in her signature production called *Swing This: Vegas, The 60s and Me*. Boone's performances, conducted by Cincinnati Pops arranger Maestro Tim Berens, will occur on Friday, April 7 and

Saturday, April 8 at 8 p.m. Tickets cost between \$27 and \$87 per person and may be purchased online at [www.swflso.org](http://www.swflso.org), by visiting the Southwest Florida Symphony Box Office located at 8290 College Parkway, Suite 103 in Fort Myers, by calling the Symphony Box Office at 418-1500 or at the door, one and a half hours prior to the concert. Barbara B. Mann Performing Arts Hall is located at 13350 FSW Parkway in Fort Myers. Debby Boone's *Swing This: Vegas, the 60s and Me* is generously sponsored by Scanlon Lexus. Maestro Berens will make his Southwest Florida Symphony Pops conducting debut. The production features a musical trip through Boone's youth as the daughter of superstar Pat Boone, her teenage years through performing tunes made famous by other artists who touched her life and other songs that sent her skyrocketing to stardom.✽

## Community Band To End Season

The Lee County Community Band will conclude its 2016-17 season with *'Til We Meet Again* at Cape Coral High School on Sunday, April 2 at 3 p.m. The concert will transport the audience back to the age of speakeasies and the arrival of cars on city streets with *New York: 1927*; and *Twentiana*, a montage of songs from the 1920s. The program features flute soloist Kelly Koontz in *Rhapsody for Flute* and concludes with the moving American

Civil War Fantasy. Director Richard Bradstreet has rounded out the program with a selection of best-loved Sousa marches; the popular *España Rhapsody*; *Ramona*, performed by vocalist and emcee Norman Jones; and a sing-a-long of old favorites. Cape Coral High School is located at 2300 Santa Barbara Boulevard, one

block north of Veterans Parkway. The concert is free (donations accepted) and open to the public. The 60-member band is comprised of musicians from all walks of life who reside in Lee, Collier, and Charlotte counties. For more information, visit [www.leecountyband.org](http://www.leecountyband.org) or call Norman Jones at 995-2097.✽



Front row, from left, Jackie King, Jody Van Cooney, and Jo Klein. Back row, from left, Linda Clemons, BJ Smith, Fran D'Alessandro and Arlene Ball. photo provided

## Coupons For Military Support

Southwest Florida Sigma Sigma Sigma alumnae met recently and participated in the national organization's "day of service" by clipping manufacturer coupons for Lee Health Military Support. The chapter members clip the coupons on a regular basis and submit them to Military Support, which sends them overseas and stateside to members of the military from Lee

County. Coupons can be up to three months past due and the military can use them at post exchange retail stores up to six months expired. Alumnae of the social collegiate sorority, Sigma Sigma Sigma, meet on a monthly basis in the Fort Myers area. The chapter participates in a variety of charity organizations, including the Military Support, the Harry Chapin Food Bank and the Children's Network. Information about the chapter and meetings can be obtained by calling 332-1140 or email at [lgclemons@comcast.net](mailto:lgclemons@comcast.net).✽

## World Premiere At The Alliance

Theatre Conspiracy presents the world premiere of *The Cave* by Jeff Lindsay and directed by Bill Taylor at the Alliance for the Arts. The Cave is set during the Civil War in a hidden cavern, where an escaped slave, a blind Confederate soldier and a Union deserter hide out to seek freedom and survival. The production is a drama with themes of race, belief and mortality. Jeff Lindsay is the award-winning author of the *New York Times* bestselling *Dexter* novels upon which the international hit TV show *Dexter* is based. Although a full-time writer now, he has worked as an actor, comic, director, bouncer, singer, songwriter, voice-over artist, teacher and sailing instructor. Lindsay has written 22 plays that have been produced in New York, New Haven, Key West, Pittsburgh, London and California. For five years, Lindsay wrote *Fatherhood*, a semi-syndicated weekly column on parenting from the male perspective. He hosted several local PBS-TV shows and a documentary, *Hemingway In Cuba*, which was seen

nationally on PBS. "We're fortunate to have a powerful cast who embrace and embody each character's unique disposition," said Bill Taylor, founder and producing artistic director of Theatre Conspiracy. The cast for *The Cave* includes a host of local actors including: Marie Baptiste as Cassie; Jordon Wilson as Brandon; and Michael Pineda as Timothy. Performances are from March 24 to April 2 on Thursday, Friday, and Saturdays at 8 p.m. with one Sunday matinee on April 2 at 2 p.m. Tickets are \$24, \$22 for members of the Alliance for the Arts or \$11 for students with proper ID. For tickets, call 936-3239 or purchase online at [www.ArtnLee.org/Theatre](http://www.ArtnLee.org/Theatre).✽

From page 1  
**Artist Residency**  
students. Tickets and further information are available online at [www.theaterlab.fgcu.edu](http://www.theaterlab.fgcu.edu) or at the door, based on availability. The TheatreLab is located in the Arts Complex on FGCU's main campus at 10501 FGCU Boulevard South. Parking is available in Lot 7 for patrons of the theater and other guests.✽

# ALEX AND ANI

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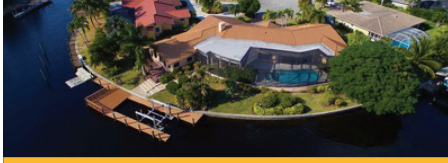
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- Waterfront Home w/Intersecting Canals
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Toni Shoemaker 239.464.3645

**GOLD COAST ESTATES****OPEN 3/25 & 3/26 1:00PM - 4:00PM****2202 SE 27TH ST., CAPE CORAL**

- .296 Acres on Keats Canal
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**GULF ACCESS****OPEN 3/26 1:00PM - 4:00PM****4237 SW 23RD AVE., CAPE CORAL**

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Stoutenburgh Group 239.745.5333

**MCGREGOR ISLES****OPEN 3/26 1:00PM - 4:00PM****419 PARKWAY CT., FT. MYERS**

- Direct Deep Water Access, 1,800' to River
- \$499,000 MLS 216022985**  
Tom Kiddy, McMurray & Nette 239.410.8047

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- \$639,900 MLS 217006636**  
Stoutenburgh Group 612.759.9995

**GULF HARBOUR YACHT & CC****OPEN 3/26 1:00PM - 4:00PM****11600 COURT OF PALMS #201, FT. MYERS**

- Golf & Boating Community
- \$424,900 MLS 217014429**  
Katie Brady Rigsby 239.770.6061

**WATER'S EDGE****OPEN 3/25 1:00PM - 3:00PM****14920 LAGUNA DR., FT. MYERS**

- 3 BR, 3 BA + Den, Waterfront, Gated Subdiv.
- \$549,000 MLS 216044307**  
Sally Hunt, McMurray & Nette 239.470.4226

**LUCAYA****OPEN 3/25 & 3/26 12:00PM - 4:00PM****14503 DOLCE VISTA RD. #202, FT. MYERS**

- Spacious Lakefront Condo
- \$349,900 MLS 216063933**  
Troy De Mond 239.822.0332

**OLD PELICAN BAY****OPEN 3/25 & 3/26 1:00PM - 4:00PM****18181 OLD PELICAN BAY DR., S. FT. MYERS**

- Magnificent Waterfront on 1/2 Acre
- \$3,199,000 MLS 216058559**  
Roger Stening 239.770.4707

**PALM ISLES****OPEN 3/25 & 3/26 1:00PM - 4:00PM****11520 ISLE OF PALMS DR., S. FT. MYERS**

- Waterfront Sailboat Access
- \$899,900 MLS 216060472**  
Roger Stening 239.770.4707

**CC YACHT CLUB WATERFRONT****OPEN 3/24 - 3/25 11:00AM - 4:00PM****5636 DE LIDO CT., CAPE CORAL**

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- \$789,000 MLS 217011725**  
Marc Wozny 239.297.0760

**PORTS OF IONA****OPEN 3/26 1:00PM - 4:00PM****15121 PORTS OF IONA DR., FT. MYERS**

- Rarely Available Courtyard Villa w/Pool
- \$499,999 MLS 217019619**  
Toni Shoemaker 239.464.3645

**PEPPERTREE POINTE****OPEN 3/24 10:00AM - 2:00PM****15088 STELLA DEL MAR LN., FT. MYERS**

- Wow Factor Included in This One
- \$279,900 MLS 216031077**  
Brian Murty 239.565.1272

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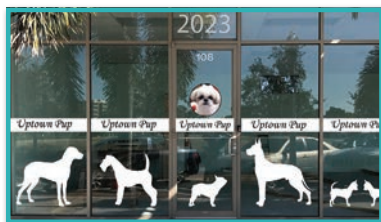


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## Fort Myers Art:

# Franco/Linzy Exhibit Opens At FSW Gallery



by Tom Hall

Florida SouthWestern State College has announced the opening of **James FRANCO & Kalup LINZY: Collaborations** at the Bob Rauschenberg Gallery on Friday,

April 7. The opening will be marked by an opening reception from 6 to 8 p.m.

The exhibition is the first two-person/collective museum exhibition by these internationally renowned artists. Franco and Linzy will both premiere several new projects while surveying their collaborative and individual photography, painting, multi-media works and related ephemera (including costumes and props used to create the works on view).

Franco is an Academy Award-nominated actor, director, author and visual artist. In the latter capacity, he has worked across media to explore issues from adolescence, stereotypes and autobiography to society's preoccupation with celebrity.

Franco has enjoyed solo exhibitions at the Museum of Contemporary Art in Los Angeles, The Clocktower Gallery at P.S.

1 in New York, Peres Projects in Berlin, Gagosian Gallery in Beverly Hills and the PACE Gallery in New York.

Born in Clermont and raised in Stuckey, Florida, Linzy received his bachelor of arts degree and his master of fine arts from the University of South Florida in Tampa. In 2005, his participation in a group show at The Studio Museum in Harlem and a project at Taxter and Spengemann Gallery in Chelsea led to a review in *The New York Times* by Holland Cotter that opened with the declaration that "A star is born..."

Playing multiple roles (often within a single work) – performance artist, actor, director and vocalist/musician – Linzy is the genre- and gender-bending star of video melodramas that cover issues of race, politics, sexuality and family relationships. The recipient of numerous awards and recognitions, Linzy's work has since been collected by institutions including the Museum of Modern Art/New York, The Studio Museum in Harlem, The Whitney Museum of American Art and The Metropolitan Museum of Art. He has lectured across the country at institutions including New York University, the School of Visual Arts/SVA in NYC and Harvard University.

"Kalup Linzy is a versatile performer and artist who uses multiple voices, personas and media in his work," proclaimed James Franco. "But underneath all these different faces and forms, there is a common and sincere longing for love, identity, and artistic purity ... I first met Kalup when he



James Franco and Kalup Linzy will have a collaborative gallery exhibit next month

photo courtesy www.artswwf

gave a talk to the Columbia University graduate students for their visiting artist lecture series, which I had been crashing every week... The day Kalup spoke, I had an epiphany. I knew that he was going where I wanted to go."

In 2010, Franco invited Linzy to develop a fictional character and to appear with him on the long-running and immensely popular TV soap opera *General Hospital*, and thus began the broad series of collaborative artistic endeavors that are represented in this exhibition and continue to this day.

This exhibition is made possible by the generous support of the Stanton Storer Embrace the Arts Foundation. For additional information, call 489-9313 or visit [www.RauschenbergGallery.com](http://www.RauschenbergGallery.com).

The Bob Rauschenberg Gallery is located on the Lee campus of Florida SouthWestern State College, at 8099 College Parkway in Fort Myers.

## The Lab Schedules Season Announcement Soiree, Fundraiser

The Laboratory Theater of Florida recently announced plans to purchase and refurbish the building it currently calls home with an eye toward creating a state-of-the-art boutique theater in the very near future. But as you can imagine, that's going to require some considerable green. So The Lab is hosting a Season Announcement Soiree on Monday, April 17 to announce its upcoming ninth season and raise funds for necessary repairs and renovations.

Termite extermination, sewer line repair and a new roof headline the list of planned repairs and renovations. Proceeds from the event will also fund the expansion of the theater's educational and outreach programs, investing in future community-oriented programs and socially-conscious theater.

During the event, multiple opportunities to win naming rights will be available as well as silent auction raffles. Attendees will also have an opportunity to purchase season tickets at a discounted rate at the event, but the discount is available only at the event.

The gathering will take place from 6:30 to 8 p.m. at the theater, which is

located at 1634 Woodford Avenue in Fort Myers.

For more information, call the theater at 218-0481. A 501(c)(3) organization, The Laboratory Theater of Florida is dedicated to the promotion of the performing arts through live performance, education, community outreach, experimentation and the development of ensemble work. The company features ensemble productions, produces classic works, takes artistic risks, and features and challenges local performers of various skill levels.

## ArtFest And Matlacha Hookers Team Up To Purchase Art Supplies

The Matlacha Hookers volunteer their time to staff the beverage booths at ArtFest Fort Myers and, in return, ArtFest purchases art supplies for Pine Island Elementary School. This year, ArtFest presented a check for \$1,600 for Pine Island Elementary's 2017-18 school year.

"This is a wonderful example of how members of a community can work together toward a common goal," explained Sharon McAllister, ArtFest executive director.

"It is always exciting to support art in our schools," added ArtFest Marketing and Publicity Director Jeanne Seehaver.

The Matlacha Hookers is a service organization that was formed in 1998 by 21 women who wanted to "make a positive difference in their community." Since then, hundreds of women have joined the organization in this effort. Any woman of the age of 21 can join.

ArtFest Fort Myers is the River District's premier art festival. Held annually, it attracts more than 80,000 art lovers to downtown Fort Myers each February. It will take place next on February 2, 3 and 4, 2018 in downtown Fort Myers along the riverfront.

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

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

# SANIBEL Music FESTIVAL

Save March For Music 2017

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

*Opera Theater of Connecticut presents excerpts and arias from Fabulous French Composers*



## Opera Theater of Connecticut ~ Fabulous French Composers

Including everything from grand opera to comic opera, OTC will present selections from the rich French opera tradition sung by six professional singers along with witty commentary by Artistic Director Alan Mann.

Excerpts from operas by the Magic of Massenet; the Beauty of Bizet and the Grandeur of Gounod including Manon, Werther, Don Quichotte, Carmen, The Pearl Fishers, Romeo et Juliette, Faust, Guillaume Tell and Lakme.

**Saturday, March 25 • \$45**

Sponsored by the Estate of Christine Johnson & Friends of Opera

Tickets available on-line at [www.sanibelmusicfestival.org](http://www.sanibelmusicfestival.org)

or by phone at 239-344-7025

or 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.







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## Along The River

**Peace Lutheran Church** will host a **duo organ concert** this Friday, March 24 at 7 p.m.

The concert features Rodney L. Barbour and Richard D. Jaeggi in a sonic spectacular encore presentation on duo organs.

Selections are from all periods of music history and uniquely arranged by Barbour. The classical/digital organ is being provided by Church Organ Concepts of Inverness, Florida.

Peace Lutheran Church is located at 15840 McGregor Boulevard in Fort Myers.

The Jazzy Nights series at the **Sidney & Berne Davis Art Center** features **trombonist Wycliffe**

**Gordon** for an extravagant evening of cocktails and music this Friday, March 24 beginning with cocktails at 7 p.m. The show is from 8 to 10 p.m. Experience the artist critics call a "modern day Louis Armstrong." This performance will also feature legendary jazz musicians Lew Del Gatto on saxophone, Joe Delaney on piano, Don Mopsick on bass and Tony Vigilante on drums.

Tickets are \$29 in advance and \$35 at the door. A table of four is \$125, while a table of eight is \$250.

The concert marks the final date of the 2016-17 Jazzy Nights Series. The Sidney & Berne Davis Art Center is located at 2301 First Street in the historic downtown Fort Myers River District.

Visit [www.sbdac.com](http://www.sbdac.com) to purchase tickets.

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

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

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

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

**Calusa Heritage Day** will be held on the Calusa Heritage Trail on the property of **Randell Research Center** in Pineland this Saturday, March 25 from 10 a.m. to 4 p.m.

Calusa Heritage Day is an outdoor archaeology and ecology history festival celebrating the Calusa legacy with speakers, replicators, guided walking and boat tours, exhibitors and children's activities. Food will be available for purchase. Free water will be available throughout festival; bring your water bottle.

The cost to attend is \$5. There is no charge for members and children ages 11 and younger.

Visit [www.flmnh.ufl.edu/calendar/grid/calusa-heritage-day/](http://www.flmnh.ufl.edu/calendar/grid/calusa-heritage-day/) or call Cindy Bear or Linda at 283-2157 for more information.

The Calusa Heritage Trail is a 0.7-mile interpretive walkway that leads visitors through the mounds, canals and other features of the Pineland archaeological site.

Randell Research Center is located at 13810 Waterfront Drive in Pineland. Use Bokeelia for GPS setting.

Community Cooperative's 2017 **Empty Bowls fundraiser**, presented by Suncoast Credit Union, will be held at the **Alliance for the Arts** on Saturday, March 25 from 11 a.m. to 4 p.m.

One of a kind handcrafted ceramic bowls made by local 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 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.

**The Sounds of Jazz and Blues**, the premier musical event in Cape Coral, will rock out at **Tarpon Point** this Saturday, March 25.

Gates open at 5 p.m. Gruv Therapy will play from 5:30 to 6:30 p.m. Mike Imbasciani & His Bluezrockers will perform from 7 to 8 p.m. High energy trumpeter Rick Braun will be the headliner and will play from 8:30 to 10 p.m.

The Cape Coral Parks and Recreation Department is organizing the event. Join in the citywide celebration for jazz and blues music.

Tarpon Point is located at 6179 Black Marlin Lane in Cape Coral.

Opera Theater of Connecticut will present an evening of excerpts from favorite French operas as well as works by Offenbach, Delibes, Thomas and others at the **Sanibel Music Festival** at **Sanibel Congregational United**



Bring your four-legged friend on a cruise to Picnic Island photo courtesy Pure Florida

**Church of Christ** this Saturday, March 25 at 8 p.m.

French opera is second only to Italian opera in the length, breadth and diversity of its history. It began in the 17th century and is still very much alive. It includes everything from grand opera to operetta to comic opera. The evening's program will be sung by six young professional opera singers including baritone John Dooley, sopranos Shannon Kessler Dooley and Rachel Policar, mezzo-soprano Evanna Lai, tenor Matt Morgan, bass Andrew Potter, accompanied by music director Robert Ashens. Artistic director Alan Mann will supplement each segment with supertitles and commentary.

Tickets may be purchased for \$45 each online at [www.sanibelmusicfestival.org](http://www.sanibelmusicfestival.org) or by calling 344-7025. Tickets may also be purchased by cash or check only at Bank of the Islands, 1699 Periwinkle Way, and Sanibel Captiva Community Bank, 2477 Library Way on Sanibel.

Sanibel Congregational United Church of Christ is located at 2050 Periwinkle Way on Sanibel.

Join a bird patrol guide during a **nature walk** at **Bunche Beach** in South Fort Myers this Thursday, March at 5:30 p.m. Meet on the beachfront located on the south end John Morris Road off of Summerlin 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](http://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.✧

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## Register For Alliance Summer Camps

The Alliance for the Arts offers three summer camp options: Minis Arts Camp for ages 4 and 5, Summer Arts Camp for grades kindergarten through sixth grade and Musical Theatre Intensive Camp for grades 7 to 12. Registration is now open. Campers must be 5 years old by September 1 to be eligible for Minis Arts Camp.

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

Themes include:

- Week One: Dragon Tales (June 5 to 9)
- Week Two: A Glitch In Time (June 12 to 16)
- Week Three: Bright Lights, Big City (June 19 to 23)
- Week Four: Big Country (June 26 to 30)
- Week Five: We've Got Talent (July 10 to 14)
- Week Six: Stranded (July 17 to 21)
- Week Seven: Bandits & Badges (July 24 to 28)
- Week Eight: Weird Science (July 31 to August 4)

Musical Theatre Intensive camp is held at Broadway Palm's rehearsal space in Royal Palm Plaza. Camp runs Monday through Friday from 9 a.m. to 4 p.m. Daily arrival time is from 8:45 to 9 a.m. with no extended care available. There is a final performance each Friday at 3 p.m. Each week is \$175 for Alliance members or \$220 for non-members.

Themes include:

- Week One: Mary Poppins - all levels (July 10 to 14)
- Week Two: Pop/Rock Star - all levels (July 17 to 21)

- Week Three: White Christmas - all levels (July 24 to 28)
- Week Four: Broadway Palm Season Review - advanced students (July 31 to Aug. 4)

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

For more information or to register for Minis Arts Camp, Summer Arts Camp or Musical Theatre Intensive Camp, visit [www.ArtnLee.org/BestSummerEver](http://www.ArtnLee.org/BestSummerEver) or call 939-2787.

You may become a member at [www.ArtnLee.org/Join](http://www.ArtnLee.org/Join) to take advantage of discounts. Teen volunteer and scholarship applications are also available.

Summer Arts Camp is kindly sponsored by Family Thrift Center in Fort Myers.✱

## Ballpark Walkathon To Benefit Veterans

The family-friendly, tail-wagging 3K events that draw thousands of enthusiastic dog lovers and fundraisers in support of Southeastern Guide Dogs each year to south Florida are in full swing.

On Saturday, April 8, there will be a walkathon at JetBlue Park in Fort Myers. The action will take place in the stadium's wide-covered concourse area as well as throughout the park's beautiful complex.

Participants will enjoy a 3K walk, music, local vendors, our Southeastern Guide Dogs Gift Shop and family-friendly fun. And, most importantly of all, the event will raise funds to help open new doors of independence for the graduates, and offer them the gift of the best guide dogs in the world.

The day begins at 8:30 a.m. when the festivities begin. At 9:45 a.m., the opening ceremonies kick off. The 3K walk begins at 10 a.m. There will be a raffle drawing at 1 p.m.

Walkathons pairs the visually impaired and veterans with Posttraumatic stress disorder (PTSD) with dogs that transform their lives...at no cost.

For more information or to form a Walkathon team, visit [www.guidedogs.org/walkathon](http://www.guidedogs.org/walkathon).✱

Saturday between 9 a.m. and noon and Wednesday 4 to 7 p.m.

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

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

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

For more information, call 332-8778 or visit [www.leecountyblackhistorysociety.org](http://www.leecountyblackhistorysociety.org).

Sources: Archives of the Southwest Florida Historical Society and the News-Press.✱

From page 3

## Centennial

Community Foundation's Regional Tech Hub.

It should also be noted that the centennial capsule was not the first downtown capsule to be relocated – a curious twist in honoring history.

Take a break from the controversies of the present day and visit the centennial time capsule that migrated from Edwards to Jackson Street.

Then, visit the following two research centers to learn more about local history and what's happened so far in the town's second century.

The Southwest Florida Historical Society is an all-volunteer non-profit organization open Wednesday and

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## Churches/Temples

### ALL FAITHS UNITARIAN CONGREGATION (UUA)

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

### ALL SAINTS BYZANTINE RITE CATHOLIC CHURCH

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

### ANNUNCIATION GREEK ORTHODOX CHURCH

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

### BETH SHILOH

### MESSIANIC SYNAGOGUE

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

### BREAD OF LIFE MINISTRIES CHURCH OF GOD

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

### CHABAD LUBAVITCH

### OF SW FLORIDA ORTHODOX

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

### CHAPEL OF CYPRESS COVE

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

### CHURCH OF THE CROSS

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

### CONGREGATIONAL CHURCH

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

### COVENANT PRESBYTERIAN CHURCH

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

### CYPRESS LAKE BAPTIST CHURCH

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

### CYPRESS LAKE PRESBYTERIAN CHURCH

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

11 a.m. Summer Prayer Service 8 a.m. Combined Traditional/Praise 10 a.m.

### CYPRESS LAKE UNITED METHODIST CHURCH

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

### FAITH FELLOWSHIP WORLD OUTREACH MINISTRIES

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

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

### FAITH UNITED METHODIST CHURCH

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

### FIRST CHURCH OF CHRIST, SCIENTIST

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

### FIRST CHURCH OF THE NAZARENE

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

### FIRST UNITED METHODIST CHURCH

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

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

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

### FORT MYERS CONGREGATIONAL UNITED CHURCH OF CHRIST;

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

### IONA-HOPE EPISCOPAL CONGREGATION

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

### JESUS THE WORKER CATHOLIC CHURCH

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

### KINGDOM LIFE CHURCH

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

### LAMB OF GOD CHURCH

A few federated Lutheran (ELCA) and Episcopal Congregation. 19691 Cypress View Drive, Fort Myers. 267-3525. [www.lambofgodchurch.net](http://www.lambofgodchurch.net). Reverend Dr. James

Reho. Sunday 7:45 and 10 a.m. Sunday's Cool for Children 10 a.m.

### NEW BEGINNINGS CENTER

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

### NEW COVENANT EYES CHURCH

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

### NEW HOPE BAPTIST CHURCH OF FORT MYERS

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

### NEW HOPE PRESBYTERIAN CHURCH

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

### PEACE COMMUNITY CHURCH

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

### PEACE LUTHERAN CHURCH

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

### REDEEMER LUTHERAN CHURCH

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

### RIVER OF LIFE ASSEMBLY OF GOD

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

### SAMUDRABADRA BUDDHIST CENTER

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

### SAINT COLUMBKILLE CATHOLIC CHURCH

12171 Iona Road, Fort Myers, off McGregor and north of Gladiolus. 489-3973. Father Lorenzo Gonzalez. Monday through Saturday 8 a.m. Saturday 3 and 5 p.m. Sunday 7, 9, 11 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 NICHOLAS MONASTERY

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

### ST. VINCENT DE PAUL CATHOLIC COMMUNITY

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

### SOUTHWEST BAPTIST CHURCH

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

### TEMPLE BETHEL SYNAGOGUE

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

### TEMPLE JUDEA (CONSERVATIVE)

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

### THE NEW CHURCH

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

### UNITARIAN UNIVERSALIST CHURCH FORT MYERS

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

### UNITY OF BONITA SPRINGS

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

### UNITY OF FORT MYERS

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

### WESTMINSTER PRESBYTERIAN CHURCH (PCA)

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

### WORD OF LIFE CHURCH

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

### ZION LUTHERAN CHURCH

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



## Bingo Fundraiser

The Children's Advocacy Center (CAC) of Southwest Florida 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 will be Lee County Tax Collector Larry Hart, who also serves on CAC's board.

Tickets are \$45 per person, which includes 12 bingo game cards for a chance to win fine jewelry and designer handbags, heavy hors d'oeuvres and door prizes. Tickets must be purchased in advance by going to [www.eventbrite.com](http://www.eventbrite.com).

CAC thanks its major sponsor,

Florida Blue; platinum sponsor Entech; and gold sponsors Island Mortgage of SWFL and United Healthcare. To become a sponsor, call Lisa at 939-2808.

Since 1981, 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](http://www.cac-swfl.org).✱

## Artwork Sought For Juried Exhibit

The Alliance for the Arts is seeking Florida artists to submit their work to the 31st annual All Florida Juried Exhibit. The show's opening celebration is June 2 from 5 to 7 p.m. at 10091 McGregor Boulevarr. This is the Alliance's longest running exhibition.

Categories for entry are sculpture, painting (including oil, acrylic, collage, water color and mixed media), photography, prints and drawing. An entry may consist of one to three artworks. All entries must be submitted online no later than April 29. Artists can download the prospectus at [www.ArtInLee.org/AllFlorida](http://www.ArtInLee.org/AllFlorida).

This year's juror is Kimberly Riner. Riner is the visual arts director at the Averitt Center for the Arts. She received her master of fine art from Georgia Southern University in 3D art with an emphasis in ceramics. Riner has held faculty positions at Georgia Southern University and Ogeechee Technical

College.

Riner is actively involved in growing the art scene in the Statesboro area where she has worked with ArtsFest, Summer Studios and Creative Art Studio. Most recently, Riner opened the Averitt Center's new visual arts facility, The Roxie Remley Center for Fine Arts. Her artwork has been exhibited both nationally and internationally and is held in private collections. Exhibition venues include: Mason City, Iowa; Atlanta, Georgia; North Charleston, South Carolina; Lake City, South Carolina; Cochran, Georgia; and Sheffield, England. Riner previously exhibited at the Alliance for the Arts in January's Changing States exhibition.

Riner will be on hand at the juried exhibit to present awards including \$1,000 cash for Best In Show, a second place \$250 gift certificate for Golden Paints, \$100 cash for third place and Jurors Choice Award(s) of Alliance for the Arts membership(s). There will be a conversational gallery walk and talk with the juror on Saturday, June 3 at 10 a.m.

For more information, call 939-2787 or visit [www.ArtInLee.org](http://www.ArtInLee.org).✱

From page 1

## Grand Opening

home," said Tom Golisano. "The new Golisano Children's Hospital is now almost ready to open its doors and welcome those in need of care. I am honored to be able to help make this new critical resource for children in Southwest Florida possible and look forward to being there to celebrate this significant achievement for the community."

Children, and the young-at-heart, will be captivated by the many interactive design features and color-coded theming on the seven-floor facility. The building encompasses nearly 300,000 square feet and consolidates into one location the medical and ancillary specialty services required to treat critically ill or injured children in a five-county region. A total of 128 patient beds will be available at the new hospital, with future expansion capabilities up to 160 beds.

A dedicated pediatric emergency department with its own ambulance entrance will be staffed by pediatric emergency physicians 24 hours a day, seven days a week. Other new features include:

- A classroom where children can

continue their studies in an educational environment while in the hospital

- A family room
- Outdoor garden with colorful statues and areas for meditation and respite for families
- Family resource center
- Family laundry facility
- A 64-room Neonatal Intensive Care Unit (NICU)
- Milk lab
- Chapel
- Two new MRI units
- Acute care pediatric rehab area

"The mission of the Suncoast Credit Union Foundation is to promote the education, health and emotional well-being of the children in the communities we serve," said Cindy Helton, executive director of the Suncoast Credit Union Foundation. "We are pleased to be able to fulfill this mission by providing families the opportunity to tour the hospital and participate in the grand opening festivities."

The community is invited to attend the grand opening. To accommodate hospital visitors, guests are asked to park in designated areas on the north side of HealthPark Medical Center. Trolley service will be provided.✱

## Mac N' Cheese Benefit Challenge

Make-A-Wish Southern Florida's Youth Leadership Committee (YLC) will be hosting a Mac N' Cheese challenge event at Estero High School on Saturday, March 25 from 11 a.m. to 3 p.m.

The food-filled fundraising event will have more than a dozen restaurants and catering companies showcasing their most delicious mac n' cheese creations. Guests will enjoy samples of the classic comfort food and vote for their favorite.

The YLC has set a goal to raise enough money to grant 20 local wishes. Tickets are \$20 per person and may be purchased online at [www.makeawishtickets.org](http://www.makeawishtickets.org). If unable to attend, donations for the YLC fundraiser will also be accepted online.

Participating companies include Applebee's, Beach Brothers BBQ, Bravo, Hyatt House, Hyatt Regency Coconut Point, Jason's Deli, New York Pizza & Pasta, Publix, Seasons 52, Shula's Steak House, The American Gastro Pub, The Colony Country Club, The Terraces at Bonita Springs and Wendy's.

The Youth Leadership Committee is a group of students from seventh to twelfth grades who work together to help spread the mission of Make-A-Wish as well as raising funds to grant local wishes, all while learning important leadership skills.

To get involved in supporting the Youth Leadership Committee, sponsor this event, or enter your company's mac n' cheese into the challenge, call or email Taylor Marini at 992-9474, extension 23 or [tmarini@sflawish.org](mailto:tmarini@sflawish.org).

Estero High School is located at 21900 River Ranch Road in Estero.✱

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Dr. Ella Mae Piper came to Fort Myers in 1915 and made a rare appearance

photos provided

## Fundraiser Brings In Nearly \$100,000

Tootie McGregor and Ponce DeLeon were among the luminaries of Florida history to make an appearance at A Night at the Museum, but the Southwest Florida community was the real star of the evening, raising nearly \$100,000 for the newly minted IMAG History & Science Center.

Attendees were treated to a big reveal of the refreshed brand combining the former Imaginarium Science Center and Southwest Florida Museum of History, which are under one roof.

The proceeds will fund children's camp programs, support expanded curriculum and exhibit offerings as well as put into motion a long-awaited

conceptual plan for IMAG's future footprint of its campus for the enjoyment of Southwest Florida residents and visitors of all ages.

A new non-profit organizational structure was recently announced for IMAG, allowing autonomy from the City of Fort Myers while benefitting from its continuing support. A new, expanded board of directors has been installed, led by Chair Jon Ellsworth and Past Chair Jon Romine. Matt Johnson has assumed the reins of executive director of operations.

"IMAG belongs to the community of Southwest Florida, and it's gratifying to see the community come together to celebrate its important place in Fort Myers," Johnson said. "Our annual fundraiser this year had a special spark, which was a shared excitement about the future. I express thanks on behalf of IMAG's board and staff."\*



Kathy Grey as Tootie McGregor



Ponce DeLeon finds his fountain of youth at last



Tootie McGregor and the mermaid share a laugh

## Free Pain Clinic To Hold Inaugural Patient Fundraiser

The Southwest Florida Free Pain Clinic, the only free pain clinic in Florida for low-income individuals, will hold its first-ever fundraising event at Pelican Preserve on Friday, April 7 at 6 p.m. Heal the Hurt will feature a live and silent auction, dinner and testimonials from patients of the clinic. Reservations are \$50 per person and can be made at [www.christianmedicalministries.org](http://www.christianmedicalministries.org).

The Southwest Florida Free Pain Clinic, founded in 2010 by Alan Gruning, DO, was established to provide healing for individuals with chronic and acute pain, without the use of controlled drugs, and with the added unique aspect of prayer and counseling. The clinic takes a holistic approach to healing and utilizes chiropractic care, massage therapy, modalities and exercise training to alleviate pain at the source and begin an effective healing process for individuals without the ability to pay.

"It has been a privilege to provide this unique, free care to the uninsured



Clinic founder Alan Gruning takes a moment to pray with patients

photo provided

poor that suffer from acute and chronic pain in our community," said Gruning.

"These people are desperate and have no other resources to get the help they need. We have a vision to provide full-time care in a permanent setting to reach more patients and improve their outcomes, eventually replicating this model across the state. We need the

help of our community to make this happen."

The clinic utilizes more than 50 ongoing volunteers, including medical professionals who donate time and resources for the benefit of the patients. It is the only one of its kind in Florida, and has been successful in keeping patients out of the emergency room,

and off of drugs. Successful treatment helps patients get back to work, and helps them better care for themselves and their families.

The Heal the Hurt dinner and auction marks the launch of fundraising efforts to expand services. Currently, the Southwest Florida Free Pain Clinic operates Tuesday evenings from 5:30 to 9 p.m. at the Fort Myers First Church of The Nazarene at 13545 American Colony Boulevard. Plans to expand to full-time service will cost upwards of \$300,000 per year, and be funded through grants and community donations. The SWFL Free Pain Clinic is a ministry of Christian Medical Ministries, a 501(c)3 organization founded in 2010 to provide high quality holistic medical care at no charge to those without the ability to pay, with attention to the physical, emotional and spiritual aspects of health and healing. The clinic serves more than 25 patients weekly, with more than 50 regular volunteers.

Pelican Preserve is located at 9802 Pelican Preserve Boulevard in Fort Myers.

For more information, visit [www.christianmedicalministries.org](http://www.christianmedicalministries.org), or call 308-7107.\*



# 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.



Island Cow offers a self-described "whimsical, island-style environment" that "is perfect for adults and kids of all ages" photo provided

## SUMMERLIN JAKE'S

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

17501 Harbour Pointe Drive, 466-5377.

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signature sandwiches and classic favorites. Visit [sundialresort.com/eat](http://sundialresort.com/eat) for menus, hours and reservations.

1451 Middle Gulf Drive, Sanibel 472-4151.

## TERRA NOSTRA

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

Owners Fernando and Sao Uva welcome you to their new location after spending many years on Fort Myers Beach. They bring over Chef Anthony 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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# So You Thought Winter Was Over?



by Capt. Matt Mitchell

A mid-March cold front really put the breaks on snook fishing for a few days with our morning lows dipping into the 40s. This was as cold as anything we dealt with all winter long. After having had such mild weather for the last few months, this late season cold front was a real shocker to the fish.

If this sudden blast of crazy cold did not keep you off the water for a few days, then the strong winds certainly did. Weather conditions caused lots of cancelled fishing trips as conditions were just unfishable for a few days. Once the wind speed finally began to relax a little, anglers bundled up and ventured back out to enjoy some outstanding sheepshead fishing. Then gradually as temperatures slowly crept back up, snook fishing began to get back to normal.

Whenever we get such a drastic 10 to 15 degree drop in water temperature, fishing totally changes for a few days. One of the few species that feeds better during these cold temperatures is the sheepshead and, for several days, we targeted and caught lots of keeper sheepshead up to five pounds. Just about any dock close to the passes was loaded with fat roe-filled sheepshead, which are at the end of the annual spawn. This was probably our last chance at some really good sheepshead action until next winter.

For a few days after the cold front passed, everyone struggled to catch shiners. Cooler temperatures and rough conditions push this favorite bait out to the deeper, warmer water from the grass flats. When we did start to catch shiners again, snook would often just chase them as they seemed just too cold and sluggish to catch them. The aggressive snook and trout bite we are use to got a whole lot slower, although it is improving everyday as temperatures gradually warm back up. In many of sheltered shallow dark bottomed bays, I found lots of snook just laid up and soaking in the heat from the sun as they tried to warm up.

When going fishing after a extreme cold front like we just experienced, being able to switch it up and go target sheepshead is often the only choice



Jenna Farmer, visiting Sanibel from Chicago, with a big sheepshead caught while fishing with Capt. Matt Mitchell this week

when you need to catch fish. Luckily this week I had anglers who were just happy to be out on the water and to catch any kind of fish. We changed it up to the ultra-light spinning gear and made the best of this bad weather situation while still managing to keep the rods bent.

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

## Send Us Your Fish Tales

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

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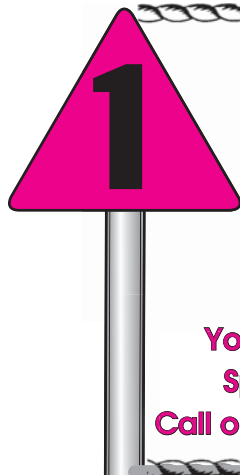
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Dave Doane



## CROW Case Of The Week:

## Red-shouldered Hawk



by Bob Petcher

The red-shouldered hawk (*Buteo lineatus*) can be found wherever there are tall woods and water. If you are in its vicinity, its distinctive "kee-rah" call can definitely be heard soaring through the sky,

since that sound rises above most any other animal sound. The robust hawk is considered the noisiest of its extended family, especially at this time of year when spring courtship is definitive.

This species of hawk has common markings with a banded red-brown chest and heavy bands on its tail. It is medium-sized with broad wings that fan out when gliding or soaring in flight. When they land, they usually perch on tree branches or telephone wires. If you happen to be walking by, they will stare at you with intimidation. They have been known to be aggressive and do lock talons with other hawks, attacking crows or larger owls due to territorial issues. Humans are not an exception if they are seen as intruding.

The head color of the red-shouldered hawk differs with region. In Florida, their heads tend to be pale and gray. In the northeast, they are a form of brown. In

California, the heads are richer in color.

Besides pesticides, the biggest threat to red-shouldered hawks is human development, the continued clearing of their wooded habitat. This breaking up of contiguous forest also has an adverse affect to the more aggressive great horned owl and red-tailed hawk, the latter of which has been called the red-shouldered hawk's closest competitor. Other threats to the red-shouldered hawk include pollution, accidental poisoning and hostility from farmers who believe this species of hawk threatens their chickens.

Red-shouldered hawks do have the ability to adapt to urban environments better than most every other "raptor" in the many regions. Overall, help could come from forest regeneration in recent years to help create new habitat.

The red-shouldered hawk reaches sexual maturity at approximately age 2. The species may live close to 20 years.

A nestling red-shouldered hawk arrived at the clinic on March 15 from Fort Myers. CROW officials were informed that the very young bird was found after falling from a nest. The baby hawk's head was tilted to its right side with possible causes ranging from the nest fall to a viral infection, according to CROW DVM intern Dr. Spencer Kehoe.

"We have not ruled out a viral infection. However, based on how the patient has responded to treatment, our most likely cause is head trauma likely from falling from the nest," Dr. Kehoe said.

The little patient was placed in a neck brace to hold its head in an upright position. "This is a relatively new treatment which we are at the forefront of



Patient #17-591 resting at the wildlife clinic

photo by Brian Bohlman

developing," Dr. Kehoe added. "We have been successful at correcting torticollis (head tilt) previously with this technique."

CROW officials say the bird has improved since its arrival. The patient has been eating well, but it has been fed by CROW staff at regular intervals throughout the day due to its young age.

Once the head tilt issue is resolved, the baby hawk is expected to be released to be back with its parents.

"Once the torticollis has resolved, we will be able to re-nest the young hawk," said Dr. Kehoe. "The parents will be able to provide better care than we can."

After more care and more time in the

neck brace, that release time should occur. The tiny bird of prey appeared to have improved during last weekend.

"The patient's torticollis has improved markedly," said Dr. Kehoe. "It can now hold its head upright with the neck brace and is gaining strength without the brace."

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 PO Box 150, Sanibel, FL 33957. Call 472-3644 or visit [www.crowclinic.org](http://www.crowclinic.org).✱

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Native trumpet honeysuckle attracts butterflies, hummingbirds and other pollinators

photo by Gerri Reaves

#### Plant Smart

## Trumpet Honeysuckle

by Gerri Reaves

**N**ative trumpet honeysuckle (*Lonicera sempervirens*) is a twining woody vine that is both ornamental and wildlife-friendly.

A nectar source to butterflies, hummingbirds, and pollinators, it also provides food and cover to small mammals and birds.

In the wild, it grows in thickets, hammocks and along roadsides. In South Florida, this vine is evergreen. In fact, the term *sempervirens* means “always green.”

It works well as a climbing vine on a fence or trellis, as a groundcover, or in a hanging basket. Once established, it's a fast grower, with the reddish stems reach as long as 20 feet.

The smooth ovate leaves appear in pairs and have dark-green upper sides and paler lower ones.

One distinctive characteristic is the fused pair just below the flowers.

The stunning flowers of about two inches long appear in whorled clusters at the stem ends. Peak blooming occurs

spring to fall.

Trumpet-shaped, or tubular, the flowers are orange, pink or scarlet with yellow interiors. The five fused petals have scalloped edges. Another common name is coral honeysuckle.

This resilient, pest-resistant and beautiful species will grow in full to partial sun, but needs full sun for maximum blooming.

Small shiny red fruit follows the blooms and attracts a variety of native birds.

It is drought tolerant but has low salt tolerance. Although it will grow in sandy or poor soil, give it some organic content for best results.

Propagate it with seeds or cuttings.

Sources: *Florida Gardener's Guide* by Tom MacCubbin and Georgia B. Tasker, *Florida Wild Flowers and Roadside Plants* by Ritchie C. Bell and Bryan J. Taylor, *A Gardener's Guide to Florida's Native Plants* by Rufino Osorio, *Native Florida Plants* by Robert G. Haehle and Joan Brookwell, *The Right Plants for Dry Places* by Suncoast Native Plant Society, *Wildflowers of Florida* by Jaret C. Daniels and Stan Tekiela, edis.ifas.ufl.edu, and fnps.org.

*Plant Smart* explores the diverse flora of South Florida.\*



Solomon's Castle in Ona, Florida

photo provided

Lake Kennedy Senior Center

## Solomon's Castle Tour And Lunch

**T**he Kennedy Kruisers are diving deep into the heart of Florida to find hidden treasures so unique, you have to see it to believe it! Join the seniors for a unique excursion to Solomon's Castle in Ona, Florida on Thursday, April 6. Participants are asked to arrive at 7:30 a.m. for the 7:45 a.m. departure. Return time is 5 p.m. or before.

Tickets are \$76 per member or \$81 per non-member. Lunch is included. Pre-registration is required.

The castle was designed and built by internationally known artist and sculptor Howard Solomon. It houses his home and galleries. The trip includes a private guided tour of the castle followed by lunch on the “Boat in the Moat” restaurant. The restaurant is run by Howard's daughter. The Knights Round Table lunch features your choice of a healthy hearty entree, sides, a beverage and dessert.

Mr. Solomon passed away in August 2016. His unique works of art will live on forever.

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

## America's Boating Course

**T**he San Carlos Bay Sail & Power Squadron, a unit of the United States Power Squadrons, will be offering America's Boating Course beginning Saturday, April 1 from 8:15 a.m. to 12:30 p.m. This course is recognized by the National Association of State Boating Law Administrators (NASBLA) and satisfies the Florida state requirement that anyone born after January 1, 1988 must pass a safe boating course and obtain a Boating Safety Education ID card, which is valid for life, in order to operate a boat with more than 10 HP. Each student will receive a card/certificate from the Florida Fish and Wildlife Commission upon completion of the class. The course consists of two sessions on consecutive Saturdays. The second session will be on Saturday, April 8 also from 8:15 a.m. to 12:30 p.m.

Topics covered include hull design, docking, anchoring, handling boating emergencies, reading channel markers and many other topics to make each boating experience safer and more enjoyable. Successful completion of this course entitles the boater to 18 months of membership in a United States Power Squadron for the price of 12 months. The cost of the course is \$45 with a \$20 cost for a second person sharing the instruction materials.

The San Carlos Bay Sail & Power Squadron classroom is located at 16048 San Carlos Boulevard at the corner of Kelly Road (across from ACE Hardware). Students can register online at [www.scbps.com](http://www.scbps.com) or call the office at 466-4040 and leave their contact information.\*

## Free Bird Walk

**E**xperience beautiful birds during a morning meander at Lakes Park in Fort Myers. The nature walk with a bird patrol guide will be held Saturday, April 1, at 8 a.m.

This easy walk along clear paths offers an opportunity to see birds in native vegetation with experienced guides pointing out the many species in Lakes Park, a Lee County birding hot spot and crucial nesting area for many birds. Wear comfortable shoes and dress to be outside. Bring water, sunscreen and binoculars.

For more information, call 533-7580 or 533-7576. This tour, free with paid parking, is provided in cooperation with Lee County Parks and Recreation. Visit [www.birdpatrol.org](http://www.birdpatrol.org) to learn more.

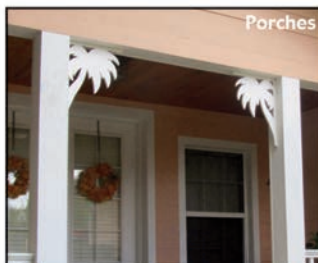
Lakes Regional Park is located at 7330 Gladiolus Drive in Fort Myers. Meet at Shelter A7. Once you enter the park gate, turn right and drive to the end of road, continue through the parking lot, and Shelter A7 is located near the train station.\*



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## Captains For Clean Water Raises Over \$300,000 During Gala



Capt. Daniel Andrews and Capt. Chris Whitman founded Captains for Clean Water to work for healthy marine ecosystems in South Florida by improving water quality photos provided

Captains for Clean Water raised more than \$310,000 in one evening to fight for science-based solutions to save our estuaries and the Everglades.

More than 350 fishermen, outdoorsmen and concerned citizens gathered at the Burroughs Home on March 3 for the inaugural Restore Clean Water Gala. Fishing legends and TV personalities, including Blair Wiggins, George Gozdz, Rob Fordyce, Peter Miller and Carter Andrews, were on hand to show their support for cleaning up Florida's estuaries. Host of TV's *Flats Class C.A* Richardson emceed the event, and Zac Jud, Ph.D. motivated the overflow crowd with his explanation of the challenges and possible solutions to the manmade problems that degrade

water quality in South Florida. When attorney Sawyer Smith, one of the event organizers, asked for financial assistance, the response was overwhelming with pledges totaling more than \$300,000.

Captains for Clean Water co-founder Capt. Daniel Andrews said, "We are extremely grateful to everyone who came to the Restore Clean Water Gala to champion a cause that means so much to all of us. We are truly humbled by this initial wave of support to help us move our efforts forward. It was an inspiring night, and we cannot thank our supporters enough."

Co-founder Capt. Chris Whitman said, "If everyone knew about our water problems, they would have been fixed decades ago. In the face of large-scale propaganda campaigns funded by outside



An overflow crowd at the Burroughs's Home pledged more than \$300,000 to support the work of Captains for Clean Water

special interests, Captains for Clean Water is working to educate and inform Floridians about this extremely important issue. All funds raised are used to help Floridians better understand this critically important issue and the scientifically supported solutions available to our state."

Captains for Clean Water also works to united stakeholders by finding common ground to fight for clean water and to promote long-term, science-based solutions to the South Florida water crisis.

Captains for Clean Water is a 501(c)3 nonprofit organization that advocates

for healthy marine ecosystems in South Florida by improving water quality. A group of fishing guides from Fort Myers had enough of Florida's poor water management practices and founded the organization last year. Through Everglades Restoration and local watershed projects, waters that have been compromised by development and agriculture can be restored and Florida's estuaries can be preserved.

For more information or to join in the effort, visit [www.captainsforcleanwater.org/](http://www.captainsforcleanwater.org/). Memberships begin at \$30 per year.\*

### "Top 5 Breakfast in Florida" - Southern Living

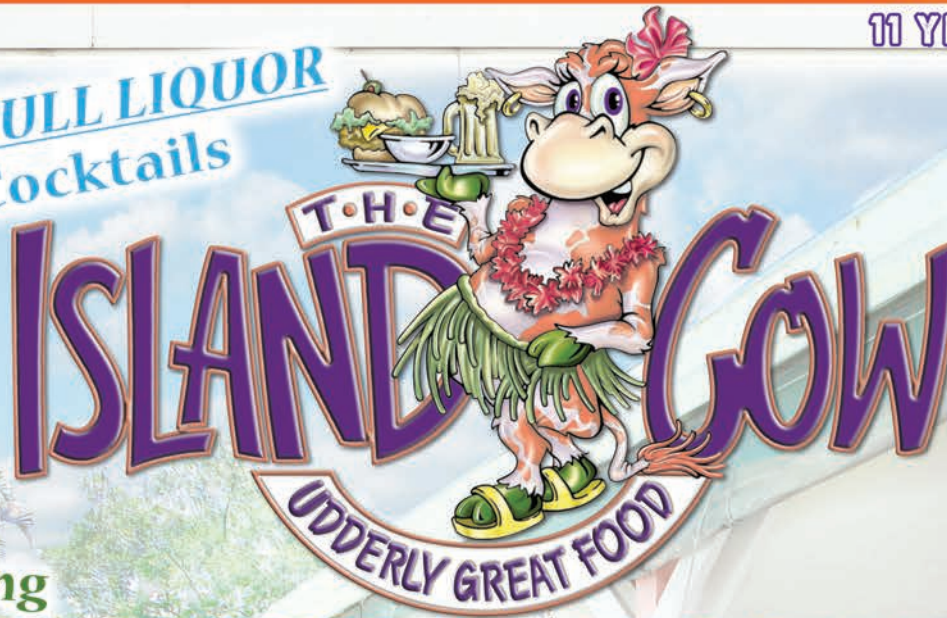
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From left, Jan-Erik Hustrulid, Gretchen and Mark Banks and Kathryn Kelly photos provided

## Blues By The Bay To Support Kids

**B**lues by the Bay, an evening of live music, food and drinks, will be held Monday, April 3 from 7 to 9:30 p.m. at the Blue Coyote Supper Club at 1100 Park View Drive, on Sanibel. Guests will enjoy samplings from Sanibel's finest restaurants, fine wines, a signature Blue Bay Martini, champagne and live music by the Juice, a rockin' blues band. Guests can upgrade to VIP level and receive tickets to the exclusive pre-party and VIP benefits.

Participating restaurants include Blue Coyote Supper Club, Sweet Melissa's Cafe, Bleu Rendezvous French Bistro, Summerlin Jake's Seafood and Steaks, Pinocchio's Original Italian Ice Cream and The Timbers Restaurant and Seafood Market. The beverage sponsor is The Lighthouse Resort & Tiki Bar.

Live auction items will be offered and all proceeds will benefit the School Success programs for at-risk children in the Harlem Heights neighborhood in Fort Myers. The event is presented by Bank of the Islands. Additional sponsors include Chico's FAS, Entech



Susan Smith and Lynn Bode

and the *Sanibel-Captiva Islander/Island Reporter*. Sponsorship opportunities are available. Dress is resort casual.

"Our School Success program includes academic tutoring, after school and summer camp programs, scholarship and college access



From left, Rob Lisenbee, Kim Nyberg, Pam Edwards, Willy Ocasio, Allison Goss and Chauncey Goss



From left, Matt Asen, Mary Jo Bogdon, Chef Teh Peng and Chef Galvin

assistance, school supplies and tuition support," said Kathryn Kelly, president and CEO of The Heights Foundation. "Each program is geared to meet the specific needs of children and young adults who seek to further their education."

Tickets are now on sale for \$125 each and space is limited. VIP opportunities and sponsorships that include an exclusive pre-party are also available. Purchase tickets at [www.heightsfoundation.org/blues](http://www.heightsfoundation.org/blues) or call Karen Lesza at 482-7706.\*

## Coalition Gains Challenge Grant

**T**he FutureMakers Coalition was recently awarded a \$50,000 challenge grant from Florida Philanthropic Network as part of its College Access & Success Initiative (CASI). A \$10,000 grant was also awarded for administration costs and backbone support.

The goal of the FutureMakers Coalition is to transform the workforce by increasing the number of Southwest Florida residents with degrees, certificates and other high-quality credentials by the year 2025. The coalition plans to use the challenge grant funding to continue to advance regional outcomes and efforts that support the Florida Higher Education Coordination Council's statewide goal of 55 percent higher education

attainment.

The grant will be awarded after the coalition raises \$50,000 in additional private donations by January 31, 2018. Anyone interested in learning more about the grant or investing in the FutureMakers Coalition may visit [www.futuremakerscoalition.com/partners/fund](http://www.futuremakerscoalition.com/partners/fund).

The College Access and Success Initiative is an initiative of Florida Philanthropic Network made possible through funding from the Helios Education Foundation and The Kresge Foundation. CASI builds on the success of the Florida College Access Network (FCAN) and its mission to create and strengthen a statewide network that catalyzes and supports communities to improve college and career preparation, and access and completion for all students. The purpose of the challenge grant is to leverage local private investment, through Florida community

foundations, to engage and sustain college access coalitions, thereby increasing the college-going and post-secondary completion rates of students traditionally underrepresented in higher education and building a college going culture throughout the state.

"This challenge grant allows the FutureMakers Coalition to create an endowment to fund the collective work aimed at transforming Southwest Florida's workforce in perpetuity," said Tessa LeSage, who is the director of social innovation and sustainability for the Southwest Florida Community Foundation and oversees the FutureMakers Coalition. "Fueled by the College Access & Success Challenge Grant and matched by regional partners and others who care deeply about education and workforce development, the endowment will supply funding to keep these issues and the need to work together to achieve our goals at

the forefront of our priorities. Further, the opportunity to participate in the statewide learning community will be invaluable to current and future projects underway and ultimately to the success of the FutureMakers Coalition."

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

The Southwest Florida Community Foundation serves as the anchor organization for the coalition. The FutureMakers Coalition encourages residents to join and support this community-changing initiative. For more information, visit [www.futuremakerscoalition.com](http://www.futuremakerscoalition.com), call 274-5900 or email Tessa LeSage at [TLeSage@floridacommunity.com](mailto:TLeSage@floridacommunity.com).\*



## Wine & Food Fest Raises \$3.2 Million For Pediatric Health Care



Debbie and Bill Toler hosted the Magical Greek Isles dinner, featuring wines by Honored Signature Vintner V Madrone Cellars and cuisine by Café & Bar Lurcat photos provided

As hosts of the 2017 Southwest Florida Wine & Food Fest's Chef Vintner Dinners, SWFL Children's Charities, Inc. uncorked the weekend of giving with 10 dinners, featuring uniquely themed, intimate dining experiences in private venues and the culinary talents of celebrated chefs paired with wines of renowned vintners.

In addition to the Chef Vintner Dinners, the two-day 2017 Southwest Florida Wine & Food Fest in late February included The Grand Tasting & Live Auction at Miromar Lakes Beach & Golf Club, which raised \$3.2 million for pediatric health care, with 100 percent of the ticket sales and live auction bids from the event benefiting Golisano Children's Hospital of Southwest Florida, Florida Gulf Coast University and Florida SouthWestern State College.✱



Dorothy and Ron Fitzgerald at the Winestock Rockin' on the River dinner



Rich and Cindy Harding, hosts of White Nights dinner with Husic Vineyards and chef Bob Boye of Cru



Under the Tuscan Stars dinner hosts Jenn and Joe Pavich with Juelle Fisher, center, of Fisher Vineyards. Cuisine was provided by Chef Harold Balink of Harold's.



Art and Bev Cherry co-hosted the Grapes, Glitter & Gold dinner with Kelly and Jason Stephens, with wines by Staglin Family Vineyard and cuisine by chef Gregory Scarlatos of FUSE Global Cuisine



Host and guests of the Winter Wonderland dinner, Chad Koces, Rocky Patel, Lindsay Stock, Bryan Gazella, Jenny Gazella, Geoff Petrie, Rocio-Elisa Petrie and Brian Stock



Haight-Ashbury 60s Revolution co-hosts Scott and Jenny Kashman with David and Christin Collins featured wines by Benovia Winery and dinner by chef Dustin Valette of Valette and chef Timothy Duque of Marker 92



# New Leadership Brings New Culture To Twins, But Success May Take Time



by Ed Frank

**A**s Major League Spring Training enters its final week, this year, and every year, all 30 teams express optimism and success for the upcoming season.

We've reviewed the outlook in recent columns for the defending American League Eastern Division Champion Boston Red Sox, but what about the future for our other local Spring Training team, the Minnesota Twins?

The Twins last year had sunk as low as the elevator could go, finishing not only in last place in the AL Central, but ending the season with the worst record in the Major Leagues, 59-103 (.364).

As a result, long-time general manager Terry Ryan was fired, and the front office was revamped under new dual leadership of Derek Falvey as chief baseball officer and Thad Levine as general manager.

You need not be a baseball genius to recognize that the lack of solid starting pitching was the number one reason for the Twins 2016 misery.

With a team pitching ERA of 5.08 last season, only one team, Arizona, was worse at 5.09.

Falvey came to the Twins from the Cleveland Indians where, as assistant general manager, he was recognized for his work in scouting, developing and preparing the Indians pitching staff. Even with the loss of two of the team's top three pitchers due to injury, Cleveland came within one run of a World Series championship last year.

It appears logical therefore, that the

Twins, with the first overall pick in the upcoming Major League Draft, will select a pitcher – perhaps Florida's Alex Faedo or Vanderbilt's Kyle Wright, two of several elite college pitchers that will be available.

The Twins also have the 35th and 37th picks in the draft, so the team has the opportunity to select three top prospects in the first two rounds.

Another lingering issue in the Twins future is the status of Manger Paul Molitor, a popular Hall of Famer. Molitor is entering the final year of his current three-year contract.

In a recent interview with MLB.com, Falvey was explicit in saying the team needs to play better this year. "We've talked a little bit internally about (how) at times last year we beat ourselves. It was not a fundamentally sound team."

Those words did not appear to be a strong endorsement of Molitor. However, in 2015, his first year, he was third in the AL Manager of the Year voting when the Twins went 83-79, a 13-game improvement from the prior season.

Both Falvey and Levine also are changing the culture of the Twins organization by placing greater emphasis on statistical research.

The changes that Falvey and Levine are bringing to the Twins are likely to take time before marked improvement becomes evident on the field. Remember the bold changes made by the Chicago Cubs five years before they won the World Series.

Cub fans were restless during the first the first few years of that reorganization. And Twins fans might be too.

But Falvey and Levine are bright young baseball executives with proven track records. Given time, they should return this proud franchise to the winning tradition it once held.✱

## SPORTS QUIZ

1. In 2015, Josh Donaldson became the second Toronto Blue Jay to win the A.L. MVP Award. Who was the first?
2. Who of these three major-league pitchers had the biggest positive differential between wins and losses in his career: Roger Clemens, Randy Johnson or Greg Maddux?
3. Four Florida Gators football coaches have been named SEC Coach of the Year. Name three of them.
4. In 2015, Atlanta's Kyle Korver became the fourth-oldest player (33) to make the NBA All-Star Game for the first time. Who was older?
5. How many NHL coaches reached 500 career victories before the first U.S.-born one (Columbus' John Tortorella) accomplished it in 2016?
6. In what sport did Fiji win its first Olympic medal in 2016?
7. Which golfer holds the PGA record for most victories in his 30s?

## ANSWERS

1. George Bell, in 1987. 2. Clemens was plus 170, Johnson plus 137 and Maddux plus 128. 3. Ray 5. Twenty-three. 6. Men's rugby sevens, where Fiji won the gold medal. 7. Arnold Palmer, with 44. 4. Nat "Sweetwater" Clifton (34 in 1957), Anthony Mason (34 in 2001) and Sam Cassell (34 in 2004). 5. Will Muschamp (2012) and Jim McElwain (2015).

## One Week Left For Challenge

**M**ore than half a million miles have been logged in the past two months in response to Healthy Lee's Million Movement Challenge to Lee County. Individuals and teams have posted more than 510,000 miles – which is equal in distance to more than 20 trips around the earth (24,901 miles) since Healthy Lee issued the official challenge to the community January 9 to move one million miles by March 31. Nearly 3,000 individuals, some participating as teams associated with businesses, organizations, churches and civic groups, have joined the challenge and surpassed the half-way point.

"We need everyone that is able to get moving and help Lee County reach the goal," said Christin Collins, co-chair of the Movement, and Lee Health Business Partner for Health and Wellness. "We have one week left to meet the challenge, and I know working together, our community can do this," Collins added. The challenge is open to all of Lee County to encourage

the community to get active, thereby supporting Healthy Lee's mission to empower and inspire healthy lifestyle choices through education and action. Whether you walk, run, bike, swim or participate in other aerobic activities that energize your body and mind, every step counts – for yourself and our community.

Local businesses are encouraging employees to get moving, and the results are smashing original goals set for the challenge. LCEC encourages its employees to walk around the campus, and holds Boot Camp on Fridays, which has resulted in 8,816 miles logged, surpassing its original goal of 5,000 miles set at the challenge kickoff. Lee County Port Authority/Paradies, which holds weekly prize drawings for registered participants, smashed its goal of 9,000 miles, and is still logging miles at 16,561. Physicians Primary Care has more than tripled their original goal of 11,000 miles, logging 39,000-plus miles to date. Lee County Schools has logged 56,555 miles – more than doubling their pledge of 25,000 miles.

Join in the challenge or find more information at [www.HealthyLee.com](http://www.HealthyLee.com).✱



Matlacha class students celebrate the seminar

photos provided

## New Anglers Net Skills At Seminar

**N**early 60 people came to learn fishing skills at the Ladies, Let's Go Fishing! (LLGF) at the Gulf Coast Fort Myers/Matlacha Fishing Seminar at Greater Pine Island Elks Lodge on March

11 and 12.

Florida Gulf Coast University offered education, hands-on fishing activities, networking and an optional fishing trip. While the participants were predominately female, some brought husbands and teens for the whole family to learn fishing.

The No Yelling School of Fishing began on Saturday, with classroom

presentations by Betty Bauman (Fishing Basis/Conservation), Craig "Snook Cowboy" Timbes (Best Times to Fish) and Capt. Jon Fetter (Inshore Fishing). The curriculum included hands-on skill practice such as hook removal/release techniques, knot tying, fly casting, spin casting, net casting and backing with Magic Tilt Trailers. The event concluded with a fundraiser.

Women came for many reasons, some to learn so they could take their children fishing, others to learn how to fish on their own boats, some to network with other women interested in fishing. Those who fish in northern states wanted to learn inshore fishing techniques for Florida.

On Sunday, participants embarked on their chosen fishing adventures from boats where they caught or released snook, snapper, flounder, sea trout and other species.

Featured on national network television and more, the series is supported by major partners including Recreational Fishing and Boating Foundation, Mercury, Ranger Boats, Magic Tilt trailers, Penn, ACR Electronics and Fish Florida. Annual sponsors are Minn Kota, Humminbird,



Marion Iglecia

Freedom Boat Club, Guy Harvey Ocean Foundation, Treasure Cay Beach, Marina & Golf Resort, Sunrise Resort & Marina, AFTCO/Guy Harvey, Future Angler Foundation, Savage Gear/Okuma, Seaguar, Power-Pole and Harbor Financial Services.✱



## Marketing Official To Speak At Conference

**G**ail Lamarche, director of marketing at Henderson, Franklin, Starnes & Holt, P.A., will speak at the 2017 Legal Marketing Association Annual Conference on March 27 in Las Vegas, Nevada. She will present How Solo Marketers Can Make a Big Splash in a Small to Mid-Sized Pond as part of a pre-conference session focusing on Impact Marketing for Small to Mid-Sized Law Firms. Lamarche will discuss ways to improve communication, various coaching and business development programs to help lawyers become more focused and strategic, and tips to help lawyers embrace various social media platforms.

Lamarche is responsible for all of Henderson Franklin's marketing efforts, including advertising, branding, business and client development, budget planning, events, public relations, seminars and sponsorships. She incorporates social media into the firm's legal marketing initiatives and assisted in the launch of the firm's three blogs, the Southwest Florida Employment Law Blog, the Legal Scoop on Southwest Florida Real Estate and the Southwest Florida Business and IP Bulletin. Lamarche also guest blogs and speaks on the use of social media to various industry and professional groups.

Lamarche serves on the Southwest



**Gail Lamarche**

photo provided

Florida Seminoles Board of Directors and is a member of the Red Sox Celebrity Golf Classic Tournament Committee, which supports the Golisano Children's Hospital of Southwest Florida. Lamarche previously served on the Legal Marketing Association's Social Media Shared Interest Group Leadership Committee for several years. She also was a co-founder, Steering Committee member and past president of the Social Media Club of Southwest Florida. She can be reached at [gail.lamarche@henlaw.com](mailto:gail.lamarche@henlaw.com) or by phone at 344-1186.\*

## Career Fair This Saturday

**L**ooking for new opportunities to advance professionally? Whether you're looking to change careers, or just starting out, LeeSar at 2727 Winkler Avenue in Fort Myers welcomes all jobseekers to its first on-site Career Fair on Saturday, March 25 from 8 a.m. to noon.

LeeSar and Cooperative Services of Florida, Inc. (CSF), a top employer in Southwest Florida, is seeking to fill positions in various departments and professional levels. Opportunities include: distribution warehouse (forklift and non-forklift); surgical instrument prep; dietary and food services; custom surgical pack assembly; information systems; entry level process improvement. Visit [www.leesar.com/employment/employment-opportunities/](http://www.leesar.com/employment/employment-opportunities/) for a complete listing and to apply.

LeeSar is currently undergoing a major expansion to meet growing demand and opening up approximately 40 to 50 new positions. Leaders in medical supply chain management, LeeSar and CSF, are two distinct companies with a shared mission: Supply the right products and services to the right place, at the right time, for the lowest possible cost. LeeSar is the operations component of this non-profit venture, while CSF is the corporate entity for product research, negotiation

and contract management.

For more information on LeeSar/CSF, visit [www.LeeSar.com](http://www.LeeSar.com). To RSVP for the LeeSar Career Fair, send your name, address and phone number to [careers@leesar.com](mailto:careers@leesar.com).\*

## Spring Job Fair

**T**he Southwest Florida Hispanic Chamber of Commerce invites the community to its 2017 Spring Job Fair on Wednesday, March 29 from 10 a.m. to 2 p.m. at Hodges University Fort Myers Campus, located at 4501 Colonial Boulevard, in Fort Myers.

Participating companies include Hodges University, Collier County Public Schools, Modern Woodmen Fraternal Financial, School District of Lee County, B&I Contractors, BB&T, LCEC, Collier County Sheriff's Office, Seminole Casino Hotel Immokalee, JW Marriott, Florida Department of Children & Families, Sunstate Academy, Hope HealthCare Services, Regions Bank, Fifth Third Bank, Biotest Pharmaceuticals, Lee Health, LYNX Services, Lee County Supervisor of Elections, CareerSource Southwest Florida and more.

Anyone interested in changing careers or in need of a job is welcome. This event is free to the public.

For more information or to rent a booth, contact the chamber at 418-1441 or [info@hispanicchamberflorida.org](mailto:info@hispanicchamberflorida.org).\*

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# Homeless Coalition Receives Help

Starbucks employees volunteered for a United Way Day of Caring project for the Lee County Homeless Coalition during the Homeless Coalition's annual Homeless Service Day and Veterans Stand Down.

A Stand Down is a military term used to describe a brief respite from combat where troops could access a variety of services. The objective was to help veterans and homeless individuals get what they need by providing services in a one-stop setting.

Starbucks volunteers assisted by conducting surveys with the homeless and veterans as they entered the event. The information is critical to the ability of our community to provide what the homeless and veterans need.

"We want to thank our volunteers for their hard work and assistance at this event. This is truly the community coming together to serve their own. More and more individuals and families find they are in need of services provided at this event. It's only with the assistance of local volunteers that we can rise to meet this challenge," said Lee County Homeless Coalition Executive Director Janet Bartos.

"Our team really enjoyed the Stand Down for Homeless and Veterans! It was a great day to be active in the community. We were touched and humbled by the people we got to help, and also the

contribution of other volunteers and businesses. It inspires us to make an effort to do more events like this one," said Tiffany Farrington, local Starbucks store manager.

Many agencies and organizations participated in the event, including United Way's Mission United and United Way 211 staff. United Way 211 is a free, 24-hour non-emergency helpline for information and referral to local human services such as food, housing, medical, childcare and more. Mission United serves as a single phone point of entry utilizing the 211 number to help active military, veterans and their families in Lee, Hendry and Glades counties find the help they need.

"We are deeply appreciative of the help the Starbucks volunteers have given to the veterans and homeless. The gift of your time and skills makes a great contribution to our community and the future of the Stand Down attendees," said Cliff Smith, president of the United Way of Lee, Hendry, Glades, and Okeechobee.

The United Way's Day of Caring is a year-round program, coordinated by the United Way Volunteer Center, which matches businesses' desires to help with the needs of the community. Many local groups and companies have participated such as Publix Super Markets, Busey Bank, Lee Health, Chico's and Comcast.

The United Way Volunteer Center connects individuals and companies to volunteer opportunities throughout the community. You can reach the United Way Volunteer Center by calling 433-2000 option 9, or by visiting [www.UnitedWayLee.org](http://www.UnitedWayLee.org).

## Financial Focus

# Help Protect Older Adults From Financial Abuse



by Jennifer Basey

Financial exploitation costs older Americans billions of dollars per year, according to several sources, including the National Council on Aging. If you have older parents, could they

be vulnerable to financial scams and rip-off artists? And, if so, what can you do to help protect them?

Unfortunately, it is possible for anyone to become a victim. For a variety of reasons, older adults may be easier targets than younger people. And that is why, when interacting with your parents, you should look for these warning signs:

- Suspicious new relationships – If your parent mentions something about a new friend, a romantic partner or some type of caregiver who seems to have taken a great interest in your parent's financial situation, you may have reason to be suspicious. Do not be afraid to ask some questions.

- Multiple checks written to same person or entity – If you think your parents may be making questionable financial moves, ask to see their checkbook. If you see several checks written to an unfamiliar person or business, you might be viewing evidence of a financial scam. If so, you will want to intercede before your parents get victimized again.

- Changing power of attorney or beneficiaries – If your parents suddenly decide to name someone new as their "agent" (the person responsible for carrying out a power of attorney), you may need to investigate. And the same is true if your parents change the beneficiary designation on their investment accounts or insurance policies.

- Unusual urgency to make an investment – If you learn that your parents want to make some type of

investment "immediately," you should be concerned. No reputable financial professional would ever pressure them – or anyone else – to "act now" on an investment.

Apart from watching out for the above signs of trouble, what else can you do to help guard your parents from fraudsters?

For starters, urge your parents – repeatedly, if necessary – to never give out personal information over the phone or online. Scammers have gotten quite clever at impersonating legitimate businesses or organizations – for example, unless you are looking closely at the email, you might think the logo of a bank or another company is being accurately depicted. Again, though, reputable businesses typically don't send messages that are demanding, threatening or otherwise employing some type of extreme language.

Also, stress to your parents that they should never wire money to a random account. Plus, remind them about the truth of "no risk" offers: Any financial offer that sounds too good to be true is just that – untrue. Every legitimate investment carries both risks and rewards.

Here's another suggestion: Older adults who have debt problems may be especially vulnerable to offers that claim to "clear up" all their debts. But there's no quick fix to this problem, and any caller who claims otherwise is likely being deceitful. Encourage your parents to discuss their debt situation with an honest, professional debt counselor or a financial advisor.

Finally, if your parents don't already work with a trusted, qualified financial professional, introduce them to one.

Your parents worked hard all their lives. Do what you can to help them enjoy their "golden years" in dignity.

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

## Spring Training Home Schedules

### Minnesota Twins – CenturyLink Sports Complex

March 24 – Baltimore; 7:05 p.m.  
March 26 – Boston; 1:05 p.m.  
March 28 – Tampa Bay, 1:05 p.m.  
March 31 – Rochester (Twins Triple A team); 12:05 p.m.

### Boston Red Sox – JetBlue Park

March 23 – Pittsburgh; 1:05 p.m.  
March 25 – Philadelphia; 1:05 p.m. (split squad)  
March 29 – Minnesota; 1:05 p.m.  
March 30 – Washington; 1:05 p.m.\*



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Alan Reynolds

photos provided



Eric Berglund

Manning, Lee County Board of County Commissioners; Andrew Solis, Collier County Board of County Commissioners; Roger Desjarlais, Lee County manager; Leo Ochs, Collier County manager; Glen Salyer, Lee County assistant county manager; and Berglund.

Board members serve three-year terms and contribute their expertise, time, talent and resources to advancing Southwest Florida Economic Development Alliance's mission of attracting businesses to the region.

Representing the five-county region of Lee, Collier, Charlotte, Hendry and Glades counties, the alliance serves as a non-parochial economic development coordinator to site selectors, real estate consultants and targeted companies, working in collaboration with local economic development organizations.

For more information, call 208-7627 or visit [www.swfleda.com](http://www.swfleda.com).\*



Gary Griffin



Joseph Catti



Laura Holquist



Richard Grant

## Development Board Members

The Southwest Florida Economic Development Alliance has named Alan Reynolds as chair and Gary Griffin as chair-elect of its board of directors, with Joseph Catti serving as treasurer, and Richard Grant as secretary. Officers also include Laura Holquist, immediate past-chair, and Eric Berglund, president.

Four new members were named to the alliance's board of directors: Dr. Robert R. Jones, Florida SouthWestern State College; Mary Andrews, Lee Health; Russell Schropp, Henderson Franklin; and Dr. Ayesgul Timur, Hodges University. Other board members are Dr. Ronald B. Toll, Jason Korn, Fred Pezeshkan, Sarah Owen and Michael Wynn.

Ex-officio directors include John

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From left, Shelly Thimlar, Beth Countryman and Lee Golden



photos provided Veronica LeBlanc and Randy Santerfeit

# Gateway Branch Opening

More than 60 people joined Sanibel Captiva Community Bank to celebrate the opening of their newest branch at 11691 Gateway Blvd., Suite 101. The bank's seventh branch, located at the corner of Gateway Boulevard and Devonshire Lakes Drive, provides customers with hands-on, individual banking service Monday through Thursday, 9 a.m. to 4 p.m. and until 5 p.m. on Fridays. Founded in 2003, Sanibel Captiva Community Bank has two locations on Sanibel: the main office at 2475 Library Way and 1037 Periwinkle Way, and four additional locations in Fort Myers: in the Edison Theatre building in downtown Fort Myers; in the Myerlee community; McGregor Boulevard near Kelly Road; and on College Parkway. The bank is well-capitalized, with \$350 million in assets, and generates the second-highest return on equity of Florida's 149 chartered banks. Sanibel Captiva Community Bank's professionals provide customized individual and business banking services and specialize in residential loans. The bank provides free personal and business checking, top-yielding money market accounts, safe deposit boxes, electronic statements and a mobile banking app, as well as online and drive-thru banking. To learn more, visit [www.SanCapBank.com](http://www.SanCapBank.com).



From left, David Owens, Leo Doerr, Craig Albert, Jackie Owens and David Wright



From left, Bob and Grace McNatt and Veronica LeBlanc



From left, Kristin Dilorio, Debbie Norris and Cori Cramsey



From left, Janet Phigpen, Joyce Conley and Kenneth Segura



From left, Gus Braat, Lanie Krechting, Mike and Kristen Hartman



## Councilwoman Graduates From Leadership Class

The Florida League of Cities, Inc. (FLC) recently announced that Fort Myers Councilwoman Teresa Watkins Brown has graduated from the Institute for Elected Municipal Officials (IEMO) III: The Leadership Challenge.

Councilwoman Watkins Brown represents the City's Ward 1. She was elected to Fort Myers City Council in 2009.

IEMO III is the third class in the FLC's multi-level training course for municipal officials. Developed in 2013, the leadership-based course is now offered annually by the league's training division, FLC University.

Open to graduates of the IEMO and the IEMO Advanced Institute, the



**Teresa Watkins Brown** photo provided

IEMO III program revolves around participants' ability to connect and work effectively with others. Through skills assessments, case studies and guest speakers, municipal officers develop leadership skills to promote the collegial nature of city councils

and city commissions. The two-day course is facilitated by FLC Director of Leadership Development & Education Scott Paine, Ph.D.

In a collaborative environment where challenges and best practices are shared, new IEMO III graduates have access to new tools for addressing leadership challenges and solutions to local problems.

"I like the quote by Henry Ford that says, 'Anyone who stops learning is old. Whether at twenty or eighty. Anyone who keeps learning stays young,'" stated Councilwoman Watkins Brown. "In order for me to continue to be the best in representing my constituents and the City of Fort Myers, I must keep learning and applying the knowledge to create better economic, livable environments for those I serve."

"I commend these officials for completing IEMO III. Leadership is a skill that can always be built upon and

improved," said Boca Raton Mayor and Florida League of Cities President Susan Haynie. "The league is very proud of this program offered through the FLC University. Florida's cities are fortunate to have dedicated, committed officials who continue their learning through programs like the IEMO courses. I encourage each of these new graduates to share their knowledge and expertise with their municipal colleagues, as well as their citizens."

Founded in 1922, the Florida League of Cities is the united voice for Florida's municipal governments. Its goals are to promote local self-government and serve the needs of Florida's cities. Florida's cities are formed by their citizens and governed by their citizens. The league is founded on the belief that local self-government is the keystone of American democracy.

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

## College Program Addresses Addiction Crisis

Florida SouthWestern State College's (FSW) Social and Human Services program is responding to a national health challenge on addiction crisis with an academic rigor of courses recently approved by the Florida Certification Board.

According to the report, *Facing Addiction in America: The Surgeon General's Report on Alcohol, Drugs, and Health* by U.S. Surgeon General Vivek Murthy, "substance use disorders represent one of the most pressing public health crises of our time." Whether it is the rapid rise of prescription opioid addiction or the longstanding challenge of alcohol dependence, substance misuse and substance use disorders prevent people from living healthy and productive lives. Just as importantly, they have profound effects on families, friends, and entire communities.

At FSW, students who complete specific courses related to the national addiction crisis are eligible to obtain state and international certifications that lead to specific employment in the workforce. According to the Southwest Florida Workforce Overview Study (2015), social and human service assistants rank 35th in the top 50 employment gaps for Southwest Florida.

Students who complete the \addictions track of the associate degree or the 24-credit Certificate in Addiction Services will simultaneously complete the training requirements for a number of certifications through the Florida Certification Board such as the Certified Addiction Counselor (CAC). Students who have earned a bachelor's degree will meet the training requirements for the Certified Addiction Professional (CAP) and the International Certification & Reciprocity Consortium Alcohol & Drug Counseling (ADC).

Many courses in FSW's Social and Human Services program are available fully online or offered in a blended online and classroom format. FSW also enjoys partnerships with a number of local agencies, providing residency opportunities for students to train alongside highly qualified human service professionals. The program can be completed in two years.

"Graduates of FSW's degree and certificate programs will be key in addressing the addictions epidemic in Southwest Florida," said Dr. Terry McVannel-Erwin, FSW Social and Human Services program coordinator and certified master's level addiction professional.

U.S. Department of Health and Human Services Secretary Sylvia Mathews Burwell reports that substance misuse is a major public health challenge and a priority for our nation to address. Burwell expounds that the effects of substance use are cumulative and costly for our society, placing burdens on workplaces, the health care system, families, states and communities. Substance misuse and addiction are solvable problems. FSW's Social and Human Services program is dedicated to being an integral part of the solution through the training of caring professionals ready to address this epidemic.

"Social and Human Services greatly enhances the diversity and totality of compassionate healthcare programs in the FSW School of Health Professions since addiction touches everyone, from the patient to the provider," said Dr. Marie Collins, dean, FSW School of Health Professions.

The FSW Social and Human Services program is a member of the Council for Standards in Human Service Education (CSHSE) and supports the work of the council in setting national standards for human service education. For more information, visit [www.fsw.edu/academics/programs/ashumanservices](http://www.fsw.edu/academics/programs/ashumanservices).✱

## Bank Hires Assistant Office Manager

Jennifer Briggs has joined Sanibel Captiva Community Bank as assistant office manager at the downtown Fort Myers branch. She will assist with daily operations and customer relationships, including business and consumer banking.

With more than 10 years in the banking industry, Briggs most recently served as a relationship banker at a Southwest Florida bank.✱



**Jennifer Briggs**

photo provided

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Peter Gaylord, Davis Phinney and Kelly Gaylord

photos provided

## Hope Parkinson Participants Honored

Hope Parkinson Program participants Barbara Lea and Jerry Bramlett were honored this month at the Davis Phinney Foundation Victory Summit Southwest Florida symposium for their contributions to the Hope Parkinson Program and for

serving as motivation to the Southwest Florida Parkinson's community.

Featuring researchers, clinicians and physical therapists specializing in the field of movement disorders, The Victory Summit – co-hosted by the Hope Parkinson Program – presented therapy treatment options, lifestyle modifications and local resources for people with Parkinson's and their families and care partners at Charlotte Harbor Event & Conference Center.

Diagnosed with young-onset



Barbara Lea and Jerry Bramlett

Parkinson's disease after his retirement from cycling, Olympic bronze medalist and Tour de France stage winner Davis Phinney started the Davis Phinney Foundation For Parkinson's as a way to promote and fund innovative research.

Hope Healthcare is a not-for-profit health care organization dedicated to providing care and comfort to every individual and their loved ones as they fulfill life's journey. For more information, call 482-4673 or visit [www.HopeHCS.org](http://www.HopeHCS.org).

## Law Firm Hires Attorney

The law firm of Henderson, Franklin, Starnes & Holt, P.A., recently announced that Michael Versnik has joined the firm as an attorney in the Tort & Insurance Litigation division.

Versnik is an experienced trial lawyer, focusing his civil and insurance litigation practice representing individuals, policyholders, corporations and insurance companies against bodily injury claims and construction defect claims. He handles cases in state and federal court, as well as at the appellate level. Earlier in his career, Versnik served as a plaintiff's personal injury and commercial litigation attorney. His experience working on both sides of the aisle uniquely positions him in his evaluation and defense of tort-related claims.

Prior to his legal career, Versnik served as a YMCA professional director. He graduated magna cum laude from Webber International University with a bachelor of science in business administration degree where he was an academic all-conference and academic all-American baseball player. He earned his law degree from Florida Coastal School of Law, graduating cum laude and obtaining certifications in sports law and legal research, writing and drafting. Versnik can be reached at 344-1249 or by email at [michael.versnik@henlaw.com](mailto:michael.versnik@henlaw.com).

For more information on Versnik, visit [www.henlaw.com](http://www.henlaw.com).

## Grants Help Hospital Program Breastfeeding

Cape Coral Hospital, Gulf Coast Medical Center and HealthPark Medical Center have each been awarded \$20,000 by the Florida Department of Health to initiate the Ten Steps to Successful Breastfeeding criteria of the World Health Organization (WHO) and the United Nations Children's Fund (UNICEF). The goal of the 10 steps is to implement and enhance maternity care practices that support and promote breastfeeding. Lee Health hospitals are pursuing The Baby-Friendly Hospital Initiative's (BFHI) Baby-Friendly USA's 4-D Pathway to Baby-Friendly Designation.

The Ten Steps to Successful Breastfeeding are:

1. Have a written breastfeeding policy that is routinely communicated to all health care staff.
2. Train all health care staff in the skills necessary to implement this policy.
3. Inform all pregnant women about the benefits and management of breastfeeding.
4. Help mothers initiate breastfeeding within one hour of birth.
5. Show mothers how to breastfeed and how to maintain lactation, even if they are separated from their infants.
6. Give infants no food or drink other than breast milk, unless medically indicated.
7. Practice rooming in—allow mothers and infants to remain together 24 hours a day.
8. Encourage breastfeeding on demand.

9. Give no pacifiers or artificial nipples to breastfeeding infants.

10. Foster the establishment of breastfeeding support groups and refer mothers to them on discharge from the hospital.

BFHI is a WHO/UNICEF program that encourages and recognizes hospitals that offer optimal promotion and support for breastfeeding, including supportive hospital policies and practices, staff education and post-discharge community referrals.

"The three Lee Health hospitals received the grant, and each is initiating the steps to earn this national designation," explained Carol Lawrence, PhD, supervisor, perinatal practice, education, research and lactation. "But, we are also approaching this as a system – ensuring that Lee Physician Group practices, including obstetricians/gynecologists and pediatricians are promoting and supporting

breastfeeding."

A growing body of evidence points to breastfeeding as critical to improved health outcomes of mothers and babies. Benefits of breastfeeding include:

- Breast milk provides all of the nutrients a baby needs for the first six months of life.
- Breastfed babies have fewer allergies, stomach problems, respiratory and ear infections.
- Breast milk is free and convenient, while supply is always available and the perfect temperature.
- Breastfeeding is good for the environment—there is no trash to discard.
- Moms who breastfeed have a lower risk of breast cancer.

Lawrence says the three hospitals have been incorporating the evidence-based steps, which are having a positive effect on the community.

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## Book Review

# Food Health And Happiness



by Di Saggau

**“R**eal cooking is an art form. A gift to be shared.” So says Oprah Winfrey in her new cookbook *Food Health and Happiness*. This book is a delight to read because it

not only has a fantastic assortment of healthy and tasty recipes, it also contains memories and advice from Oprah that is priceless. It’s much more than a cookbook. In her Soup is Love chapter, she shares watching *Lassie* on television and how every episode ended with Timmy’s mother serving him a piping hot bowl of Campbell’s soup. At her young age, Oprah figured the world would be perfect if a big bowl of the soup was

served to her. She didn’t know until many years later that Campbell’s sponsored the show. She shares her love of soup with 19 recipes from mushroom soup to artichoke soup and Summer Corn Chowder.

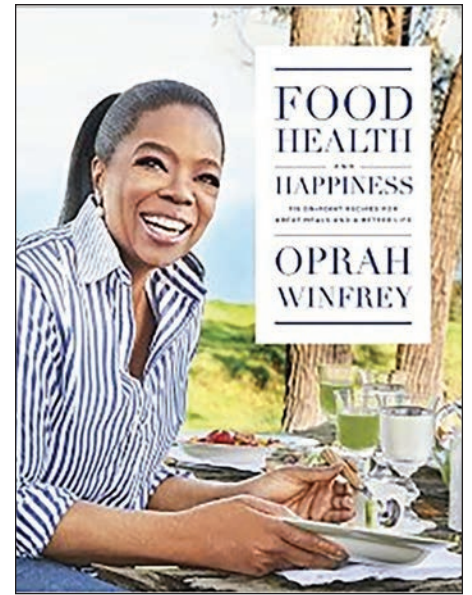
In her What Are You Really Hungry For chapter, Oprah tells us about her early television days and shares recipes that include Maya’s Smothered Chicken, Turkey Lasagna and Mashed Cauli-Potatoes. According to Oprah, everyone says that whipped cauliflower tastes just like mashed potatoes when they actually taste just like whipped cauliflower. Her advise is to mix in a potato or two because the cauliflower will take on the flavor of the potato. She says her guests have eaten the cauliflower mashed potato combination and never even realized the cauliflower was there.

The chapter, The Faith of a Mustard Seed, shares Oprah’s relationship with Chef Rosie Daley and healthy recipes she suggested. This includes Brined and Roasted Chicken, Tea Smoked Wild Salmon, Miso Glazed Cod and Chakalaka. The latter is a dish the girls from her South African leadership

academy request when visiting.

Her Morning Glories chapter includes a wide assortment of breakfast treats, from Banana Walnut Oatmeal, to Potato Hash and Breakfast Salsa. In other chapters, Oprah shares recipes from around the world, including Chicken Tikka Masala with Brown Basmati Rice, Indian Spiced Apricot Chicken, Peppered Tuna, Thai Red Curry with Shrimp and Pineapple, Velvet Shrimp with Carrot Ginger Puree and Tamarind Onion Caramel and Japanese Brown Rice with Kale, Avocado and Edamame Salad. She even includes a “Sipping Pretty” chapter that features smoothies and delicious cocktails.

Oprah’s cookbook is fun to read not just because of the recipes but because of the wonderful stories she tells about her life and what she has learned from others. The recipes are accompanied by intimate reflections, quotes and annotations written in Oprah’s own handwriting. It contains 115 recipes for great meals and a better life. The Weight Watchers Smart Points are included with each recipe to help at-home cooks better monitor and manage their own



eating habits. For delicious recipes that are healthy and easy to prepare, along with a unique glimpse into her personal story with food, pick up a copy of *Food Health and Happiness*. I hope you enjoy it as much as I did.✧

## School Smart



by Shelley M. Greggs, NCSP

**D**ear Shelley, Our family may be facing some tough times soon given our financial situation. Is there anything I can do with my kids to help them while we try to

solve our problems?

Lucinda L, Fort Myers Beach

**Lucinda,**

I am sorry to hear of your difficulties, and I applaud your efforts in learning how to help your kids through what may lie ahead for your family. There are some ways to help children learn how to “weather the storm.” Adversity is a natural part of life. At some point, we all face difficulties, such as family problems, serious illness, a personal crisis, or a painful loss. Being resilient is important to dealing with adversities like these. While most parents hope that their children never face extreme adversity, successfully facing tough situations can actually foster growth and give children the skills to be more resilient in the future.

Most people have a natural tendency to adapt and bounce back from adversity. However, parents can help their children learn to face challenges successfully, whether it is the stresses of everyday life, such as academic difficulties or problems with friends, or severe adversity, such as losing a home and being displaced from normal routines for months. Following are five ways to promote resiliency in your children and help protect them from long-term ill affects of difficult experiences.

1. Think positive! Modeling positive attitudes and positive emotions is very important. Children need to hear parents thinking out loud positively and being determined to persist until a goal is

achieved. Using a “can do” problem-solving approach to problems teaches children a sense of power and promise.

2. Express love and gratitude! Emotions such as love and gratitude increase resiliency. Praise should always occur much more often than criticism. Children and adolescents who are cared for, loved and supported learn to express positive emotions to others. Positive emotions buffer kids against depression and other negative reactions to adversity.

3. Express yourself! Resilient people appropriately express all emotions, even negative ones. Parents who help kids become more aware of emotions, label emotions appropriately and help children deal with upsetting events are giving them useful life skills.

4. Get fit! Good physical health prepares the body and mind to be more resilient. Healthy eating habits, regular exercise and adequate sleep protect kids against the stress of tough situations. Regular exercise also decreases negative emotions such as anxiety, anger and depression.

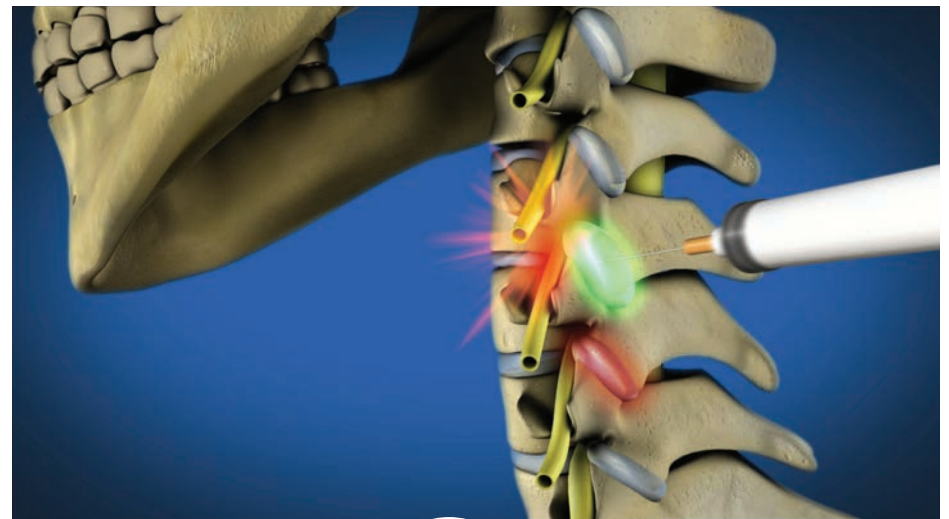
5. Foster competency! Making sure that children and adolescents achieve academically is great protection against adversity. Children who achieve academic success and who develop individual talents, such as playing sports, drawing, making things, playing musical instruments or playing games are much more likely to feel competent and be able to deal with stress positively. Social competency is also important. Having friends and staying connected to friends and loved ones can increase resiliency. Social competency can even be created by helping others.

Protecting our children against all of life’s unexpected painful events is not possible. Giving them a sense of competency and the skills to face adverse circumstances can be a valuable legacy of all parents. Resiliency can be built by understanding these important foundations. The more we practice these approaches, the better able our children will be to weather whatever life brings.

The column was adapted from: *Resiliency: Strategies for Parents and Educators*, Virginia Smith Harvey, *Helping Children at Home and School II: Handouts for Families and Educators*, NASP, 2004

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.✧



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From left, Grande Dame Patricia Carroll, Cynthia Fetterhoff representing Grande Dame Lalai Sapp Hamric and Grande Dame Beverly McNew photos provided



Grande Dame Kathleen Nealon and Kimberly Nealon



Beverly Gunderson and Grande Dame Betty Anderson



Marcia Goldberg and Grande Dame Rusty Brown

## Grande Dames Tea Raises Over \$55,000 For PACE Center

**P**ACE Center for Girls of Lee County raised \$55,795 at the 9th annual Grande Dames Tea on March 14 at the Broadway Palm Dinner Theatre in Fort Myers.

Patricia Carroll of Fort Myers, the late Lalai Sapp Hamric of Fort Myers and Beverly McNew of Fort Myers were honored for their roles in Southwest Florida history and their decades of service and helping others. Michael Jung, The News-Press Media Group president and publisher, served as master of ceremonies.

Chair of the event was Nancy Finch with Kathy Toll serving as co-chair. Both are members of the PACE Lee Board of Directors.

"These three outstanding women came from varied backgrounds. There was so much insightful advice offered for the audience and the PACE girls," Finch said.

The late Lalai Sapp Hamric, who passed away in December, was represented by her daughter, Cynthia Fetterhoff, who detailed what her mother intended to relay to the audience.

"Our theme of The Wisdom of Age – Honoring the Female Spirit was so appropriate because each of these women had much to share from their own life's journey," Finch said.

A special musical performance by the PACE Girls' Harmony Choir was a highlight of the tea. The agenda for the tea included interaction between the PACE girls and the Grande Dames, in a question-and-answer format.

The PACE girls also assisted with the fundraising efforts by creating one-of-a-kind fascinators that were purchased and featured by many event attendees.✱

## Cardiologist Receives Award

**R**ichard Chazal, M.D., FACC, cardiologist with Lee Physician Group, has been named a recipient of the Master of the American College of Cardiology (ACC) Award in honor of his contributions to the cardiovascular profession. Dr. Chazal will be honored, along with all of the 2017 Distinguished Award winners, on Sunday, March 19 at the Convocation Ceremony during the American College of Cardiology's 66th annual Scientific Session in Washington, D.C. Recipients are nominated by their peers and then selected by the ACC Awards Committee.

The Master of the ACC Award recognizes and honors Fellows of the ACC who have consistently contributed to the goals and programs of the college and who have provided leadership in important college activities. To earn this distinction, one must have been a member of the college for at least 15 years and must have served with distinction and provided leadership on various college programs and committees. Dr. Chazal has served as councilor, treasurer and president of the Florida Chapter of the ACC. He also has served as president and governor for the Florida chapter, and he was elected chair of the ACC board of governors. Nationally, Dr. Chazal is currently serving as president of the ACC board of trustees and has been a member and/or chair of more than 50 committees and workgroups.

Dr. Chazal has practiced clinical cardiology in Fort Myers since 1983,



Richard Chazal photo provided

focusing on echocardiography, diagnostic catheterization and coronary CT angiography. He earned his undergraduate degree from the University of Florida and his medical degree from the University of South Florida. He completed an internal medicine residency at the University of South Florida and a cardiovascular diseases fellowship at the Indiana University School of Medicine, which also included a one-year fellowship in echocardiography. Dr. Chazal is board certified in internal medicine, cardiovascular disease and echocardiography. He is currently the medical director of the Lee Health Heart and Vascular Institute.✱

## Crime Narrative In HBO Series Explored At FSW

**D**r. Caroline Blinder, senior lecturer in American Literature and Culture at Goldsmiths, University of London, will present Smokescreens to Smokestacks: True Detective and the American Sublime in Building J, Room 103 (Rush Auditorium), at the Florida SouthWestern State College (FSW) Thomas Edison Campus on Tuesday, March 28 at 4 p.m. The event is free and open to the public.

Dr. Blinder's presentation will explore the physical, cultural and ideological landscapes in the HBO series *True Detective*, uncovering how the series demonstrates the continuing currency of crime narrative as a way to render the intersections between internal fear and external power.

Dr. Blinder specializes in American literature, visual studies and media studies, and has published widely on these subjects, including her forthcoming monograph, *The American Photo-Text: 1930-1960*, which traces a series of documentary

collaborations between photographers and writers. Her first book, *A Selfmade Surrealist—Ideology and Aesthetics in the Work of Henry Miller*, was released in 2000. Other publications include *New Critical Essays on James Agee and Walker Evans: Perspectives on Let Us Now Praise Famous Men* (2010); *Fragments of the Future: Walker Evans's Polaroid's in Mixed Messages: American Correspondences in Visual and Verbal Practices* (2016); *Ruses and Ruminations: The Architecture of Let Us Now Praise Famous Men in The Centenary Edition of Let Us Now Praise Famous Men*, by Michael Lofaro (2016); *Sitting Pretty: Municipal Chairs in the Photography of Doisneau in The Everyday in Modernist Practice*, (2012); and *Brassai's Chair, Henry Miller and The Eye of Paris in Text and Image Relations in Modern European Culture* (2011).

This project is presented by FSW Writes, a FSW faculty group that plans writing events for FSW students, employees and the public.

FSW Thomas Edison Campus is located at 8099 College Parkway in Fort Myers.

For more information, contact Dr. Scott Ortolano at 489-9472 or sortolano@fsw.edu.✱



## Doctor and Dietician

## Butternut Squash Alfredo Sauce



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

**T**his pasta sauce is really healthy and delicious. Just a few ingredients make this a tasty alternative to traditional creamy sauces. It can easily be made fully vegan, too, by omitting the bacon and choosing vegan-friendly milk and butter.

Instead of regular pasta, consider serving on "zoodles" – aka spiraled zucchini noodles. They are gluten-free and are a tasty way to add more vegetables to your diet.

This recipe is especially great for those who are sensitive to dairy and still

want to experience creamy pasta! Give it a try!

**Ingredients**

3 cups butternut squash, cubed  
1 clove garlic, minced  
1 cup onion, chopped  
1 cup broth (vegetable or chicken)  
1.5 Tbsp fresh sage, chopped  
1.5 Tbsp fresh thyme, chopped  
1 cup milk (try a non-dairy version such as almond or soy)

2 Tbsp butter (regular or vegan butter)  
Salt and fresh ground pepper to taste

2 pounds of pasta (or zoodles)  
4 strips bacon, cut into pieces (delicious, but optional)

Additional garnish options: pesto, sliced pecorino cheese, balsamic glaze, fresh herbs

**What To Do**

1. Melt butter in large skillet and sauté onion for two minutes.

2. Add garlic, sauté for 30 seconds, stir in squash, broth, sage and thyme. Stir and cover. Cook for about 10 minutes, or until fork tender.

3. Transfer to a blender or food processor along with the milk.

4. Blend until smooth. Add more milk if needed along with salt and pepper.

5. Cook bacon for about four to five minutes.

## Mom And Me



by Lizzie and Pryce

**L**izzie 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,**

I am a grandmother with five grandchildren from two families. They are great kids, but have no manners. "Please" and "thank you" are just not part of their vocabulary.

I would like to discuss this with my daughter, but just do not know how to bring it up. What do you think I should do?

**Dear Mercedes,**

Lack of social graces seems to be a common complaint.

They do not know how to say "thank you" for gifts and just expect people to keep on giving with no comment. Some say it is because children spend so

much time under paid supervision that parents do not have the time to teach at the end of the day.

Do your children, the parents of your grandchildren, thank you for their gifts? Children learn by example and maybe their parents just don't think it is important – and there really isn't anything you can do.

Lizzie

**Dear Mercedes,**

Well, somewhere in the middle of "please" and "thank you," these words are not part of their vocabulary. It is difficult for me to believe that your grandchildren have no sense of basic manners. It would be just as difficult for me to believe if you told me they have the social polish of a cultured adult. Now that we are a little closer to what is real, what about modeling appropriate manners while you are with your grandchildren.

Always use "please" and "thank you." Encourage them to do the same. When they do, tell them how much you appreciate their manners.

You do not always need to have a "discussion." I can not imagine how it would begin... "Help me understand why your children have no manners" or "Help me understand why you have failed in your parental responsibility of teaching manners to your children." I cannot think of a positive outcome of the discussion.

You have to choose your battles. Also, modeling appropriate behavior and reinforcing appropriate behavior is, at times, better than bringing attention to negative behavior.

Pryce

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

6. Cook pasta until al dente. Drain. (Steps 5 and 6 can easily be done while the sauce is cooking to save time.)

7. Pour pasta into a large serving dish with the sauce. Stir and serve. Top with bacon.

8. Garnish with desired toppings.

*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.✉*

## Chronic Disease Program Offered

**L**ee Health's Lee Health Solutions, in partnership with many local community agencies and supported in part initially by a grant from the Southwest Florida Community Foundation, is offering It's All About You – a research-based Chronic Disease Self-Management program developed by Dr. Kate Lorig of Stanford University.

The program is designed for people age 18 or older with chronic health conditions to help them learn ways to better manage their chronic conditions and the symptoms that often accompany chronic health conditions.

The free workshop is two and one half hours once a week for six weeks.

The workshop will be offered at two locations in April:

- Wednesdays beginning April 5 from 9 to 11:30 a.m. at the Florida Department of Health in Lee County, 83 Pondella Road, in North Fort Myers

- Thursdays beginning April 27 from 1 to 3:30 p.m. at the Surgical Healing Arts Center, 6150 Diamond Centre Court, #1300, in Fort Myers

For more information or to register, call 343-9264.✉

From page 1

## Festival For Dogs

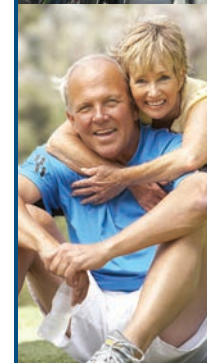
trainers, groomers, rescues and pet food companies.

"This will be an amazing event," said Alesia Galuppo, president of GRRSWF. "It has grown enormously over the years, and we expect this year's event to be even bigger. We are grateful to the Shell Factory for providing such a dog-friendly venue."

The Shell Factory is located at 2787 North Tamiami Trail in North Fort Myers.

All breeds of well-mannered, leashed dogs are invited to attend with their owners. Admission and parking are free. Additional auction item donations and dog-related vendors are welcome.

For more information, visit grrswf.org, email info@grrswf.org or call 369-0415.✉



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

January 9 - March 31, 2017

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

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

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

### Be part of the Million Mile Movement!

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

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

**HOW?** Register at [www.HealthyLee.com](http://www.HealthyLee.com) and on Jan. 9, start logging your miles on the Challenge Portal, powered by Fit Nation

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

**For more information, visit [www.HealthyLee.com](http://www.HealthyLee.com)**



dearRPharmacist

## Strange Reasons For Insomnia



by Suzy Cohen, RPh

**Dear Readers:** I'm cranky if I don't sleep, are you? There's more violence associated with people who have insomnia, which doesn't come as any surprise to me. The start of

Daylight Saving Time (DST) in March is always associated with a small spike in

heart attacks, according to two different studies from the *American Journal of Cardiology* (2013) and the *New England Journal of Medicine* (2008).

Research published in *New England Journal of Medicine* shows an increase in car accidents in those first few days after the time change. Interestingly, a recent 2015 study published in *The Review of Economics and Statistics* estimates a 7 percent decrease in robberies after DST goes into effect, saving \$59 million dollars in social costs. It's fascinating that the burglars are too tired to rob people if they lose sleep.

This research is just so cool, and it got me thinking about the reasons people don't sleep. Here are some other reasons you don't get normal

shut-eye. These are seven common or unexpected causes for insomnia:

**1. Taking Thyroid Medication At Night.** It should be taken first thing in the morning on an empty stomach because that's when you usually produce it. When you pump out thyroid hormones (or take a pill) you naturally feel more energized and refreshed so take the medicine in the morning to mimic your own body's rhythm.

**2. Methylation.** This is a chemical pathway in your body that produces and breaks down neurotransmitters such as epinephrine (which is stimulating) and melatonin (which causes sleep). If your methylation pathway is cramped, it could trigger insomnia as well as seizures, agitation, combativeness, panic attacks and other 'stimulating' issues.

**3. Quinolinic Acid.** This is a neurotoxin that is made in our brains, and we can produce too much of it for a variety of reasons. Ironically, you can do it to yourself by taking certain sleep supplements like tryptophan. Too much quinolinic acid contributes to insomnia, depression and suicidal thoughts and attempts.

**4. Fluoride.** Drinking tap water or taking certain fluoride-containing antidepressants, medications or vitamins can harm your pineal gland. That's bad because your pineal gland makes melatonin, your main sleep hormone. If you think fluoride is impacting your melatonin levels,

which wane as you age, think about a supplement.

**5. Prescription Medications.** Stimulating pharmaceuticals could keep you tossing all night. Among the worst offenders are albuterol, steroid, modafinil, metoclopramide, antidepressants, pseudoephedrine and ciprofloxacin.

**6. Chronic Pain.** Only 36 percent of chronic pain sufferers get regular good sleep, compared to 65 percent of people without pain, according to a 2015 Sleep in America poll conducted by The National Sleep Foundation.

**7. Allergies.** Your environment matters. Itchy eyes, sinus congestion and frequent sneezing from dust or pollen allergies can keep you awake. To improve sleep, keep your bedding and pillows as allergen-free as possible. Get a clean new bed and buy a zippered bed-bug mattress cover immediately. Consider changing from a down comforter to an organic cotton blanket. Close the windows if pollen count is high. Shower before bed. Remember to change daytime clothes before hopping into bed and regularly change sheets and pillowcases. Clean your fan blades of accumulated dust.

*This information is not intended to treat, cure or diagnose your condition. Suzy Cohen is the author of The 24-Hour Pharmacist and is a registered pharmacist. To contact her, visit [www.SuzyCohen.com](http://www.SuzyCohen.com).✧*

### Eden Energy Medicine (Part 4)

## Strengthen Your Heart's Energy



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

The last three columns were devoted to the boosting heart energy. So far, we have learned:

1. Improving our internal compass to help revitalize.

2. Holding our heart source point to reduce heart disease.

3. Biting down on the little finger to calm the body.

4. Tracing the heart meridian.

5. Learning how to open the horizontal band of energy at the waist (Belt Flow).

Today, you will be introduced to two additional tools. This past week, I received an email from a reader reporting a reduction in her heart arrhythmia after she did these exercises daily for two weeks. She asked what to do next. I suggested three approaches from an energetic perspective.

First, do the DER every day to activate all nine energy systems. Secondly, continue doing the exercises referenced in this column. And third, she should consider an assessment of her energetic systems to determine where other imbalances exist to begin shifting. As we begin working with our body's subtle energies, it is like peeling the layers of an onion; getting to the core issues takes time. After all, we didn't get to our present health state overnight.

The last two exercises to boost and strengthen heart energy are:

• **Heart Neurolymphatics Reflex Point.** Our lymph system has two times as many lymph vessels as blood vessels, but has no pump. Historically, vigorous physical activity released the toxins from the lymph system. With our sedentary lifestyle, there is little opportunity to move the toxins from our bodies without intervention.

There are 90-plus neurolymphatic reflex points on the surface of the body, which are not always located directly over lymph nodes, vessels or lymph tissue. By rubbing the reflex points, toxins will be released

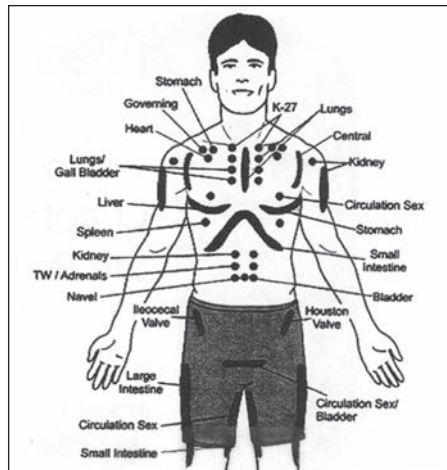


image courtesy Innersource Inc

from the system, clearing stagnant energies (including emotional energy) and leaving you feeling energized. These points are part of the 5-Minute Daily Routine. The Heart Reflex Point is located underneath the collarbone at the far outside edge toward the shoulder. Rub with vigor, not tentatively, and feel that deep breath as the energy connects and boosts heart.

• **Connect heart and sacral chakras.** Chakras are another one of our energy systems. We have seven of these round orbits of whirling energy, each bathing the organs they surround, interfacing with our auric field and boosting our 14 meridians. No surprise we have a heart chakra, located in the middle of our body between the breasts (which connects us to ourselves and the world around us – our love center). By placing one hand on the heart chakra and the other hand over our sacral (sometimes called womb chakra) chakra (located below the navel), a connection is being made between our “two hearts.” Since the sacral chakra is associated with the pure innocence of a child, our creativity and a sense of wonder, by holding these two chakras together we create a strong energetic boundary. Try it, it works.

You now have many tools to boost the heart's energy, our center of love, connection and gratitude.

*If you have a question, email Karen at [SemmEnergyCenter@gmail.com](mailto:SemmEnergyCenter@gmail.com) or visit [www.semmelmanenergy.com](http://www.semmelmanenergy.com). EEM does not diagnose or cure illness, but working with subtle energies of the body has been shown to help many conditions.✧*

From page 1

## Holocaust

Florida, a Holocaust Boxcar will be on display for educational tours in Parking Lot 4 near Building N from March 24 through April 10. A display of posters from the museum will also be on display in Building J, Room 117/118 during the week.

Throughout the week, talks will be held with Holocaust survivors and local residents Marcel Faschler, Cesare Frustaci, Renee Beddouk, Irene Skolnick, Steen Metz and Rob Nossen. In addition, a Survivor Round Table discussion will be held at noon on Wednesday, March 29. Round table discussion participants include Faschler, Frustaci, Metz, Beddouk and Eva Sands.

Artwork by renowned Sanibel-based artist Myra Roberts will be exhibited at 6 p.m. on Monday, March 27 in Building J, Room 117/118, followed by a film presentation in Building J, Room 103. Roberts has created more than 200 Holocaust-related paintings, collages and sculptures.

Special guest presenters Dr. Paul R. Bartrop, professor of history and director for the Center for Judaic, Holocaust and Genocide Studies at Florida Gulf Coast University, will present *Rescuing the Children: Three Remarkable Jewish Women in Vichy, France During the Holocaust* on Wednesday, March 28 at 11 a.m., while Aviva Doery, honors

student at Penn State University, will present *The Lives of Lesbian Women in Nazi Concentration Camps* on Thursday, March 29 at 11 a.m. Both presentations will take place in Building U, Room 102.

Other presentations include FSW Psychology Professor Frank Kohn with *Psychological Aspects of the Holocaust that Haunt us Today* at 12:30 p.m. on Monday, March 27; Political Science Professor Dr. Bruno Baltodano with *Pluralistic Innocence* at 2 p.m. on Monday, March 27; Journalism Professor Ron Feemster with *The Press Under Authoritarian Rule* at 12:30 p.m. on Tuesday, March 28 and First Year Experience Professor Dr. Sandi Towers with *Rwanda: One Million Lives... One Hundred Days* at 6 p.m. on Thursday, March 30, in Building U, Room 102.

The full schedule is available at [www.fsw.edu/holocaust](http://www.fsw.edu/holocaust).

FSW's Dr. Talbot Spivak Holocaust Memorial Week is organized in partnership with The Holocaust Museum & Education Center of Southwest Florida and GenShoah. It is sponsored by the Kenneth and Mary Ruth Stegman Endowed Chair and the Jewish Federation of Lee and Charlotte Counties.

FSW Thomas Edison Campus is located at 8099 College Parkway in Fort Myers.

For more information, call Cindy Campbell, FSW faculty librarian, at 489-9367 or Rona Axelrod, FSW mathematics professor, at 489-9437.✧





Herb-Crusted Baked Grouper

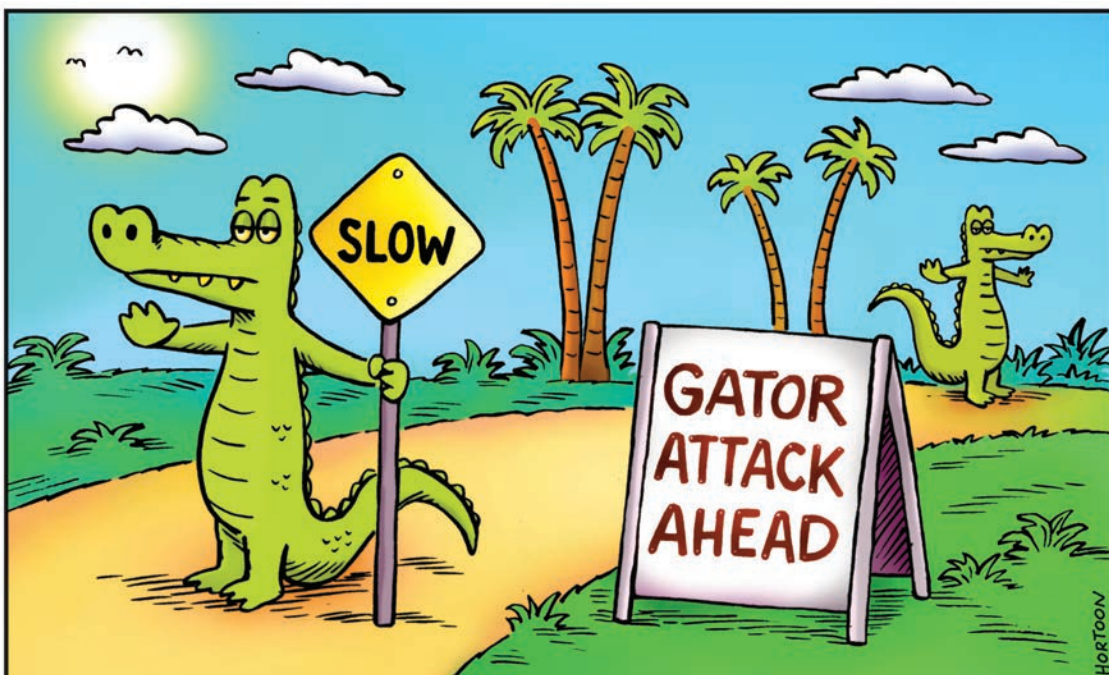
photo courtesy Fresh From Florida

**Herb-Crusted Baked Grouper**

4 six-ounce grouper fillets  
2 tablespoons olive oil  
Salt, to taste  
Black pepper, freshly ground, to taste  
1 tablespoon dried oregano  
1 tablespoon dried basil  
1 tablespoon dried thyme  
1 tablespoon dried rosemary  
4 tablespoons butter, melted

1 small yellow onion, sliced  
Preheat oven to 350 degrees F. Coat grouper liberally with olive oil. In a flat dish, crumble the herbs and mix well. Roll each fillet in herb mixture, lightly coating each side. Season the fillets with salt and fresh ground pepper. Place fillets in a baking dish with onions; drizzle the melted butter evenly over the herbed filets. Place in oven and cook for 20 minutes until opaque in the center. Remove and serve fillets topped with onions.

Yields four servings  
Nutritional Value Per Serving  
Calories 211, Calories From Fat 168, Total Fat 19g, Saturated Fat 8g, Trans Fatty Acid 1g, Cholesterol 41mg, Total Carbohydrates 6g, Protein 6g, Omega 3 Fatty Acid 0.00g  
Look for "Fresh from Florida" ingredients at your grocery store.\*

**HORTOONS**

## THE RIVER

WEEKLY NEWS  
FROM THE BEACHES TO DOWNTOWN FORT MYERS

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

**ARTS**

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

**CLUBS & ORGANIZATIONS**

Angel Flight	1-877-4AN-ANGEL
Animal Refuge Center	731-3535
American Business Women Association	357-6755
Audubon of SWFL	339-8046
Audubon Society	472-3156
Caloosahatchee Chapter DAR	482-1366
Caloosahatchee Folk Society	321-4620
Cape 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

45-DEGREE DROP

- ACROSS
- 1 Arrange in steps

8 Nova — (Halifax native)

15 Suspect's excuse

20 Sailor lurer

21 Texas city near El Paso

22 Tyke's hauler

23 Totally dumb

24 With 41- and 60-Across, question whose answer is hidden in this puzzle

26 Primatologist Fossey

27 Mister

29 Ending for Nepal

30 Dangerous African fly

31 Baseball exec Bud

33 Kind of navel

35 Gallivant

38 Drinking site

39 — Paulo

41 See 24-Across

45 Tanning lotion spec

48 Kind of navel

50 Drooling hounds
- 51 — Stanley Gardner

53 Grassland

54 Former Saturn SUV

56 Roloids, e.g.

60 See 24-Across

65 Gossipy Barrett

66 Low opera voices

67 Debt slip

68 Trompe — (visual illusion)

71 The Andes, e.g.: Abbr.

72 Flamboyant flamenco entertainer

73 Armada ship

75 Heat's city

77 Resistance unit

78 Not active

80 Oerter and Unser

81 Lung-related prefix

83 First step of progress

85 With 101- and 123-Across, how to find the hidden answer

89 Singer Flack

92 Camping gear retailer

93 OR figures
- 94 Statistician Silver

95 "The Barber of Seville" composer

98 Desert plants

100 The, to Henri

101 See 85-Across

106 Turn — dime

108 Romania's basic currency unit

109 Makes mad

110 Spanish hero of yore

112 Fur king John Jacob —

116 Job follows it

119 With 127-Down, China's — -tung

120 — -tac-toe

122 "You bet, amigo!"

123 See 85-Across

128 Detectives

130 Hollywood's Eastwood

131 — Obispo, California

132 National dish of Korea

133 Boundary bushes

134 University life
- 135 Response to news you already knew about

37 Look on one's face

40 Sole male offspring

42 Cain and —

43 Sitcom cousin

44 Old emperor

45 Vojvodina native

46 Direct a sermon at

47 Seemingly spontaneous public assembly

49 Snare

52 "Frozen" heroine

54 Cello's ancestor

55 Howl in grief

57 Public

58 Private

59 The, to Hans

61 Actress Petty

62 Cow catcher

63 "You win"

64 Sine qua —

69 Paint applied thickly

70 Ding-a- —

73 U. senior's test

74 K-12

76 Time on end

77 Paddle's kin

79 Slate clearer

82 Bullring cries

84 Road's shoulder

86 Wet blanket

87 "Curses!"

88 Kin of Ltd.

90 Get rancid

91 Jeans go-with

96 Social finish?

97 Denials

98 Ozone-depleting compound, for short

99 — bad way

101 1985 Chevy Chase film

102 Fix, as a shoe part

103 Beat at eBay

104 Federation

105 God, in the Hebrew Bible

107 In itself

111 Spine parts

113 Church gift

114 Actor Milo

115 Step part

117 — Kong

118 Kin of -trix

119 Temperate

121 Ad award

124 She-bear, in Spanish

125 Apple buy

126 Viroid stuff

127 See 119-Across

129 British record co.

1	2	3	4	5	6	7		8	9	10	11	12	13	14		15	16	17	18	19		
20								21								22						
23								24								25						
26						27		28		29						30						
31					32		33		34				35	36	37				38			
				39		40		41				42					43	44				
45	46	47		48		49					50											
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				95				96	97				98				99		100			
101	102	103									104	105				106		107				
108						109					110					111		112		113	114	115
116				117	118					119				120		121		122				
123							124	125	126				127		128		129					
130							131								132							
133							134								135							

King Crossword

- ACROSS
- 1 Earth (Lat.)

6 Witnessed

9 — -relief

12 Symbol of slowness

13 Inventor Whitney

14 Genetic abbr.

15 Of punishment

16 Burma's capital, once

18 Astute

20 Took the train

21 Oom follower

23 Thither

24 Xbox enthusiast

25 " — a Kick Out of You"

27 Worked with rattan

29 Circle around the sun

31 Conspiracy of silence

35 Cardiff's people

37 Sunrise

38 200 milligrams

41 Gear tooth

43 Affirmative action?

44 Culture medium

45 Cringes

47 Longtime Klugman
- co-star

Symbol of sorrow

52 Jazz job

53 Accomplished

54 Intact

55 Individual

56 Chances, for short

57 Gummy's horse

DOWN

1 Recipe meas.

2 Away from WSW

3 Cowboy,
- often

4 Iranian money

5 Dumpster location

6 Venus' sister

7 Winged

8 Victory

9 Witch craft?

10 Battery terminal

11 Less loony

17 Ranked

19 Singer's recording

21 Snapshot

22 Past

24 Jewel
- 26 In the direction of

28 "Forget it!"

30 Trawler need

32 Rifle

33 Pair

34 Moreover

36 Berates

38 Freight

39 Over

40 Kitchen need

42 Outfit

45 Film sample

46 Nevada city

48 Commotion

50 Regret

51 Pigs' digs

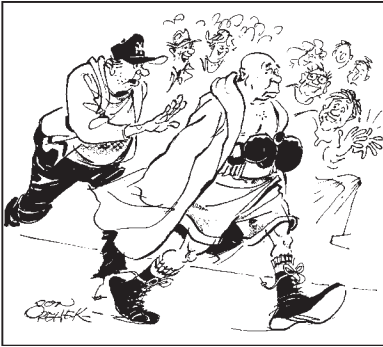
MAGIC MAZE ● THINGS WITH A HEAD

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

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

- Beer
- Golf club
- Lettuce
- Shower
- Comet
- Government
- Nail
- Table
- Cylinder
- Hammer
- Pin
- Trail
- Drum
- Household
- River





**"Let's hope the \_\_\_\_\_ lessons  
pay off."**

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!**

**Skill**

**NATTLE**

Fiend

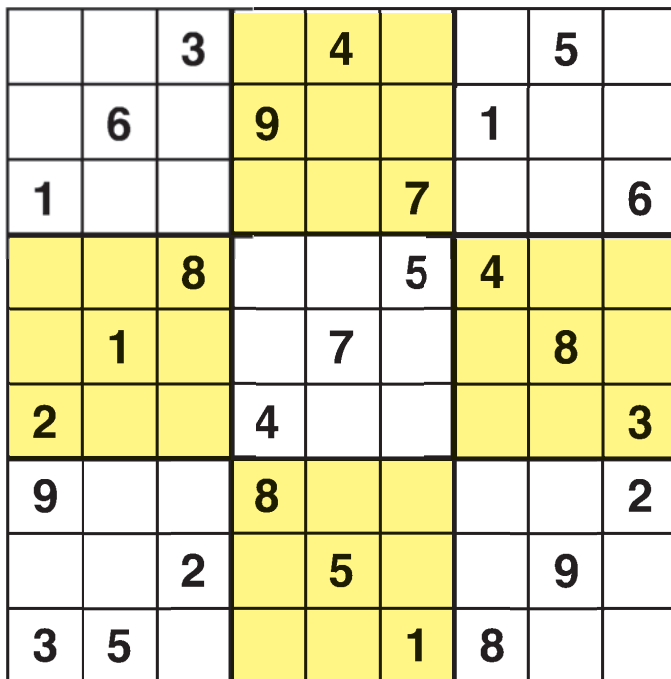
**TUBER**

**Grudge** □

**TIPES**                                                            

**ALIGNS** \_\_\_\_\_ ☐ ☐

## TODAY'S WORD



# 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. Neckline is lower. 2. Rag is missing. 3. Arm and mop are moved. 4. Cabinet is moved. 5. Number is different. 6. Skateboard is missing.

# FSU Award For International Education

Florida State University has received national attention for excellence in integrating international education throughout all facets of the university.

Florida State is one of only four institutions to be selected for the 2017 Senator Paul Simon Award for Campus Internationalization, which is awarded annually by NAISA: Association of International Educators. Named for the late Sen. Paul Simon of Illinois, the award recognizes U.S. colleges and universities that are making significant progress toward comprehensive internationalization, especially those using innovative and creative approaches.

"FSU has a rich history of supporting internationalization and cultural diversity," said President John Thrasher. "Ensuring that our students have the skills, competencies and global awareness needed for success in the 21st century has long been one of our top priorities. We are honored to be recognized with such a prestigious award."

Approximately 122 FSU faculty members from all 16 academic colleges have affiliations with 200 different international institutions in more than 50 countries. More than 2,300 international students were enrolled at Florida State in fall 2015, reflecting a 59 percent increase since fall 2005.

In selecting FSU for the award, NAFSA cited the university's widespread internationalization efforts across academic programs; its Global Citizenship Certificate that allows undergraduate students to gain cross-cultural skills and competencies that foster global-readiness; and FSU's Republic of Panama campus, established in 1957, which serves as a hub for partnership development in Latin America by providing access to quality U.S.-style education.

"A truly internationalized university must provide all students with the opportunity to develop intercultural competencies and skills on campus as well as abroad," said Cynthia Green, director of the Florida State's Center for Global Engagement. "In 2006, a strong grassroots movement began among faculty and administrators to enhance internationalization on the FSU campus."

As a result, FSU opened the Global and Multicultural Building to house the Center for Global Engagement in 2010.

"The Global and Multicultural Building increased the visibility and accessibility of international learning on campus through classes and programs that enrich all students' experience," said Vice President for Student Affairs Mary Coburn.

Florida State also launched [www.global.fsu.edu](http://www.global.fsu.edu), a comprehensive website highlighting the university's many international and intercultural opportunities on campus and abroad.

More recently, FSU added internationalization as a key component of the university's new five-year strategic plan.

"Florida State recognizes that great universities project themselves to the world," said Provost and Executive Vice President for Academic Affairs Sally McRorie. "FSU works to connect students and faculty to the world and invites students and scholars from around the globe to be part of our community."

Today, more than 1,700 students study abroad each year through Florida State's International Programs, a 13 percent increase compared to 10 years ago. Students can choose to study at

FSU's international study centers in London, Florence, Valencia (Spain) and the Republic of Panama or participate in more than 40 faculty-led programs in 19 cities worldwide.

FSU students also have the opportunity to study at one of more than 40 international universities through Florida State's bilateral exchange program, where they are immersed in an academic and cultural setting abroad while receiving FSU credits.

In addition, Florida State hosts incoming exchange students from its partner universities, which contributes to diversity in undergraduate programs and enriches classroom learning on campus.

A variety of other opportunities for international research, service and internship are available to FSU students through programs such as Global Scholars, Social Science Scholars and the Moellership summer of service program.

The Simon Award recognizes overall excellence in internationalization efforts as evidenced in mission, strategies, programs and results.

Florida State is joined by Santa Monica College, the University of Iowa

continued on page 39



# Students Join All-Florida Team

Four Florida SouthWestern State College (FSW) students – Lindsay Brubaker and Claudie Heriveaux from the Collier Campus in Naples and Maria Aguilera and Cierra Homic from the Thomas Edison Campus in Fort Myers – were each recognized by the Florida College System and the Phi Theta Kappa (PTK) International Honor Society for their academic achievement, leadership skills

and service to the community. The FSW students were four of 127 named to the 2017 All-Florida Academic Team. The Florida College System and PTK Florida Region will host the 2017 All-Florida Academic Team Award Ceremony on Friday, April 7 in Tallahassee, where each student will be honored and presented with a medallion. For more information visit [www.FloridaCollegeSystem.com](http://www.FloridaCollegeSystem.com). **College Tool Aids Community** Florida SouthWestern State College (FSW) recently launched Career Coach,

an online tool for students and members of the community wanting to explore local and state job listings, wage and salary information and degrees for chosen careers. Career Coach features a short and long career assessment that suggests potential career fields and goes even further by allowing visitors to explore job descriptions, salary projections, growth rates, potential employers, the amount of education required for a specific position and even offering real-time local and state job listings from Indeed.com.

The new service is available at [www.FSW.edu/careercoach](http://www.FSW.edu/careercoach) and can be used anytime or anywhere by middle or high schools students, prospective FSW students, current FSW students and members of the Southwest Florida community seeking a new career opportunity. FSW will expand Career Coach's reach by servicing alumni, local workforce training programs and community organizations. For more information or to access Career Coach, visit [www.FSW.edu/careercoach](http://www.FSW.edu/careercoach).

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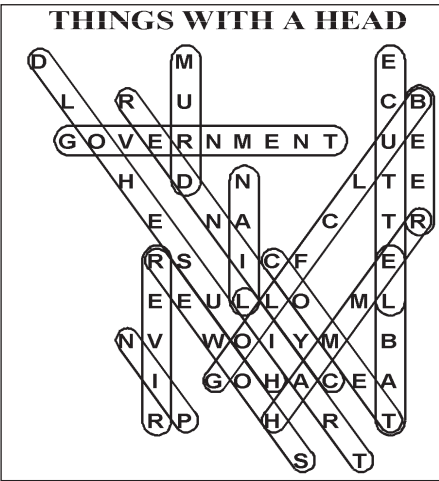
SUPER CROSSWORD

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MAGIC MAZE



SUDOKU

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

My Stars★★★★

FOR WEEK OF MARCH 27, 2017

**ARIES** (March 21 to April 19) Be careful about doing someone a favor when you don't know the full story behind the request. Don't rely on someone's unsubstantiated assurances. Insist on all the facts before you act.

**TAURUS** (April 20 to May 20) That workplace problem still needs your attention before you finally can close the book on it. Meanwhile, a long-anticipated reunion gets closer to becoming a happy reality.

**GEMINI** (May 21 to June 20) You might be demanding more from others than they can give. Best advice: Have a long and frank talk to determine what the facts are. Tensions should abate as the week winds down.

**CANCER** (June 21 to July 22) Aspects are favorable throughout this week for making contacts that could be important to your career plans. Meanwhile, an old friend offers the advice you're seeking.

**LEO** (July 23 to August 22) It's time to stop licking your wounds from past mistakes. Get up and get going toward your future. Loyal friends will be there to help the Lion get back into rip-roaring shape.

**VIRGO** (August 23 to September 22) Take time out to go over what's expected of you before you begin your new project. Otherwise, you run the risk of pushing yourself harder than you need to.

**LIBRA** (September 23 to October 22) An unusual request could put you in an awkward position. Best advice: Deal with it immediately. The longer you delay, the more difficult it will be to get out of it.

**SCORPIO** (October 23 to November 21) You should feel recharged and ready for whatever your workaday world holds for you. The same positive energy spills over into your personal relationships.

**SAGITTARIUS** (November 22 to December 21) A prospect might be less than it appears to be. Like the Archer in your sign, you always aim for the truth. And this is no time to settle for less than full disclosure.

**CAPRICORN** (December 22 to January 19) Start doing some serious thinking about a career move that could

entail more than just changing job sites. Some lifestyle changes also might be involved.

**AQUARIUS** (January 20 to February 18) With tensions easing at the workplace, a more positive environment once again encourages the free flow of ideas so typical of the always-innovative Aquarian.

**PISCES** (February 19 to March 20) Show some of that usually hidden steel-strong Piscean backbone, and stand up for yourself if you hope to make a case for that promotion you know you deserve.

**BORN THIS WEEK:** You enjoy doing new things and staying ahead of the crowd. You would make a fine sports coach or military leader.

THIS WEEK IN HISTORY

• On April 5, 1792, George Washington exercises the first presidential veto of a Congressional bill, which proposed a new plan for dividing seats in the House of Representatives. Washington decided that the bill would have resulted in a higher number of representatives than that proscribed by the Constitution.

• On April 3, 1860, the first Pony Express mail, traveling by horse and rider relay teams, simultaneously leaves St. Joseph, Missouri, and Sacramento, California. Ten days later, the westbound rider arrived in Sacramento, beating the eastbound mail packet by two days.

• On April 7, 1920, Indian sitar legend Ravi Shankar is born in India. Shankar's "discovery" by the Beatles' George Harrison in 1965 made him a household name around the world and changed the music sound of the '60s.

• On April 6, 1970, Sam Sheppard, a doctor convicted of murdering his pregnant wife in a trial that caused a media frenzy in the 1950s, dies of liver failure. After a decade in prison, Sheppard was freed following a re-trial. His story is rumored to have inspired the television series "The Fugitive."

• On April 9, 1987, U.S. Secretary of State George Shultz states that he is "damned angry" about possible Soviet spy activity in the American embassy in the Soviet Union. Soviet officials called the espionage charges "dirty

fabrications."

STRANGE BUT TRUE

• It was the 32nd president of the United States, Franklin D. Roosevelt, who made the following sage observation: "Government by organized money is just as dangerous as government by organized mob."

• You might be surprised to learn that Helen Keller, best known as the first blind and deaf person to earn a bachelor's degree, loved performing. She spent years on vaudeville tours, and in 1919 she starred in "Deliverance," a silent film about her life.

• In the Canadian town of Churchill, Manitoba, most people don't lock their car doors. The primary motivation for this practice isn't trust (although, of course, trust is required), but public safety: A pedestrian who unexpectedly encounters a polar bear will be able to find refuge in any car along the street.

• With warmer weather approaching, you might want to consider heading to Sault Ste. Marie, Michigan, to witness an annual rite of spring. Students at Lake Superior State University gather on (or near) the first day of spring for the annual Snowman Burning. Started in 1971 by a campus club known as the Unicorn Hunters, the tradition involves setting alight a 12-foot-tall "snowman" -- usually built of recycled paper, wood and wire -- to celebrate the end of winter.

• If you haven't listened to any new music in a while, chances are you're over 33. Those who study such things say that's the age at which Americans would rather stick to what they know than try out new tunes.

• If winter seems to be dragging on endlessly, be glad you don't live on Uranus; there, winter lasts 21 years.

THOUGHT FOR THE DAY

"I myself have never been able to find out precisely what feminism is: I only know that people call me a feminist whenever I express sentiments that differentiate me from a doormat." -- Dame Rebecca West

SCRAMBLERS

solution

1. Talent; 2. Brute; 3. Spite; 4. Signal

Today's Word  
BALLET

TRIVIA TEST

- FOOD & DRINK: What is meringue made of?
- MOVIES: What were the names of the tunnels in the movie "The Great Escape"?
- GENERAL KNOWLEDGE: Pure gold consists of how many karats?
- LITERATURE: In which of Charles Dickens' novels does the character of Fagin appear?
- GEOGRAPHY: What Pacific island nation is known by the initials FSM?
- ANATOMY: How many chambers are in the human heart?
- MUSIC: How many keys are on a standard piano?
- BIBLE: How old was Methuselah when he died?
- MEASUREMENTS: What degree of latitude is the Equator?
- ANIMAL KINGDOM: What is a group of rhinos called?

TRIVIA ANSWERS

1. Whipped egg white and sugar 2. Tom, Dick and Harry 3. 24 4. "Oliver Twist" 5. Federated States of Micronesia 6. Four 7. 88 8. 969 in the Hebrew Bible 9. Zero 10. A Crash



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# PETS OF THE WEEK

Lee County Domestic Animal Services

## Chloe And Prince Charming

Love was in the air this week at Lee County Domestic Animal Services. Soon-to-be-married couples did engagement photo shoots with our shelter dogs to help to get them adopted. Chloe is an eight-year-old female greyhound mix senior dog with the energy of a teen. She had a blast with engaged couple Ryan Fordiani and Victoria Winn. Her sleek physique and regal stance certainly made for great pictures.

Adoption Fee: \$0  
Staff favorite Prince Charming is a one-year-old male labrador retriever mix who was named for his charming personality. Just look at those ears? Jessica Bamford and Dirk Purdy could not resist having this handsome face for their photo shoot. Prince has a lot of energy and would be an ideal addition for an active family.

Adoption Fee: \$25  
For information about this week's pets, call 533-7387 (LEE-PETS) or log on to Animal Services' website at [www.LeeLostPets.com](http://www.LeeLostPets.com). When calling, refer to the animal's ID number. The website updates every hour so you will be able to see if these or any other pets are still available.

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

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

The adoption package is valued at \$500.\*\*



Ryan Fordiani and Victoria Winn with Chloe ID# 689777



Jessica Bamford and Dirk Purdy with Prince Charming ID# 692086

Haven on Earth Animal League

## Beauregard And Amber

Hello, my name is Beauregard. I'm a Russian Blue – notice my handsome, sleek, grey fur. I'm about 5 years old, neutered and up-to-date on all vaccines. I was found outdoors with a broken, healed jaw. I was ear tipped, but my rescuers realized that I was too sweet to be left without a home. I have a huge heart and love all cats and people. I'm just waiting for someone to love me back. I prefer soft food. Come see me at the PetSmart, located at Six Mile Cypress and Colonial Boulevard. My adoption fee is \$75. I'm being cared for by Haven on Earth Animal League.

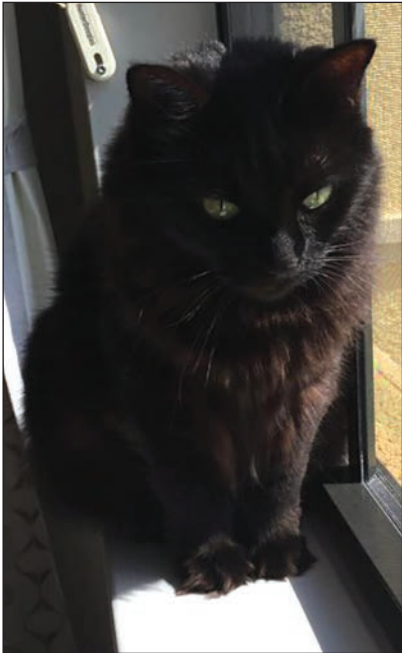
Hi, my name is Amber. I am a really sweet girl, about 5 years old. I am extremely lovable with dogs, other cats and all people. I am a beautiful black, long-haired kitty and front declawed. I'm up-to-date on all shots and spayed. My adoption fee is \$75. I am currently residing with a foster mom.

To make an appointment to meet either adoptable pet, call Diane at 860-833-4472 or email Haven on Earth Animal League at [haveneearthanimalleague@yahoo.com](mailto:haveneearthanimalleague@yahoo.com).

We are being cared for by Haven on Earth Animal League. For more information, email [haveneearthanimalleague@yahoo.com](mailto:haveneearthanimalleague@yahoo.com).



Beauregard



Amber

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## FSU Award

and the University of Pittsburgh as the 2017 winners.

During his 22-year career in Congress, Simon was a champion for international education and cultural exchange. He was a strong advocate of study abroad because he believed it taught students the critical skills necessary to compete in a global economy.

Institutions selected for the Simon Awards will be featured in NAFSA's report, Internationalizing the Campus: Profiles of Success at Colleges and Universities, to be published this fall, and honored at an event in Washington, D.C., during International Education Week in November.

To learn more about NAFSA's Senator Paul Simon Awards, visit [www.nafsa.org/SimonAward](http://www.nafsa.org/SimonAward).

## Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Bonita Beach	Bonita Springs	2012	5,000	\$5,995,000	\$5,545,000	90
Metes and Bounds	Sanibel	1978	2,960	\$4,500,000	\$4,100,000	111
Metes and Bounds	Captiva	2000	3,798	\$2,495,000	\$2,250,000	20
Watsons C S Add	Fort Myers Beach	2009	2,537	\$2,199,000	\$2,175,000	0
Hills TP	Fort Myers Beach	1989	3,382	\$1,850,000	\$1,690,000	347
Butterknife	Sanibel	2004	4,515	\$1,849,000	\$1,675,000	165
Fort Myers	Fort Myers Beach	1986	2,160	\$1,550,000	\$1,410,000	87
McGregor Isles	Fort Myers	2008	3,403	\$1,299,000	\$1,125,000	25
The Shores	Fort Myers	2013	3,127	\$1,199,000	\$1,165,000	96
Jose's Hideaway	Captiva	1974	2,202	\$1,100,000	\$735,000	0

Courtesy of Royal Shell Real Estate





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

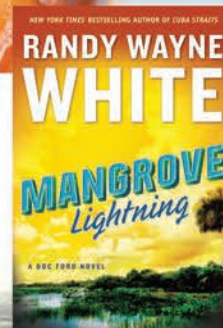


## BOOK SIGNING EVENT!

*Doc Ford's Captiva:*

March 31st, 12 - 3pm

*Randy Wayne White*



———— Flat Breads • Outdoor Seating • Island Mojitos ————

### Sanibel Island



**2500 Island Inn Rd**

Sanibel Island FL, 33957

239.472.8311

### Captiva Island



**South Seas Island Resort**

Captiva Island FL, 33924

239.312.4275

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