



Donate a gift and bring a smile to a child in need

photo provided

Donations Needed For Local Children

The Heights Center is asking organizations and individuals to participate in the annual Harlem Heights Community Gift Drive. Items can be dropped off at The Heights Center, located at 15570 Hagie Drive in Fort Myers. Toys will be collected through Friday, December 15 prior to 5 p.m.

Individuals, businesses and philanthropic groups are asked to donate new, unwrapped gifts for local children. Gifts are needed for more than 800 children, ranging in ages from 3 to 17.

Suggested donations are gifts under \$25 including Legos, dolls, art sets, footballs, basketballs, soccer balls, remote control cars, tea sets, action figures, board games,

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Fiber Art Exhibit And Workshops

The Weavers of Char-Lee will display a collection of fiber works called Weaving Water at the Sidney & Berne Davis Art Center throughout the month of January. The weaving guild will also offer workshops in fiber art.

The opening exhibit for the range of tapestries in the Capital Gallery will take place during Art Walk on Friday, January 5 at 6 p.m. The display will be hung until Friday, January 26 at 5 p.m.

Char-Lee Workshops begin on Wednesday, January 3. Tidal Weaving with Susan Hedge from 10 a.m. to 3 p.m. is for anyone who wants to learn to weave or for experienced weavers who want to freely weave with unconventional objects and techniques. All materials and use of loom are supplied. Cost is \$60.

On Saturday, January 6 from 10 a.m. to 3 p.m., ROC Day will be celebrated by spinners and weavers as well as other fiber enthusiasts on the center's loggia. The free outdoor event features a gathering of friends with common interests in fibers, a historical celebration of the new year, specifically for fiber art, and a way of paying homage to the past as weavers and spinners return to their work after the holidays.

On Wednesday, January 10 from 10



Weeping Waters by Roseline Young

photo provided

a.m. to 3 p.m., Marci Mills will help you explore techniques on applying beads as embellishments to your fiber artwork. Create a unique beaded necklace using the specific techniques of fringes, edging

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Students Visit Museum, Beach

by Jeff Lysiak

Thanks to the sponsorship of Sanibel's Island Inn, fourth graders from Manatee Elementary School in Fort Myers spent two days exploring the natural wonders of the Gulf of Mexico shoreline and visited the Bailey-Matthews National Shell Museum.

As part of the museum's Adopt-A-Class program, the students learned more about mollusks, took part in arts and craft activities, and learned why shells are such an important part of the natural world.

On December 6, fourth graders enrolled in classes taught by Laurel Knapp and Jacqueline Rivera divided into separate groups. In the museum basement, one cluster of youngsters took part in an arts and crafts activity while the remaining students visited the live touch tank area, where they were allowed to gently handle live mollusks in small containers.

Upstairs, museum docent Karen Turner brought another group into the Great Hall of Shells, where they enjoyed playing with the museum's new interac-



Fourth graders from Manatee Elementary School in Fort Myers visited the beach at Island Inn last Wednesday morning, part of the Adopt-A-Class program with the Bailey-Matthews National Shell Museum

photo by Jeff Lysiak

tive exhibits and displays, while a final group viewed the *Mollusks In Action* movie on the main floor.

Following lunch at the museum, all of the students hopped back on their bus for a visit to the beach. There, Island Inn General Manager and Vice President Chris Davison met the students and their chaperones for a group photo. Before returning to Fort Myers, students col-

lected their own shells to take home.

"Partnering in this program with the Bailey-Matthews National Shell Museum is a natural fit for the Island Inn," said Davison. "Today's Sanibel exists because of the care and appreciation of past generations for Southwest Florida's unique ecosystem and estuary. A visit to the museum, followed by a visit to our beach, paints a complete picture of

the beauty and abundance Southwest Florida has to offer. An environmentally informed youth only bodes well for the Island Inn, Sanibel and Southwest Florida as a whole."

For more information about becoming an Adopt-A-Class sponsor, call the Bailey-Matthews National Shell Museum at 395-2233 or visit <http://shellmuseum.org/learn/adopt-a-class>.*

Historic Downtown Fort Myers, Then And Now:

Editor William Spear, Boom Times To Watergate



by Gerri Reaves, PhD

This undated photo of William R. Spear at his editor's desk at *The News-Press* is a glance at the newspaper business well before the digital age.

Note the absence of a computer of any kind, as well as that manual typewriter on the table behind him.

Then there's that chunky dial telephone on his desk. And look at that half-full ashtray, for heaven's sake?

On top of the stack of papers in front of him is *The Miami Herald*, with a headline suggesting a 1960s timeframe: "Civilians Seething at Castro, Reds."

Spear began his career in journalism in 1926, when he came to Fort Myers as a 17-year-old and worked as a reporter for the *Tropical News*. He later rose to the position of news editor.

In 1931, as the Great Depression deepened, that newspaper merge with the *Fort Myers Press* to create *The News-Press*.

That same year, Spear headed north to broaden his newspaper experience. He worked briefly for the *Boston Herald* and then for the Associated Press (AP), ending up in New York City, where he covered major stories such as the Lindbergh kidnapping case, prohibition and the investigation of New York City Mayor Jimmy Walker, who ultimately was forced to resign after being investigated for corruption.

In 1936, he relocated to Florida to head the AP office in Miami. After three years, he worked at the AP Washington, DC bureau into the early years of World War II (WWII).

Securing military leave in 1943, he worked for the American military newspaper *Stars and Stripes* in London, Paris and Liege, serving as managing editor for the latter two.

He also was awarded a Bronze Star for meritorious service in Belgium.

In 1947, he covered the dedication of Everglades National Park, which spurred his re-acquaintance with President Truman, the Washington, DC press corps and Robert Pepper, *The News-Press* news editor.

The reestablishment of Fort Myers connections led to his career coming full circle. That same year, he returned to Fort Myers to become editor of *The News-Press* -- more than four decades since he had started out at the *Tropical News*.

By then, the newspaper had moved to the Post Office Arcade on Broadway.

His 26 years as editor encompassed the post-WWII era, and he watched Fort Myers grow enormously.

He guided the publication through the civil rights era and saw the arrival of the age of suburban sprawl and the decline of downtown -- a phenomenon duplicated in towns across America due to demographic, economic and cultural changes.

And the forward-thinking Spear was part of those changes.

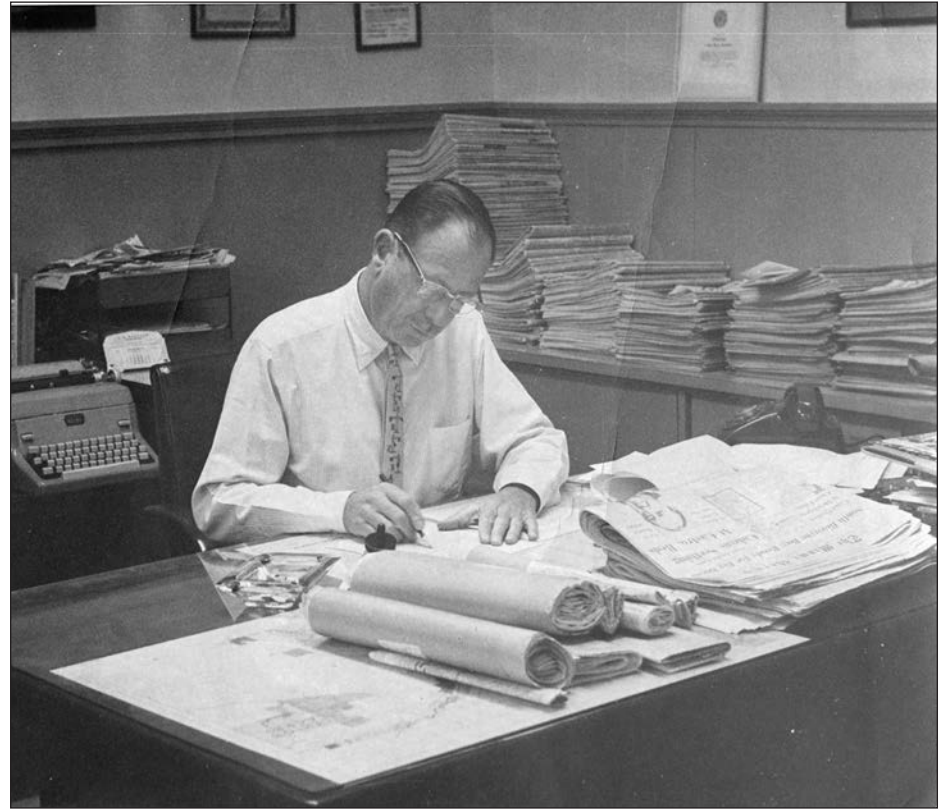
In 1955, under his editorship, the paper became the smallest one -- with a circulation of only 13 thousand -- to publish the New York Stock Exchange quotations and to subscribe to the AP Wirephoto Service.

Also, during his editorship, circulation increase tenfold.

In 1958, for the first time, the paper printed the engagement photo of an African-American woman on the Sunday society page. The Dunbar teacher was engaged to marry an African-American Air Force officer.

The result of that announcement in racially segregated Fort Myers?

A "fiery cross," as Spear recorded it, was burned on his front lawn, by "racists who never were identified."



William R. Spear, editor of *The News-Press* from 1947 to 1973, at his desk circa 1960

photo courtesy SWFL Florida Historical Society

In 1962, he was elected president of the Florida Society of Editors.

In the early 1960s, the newspaper moved its printing operations and later its offices to new facilities at the current location on Martin Luther King, Jr. Boulevard (then named Anderson Avenue).

By the time he retired in 1973, the newspaper founded in 1885 had begun a new era: Gannett Company had bought it in 1971.

Stroll through downtown and imagine the boom-time downtown that Spear covered in his first newspaper job.

Then visit the following research centers to increase your appreciation for those decades of journalism that become local history.

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

It is located at 10091 McGregor Boulevard on the campus of the Lee County Alliance for the Arts. Call 939-4044 or visit 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 Wednesday through Friday from 11 a.m. to 4 p.m. and on Saturday by appointment only.

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

Sources: Archives of the Southwest Florida Historical Society, *Pages from the Past* by Prudy Taylor Board and Esther B. Colcord, *The Story of Fort Myers* by Karl H. Grismer.*

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FROM THE BEACHES TO DOWNTOWN FORT MYERS

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From left, Veronica Brady, Denise Cotler, Barry Levinson, Pete Doragh, Nick Rossi, Rich Kirschner, John Buzilow, Bobbi Bird, Darryl Keys, Sandra Frank, Keith Monda, Nelle Miller, Jim Henry and Judy Cahn photo provided

Rotary District Presents \$40,000 To Food Bank

Rotary District 6960 presented a check for \$40,000 to the All Faiths Food Bank to help with the organization's expansion. The money will be used to purchase a new refrigerated box truck that will allow the food bank to expand their services in the communities that they currently serve and expand their reach to additional communities.

District 6960 chose the food bank as the benefits of this grant would feed potentially hundreds of individuals in need throughout our region for years to come, further exemplifying the Rotary mission, service above self. This project is part of Rotary's grassroots efforts to support local communities with humanitarian and educational grants that will have a long-term positive effect on the people of the communities.

Rotary District 6960 Governor Bobbi Bird presented the check to Sandra Frank, CEO of All Faith Food

Bank, on Thursday, November 30 at the food bank's offices in Sarasota. Bird said, "For over 100 years, Rotary International has been serving the people of Southwest Florida and around the world. Thanks to the efforts of the clubs in District 6960, we are thrilled to be able to give a check for \$40,000 to All Faiths Food Bank to help support their mission of serving the people in our communities."

The funds for the truck were donated by Rotarians from across District 6960, which includes clubs in Charlotte, Collier, Desoto, Glades, Hendry, Lee, Manatee and Sarasota counties.

"The generosity of Rotary District 6960 allows us to purchase a truck that will pick up even more donations to serve our community," said Sandra Frank, CEO of All Faiths Food Bank. "This includes a larger amount of perishables that would otherwise go to waste, providing a larger, healthier selection of foods to help feed our community."

For more information on ways you can support All Faiths Food Bank, contact Denise Cotler at 941-315-7671 or go to www.allfaithsfoodbank.org.

Foundation Sponsors Childrens Art Program At Estates

Edison & Ford Winter Estates received a \$2,000 sponsorship from Babcock Ranch Foundation for the organization's Children's Tree Trail. The sponsorship provides stipends to local schools for art supplies that children use to make ornaments.

In its 11th year, the Children's Tree Trail includes more than 60 trees that Edison Ford provides for area school children to decorate with their handmade ornaments. The Tree Trail is part of the annual Holiday Nights celebration, is free and open to the public through December 31.

"The Babcock Ranch Foundation is honored to partner with the estates for the Children's Tree Trail as well as supporting our teachers and art students from more than 60 Lee County schools that make these wonderful and uniquely decorated trees," said Cole Peacock, executive director for the Babcock Ranch Foundation. "The Children's Tree Trail is special on so many fronts; from showcasing art to friends and families, to making sure all the families get to enjoy the estates on this special night, to bonding the joys of the holidays to the historical importance of the estates. This is simply one of the best family events in Southwest Florida, and we are thankful to be part of this wonderful evening."

Visit the Children's Tree Trail at the estates at 2350 McGregor Boulevard in Fort Myers.✱



Edison Park Elementary Art teacher Karen Flanders stands next to her students' decorated tree at Edison & Ford Winter Estates photo provided



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Toys For Hope Christmas Mall December 16

Next Level Church (NLC) will celebrate the Christmas spirit and holiday season by hosting its first annual Toys for Hope Christmas Mall st two locations on Saturday, December 16 from 10 a.m. to 1:30 p.m. The malls will be located at Fort Myers Dream Center and Lehigh Boys and Girls Club.

Leaders and members of the church are united in their mission to bring a “Moment of Hope” to local families and to spread their core value of “Live to Give.”

Throughout the month of December, NLC has been collecting new, unwrapped toys ranging in value from \$10 to \$20. These toys will be sorted and used at Christmas Mall locations, where parents will then have the opportunity to purchase the toys for boys and girls up to age 14 for \$1 each. Parents are also welcome to bring their children with them and let their kids enjoy themselves in the designated play area while they shop.

NLC believes that this will give hope to families this Christmas while making the parents the heroes of the story.

Fort Myers Dream Center is located at 3637 Dr Martin Luther King Jr Boulevard in Fort Myers. Lehigh Boys and Girls Club is located at 1262 Wings Way in Lehigh Acres.

If you are interested in volunteering

your time at NLC’s Christmas Mall on December 16, visit www.nextlevelchurch.com/outreach to sign up to serve.✱

Student Artwork Sought

Keep Lee County Beautiful, Inc. (KLCB) is conducting its 29th annual art contest for all school students in Lee County utilizing the theme of “Leave The Scene Clean.”

Students are asked to visualize a correct environmental action and transpose their thoughts into a work of art. Judges will select 12 winners, one from each grade 1 through 12 plus a “cover winner” whose extraordinary work will grace the cover of the calendar. Artwork is judged on artistic execution as well as environmental theme, such as litter prevention, recycling, community cleanup and tree planting.

Winning artwork will be featured in the 2019 calendar. In addition, winners will get their picture in the calendar and take part in an award ceremony where they will receive prize packages. Each of the 12 First Place winners will receive \$50, except the 12th grade and cover winners who will receive a \$500 cash scholarship.

The full color calendars are sold in schools and other community outlets. Participating schools keep 100 percent of the proceeds for in-school environmental projects.

Keep Lee County Beautiful, Inc. is a private non-profit organization dedicated to inspiring, educating, and engaging the Lee County community in improving,

beautifying and protecting our environment. KLCB’s previous calendars have received numerous awards and served as excellent fundraisers for many worthwhile school projects.

Public, private and home-schooled students are invited to enter the contest. Deadline for entries is April 23, 2018. For more information on judging criteria, how to enter the contest, or how to raise funds for your school through the calendar project, call Keep Lee County Beautiful at 334-3488 or visit www.klcb.org.✱

Improv Group Returns To Theater

Square One Improv returns to The Laboratory Theater of Florida with its Christmas show on Friday, December 22 at 8 p.m. It will feature a night of hilarious antics, musical comedy and on-the-spot jokes with a holiday theme. Every facet of the improvised show is based on audience suggestions. No two shows are the same.

Performing both short- and long-form improv, the Square One team provides an entertaining evening of family-friendly laughter that is fast-paced, musical and completely improvised. “We try and give our audiences a taste of everything, from hilarious characters to fully-improvised songs,” said co-founder Shaun Johnson. “There’s something for everybody!”

Individual tickets are \$15 for adults and \$12 for senior/military/students (plus applicable online service fees). For tickets, visit www.laboratorytheaterflorida.com or

call 218-0481.

Lab Theater is located on the corner of Second Street and Woodford, at 1634 Woodford Avenue in Fort Myers.✱

Volunteers Sought For Bird Count


The National Audubon Society invites birdwatchers to participate in the longest-running citizen science survey, the annual Audubon Christmas Bird Count (CBC).

On Saturday, December 23, birders and nature enthusiasts in Fort Myers will take part in this early morning tradition. This year, the Audubon Christmas Bird Count will mobilize over 72,000 volunteer bird counters in more than 2,500 locations across the Western Hemisphere. The Audubon Christmas Bird Count utilizes the power of volunteers to track the health of bird populations at a scale that scientists could never accomplish alone. Data compiled in Fort Myers will record every individual bird and bird species seen in a specified area, contributing to a vast citizen science network that continues a tradition stretching back more than 100 years. There is no fee to participate and the quarterly report, *American Birds*, is available online. Counts are open to birders of all skill levels and Audubon’s free bird guide app makes it even easier to learn more.

To sign up for a count, contact Jayne Johnston at 770-8312 or jaynechristine@live.com. For more information and to find where else you can join a Christmas Bird Count, visit www.christmasbirdcount.org.✱

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Memphis Motown Kicks Off Vinyl Vibes Series

This season, take part in the Vinyl Vibes Series at the Sidney & Berne Davis Art Center, beginning with a soulful performance from The Memphis Motown Experience. On Saturday, December 16, enjoy classic R&B of the 1950s, ‘60s and ‘70s from one of the nation’s top tribute acts.

Audiences will hear music from artists like the Temptations, Etta James, The Four Tops, Diana Ross, and Smokey Robinson.

Cocktails will be served at 7 p.m., with music starting at 8 p.m.

Tickets are \$45 for general admission and \$59 for VIP seating. VIP tickets include preferred seating.

To purchase tickets and more more information, visit www.sbdac.com.

The Sidney & Berne Davis Art Center

is located at 2301 First Street in the historic downtown Fort Myers River District.

Additional concerts in the Vinyl Vibes Series include:

Friday, January 19, 2018 – An Evening with the King

Revel in the classics that started rock-n-roll! An Evening with King pays tribute to the one and only Elvis Presley. Put on your blue suede shoes and dance the night away with one of the best Elvis impersonators from Las Vegas – Ted Torres. For more details, visit www.sbdac.com/event/an-evening-with-the-king.

Saturday, February 24 – The Mersey Beatles

The Mersey Beatles is not your ordinary tribute band. They are the world’s only all Liverpool-born Beatles’ tribute band. Enjoy a matinee performance at 4 p.m. and an evening show at 8 p.m. For the Mersey Beatles concerts, VIP tickets include a meet-and-greet with the band! For more information, visit www.sbdac.com/event/the-mersey-beatles.✱

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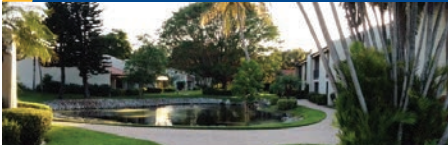
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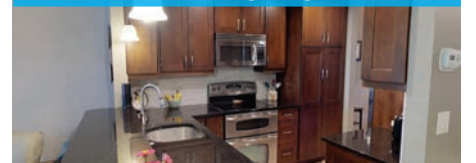
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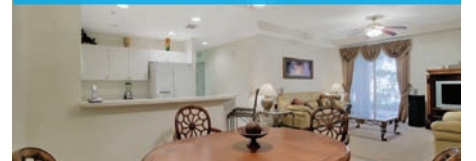
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Fort Myers Art:

Back To 1939 Atlanta For Last Night Of Ballyhoo



by Tom Hall

Florida Repertory Theatre is taking audiences back in time to 1939 Atlanta through Sunday, December 17. No, it's not to join Clark Gable and Vivien Leigh for the opening of *Gone with the Wind*.

Rather, it's to join the Levy-Freitag family as they get ready for the social event of the season. It's *The Last Night of Ballyhoo*, the Alfred Uhry hit comedy that won the 1997 Tony Award for Best Play.

Florida Rep first produced the romantic comedy in the fall of 1999 as part of its second season.

"I really wanted to pay homage to some of our past hits to celebrate our 20th season, and Alfred Uhry's romantic comedy was a natural choice," said producing Artistic Director, Robert Cacioppo.

"Not only is it a funny and heartwarming love story, but it's a family portrait in the American prewar South that deals with some very serious issues. Like in his other play, *Driving Miss Daisy*, Uhry tackles serious subject matter by lifting our spirits and making us laugh. I know our audiences will fall in love with it all over again."

A scene from *The Last Night of Ballyhoo*

photo courtesy www.artswfl.com

Florida Rep ensemble members, Carrie Lund and V Craig Heidenreich, return to the Florida Rep stage in the production. Lund just appeared in *Sylvia*, and Heidenreich directed *Disgraced*, which ran through December 10 in the ArtStage Studio. Heidenreich also appeared last March as Atticus Finch in *To Kill a Mockingbird*.

The Last Night of Ballyhoo takes audiences back to the winter of 1939. Germany has just subjugated Poland and the eyes of the world are on Europe as the rest of the continent is preparing for war. And in Atlanta, *Gone with the Wind* is having its world premiere. But the big news among the city's elite German-Jewish

community is who is and who is not attending the social event of the season, Ballyhoo.

The Last Night of Ballyhoo is a touching romantic comedy and a beautifully written portrait of a Jewish family facing who they are and where they come from as generations and cultures clash in the American South.

Heidenreich and Lund are joined by a cadre of exceptional guest artists. Some are familiar faces; others are making Florida Rep debuts. Returning to the Arcade stage are Jackie Schram, Britt Michael Gordon and Stacey Scotte. The newcomers are David Friedlander and Olivia Howell.

Both Schram and Gordon began their professional careers with Florida Rep as members of the acting intern company and, with this production, join Actors' Equity Association, America's union of professional actors and stage managers. Schram made her Florida Rep debut in *Boeing-Boeing* (2009) as an

emergency replacement for the first four performances; she went on to appear in the closing night of the production when another of the actresses took ill. Later, she played roles in the nationally-acclaimed production of *You Can't Take it With You* in 2010 and *Rumors* in 2011. Gordon made his Florida Rep debut in *Tribes* (2014), returned to the stage in Agatha Christie's *The Unexpected Guest* (2015), and will appear in *Cabaret* this spring. Schram recently completed a long run with *Sleep No More* in New York City, and Gordon has worked extensively on stages across Florida, including Free Fall Theatre, American Stage and Broward Stage Door.

Scotte was recently seen in an extended run of *Mame* at Riverside Theatre in Vero Beach, and was last seen at Florida Rep in 2011's hit, *August: Osage County*.

David Friedlander, making his Florida Rep debut, appeared recently in New York Classical Theatre's production of *Measure for Measure* and as a member of ComedySportz NYC.

Newcomer, Olivia Howell, was last seen in regional productions of *Who's Afraid of Virginia Woolf* and *Skin of Our Teeth*.

Ensemble member Greg Logenhagen (*Twelve Angry Men*) directs the production and leads an expert creative team, including set and lighting designer Bert Scott (*The Unexpected Guest*), costume designer Alice Neff (*Over the River and Through the Woods*), sound designer John Kiselica (*Disgraced*) and production stage manager Josh Quinn (*Best of Enemies*).

The Last Night of Ballyhoo plays in the Historic Arcade Theatre from December 1 to December 17. *The Last Night of Ballyhoo* is generously sponsored by Ellie Fox.

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.✪

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Allison Tubbs, ARNP

HaikenDermatology.com

Children's Quilt Displayed On Capitol Hill

The children of Valerie's House, Inc., a Southwest Florida nonprofit helping grieving families, have created a travelling Children's Grief Quilt that is being displayed at several businesses and schools in the area as well as in Congressman Frances Rooney's office in Washington, DC. Each square of the children's quilt represents a memory they have about the person in their life who has died. The handmade quilt was made to bring attention to children grieving and spread awareness about the Valerie's House grief support program. Nationally, one in five children will lose a parent or sibling before age 20.

"We are overwhelmed with the number of businesses that have reached out and offered to display the children's quilt," said Angela Melvin, founder and CEO of Valerie's House. "Our hope is a grieving family who needs us may discover the quilt on display and realize we are here for them and they can come to us for help."

Along with Congressman Francis Rooney's office in the U.S. Capitol.



Andrew Tucker and Hailey Tharpe

photo provided

more than 20 businesses, schools and government agencies will display the quilt throughout the remainder of the year and into early 2018, including FineMark National Bank & Trust, Iberiabank, Markham Norton Mosteller Wright & Company, Norman Love Confections and the School District of Lee County.✪

Beneficiaries Added To Wine & Food Fest

SWFL Children's Charities, Inc. recently announced four new beneficiaries of its 2018 Southwest Florida Wine & Food Fest: PACE Center for Girls of Lee County; Ronald McDonald House Charities of Southwest Florida; SalusCare, Inc.; and The Heights Foundation. Collectively, these beneficiaries will receive 10 percent of the auction proceeds from the 2018 Southwest Florida Wine & Food Fest, SWFL Children's Charities, Inc.'s annual signature fundraising event. Celebrating its 10th year, the 2018 event will take place March 2 and 3, featuring uniquely themed Chef Vintner Dinners at private venues, and The Grand Tasting and Live Auction at Quail West Golf and Country Club in Naples.

Each year, one hundred percent of monies raised at the auction benefit SWFL Children's Charities, Inc.'s primary beneficiaries. The organization has raised \$18.7 million over the past nine years for Golisano Children's Hospital of Southwest Florida, Florida Gulf Coast University and Florida SouthWestern State College in support of pediatric health care and scholarships for local students majoring in health sciences. In 2018, SWFL Children's Charities, Inc.'s support will expand to include the four additional organizations, which are dedicated to health care and services for children.

"SWFL Children's Charities, Inc. is

committed to making a difference in the lives of local children and furthering health care services within our region, and we are honored to support PACE Center for Girls of Lee County, Ronald McDonald House Charities, SalusCare and The Heights Foundation through our 2018 Southwest Florida Wine & Food Fest," said Sandy Stilwell-Youngquist, secretary and vice president of grants for SWFL Children's Charities, Inc. "These four organizations provide essential health care, education and resources for families throughout our community, and we are thrilled to extend our support and celebrate their contributions through our 2018 event." ❄️

Art League Adds Classes

The Art League of Fort Myers is stepping up to add many new classes and projects.

Classes offered involve stained glass, watercolor, acrylic, apron painting, drawing and paint parties.

The league facility is open to the public each Wednesday from 9:30 a.m. to noon. A \$2 donation will be accepted to help with operating costs.

The January exhibit, which will be hung until January 27, is titled Ring in The New. Opening reception is during Art Walk from 6 a.m. to 7:30 p.m.

The Art League of Fort Myers is located at 1451 Monroe Street in Fort Myers. For more informatyion on classes and exhibits, visit www.artleagueoffortmyers.org or call 275-3970. ❄️



Rebecca Vigil and Evan Kauffman

photo provided

Interactive Musical At The Alliance

Theatre Conspiracy at the Alliance for the Arts presents a limited run of *Your Love, Our Musical* by Rebecca Vigil and Evan Kaufman from January 11 to 14.

Fresh off their successful run in New York City, comedic musical improvisers interview a couple in the audience about their relationship and spin an impromptu musical about the couple's love story. Using their unique chemistry, vocal skill and improvisational abilities, Vigil and Kaufman transform an audience's story

into bombastic choruses.

The interactive show was accepted into the 2015 New York City International Fringe Festival, where it won Best Acting. In 2017, the production appeared on Bravo's Million Dollar Listings: New York.

Individual tickets to each show are \$25, \$11 for students or \$22 for Alliance members. Performances are January 11 to 13 at 8 p.m. and January 14 at 2 p.m.

Vigil and Kaufman will also host a Musical Improv Toolkit Workshop on January 13. The workshop will focus on song structure, improvised choruses, rhyming and scenes becoming a song.

To purchase tickets or for more information, call 939-2787 or visit www.ArtnLee.org/Theatre. ❄️

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Along The River

Get into the Christmas spirit by visiting the decked-out historic **Burroughs and Langford-Kingston homes** during The Fort Myers Woman's Community Club's 61st annual **Holiday House** nightly until Saturday, December 23 from 5 to 9 p.m. The last tour begins at 8:30 p.m.

Tickets are \$5 per person. Children age 10 and younger are admitted free. Veterans and active military personnel are free with identification.

In addition to touring the two festively decorated homes and grounds, children can visit with Santa each evening.

The Burroughs and Langford-Kingston homes are located in downtown Fort Myers at the corner of First and Fowler streets. The homes are managed by the Uncommon Friends Foundation and the proceeds from Holiday House go to the restoration and care of the homes. For more information, visit www.fmwcc.com or Facebook @HolidayHouseFortMyers

The Lee County Port Authority's **holiday music program**, Sounds of the Season, at **Southwest Florida International Airport** is another way to get the holiday spirit going. Live performances from local elementary, middle and high will take place on the upper level, inside Door 5, in front of the Visitor Information Booth at Southwest Florida International Airport.

The remaining performances include four this Friday, December 15: Veterans Park Academy for the Arts (band and orchestra) at 9:30 a.m.; River Hall



The Burroughs Home decorated during the holidays

photo courtesy www.burroughshome.com

Elementary School (children's choir) at 10:30 a.m. Sunshine Elementary School (choir) at 11:30 a.m. and Tice Elementary School (chorus) at 1 p.m. Heights Elementary School (choir) will perform this Monday, December 18 at 10:30 a.m., and Bonita Springs Charter School (concert band) will play on both Tuesday, December 19 at 11 a.m. and Thursday, December 21 at 11 a.m.

Broadway Palm Children's Theatre will show a Christmas pirate adventure called **Jingle ARRGH The Way** this weekend this Friday, December 15 (10:30 a.m. lunch; 11:30 a.m. show) and Saturday, December 16 (noon lunch; 1 p.m. show).

This all-new musical is based on Melinda Long's children's book, *How I Became a Pirate*. A mysterious message sends Captain Braid Beard and his pirate crew back to seek out the young Jeremy Jacob to help solve a riddle and find the Christmas treasure.

Ticket prices for the buffet and the show are \$19 for all ages; group rates are available for parties of 20 or more. For showtimes and tickets, call 278-4422 or visit www.BroadwayPalm.com. The theater is located at 1380 Colonial Boulevard in Fort Myers.

The **Laboratory Theater of Florida** will be showcasing four original plays during the **24-Hour Playwriting Project** this Saturday, December 16 at 8 p.m. The plays will be the product of a 24-hour writing challenge placed on four regional playwrights. The playwrights will be given a theme, some lines each of them must use in his/her script, other challenges and limitations, and about

18 hours in which to write a 17 to 20 minute one-act play.

Directors and actors will be assigned to the playwrights, who will not know who they are until midday when they all meet for lunch. Community support comes from published playwrights who will offer guidance once the first draft is complete.

Playwrights will be judged by a panel of professionals as well as by the audience. The theater will award Critics' Choice and Audience Choice awards.

Tickets are \$10 to \$27 and are available for purchase online at www.laboratorytheaterflorida.com or at the door. The 24-Hour Playwriting Project is included in the theater's Season Pass. Seating is limited and advance ticket purchases are suggested. Doors will open at 7:30 p.m.

The **Southwest Florida Symphony** presents its annual Holiday Pops concerts with a fun family twist this year – **A Charlie Brown Christmas**. This Friday, December 15, BIG ARTS on Sanibel will hold a concert from 7:30 to 9:30 p.m. On Saturday, December 16, a concert will be held at Barbara B. Mann Performing Arts Hall during the same timeframe.

This performance, conducted by Dr. Trent Brown, the Symphonic Chorale's music director, features the beloved music of the Peanuts traditional holiday animated TV special, *A Charlie Brown Christmas*, composed by jazz pianist Vince Guaraldi and arranged for orchestra by special guest Jim Martinez. This concert also features performances by the Symphonic Chorale of Southwest Florida.

Single tickets start at \$27 and vary by venue. Tickets may be purchased at the Southwest Florida Symphony Box Office by calling 418-1500 or visiting in person, online at www.swfso.org and at all performance venues.*



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Veterans To Be Honored With Wreath Laying

Members of the Estero Island Chapter, National Society Daughters of the American Revolution, have sponsored 150 wreaths for Wreaths Across America Day at the Bonita Springs Cemetery on Saturday, December 16. The goal is to place a live, balsam fir wreath at the headstone of every veteran buried there and to commemorate the ultimate sacrifices made for our country.

"Every donation and wreath sponsorship is a meaningful gift from an appreciative supporter who knows what it means to serve and to sacrifice for the freedoms we all enjoy," said Karen Worcester, executive director of Wreaths Across America. "We are so grateful to the communities of Lee County for participating in our mission to Remember, Honor and Teach."

The Bonita Springs Cemetery is one of three Lee County cemeteries participating with Wreaths Across America this year. Mission Bar B' Que is the organizer for

Fort Myers Memorial Gardens, Coral Ridge Cemetery in Cape Coral and the Bonita Springs Cemetery.

The Remembrance Ceremony, held simultaneously across the country with Arlington National Cemetery and 1,200 other cemeteries, will occur at noon. The public is invited to participate in wreath laying and to attend the Remembrance Ceremonies.

Estero Island Chapter DAR sends thanks to the many sponsors of the 150 wreaths for the Bonita Springs Cemetery and to New Life Church for funding the clearing of downed trees after Hurricane Irma so that the cemetery would be ready for Wreaths Day.

The Bonita Springs Cemetery is located at the southwest corner of Bonita Beach Road and Imperial Parkway. Parking is available across Imperial Parkway on the southeast corner of the intersection behind the arts center. To place a wreath, arrive by 11 am, or to attend the ceremony plan to arrive just before noon.

To donate or volunteer, contact Anita Pinder at apinder29@gmail.com or go to www.wreathscrossamerica.org and search for the cemetery location code FLFMMG and the Estero Island Chapter fund raising group. For more information about Estero Island Chapter visit www.eidar.org.*



Nathan Hill photo by Michael Lionstar

Famous Author Lecture Series

The Famous Author Lecture Series invites audiences to take part in a lunch and lecture with an acclaimed writer once per month between January and April at the Sidney & Berne Davis Art Center. This season's featured writers are Nathan Hill, Michael Byrnes, Karen Thompson Walker and Karen Dionne.

Each program is from noon to 2 p.m. Tickets are \$35 each or \$280 for a table of eight. Series tickets are \$125 or \$1,000 for a tables of eight.

On Monday, January 8, the lecture



Michael Byrnes photos provided

will feature Author Nathan Hill. His debut novel *The Nix* was named the #1 book of the year by Audible and *Entertainment Weekly* as well as one of the year's best books by *The New York Times*, *The Washington Post*, NPR, *Slate*, Amazon, and many others. *The Nix* was the winner of the *LA Times* Book Prize for First Fiction. It will be published worldwide in 30 languages. A book-signing opportunity will also be available.

On Monday, February 12, 2018, the lecture will feature Author Michael Byrnes. He is the internationally bestselling author of *The Sacred Bones*, *The Sacred Blood* and *The Genesis Plague*. *Bounty* is his latest novel. Byrnes earned his undergraduate degree



Karen Thompson Walker

from Montclair State University and his master's degree from Rutgers University. A book signing opportunity will also be available.

On Monday, March 19, the lecture will feature Author Karen Thompson Walker. She is the author of *New York Times* bestselling novel *The Age of Miracles*, which was a finalist for the Barnes & Noble Discover Award, an Indies Choice Award and a Goodreads Choice Award. Translated into 27 languages, it was named one of the best books of the year by the *Financial Times*, *Publishers Weekly*, *People*, *O*, *The Oprah Magazine*, *Kirkus* and Amazon. A book signing opportunity will also be available.

On Monday, April 16, 2018, the



Karen Dionne

lecture will feature Author Karen Dionne. She is the author of *The Marsh King's Daughter* and is the cofounder of the online writers community Backspace, the organizer of the Salt Cay Writers Retreat and a member of the International Thriller Writers, where she served on the board of directors. She has been honored by the Michigan Humanities Council as a humanities scholar, and lives with her husband in Detroit's northern suburbs. A book signing opportunity will also be available.

The Sidney & Berne Davis Art Center is located at 2301 First St. in the historic downtown Fort Myers River District. For more information and tickets, visit www.sbdac.com.

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Seeds Of Love Grow Miracles

submitted by Ashleigh Chevalier

So many days, there is tragedy. So many days, there is heartbreak. In an instant, a woman's dignity is lost or a child is left orphaned. In an instant, a life is lost.

Rarely do we hear the stories of courage. Rarely do we hear the stories of life and victory when a person overcomes adversity and thrives over circumstance.

But, there is a neighborhood residential home in the heart of Cape Coral dedicated to making the heart broken into community heroes, a place where love takes root and transforms.

Katherina showed up on the doorstep of Lifeline Family Center when she was 17 and pregnant with her first child. She had not completed her high school education. Newly pregnant, she was at a loss of what to do and had no means to provide for herself or her child.

Lifeline Family Center offered Katherina an opportunity, a hope for herself, her future and her child's future. At Lifeline, she was able to earn her high school diploma, accounting certificate, and went on to further her career training. After working in accounting for several years, she is now a proud wife, the mother of two beautiful daughters, and works in public relations and outreach at the nonprofit ministry that supported and encouraged her to do what everyone else told her she could not do: be a single mother and support herself and her daughter.



Katherina and Mila at graduation

photos provided

"Without Lifeline, I would not be where I am today. Lifeline is where I found Jesus," Katherina said.

For 21 years, Lifeline Family Center has provided residential, education, counseling and child care programs to young pregnant, single mothers (ages 16 to 25) and their children. Lifeline's whole health program requires residents to take parenting and prenatal classes, character classes, life skills classes where they learn budgeting, sewing, cooking, and take art and exercise classes. Young ladies participate in devotions every morning and attend local churches on Sundays.

All of Lifeline's residential programs



Katherina and Mila now

are built around a successful education and career track tailored specifically to the resident. It is the hope, and proven successful strategy, that the supportive and focused program will restore young ladies from the inside out, empowering and equipping them to provide for themselves and their children.

2017 has not been without its challenges, however. Lifeline Family Center suffered a cyberattack and virus that greatly affected their IT systems right before Hurricane Irma hit. With Irma, Lifeline suffered roof damages and lost over half of their campaign time for one of their two annual fundraisers, LIFEwalk Cape Coral, held Saturday, November 4, at Jaycee

Park. It did not generate the full year's funds it usually raises as a result. Lifeline's former resident, now employee, Katherina, worked alongside other Lifeline staff and volunteers, supporting and encouraging young women and children who are in the same shoes she was in before.

Despite the obstacles, the nonprofit bolsters its mission of restoring hearts with love and saving lives with faith in God and the community.

"We have had challenges before. This is an amazing community, generous in love and support," said Kathy Miller, Lifeline's executive director and founder. "After all, the ministry is entering its 22nd year."

Many young women who come to Lifeline have suffered major trauma and abuse. Lifeline offers them an opportunity to break the cycle and empower them with education and the tools for success.

To date, Lifeline's program has served 170 young women plus their children. Lifeline's crisis hotline has served over 6,000 women. Lifeline does not accept any local, state, or federal funding, and relies heavily on private donations and the two annual fundraisers to thrive in Cape Coral, changing lives from the inside out in this corner of the world, two lives at a time.

If you or someone you know is pregnant, and needs help, the Hotline is available 24/7 at 772-HOPE.

If you want to learn more about Lifeline's impact on the community and how you can contribute to this life changing, neighborhood residential program, visit www.givelfc.org.

*Ashleigh Chevalier is the public relations and marketing director of Lifeline Family Center in Cape Coral.**

Churches/Temples

ALL FAITHS UNITARIAN CONGREGATION

Sunday 10:30 a.m., 2756 McGregor Boulevard, allfaiths-uc.org, 226-0900.

ALL SAINTS BYZANTINE RITE CATHOLIC

Sunday 10:30 a.m. 10291 Bayshore Road, 305-651-0991.

ANNUNCIATION GREEK ORTHODOX

Sunday 9 and 10 a.m. 8210 Cypress Lake Drive, annunciation.fl.goarch.org, 481-2099.

BETH SHILOH MESSIANIC SYNAGOGUE

Friday 8 p.m., Saturday 11 a.m. 15675 McGregor Boulevard, 437-3171.

BIBLESHARE

10 a.m. Sunday and 7 p.m. Tuesday, 7050 Winkler Rd, Suite 121, www.simplysimpleworship.com, 437-8835.

BREAD OF LIFE MINISTRIES

Sunday 10:30 a.m. 16581 McGregor Boulevard, 267-3166.

CHABAD LUBAVITCH ORTHODOX

Friday 6:30 p.m. 5620 Winkler Road, chabadswf.org, 433-7708.

CHAPEL OF CYPRESS COVE

Sunday 10 a.m. 10200 Cypress Cove Circle, revtedalthouse@aol.com, 850-3943.

CHURCH OF THE CROSS

Sunday 9:15 and 10:45 a.m. 13500 Freshman Lane, 768-2188.

CONGREGATIONAL

Sunday 10:30 a.m. 1619 Llewellyn Drive, taecc.com, 334-4978.

COVENANT PRESBYTERIAN

Sunday 10 a.m. 2439 McGregor Boulevard, 334-8937.

CYPRESS LAKE BAPTIST

Sunday 9:45 and 11 a.m., 7 p.m.; Wednesday 6:30 p.m. 8400 Cypress Lake Drive, 481-5442.

CYPRESS LAKE PRESBYTERIAN

Sunday 8, 9, 10 and 11 a.m. 8260 Cypress Lake Drive, www.clpc.us, 481-3233.

CYPRESS LAKE UNITED METHODIST

Sunday 8, 9:30 and 11 a.m. 8570 Cypress Lake Drive, 482-1250.

FAITH FELLOWSHIP WORLD OUTREACH

Sunday 10:30 a.m., Thursday 7:30 p.m., Friday 7:30 p.m. 6111 South Pointe Boulevard, 278-3638.

FAITH UNITED METHODIST

Sunday 8:45 and 10:30 a.m. 15690 McGregor Boulevard, 482-2030.

FIRST CHURCH OF CHRIST, SCIENTIST

Wednesday 12 noon Testimony Service, Sunday 10:30 a.m. 2390 West First Street, christiansciencefortmyers.net, christianscience.com.

FIRST CHURCH OF THE NAZARENE

Sunday 10:30 a.m. and 6 p.m. 13545 American Colony Boulevard, 936-2511.

FIRST UNITED METHODIST CHURCH

Sunday 9:30 a.m. and 5:30 p.m. 2466 First Street, www.fumcftmyers.org, 332-1152.

FORT MYERS CHRISTIAN

Sunday 10:30 a.m., 5916 Winkler Road, 437-4330.

FORT MYERS CONGREGATIONAL

UNITED CHURCH OF CHRIST; Sunday 10 a.m., 8210 College Parkway, 482-3133.

IONA-HOPE EPISCOPAL CONGREGATION

Saturday 5 p.m.; Sunday 8 a.m. and 9:30 a.m.; Tuesday 9:30 a.m.; Wednesday 9:30 a.m. 9650 Gladiolus Drive, 454-4778.

JESUS THE WORKER CATHOLIC

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

KINGDOM LIFE

Sunday 10:30 a.m. 2154 McGregor Boulevard, 218-8343.

LAMB OF GOD

Sunday 7:45 and 10 a.m. 19691 Cypress

View Drive, lambogodchurch.net, 267-3525.

NEW BEGINNINGS CENTER

Friday 6:30 and 7 p.m. 8505 Jenny Cae Lane, nbcministry@embarqmail.com, facebook.com/nbcministry, 656-0416.

NEW COVENANT EYES

Monthly 9 a.m. 1900 Park Meadows Drive, newcovenanteyes.com, 220-8519.

NEW HOPE BAPTIST

Sunday 11 a.m.; Wednesday 7 p.m. 16120 San Carlos Boulevard, Unit 10, 985-8503.

NEW HOPE PRESBYTERIAN

Sunday 8, 9:30 and 11 a.m. 10051 Plantation Road, www.newhopefortmyers.org, 274-1230.

PEACE COMMUNITY

Sunday 10:30 a.m. www.17671PineRidgeRoad.com, 267-7400.

PEACE LUTHERAN

Sunday 9:30 a.m. 15840 McGregor Boulevard, www.peaceftmyers.com, peaceftmyers.com, 437-2599.

REDEEMER LUTHERAN

Sunday 8:15 and 10:15 a.m. 3950 Winkler Ext., 274-0143.

RIVER OF LIFE ASSEMBLY OF GOD

8, 9:45 and 11:30 a.m. 21580 River Ranch Road, 495-0400.

SAMUDRABADRA BUDDHIST CENTER

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ST. FRANCIS XAVIER CATHOLIC

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SAINT JOHN THE APOSTLE

METROPOLITAN

Sunday 10 a.m. 3049 McGregor Boulevard, 344-0012.

SAINT MICHAEL LUTHERAN

Saturday 5:30 p.m.; Sunday 8 and 10:45 a.m. 3595 Broadway, 939-1218.

SAINT NICHOLAS MONASTERY

Sunday 9:30 a.m. 111 Evergreen Road, saintnicholasmonastery.org, 997-2847.

ST. VINCENT DE PAUL CATHOLIC

Tuesday through Friday 9 a.m.; Saturday 4 p.m.; Sunday 9 and 11 a.m. 13031 Palm Beach Boulevard, 693-0818.

SOUTHWEST BAPTIST

Sunday 11 a.m.; Wednesday 6 p.m. 16940 McGregor Boulevard, 454-3336.

TEMPLE BETHEL SYNAGOGUE

Friday Shabbat 7:30 p.m.; Torah Saturday 9 a.m.; Religious School Wednesday 5:30 p.m. and Sunday 9:30 a.m. 16225 Winkler Road, templebethel.com, 433-0018.

TEMPLE JUDEA (CONSERVATIVE)

Friday 6:30 p.m. and Saturday 9 a.m. tjswfl.org, 14486 A&W Bulb Road, 433-0201.

THE NEW CHURCH

Sunday 11 a.m. 10811 Sunset Plaza Circle #401, newchurchflorida.com, 481-5535.

UNITARIAN UNIVERSALIST

Sunday 10:30 a.m. 13411 Shire Lane, uucfm.org, 561-2700.

UNITY OF FORT MYERS

Sunday 10 a.m. 11120 Ranchette Road, unityoffortmyers.org, 278-1511.

WESTMINSTER PRESBYTERIAN

CHURCH Sunday 9:30 and 10:45 a.m. 9065 Ligon Court, 481-2125.

WORD OF LIFE

Sunday 10 a.m., Wednesday 7 p.m. 2120 Collier Avenue, 274-8881.

ZION LUTHERAN

Sunday 8, 9:30 and 10:45 a.m. 7401 Winkler Road, zionfm.org, 481-4040.*

CROW Case Of The Week:

Red-Breasted Merganser



by Bob Petcher

With a reported bloom of the Florida red tide organism *Karenia brevis* along our coastal waters, many marine animals and seabirds have been impacted by the toxins in red tide through their central nervous system. Harmful algal blooms have been known to contribute to illness and death in stranded fish-eating birds.

According to the Florida Fish and Wildlife Conservation Commission, a red tide bloom was detected along both Lee and Charlotte counties over the past week. Brevetoxicosis was found "from background to high concentrations in 30 samples collected from Lee County."

At CROW, medical officials stated the clinic has taken in quite a few patients that may have been affected by the red tide organism.

"So far this year, we have admitted approximately 150 cases of suspected brevetoxicosis," said Dr. Robin Bast, CROW veterinary intern. "At this time, we are receiving several brevetoxicosis patients daily."

On December 4, a red-breasted

merganser (*Mergus serrator*) was one of the latest animals admitted to the clinic with suspected neurotoxicity after it was found disoriented. The merganser was reportedly found walking across West Gulf Drive on Sanibel and had mild abrasions on its feet from dragging them on pavement. Otherwise, there was no apparent trauma cited. CROW officials concluded the fish-eating duck was dragging its feet due to "weakened motor ability and hind limb paresis." The patient was given fluids and quickly gobbled up all the smelt it was offered.

"Brevetoxin is a neurotoxin, which means it has effects on both the central and peripheral nerve system. This manifests in several neurologic clinical signs, including hind limb weakness – paresis – which can result in the inability to stand, ataxia – uncoordinated when walking, head tremors and seizures," said Dr. Bast. "Hind limb weakness is not specific to brevetoxicosis, meaning it can also be a symptom that occurs secondary to spinal trauma or some infectious diseases. Given that we have red tide in the area and are receiving several affected water birds as patients with brevetoxicosis, and diagnostics did not reveal any evidence of trauma or infection, we believe the merganser is affected by brevetoxicosis."

Like many patients that enter the clinic, the merganser appeared to be thirsty.

"Dehydration is not a specific symptom of brevetoxicosis, however, it occurs secondarily since the birds are debilitated to the point where they



Patient #17-4037 shortly after being admitted

photo by Brian Bohman

cannot swim, fly or hunt normally," said Dr. Bast. "Often times, this means they are thin and dehydrated on presentation to the hospital. Part of their treatment includes fluid therapy to rehydrate them as well as to help clear the toxins by supporting their kidneys and liver."

Dr. Bast stated suspected brevetoxicosis cases represent roughly 10 percent of the clinic's annual caseload. "It is a big focus of conservation medicine and research at our facility," she added.

Luckily, the patient responded well to

treatment. Dr. Bast said the merganser was placed in an outdoor enclosure at the end of last week and was successfully released on December 10.

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

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Switch To The Winter Pattern



by Capt.
Matt Mitchell

Winter conditions arrived overnight this past weekend as we woke to cold, wind and rain marking the start of what will be a chilly week on the water.

As the wind slowly lays down, anglers getting back on the water will have to adapt to the major changes cold water brings to our fishery. Snook fishing with shiners will be a thing of the past for at least a few days. Fishing low and slow with shrimp to catch sheepshead, black drum, rat redfish and trout will be the go-to catch.

The cold will concentrate the fish into the places they spend the cooler months along with bringing in lots of pre-spawn sheepshead in from offshore. Depending on how cold the water temperature drops, I'm guessing it will mark the end of shiner fishing for at least a week or until water temperatures begin to rebound as the bait moves out to the deeper warmer water of the Gulf. Bouncing a jig head rigged with a shrimp slowly across the bottom in the deeper creeks and canals will be the best way to bend a rod for at least a few

days. Docks, jetties and pilings from the passes to the intercoastal will load up with lots of large sheepshead.

This wintertime sheepshead fishery can often be the saving grace for anglers during these cold periods. Sheepshead fishing only improves with cold weather, while basically every other species we target will grind to a halt shutting down for a few days on the backside of such a major cold front. We need to switch to light spinning tackle. With that change, sheepshead are relatively easy to catch, good to eat and put a up a good fight. My rig of choice for catching them is a chunk of fresh shrimp hooked on a quarter ounce 2/0 jig head tied with a loop knot to about 30 inches of 20-pound fluorocarbon leader.

The week's weather forecast saying it will stay cold, so I'm expecting our water temperature to drop in degrees to at least the low 60s if not high 50s. This major drop in temperature will signal the beginning of our winter fishing pattern. Cold fronts are all just a part of life, although the first big one of the season is always a little bit of a surprise both to the fish and anglers. Dig out that warm clothing and rig up the smaller rods. Winter is here at least for a week.

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.✱



Brad Agerton with a pre-cold front snook caught and released while fishing with Capt. Matt Mitchell this week photo provided

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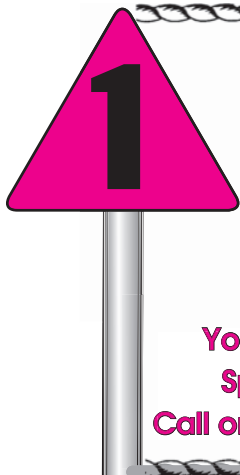
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Dave Doane

Plant Smart

Christmasberries Same Name, But So Different

by Gerri Reaves

Despite the subtropical climate, South Florida has its own rivals to the bright red holly berries of northern latitudes, such as the two Christmasberries pictured here. Both have festive berries and foliage, but that's about all.

One is a Florida native listed as threatened by the state, and one an invasive of the highest order.

The native Christmasberry (*Crossopetalum ilicifolium*) is a mat-forming semi-woody groundcover that grows only a foot or two high.

A member of the bittersweet family, in the wild it grows in pinelands, pine rocklands and hammock edges.

The bright red berries and inconspicuous whitish flowers appear year 'round except when it's exceptionally dry or cold.

The berries appear in the leaf axils, the point where the stem and leaf join. The fruit attracts birds and is edible for people too.

The evergreen holly-like leaves earn this plant another common name, ground holly. They are opposite and oval or ovate with spined edges.

This pretty native is low maintenance



Native Christmasberry is listed as threatened in the state of Florida

photos by Gerri Reaves

and very drought tolerant. Give it full sun to partial shade and moist but well-drained soil.

It will grow even on limestone rocks or in nutrient-poor soil, so it's a good choice for rock gardens. However, it's not salt tolerant.

If you've lived in Florida for any length of time, you've seen Brazilian pepper (*Schinus terebinthifolius*) and probably heard of its destructive effect on Florida's environment.

It's easy to understand how the bright berries and evergreen foliage earned it the common name



This non-native Christmasberry, aka Brazilian pepper, is a category-1 invasive pest plant

Christmasberry, as well as another holiday nickname, Florida holly.

The foliage and berries still occasionally pop up in holiday decorations and centerpieces, even though it has long been listed as a category-1 invasive plant by the Florida Exotic Pest Plant Council (FLEPPC), and it is restricted by state and local laws.

Category-1 species earn that category because their ecological damage is documented. They have altered native plant communities "by

displacing native species, changing community structures or ecological functions, or hybridizing with natives," according to the FLEPPC.

Multi-stemmed and quite large, the plant has dense foliage. The leaves measure five to eight inches long and are made up of paired leaflets.

A member of the cashew family, this native of Argentina, Paraguay and Brazil was imported in the 1840s as an ornamental, so it's had plenty of time to gain a foothold.

Unfortunately, this Christmasberry dominates large parcels of undeveloped land. Also, it's still present in many home landscapes because people like the glossy red berries or aren't aware of the plant's detrimental effects.

The fact that birds like to eat the berries, thus spreading the species, adds to the problem.

However pretty and festive this Christmasberry is, eliminate it from your landscape. And be careful as you do.

Handling this relative of poison ivy can cause skin and respiratory irritation. The berries are toxic, so reconsider using them for decorations.

Sources: *A Gardener's Guide to Florida's Native Plants* by Rufino Osorio, *The Shrubs and Woody Vines of Florida* by Gil Nelson, *Wild Plants for Survival in South Florida* by Julia F. Morton, www.fnps.org, and www.regionalconservation.org.

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

County Landmark Preserve Purchase

Lee Board of County Commissioners recently completed the purchase of about 4,000 acres in southern Lee County – commonly known as Edison Farms – as a Conservation 20/20 preservation site.

The \$42.4 million purchase ranks as the second-largest single parcel purchased by the board since the Bob Janes Preserve, which is 5,620 acres. Voters endorsed the purchase with an 84 percent majority late last year.

The acquisition of the Edison Farms parcel will protect a significant, diverse population of wildlife and plant communities. It will assist with the

distribution of freshwater flows in a natural wetland slough system and adjacent uplands that are part of the headwaters to Estero Bay, the state's first aquatic preserve. It will help sustain the region's groundwater levels, a vital component to the area's drinking water supply. It will facilitate the restoration of historic flow-ways in the region, providing flood relief to those impacted from the existing altered system. It provide opportunities for nature-based recreation in the southern part of Lee County.

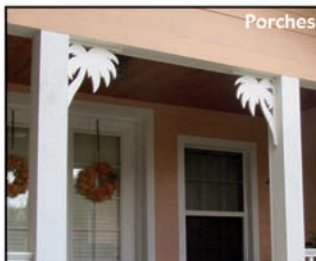
Next steps include an inventory and assessment of the land for restoration options and public access options. The Conservation Land Acquisition and Stewardship Advisory Committee (CLASAC), which was a valuable partner in the acquisition process, will continue to provide input on management of the site.*



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From left, Charles Jones with Madison, Matt and Shelly Frana

photo provided

Big Winner At Casino Night

The Comrie Cancer Foundation was the big winner at Casino Night held recently at the Crowne Plaza Bell Tower in Fort Myers. The foundation hosts this annual event to raise funds that help patients at the Southwest Florida

Regional Cancer Center who need financial assistance dealing with the costs of treatment.

Attendees had a chance to try their luck at blackjack, table games, poker and roulette. Heavy hors d'oeuvres, raffle prizes, a silent auction and a cash bar were offered to support this local organization whose focus is to help those fighting cancer.*

Large Book Donation Goes To County Library



Ann Heckes of the Cypress Cove Library Board works with organization members as they go through the life plan community's library books.

photo courtesy Cypress Cove

Cypress Cove at HealthPark Florida has an impressive library stocked with thousands of hard and softback fiction and non-fiction books, resource books and audio books. Several months ago, the resident-maintained library faced a dilemma – it had no shelf space remaining for any new books being donated.

To offset the problem, Cypress Cove donated more than 800 books to the Lee County Lakes Regional Library. Donation of the books has freed up some needed shelf space for servicing the community of more than 550 residents.

The library had long ago run out of shelf space at its original first floor location in the life-plan community's Main Street activities area. Gradually over the last 18 years, the Cypress Cove's Library

Board had expanded its book display areas by utilizing lounges on the second and third floors of the community's main independent living complex.

The realization of having too many books came earlier this year, said Library Board chair Ann Heckes. There were approximately 5,500, and the number was increasing monthly with no book shelf space remaining.

Books for the South Fort Myers life-plan community's library are mostly donated by campus residents. "But what to do with the overflow of books became the \$64,000 question," said Heckes.

The Cypress Cove library board recently decided to keep books no more than 10 years old (with an occasional exception).*

Shoes for Homeless Vets



The VA Hospitals in St. Petersburg and Tampa have over 150 homeless veterans living onsite. The one thing the hospitals said they needed for the vets is shoes. If you don't have a decent pair of shoes, it's hard to get hired or, in many cases, do the work that is required. A new group, Sanibel Shoes for Vets, is holding a drive to get new shoes for the vets.

We need work shoes, sneakers and dress shoes in sizes 9 to 11.

These are the current drop-off sites:

SANIBEL

American Legion Post 123, 4249 Sanibel-Captiva Road

Bailey's General Store, 2477 Periwinkle Way

The Dunes Golf & Tennis Club, 949 Sand Castle Road

St. Isabel Catholic Church, 3559 Sanibel-Captiva Road

FORT MYERS

St. Columbkille Catholic Church, 12171 Iona Road

CAPE CORAL

Southwest Florida Military Museum, 4820 Leonard Street

If you want to make a difference in a veteran's life, send him a new pair of shoes. This program will run until the week of Christmas.

Any questions, please call Dan Perkins at 973-687-4826

Playwriting Project Returns To Lab Theater

The Laboratory Theater of Florida will be showcasing four original plays on Saturday, December 16 at 8 p.m. The plays will be the product of a 24-hour writing challenge placed on four regional playwrights. The playwrights will be given a theme, some lines each of them must use in his/her script, other challenges and limitations, and about 18 hours in which to write a 17 to 20 minute one-act play.

Directors and actors will be assigned to the playwrights, who will not know who they are until midday when they all meet for lunch. Community support comes from published playwrights who will offer guidance once the first draft is complete. "The jeopardy involved for writers and for actors is delightful," said artistic director Annette Trossbach. "The audience can feel the energy sizzle and, of course, there are running gags that are woven into each play."

Playwrights will be judged by a panel of professionals as well as by the audience. The theater will award Critics' Choice and Audience Choice awards.

Tickets are \$10 to \$27 and are

available for purchase online at www.laboratorytheaterflorida.com or at the door. The 24-Hour Playwriting Project is included in the theater's Season Pass. Seating is limited and advance ticket purchases are suggested. Doors will open at 7:30 p.m.*

Golfers Sought For Putt & Pub Crawl

Registration has begun for the 8th annual Putt & Pub Crawl, a benefit that takes place in the downtown district of Fort Myers Beach on Saturday, January 20 from 10 a.m. to 7 p.m. Proceeds for the fundraiser will be donated to Bay Oaks Recreational Center.

The golf course will be held at nine sponsor sites: Pete's Time Out, Matanzas on the Bay, The Beach Pierside, The Fish House, Gulf Shore Grill, The Salty Crab, Yucatan, Mermaid Lounge and La Ola. There will be music by The Voice contestant Sheena Brook, and dinner will be provided by Texas Tony's BBQ Shack.

For more information or to sign up, contact Sarah at Lahaina Realty at 463-0000 ext. 117 or sarah@fmbusun.com or by dropping by the realty's 6035 Estero Boulevard location.*



Randall Jones

photos provided

FMPD Appoints Managers To Staff

The Fort Myers Police Department (FMPD) has added two members to its managerial staff to oversee accreditation and evidence documentation. Randall Jones has joined the department as accreditation manager, and Steven W. List has been added as evidence supervisor. Both have extensive law enforcement experience as well as advanced degrees in business and administration.

Jones served with the Anne Arundel County Maryland Police Department for over 25 years, retiring at the rank of captain. He served in numerous command assignments and as a SWAT team leader



Steven List

and DEA task force officer/supervisor. He will lead the department in applying for and maintaining credentialing with The Commission on Accreditation for Law Enforcement Agencies (CALEA.)

List was previously an associate faculty member for the University of Phoenix teaching graduate and undergraduate online courses in the areas of criminal justice, environmental science, management, ethics and others. He is also a former police major for the City of Miami Gardens police department; director of public safety/chief of police for the City of Parkland combined police and fire departments in Parkland, Florida; and chief of police for both the Village of Woodridge, Illinois and the Village of Willowbrook, Illinois.✽

Appreciation Dinner For Police Foundation

The Fort Myers Police Foundation will host the Men & Women in Blue of the Year appreciation dinner at Colonial Country Club on Saturday, January 20, 2018.

The appreciation dinner honors the outstanding public service of the brightest stars of the Fort Myers Police Department (FMPD) and other local, state and federal law enforcement agencies. FMPD retirements for 2017 will also be recognized. More than 60 officers will be honored during the event.

"These men and women put themselves at risk each and every day to make our community safe, and we think they deserve an evening of recognition and thanks," said Keith Healy, president of the Fort Myers Police Foundation. "We hope the community will join us in thanking these public servants in blue for all they do for us."

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

All funds raised by the police foundation go toward purchasing life-saving equipment for the FMPD.

Colonial Country Club is located at 9181 Independence Way in Fort Myers. For more information, visit www.fortmyerspolicefoundation.org.✽

Holiday Season Energy Usage Cutbacks And Tips

It is the season to deck out your house with holidays lights galore. Consider the following tips this year to help keep your energy costs low while still being the hit of the neighborhood:

Go LED: Avoid the frustration of working with half-lit strands of traditional incandescent holiday lights by investing in LED light strands. Not only do they use 70 percent less energy, they are brighter and cooler than traditional lights. LED light strands also last 10

times longer and are more durable.

Limit your use: Consider setting a timer to limit the amount of time when your holidays light are on. This will help keep your energy costs low especially if you have traditional incandescent bulbs that use more energy than LED lights.

Go reflective: Who says you need actual lights to sparkle this holiday season? Reflective silver balls or tinsel can work wonders to "borrow" some shine from your neighbors' costly light extravaganza. These, plus some garland and wreaths can make your house as beautiful as the North Pole without adding a penny to your electric bill.

For more green tips, visit www.lcec.net.✽



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Building Industry Group Members Recognized



Lee BIA's Christopher Spiro and Phillip Ford (second from right) recognize Mark Stevens and Jodi Huntoon of Stevens Construction for winning the Summit Grand Award for Commercial Contractor of the Year

photos provided

The Lee Building Industry Association (Lee BIA) recently held its annual Industry Awards at the Hyatt Regency Coconut Point to recognize members for industry excellence.

Pinnacle and Summit Awards are the most prestigious and unique of local building industry honors awarded each year to

members who have achieved an outstanding level of success and professionalism in residential and commercial sales and marketing, residential design and commercial building, planning and design. This year's winners include: Stock Development, B-Squared Advertising, Spiro & Associates, Castellanos + Tramonte Architects,



Miromar Development staff was presented with the Pinnacle Grand Award for Residential Developer of the Year

Clive Daniel Home, K2 Design Group, Norris Furniture & Interiors, Barraco and Associates, Inc., Wegman Design Group, PDS Architecture, Kuhlman Concrete, Lee Drywall, Stevens Construction Inc., Chris-Tel Construction, Envirostruct, GCG Construction, DEC Contracting Group, Manhattan Construction, GMA Architects and Planners, BORAL Engineering & Design, Miromar Development, Seagate Development Group, Atlas Design & Engineering Inc., Vogue Interiors,

PulteGroup, Florida Lifestyle Homes, The Sater Group, Harbourside Custom Homes, Advance Solar & Energy, Beattie Development, Denise Ward Interior Design, Royal Shell Real Estate, DR Horton and The MacFarlane Group.

"We look forward to this event every year as it allows us to recognize the hard work of our members," said Phillip Ford, executive vice president of the Lee BIA. "It's a great program honoring even greater companies."*

Financial Focus

Can You Afford To Retire Early?



by Jennifer Basey

Some people dream of retiring early. Are you one of them? If so, you'll need to plan ahead – because a successful early retirement can't be achieved through last-minute moves.

So, if you're determined to retire early, consider taking the following steps.

Pick a date: Early retirement means different things to different people. But it's important to pick an exact age, whether it is 60, 62, 64, or whatever, so you can build an appropriate retirement-income strategy.

Think about your retirement lifestyle: You may know that you want to retire early – but have you thought about what you want to do with your newfound time? Will you simply stay close to home and pursue your hobbies? Do you dream of spending two months each winter on a tropical island? Or are you thinking of opening your own small business or doing some consulting? Different retirement lifestyles can have vastly different price tags. Once you've envisioned your future, you can develop a saving and investment plan to help you get there.

Boost contributions to your retirement plans: If you want to retire early, you may well need to accelerate your contributions to your retirement accounts, such as your IRA and your 401(k) or other employer-sponsored plan. You may need to cut back in other areas of your life to

maximize the amounts you put into your retirement plans, but this sacrifice may be worth it.

Invest for growth: Your investment strategy essentially should be based on three key factors: your goals, risk tolerance and time horizon. When you change any one of these variables, it will affect the others. So, if you shorten your time horizon by retiring early, you may well need to reconsider your risk tolerance. Specifically, you may need to accept a somewhat higher level of investment risk so you can invest for greater growth potential.

Keep a lid on your debt load: It's easier said than done, but try to manage your debt load as tightly as possible. The lower your monthly debt payments, the more you can contribute to your retirement plans.

Life is unpredictable. Even if you take all the steps described above, you may still fall short of your goal of retiring early. While this may be somewhat disappointing, you might find that adding just a few more years of work can be beneficial to building resources for your chosen retirement lifestyle. For one thing, you can continue contributing to your IRA and your 401(k) or similar employer-sponsored plan.

Plus, if you're still working, you may be able to afford delaying your Social Security payments until you're closer to your "normal" retirement age, which, as defined by the Social Security Administration, likely will be 66 or 67. The longer you put off taking these benefits, the bigger your monthly checks, although they will max out once you reach 70.

And even if you are not able to retire early, some of the moves you took to reach that goal – such as contributing as much as you could afford to your IRA and 401(k), controlling your debts, and

so on – may pay off for you during your retirement – whenever it begins.

*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.**

Superior Interiors

Do's And Don'ts Of Furniture Arranging



by Marcia Feeney

In all my years as an interior decorator, I am asked more questions about furniture arranging than anything else. So here are a few suggestions you might consider when facing the "furniture placement dilemma."

1. Place large furniture pieces first. It's definitely a mistake to start with your smaller pieces. I guarantee your frustration level will definitely increase if you try to start the process with small tables and accent pieces.

2. In rooms with vaulted ceilings, you might want to place your largest furniture pieces close to the highest wall. Furnishings such as oversized entertainment armoires immediately come to mind. Can you visualize a large entertainment center placed on a small wall opposite a high wall in a vaulted ceiled room? Balance and symmetry would immediately fly out the window.

3. Try angling your furniture. When your furniture pieces – chairs, sofas,

love seats – are all lined up flat against a wall, you lose the opportunity to create interesting conversational groupings.

4. When selecting furniture to be placed in smaller rooms, follow these rules of thumb:

Pieces with rounded corners will work best;

Don't select large or oversized pieces; Try to find case good pieces that are tall and shallow to give your small space more height;

Open shelving styles will help your space seem more expansive;

Opt for a more tailored look in upholstered furniture pieces;

And, above all, remember these three important guidelines: convenience, comfort and composition.

*Marcia Feeney is an interior designer on Sanibel/Captiva Islands. She can be reached at marcia@coindeciden.com.**

Greeters Club Luncheon

In the holiday season spirit of sharing, members of the Greeters Club of Greater Fort Myers have chosen Operation Open Arms (OOA) as the local charitable beneficiary of its fundraising efforts.

OOA founder Capt. John "GiddyUp" Bunch will be the featured speaker during the club's monthly luncheon at Crown Plaza Hotel on Thursday, December 21. Registration is from 10:45 to 11:30 a.m. Cost to attend is \$20.

To register, email greetersclub@gmail.com and provide your name, email address and phone number. You will receive a return email confirming your reservation. Crown Plaza Hotel is located in the Bell Tower Shops at 13051 Bell Tower Drive in Fort Myers.*



Beth Vogelsang

photo provided

Attorney Recertifies After 25 Years

Henderson, Franklin, Starnes & Holt, P.A. Attorney Beth Vogelsang has been recertified by The Florida Bar as a Board Certified Divorce, Marital and Family Law expert, a designation she initially received in 1992. Board certification evaluates attorneys' special knowledge, skills and proficiency in various areas of law and professionalism and ethics in practice. Only seven percent of all Florida's lawyers

have earned board certification.

With over 30 years' experience in the courtroom, Vogelsang represents clients in all aspects of divorce proceedings. Her clients come from vastly different walks of life, including business owners, professional athletes, physicians, lawyers, teachers, managers, homemakers and retirees. Vogelsang also represents clients needing prenuptial and postnuptial agreements and handles international and interstate child custody disputes. She is also a member of Henderson Franklin's executive committee.

Vogelsang has received much recognition for her work in the divorce and family law field. She has been honored by *Florida Super Lawyers* magazine and named one of the Top 50 Women Attorneys in Florida. Vogelsang has also been recognized by Best Lawyers in America and was named the "Fort Myers Family Law Lawyer of the Year" in 2015 and 2017. She is also AV rated by Martindale Hubbell.

Vogelsang is a member of Bonita Springs Chamber of Commerce and is an alumnae of its 2010-2011 Leadership Class. She is also a member of the Center for the Arts of Bonita Springs. Vogelsang received her undergraduate degree from Pepperdine University (bachelor of arts, 1982, cum laude) and her law degree from the University of Miami School of Law (JD, magna cum laude, 1985). She may be reached at 344-1244 or by email at beth.vogelsang@henlaw.com.

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

Fracking Opposed During Mock Spill

Representative Heather Fitzenhagen (R-78) was joined by water advocacy organizations and dozens of Lee County residents recently to support a statewide ban on fracking. The large group enacted a mock oil rig spill in front of the Old Lee County Courthouse to highlight the threat that fracking would pose to Lee County's drinking water and tourism economy.

Although oil drilling has occurred on the borders of Collier, Lee and Hendry counties, experts fear that Florida is heading towards allowing the more intensive and dangerous forms of fracking that have contaminated water around the country.

Former Fort Myers Beach Vice Mayor Dan Andre, co-owner of the Mango Street Inn, also supported the fracking ban. Fort Myers Beach is one of 90 communities around the state that has passed a resolution supporting a statewide ban.

"Right now, dangerous fracking goes virtually unregulated in Florida. We need comprehensive legislation that bans the practice altogether in our state," he said. "They did it in New York because of egregious health and environmental threats, and I feel strongly that for future generations and for the protection of Florida's communities and vulnerable aquifers, we must do the same."

Advocates called on area officials,

including Representatives Matt Caldwell, Dane Eagle and Senators Lizbeth Benacquisto and Denise Grimsley to support bills to ban fracking (SB 462 and HB 237) in the 2018 state legislative session.

"(Some) 6,600 spills have occurred over 10 years in four states that have allowed fracking," said Michelle Allen, Florida organizer of Food & Water Watch. "The Fort Myers metro area already knows just how damaging and costly murky water discharges can be to our residents and businesses. Representative Caldwell and Senator Benacquisto should say 'enough,' let's not take any more chances with unconventional fracking in the Sunshine State."

Four municipalities in Lee County – Fort Myers Beach, Bonita Springs, Cape Coral and Estero – have resolutions banning fracking. A loophole in Florida law, however, allows the oil industry to turn conventional oil drilling permits into the more water-intensive and chemical-heavy fracking wells with little oversight or public notice. Advocates believe this new form of drilling should be banned altogether.

"Fracking is not a viable option for Florida, not with such great costs to the environment and our natural resources," said Ruth Scott, Sierra Club Calusa group chair. "Now that we have the technology for cheap, sustainable, clean solar energy as a primary source of energy in Florida, why would you want to continue to decimate the environment for dirty 19th century fossil fuel? When you know better, you should do better."*

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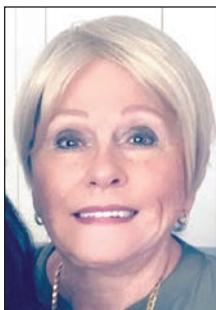
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Book Review

A Time To Keep



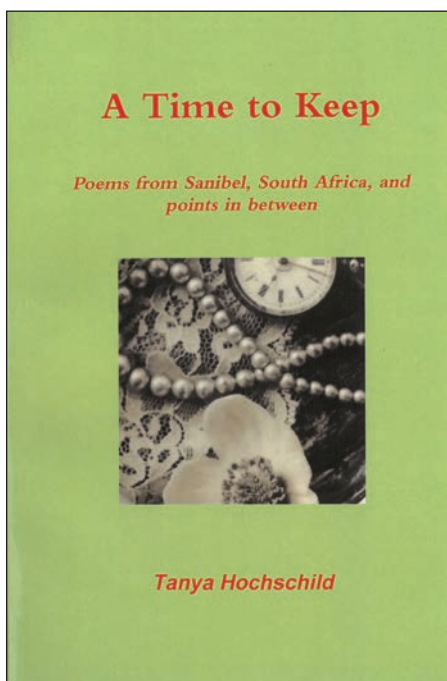
by Di Saggau

Tanya Hochschild is a member of a Sanibel Writers Group, and she's been sharing her poetry with them and others for many years. She just released a book of her poems titled *A Time to Keep*,

which comes from Ecclesiastes 3:1. She told me it's a poetry book about life experiences that embrace family, travel, animals and our place in the natural world. One poem *Beware Bacteria in the Back Area of your Fridge* was prompted by her teenage children's complaints. They would throw out perfectly good food, saying it could poison them, and her husband sided with them. She said her inspirations come from many places, including reading other poets, listening to music, historical landmarks such as 9/11, and growing up in apartheid South Africa.

I asked Tanya to name two of her favorite poems and why they are favorites. She said, *Zululand* and *Running Away with the Spoon*. *Zululand* is a favorite because South Africa, my homeland, where I lived half my life before emigrating, is so dear to me. *Running Away with the Spoon* is a favorite because behind the humor and simplicity of the story is a poignant message dealing with deeper questions. What is happiness, how do we find love?"

I enjoyed reading every poem in her book, reveling in the memories, some humorous and some sensitive. I especially liked *A Pamperer Rhinoceros*, about a wild rhino's joy of what we would call a day at the spa. *The Pianist* is a prose poem that



touched me as I put myself in the audience of a unique recital. In almost every poem there is a word or phrase that brings back a memory or two.

Asked what she wants readers to feel after reading her book, she said, "I hope my poetry offers the reader solace, companionship but above all, fun. An 'aha' moment of Yes! I experienced that, not quite that way, but nevertheless. Poetry offers the reader the world, both the visible and the invisible. It has so many voices."

In her poem *What is Poetry?*, Tanya writes, "Poetry is kindling begging to be fire, drawn from heart, anger, desire." She writes a weekly poetry column for the *Island Sun*. Her book *A Time to Keep* is available at MacIntosh Books and Paper on Sanibel, where she just had a very successful signing event. Do yourself a favor and pick up a copy. As Tanya said, "Poetry rocks!"✱

School Smart



by Shelley M. Greggs, NCSPE

Dear Shelley,
I know I shouldn't be saying this but I sometimes don't agree with my daughter's teacher, and it's hard to support her. I don't want this to harm

my daughter. How can I improve my relationship with her teacher and still speak my mind when I need to?

Jane D, Fort Myers

Jane,

It's OK to disagree with your daughter's teacher, and I applaud your desire to learn how to communicate with her despite some of your previous discussions. You want the best for your child both at home and in school as does her teacher, so my guess is that she will be willing to respond to you. Amanda Morin, a parent advocate and former teacher, has some tips that may help you to improve your relationship with your child's teacher.

Write down your thoughts: Consider writing down what you want to say before a meeting with the teacher. Having a list can help you prioritize your concerns and help you stay on track in the discussion. It will also keep you from forgetting what you want to say if you get emotional or the teacher doesn't respond as you expected.

Use "I" statements: Try framing your concerns from your perspective with an "I" statement. This can help keep the teacher from taking your concerns personally. For instance, saying, "Why weren't you sending me reports that she wasn't doing well in vocabulary?" may put the teacher on the defensive and shut down conversation. Instead, you could say, "I didn't know that my daughter hadn't done well in vocabulary last month until I saw her report card. Is there a way I could learn this information more quickly?" This explains your concern and allows for more conversation.

Make a list together if you and the teacher differ on a wide variety of things: A

good way to start the discussion is to make a list of what you and the teacher agree and disagree on. Create the list together. This can help clear things up for both of you. It also aligns you toward the common goal of helping your child.

Bring supporting materials if you disagree with the teacher's comments or grading. It's certainly acceptable if you disagree with the teacher's comments and grading but make sure you have sample schoolwork or other records with you at the meeting, so you can provide facts to support your point of view. Focusing on the data about how your child is doing helps keep the conversation about your child and the support she needs.

Make your intentions clear: Are you looking for solutions to a problem or just need to discuss some issues? Be clear upfront what you are looking for from the conference. Is it for problem solving or just for voicing concerns. Share your concerns with the teacher and ask for her input. Or ask the teacher for suggestions on what can help fix the problem if that's what you want to discuss. Provide your own solutions, too. For example, if you've read about an accommodation or new strategy you think might help, suggest it and ask the teacher for her opinion on it.

Send a follow-up email: Send an email thanking the teacher for her time and input and summarizing what you talked about. This type of email serves many purposes; it can help you process what was discussed during your meeting. It can sum up your decisions and takeaways and provide a record of what was said and when you had your meeting. You may want or need to refer to this information later on, and it always is correct to say thank you.

Using these techniques should help you plan and accomplish successful meetings with the teacher.

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.✱

Hurricane Answers At Assembly



U.S. Congressman Francis Rooney and Terence Hermans

photo provided

Local questions about Hurricane Irma were answered at a recent Speakers Assembly of Southwest Florida luncheon at the Hyatt Regency Coconut Point Resort & Spa. Former Bonita Springs City Manager Gary Price led U.S. Congressman Francis Rooney, FEMA Deputy Branch Director Terence Hermans and South Florida Water Management Board member Frederick

Barber III in a discussion about area impacts from the storm, and attendees were able to submit their own questions. Six students from Immokalee High School were given the opportunity to sit with the panelists before the program and discuss post-hurricane recovery.

Hyatt Regency Coconut Point Resort & Spa is located at 5001 Coconut Road in Bonita Springs.✱

Candlelight Vigil For The Homeless

As a tribute to at least 22 homeless individuals who have lost their lives while living on the streets or in shelters in Lee County this year, the Lee County Homeless Coalition will host its 21st annual Candlelight Vigil on Thursday, December 21 at 6 p.m. The community is encouraged to gather on the steps of the Old Lee County Courthouse located at 2120 Main Street in Fort Myers to mourn those who have passed. The memorial event is also intended to educate and inspire the public to support the community's need for more affordable housing, shelters, living wages and accessible health care.

The Candlelight Vigil will include remarks by Lee County Homeless

Coalition representatives Janet Bartos, executive director, and Neil Volz, board chair. An opening prayer will be presented by Rev. Philip D. Read II, of St. Luke's Episcopal Church. Taps will be performed by Harvey Charter, commander of the Victor Paul Tuchman Post 400 Jewish War Veterans. Music will be provided by St. Luke's Episcopal Church Choir.

The mission of the Lee County Homeless Coalition is to advocate, educate and promote awareness of issues and obstacles facing homeless individuals in Lee County through community collaboration, planning, and implementing solutions.

To learn more about how you can help join the fight against homelessness, contact Janet Bartos at 322-6600. For more information on the Lee County Homeless Coalition, visit www.leehomeless.org.✱



Jonathan Martin

photos provided



Richard Corcoran

speaker will be Jonathan Martin, Lee County Republican chairman. On Monday, January 29, the guest speaker will be Richard Corcoran, speaker of the Florida House of Representatives.

To RSVP, visit www.leerepublicanwomen.com or contact Wren Morefield at 270-210-1284 or wrenspet@hotmail.com.

Pinchers – The Marina at Edison Ford is located at 2360 West First Street in Fort Myers.✱

Guest Speakers At Luncheons

Lee Republican Women Federated will hold two luncheon meetings at Pinchers – The Marina at Edison Ford in January. Social hour begins at 11:15 a.m. with lunch to follow. Cost is \$22. The public is welcome to attend.

On Monday, January 8, the guest

Cardiothoracic Center Construction Under Way



From left, Michael DeFrain, Kandy DeWitt, Randall Buss, Paul DiGiorgi and Sanford Cohen

photo provided

Ceremonial first nails were hammered in place by Lee Health cardiothoracic surgeons, the chairman of the board and the associate director of nursing for the new Shipley Cardiothoracic Center at HealthPark Medical Center. The official groundbreaking was held December 4 for the 11,800-square-foot renovation on the first floor of the hospital. Opening of the new facility is projected for summer 2018.✱

New Manager For Dress For Success

Mary McDonough has assumed the position of business development manager for Dress for Success, SW Florida, a nonprofit that helps women achieve health and wellness as well as self-defined financial and professional success.

In her new position, McDonough is responsible for identifying new business and nonprofit partners for Dress for Success SW Florida. She brings over 30 years of corporate sales in the airline industry and prior experience working with

nonprofits, including Dress for Success, where she served in business development from 2011 to 2015. McDonough was most recently with the SWF Florida Regional Human Trafficking Coalition.

Barbara Dell, CEO of Dress for Success SW Florida, said, "We are so pleased to have Mary back on our team. She brings a depth of knowledge and experience working with other nonprofits, businesses and the Southwest Florida community."

McDonough was awarded the 2014 Hodges University Dr. Harold Russell Excellence in Diversity Award. The award recognizes an individual who personifies the highest standards of service, leadership and character.✱

Rotary Governor Nominee Named

Rotary International District 6960 recently announced the election of Darryl Keys as governor nominee designate. Keys is president and CEO of Zypha Corporation, a data, connectivity and billing solutions provider whose American headquarters is located in Port Charlotte.

A member of the Rotary Club of Charlotte Harbor since 2010, Keys has had perfect attendance ever since. He served a year as president of that club and was selected as Rotarian of the Year in 2013 and 2016. He is a Paul Harris Fellow and a sustaining member. A graduate of Rotary Leadership Institute, he serves on the training team for the district.

As the new governor nominee designate, Keys will become District 6960 governor for 2020 to 2021. Keys and his wife, Samantha, have a daughter, Kate, who is also a Rotarian.

District Governor Bobbi Bird said, "When you first meet Darryl, you will instantly know not only how proud he is to be a Rotarian but how passionate he is as he serves our district and his club. I'm pleased to see him assume his place to help assure an even brighter future for our vibrant, active Rotary district."

District 6960 encompasses eight counties, including Manatee, Sarasota, Charlotte, Desoto, Hendry, Glades, Lee and Collier. Rotary is a volunteer



Darryl Keys

photo provided

organization composed of 1.2 million business and professional leaders united worldwide to provide humanitarian service and help build goodwill and peace. There are 32,000 Rotary clubs, in more than 200 countries and geographical areas.

Rotary's flagship program is PolioPlus and is the leading partner in the Global Polio Eradication Initiative, along with The Gates Foundation, the World Health Organizations, UNICEF, and the U.S. Centers for Disease Control and Prevention; all working together to eradicate this dreaded disease.✱

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www.AMAZON.COM
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Female Pioneers of Fort Myers

Women Who Made a Difference in the City's Development

By Robin C. Tuthill and Thomas P. Hall

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

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

That Time Of The Year Again To Name The Top Sports Stories Of 2017



by Ed Frank

As we roll towards the end of 2017, it's time to select the top sports stories of the year. It's an annual imperfect practice that has no conclusion and will never have an agreement among sports fans.

But to get the ball rolling, allow this writer to list his choice of epic 2017 sports stories in no particular order of importance.

1. The New England Patriots unbelievable 34-28 overtime victory over the Atlanta Falcons after trailing 28-3. It was the greatest comeback in Super Bowl history.
2. The Golden State Warriors second NBA championship in three years, defeating the Cleveland Cavaliers four games to one.
3. Clemson's 35-31 win over Alabama for the football national championship.
4. The Houston Astros World Series championship in seven games over the favored Los Angeles Dodgers. It was the first title for the Astros – a sentimental victory for the hurricane-ravaged city.
5. Why can't Colin Kaepernick get a job? The quarterback remains unemployed, leading many to believe he's being blackballed from the NFL for protesting during the playing of the National Anthem.
6. The Cleveland Indians 22-game winning streak outscoring opponents 142-37 over more than three weeks of play. They went on to win 27 of 28 games.
7. North Carolina's 71-65 victory over Gonzaga for the NCAA Men's Basketball Championship. It was North Carolina's sixth national championship, 11th title game and 20th Final Four appearance.
8. On a more local basis, the 2017 Minnesota Twins made baseball history by becoming the first team to reach the playoffs after losing more than 100 games the previous year. Manager Paul Molitor was named American League Manager of the Year and given a new three-year contract.

These are my choices and I'd be interested in yours. I'm certain I've left out other important sporting events of the year.

Twins 1991 World Series Hero Voted Into Hall Of Fame

It's been a long, long wait for Jack Morris, the Game 7 hero of the 1991 Minnesota Twins World Championship, their last.

Early this week, Morris, currently a Twins broadcaster, was voted into baseball's prestigious Hall of Fame, and will be inducted next summer in Cooperstown. He will be joined by Alan Trammell, a teammate on the last Detroit Tigers team to win it all. Both

were selected by the Hall's Modern Baseball Era Committee.

Morris had an 18-year Major League career, 14 with the Tigers, winning 254 games against 186 losses, posting a 3.90 ERA. He was a five-time All-Star and named the MVP of that memorable 1991 World Series.

He played for the Twins only that one season – a season etched in Twins history. He was 2-0 in three starts against the Atlanta Braves with a miniscule 1.17 ERA. He hurled a complete 10-inning Game Seven win in what many consider one of the most exciting in World Series history.

Everblades Keep Winning With Best Record In The Entire League

The Florida Everblades hockey team started the week with the best record in the entire 26-team ECHL at 18-2-1-2 totaling 39 points.

In their last 12 games, they were unbeaten in regulation, recording a 10-0-1-1 record. A sold-out crowd of 7,554 last Saturday at Germain Arena saw an exciting 3-2 shootout win over the Jacksonville Icemen.

The local hockey team continues their home stand this week at Germain with a three-game series against South Carolina – Wednesday, Friday and Saturday. The puck drops at 7:30 p.m. Friday and 7 p.m. Saturday.

The homestand concludes next Wednesday at 7:30 p.m. with Jacksonville.*

Pre-Season All-USA Boys Basketball Team

Another outstanding week of high school hoops is in store for the 45th annual Culligan City of Palms Classic scheduled for Monday, December 18 through Saturday, December 23 at the Suncoast Credit Union Arena on the Fort Myers campus of Florida SouthWestern State College.

USA Today recently revealed the American Family Insurance All-USA pre-season boys' basketball team. Three of the top players on the team will be taking to the hardwood in Fort Myers, including the only junior on the team, Vernon Carey, Jr. from University School in Fort Lauderdale.

Carey, a 6' 9" center, comes into this season having averaged 22 points and eight rebounds per game during his sophomore campaign. Carey also led the USA Men's U16 National Team that captured the gold medal last summer with a perfect 5-0 record at the FIBA U16 Americas Championship. Carey was named MVP of the tournament.

Moses Brown, another big man at 6' 11", is on the All-USA team and will lead his Archbishop Molloy (Queens, New York) team to Southwest Florida for the first time. Brown averaged 20 points and 14 rebounds last season and is being recruited by several schools including: Kentucky, Maryland, UCLA and FSU.

Perennial national powerhouse Hudson Catholic (Jersey City, New Jersey) is led by All-USA team player Jahvon Quinerly, a 6' 1" point guard who was first team all-state in 2016-17. Quinerly lead the Hawks with

20 points, three rebounds and five assists last season.

Tickets for the tournament are now on sale. For tickets, call the box office 10 a.m.-5 p.m. Monday to Friday at 800-440-7469 or 481-4849.

Visit cityofpalmsclassic.com for all the information on this not-for-profit tournament featuring the top-ranked players and teams, including visitor information, ticket sales, schedule, team information, history, sponsors and sponsorship opportunities, eNewsletter signup, a tournament bracket, scores and stats, information on how to lend financial support as a Friend of the Classic, and much more.*

Golf Course Reopens At Country Club

Fort Myers' oldest and most historic private golf course, Cypress Lake Country Club, has been expertly restored to its original Dick Wilson design with updates designed to suit modern-day play resulting from changes in golf equipment and technologies. The private, member-only club spent \$3.5 million on restorations including an extended course length to approximately 7,000 yards, restoration of bunkers, reconfigured and re-grassed greens, new turf on the fairways and tees, replacement of irrigation and new stone bridges dedicated in honor of former and current members.

Cypress Lake Country Club is located at 6767 Winkler Road in Fort Myers. For more information, call 481-1333 or visit www.cypresslakecc.com.*

SPORTS QUIZ

1. In 2016, Corey Seager, with 26 home runs, broke the Los Angeles Dodgers' franchise record for most homers by a shortstop. Who had held the record?
2. Name the last major-league team before the San Francisco Giants in 2016 to have at least four homers and four triples in the same game?
3. Dallas quarterback Dak Prescott set a record for most consecutive passes without an interception to start an NFL career (176). Who had held the mark?
4. When was the last time before the 2016-17 season that the Florida State men's basketball team finished a season undefeated at home?
5. Nashville's Pekka Rinne tied an NHL record in 2017 for most playoff wins by a Finnish-born goalie. Who else holds the record?
6. In 2017, Kyle Busch became the third NASCAR Cup driver to have back-to-back pole wins at Indianapolis. Name either of the other two.
7. Who was the last unseeded tennis player to win the women's singles title at the French Open before Jelena Ostapenko in 2017?

ANSWERS

1. Glenn Wright hit 22 home runs in 1930. 2. The New York Yankees, in 1998. 3. Tom Brady, with 162 passes in 2000-01. 4. It was the 1975-76 season. 5. Antti Niemi (2010-2016). 6. Jeff Gordon (1995-96) and Ernie Irvan (1997-98). 7. England's Margaret Schwen, in 1933.

This Week's
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Child Care Of Southwest Florida Teams Up With 4-H Trail Blazers



Front row from left, Caleb Sullivan, Johnieann Smith; Middle row from left, Kaycee Tester, Katherine Sullivan, Katie Tester, Maegan Mikkelsen; Back row from left, Amy Turner, Gale Smith, Ava Turner
photos provided

Child Care of Southwest Florida partnered with the 4-H Trail Blazers Club to teach preschoolers the importance of taking care of their environment by planting mangroves. Once grown, the mangroves will become an important part of protecting Florida shorelines from damage during a hurricane while providing unique marine ecosystems.

For six to eight weeks the preschoolers will “babysit” the mangroves, learning responsibility, leadership and mentoring by watering and caring for their plants. The 4-H members will then return to Child Care of Southwest Florida to collect the plants from students and replant them on Lee County Conservation 20/20 land.

Students will learn important STEM skills with lessons in horticulture and the proper care of mangroves at the seedling stage.*



Neveah Torres



Ava Turner and Gavin Williams



From left, Ava Turner, Elijah Rodriguez, Joshua Mongerard and Kaycee Tester



Neveah Torres and Maegan Mikkelsen



Ava Turner and Erika McCormick



Jaydon Lomestoire and Maegan Mikkelsen



Johnieann Smith, Jaydon Lomestoire and Maegan Mikkelsen



FGCU Check Presentation

photo provided

Charity Group Presents \$200,000 To FGCU Program

SWFL Children’s Charities, Inc. recently presented \$200,000 to Florida Gulf Coast University (FGCU) in support of the school’s health science programs. Promoting quality education for Southwest Florida’s next generation of health care providers, the contribution will help provide scholarships for deserving students enrolled in FGCU’s health science programs.

In 2015, SWFL Children’s Charities, Inc. pledged \$1 million to FGCU, payable in five annual installments of \$200,000, to award scholarships to qualifying health professional students with an interest in pursuing pediatrics right here in Southwest Florida. Contributions are raised through the Southwest Florida Wine & Food Fest, SWFL Children’s Charities, Inc.’s annual signature fundraising event, and are administered by the school.

“SWFL Children’s Charities, Inc. is a longtime supporter of Florida Gulf Coast University, and we are grateful for their continued efforts to make a difference in the lives of our students, health care industry and community,” said FGCU

President Dr. Michael Martin. “Through SWFL Children’s Charities, Inc.’s enduring partnership, we were able to provide scholarships for more than 40 students last year, ensuring quality education and training so that they are well-prepared to care for our community through their essential health care roles.”

The contribution truly makes a difference in the lives of students who are impacted by the community’s support. A teen mom, FGCU student Casey Haenn started college as a dual enrollment student in her junior year of high school. During her time at FGCU, she has been part of FGCU’s honors program, completed a study abroad program and serves fellow

Teacher Of The Year Finalists

The School District of Lee County recently announced the naming of seven devoted and dedicated finalists for the annual Teacher of the Year award.

The seven finalists are Dante Ciolfi, Fort Myers Technical College; Kathy Cook, Trafalgar Middle School; Christiana Deeter, Ida S. Baker High School; Andrea DeShazo, Fort Myers Middle Academy; Chasey Niebrugge, River Hall Elementary School; Rachelle Resendes, Gulf Elementary School; and Tina Werderman, Lehigh Acres Middle School.

Ciolfi has been a member of the Fort Myers Technical College (FMTTC) faculty for 14 years and routinely demonstrates superior ability to foster excellence in education while contributing to the continuous improvement of student learning. His superior teaching performance is evidenced by his annual performance assessments, the student learning gains reflected in his program’s completion and placement rates which far exceed the standards set by the school’s accrediting body, the Council on Occupational Education (COE).

Cook has positively impacted students and their future on a daily basis for the past 35 years. She currently teaches language arts and chromebook/coding and has served as the Language Arts Department chairperson for many years. She also volunteers her time for numerous leadership roles throughout the school campus.

Deeter spends countless hours perfecting her lesson plans to ensure they not only align to standards, but are also interesting and engaging. She is intent on

making sure each of her students achieves his or her goals. She volunteers for many leadership roles on the campus and is part of a team at Ida S. Baker High School that creates assessments for the chemistry courses at the school. She provides an interactive learning environment for her students, far exceeding the expectations of a traditional teacher.

DeShazo is the daughter of a school principal and a school counselor, and the granddaughter of a teacher. She has a way of inspiring students and opening their minds to the possibilities of what they can become. Her classroom culture combined with her innovative planning and genuine love for students enables her to reach every student she has. Each day she goes above and beyond expectations.

Niebrugge encompasses all components of a model teacher. She is talented and innovative and her commitment to learning expands beyond the classroom. Her II/ESE students are a huge part of the River Hall Elementary School family and are included in all activities they are able to attend. She changed the II/ESE program at the school from a program that lacked resources and true inclusion practices to a program that is thriving. Students who were struggling are now flourishing. She is a great example of a model teacher.

Resendes is a teacher who has incorporated recent technological advances into her lessons to create a classroom with a student-centered approach. She allows her students to make their own choices, which increases their intrinsic motivation and effort and allows them the academic freedom to explore their ideas and interests. She encourages her students to volunteer and has implemented projects to inspire community stewardship in her

students. Her potential as an innovative instructional leader is limitless.

Werderman has a natural affinity for helping students. As Intervention Specialist, she has been instrumental in creating a Peer Mediation Program at Lehigh Middle that has helped decrease suspensions and referrals significantly. She works with students who are struggling in their classes and helps them find new confidence by focusing on their strengths and working with them on their weaknesses. Mrs. Werderman uses Restorative Practices and has worked with teachers and parents on de-escalation techniques.✧

Financial Aid Tips For Students

Many students spend more for college than they should by making some common mistakes when seeking financial aid. Follow these tips from KHEAA to make sure you get the help you need.

Some people don’t bother to apply for financial aid because they don’t think they’ll qualify. But they should submit the Free Application for Federal Student Aid (FAFSA) to find out if they’re eligible for state and federal student aid programs. Not filing may hurt their chances of getting more free money for college.

Another common mistake is waiting until the last minute to apply for financial aid. Some programs have deadlines, while others have limited funds. Students and families should submit the FAFSA as soon as possible after October 1 of each year.

Colleges send each student who has applied for student aid a financial aid package. Students and their families

students as a Women in STEM mentor. After she graduates in May 2018, she plans to work locally as a pediatric nurse.

“Because of the support of FGCU and organizations like SWFL Children’s Charities, Inc., I was able to stay in school and graduate in just three years, debt-free and with summa cum laude honors,” Haenn said. “I am incredibly thankful for all the support of the community and my family that have made my success and everything I do possible, and I can’t wait to give back to the community that has given me so much.”

In addition to FGCU, the organization also supports other local beneficiaries, including the Golisano Children’s Hospital of Southwest Florida and Florida SouthWestern State College, and has raised \$18.7 million over the past nine years in support of these organizations.

“Exceptional health care is reliant on high-quality education, and SWFL Children’s Charities, Inc. is honored to support FGCU’s efforts to prepare students for providing lifesaving medical services to children throughout Southwest Florida,” said Elaine Hawkins, trustee and president of the board of directors, SWFL Children’s Charities, Inc. “Through our annual Southwest Florida Wine & Food Fest, we are able to help students focus on achieving greatness, ensuring that children within our region will have access to the best health care possible for years to come.”

For more information, visit www.swflwinefest.org.✧

should look it over carefully. They should compare offers if they have received offers from more than one school to see which one is the best deal. Of course, students should also consider other factors, such as whether a school offers the academic program a student wants or if it meets other expectations.

Students who need loans to help pay for college must be good consumers. They should apply for federal student loans before applying for private loans. Not all private lenders offer the same rates and benefits. Borrowers should pay close attention to what lenders call the back-end benefits: the interest rate and principal reductions offered when repaying the loan.

For more information about those services, visit www.kheaa.com. For more information about Advantage Education Loans, visit www.advantageeducationloan.com.✧

Student Open Houses

In preparation for the School District of Lee County’s student assignment Enrollment period, the district’s middle and high schools will hold open houses to provide parents and students an opportunity to explore the campuses.

The application period for student assignment runs from January 22 through March 23, 2018. Parents and students are encouraged to visit schools in their zones before ranking their school choices on their applications.

For a list of open house dates and times, visit www.leeschools.net/open-houses.✧

Beautifulife:

Share The Joy

by Kay Casperson



Are you full of joy and ready to spread it around? This week is a good time to focus on the joy that is in your heart or maybe even the joy that is not in your heart yet? Some of you may be too

focused on getting things done before Christmas or your holiday celebration and don't feel joyful yet. Some of you are trying to complete the end of year tasks for work that needs to be done to close out 2017 successfully. Others may be getting ready to travel or even prepare for out of town guests to arrive. Regardless of what is happening in your life during the holidays, it is extremely important to remember that having joy and sharing joy is the number one most important thing to do right now. Some of you are saying, "easier said than done." I know, but important regardless since joy is what everyone needs, not only now but throughout the year to continue on the path to a beautiful life.

Let me help by giving you some simple reminders as to how you can keep joy in your life and share joy with others this holiday season and beyond, even when things are a bit hectic and your time is so scarce.

Smile more than usual and be extra cheerful.

Spend a little extra time with older people or someone who is alone and lend them a listening ear.

Call a loved one that you have not

spoken to for awhile and wish them happy holidays.

Buy a little gift for those that are good to you through the year and drop it by as a surprise.

Have a baking day for cookies or holiday treats and share them with others. Give more compliments than usual and make someone's day.

Have a couple of Christmas shopping days to enjoy purchasing items in person instead of online.

Create a Christmas card and send it regular mail or email.

Play Christmas music and sounds of the season to get everyone's spirits high.

Send a few gift baskets to loved ones far away.

Take time to wrap, even just a few items yourself, if you rely on others for this.

Pray for joy for your own life and for the life of others.

I am confident that by remembering just a few of these things, you will find yourself feeling more joyful and able to better spread the joy to others so that this season is merry, bright and full of love and peace.

My affirmation for you this week is:

"I am taking extra time to share joy with others this holiday season so that my light will help others to shine more brightly."

*Kay Casperson is a beauty and lifestyle expert, founder and CEO of Beautifulife by Kay Casperson. She owns resort spas on Sanibel and Captiva Islands and in Disney. Casperson has lived on Sanibel and Captiva Islands for many years with her husband and two daughters and enjoys her beautifulife everyday. For more information, visit www.kaycasperson.com or follow her on social media @kaycasperson.**

Arts Academy Production Of Holiday Ballet

North Fort Myers Academy for the Arts will hold a special production of Tchaikovsky's two-act ballet, *The Nutcracker*, at the Barbara B. Mann Performing Arts Hall on Friday, December 15 at 7 p.m. Middle School Chamber Choir will perform holiday favorites in the lobby before the ballet. Jazz Band will perform in the lobby

during intermission. Students from across the entire school take part in the school's annual production and over 300 dancers from ages 6 to 14 will take the stage for the fundraiser that supports arts education.

Tickets are available from the Barbara B. Mann Performing Arts Hall, 8099 College Parkway, in Fort Myers, online at www.bbmannpah.com, or by calling 481-4849. Proceeds from this production support ongoing and future arts education programs and special arts opportunities at North Fort Myers Academy for the Arts.*

From page 1

Donations

coloring books and crayons. Personal items are also needed including pajamas, jewelry, body lotion and sprays, soaps, hair accessories and wristwatches. Donations of gift cards from Target, Kmart or Walmart are also appreciated. Monetary donations can be made at www.heightsfoundation.org/donate.

The gifts will be distributed on Saturday, December 16 from 10 a.m. to noon at The Heights Center. Each child will visit Santa, have cookies and hot chocolate, and make Christmas crafts while their parents choose gifts for their children.

"This holiday season will again be challenging for many families in the Harlem Heights neighborhood," said Kathryn Kelly, president and CEO of the Heights Foundation. "This is a great opportunity to bring joy to the children of our community. We are thankful for the generous support of our neighbors."

Volunteers are also needed to assist with set-up and at the event. Organizations and individuals interested in participating can contact Melissa Barlow at 482-7706 or melissa@heightsfoundation.org. All donations are tax deductible.*

Late Musician's Wife To Speak About Alzheimer's

Caregivers, medical professionals and community members are invited to attend A Caregiver's Journey at New Hope Presbyterian Church on Wednesday, January 17 at 3 p.m. Kim Campbell, wife of Grammy Hall of Fame and award-winning music artist Glen Campbell, will share her Alzheimer's experience and discuss ways families can navigate the challenges of the disease.

The free event is sponsored by Arden Courts Memory Care Community and Hope Healthcare. To RSVP, visit <https://donate.hopehcs.org/Kim> or call 877-856-2449.

Kim Campbell's marriage of more than three decades to Glen Campbell has become

a testament to devotion and overcoming adversity. Since his diagnosis in 2011, she supported her husband through the tumultuous hardships that accompany the disease to become a tireless, influential voice for all people living with Alzheimer's and their caregivers. She recently launched www.careliving.org, a lifestyle guide providing resources, inspiration and a sense of community to this underserved group.

Arden Courts Executive Director Dotty St. Amand and Hope Healthcare CEO and President Samira K. Beckwith will provide a special introduction to the afternoon with Kim Campbell.

New Hope Presbyterian Church is located at 10051 Plantation Road in Fort Myers. For more information, call 482-4673 or visit www.HopeHCS.org.*



Kim and Glen Campbell

photo provided

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NOT JOINT
REPLACEMENT
SURGERY!**

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PROLOTHERAPY

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Doctor and Dietician

Ligament Creep



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

Did you know that ligament creep is the cause of much neck pain in our modern society? Creep signifies the slow stretching of soft tissue. Ligament creep most commonly occurs because of forward head posture from hours of computer work, playing on mobile devices or texting on a smart phone. Keeping the head and neck in this position stretches the neck ligaments beyond the point they should be stretched while stabilizing the head. For every inch of forward head posture, the force on the spine increases by an additional 10 to 12 pounds. Therefore, a 12-pound head held three inches forward can put 42 pounds of pressure on the spinal ligaments. Hunching over a cell phone or computer for as little as 20 minutes can increase the laxity

of these ligaments. Many tech activities encourage this forward head posture and put the cervical vertebral ligaments in a stretched position.

Creep can cause a chronic cycle of neck pain and headaches. As the ligaments become weaker, the head-forward position increases, because the ligaments can no longer keep the cervical vertebrae in proper alignment. Then the neck muscles start to tighten, to limit the range of motion and decrease the load on the ligaments, resulting in muscle spasms. In this pain scenario, muscles can atrophy in a relatively short time. Injured ligaments unfortunately heal very slowly, because they have minimal blood supply, which limits the necessary nourishment to promote healing. The result is acute pain, followed by chronic pain and possibly nerve pathologies. Muscle, posture and realignment therapies may only be temporarily beneficial since the ligament tissue that holds the vertebrae in alignment is weak. Prolotherapy, a regenerative treatment to tighten and strengthen ligaments, can typically resolve the root cause of neck pain and effectively eliminate the problem.

This information is not intended to treat, cure or diagnose your condition. Caring Medical Regenerative Medicine Clinics 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@carimgmedical.com.✱

Behavioral Health Center Earns 5-Star Award

Lee Health Behavioral Health Center recently received the 2017 5-Star Performance Award presented by the Central Florida Behavioral Health Network (CFBHN). The award was presented at a special ceremony in November during the organization's 20th anniversary celebration. This is the second consecutive year Lee Health Behavioral Health Center has received the award.

The 5-Star Performance Award recognizes providers who have

scored 95 percent or greater on the CFBHN scorecard, which is made up of compliance and outcomes measures that help ensure providers are performing at the highest level possible and, most importantly, guarantee consumers are receiving the services they and their families need.

Lee Health Behavioral Health Services strives to address the diverse mental health needs of the community by providing a continuum of high-quality psychiatric services and behavioral health resources. CFBHN is a not for profit community services network that contracts with more than 100 provider organizations to offer a full array of mental health and substance abuse services.✱

From page 1

Fiber Art

and stringing. All necessary tools will be provided for your use in class. The kit required includes all needed supplies with written instructions. Cost is \$60; kits are \$20.

On Wednesday, January 17, Zan Lombardo will hold an interactive art presentation by walking participants through her four-foot tall by 30-foot-long watercolor of woven imagery. Participants will be encouraged to ask questions and learn the stories and poetry this work generates. There is no

charge to attend and presentations will be held at 10 a.m., noon and 2 p.m.

On Wednesday, January 24 from 10 a.m. to 3 p.m., Rose Young will hold a Spirit Mask Workshop where you can learn the basics of tapestry weaving and weave a 13-inch by 26-inch artwork, such as a distinctive mask or bag. The kit fee includes loom, tools, yarns, embellishments and written instruction. Cost is \$60; kits are \$20.

The Sidney & Berne Davis Art Center is located at 2301 First Street in the historic downtown Fort Myers River District. Visit www.sbdac.com for more information.✱

dearRPharmacist

Grow A New Brain With Blueberries And Super Mario



by Suzy Cohen, RPh

Dear Readers: If you want to know how to grow a bunch of new brain cells termed "neurons" and keep them as healthy as possible, let me tell you one quick thing about neurogenesis.

Neurogenesis is the science of spurring the growth of neurons in your brain. Without neurogenesis, you'd be dead. In fact, we can grow as many new neurons as 700 a day. Scientists have found that several things actually help spur on neurogenesis. The bigger challenge, however, is keeping your new neurons.

Neurogenesis is a dynamic process that reduces risk of Alzheimer's, insomnia, anxiety, dementia and other cognitive problems. Avoiding foods high in glutamate and MSG will help you, and so will eating a clean, fresh diet of foods filled with a lot of what I call "light foods" meaning plant-based salads and veggies that contain light from the photosynthesis process. Contrast that with 'dead' foods.

Additionally, there are foods that are particularly adept at growing brand new neurons in our brains, while also activating protective pathways to nurture them and keep them thriving. It's hard to believe but it's true, what we choose to eat impacts our mind to some degree. The most potent neuron-loving foods include:

Green tea, berries, citrus apples and dark chocolate due to the flavonoids

Blueberries (due to the flavonoids and anthocyanin)

Red grapes (because the skin has resveratrol)

Wild-caught salmon and other fatty fish due to the DHA fish oils

Researchers have oddly found that eating chewier foods as opposed to soft, mushy foods are helpful to neuronal growth. As you eat a baked potato (instead of mashed potato) figure that one out. On the topic of food, we also have well-designed trials to show that intermittent fasting, caloric restriction and exercise promote the growth of new brain cells for you. So keep that up too.

Everyone talks about enhancing BDNF (brain derived neurotrophic factor) as a method of growing new brain cells and while that is still important, there is some new research that suggests that the hormone that makes you feel hungry, called ghrelin, may be THE thing that triggers the whole birth of new neurons in the first place.

On the topic of exercise, I definitely want you to go to Body Pump and Zumba, but you should also be exercising your brain too. By that, engage in puzzles, math problems and spatial video games. This brings me to my next idea for you. How about playing Super Mario 3D?

This particular video game (and also Super Mario 64) have been used in two important research studies on the brain, where it was proven that spatial video games increase brain activity in the hippocampal region and help you create new neurons. This gives us a whole new perspective when it comes to healing the brain and growing new healthy brain cells.

So, try a big bowl of blueberries, a long workout, and then crash on the couch for some fun video gaming, and just feel your mind ignite with newfound brainiac-ness.

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.✱

Lee Schools Recognized As Healthy District

The Lee County School District has been recognized as a Healthy School District by Florida's Healthiest Weight Initiative and has earned the Gold Certification Award Level. The Healthy School District Award was established by the Coordinated School Health Partnership to support districts establishing a culture and climate in which students and staff can reach their full potential.

Additionally, 11 Lee County schools have earned the United States Department of Agriculture's (USDA) HealthierUS School Challenge (HUSSC) recognition. The HealthierUS School Challenge is a voluntary certification initiative that recognizes schools who go above and beyond in their efforts to promote nutritious

meals, physical activity and nutrition education. Schools that become certified will maintain certification for four years and may reapply once their certification has expired.

A school's certification allows for both state and national recognition while earning cash rewards up to \$2,000 and receiving a banner, plaque and certificate to display within the school. Participation and completion of this initiative enhances the overall student learning experience throughout the school district. Schools are also recognized throughout the year on the United States Department of Agriculture website.

Schools seeking certification in one of the three levels (gold, silver, bronze) must meet or exceed basic criteria, including participation in USDA School Meal Programs, meal service information, smarter lunchroom assessment, nutrition education, physical education, physical activity and school wellness policy.✱



Black Bean Sliders with Spicy Orange Sauce

photo courtesy Fresh From Florida

**Black Bean Sliders with Spicy Orange Sauce**

- 4 tablespoons olive oil, divided
- 1 onion, finely chopped
- 1 15-ounce can black beans, rinsed and drained
- ½ cup carrot, shredded
- ½ cup cornmeal
- ½ cup breadcrumbs
- 1 tablespoon chili powder
- 1 teaspoon sea salt
- ½ cup fresh cilantro, chopped
- ¼ cup water
- 14 slider-sized buns

Spicy Orange Sauce

- 1 cup plain low-fat yogurt
 - 1 tablespoon orange juice
 - 1 teaspoon hot pepper sauce
- Mix all ingredients together.

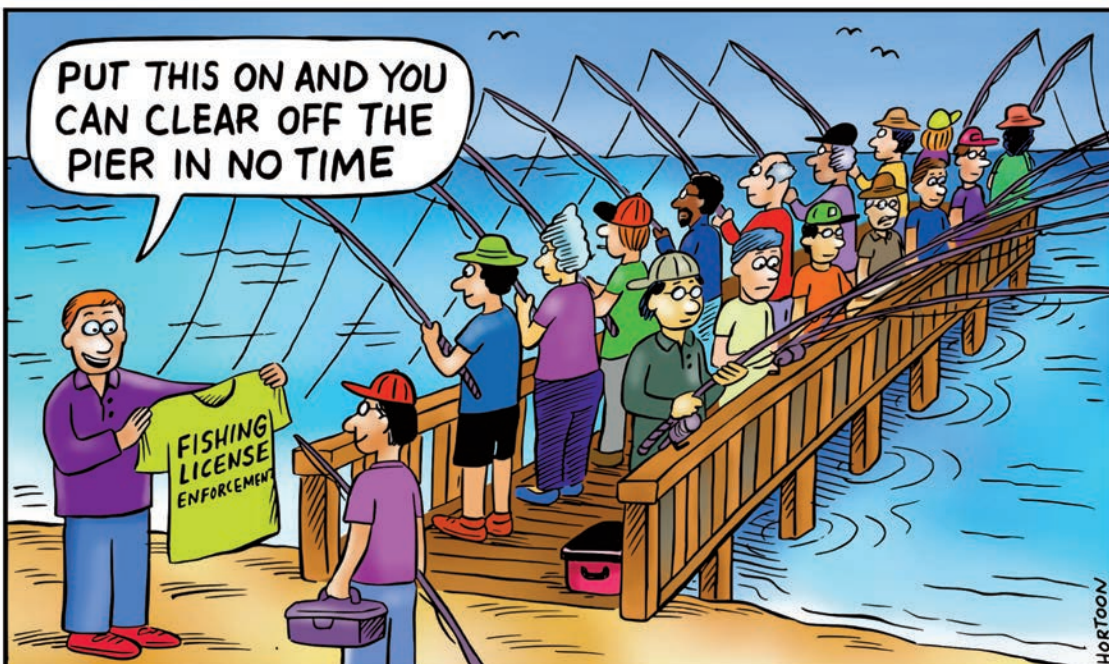
Heat 2 tablespoons oil in a large nonstick skillet. Add onion and let cook until tender and slightly caramelized. Transfer onion to a large mixing bowl.

To this bowl add beans, carrots, cornmeal, breadcrumbs, chili powder, salt, cilantro, and water. Use a large spoon or your hands to mash it all together. If the mixture is too dry to hold together add more water, one tablespoon at a time.

Hand-form bean mixture into patties to match the size of the slider buns. Heat remaining oil in a large skillet and pan-fry patties about 3 minutes on each side, until lightly browned and crisp. Add more oil to the skillet as needed.

Drain patties on absorbent paper. Dress with lettuce, tomato and Spicy Orange Sauce, and serve on slider buns.✱

HORTOONS



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

American Legion Post #38	239-332-1853
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 Choral 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 Fort Myers Beach	765-4254 or 454-8090
Kiwanis Fort Myers Edison	694-1056
Kiwanis Fort Myers South	691-1405
Gateway to the Islands	218-5768
Iona-McGregor	482-0869
Lions Club Fort Myers Beach	463-9738
Lions Club Fort Myers High Noon	466-4228
Lions Club Estero/South Fort Myers	898-1921
Notre Dame Club of Lee County	768-0417
Organ Transplant Recipients of SW Florida	247-3073
POLO Club of Lee County	477-4906
Rotary Club of Fort Myers	332-8158
Sanibel-Captiva Orchid Society	472-6940
United Way of Lee County	433-2000
United Way 211 Helpline (24 hour)	211 or 433-3900

AREA ATTRACTIONS

Bailey-Matthews National 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 29

Super Crossword

STICKING TO THE GOAL

- ACROSS**

1 Roman god with a bow

5 Knotting craft

12 Move like a kangaroo

15 Overquick

19 Be a wanderer

20 Moral

21 Actress Gasteyer

22 Comical Kett

23 Jack London novel

26 Dumbfound

27 Flynn of films

28 Prone (to)

29 Big name in credit cards

30 Cake coater

31 Writer Verne

33 Easy targets to attack

36 Lacking a musical key

38 Writer Bellow with a Nobel

40 Mystery novelist — Stanley Gardner

41 Relative of soul

46 Infuse with oxygen

50 Sphagnum, e.g.

51 Cookie with a "Thins" line
- 52 One-masted sailboats

54 Chic, '60s-style

55 Really, really quick

59 Drive off

63 Pretty low grades

64 "That is — ask"

65 "Picnic" playwright William

66 With 13-Down, giant in internet service

69 Sports org. with the eight teams featured in this puzzle

71 Trip to a rain forest, maybe

73 Vicious

74 Eban of Israel

77 Foreboding

80 Shimon of Israel

81 2011 Jim Carrey comedy

86 Head sweller

87 Tie up again, as shoes

88 Don't skip, as an event
- 89 Oaf's cry

93 Waters off Eritrea

95 2007-13 pickup truck model

99 Clearasil treats it

101 Designer Saarinen

102 Old TV tube

103 Be engulfed in fire

109 Ate

110 Writer Bret Easton —

111 Know — fact

112 Actor's help

114 The blahs

117 Rake feature

118 Hawaiians and Tongans

122 Tennis' Lendl

123 TV producer

124 In a very angry way

125 Filmdom's — Lund Laszlo

126 Bird setting

127 Sinuous fish

128 Vilify

129 Gambol
- 5 Ex-Giant Ott

6 Gazetteer shelfmate

7 Hew

8 Falling-out

9 Masquerade

10 — -jongg

11 Chosen few

12 Papa Doc's place

13 See 66-Across

14 Inflate falsely

15 Hero, often

16 Top-floor storage site

17 Reeked

18 With 56-Down, surfs like a pro

24 God, in Islam

25 Clever type

30 Most lazy

32 "St. — Fire" (1985 film)

33 Hero in a deli

34 Fluish, say

35 Shown with explicit detail

36 It has biceps

37 However, informally

38 Golf's Sam

39 — of one's own medicine

42 Dog cry

43 Naval vessel abbr.
- 44 Fitzgerald of song

45 Loam, e.g.

47 Key of "Für Elise"

48 Mouth organ

49 Lawn care tools

53 Eye creepily

55 — Baba

56 See 18-Down

57 "... woman who lived in —"

58 Evening, casually

59 Rear-ending car, e.g.

60 Arise

61 Natural legume case

62 Cube maker Rubik

67 Peninsula northeast of Boston

68 Brother in Genesis

70 Pre-O trio

72 Mil. missions

75 Bric-a- —

76 Yiddish writer

78 Actress Samantha

79 Italian for "new"
- 82 Summary

83 16th letter

84 "Don't make — habit"

85 Nick of "Warrior"

89 Potato chip topping

90 Singer Helen or actor Jerry

91 Univ. award

92 Envision

94 Wise

96 22nd letter

97 "Indubitably"

98 "Grease" actress Eve

100 Erase

103 Gain entry

104 Drab color

105 Forelimb bones

106 Close-by

107 "Exodus" protagonist

108 Don's group

109 Cuts down, as a tree

112 Refer to

113 Tech support seeker

115 Bear, celestially

116 "By Jove!"

118 Adolescent leader?

119 Taxing org.

120 Beret, e.g.

121 Senate vote

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						51						52				53			54		
					55					56	57							58			
59	60	61	62					63					64					65			
66						67	68			69			70			71		72			
73						74		75	76		77		78	79			80				
81					82					83					84	85					
86					87								88					89	90	91	92
93					94				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			

King Crossword

- ACROSS**

1 Use an old phone

5 Plastic user's accumulation

9 Yon bloke

12 Resting

13 Neighborhood

14 Expert

15 Shipwreck site

16 Ancient Briton

17 Say it's OK

18 It's right on the map

19 Shell game need

20 Took the bus

21 — canto

23 Mainlander's memento

25 Flower cluster

28 Heckle or Jeckle

32 Baking potato

33 Any of four that chase Pac-Man

34 Aberration

36 Last syllable of a word

37 Ultra-modernist

38 Meadow

39 Dressed

42 State of matter

44 Infamous lyre player
- 48 Fond du —

49 Abrupt

50 Fed

51 Bonfire residue

52 Soft cheese

53 Dryer collection

54 "How come?"

55 Celeb

56 Therefore
- 6 horse

6 Huron neighbor

7 Soothe

8 Body art, for short

9 Good ring?

10 On the rocks

11 Apportion (out)

20 90 degrees

22 Overact

24 American emblem

25 Carnival city

26 Throw in

27 Scoundrel

29 Luau bowlful

30 Doctrine
- 31 Greek H

35 Dairy-section item

36 Overcoat named for a region of Ireland

39 Talon

40 Whip

41 Sore

43 Bocelli show-stopper

45 Eastern bigwig

46 Pealed

47 Aware of

49 Letterman's employer
- DOWN**

1 Tragic

2 Concept

3 Hearty quaffs

4 Forgotten, maybe

5 Spotted

MAGIC MAZE ● WINTER —

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

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

- Berry

Blahs

Carnival

Coat
- Months

Olympics

Park

Sports
- Squash

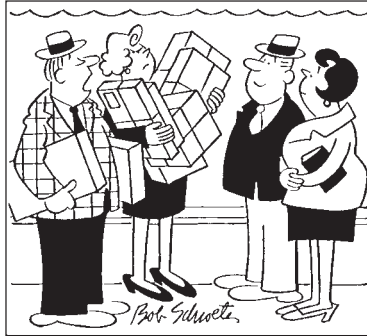
Storm

Time

Vacation
- Wheat

Winds

Wonderland



"It all started when she found an empty
_____ in the closet this morning!"

answer on page 29

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!

Athletic
EIGAL _____

Portion
HEARS _____

Frail
RENTED _____

Turned
WEAKS _____

TODAY'S WORD

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

SUDOKU

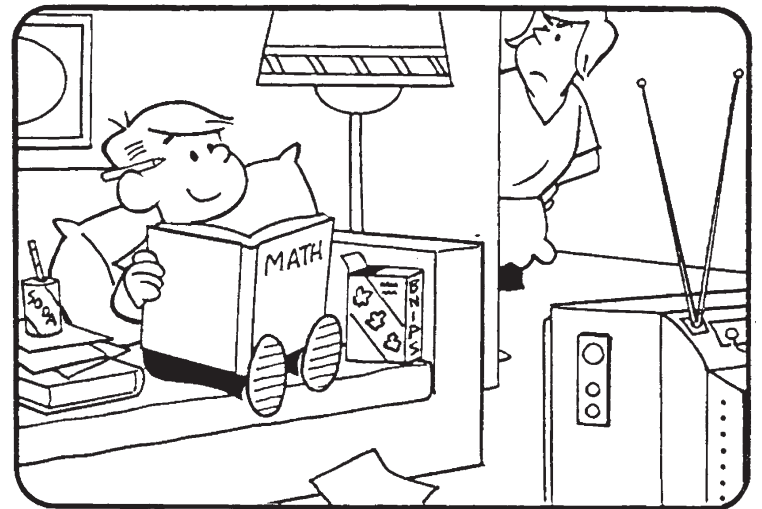
To play Sudoku:

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.

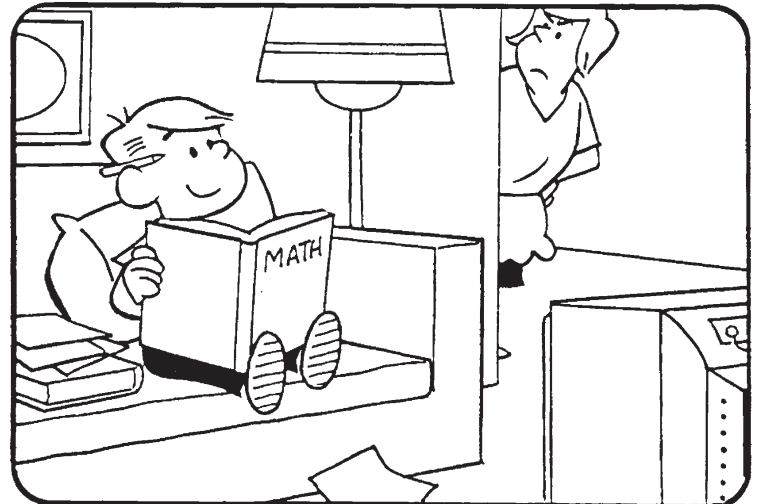
answer on page 29

HOCUS-FOCUS

BY
HENRY BOLTIHOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Can is missing. 2. Pillow is smaller. 3. Lamp shade is different. 4. Box is missing. 5. TV controls are missing. 6. Antenna is missing.

Caps For Kids Project Surpasses 18,000 Caps

Imagine a 7-year-old facing first-time surgery and waiting to be called at Golisano Children's Hospital. Even though mom is there, he's scared and his stomach is churning, afraid the operation will hurt, afraid of having to go it alone.

Then the nurses bring out a hatbox filled with colorful cloth caps. The fabrics are printed with cute animals, funny fish, baseball bats or smiling dolls. The patient is invited to take a pick. Nurses and surgical doctors likewise reach into the hatbox. They all show off their caps, laughing at each other.

Suddenly the operating room doesn't seem so scary to the 7-year-old or his nervous mother.

That's the joy for the 23 volunteers at Cypress Cove at HealthPark Florida involved in the Caps For Kids project. It is one of the oldest volunteer traditions the South Fort Myers life-plan community located just a stones-throw away from Golisano Children's Hospital.

Caps For Kids originated on Cypress



Club Chair Jean Hay, standing, poses with members of Cypress Cove at HealthPark Florida's Caps for Kids club. From left, Pat Daniels, Flo Korman, Bea Altenbach, Carolyn Brady, Val Caprarotta and Dolores Vician.

photo provided

Cove's 48-acre campus in 1999 with the late Jane Andrae, a longtime hospital volunteer who made the project a success by getting community residents to volunteer their time for making the caps.

Jean Hay is Cypress Cove's current Caps chair. Just recently the organization surpassed a rather impressive milestone having completed over 18,000 caps since its inception 17 years ago.

"Each month, the children's hospital

tells us how many surgeries are scheduled," said Hay. "That's how many caps are needed. It averages about 90 a month." There is greater need during the summer, she explained.

The hospital contact for Cypress Cove is Sandi Falk, RN and pediatric specialist. She orders the fabrics, scouting for sales and discounts, spending as much as \$1,100 for 60 yards at a time. "Luckily, the cost is covered with grants and donated funds from individuals and by the Lee Health








Foundation."

Hospital staff members cut out the circles of material and send them off to Cypress Cove. That's when Cypress Cove's volunteers go to work.

Those with sewing machines hem the circles. Another crew gathers in the campus studio and threads elastic through the hems. That process has become a social event as well – time to chat, exchange opinions and anecdotes, even a little gossip.

"I've been sewing caps from the beginning – 17 years, longer than anyone," said resident volunteer Janet Prior. "It began with my friendship with Jane Andrae, and I continue in her memory. Besides, I like the project and the socializing when we all get together to finish the Caps For Kids. The camaraderie is special."

"The program couldn't exist without the Cypress Cove volunteers," said Nurse Falk, who's been involved since the beginning. "Caps are actually a required part of surgical procedures," she points out, "and having them bright and colorful serves as a happy distraction, a bonus for these young patients. They all take them home as souvenirs. It's a thrill to see how much the caps reduce the anxiety."*

	FRIDAY Partly Cloudy High: 71 Low: 60		SATURDAY Sunny High: 69 Low: 58		SUNDAY Mostly Cloudy High: 74 Low: 63		MONDAY Mostly Cloudy High: 78 Low: 67		TUESDAY Mostly Cloudy High: 80 Low: 65		WEDNESDAY Partly Cloudy High: 78 Low: 67		THURSDAY Mostly Sunny High: 75 Low: 64
--	--	---	--	---	--	---	--	---	---	---	---	---	---

Redfish Pass Tides					Point Ybel Tides					Punta Rassa Tides					Cape Coral Bridge Tides				
Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low
Fri	12:43 pm	5:29 am	10:42 pm	4:15 pm	Fri	11:48 am	5:31 am	9:47 pm	4:17 pm	Fri	11:52 am	5:21 am	11:04 pm	5:08 pm	Fri	12:25 am	8:45 am	2:53 pm	7:31 pm
Sat	1:29 pm	6:05 am	11:09 pm	4:45 pm	Sat	12:34 pm	6:07 am	10:14 pm	4:47 pm	Sat	12:23 pm	6:02 am	11:33 pm	5:48 pm	Sat	12:52 am	9:21 am	3:39 pm	8:01 pm
Sun	2:09 pm	6:39 am	11:37 pm	5:13 pm	Sun	1:14 pm	6:41 am	10:42 pm	5:15 pm	Sun	12:54 pm	6:40 am	11:57 pm	6:22 pm	Sun	1:19 am	9:55 am	4:19 pm	8:29 pm
Mon	2:43 pm	7:12 am	None	5:42 pm	Mon	1:48 pm	7:14 am	11:13 pm	5:44 pm	Mon	1:29 pm	7:18 am	None	6:53 pm	Mon	1:47 am	10:28 am	4:53 pm	8:58 pm
Tue	12:08 am	7:44 am	3:13 pm	6:14 pm	Tue	2:18 pm	7:46 am	11:46 pm	6:16 pm	Tue	12:16 am	7:56 am	2:08 pm	7:21 pm	Tue	2:18 am	11:00 am	5:23 pm	9:30 pm
Wed	12:41 am	8:18 am	3:41 pm	6:52 pm	Wed	2:46 pm	8:20 am	None	6:54 pm	Wed	12:34 am	8:32 am	2:53 pm	7:50 pm	Wed	2:51 am	11:34 am	5:51 pm	10:08 pm
Thu	1:19 am	8:53 am	4:11 pm	7:39 pm	Thu	12:24 am	8:55 am	3:16 pm	7:41 pm	Thu	12:58 am	9:06 am	3:37 pm	8:25 pm	Thu	3:29 am	12:09 pm	6:21 pm	10:55 pm

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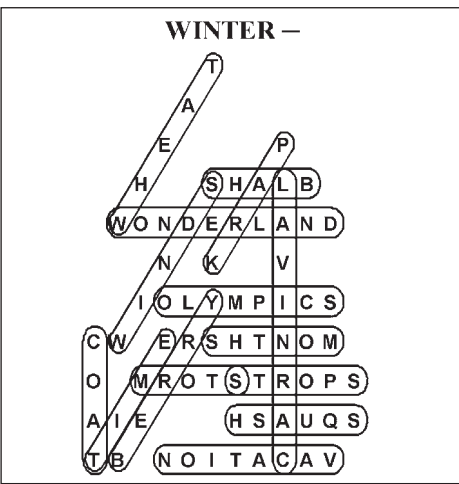
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MAGIC MAZE



SUDOKU

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

My Stars ★★★★★

FOR WEEK OF DECEMBER 18, 2017

ARIES (March 21 to April 19) Make a start on that new workplace challenge. But get more information before you find yourself too deeply involved without knowing in which direction you should go.

TAURUS (April 20 to May 20) You might find things becoming tedious as your schedule slows down for the holidays. Use this time to get information about a possible post-New Year job change.

GEMINI (May 21 to June 20) The creative Twin finds outlets for her or his ideas in the early part of the week. The practical Twin takes it a step further and rallies support to turn the ideas into reality.

CANCER (June 21 to July 22) It's time to stop being intimidated by someone's negative behavior. Start taking positive steps on your own to help strengthen your position down the line.

LEO (July 23 to August 22) Look closely at that so-called golden opportunity. Best to be a cautious Cat who approaches things slowly, than one who pounces without knowing where you'll land.

VIRGO (August 23 to September 22) Your apology can resolve that personal situation before it overshadows the holidays. You'll feel better, even if you're only partly to blame for what happened.

LIBRA (September 23 to October 22) Avoid overtaxing yourself, even if your energy levels are high and you feel that you can do it all. Best to pace yourself so you won't run yourself down before the holidays.

SCORPIO (October 23 to November 21) Your sense of humor helps get you through a stressful period. Some of your quick quips can take the edge off any remaining negativity being aimed at you.

SAGITTARIUS (November 22 to December 21) Your artistic talents not only help you express yourself these days, but they also set up a line of communication between you and someone very special.

CAPRICORN (December 22 to January 19) It's fine to appreciate the importance of "proper form" for doing things. But relax a bit in order to allow newcomers on the project to feel less intimidated by you.

AQUARIUS (January 20 to February 18) Use your boundless reserve of optimism to persuade others to work with you to resolve a difficult workplace problem before it can ruin your holiday fun.

PISCES (February 19 to March 20) You brim over with self-confidence as you begin to tackle a new challenge. And, before you know it, you're not alone: Others have taken the plunge with you.

BORN THIS WEEK: You have a highly defined sense of commitment to others. You would make a fine social worker.

THIS WEEK IN HISTORY

• On Dec. 18, 1912, two skulls that appear to belong to a primitive hominid and ancestor of man are discovered in England. In 1953, the fraud was exposed after the remains were found to be only 600 years old, not up to a million years old as claimed.

• On Dec. 19, 1732, Benjamin Franklin of Philadelphia first publishes "Poor Richard's Almanack," a book filled with proverbs preaching industry and prudence. It became one of the most popular publications in Colonial America and was published continuously for 25 years.

• On Dec. 20, 1989, Michael Moore's documentary "Roger & Me" opens in theaters. The film chronicled Moore's unsuccessful attempts to meet Roger B. Smith, the head of General Motors, which had closed 11 factories in Flint, Michigan.

• On Dec. 21, 1967, "The Graduate" opens. The film was an uneasy exploration of what it meant to be young and adrift at a time of extraordinary upheaval. It made a star out of Dustin Hoffman, as well as his car, an Alfa Romeo Duetto Spider.

• On Dec. 22, 1956, a baby gorilla named Colo is born at the Columbus Zoo in Ohio, becoming the first-ever gorilla born in captivity. Colo went on to become a mother, grandmother and in 1996, a great-grandmother. She died at age 60 in January 2017.

• On Dec. 23, 2009, Richard Heene, who told authorities his 6-year-old son Falcon had floated off in a helium balloon, is sentenced to 90 days in jail. The boy was found hiding at home. The hoax had been staged to help the family get a reality

TV show.

• On Dec. 24, 1979, the Soviet Union invades Afghanistan with three divisions of 8,500 men each. The tide of the war turned with the 1987 introduction of U.S. shoulder-launched anti-aircraft missiles. The last Soviet soldier left in 1989.

STRANGE BUT TRUE

• It was 20th-century American author and journalist Emily Kimbrough who made the following sage observation: "Remember, we all stumble, every one of us. That's why it's a comfort to go hand in hand."

• In Finland, it is traditional to pay a visit to the steam baths on Christmas Day. Nice and clean, Finns then put on new clothes before enjoying their Christmas dinner, which is served in the evening.

• The nation of Canada has the longest coastline in the world.

• Lots of people dislike lawyers, right? You might be surprised to learn, though, that it isn't a new phenomenon. In fact, in 1641 the Massachusetts Bay colony made it illegal for anyone to earn money by representing another in court, and in 1658, the legislature of Virginia passed legislation expelling all lawyers.

• Most people -- even word nerds like yours truly! -- aren't aware that the plural form of Sphinx is Sphinges.

• You might not be surprised to learn that the only bones to be found in a shark's body are in its jaws and teeth.

• Hardly anyone in Greece has a Christmas tree. Instead, most homes have a wire suspended across a shallow wooden bowl with water in the bottom. A cross wrapped in a sprig of basil is suspended from the wire, and the water keeps the basil fresh. Every day during the holiday season, a family member dips the cross and basil into some holy water and sprinkles each room of the house. In addition to the religious significance, this ritual is said to keep away the kallikantzeri, mischievous goblins that appear during the 12 days of Christmas.

THOUGHT FOR THE DAY

"What is freedom of expression? Without the freedom to offend, it ceases to exist." -- Salman Rushdie

SCRAMBLERS

solution

1. Agile; 2. Share;
3. Tender; 4. Askew

Today's Word
HANGER

TRIVIA TEST

1. **Geography:** What was the former name of the country Burkina Faso?
2. **Medical:** What common malady would you be suffering from if you had ephelides?
3. **Astronomy:** Where is the SETI (Search for Extra-Terrestrial Intelligence) Institute located?
4. **Movies:** What country was the film "The Killing Fields" about?
5. **Literature:** In what 20th-century novel did the Gamekeeper Oliver Mellors appear?
6. **Music:** Which 1960s-70s band was associated with brothers John and Tom Fogerty?
7. **Food & Drink:** What type of liquor drink is Courvoisier?
8. **U.S. Presidents:** Which president popularized the phrase "the buck stops here"?
9. **U.S. States:** Which of state's nicknam is The Bay State?
10. **Mythology:** What Greek goddess was believed to possess a universal remedy?

TRIVIA ANSWERS

1. Republic of Upper Volta
2. Freckles
3. Mountain View, California
4. Cambodia
5. "Lady Chatterley's Lover"
6. Credece Clearwater
7. Cognac
8. Harry Truman
9. Massachusetts
10. Panacea

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12/8 ★ 12/29

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LOST CAT, BLACK

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PETS OF THE WEEK

Lee County Domestic Animal Services

Xander And Jolli

Hello, my name is Xander. I'm a 1-year-old male hound mix who is the "11 Stray of Christmas." The perfect home for me is one where I have room to run and another dog around for company. I am a high-energy dog that is working on my training with our volunteers. I do well listening to other dogs when they correct me.

My adoption fee is \$75.
Hi, I'm Jolli. I'm a 2-year-old female domestic shorthair who is the "12 Stray of Christmas." I am perfectly named for the holiday season. I would love to go home with my sister Cookie. You can adopt me and her adoption fee is free. That's two for the price of one! Everyone loves a bargain at Christmas.

My adoption fee is \$50.
Lee County Domestic Animal Services (LCDAS) is celebrating the "25 Strays of Christmas" with a gift giving tree and a pet photo event to benefit the Animal Care Trust Fund.

The gift giving tree in the adoption lobby at LCDAS is decorated with ornaments featuring adoptable pets and their Christmas wish list. Visitors may pick one up and return it by Thursday, December 21 to help make the animals' holiday a little brighter. If a selected pet is lucky enough to find a home for the holiday, the pet will be able to take its



Xander ID# 717787 photos provided
gifts to the new home.

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

The shelter is open for adoptions from 10:30 a.m. to 3:30 p.m. Monday through Saturday. The shelter is located at 5600 Banner Drive in Fort Myers, next to the



Jolli ID# 718520
Lee County Sheriff's Office off Six Mile Cypress Parkway.

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

The adoption package is valued at \$500.*

Haven on Earth Animal League

Moe And Ginzee

Hi there! I'm Moe – short for Maureen. I am a very sweet girl just waiting for someone to take me home. I just have one request: I'm not real crazy about other cats, so I want to be your one and only. I'm 2 years old, up-to-date on all vaccines and spayed. Just look at my beautiful green eyes and pink nose – don't you want to kiss me on the head? I'm currently residing at PetSmart on Six Mile Cypress Parkway. My adoption fee is \$75.

Hello, I'm Ginzee! I'm only 8 months old and look how cute I am. I have big golden eyes and a little pink nose. I'm neutered and up-to-date on all vaccinations. I've been stuck in this cage at Petco at Gulf Coast Town Center for two months. Please come adopt me so I don't



Moe photos provided
have to stay in this cage – and maybe adopt a friend for me too. My adoption fee is \$100.

We are being cared for by Haven on Earth Animal League. For more



Ginzee
information, call Diane at 860-833-4472 or email haveneearthanimalleague@yahoo.com.*

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Tarpon Estates	Cape Coral	2015	3,915	\$2,425,000	\$2,000,000	459
San Carlos On The Gulf	Fort Myers Beach	2017	3,637	\$2,195,000	\$2,075,000	65
Seminole Estates	Fort Myers	1960	3,429	\$1,750,000	\$1,400,000	139
Edgewater	Fort Myers	1996	3,772	\$1,240,000	\$1,100,000	20
Cape Coral	Cape Coral	2014	2,883	\$1,225,000	\$1,075,000	3
Orchid Ridge	Estero	2001	4,044	\$1,190,000	\$1,079,000	411
Fairview Isles	Fort Myers Beach	1969	2,435	\$999,900	\$910,000	57
Cape Coral	Cape Coral	1978	2,837	\$895,000	\$825,000	90
Hidden Harbor	Fort Myers Beach	2016	2,662	\$848,500	\$810,000	135
Grande Estates	Estero	2005	3,484	\$799,900	\$787,000	57

Courtesy of Royal Shell Real Estate



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