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Christmas

# THE RIVER WEEKLY NEWS

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Vol. 16, No. 51

From the Beaches to the River District downtown Fort Myers DECEMBER 22, 2017

## Holiday House Open Through December 23



The front entry of the historic Burroughs Home

photo provided

The 61st annual Holiday House will be open through Saturday, December 23 in downtown Fort Myers from 5 to 9 p.m., with the last tour beginning at 8:30 p.m.

The Fort Myers Woman's Community Club (FMWCC) has decorated both the historic Burroughs and Langford-Kingston

homes at 2505 and 2500 First Street in miles of ribbon, garland and lights to recreate the sparkle and richness of traditional décor. This year's theme is The Wonder of Christmas.

"Both homes are simply dazzling," said Tracy McGee, Holiday House chair. "The

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Leoma Lovegrove's *My Studio* show returns to Broadway Palm

image provided

## One-Woman Hit Show Returns

Matlacha Island artist Leoma Lovegrove and her hit one-woman show *My Studio* return to Broadway Palm Dinner Theatre for seven performances from Thursday, January 4 through Sunday, January 7. Lovegrove shares stories of her artistic adventures and the scores of interesting people, places and motifs she's painted

while she creates masterpieces on stage live to a medley of nostalgic tunes.

Expect flying saucers, splattered paint and Lovegrove's infamous confetti bazooka. "During the shows, I will not only invite you into my studio, but my life as well – as I share stories and paint live on stage to my favorite music," Leoma said.

Lovegrove is an impressionist painter known worldwide for her vibrant color palette and exuberant strokes – which she applies via brushes, squirt bottles

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June Powell's artwork *Verdant* took Best In Show

photos provided

## Winning Artists For Fired Up Exhibit

Winning artists were recently announced for the Alliance for the Arts' Fired Up exhibit. Juror Lee Brotherton had more than 90 pieces to consider and narrowed the list to 46 pieces during an opening celebration on



Patricia Fay's *Tree Pots 1* captured second place

December 8.

June Powell was awarded Best In Show for her piece *Verdant*. Patricia Fay placed second with *Tree Pots 1*, while John O'Brien took third with *The Chase*.

Honorable mentions included Alyssa Balabad with *Sad Blob*; Deborah Martin

with *Rain*; and Joanne Bedient with *Frust of the Fire*.

The exhibit will remain on view until Friday, January 5. Admission to the gallery is free, but a \$5 suggested donation helps keep arts programming accessible.

The Fired Up exhibit features the works of Florida artists who have cre-



John O'Brien's *The Chase* placed third

ated their pieces using fire or heat in some way. The juried entries represent mediums such as ceramics, glass, welded pieces, encaustics and installations.

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



Historic Downtown Fort Myers, Then And Now:

# Babies' Photo Op



by Gerri Reaves, PhD

Who are these adorable baby motorists at the wheel of a Rambler automobile on First Street? Pictured here are first cousins Sara King (Rasmussen) and Kathleen Watson (Westbrook), who were only a year or two old when the photo was taken around 1914.

The location was in front of the home of their maternal grandmother, Mrs. Lulu S. Frierson (Thaddeus M.) Park.

That two-story house in the background belongs to automobile magnate Willard Lamb and Anne Floweree Velie. WL Velie had founded the Velie Carriage Company and manufactured cars in the first decade of the 20th century.

Both the Park and Velie homes were a bit west of today's Poinsettia Avenue. The historic photo evokes the dawn of the auto age and the modern century at hand, but a look at the families of those little girls takes us back to pioneer days.

Their mothers, Addie Park King and Neva Park Watson, were the two oldest of four daughters born to Thaddeus M. and Lulu Park. Thaddeus had settled in Fort Myers in 1883 and married in 1884, the year he built the home on First for his bride.

Lulu had come to town around 1880 to live with her grandparents, Maj. Aaron Taylor and Mary Wall Frierson, pioneers from the 1870s.

The cousins' fathers, Benjamin P. "Ben" King and Edgar E. "EE" Watson, married Addie and Neva in 1909 and 1910, respectively.

Ben King founded King's Garage, the town's first business to cater exclusively to automobiles.

He was said to be something of a mechanical genius, an important skill in that era when automobiles



Cousins Sara King (Rasmussen) and Kathleen Watson pose in a Rambler touring car on First Street near Woodford Avenue, circa 1914. In the background is the home of automobile magnate Willard Lamb and Anne Floweree Velie.

photo courtesy Florida State Archives



More than a century later, no Ramblers are parked for a children's photo op and all traces of the Velie home, Palmetto, have vanished

photo by Gerri Reaves

frequently broke down in isolated spots on bad roads.

One bit of local history suggests that the car in which the children sit might be the very same 30-horsepower Rambler touring car which King and Hal Frierson drove from Tampa in May 1909 -- with only four blowouts on the trip.

Such a car was indeed co-registered in 1909 to Ben King.

EE Watson was also involved with automobiles. He was first bookkeeper and later manager of his brother-in-law's garage on Jackson Street in those early years.

The Watson name looms very large in local history, if for no other reason, because EE's infamous father, Edgar Watson, was gunned down by vigilantes in Chokoloskee in 1910.

Take a walk down First Street to see the spot where two babies were posed for the camera in a new-fangled automobile.

Then visit the following research centers to learn about the pioneers who lived on the east side of the business district.

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](http://www.swflhistoricalsociety.org) for more information.

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

Hours for the all-volunteer, non-profit organization are 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](http://www.leecountyblackhistorysociety.org).

Sources: Archives of the Southwest Florida Historical Society, Florida State Archives and *The Story of Fort Myers* by Karl H. Grismer.✱

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## Cape Yappy Hour Benefits Shelter

Fathom's Restaurant and Bar will host the monthly Yappy Hour on Friday, December 29 between 5 and 7 p.m. Proceeds from beer and wine sales go to the Cape Coral Animal Shelter to help fund the building of a shelter for pets.

Community members and their pets are welcome to attend the themed New Year's Preview Party and enjoy an evening of outdoor entertainment by Remedy while raising funds for the nonprofit organization. Yappy Hour is an ongoing event held the last Friday each month. Guests are welcome to dress up for the occasion with their best dog party outfits to begin an early celebration of 2018.

The Cape Coral Animal Shelter is currently fundraising to create a non-profit, no-kill animal shelter. The shelter will provide a safe place where animals will receive the care they need and remain until they are placed in a qualified, forever home.

Fathom's Restaurant and Bar is located at 5785 Cape Harbour Drive in Cape Coral. For more information on the shelter, visit [www.capecoralanimalshelter.com](http://www.capecoralanimalshelter.com).

## Alliance Storytellers

Alliance for the Arts presents The Elephant: Stories You'll Never Forget on Wednesday, January 31 at 7 p.m. The event features 10 area storytellers who recount a variety of narratives from personal tales to folktales. This storytelling showcase is produced by Storytellers of the Round Table.

Tickets to this event are \$15 for Alliance members and \$20 for non-members. For more information about this event or to purchase tickets, visit [www.ArtInLee.org/elephant](http://www.ArtInLee.org/elephant) or call 939-2787.

## Indie Films To Be Reviewed

Begin the new year with Thank God for Indie Mondays at the Sidney & Berne Davis Art Center on Monday, January 1. Cocktail hour begins at 6:30 p.m. with the show to start at 7 p.m. Join host Eric Raddatz and co-host

Melissa DeHaven, plus judges Kinfay Moroti, Joseph Pearson and Darrell Nutt to help judge film entries for the 2018 Fort Myers Film Festival. There will also be local indie music by Gabrielle A. Macafee and Darrell Nutt.

Tickets are \$10 for adults and \$8 for seniors and students.

The Sidney & Berne Davis Art Center is located at 2301 First St. in the historic downtown Fort Myers River District. For more information, visit [www.sbdac.com/special-events/](http://www.sbdac.com/special-events/).

## Petting Zoo At Lehigh Park

Lee County 4-H youth are hosting their 4th annual Off Saturday at Veterans Park on Saturday, January 27 from 11 a.m. to 3 p.m. Admission is free to the rain-or-shine event.

There will be a petting zoo plus many fun, non-electric activities for families to participate in such as racing, throwing, running, and jumping. Parents are encouraged to participate with their children so that each can fill a passport to enter to win big prizes donated by Southwest Florida sponsors.

Veterans Park is located at 55 Homestead Road South in Lehigh. For more information or to participate, call 4-H leader Miss Karen at 610-530-8883.

## UFO Conference In February

A UFO & Paranormal Conference will be held at Araba Shrine Temple on February 24 from 9 a.m. to 8 p.m.

The conference will feature guest speakers Robb Demarest, the lead investigator from the TV series *Ghost Hunters International*; and Glen Means, former chief investigator for MUFON NE and IN, who has appeared on *Discovery Investigates* on Discovery Channel and on *UFO Hunters* on History Channel. Topics and themes will be UFOs, aliens, metaphysics and paranormal activities.

Tickets are \$10 ages 12 and older, and free for children under age 12.

Vendor Hall is open between 9 a.m. to 6 p.m. Speakers will talk from 10 a.m. to 7 p.m. The lounge is open 11 a.m. to 8 p.m. Araba Shrine Temple is located at 2010 Hanson Street in Fort Myers.



Screaming Orphans

photo provided

## Irish Band To Return To Alliance

The Rotary Club of Fort Myers brings The Screaming Orphans back for an outdoor concert at the Alliance for the Arts on February 3. Gates for the outdoor concert open at 6 p.m. MacGilliossa performs at 6:30 p.m. The Screaming Orphans will take the stage at 7:30 p.m.

The event also features Flavour Street food truck. Blankets and lawn chairs are encouraged, but coolers will not be allowed in the gate.

Comprised of four sisters from Ireland, The Screaming Orphans are known for their high-energy music that blends pop rock with traditional Irish music. The concert benefits the Rotary Trust Fund.

Presale tickets are \$25 and can be purchased online at [www.artinlee.org](http://www.artinlee.org) or by calling 939-2787. Tickets purchased at the gate are \$35. Kids under age 12 are free with an adult.

The concert is presented by The Rotary Club of Fort Myers and sponsored by The Dorcey Law Firm.

The Alliance for the Arts is located at 10091 McGregor Boulevard in Fort Myers. Sponsorship information is available by calling 332-8158.

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# Artist Studio Tour Coming In March



Brooklyn Blues by Donna Chase  
image provided

To celebrate Women’s History Month, the Alliance for the Arts opens doors to seven local female artists’ studios on March 3. Through a self-guided tour, visitors from near and far get the rare opportunity of experiencing the sanctuaries where art is created while getting acquainted with the makers and gaining a close-up view of the materials each artist employs.

The seven participating artists include Annette Brown, Stacey Brown, Donna Chase, Kathy Danca Galli, Julie Griffin, Mariapia Malerba and MiMi Stirn. “Southwest Florida is home to an abundantly diverse collection of visual artists,” said exhibitions coordinator Krista Johnson. “By illuminating the talent of females, we celebrate each woman’s creative contribution to our community.”

The self-guided tour begins at 10 a.m. at the Alliance, where ticket holders receive a program and map to the studios, and visit on-site art studios featuring working artists. A closing reception will be held at DAAS Co-Op at 4 p.m.

Tickets for Alliance members are \$25 or \$35 for non-members and can be purchased online at [www.artinlee.org/studiotour](http://www.artinlee.org/studiotour) or by calling 939-2787.

Annette Brown has always been an artist. For many years, her art expression was as a professional hair stylist. Now, Brown gets creative energy expressing herself through mixed media.

Stacey Brown uses an intuitive creative process that incorporates the use of paper, paint, ink, crayon, pencil, ephemera and other materials. Her creations include paintings, collage, mixed media, jewelry and furniture.

Donna Chase is relatively new in the local art scene. Her math and business training prepared her for an unusual path into this world. Her creative outlet had been limited to helping friends decorate their homes. That changed a few years ago and her paintings have

continued on page 8



Race start

photo provided

## Nature Center Run Supports Student Grades

The Fort Myers Metro-McGregor Kiwanis will hold the 10th annual Calusa Bug Chase 5K run and BUG Crawl at the Calusa Nature Center on January 27, 2018. The race will benefit the Fort Myers-Metro Kiwanis Club’s BUG (Bring Up Grades) Program and other local club-sponsored youth service projects. Participants can register online at [www.ftmyerstrackclub.com](http://www.ftmyerstrackclub.com). Last year, there were 225 registered runners.

The Big Bug co-title sponsors for the race are Pool Pros, Inc. and Larue Pest Management, Inc. Other sponsors include Nova Southeastern University; Leslea Ellis, LLC; United Way of Lee, Hendry, Glades, and Okeechobee; Island Aire of Southwest Florida, Inc.; Paychex; and Ludden Insurance. The Bagel Factory of Fort Myers, Iberiabank, Sun Harvest Citrus and Calusa Nature Center have committed to in-kind sponsorships.

Sponsorship opportunities are now available starting at the \$150 level.

The course, supervised by the Fort Myers Track Club, travels the trails at the nature center and a portion of the asphalt bike path on Ortiz and will be timed with Chrono Track Bib Tag Technology. Packet pick-up will take place the day of race from 6:30 to 7:15 a.m. Race day registration begins at 6:30 a.m. and race time is 7:30 a.m. Adult pre-registration is

\$20 until January 17, \$25 from January 18 to 26, and \$35 the day of the race. Youth (age 17 and younger) discounted pre-registration is \$10, \$15 from January 18 to 26, and \$25 on race day.

There will also be a free BUG Crawl, a short run/walk guided by race volunteers, for children age 5 and younger. Registration includes a long-sleeve commemorative t-shirt, complimentary race day admission to the Calusa Nature Center and refreshments. Overall and age group awards for the 5K run will be presented.

All proceeds benefit the Fort Myers Metro-McGregor Kiwanis BUG (Bring Up Grades) program, designed to provide recognition to local elementary students who raise their grades to an acceptable range and maintain or continue to raise them from one grading period to the next, and other local club sponsored youth service projects. The Metro-McGregor Kiwanis currently has BUG programs at Littleton Elementary School and Orangewood Elementary School, and is actively seeking more schools to participate.

For more information regarding the 10th annual Calusa Bug Chase or to become a sponsor, contact Heather Langdale at [Heather.Langdale@iberiabank.com](mailto:Heather.Langdale@iberiabank.com) or visit [www.facebook.com/events/1305798532882301/](http://www.facebook.com/events/1305798532882301/).

Calusa Nature Center is located at 3450 Ortiz Avenue in Fort Myers. The Metro-McGregor Kiwanis Club can be found on Facebook or online at [www.metro-mcgregor.com](http://www.metro-mcgregor.com).✱

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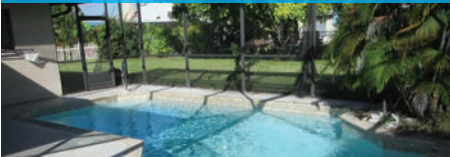
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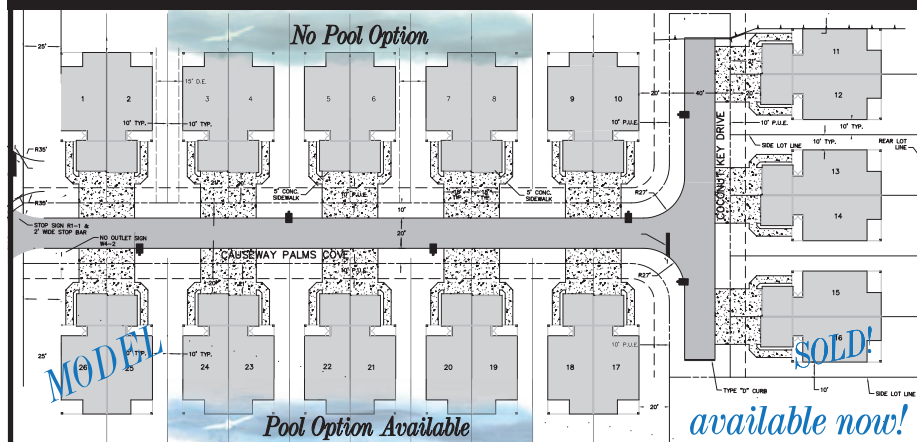
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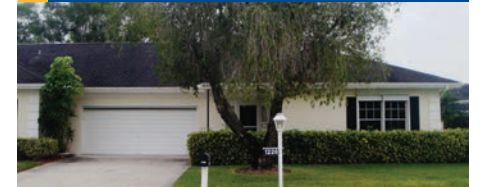
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Fort Myers Art:

## Growth Forces Venue Change For Art Show



by Tom Hall

The 21st bi-annual Estero Fine Art Show returns January 6 and 7 in a brand new location next to Bass Pro Shop at Gulf Coast Town Center. This is the second time in three years that

the boutique-style, two-day outdoor juried fine art and fine craft show has changed its venue, and that is a reflection of its growing popularity with area art lovers, enthusiasts and folks on the look-out for fine arts and crafts.

In 2015, the Estero Fine Art Show moved from the south parking lot of the Miromar Outlet Mall across Corkscrew Road to the eastern lot at the Miromar Design Center.

"Although we hate to change location again, we simply need more space," concedes the festival's director Patty Narozny. Because of the show's popularity among both artists and patrons, more room is needed for artists' tents and display booths as well as patron parking. Gulf Coast Town Center can accommodate both of these



image courtesy www.artswfl.com

needs.

According to Narozny, a number of the show's unique features explain the growth of the festival over the last few years. First and foremost, the show attracts the brightest up-and-coming artists from around the country and even abroad.

To ensure that only the finest get to exhibit their work at each of her shows, Narozny uses a jury of art professionals with a combined 120 years of experience in fine art. As a result, the show has a reputation for including quality work in an array of artistic

disciplines, including painting, drawing, pastels, photography, ceramics, clay, glass, sculpture, wood working, fiber art and art jewelry.

"I make it my business to meet and get to know all of my artists," said Narozny, who visits as many as possible in their homes, studios and galleries across the nation. Many become personal friends that she'll do anything for, as happened a couple of years ago when someone stole a 20-foot trailer containing all of the bronze sculptures that Wyoming sculptor Ben Foster expected to exhibit throughout Florida during the 2016 festival season. The trailer, which disappeared just before Christmas from a Naples storage facility, also contained Foster's pop-up tent, pedestals, wall coverings, signs and sculpting tools.

As soon as she heard the news of the theft, Narozny leapt into action, putting out the word about Foster's predicament on Facebook, via email and to her contacts in the media (such as *4 In Your Corner's* Lisa Greenberg). Within hours, Foster's collectors and fellow artists had made available enough sculpture, pedestals and displays that the artist and his wife were able to exhibit not only at the Estero Fine Art Show, but the other festivals they were scheduled to attend over the ensuing 12 weeks.

Narozny displays the same level of

loyalty and concern for the folks who frequent her shows.

"It's important to the people who come to our shows to know that they will see original work from some of the best artists working in the country right now," Narozny expounded. Knowing that Narozny and her jury have vetted each exhibitor frees enthusiasts and collectors to purchase with the knowledge that they are getting value – not to mention the strong possibility that their acquisition will appreciate in value as the artist's reputation and stature continues to grow.

Still, there's original art for every budget so everyone can find just the right piece for their home or office no matter their economic circumstances or art IQ.

The Estero Fine Art Show, produced by Hot Works, LLC, takes place from 10 a.m. to 7 p.m. on Saturday, January 6, and 10 a.m. to 5 p.m. on Sunday, January 7. You will find the show outdoors at the Gulf Coast Town Center next to Bass Pro Shops. For more information, visit [www.hotworks.org](http://www.hotworks.org) or email [patty@hotworks.org](mailto:patty@hotworks.org).

*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.✧*

## Symphony Maestro Guest Conducts In Italy



Nir Kabaretti conducts the Southwest Florida Symphony

photo provided

Southwest Florida Symphony Music Director Nir Kabaretti recently guest conducted Teatro Petruzzelli's production of *Die Fledermaus* by Johann Strauss with the Fondazione lirico sinfonica Petruzzelli e Teatri di Bari in Bari, Italy. Kabaretti led the production from December 13 to 21.

"I am honored to be back as a guest conductor in Bari Italy, performing again at the famous Teatro Petruzzelli, which is really one of the most beautiful opera houses in the world. I am also honored to be chosen to lead the production of J. Strauss "*Die Fledermaus*" (The Bat), which is for me, the most beautiful operetta ever written, a master piece by the King of the Waltzes. Spending 10 years of my life in Austria, I was very fortunate to learn and master the unique

Viennese style, and I am very excited to re-conduct this music; this time in Italy," said Kabaretti prior to the trip.

Earlier this year, the symphony announced a three-year extension of Maestro Kabaretti's contract to serve as the orchestra's music director and conductor. In addition, he continues to serve as the music director for the Santa Barbara Symphony in California, and is in demand as a guest conductor around the world.

Kabaretti has earned an impressive reputation across several continents for his command of a vast symphonic and operatic repertoire. He has worked with some of the world's most sought-after musicians, such as Lang Lang, Plácido Domingo, Itzhak Perlman, and Hélène Grimaud.✧

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Myra Roberts and Bob Hilliard

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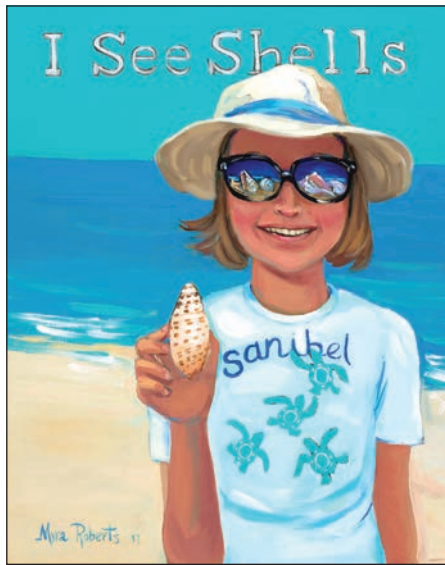
## Dream Peace Exhibition At Davis Art Center

Renowned artist Myra Roberts will hold a collaborative exhibition at the Sidney & Berne Davis Art Center in 2018. The opening reception of Dream Peace will be on Friday, February 2 from 6 to 10 p.m. The exhibit runs through Saturday, February 24, 2018.

Pianist/teacher Roxane Olevsky, a new resident of Sanibel, will play during the opening. She has put together a selection of short pieces "reflecting the spirit of the exhibition." Also performing will be Megan Shindler and her theatrical collective S(he) Will Fade, which "creates ethnographic work."

Roberts' Dream Peace is her newest series of multimedia works—more than 60 paintings and found object installations. It features poster-style paintings of contemporary political injustices, and of Bielski partisans and other survivors of the Holocausts — some of whom were interviewed by the artist. Also included are spiritual/Buddhist paintings that evoke the antithesis of war.

The testimonial video interviews are embedded in Roberts' found object installations in the form of "talking suitcases." Two-time Emmy Award winner Jesse Stein helped the artist with the videos. One "talking suitcase" features Sanibel resident Robert "Bob" Hilliard, who was stationed in Germany shortly after World War II's end. Hilliard



Work by Myra Roberts

gives his thoughts about current U.S. politics.

"Making meaningful social statements about our human condition is important to me, and links the past and present," said Roberts. "Crimes against humanity continue daily. We are all diminished when any person suffers because of discrimination. Our differences make life more interesting and our common humanity matters most of all. Dream Peace inspires viewers to ponder the need for change."

Dream Peace includes *Sandy Hook*, a painting about gun control; and *Never Again*, a commissioned work by Planned Parenthood of Southwest and Central Florida.

In addition to the Dream Peace works, Roberts will exhibit selected pieces from recent series. Florida Retro paintings resurrect the Sunshine State's past, and Endangered Species works draw attention to future concerns. Smokescreen: Prelude to the 1940s is a series of collages that depict American and/or German middle-class domestic life combined with images of Hitler's rise to power. Angels on Earth celebrates extraordinary lives. Included is 2014 Nobel Peace Prize co-winner Malala Yousafzai, who is now studying at Oxford University.

WGCU Public Media chose Roberts as one of five "2016 Makers: Women Who Make Southwest Florida." Nominated by the public, the selection of Roberts was based on her impact in the arts and social justice in Southwest Florida.

For more information on Roberts, visit, [www.myraroberts.com](http://www.myraroberts.com). Sidney & Berne Davis Art Center is located at 2301 First Street in downtown Fort Myers.✱

## Art And Poetry Networking Event Returns In 2018

The first installment of the 2018 Gulf Coast Leisure Art & Poetry Networking Event will take place at the Sidney & Berne Davis Art Center on Thursday, January 25 at 8 p.m. Sign up early to perform, or be a part of the

audience and enjoy this interactive music and art showcase.

General admission is \$10. For tickets and sign up information, visit [www.sbdac.com](http://www.sbdac.com).

After January 25, the events will take place on February 22, March 29, April 26, May 24, June 28 and July 26.

The Sidney & Berne Davis Art Center is located at 2301 First Street in the historic downtown Fort Myers River District.✱

## Untold Stories From The City Of Palms

The Burroughs Home will be hosting author Cynthia Williams and her book *Hidden History of Fort Myers* on Thursday, January 18 at 11 p.m.

Although best known as the winter home of Thomas Edison and Henry Ford, Fort Myers has one of the most engaging and extraordinary histories of any city in Florida. The spawn of a hurricane, Fort Myers began as a U.S. Army post during Florida's Seminole Wars. During the Civil War, it became a battleground between Confederates and Yankees for cattle and, after the war, a gun-slinging cowboy town. New York cartoonist Walt McDougall blew into the area on a fishing trip and his glowing description lured down other wealthy Yankee sportsmen who helped turn this isolated frontier town into a modern tourist destination.

Williams explores the hidden stories behind the growth of this beautiful city.

The Burroughs Home is located at 2505 First Street in Fort Myers. Tickets for the meet the author event are available at [www.eventbrite.com/o/cynthia-a-williams-15793061953](http://www.eventbrite.com/o/cynthia-a-williams-15793061953).✱

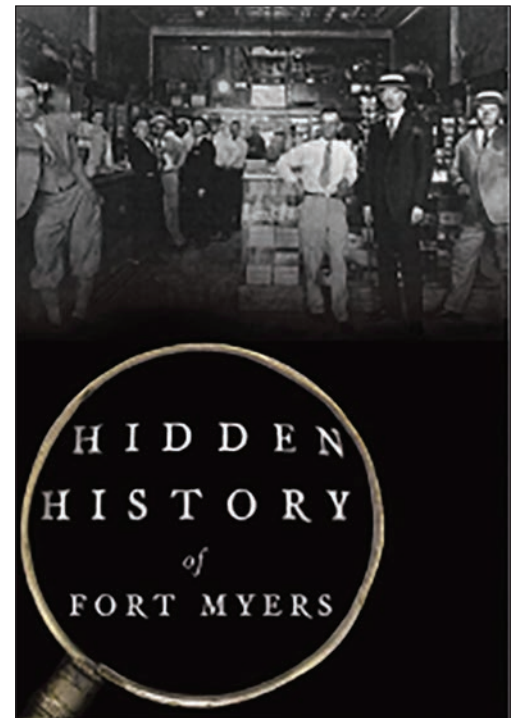


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# Along The River

**S**quare One Improv returns to **The Laboratory Theater** of Florida with its Christmas show this 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

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

**Barbara B. Mann Performing Arts Hall** is hosting **Cirque Dreams Holidayze** this Friday and Saturday, December 22 and 23. Shows will be at 8 p.m. on both days. Saturday also has a 2 p.m. matinee.

The critically-acclaimed holiday stage extravaganza combines a cirque spectacle, Broadway musical and family show. The multi-million dollar live stage production is filled with more than 300 costumes, 20 world-class acts, singers, original music and seasonal favorites. You will see snowmen, penguins, angels, reindeer, toy soldiers, gingerbread men, ornaments and, of course, Santa. There will be soaring acrobatics, gravity defying feats, elaborate



Members of Square One Improv

production numbers and illusions. Tickets for the two-hour show range from \$28.50 to \$70.90. Barbara B. Mann Performing Arts Hall is located at 13350 FSW Parkway in Fort Myers. For more information and tickets, visit [www.bbmnpah.com](http://www.bbmnpah.com) or call 1-800-440-7469 or 481-4849.

**Mermaid Salon & Day Spa** will host Lynne Wissink-Tressler, author of *Crazy Bones! The Tale of a Waggy Tail* and advocate for dog rescue, for a **book signing** this Saturday, December 23 at 3 p.m. The book tells the story of a Hurricane Katrina refugee, a small dog with a big attitude, who was rescued by a

middle-aged spinster from northern New England. The tale is presented from two points of view: the dog's and the woman's. Together they travelled, ran on the beach, and snowshoed through the Maine woods while learning so much about life from each other. They forged a bond that made

photo provided

From page 4

## Artist Studio Tour

been shown in numerous juried shows throughout Southwest Florida. Her Pop Art chairs were accepted in the 2015 All Florida Show at the Alliance for the Arts and at Sidney Berne Davis Art Center. She also has exhibited painting at Arts for Act, The Visual Arts Center and the Cape Coral Art League. Her style is playful, colorful and diverse. Donna does not limit herself to a particular style but sees each painting as an expression of her love for life.

Growing up on the west coast of Florida, Kathy Danca Galli has been grateful to experience the beauty of our blue planet first hand. She is a photographer, former photo editor for *Scuba Diving* magazine, master diver, former registered boy scout (seriously), ocean advocate and lover of all bodies of water. Kathy's work has been featured with Captains for Clean Water, *Scuba Diving* magazine, *Sport Diver Magazine*, [Divephotoguide.com](http://Divephotoguide.com) and has won contests with the Ocean Conservancy, Our World Underwater and the Florida Skin Divers Association.

Julie Dean Griffin is a native of Fort Myers and has been an artist for over 40 years. Griffin graduated from Florida State University where she finished with a bachelor's degree in fine art and supporting minors in art education, marketing and art history. Primarily working in the medium of oil painting, she is specialized in the academic method of painting. She now resides in Fort Myers and continues her work mainly producing landscapes and portraiture.

Mariapia Malerba is an Italian-American artist who was born in Puglia, a region in Southern Italy. She studied art in high school and went on

them inseparable. Mermaid Salon & Day Spa is located at 15675 McGregor Boulevard unit 16 in Fort Myers. The **National Audubon Society** will hold the longest-running citizen science survey, the annual **Audubon Christmas Bird Count**, this Saturday, December 23. Birders and nature enthusiasts in Fort Myers will take part in this early morning tradition and will be among more than 72,000 volunteer bird counters in more than 2,500 locations across the Western Hemisphere. The bird count tracks 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](mailto:jaynechristine@live.com). For more information and to find where else you can join a Christmas Bird Count, visit [www.christmasbirdcount.org](http://www.christmasbirdcount.org).✧



Memory by Donna Chase image provided

to study at Accademia di Belle Arti, a fine art institute in Lecce, Italy. After earning a degree in art, with primary coursework in scenography, set design and costume history, Mariapia moved to Lake Como in Lombardy, Italy to work as a textile designer. She has created textile designs for well-known fashion designers, such as Dolce & Gabbana, Versace and Cavalli.

MiMi Stirn's art is pure symbolism and surrealism embodied in 2D mixed media resins. Influences of Klimt, Dali, and O'Keefe are apparent in both message and stylings. Works include sculpted modeling paste, hand-mixed acrylics from pigments purchased from a distributor who is part of The Society of Ochers of France, operators of the last remaining Ocher quarry in the Provence region. She proceeds to mix elements, layers of staining, finished with colored and clear coated resins. With her art career stretching as far back as high school, she studied sculpture and, through the years, mastered the embodiment of both her love of sculpture and painting into dynamic and unique works of art.✧



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Your friends at *Island Sun* and *The River Weekly News*, from left, Justin Wilder, Sharon Terry, Ann Ziehl, Bob Petcher, Gerri Reaves, Amanda Hartman, Lorin Arundel, Chris Arundel, Di Saggau, Tom Rasi, Mike Terry and Jeff Lysiak  
photo by Carol Orr Hartman

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Calendar Girls pose in front of a fire engine

photo by Bill Floyd

## Calendar Girls Get Festive

The Calendar Girls lit up the stage at the Cape Coral Holiday Festival of Lights on December 2.

For more information on how the Calendar Girls can light up your next event, call Katherine at 850-6010 or visit [www.calendargirlsflorida.com](http://www.calendargirlsflorida.com).✴

## Soup Kitchen Benefit In March

The Sam Galloway Jr & Friends Annual Soup Kitchen Benefit, one of the Southwest Florida's most anticipated fundraising events, reaches a major milestone at Sam Galloway Ford on Thursday, March 8. Cocktail hour is at 6 p.m., with dinner following at 7 p.m.

"This is the 15th year of our friends joining together to help those in need in our community," said Sam Galloway Jr. "Hunger and food insecurity continues to plague too many of our neighbors. Men, women, children and the elderly are struggling every day with hunger and poverty. I believe it's our duty to step up and help those who can't help themselves."

The money raised at the event benefits Community Cooperative, the umbrella agency for the Community Cafés and Markets, the Soup Kitchen, Meals on Wheels, Healthy School Pantry and Food Literacy in Pre-School (FLIP) programs, Mobile Food Pantries, and Social and Education Resource Centers for our hungry and homeless residents in need.

The event has sold out for several years and continues to be one of the signature events in the community. Each year, local restaurants, companies

and individuals donate the southern-style menu including barbeque chicken and pork, fried chicken, coleslaw, fried shrimp, cheese grits, swamp cabbage, gourmet meatloaf, mashed potatoes, gumbo, collard greens, macaroni and cheese, fresh green beans, corn bread, banana pudding, homemade cookies and gourmet chocolates.

For sponsorship information, visit [www.CommunityCooperative.com/events](http://www.CommunityCooperative.com/events) or call 332-7687 ext. 101.✴

## Presbyterian Church Worship Services

There will be four Christmas Eve worship services at New Hope Presbyterian Church on Sunday, December 24 that will focus on the celebration of the coming of the Jesus the Messiah over 2,000 years ago.

At 11 a.m., there will be a service of lessons and carols, while the 3 p.m., 5 p.m. and 7 p.m. services are candle-light services with different music at each. Pastor Eddie Spencer will share a Christmas message at all four services, and nursery care will be provided.

For more information, contact the New Hope church office at 274-1230 or visit [www.newhopefortmyers.org](http://www.newhopefortmyers.org).✴

## Churches/Temples

### ALL FAITHS UNITARIAN CONGREGATION

Sunday 10:30 a.m., 2756 McGregor Boulevard, [allfaiths-uc.org](http://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](http://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](http://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](http://chabadswf.org), 433-7708.

### CHAPEL OF CYPRESS COVE

Sunday 10 a.m. 10200 Cypress Cove Circle, [revtedalthouse@aol.com](mailto: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](http://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](http://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](http://christiansciencefortmyers.net), [christianscience.com](http://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](http://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](http://lambogodchurch.net), 267-3525.

### NEW BEGINNINGS CENTER

Friday 6:30 and 7 p.m. 8505 Jenny Cae Lane, [nbcministry@embarqmail.com](mailto:nbcministry@embarqmail.com), [facebook.com/nbcministry](http://facebook.com/nbcministry), 656-0416.

### NEW COVENANT EYES

Monthly 9 a.m. 1900 Park Meadows Drive, [newcovenanteyes.com](http://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](http://www.newhopefortmyers.org), 274-1230.

### PEACE COMMUNITY

Sunday 10:30 a.m. [www.17671PineRidgeRoad.com](http://www.17671PineRidgeRoad.com), 267-7400.

### PEACE LUTHERAN

Sunday 9:30 a.m. 15840 McGregor Boulevard, [www.peaceftmyers.com](http://www.peaceftmyers.com), [peace@peaceftmyers.com](mailto:peace@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

Meditation classes. [MeditationInFortMyers.org](http://MeditationInFortMyers.org), 567-9739.

### SAINT COLUMBKILLE CATHOLIC

Monday through Saturday 8 a.m.; Saturday 3 and 5 p.m.; Sunday 7, 9 and 11 a.m., 5:30 p.m. 12171 Iona Road, 489-3973.

### ST. FRANCIS XAVIER CATHOLIC

Monday through Thursday 6:45 a.m.; Friday 6:45 and 11 a.m.; Saturday 4 p.m.; Sunday 6:45, 9:30 and 11 a.m. 2157 Cleveland Avenue, 334-2161.

### 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](http://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](http://templebethel.com), 433-0018.

### TEMPLE JUDEA (CONSERVATIVE)

Friday 6:30 p.m. and Saturday 9 a.m. [tjswfl.org](http://tjswfl.org), 14486 A&W Bulb Road, 433-0201.

### THE NEW CHURCH

Sunday 11 a.m. 10811 Sunset Plaza Circle #401, [newchurchflorida.com](http://newchurchflorida.com), 481-5535.

### UNITARIAN UNIVERSALIST

Sunday 10:30 a.m. 13411 Shire Lane, [uucfm.org](http://uucfm.org), 561-2700.

### UNITY OF FORT MYERS

Sunday 10 a.m. 11120 Ranchette Road, [unityoffortmyers.org](http://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](http://zionfm.org), 481-4040.✴



## CROW Case Of The Week:

## Florida Softshell Turtle



by Bob Petcher

The Florida softshell turtle (*Apalone ferox*) is a freshwater turtle that has a smoother carapace than many other species of turtle. The aquatic animal has webbed feet and sharp claws

and is equally adept to both land and water.

Unlike the husky gopher tortoise, the Florida softshell turtle has a flatter body appearance. It is mostly distinguishable by its long stretching neck and its unique head that possesses an odd snout that sticks above water when the reptile is swimming.

Like its name implies, softshells do not have bony protective armor to safeguard it from predators or algae. Their shells are soft around the edges and are easily subject to injuries.

At CROW, an adult Florida softshell turtle was admitted from Lehigh Acres after it was found on the side of the road with a large fracture in its upper shell. CROW medical officials believe the turtle was hit by a car. When the wound was examined, veterinarians noted that one piece of the fractured shell was depressed

below the other piece at the break to the point that both pieces were not aligned or touching each other. Furthermore, an oblique angle to the fracture was detected and that would have made surgical repair complicated. It was explained that more of the shell would have had to be removed in order to bring the pieces back into alignment.

Due to risks and other complications, that procedure was decidedly not attempted.

Instead, CROW medical officials flushed and packed the wound with colloidal silver gel. Another mixture was applied to the wound to seal it from moisture, and a bandage with the edges sealed with silicone was placed.

"There are several different types of silver-based wound-dressings available for use," said Dr. Robin Bast, CROW veterinary intern. "In this case, it was used to treat the wound underlying the fractured shell to help prevent infection as well as prevent the wound from becoming a media for new bacteria to grow. The silver sulfadiazene cream that we used has anti-bacterial properties; it does not directly speed up the wound healing process, but indirectly helps the process by addressing infection."

With its bandage on, the patient was able to be placed in a large tank of water, mimicking its natural habitat.

Dr. Bast further explained the membrane underlying the shell which surrounds the internal cavity (coelomic membrane) would need to heal before the turtle could be released. Even with a visible defect, the patient should be fine.



Patient #17-4042 with its shell repaired was successfully released on Sunday

photo by Brian Bohlman

After less than two weeks at the clinic, the Florida softshell turtle was healthy enough to be placed back in the wild.

"The coelomic membrane which had been damaged in the initial trauma had sealed over and healthy granulation tissue was present in the wound with no evidence of infection," Dr. Bast said earlier this week. "The turtle was active in the tank and able to dive (and) swim to normal depths. It had also completed a course of antibiotic and pain medication

therapy, and was doing well for several days prior to being cleared for release. It was successfully released on Sunday."

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](http://www.crowclinic.org).

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# Slowly Warming Up



by Capt. Matt Mitchell

With our water temperature crashing to 61 from a warm 75 degrees in just a few days, shiners disappeared (as expected) and to catch fish required making that switch to using shrimp for bait. Fishing in and around our passes was the better bite during the coldest periods as the water was just a little warmer coming in from the Gulf than the water in the shallow sound.

Chunks of shrimp fished on a jig head or with a split shot cast close around the docks and jetties caught a wide variety of fish including sheepshead, black drum, redfish and mangrove snapper. As long as the tide was moving, the amount of action we found in and around the passes was surprisingly good for the cold conditions. As temperatures slowly began to creep back up, small mangrove snapper moved into these same places and it was time to move on.

The legal size sheepshead we got to enjoy for a few days thinned out with the best action coming right after the cold front during the coldest temperatures. On back to back days, my anglers managed a few sheepshead up to about 16 inches while fishing with shrimp chunks up

around the passes. As things warmed up, the sheepshead got smaller. This will be the pattern until the next cold front arrives and more sheepshead move in. January and February are the prime sheepshead months for our area so we are still a little early for this bite to kick into full swing.

Trout fishing over grass bottom in three to five feet up in the middle sound provided some good action while throwing popping cork rigs either with live shrimp or a plastic jig. Though most of these trout are on the small side of the slot, it's possible to get a limit if you work at it. Along with the trout, we caught ladyfish and jacks. With the water in the middle sound really clearing up, look for diving pelicans and terns feeding on small fry bait. The trout are there.

As temperatures gradually rebound, catch-and-release snook fishing will pick up with deeper mangrove creeks now holding hundreds of snook. During these cold periods, I see lots of snook from dock lights while heading out of the canal before the sun comes up. Going back to these lights late night can provide some outstanding snook action. My favorite ways to fish these lights is either with a fly rod or with a free-lined, hand-picked shrimp. Set up well from the light and work the outside edges of the light. This is some awesome sight fishing as you can often see the snook dart out and grab your bait.

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



"Lucky Mike" from Lexington Country Club with a black drum caught after the cold front while fishing with Capt. Matt Mitchell last week photo provided

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**1**

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## FWC Nonnative Species Update

At its December meeting, the Florida Fish and Wildlife Conservation Commission (FWC) gave an update on the agency's efforts to address nonnative fish and wildlife.

Florida's subtropical climate supports the establishment of nonnative species and allows some species to thrive once they have escaped or been introduced. When a nonnative species becomes a threat to native wildlife, human health and safety, or the economy, it is considered invasive.

"Invasive nonnative species are detrimental to our native wildlife and natural habitats and can pose a risk to human health and safety," said Kristen Sommers, who leads the agency's Wildlife Impact Management Section. "More and more people are reaching out to us for help with the nonnative species they are encountering. We take citizen complaints and concerns very seriously, and we have responded by increasing our resources and expanding our efforts to address this threat to Florida."

"One of our priorities is to conserve our native species and protect them from the threat of invasive species," said Commissioner Richard Hanas. "We need to do whatever we can to meet that challenge."

Once a nonnative species becomes established, the amount of time and funds required to control the species increases. To address the impacts of invasive species in the state, the FWC has realigned its resources and prioritized species by their level of risk. The agency has focused its efforts on high-priority invasive species such as Burmese pythons, lionfish and Argentine black and white tegus. A multi-pronged approach led by the FWC includes:

Activation of the Python Contractor Program, Python Pickup Program and Python Patrol Program.

Initiation of the Reef Rangers Control Program, Lionfish Removal & Awareness Day and Lionfish Challenge.

Expansion of tegu trapping efforts, FWC Trap-Loan Program, and use of private contractors.

These innovative techniques have been instrumental in the management and removal of these high-priority invasive species.

With the collaboration and support of

many federal, state and local partners, as well as the public, the FWC continues to work to minimize the impact of nonnative species in the state.

For more information about nonnative species, visit [MyFWC.com/Nonnatives](http://MyFWC.com/Nonnatives).✱

## FWC Changes To Amberjack And Cobia Seasons

At its December meeting in Gainesville, the Florida Fish and Wildlife Conservation Commission (FWC) set the greater amberjack recreational season in Gulf state waters to open May 1 to 31 and August 1 to October 31. This change is similar to pending changes in Gulf federal waters. FWC also approved several changes to the management of cobia in state waters of the Gulf.

Greater amberjack is overfished and undergoing overfishing, and the season has closed increasingly early in recent years due to federal quotas being met or exceeded. This new season structure will optimize recreational fishing opportunities in both the spring and fall while minimizing harvest during the spawning season, helping to rebuild the stock.

Greater amberjack is currently closed to recreational harvest in Gulf state and federal waters. State waters will remain closed through April 30, 2018.

The cobia changes are based on stakeholder input and concerns from anglers and will further promote sustainable management of this fishery.

Approved changes will go into effect Feb. 1, 2018, and include:

Creating a Gulf/Atlantic management boundary defining all state waters north of the Monroe-Collier county line as "Gulf state waters" for purposes of managing cobia.

Making the recreational and commercial bag limits for cobia in Gulf state waters the same by reducing the commercial limit from two to one fish per person.

Reducing the recreational and commercial vessel limit in Gulf state waters from six to two cobia per vessel, per day. The current 33-inch minimum size limit will not change.

For more information or to view the presentations given at the Commission meeting, visit [myfwc.com/commission](http://myfwc.com/commission) and select Commission Meetings then click on the link below Next Meeting.✱



Dahoon holly's berries appear on the female plant and are a winter food source for birds and other wildlife  
photo by Gerri Reaves

Plant Smart

## Holly For Christmas

by Gerri Reaves

For anyone missing the traditional holly found "up north," dahoon holly (*Ilex cassine*) might be a perfect subtropical substitute.

Dahoon isn't just another ornamental plant with evergreen leaves and bright berries. The fleshy fruit feeds many birds and other wildlife during the winter.

This moisture-loving native tree grows up to 35 feet tall. Its wild habitat includes swamps, wetlands, and stream banks, so it's good for a wet or soggy spot in the landscape.

It is single- or multi-trunked and upright in form, with an open crown and smooth bark.

Small white four-petaled flowers appear most profusely in spring, with male and female ones blooming on separate trees.

The female tree bears the berries of about a fourth-inch across. They mature to bright red and contain four to eight seeds.

Dahoon has a moderate to slow

growth rate, moderate drought tolerance, and low salt tolerance. Give it full sun to partial shade.

It is on the Lee County Protected Tree List, so homeowners should familiarize themselves with tree-maintenance requirements.

It is also protected by law in the wild because the Florida Department of Agriculture considers it a commercially exploited species.

Don't be tempted to try the berries, for they are toxic to people. However, Native Americans carefully prepared and consumed the roots.

Sources: *Florida Plants for Wildlife* by Craig N. Huegel, *A Gardener's Guide to Florida's Native Plants* by Rufino Osorio, *Native Florida Plants* by Robert G. Haehle and Joan Brookwell, *The Shrubs and Woody Vines of Florida* by Gil Nelson, *Wild Plants for Survival in South Florida* by Julia F. Morton, [www.edis.ifas.ufl.edu](http://www.edis.ifas.ufl.edu), [www.floridata.com](http://www.floridata.com), [www.fnps.org](http://www.fnps.org), and [www.regionalconservation.org](http://www.regionalconservation.org).

Plant Smart explores the diverse flora of South Florida.✱

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Officials cut the ribbon at SalusCare Place

photos provided

## SalusCare Opens First Recovery Residence

Men who are recovering from the disease of alcohol and drug addiction now have a new place to live to maintain their sobriety. SalusCare Place opened Tuesday with a ribbon-cutting on the campus of SalusCare's Transitional Living Center in central Fort Myers.

The Bryce Burke House is the brainchild of Don and Lizabeth Pine to honor the memory of their son who died of a heroin overdose in 2015.

"My son's time at SalusCare, they were the best 28 days of his life," Pine said. "There are so many gaps in the system between rehab and recovery. Our goal was to try and reduce the gaps."

The Pines recruited dozens of volunteers to help with the renovation of the three-bedroom home on South Street in Fort Myers that will become home to up to six men who want to work on their recovery in a clean, sober environment.

SalusCare Place is unlike other SalusCare facilities because no treatment is offered there. Residents of SalusCare Place will establish their own rules within a sober environment.

"The goal is for those living in the recovery residence to support each other and form their own family unit. They will cook and eat meals together, clean and maintain the home, and offer support to each other – much like a family does," said Rosemary Boisvert, Assistant Vice President of Residential Services for SalusCare.

The first recovery residence is three bedrooms and two baths which will serve up to six people with each bedroom housing one to two residents. This first recovery residence is for men only, ages 18 and older, although Boisvert said additional recovery residences for both men and women are planned at SalusCare Place.

Because SalusCare Place is self-supporting with no government subsidies,



Don and Elizabeth Pine

residents are expected to pay a fee, which can be as low as \$18.76 per day and will include all utilities. Food costs are additional.

Boisvert said the program is modeled after standards set by the National Alliance of Recovery Residences (NARR) and the Florida Association of Recovery Residences (FARR). "Studies show that persons in recovery residences have a greater rate of success than those who follow a traditional residential course of treatment and aftercare," she said.

A 2012 study of 245 individuals found that two out of three individuals who entered a typical aftercare program reported some level of drug and/or alcohol use after six months, compared with just one in three individuals who were part of a recovery residence.

Potential admissions will be screened to ensure appropriateness for the community. Individuals admitted to the program will work with a recovery coach to ensure that they remain on their chosen path to sustainable recovery.

For more information about SalusCare Place, admission criteria or community procedures, contact Steven Hill at 600-6131, ext. 6102 or visit [www.saluscareflorida.org](http://www.saluscareflorida.org).✽

## Tax Benefits Of End Of Year Gifts

submitted by Chauncey Goss

With an IRA charitable rollover gift, you can help the work of the United Way of Lee, Hendry, Glades, and Okeechobee this year and enjoy valuable tax and income benefits. Your gift will help local people and the 94 agencies that provide vital services in our community.

If you are age 70 ½ or older, you can roll over up to \$100,000 from your IRA to charity without paying federal income tax. Even better, your gift qualifies for your required minimum distribution (RMD).

Here are some of the ways you can benefit from an IRA rollover gift this year:

**Reduce your taxable income.** By rolling over some or all of your RMD from your IRA to charity, you can reduce your taxable income this year.

**Lower your Social Security tax.** Reducing your taxable income with an IRA rollover gift may also reduce the tax due on your social security payments.

**Avoid IRS tax limits.** IRA rollover gifts may be made over and above the normal cash gift limit (50 percent of your adjusted gross income).

**Nonitemizers:** Enjoy charitable gift benefits. If you do not itemize your deductions, you can still benefit from the reduction in income and tax resulting from an IRA rollover gift.

Gifts must be made by December 31, 2017.

How is a IRA charitable rollover done? It is simple. To complete an IRA charitable rollover, the first step is to



Chauncey Goss

photo provided

contact your IRA provider and instruct them of your intention to give to United Way.

As an alternative, you can donate stock. Giving long-term, appreciated securities (owned more than a year) may provide greater benefits to you and United Way.

You may save current cash for day-to-day needs because a gift of stock does not come out of your cash flow.

You may save taxes two ways: the deduction is the fair market value of the stock, and the appreciation is never taxed.

For questions or more information on donating stock or making an IRA charitable gift, call Candie Roberts at United Way at 433-7213. Call today to help make a brighter new year for people in need in our community.✽

## County Schedules For The Holidays

Most Lee County administrative operations will be closed Friday, December 22 and Monday, December 25, in observance of the Christmas holiday, as well as on December 29 and January 1 for the New Year's holiday.

Solid Waste offices and the Topaz Court Solid Waste Annex will be closed on December 22, 25, 29 and January 1. The Resource Recovery Facility in Buckingham will be closed on December 25 and January 1, but open regular hours on December 22, 23, 29 and 30.

All garbage, recycling and yard waste collections in unincorporated Lee County, the City of Bonita Springs and the Town of Fort Myers Beach will take place one day after the regularly scheduled collection day for the entire week beginning December 26. Also, on January 1, there will not be any regular collection and the schedule will be similar of the week prior. Regular collection schedules resume on Monday, January 8.

Christmas trees that have had the stand and all lights and decorations removed, including tinsel, can be set out with regular yard waste and will be ground into mulch. All wrapping paper, except metallic, is recyclable – along with all the

boxes. Plastic ribbons and bows are not recyclable.

Lee County Utilities Customer Service Center will be closed December 22 through 25 and December 29 through January 1.

LeeTran services will end at about 7 p.m. on December 24 and resume on December 26. There will be no service on January 1.

Parks & Recreation: beaches, boat ramps, parks and preserves will be open December 24 and 25 as well as December 31 and January 1; the administration office will be closed December 22, 25, 29 and January 1; pools are closed December 23 through December 26 as well as December 30 through January 2.

The county's four recreation centers – North Fort Myers, Wa-Ke Hatchee, Veterans and Estero – will be closed from December 23 through January 7. The closures are due to scheduled annual maintenance. For alternative parks sites, visit [www.leeparks.org](http://www.leeparks.org). All centers will re-open January 8.

Library System: all branches will be closed December 23 through 25 as well as December 30 through January 1; library administration will be closed December 22, 25 29 and January 1.

Domestic Animal Services: the Lost & Found Pet Center and the Pet Adoption Center, 5600 Banner Drive, Fort Myers, will be closed December 23 and 30.✽



## Marketing Group Hires Copywriter

**E**lise Rose has joined Priority Marketing as a copywriter. In this role, she is responsible for generating creative and innovative written text for various mediums to accompany the firm's and clients' marketing campaigns, public relations efforts and digital marketing strategies.

Rose recently earned her bachelor's in advertising from the University of Florida (UF). During her time at UF, Rose worked as a senior copywriter at The Agency at UF, a school-based marketing agency housed within the university's College of Journalism, staffed by seasoned professionals and hand-selected students. As the senior copywriter, she was responsible for managing a team of copywriters and supervising creative copy projects for the agency and its clients. In addition, Rose has held a variety of internship positions prior to joining Priority Marketing, where she has perfected



**Elise Rose** photo provided  
her copywriting, advertising and media skills.  
For more information, visit [www.prioritymarketing.com/our-blog](http://www.prioritymarketing.com/our-blog).

## Nominations Sought For Citizen Award

**T**he public can now to nominate an exemplary civic-minded citizen for the 2017 Paulette Burton Citizen of the Year Award. Lee County Commissioners are looking for nominees who are involved in the community and work diligently for causes in which they believe. Nominations are due by Friday, February 16.

The annual award strives to recognize a citizen who has provided outstanding civic contributions to Lee County government. The selection criteria includes a positive attitude, knowledge of the objectives and activities of Lee County government, a demonstrated interest in community/county government partnerships and promotion of harmony between the community and county government.

Commissioners will select the winner. Nomination forms are available at Lee County libraries and recreation centers or online at [www.leegov.com/citizenoftheyear](http://www.leegov.com/citizenoftheyear). For library locations, visit [www.leelibrary.net](http://www.leelibrary.net) and for recreation center locations, visit [www.leeparks.org](http://www.leeparks.org).

The award was created in 1991 to honor Burton, a long-time Sanibel resident and government watchdog.

## Fort Myers On Safest Cities List

**T**he City of Fort Myers was included on the 2017 list of the safest cities in the state of Florida and in the U.S. by SAFEHome, an organization dedicated to making communities safer.

The ranking, which calculates a safety score for major cities in the U.S., is based on the higher the score, the safer the city to be. Safety scores in

Florida ranged from 30 to 91, with the City of Fort Myers achieving a safety score of 70.22.

"We're very proud that our city is included on this list," said Fort Myers City Manager Saeed Kazemi. "Our citizens' safety is a top priority, and the 2017 rankings indicate that we are moving forward to achieve our goals to protect our community and our residents."

SAFEHome looks at several different factors when assigning a safety score to a city. First and foremost is the FBI's latest report of how many and what types of crimes occurred in each city over a single year. The city's crime trends are also considered, involving cities where crime is on the decline given a higher safety score. The number of law enforcement officers compared to the population is also taken into effect. Finally, demographic metrics that are correlated to crime have a small impact on the safety score. These include metrics such as population density, population trends, unemployment rate, median income, education level, etc.

To see the complete report, visit [www.safehome.org/safest-cities](http://www.safehome.org/safest-cities).

## Continental Women To Meet

**T**he Continental Women's Club will meet at The Hideaway Country Club on Thursday, January 4 at 11:30 a.m. The guest speaker will be Richard LeBer, president and CEO of Harry Chapin Food Bank. Luncheon attendees are encouraged to bring non-perishable food items to help fill the food bank shelves after the holiday season. Cost is \$22.

The Hideaway Country Club is located at 5670 Trailwinds Drive in Fort Myers. Call 691-7561 for more information.

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## Superior Interiors

# With Lighting, Careful Planning Sets The Stage



by Trinetta Nelson

Often times, a beautifully designed room, can easily miss the mark without a well-thought-out and executed lighting plan. Have you ever walked into a fabulous room that

just seemed to miss the mark? Perhaps the ambience of the room seemed off-kilter. Or, maybe the room's lighting gave it a harsh cold feel.

Here are some specific tips you should consider when working up your own personal lighting plan. And, here's a word to the wise. The single best tip to insure a successful lighting plan is to work with a professional interior decorator. That way all the decisions you make the first time will be the right decisions for your home and your room.

Frequently asked lighting questions:

1. How much light does my room

actually need?

As an interior decorator, I typically calculate the amount of light needed in a room by multiplying the room's length by the room's width – in feet. Then that number is again multiplied by 1.5. I have found that this gives me the number of watts required to provide adequate ambient lighting for my client's room.

2. How much specific task lighting do I need?

Typically, I find that a good rule of thumb for task lighting is to multiply the room's square footage by 2.5 instead of 1.5 to find the proper wattage.

3. My hallway is dull and dreary. How much lighting do I need to brighten it up?

I recommend that a lighting fixture be placed every 8 to 10 feet. If my client's prefer using wall sconces, I suggest they be placed 6 to 8 feet apart. And wall sconces should always be hung 60 inches above the finished floor.

These are just a few of the many lighting questions most of my clients have. Again, making the right lighting decisions the first time will definitely showcase your new décor beautifully.

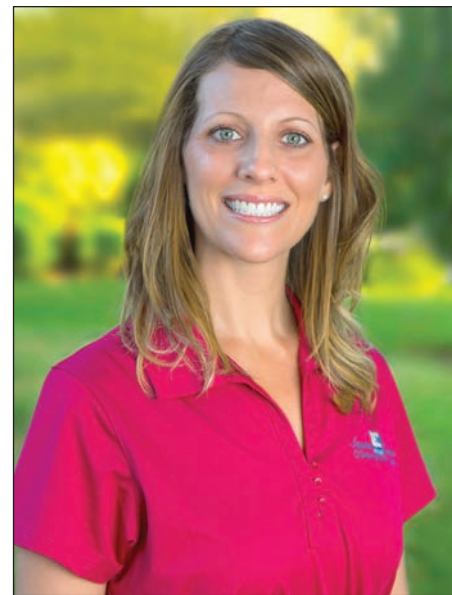
Trinetta Nelson is an interior designer on Sanibel/Captiva Islands and can be reached at linda@coindecaden.com.✱

## Banker Elected To RDA Board

Kristin Dilorio, Sanibel Captiva Community Bank vice president and office manager at the Downtown Fort Myers branch, has been elected to the River District Alliance (RDA) board of directors.

Dilorio joined Sanibel Captiva Community Bank in 2016 and has more than 13 years of banking experience. She manages daily operations and customer relationships, including business and consumer banking. A 2009 graduate of the Greater Fort Myers Chamber of Commerce Leadership Program, Dilorio is active in the Southwest Florida community.

The River District Alliance is a private 501(c)(3) not-for-profit organization dedicated to promoting and enhancing the continued development of the historic Fort Myers River District as a hub of economic,



Kristin Dilorio photo provided  
social and cultural activity.

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

## Calendar For Solid Waste

The Solid Waste Division's calendar is available for residents to pick up at locations throughout Lee County. Each month, the calendar provides timely information such as holiday collection schedules, tips for the disposal of household chemicals, proper recycling methods and suggestions for preparing your yard for hurricane season.

"Lee County residents and visitors generated over one million tons of waste in 2017," said Keith Howard, director of Lee County Solid Waste. "This calendar offers some insight into what happens to the waste people set

at the curb; collecting it is just the first step in the process."

Calendars are available at:

All county library locations and community recreation centers. For library locations, visit [www.leelibrary.net](http://www.leelibrary.net) and for recreation center locations, visit [www.leeparks.org](http://www.leeparks.org)

Lee County Administration building, 2115 Second Street, Fort Myers

The Public Works building, 1500 Monroe Street, Fort Myers

Solid Waste Annex, 6441 Topaz Court, Fort Myers

The Resource Recovery Facility, 10500 Buckingham Road, Fort Myers

There is no charge for the calendars, but supplies are limited.

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

## Hurricane Debris Drop-off Sites Remain Open

Lee County recently completed Hurricane Irma debris collection on Thursday, December 21, except for tree stumps. Tree stump removal will resume after the holiday break on Wednesday, January 3. After December 21, all residential horticulture should be placed at the curb in compliance with normal collection operations. Check [www.leegov.com/solidwaste](http://www.leegov.com/solidwaste) to learn more.

Some residential public drop-off sites remain open. Central Fort Myers site at Page Field, 4551 S. Cleveland Avenue closed December 15. South Fort Myers

site at 14790 A&W Bulb Road, closed December 22. North Fort Myers, 17771 N. Tamiami Trail, will close at 5 p.m. Monday, January 8, though the site will be closed on Christmas Day and New Year's Day. Lee County Mosquito Control District site, 1840 Gunnery Road North, Lehigh Acres, will close at 5 p.m. Monday, January 8, though the site will be closed on Christmas Day and New Year's Day.

Lee County's cleanup effort resulted in collecting more than 1.6 million cubic yards of horticulture and construction and demolition debris in three months. The cost to clean up the debris is estimated at \$36 million to \$40 million in unincorporated Lee County and the Village of Estero, with anticipated partial reimbursement from the Federal Emergency Management Agency.✱

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From page 1

## Holiday House

Fort Myers Woman's Community Club members and volunteers work for months every year planning and preparing decorations as their special gift of love to the community, and we think this might be the best Holiday House ever."

Tickets are \$5 for adults; children under age 10 are admitted free. Veterans and active members of the military are admitted free with identification.

Free parking is available in the empty lot at First and Fowler streets. For more information, visit <http://burroughshome.com/tours/holiday-house/> or on Facebook at [HolidayHouseFortMyers](https://www.facebook.com/HolidayHouseFortMyers).✱



# Christmas Carols For Soup Kitchen

Residents who attended the recent Christmas Carol Sing at First Presbyterian Church of Fort Myers contributed plenty of canned goods to help The Soup Kitchen of Community Cooperative feed the hungry in Southwest Florida.

About 6,000 pounds of food was donated at the 27th annual Christmas Carol Sing, which was sponsored and organized by the Galloway Family of Dealerships. The canned goods will be distributed immediately to families in need, according to event organizers.

"It is so gratifying to see our community coming together to help those less fortunate, especially during these economic times. The need has never been greater," said event founder Sam Galloway, Jr.

About 2,000 people attended the three performances, which featured a sing-along with the First Presbyterian Church Choir, special guest soloists and a visit from Santa and Mrs. Claus.

In addition to the Christmas Carol Sing, the Galloway Family of Dealerships also annually sponsors Mrs. Edison's Hymn Sing, to be held February 6, 2018, at



From left, Rev. Dr. Paul de Jong, Mickey Callahan and Ralph Leber photos provided

First Presbyterian Church. Both events benefit The Soup Kitchen of Community Cooperative, which was founded by First Presbyterian Church of Fort Myers along with other churches in 1984.

The Christmas Carol Sing and Mrs. Edison's Hymn Sing are major sources of support for Community Cooperative, which works to end hunger and homelessness in Lee County. The



Louise Wile and Renae Kosecki collect canned goods

non-profit agency provides more than 15,000 meals each month through its Community Cafes and Meals on Wheels programs, distributes more than 500,000 pounds of groceries through its Mobile Food Pantries and serves 6,500 individuals and families with homeless and comprehensive case management services through its Social & Education Resource Centers. A proud United Way partner,



Linda Digman sings *God Bless America*

Community Cooperative serves Fort Myers and the greater Lee County area, including Bonita Springs, Cape Coral, Lehigh Acres and Fort Myers Beach.

For more information about Community Cooperative, call 332-SOUP or visit [www.communitycooperative.com](http://www.communitycooperative.com). For more information about First Presbyterian Church, call 334-2261 or visit [www.fpcfortmyers.org](http://www.fpcfortmyers.org).✱



Soloist Beth Fillionich sings *O Holy Night*



From left, Doris Gilliland, Bill Gilliland, Ralph Leber, Harriet Hart and Phil Bennett



Rev. Roger Peterson leads congregation



From left, Tracey Galloway, Stefanie Ink-Edwards and Emelia Edwards



Santa and Mrs. Claus arrive



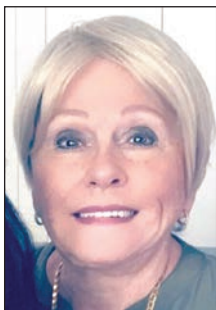
Beverly Cox sings *We Need a Little Christmas*



## Book Review

# Sons And Soldiers

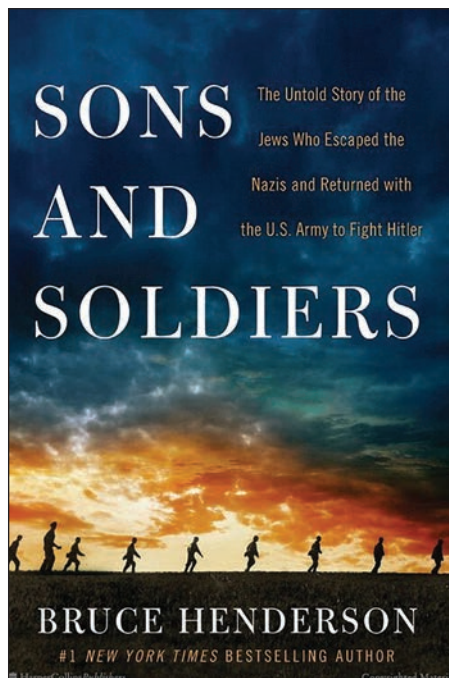
by Di Saggau



**S**ons and Soldiers by Bruce Henderson tells the story of young Jewish men who escaped from Germany and Austria to America and eventually joined the U.S.

Army returning to Germany to fight against Hitler for their adopted homeland and for the families they had left behind. The book follows six of the young men, known as the Ritchie Boys, after the Maryland camp where they were trained. There were 1,985 in all. The book focuses on Martin Selling, Gunther "Guy" Stern, Manfred "Manny" Steinfeld, Stephan Lewy, Werner Angress and Victor Brombert.

Knowing what the Nazis would do to them if captured, they still leapt at the opportunity to be sent in small, elite teams to join every major combat unit in Europe, where they collected key tactical intelligence on enemy strength, troop and armored movements, and defense positions that saved American lives and helped win the war. Because of their knowledge of the German language, their special units interrogated German prisoners of war. A postwar army report found that nearly 60 percent of the



credible intelligence gathered in Europe came from the Ritchie Boys.

I was fascinated by this little known story. These men had something no one else in the army had, a knowledge of the culture and psyche of Germans. Henderson draws on archival research, memoirs and interviews to visibly recreate the stories of these six men. One Ritchie Boy, Martin Selling, had already been incarcerated at Dachau when he left Germany days before the Nazis blocked further emigration of Jews. Stephan Lewy, placed in an

orphanage for Jewish children in Berlin, survived an attempt by Nazi rioters on Kristallnacht to murder the children by locking them in a synagogue as gas spewed into the room. He, along with other Ritchie boys, eventually accompanied the troops that liberated Buchenwald. Werner Angress, kept a diary in which he wrote: "The longer this war lasts, the more ugly sights I see and the more I get to know what death looks like, the more I am convinced that

it will be our first duty after this war to prevent a second one."

The Ritchie Boys innate understanding of the enemy could not be taught to someone born in the U.S. and made all the difference when it came to acquiring valuable tactical information from captured German soldiers. Henderson is a wonderful storyteller and *Sons and Soldiers*, about a never-before-told chapter of the Second World War, is a must-read.✱

## School Smart



by Shelley M. Greggs, NCSP

### Dear Readers

As we celebrate the holidays, you may find yourselves rushed, stressed and ungrounded. Children may not understand or

realize what their parents are feeling and may think that they have done something wrong as kids tend to pick up on their parents' tensions and then become anxious. An easy way to comfort and reassure your children is by using supportive vocabulary and language that expresses your belief and support for them. It's vital for a child to know that s/he is loved, understood and accepted and sometimes the usual pat on the back isn't enough.

I'd like to share a list of highly expressive and meaningful phrases that child psychologist Yekaterina Kes has put together to use with your child. This language will help your child to understand the depth of your love and affection for them. What could be more important than that?

Expressing belief in your child: I trust you; I believe in you; I respect your decision; It won't be easy, but I'm certain you'll do it; You're doing everything right; You understand this perfectly; How did you manage to do this so well?; Teach me how you do it, so I can succeed like you; You can do it better than I can; You're better at this than me.

Crediting their hard work: I can see how much work you put into this; I can see how hard you tried; You worked so hard on this, and you achieved it perfectly; You're making fantastic progress; I can see you spent a lot of time on this; I can imagine how much effort you had to put in to achieve this; You must have worked so hard to get this result;

All that hard work paid off.

Being thankful for the time you spend together: I really appreciate you spending time with me; I can't wait to play with you tomorrow; It's so interesting to do this with you; I really enjoyed playing with you; I'm so glad you're at home with me; I'm having so much fun being with you.

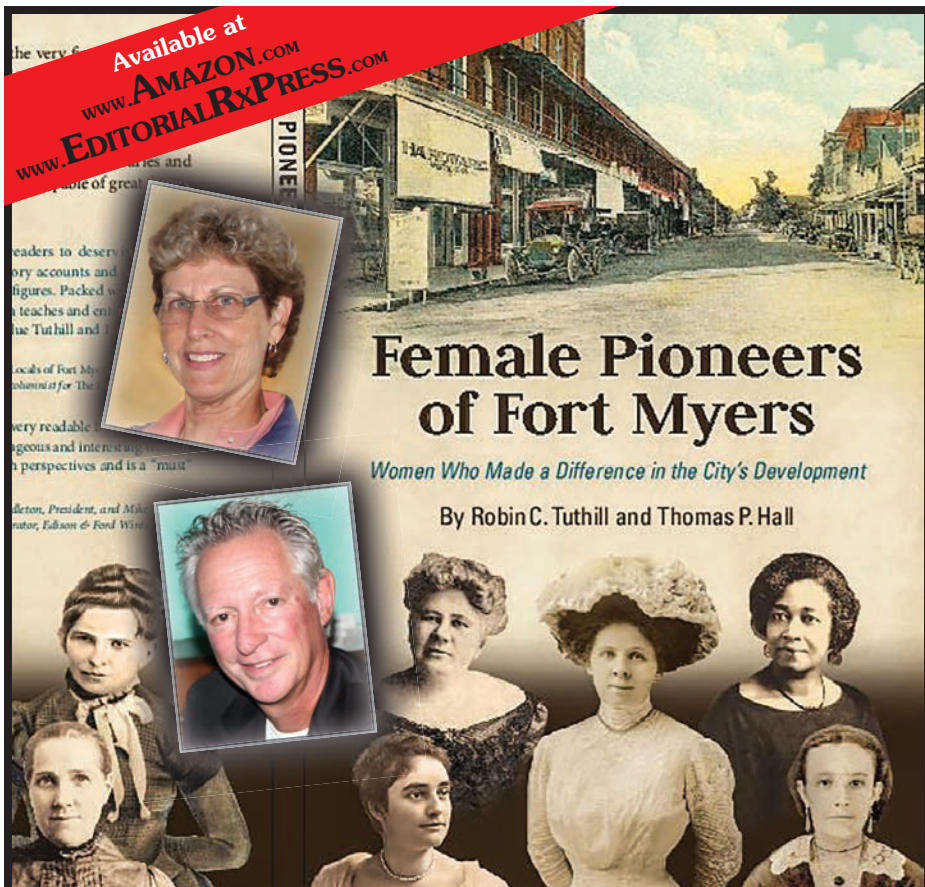
Helping them evaluate their own performance: What do you think about this?; You must be so proud; What's the thing your most proud of?; What's your opinion on this?; How would you evaluate your own work?; And what do you think of the result?; How do you wish it had gone?

Being thankful for their help: 'Thank you so much for doing this; I'm so grateful that you helped me with this; You really helped me out; Thanks for understanding; I don't know what I would have done without you; Without your help I wouldn't have succeeded; You helped me to get through this quicker; The house is so tidy thanks to you.

Describing what you see: Your bedroom is so clean; Wow, you've made your bed! Fantastic; There are so many beautiful colors in this picture; I can see that you really tried hard; I noticed that you cleared the table yourself. Well done!

Describing how you feel: I just love spending time with you so much; I'm so happy when you're at home; I love being part of your team; I love hearing your opinion; I'm so incredibly grateful that I have you; It makes me so happy when you're around to help me.

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.✱



"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*

## Greeters Club Luncheon

The Greeters Club will hold its monthly luncheon and its annual Chinese Auction at Crown Plaza Hotel on Friday, January 19, 2018 luncheon. Registration is from 10:45 a.m.

to 11:30 a.m. The luncheon follows.

Cost is \$20 to attend. Bring something to participate in the auction. 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.✱





From left, Mary Franklin, Michele Wasserlauf, Kathryn Kelly, Perry Ahrens, Tina Parsons, Melissa Barlow and Allen Abbott display only a handful of the 524 toys and gifts presented to the Heights Foundation for their December 16 Operation Christmas Care event to help children in need within the Harlem Heights community. photo courtesy Cypress Cove

## Cypress Cove Donates More Than 500 Toys

Over 500 toys, given by residents and staff of Cypress Cove at HealthPark Florida, were gifted Thursday to the Heights Center and Gladiolus Learning and Development Center for their annual toy drive. The gifting of the toys occurred during a

brief ceremony on Cypress Cove's life plan community.

The toy drive and gifting program has become an annual partnership event between Cypress Cove and The Heights Center/Gladiolus Learning and Development Center. Toys for more than 800 children, ranging in ages 3 to 15 years, have been collected by organizers.

Tina Parsons, executive director of the Gladiolus Learning and Development Center and Heights Foundation President and CEO Kathryn

Kelly were on hand Thursday to accept the toys and gifts from Cypress Cove. According to Parsons, gifts donated this year will be most appreciated this year because of the damage and flooding that occurred within the community this past September due to Hurricane Irma.

According to Cypress Cove community advancement specialist Z. Allen Abbott, Cypress Cove residents and employees have donated several thousand toys during the community's six-year toy drive affiliation.

Executive Director Michele

Wasserlauf applauded the toy drive support from Cypress Cove residents and employees. "Members of our community are extremely generous," she said, "and we are delighted to be part of a program that brings great joy to children of the Harlem Heights neighborhood."

Gifts will be distributed on Saturday, December 16 at Operation Christmas Care where each child will have the opportunity to choose a toy, meet Santa and enjoy holiday refreshments.✱

### Financial Focus

## Time To Review Your Investment Strategy



by Jennifer Basey

As the year draws to a close, it's a good time to review your progress toward your financial goals. But on what areas should you focus your attention?

Of course, you may immediately

think about whether your investments have done well. When evaluating the performance of their investments for a given year, many people mistakenly think their portfolios should have done just as well as a common market index, such as the Standard & Poor's 500. But the S&P 500 is essentially a measure of large-company, domestic stocks, and your portfolio probably doesn't look like that – nor should it, because it's important to own an investment mix that aligns with your goals, risk tolerance and return objectives. It's this return objective that you should evaluate over time – not the return of an arbitrary benchmark that isn't personalized to your goals and risk tolerance.

Your return objective will likely evolve. If you are starting out in your career, you

may need your portfolio to be oriented primarily toward growth, which means it may need to be more heavily weighted toward stocks. But if you are retiring in a few years, you may need a more balanced allocation between stocks and bonds, which can address your needs for growth and income.

So, assuming you have created a long-term investment strategy that has a target rate of return for each year, you can review your progress accordingly. If you matched or exceeded that rate this past year, you're staying on track, but if your return fell short of your desired target, you may need to make some changes. Before doing so, though, you need to understand just why your return was lower than anticipated.

For example, if you owned some stocks that underperformed due to unusual circumstances – and even events such as Hurricanes Harvey and Irma can affect the stock prices of some companies – you may not need to be overly concerned, especially if the fundamentals of the stocks are still sound. On the other hand, if you own some investments that have underperformed for several years, you may need to consider selling them and using the proceeds to explore new investment opportunities.

Investment performance isn't the only thing you should consider when looking at your financial picture over this past year. What changed in your life? Did you welcome a new child to your family? If so, you may need to respond by increasing your life insurance coverage or opening

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# Ownership Dismantles Miami Marlins While 'Hiding' From The Media



by Ed Frank

You've got to wonder what the future holds for our neighbors to the east, the Miami Marlins, a long-struggling baseball franchise, which is undergoing demolition under the team's new ownership headed by former New York Yankee star Derek Jeter.

Adding to the baffling upheaval of the Marlins is Jeter's sudden personality change. For decades the Yankee captain was the darling of the Big Apple and the tough New York press. But once his partnership cobbled together \$1.2 billion (a figure many thought was way too much) to buy the Marlins from the despised Jeffrey Loria, Jeter has virtually hidden from the media.

"One thing that has been consistent with me throughout my career is I do not operate through the media," he said during an introductory conference call.

The Marlins faithful hoped the transition from Loria, who at least three times dismantled the team roster in "fire sales," to Jeter would improve community relations as well as team performance.

Perhaps that time will come. Unless you've been living on another planet, you know that Jeter's first move was to jettison National League MVP Giancarlo Stanton and his \$325 million contract in a trade with the Yankees. Admittedly, that contract was one of the worst in baseball history, but Jeter got little in return except for freeing the franchise of that huge financial burden. Second-baseman Starlin Castro and two prospects were sent to the Marlins in the Stanton deal – and many don't think Castro will be around long.

In addition to Stanton, Jeter also dealt away two other All-Stars, second baseman Dee Gordon and outfielder Marcell Ozuna. And he's probably not done yet.

In defense of Jeter, you need only to look at the last two World Series Champions, the Houston Astros and the Chicago Cubs. Both suffered multiple 100-loss seasons while rebuilding from the bottom up, including their farm systems.

In that rare public comment via a conference call, Jeter said, "If you want to be sustainable as an organization, you have to be good from top to bottom. We're going to invest in building this organization the right way so we can year in and year out compete."

Starting from scratch, Jeter needs to win over the Marlins fan base through open

communications and dialog. He needs to charm those South Florida baseball fans just as he did for decades in New York.

## Twins Love The "Old Timers"

A year ago, the Minnesota Twins in midseason signed pitcher Bartolo Colon at 44 years old, the oldest player in the Major Leagues.

Coming over from the Atlanta Braves, the ageless Colon posted a 5-6 record with the Twins and was an important factor in their post-season playoff run.

Last week, the Twins signed veteran closer Fernando Rodney, 40, who with Arizona in 2017 recorded 39 saves. Rodney has played in parts of 15 Major League seasons with eight different teams. He is a three-time All-Star, 2012, 2014 and 2016.\*

## FWC Permit Spawning Season

At its December meeting in Gainesville, the Florida Fish and Wildlife Conservation Commission (FWC) discussed a draft change to extend the spawning season closure for permit inside the special permit zone (SPZ). This draft proposal was approved and will be brought back before the commission at the February 2018 meeting.

The proposed change, if approved in February, will add April to the existing May-through-July season closure for the harvest of permit inside the SPZ, which includes all state and federal waters south of Cape Sable on the Gulf coast and south of Cape Florida on the Atlantic coast.

Recent research confirms spawning-size permit are visiting known aggregation sites from April through July.

To comment on this proposal, visit [www.myfwc.com/saltwatercomments](http://www.myfwc.com/saltwatercomments) or email [marine@myfwc.com](mailto:marine@myfwc.com). For more information or to view the presentations given at the commission meeting, visit [myfwc.com/commission](http://myfwc.com/commission) and select Commission Meetings then click on the link below Next Meeting.\*

## City Of Palms Basketball Classic

The 45th annual Culligan City of Palms Classic at the Suncoast Credit Union Arena on the campus of Florida SouthWestern State College (FSW) will complete tournament play on Saturday, December 23. There will be semifinal, consolation and championship games during the final two days on Friday and Saturday.

The six-day 26-team tournament

features elite teams from as far away as California, Wisconsin and New Jersey competing in Southwest Florida for the annual holiday tradition. Memphis East (Tenn.) came into the tournament at No. 1 in the nation, according to MaxPreps, lead by No. 2-ranked junior James Wiseman. Other ranked teams include No. 4 Hudson Catholic (New Jersey), No. 7 Chicago Simeon (Illinois), No. 9 McEachern (Georgia), No. 19 Mater Dei (California), and No. 22 University School (Florida).

For a schedule of games and ticket information, visit [www.cityofpalmsclassic.com](http://www.cityofpalmsclassic.com).

Suncoast Credit Union Arena within Florida SouthWestern State College campus is located at 8099 College Parkway in Fort Myers.\*

From page 19

## Financial Focus

a college savings account. Did you or your spouse change jobs? You may now have access to a new employer-sponsored retirement account, such as a 401(k), so you'll need to decide how much money to put into the various investments within this plan. And one change certainly happened this past year: You moved one year closer to retirement. By itself, this may cause you to re-evaluate how much risk you're willing to tolerate in your investment portfolio, especially if you are within a few years of your planned retirement.

Whether it is the performance of your portfolio or changes in your life, you will find that you always have some reasons to look back at your investment and financial strategies for one year – and to look ahead at moves you can make for the next.

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

## SPORTS QUIZ

1. When was the last time before 2016 that a New York team won the Little League World Series?
2. Who was the only player in the 1950s to have at least 20 doubles, 20 triples, 20 home runs and 20 stolen bases in the same season?
3. Entering 2017, how many Oklahoma Sooners had won the Heisman Trophy?
4. In 2017, the Golden State Warriors became the fifth team to start the NBA playoffs 10-0. Name two of the other three to do it (one did it twice).
5. Pittsburgh's Jake Guentzel in 2017 tied an NHL record for the most points by a rookie in one postseason (21). Who else did it?
6. Toronto FC set a Major League Soccer mark in 2017 for the highest points total in the standings for a season (69). Which team had held the mark?
7. Who was the last fighter that boxer Floyd Mayweather Jr. notched a knockout or TKO against before Conor McGregor in 2017?

## ANSWERS

1. Staten Island, N.Y., won in 1964. 2. Willie Mays had 26 doubles, 20 triples, 35 homers and 38 stolen bases in 1957 for the New York Giants. 3. Billy Vessels (1952), Steve Owens (1969), Billy Sims (1978), Jason White (2003) and Sam Bradford (2008). 4. The Los Angeles Lakers (1981) and Philadelphia's Willie Leino (2010). 5. Minnesota's Dino Ciccarelli (1989, 2001), San Antonio (2012) and Cleveland (2016). 6. The Los Angeles Galaxy (68 points in 1998). 7. Victor Ortiz, in 2011.



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# Grampy's Inaugural Pro-Am Fundraiser A Great Success



From left, Tim Frederic, Dean Nemeroff, Bruce Nemeroff, Jay Nemeroff and a visiting golf pro  
photos courtesy danovision productions



Ronald McDonald and Jim Castle

Grampy's Charities held its inaugural Pro-Am, benefiting Ronald McDonald House Charities of Southwest Florida on Friday, December 8 at Fiddlesticks Country Club in Fort Myers. Each foursome included a PGA professional. Cocktails, dinner and awards concluded the fun-filled day for the golfers. Ronald McDonald himself made an appearance and even assisted with the ball drop contest.

The original tournament was established 30 years ago by McDonald's owner/operator Fred Frederic, founder of the Fort Myers Ronald McDonald House and chair of the golf committee for 27 years until his passing in August

2015. It was Frederic's desire to keep families close by providing a "home away from home" for families of hospitalized children.

Grampy's Charities offered support and leadership for the foreseeable future. Over \$80,000 was raised from this event and 100 percent of the proceeds benefited Ronald McDonald House Charities of Southwest Florida. Ronald McDonald House Charities of Southwest Florida and Grampy's Charities send a special thanks to the following sponsors:

Sanibel Captiva Community Bank, Danovision, Alan and Penny Blake, Tom and Carole Herzog, Michelle Netze and Fran Walenta, Don and



From left, Rick Adams, Michael Shaw, Garrett Sandberg, Joe Callaghan, a visiting golf pro, and Ronald McDonald



From left, Travis Wehrs, Larry Hagan, Rod Hagan, Ronald McDonald, Bob Baker and Eric Sandberg

Carey Randall, Jack Tamblyn and Heidi Colgate-Tamblyn, Bruce and Laura Ragain, Heidi Frederic and Family, CLA Landscaping, Markham Norton Mosteller Wright & Co., Paragon Golf Apparel, Ronald McDonald House – Providence, Grandma's Grove RV Park, Saybrus Partners, Martin-Brower, Dr. Pepper, Gorton's, Turano Florida Bun, Sunoco, Golden State Foods Foundation, Primrose School of North Naples, Dave and Linda Essig, Doc Ford's, Beachview Tennis Club, Joe and Cindy Callaghan, Cooper Hotels, Apache Oil, Jim Johnson, Dental Excellence, Michael Shaw, Rick and Rennie Adams, The Halseys, The Sandbergs, Besnard & Associates Insurance, Shangri-La Springs, McDonald's Florida Region, Martin and Terri McKinney, Willie McNickle and Petro Realty Corp.\*



Ronald McDonald





School District board members surround Superintendent Dr. Greg Atkins photo provided

## School District Board Members Recognized

The Lee County School District Board Members and Superintendent Dr. Greg Atkins were honored for completing the Florida School Boards Association (FSBA) Master Board program at the 72nd annual Joint Conference in Tampa from November 28 through December 1. Awards were presented by Carol Cook, Pinellas County school board member and FSBA leadership services consultant, and Shirley

Owens, Holmes County school board member and FSBA leadership services committee chair.

The training program is designed to strengthen each team's ability to work effectively, efficiently and collectively as a governance team and to positively impact student achievement and school success.

FSBA's leadership development offerings are modeled to ensure each board member obtains a well-rounded and thorough understanding of his or her policy-making and oversight responsibilities. Training is structured around the five components of the FSBA Governance model: Vision, Relationship, Community Leadership, Policy and Accountability.\*

## Diversification Ranking Improves For Florida Industry

The state of Florida was more economically diverse in the second quarter of 2017 compared to the same quarter in 2016, according to a recent quarterly report issued by Florida Gulf Coast University's Industry Diversification Project.

Florida ranked as the 20th most diverse state, compared to the ranking of 24 recorded a year ago.

"That's a pretty big jump," Project Director Christopher Westley said. "The improvement is not uncommon during the late spring and early summer months when economic activity slows among industries that tend to contribute to a lack of diversification. These tend to be industries tied to tourism and seasonal residents in general."

Westley runs FGCU's Regional Economic Research Institute.

Of Florida's 24 workforce regions, Southwest Florida ranked 10th. Tampa Bay registered the most diverse economy, while the North Florida region – comprised of Hamilton, Jefferson, Lafayette, Madison, Suwannee, and Taylor counties – was least diverse.

Among Florida's 20 metropolitan

statistical areas, Naples-Immokalee-Marco Island came in 4th, followed by Cape Coral-Fort Myers at 7th and Punta Gorda at 20th.

"At least for Florida, knowing a region's industry diversification is helpful in knowing how susceptible it is for unsustainable growth," Westley said. "This can also provide a metric from which to compare industry development between regions."

Diversification index rankings are computed quarterly around the time of the release of workforce data released by the Bureau of Labor Statistics. Since this data is released with a six-month lag, the rankings refer to the state of the workforce for the second quarter of 2017, which spans April through June.

Labor market data for the third quarter of 2017 will be released in March. For more information, visit [lutgert.fgcu.edu/idp](http://lutgert.fgcu.edu/idp).\*

## Inventors Fair Set For January 20

The Thomas A. Edison Regional Science and Inventors Fairs (TAERSIF) will produce and direct several events in 2018. On Saturday, January 20, the Edison Fairs season begins with approximately 800 students participating in the 61st Thomas Alva Edison Kiwanis Science and Engineering

## Teacher Of The Year Named

Chasey Niebrugge, elementary teacher at River Hall Elementary, was selected as 2017-18 Lee County School District Teacher of the Year on December 19.

Niebrugge was chosen out of 49 nominated teachers in the district. Those who nominated her describe her as a talented, innovative and exemplary teacher who creates an engaging, differentiated and safe classroom environment where students are expected to do their best.

Niebrugge has changed the II/ESE program at River Hall from one that lacked resources and true inclusion practices to a thriving program. She believes that continuing her own education is extremely important and has contributed to her success as a teacher. She feels that every single day is a new opportunity for a child to learn and that, as an educator, it is her



Chasey Niebrugge photo provided

responsibility to provide the best learning experience for her students

River Hall Elementary is located at 2800 River Hall Parkway in Alva.\*

## Schools Of Excellence

Both Florida SouthWestern State College Collegiate High Schools (FSWC-Lee and FSWC-Charlotte) have been named Schools of Excellence by the Florida Department of Education (FLDOE).

The FLDOE recognizes a School of Excellence as a school that has received a grade of A or B in each of the three most recent school years (2014-15, 2015-16 and 2016-17) and has ranked at the 80th percentile or higher for their school type for at least two of the last three years.

Both FSWC-Lee and FSWC-Charlotte received A grades and ranked at 96

percent or above during the three qualifying school years.

"Achievements like these are the natural result of students working hard in rigorous and meaningful coursework that is planned and delivered year after year by a group of exceptional teachers," said Dr. Brian Botts, principal, FSWC-Lee.

"This recognition is a product of Florida SouthWestern State College's commitment to provide multiple accelerated learning pathways to our community," said Matthew Catanzarite, principal, FSWC-Charlotte. "The collegiate charter school model allows our students to reach their full potential."

FSWC-Charlotte is the only school in Charlotte County to receive the distinction.\*

Fair and the 31st Thomas A. Edison Festival of Light Regional Inventors Fair.

Public, private and home-schooled middle school and high school students from Lee and Charlotte counties will compete at the Florida Gulf Coast University Alico Arena. More than 30 scholarships from local universities, colleges and other supporters will be awarded at the two award ceremonies later that week. Special awards and thousands of dollars in Sony Electronics prizes will be granted. The event is open to the public between 1:30 and 4 p.m. for the Inventors Fair and 3 to 5 p.m. for the Science Fair.

On Monday, January 22, the Edison Festival of Light Regional Inventors Awards Ceremony will be held at Edison Park Creative and Expressive Arts School at 7 p.m.

On Wednesday, January 24, the Thomas Alva Edison Kiwanis Science and Engineering Fair Award Ceremony will be held at Alico Arena at 7 p.m. Dozens of winners in their science categories from the January 20 Kiwanis Science and Engineering Fair will be recognized at the ceremony. More than 30 college scholarships will be granted, with scores of special awards bestowed.

On Saturday, May 12, the 14th Suncoast Credit Union Elementary Science Expo will be held at Florida Southwestern State College's Suncoast Credit Union Arena. More than 340 elementary school

students are expected to attend.

Florida Gulf Coast University is located at 12181 FGCU Lake Parkway East in Fort Myers. Edison Park Creative and Expressive Arts School is located at 2401 Euclid Avenue in Fort Myers. Florida Southwestern State College is located at 13351 FSW Parkway in Fort Myers.\*

## Information For Open Enrollment

In preparation for the School District of Lee County's student assignment enrollment period, the district's website is live with up-to-date information on the enrollment process.

If your child is entering kindergarten, sixth or ninth grade, is new to the district, or is currently enrolled but wants to switch schools, then you will participate in open enrollment. The application period runs from January 22 through March 23, 2018.

This year there are some changes to the student assignment process. Visit [www.leeschools.net/studentopenenrollment](http://www.leeschools.net/studentopenenrollment) for a list of changes and other current information regarding student assignment enrollment including frequently asked questions, a list of open houses and more.\*



## Children's Hospital Gains Status Of Top Hospital

For the second year in a row, Lee Health's Golisano Children's Hospital of Southwest Florida has been named a Top Children's Hospital by The Leapfrog Group. Only 10 children's hospitals in the country – four in Florida – earned this prestigious distinction, which highlights each hospital's highest commitment to safety and quality care of children.

"We are proud to recognize Golisano Children's Hospital of Southwest Florida as a 2017 Leapfrog Top Hospital," said Leah Binder, president and CEO of Leapfrog. "This demonstrates extraordinary dedication to patients and the local community. The entire staff and board deserve praise for putting quality first and achieving results."

The selection of Top Children's Hospitals is based on the results of the 2017 Leapfrog Hospital Survey. Performance across many areas of hospital care is considered in establishing the qualifications for the award, including inpatient care management, medication safety, and infections and injuries. The rigorous standards are defined in each year's Top Hospital Methodology.

"We are so fortunate to have such a dedicated caring team of quality nurses and physicians that look after our children's health in this community. We earned this award because of their



From left, Leah Binder, Cristie Travis, Ashley Tait-Dinger, Susan Ryckman, Armando Llechu and Alex Daneshmand

photo provided

commitment to quality and safety of children every day," said Dr. Alex Daneshmand, acute care medical officer of Golisano Children's Hospital of Southwest Florida.

"It is an honor to be among this elite group of children's hospitals in the nation to earn the Top Hospital honor from The Leapfrog Group," said Armando Llechu, chief administrative officer, Golisano Children's Hospital. "Our mission has always been to keep children close to home for the medical care they require. This Top Hospital endorsement from The Leapfrog Group shows that the care is not just available, but that it is

leading-edge, safe and of the highest quality. To earn this prestigious award two years in a row reflects our continued commitment to maintain these high standards."

In May, Golisano Children's Hospital moved into its new, child-friendly and state-of-art facility located next to HealthPark Medical Center on Bass Road. Previously a "hospital within a hospital" at HealthPark Medical Center, the new seven-story facility encompasses 300,000 square feet including Level II and Level III neonatal intensive care units, a Regional Perinatal Intensive Care Center, dedicated pediatric emergency

services and a state-of-the-art Pediatric ICU.

To see the full list of institutions honored as 2017 Top Hospitals, visit [www.leapfroggroup.org/tophospitals](http://www.leapfroggroup.org/tophospitals).✱

## Chronic Pain Workshops

Would you like to learn how to better manage chronic pain conditions such as arthritis, fibromyalgia, back pain, headaches and more?

Lee Health will hold a free six-week workshop, entitled Chronic Pain Self-Management – a research-based program developed by Stanford University.

Information presented in the workshop can help one become empowered to improve his or her quality of life. Learn how to more easily manage medications; understand the benefits of exercise; manage symptoms of stress, pain and fatigue; and make smarter decisions related to health eating. Participants will also receive a copy of the book *Living a Healthy Life with Chronic Pain*.

Sessions will be held on Tuesdays beginning January 9 from 1 to 3:30 p.m. at Brookdale Bonita Springs, 26850 South Bay Drive in Bonita Springs; and Wednesdays beginning January 10 from 1 to 3:30 p.m. at The Windsor of Cape Coral, 831 Santa Barbara Boulevard in Cape Coral.

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

## Connect With Seniors During Holiday Season

Approximately 28 percent of America's seniors live alone, and many experience social isolation – lack of regular contact with others. Studies by the National Center on Elder Abuse show a correlation between social isolation and elder abuse. Social isolation has also been connected with a number of health issues, including poor diet, dementia, lack of exercise, high blood pressure, arthritis and depression.

The Area Agency on Aging for Southwest Florida (AAASWFL) urges local residents to take some time to connect with a senior during the holiday season.

"During the holidays, we usually reconnect with friends, family and neighbors," said Sherry Young, health and wellness coordinator at AAASWFL. "But for elders living in social isolation, the holidays can be incredibly lonely. That comes with a lot of risk for them."

Maintaining connections with elder loved ones and making new connections with seniors can help to ensure their well-being and protect them from abuse.

Approximately one in 10 adults age 60 and older have experienced some form of elder abuse. Isolated elders

are not only more likely to fall victim to abuse, but abused elders are also more likely to be isolated from others, as their abusers attempt to hide the mistreatment.

Older adults who are isolated are also at risk for self-neglect. Self-neglect is closely related to elder abuse. Isolated elders may stop maintaining personal hygiene, cease managing their finances, or even avoid seeking medical attention because they are unwilling or unable to do so on their own.

When visiting with elders this holiday season, AAASWFL encourages friends and relatives to be conscious of the risk factors for social isolation.

People with concerns about an isolated senior are encouraged to call the AAASWFL Helpline to learn about opportunities for elders in our community. The Helpline can be reached at 866-413-5337 (866-41-ELDER). Helpline specialists can provide information about meal programs, volunteer opportunities, fitness classes and services that provide home care for seniors. The Helpline can also screen adults age 60 and older for government-funded services.

Anyone who suspects elder abuse or self-neglect is urged to call the Florida Department of Children and Families' Florida Abuse Hotline at 800-962-2873 (800-96-ABUSE).

For more information, visit [www.aaaswfl.org](http://www.aaaswfl.org) or call toll-free Helpline at 866-413-5337 (866-41-ELDER).✱

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deaRPharmacist

# Natural Remedies For High Blood Pressure That Work



by Suzy Cohen, RPh

**D**ear Readers: While waiting for a prescription, a friend of mine decided to check his blood pressure. He was dealing with a bout of walking pneumonia and his blood pressure (BP)

spiked to 140/100. Has this ever happened to you where you checked your BP at the pharmacy and it was suddenly high?

You can blame stress, the modern diet, lack of exercise or a bad infection like my buddy had. You can blame other lifestyle factors too like smoking too. Or it could simply be your genes, as high blood pressure, termed hypertension, tends to run in families. If left untreated, hypertension can cause or lead to blindness, stroke, kidney failure, atherosclerosis and heart failure.

Now, the good news. Here are five natural remedies that are proven to really (really) work.

## 1. Hibiscus Tea

Hibiscus tea is a wonderful remedy for high blood pressure. It's been used to lower blood pressure in other countries for decades, and it really works. In one study, researchers found that drinking hibiscus tea for just 12 days reduced systolic pressure by an average 11.7 percent and diastolic pressure by 10.7 percent. You can buy commercially prepared teabags or you can easily make your own fresh hibiscus tea each morning. It's fabulous for memory. In fact, if you email my customer service team (customerservice@suzycohen.com), I'll send you the recipe card by email for "Memory Mint Hibiscus Tea."

## 2. Magnesium Threonate

Some forms of vitamins are

better for certain conditions. With hypertension look for the mineral magnesium threonate because this form of magnesium leaves 'the tube' meaning it leaves your gut. This type of magnesium can get into the bloodstream and get across your blood brain barrier, is easily absorbed by the cells and has been proven to lower blood pressure and be stroke preventative as well. Magnesium threonate is also great for helping promote good, healthy sleep and relaxation as well.

## 3. Garlic

Garlic cloves and garlic supplements have been proven to lower blood pressure. Garlic is an allium vegetable that is rich in antioxidants, good-for-you phytochemical and polyphenols, and sulfur-containing compounds called allicin (which are wonderful for collagen promotion too). Garlic is especially effective at lowering systolic blood pressure.

## 4. Omega 3 Fatty Acids

Omega 3 fatty acids are found in fatty fish and some plant foods like nuts, seeds and cruciferous vegetables. Fish oil is wonderful for lowering high blood pressure, because it contains EPA and DHA, two wonderful compounds for lowering blood pressure and for keeping your heart healthy overall. Fish oils help reduce triglycerides and that reduces risk for heart attack and stroke.

## 5. Berries and Dark Chocolate

I saved the best for last. Berries and dark chocolate... Mmm! This sounds like a wonder-combo all of you can get on board with, right? Raspberries, blueberries, blackberries, goji and acai are rich in compounds called polyphenols which are blood pressure lowering. Dark chocolate contains flavonoids which dilate blood vessels reducing pressure. A tasty combo comes to mind. Try chocolate covered blueberries, or dark-chocolate dipped strawberries.

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

Doctor and Dietician

# Happiness



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

**I**t may not be possible to be happy all of the time, but being happy more frequently is a great goal. For many of us, happiness is dependent on the way we are treated by others, which can be disappointing. On the other hand, even when people treat us great, we may have difficulty finding happiness, because we are unhappy with ourselves, our job, or our health.

Simple changes can make a big difference. Some small changes can shift our frame of mind from negative to positive. It may seem trite or cliché, but include more gratefulness in your daily routine. Take time to notice and enjoy nature. Appreciate people too! Say more positive comments to family and friends. Focus on things and activities you like instead of dislike. Smile!

Help others. You never know what people are going through, and how even a small gesture can change someone's day. Hold the door for someone at the grocery store. Say a kind word to a stranger. Your perspective and your day may very well turn around too!

Take walks with friends. Social activity has been shown to boost our happiness meter, as well as regular exercise.

Learn something new. People get into ruts, doing the same thing day after day. Challenging ourselves helps us to grow and gives us purpose, which makes us happier.

Organize! Clearing the outside clutter can actually contribute to inner calm. Excessive possessions can weigh us down. If you have more than you can productively use, donate it.

Get enough sleep and make your sleep surroundings more comfortable. If they are too hot, cold, or noisy, make the simple changes to make you sleep better and feel more relaxed.

Finally, do everything possible to strengthen your relationships because they are key to happiness.

*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@caringmedical.com](mailto:info@caringmedical.com).✽✽*

Beautifulife:

# Just Believe



by Kay Casperson

**W**e all have quite the juggle at this time of year between wrapping up end of year business, holiday preparation and parties, hosting family visitors and keeping kids, spouses and animals all heading in the

right direction. On top of that, you throw in making a gift list, Christmas shopping, wrapping, and of course hiding gifts for the littlest members that still believe in Santa. Then, when we are absolutely exhausted from all of the before Christmas preparation, some of us have to stay up late enough and be quiet enough on Christmas Eve to escort Santa in and out of the living room before little ears hear anything or wake up.

I am not quite sure how we do it, but we do and it is all in the spirit of Christmas and making sure that the holidays are special for everyone. We do this because we believe in the message of Christmas and we do it because we believe that helping others to experience the joy of Christmas and the beauty of the holidays brings a happiness that can be carried throughout the year.

One of the most important things you can do for yourself and for others is to

believe in something. Believing is the fuel that keeps you going and the power that gets you to the finish line. So, what do you believe? What are the things that keep you pushing through the good days, the bad days and this thing called life? I challenge you to make a list of the things you believe and hold them close to your heart to carry you through not only Christmas time and the holiday season but all through the year.

I have come up with some examples for you, and feel free to borrow some of these to add to your own personal list:

I believe that we can all work together to make the world a better place;

I believe that dreams can be achieved with persistence and determination;

I believe that a smile can change your attitude as well as others;

I believe that each of us is unique and has exclusive gifts and talents to share;

I believe that we are all blessed and can live a life full of love and prosperity.

And, among many other things, I believe that you are destined to live your most balanced and beautiful life today and everyday. May the spirit of Christmas and the joy of the New Year bring you all that you are believing for.

Much love, Kay

*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](http://www.kaycasperson.com) or follow her on social media @kaycasperson.✽✽*

From page 1

# One-Woman Show

and even her fingers and hands. The presidential library of George W. Bush, the private collections of actress Sharon Stone and actor Jesse Metcalf, and the permanent collections of Fort Myers, Lakeland, Florida Gulf Coast University and the Marietta Museum of Art & Whimsy in Sarasota contain examples of her work. Because her paintings uniquely capture Southwest Florida's active, healthy, water-based lifestyle, Bradenton-based Bealls Department Store made Lovegrove their Florida artist in residence several years ago. Today, millions of products ranging from designer casual wear to household

goods, Tervis drinkware and beach towels and chairs bear Lovegrove's signature style and trademark sunburst eyeglasses. In addition, scores of consumers make painting pilgrimages to Lovegrove Gallery & Gardens to purchase Lovegrove originals and prints and have her sign their tees, tops and visors. Her work has garnered rave reviews in numerous magazines and art publications, and her collectors become lifelong friends and enthusiastic fans.

Performances are Thursday through Sunday evenings with matinees on Thursday, Saturday and Sunday. Ticket prices range from \$25 to \$45. Reserve by calling 278-4422, by visiting [BroadwayPalm.com](http://BroadwayPalm.com) or by stopping by the box office at 1380 Colonial Boulevard in Fort Myers.✽✽





Fancy Florida Seafood Gumbo

photo courtesy Fresh From Florida

**Fancy Florida Seafood Gumbo**

12 ounces oysters, drained  
8 ounces blue crab claw meat  
1/2 cup chopped onion  
1/2 cup chopped celery  
1 garlic clove, minced  
1 tablespoon butter

1 teaspoon anise seeds  
1 teaspoon salt  
1/2 teaspoon sugar  
1 teaspoon crushed red peppers  
1 10-ounce package frozen okra  
2 20-ounce cans diced tomatoes

Remove remaining shell or cartilage from oysters and crab and set aside. Cook onion, celery and garlic in butter until tender. Add anise, salt, sugar, peppers, okra and tomatoes. Cover and simmer for 15 minutes. Add oysters and simmer an additional 15 minutes. Add crab and heat thoroughly. Serve over rice.

Yields eight to 10 servings.✱

## 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 Chorale Barbershop Chorus .....	1-855-425-3631
Cape Coral Stamp Club .....	542-9153
duPont Company Retirees .....	454-1083
Edison Porcelain Artists .....	415-2484
Embroiderers Guild of America - Sea Grape Chapter .....	239-267-1990
FM UDC Chapter 2614 - United Daughters of the Confederacy .....	728-3743
Friendship Force Of SW FL .....	561-9164
Garden Club of Cape Coral .....	239-257-2654
Horticulture and Tea Society .....	472-8334
Horticultural Society .....	472-6940
Lee County Genealogical Society .....	549-9625
Lee Trust for Historic Preservation .....	939-7278
NARFE(National Active & Retired Federal Employees .....	482-6713
Navy Seabees Veterans of America .....	731-1901
Paradise Iowa Club of SWFL .....	667-1354
Sons of Confederate Veterans .....	332-2408
Southwest Florida Fencing Academy .....	939-1338
Southwest Florida Music Association .....	561-2118
Kiwanis 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](mailto:press@riverweekly.com)



PUZZLES

Answers on page 29

Super Crossword

LINKING VERBS

- ACROSS**

1 Defers (to)  
5 Pretenders  
11 Animistic religion of northern Asia  
20 Adored star  
21 How bed linens are often sold  
22 Audio product introduced by Bose in 1993  
23 CHARM  
26 Spending jag  
27 "— ed Euridice"  
28 "Ben- —"  
29 SEE  
34 Citi Field MLB team  
37 Clothed very shabbily  
38 Prefix with color  
39 Fleecy beast  
42 Lose vigor  
43 Not difficult  
44 HEIGHTEN  
48 Grows older  
50 Daisy cousin  
51 California's Point —  
52 Was of use to  
56 See 29-Down
- 58 "Nothing — it seems"  
60 FALL  
65 Suffix with host  
68 Certify  
69 Actress Ortiz or Gasteyer  
70 Ghost shout  
71 Marketing space in a newspaper, e.g.  
74 "Li'l ol' me?!"  
75 STEAL  
79 Donne, e.g.  
81 Lead-in to history  
82 E.T.'s human friend  
83 Ranch rope  
86 Fizzy drinks  
90 Holiday song  
91 SUPPLY  
95 "Aloha Oe" instruments, for short  
99 Crux  
100 Czar's edict  
101 See 103-Down  
102 Mint-family herbs  
104 Gets more narrow  
107 CHANGE  
110 "... — mouse?"  
111 Davis of "Hot Stuff"
- 113 Eventual oak  
114 ERASE  
122 Proper noun in an atlas  
123 Ripped thoroughly  
124 Huge-scale  
125 Person on both sides of an issue  
126 Treats with malice  
127 Gas brand
- DOWN**

1 Spill-catching wear  
2 Poem of laud  
3 "Amazing!"  
4 Ramp for accessing a ship  
5 Gem sides  
6 Ghostly pale  
7 Jay-ell linkup  
8 Psychic "gift"  
9 Stimp'y's bud  
10 Small porch  
11 Small bird that builds edible nests  
12 Visible air  
13 Chevy's Sonic, before 2011  
14 Many adults
- 15 Don Marquis' "— and Mehitabel"  
16 Poet Tate  
17 "It really seems to me ..."  
18 Moral failure  
19 Pithy remark  
24 Math subj.  
25 Cave beings  
29 With 56-Across, compete to obtain  
30 Suffix with czar  
31 LAX info  
32 Madras "Mr."  
33 Female sib  
34 Turner of an insurrection  
35 "Tall" story  
36 Mil. officers  
40 Rd. relative  
41 Physicist Curie  
44 Funny Foxx  
45 English noble  
46 Special time  
47 Strikes (out)  
48 Heady drinks  
49 Docile  
52 Actor Driver  
53 "No" from a higher-up  
54 Italian wine area  
55 Luge surface
- 56 Arial, e.g.  
57 Large elliptical fish  
59 Not volatile  
61 Flying British mil. branch  
62 Ridesharing app  
63 Stir  
64 Curly's bud  
65 Ferrari who founded  
66 Riverbed deposit  
67 "Keep it in"  
72 Secluded valley  
73 Arm of Israel  
76 "Don't worry"  
77 — dixit (unproven assertion)  
78 Cat cry  
79 Chi-omega linkup  
80 Alley —  
83 Gave temporarily  
84 Kind of blue  
85 Of the region just north of the Antarctic Circle  
87 Female gametes  
88 Catastrophe  
89 Antarctic penguin
- 90 Scale part  
92 Toys — (chain for kids)  
93 TV "Science Guy"  
94 Ruhr article  
95 Turnpike toll, e.g.  
96 Takes for ransom  
97 Wallach of "Nuts"  
98 Old aviation inits.  
102 What pull-ups work  
103 With 101-Across, thus far  
105 Actress Durance  
106 Evaluated  
108 Sends cell messages  
109 Unclear  
111 Kind of gel  
112 Unchanged  
114 Photo —  
115 Deli staple  
116 Cut off  
117 Fizzy drink  
118 Geller from Israel  
119 Bottom-line  
120 Prefix with gender  
121 Prefix with friendly

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					
									</										

King Crossword

- ACROSS**

1 Piece of beef-cake?  
5 Chevy Equinox, for one  
8 Competent  
12 Stretch out  
14 Hoofbeat sound  
15 News correspondent  
16 Golf target  
17 Air safety org.  
18 Big drip?  
20 Get more magazines  
23 In the twinkling — eye  
24 Chopped  
25 One with an exciting social life  
28 "Absolutely"  
29 Sand formations  
30 Homer's interjection  
32 Wasp's weapon  
34 Culture medium  
35 Jaromir of hockey  
36 Odds' opposites  
37 Fluffy dessert  
40 "Hail!"  
41 Mischievous tykes  
42 TV host Jerry  
47 Apportion
- (out)  
48 Follow too closely  
49 Organic compound  
50 Hot tub  
51 "Zounds!"
- 7 Fact-checker, often  
8 Sore  
9 United nations  
10 Lounge about  
11 Dueler's sword  
13 Eat away at  
19 Supermarket stack  
20 Shaft of sunlight  
21 Former mates  
22 Birds' home  
23 Title holder  
25 Hints at  
26 Advantage  
27 Reddish
- horse  
29 "CSI" collections  
31 Day fractions (Abbr.)  
33 Dutch river  
34 Get back at  
36 Satanic  
37 Marceau's forte  
38 Portent  
39 Doing  
40 Operatic solo  
43 Drivel  
44 Joke  
45 Greek H  
46 Scarlet
- DOWN**

1 "For — a Jolly Good Fellow"  
2 Last (Abbr.)  
3 Neither partner  
4 Stabbed  
5 Long story  
6 Salt Lake athlete

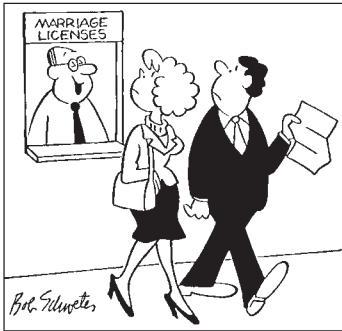
MAGIC MAZE ● JOYFUL WORDS

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

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

- Enjoyed  
Enjoyer  
Enjoyment  
Joyce
- Joyful  
Joyless  
Joyner  
Joyous
- Joyride  
Joyrode  
Joystick  
Lovejoy
- Mountjoy  
Overjoy  
Rajoy





"Remember, that's just a license, it's not a

\_\_\_\_\_!"

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!

Active  
**LATER**

Shrink  
**WRITHE**

Carry  
**LAYER**

Mix  
**LEMING**

**TODAY'S WORD**

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

## SUDOKU

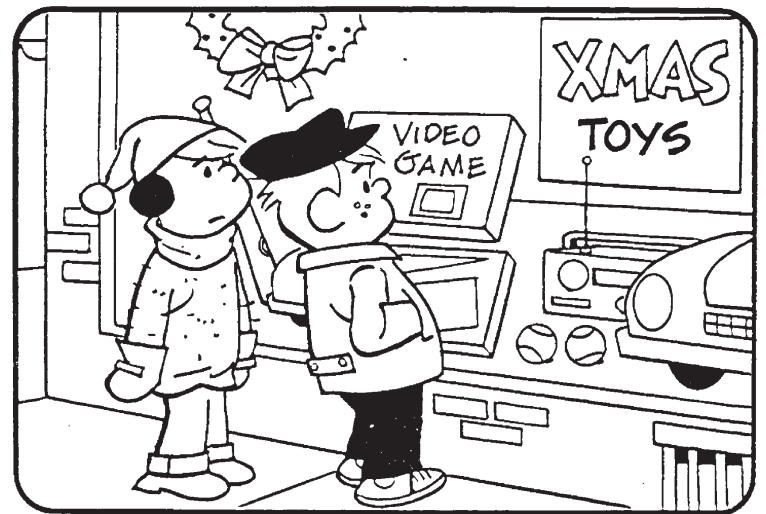
**To play Sudoku:**

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.

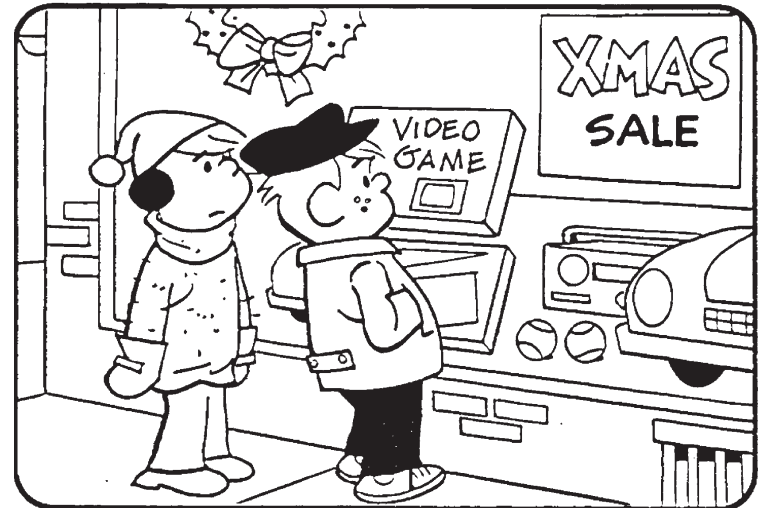
answer on page 29

## HOCUS-FOCUS

BY  
HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Tassel is shorter. 2. Curfs are missing. 3. Baseball bat is missing. 4. Arm is moved. 5. Sign is different. 6. Antenna is missing.

## Pals Program To Celebrate 19th Graduation Class

The Second Chance Pals Program, which is a collaboration between Gulf Coast Humane Society, the Charlotte County Correctional facility and the Department of Correction Work Camp (DOC), will be graduating its 19th class on Friday, December 22, at the DOC facility in Fort Myers. The graduation starts at 5:30 p.m. and all attendees need to go through an application process to attend.

The adoption rate of dogs who graduate out of the Second Chance Pals Program is nearly perfect, with just two dogs currently still up for adoption out of the 19 classes that have successfully made it through the program. Oatmeal and Heidi are the two still up for adoption, and they come with some high grades.

"These two dogs entered the program with some issues which we thought could be corrected with obedience training," said GCHS executive director Jennifer Galloway. "The two have passed with flying colors and they are different dogs coming out of the program."

The lucky adopters who do have the opportunity to adopt a dog out of the Second Chance Pals Program literally will have received hundreds of obedience



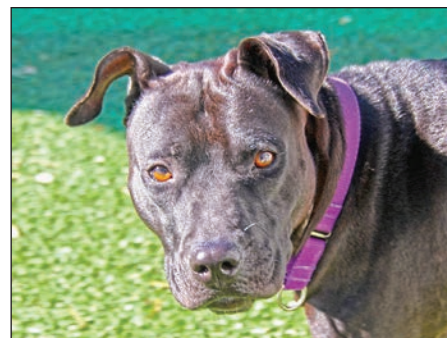
Heidi

training hours. It's a huge motivator for would-be adopters to adopt dogs fresh out of the program.

"The adoption success rate of the Second Chance Pals Program is remarkable," Galloway said. "It really shows it works for both the dogs and the inmates who are training them."

"Our dogs who participate in the program are in good hands. These dogs are treated so well and learn so much training. It's such a benefit having a program, and we thank the DOC for allowing this to happen."

The graduation ceremony will feature five shelter dogs showing off their learned skills taught by DOC inmates, who train dogs from eight to 10 weeks. Along with Oatmeal and Heidi, Shania, Brutus and Sir Charles will be graduating. The latter three will be going directly to their forever



Oatmeal

photos provided

homes after graduation.

The program is effective because of the time invested. The dogs spend the entire time with the inmates, even at night in their quarters. The dogs receive intensive obedience training, such as learning how to sit, shake, roll over and, most importantly, how to focus.

"Another great aspect about the program is that it benefits both parties," Galloway said. "It helps the inmates take on responsibility and self-accomplishment and the graduation ceremony is where they can show off all their and their dogs' hard work."

The two dogs who are still up for adoption are a pair which can really complete a happy home.

Heidi is a 3 1/2 year old female boxer-hound mix, who is 54 pounds. She

loves to please and that virtue has made training her that much easier. She is super playful and gets along with other dogs so well. She is a very obedient dog and can virtually go to any kind of home and be happy. She is also a cuddler and has learned over 15 to 20 commands, as well as walking on a leash correctly.






Oatmeal is a male Labrador Retriever mix that is nearly 3 1/2 years old and weighs 47 pounds. He will need a more specific type of home because of his fondness of other dogs. He does very well in the company of other dogs and would flourish in a multiple dog home, which in essence would help quell his energy level through play. It would be best if the other dog would be more his size, or larger, due to the playing they would do.

"Sometimes, the best therapy for a dog is another dog," Galloway said. "Oatmeal would be a great friend for another family's dog."

Oatmeal does have nervous tendencies towards new people he meets, but it is just skittishness, not aggression. He is a toy-incentive dog, who can play with toys non-stop. Loud noises and other man-made contraptions can startle him, but he is also very curious. He also walks well on a leash.

To inquire about either Oatmeal or Heidi, visit GCHS' website at [www.gulfcoasthumaneociety.org](http://www.gulfcoasthumaneociety.org) or call 332-0364. ✨



	<b>FRIDAY</b> Sunny High: 77 Low: 69		<b>SATURDAY</b> Sunny High: 78 Low: 70		<b>SUNDAY</b> Sunny High: 79 Low: 71		<b>MONDAY</b> Sunny High: 77 Low: 69		<b>TUESDAY</b> Sunny High: 79 Low: 67		<b>WEDNESDAY</b> Sunny High: 76 Low: 68		<b>THURSDAY</b> Sunny High: 78 Low: 66
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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	2:00 am	9:30 am	4:44 pm	8:36 pm	Fri	1:05 am	9:32 am	3:49 pm	8:38 pm	Fri	1:33 am	9:38 am	4:20 pm	9:05 pm	Fri	4:10 am	12:46 pm	6:54 pm	11:52 pm
Sat	2:46 am	10:09 am	5:21 pm	9:44 pm	Sat	1:51 am	10:11 am	4:26 pm	9:46 pm	Sat	2:18 am	10:08 am	5:02 pm	9:50 pm	Sat	4:56 am	1:25 pm	7:31 pm	None
Sun	3:41 am	10:52 am	6:00 pm	11:05 pm	Sun	2:46 am	10:54 am	5:05 pm	11:07 pm	Sun	3:16 am	10:40 am	5:46 pm	10:49 pm	Sun	5:51 am	1:00 am	8:10 pm	2:08 pm
Mon	4:48 am	11:37 am	6:41 pm	None	Mon	3:53 am	11:39 am	5:46 pm	None	Mon	4:22 am	11:19 am	6:30 pm	None	Mon	6:58 am	2:21 am	8:51 pm	2:53 pm
Tue	6:14 am	12:31 am	7:21 pm	12:25 pm	Tue	5:19 am	12:33 am	6:26 pm	12:27 pm	Tue	5:57 am	12:39 am	7:12 pm	12:22 pm	Tue	8:24 am	3:47 am	9:31 pm	3:41 pm
Wed	7:55 am	1:50 am	8:02 pm	1:14 pm	Wed	7:00 am	1:52 am	7:07 pm	1:16 pm	Wed	7:38 am	1:58 am	7:51 pm	1:33 pm	Wed	10:05 am	5:06 pm	10:12 pm	4:30 pm
Thu	9:35 am	2:59 am	8:44 pm	2:03 pm	Thu	8:40 am	3:01 am	7:49 pm	2:05 pm	Thu	8:57 am	2:56 am	8:32 pm	2:26 pm	Thu	11:45 am	6:15 am	10:54 pm	5:19 pm

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PUZZLE ANSWERS

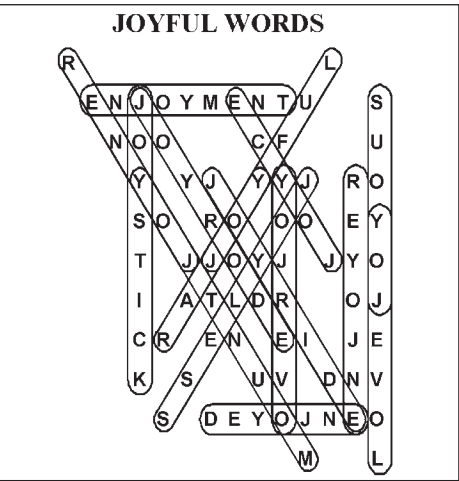
SUPER CROSSWORD

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KING CROSSWORD

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MAGIC MAZE



SUDOKU

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

My Stars ★★★★★

FOR WEEK OF DECEMBER 25, 2017

**ARIES** (March 21 to April 19) An old adversary wants to make amends over the holidays. The decision is yours. But wouldn't it be nice to share the upcoming new year with another friend?

**TAURUS** (April 20 to May 20) As news of your work gets around, expect to receive a special holiday "gift" from influential contacts who could help you launch your new projects in the new year.

**GEMINI** (May 21 to June 20) Instead of fussing over what you didn't do to prepare for the holidays, relax and enjoy the kudos for a job truly well done. A happy surprise awaits you early next year.

**CANCER** (June 21 to July 22) The best way to shake off lingering holiday blues is to join loved ones in the fun and festivities of this special time. A confusing situation starts to make sense in upcoming weeks.

**LEO** (July 23 to August 22) Special emotional rewards mark this holiday time for Leos and Leonas who are able to open up to new relationships and the possibilities they offer in the upcoming year.

**VIRGO** (August 23 to September 22) Your efforts to make the holidays especially memorable for some people will be rewarded in some unexpected (but very welcome) ways in the upcoming year.

**LIBRA** (September 23 to October 22) Be assured that your efforts to make this holiday special for everyone won't go unnoticed by those who could make some important changes in your life.

**SCORPIO** (October 23 to November 21) Lots of folks want you to light up their holiday parties. But try to take some quiet time 'twixt those glittering galas to spend with some very special people.

**SAGITTARIUS** (November 22 to December 21) While the current round of holiday revels has your social life on the fast track, someone special might want to keep pace with you next year, as well.

**CAPRICORN** (December 22 to January 19) Enjoy all the fun you deserve at this holiday time. However, don't lose sight of the need to check out some of the changes the new year is expected to bring.

**AQUARIUS** (January 20 to February 18) What happens during this holiday time

can help clear up some of the confusion jeopardizing a once-stable relationship. Follow your instincts on what to do next.

**PISCES** (February 19 to March 20) Your holidays are brightened by new friends eager to become part of your life. But don't forget to spend time with that one special person. (You know who!)

**BORN THIS WEEK:** You have the ability to encourage people to reach their potential by setting an example with your own efforts.

THIS WEEK IN HISTORY

- On Dec. 25, 1914, just after midnight on Christmas morning, the World War I troops of Germany, Russia, France and Britain cease fire and come out of the trenches for singing carols, exchanging presents and even a game of soccer. It was one of the last examples of chivalry between enemies in warfare.

- On Dec. 26, 1973, "The Exorcist," a horror film starring actress Linda Blair as a girl possessed by an evil spirit, makes its debut in theaters. It earned a reputation as one of the scariest movies in history.

- On Dec. 27, 1941, the federal Office of Price Administration initiates its first World War II rationing program: No driver would be permitted to own more than five automobile tires. To conserve rubber (and gasoline), the national "Victory Speed Limit" was set at 35 mph.

- On Dec. 28, 1869, The Knights of Labor hold the first Labor Day ceremonies in American history. First established as a secret society of Philadelphia tailors, it pushed for an eight-hour workday during the labor movement of the late 19th century.

- On Dec. 29, 1878, the Cuban professional baseball league holds its first game. Baseball was introduced in Cuba around 1864 by students returning home from studying in the U.S.

- On Dec. 30, 1803, Francis Lewis, signer of the Declaration of Independence, dies in New York City, at the age of 90. Lewis' patriotism came at a high cost. The British army destroyed his Long Island estate and took his wife prisoner in 1776.

- On Dec. 31, 1968, the Soviet Union's TU-144 supersonic airliner makes its first flight. In 1973 at the Paris Air Show, the TU-144 broke up from stress at 1,500 feet when a French Mirage spy

aircraft photographing the TU-144 from above forced its pilot to abruptly level off.

STRANGE BUT TRUE

- It was noted American journalist, satirist and cultural critic H.L. Mencken who made the following sage observation: "Whenever 'A' attempts by law to impose his moral standards upon 'B', 'A' is most likely a scoundrel."

- You're certainly aware that the Middle East has large deposits of petroleum. It makes a kind of sense, then, that one of the first uses early discovers put the substance to was to treat their camels' mange.

- As the holiday season approaches, there are some interesting traditions you might want to keep in mind:

- You'll have bad luck on Christmas Day if you refuse mince pie on Christmas Eve.

- If you eat an apple on Christmas Eve, you'll have good health throughout the following year.

- If you eat a raw egg before eating anything else on Christmas morning, you'll be able to lift heavy weights.

- If you don't eat plum pudding on Christmas Day, you'll lose a friend within a year.

- Those who study such things say that Julia Grant, the wife of Ulysses S. Grant, our 18th president, initially refused when it was assumed that she would be interred beside her husband. She didn't change her mind until she was assured that Grant's Tomb would never be equipped with public restrooms.

- The first state to declare Christmas an official legal holiday was Alabama, back in 1836.

- You might be surprised to learn that the best-selling flowering potted plant in the United States is the poinsettia. You probably won't be surprised to learn, however, that the best-selling Christmas song of all time is Bing Crosby's "White Christmas."

THOUGHT FOR THE DAY

"The people of these United States are the rightful masters of both Congresses and courts, not to overthrow the Constitution, but to overthrow the men who pervert the Constitution." -- Abraham Lincoln

SCRAMBLERS

solution

1. Alert;
2. Wither;
3. Relay;
4. Mingle

Today's Word  
WARRANTY

TRIVIA TEST

1. **Measurements:** How long is a cubit?
2. **Medical:** What malady would you have if you suffered from "striae gravidarum"?
3. **Television:** What long-running soap opera is set in Genoa City?
4. **History:** What world peace group preceded the United Nations in the 20th century?
5. **Music:** Where did the Beatles have their first concert in the United States in 1964?
6. **Geography:** What English city's Roman name was "Aquae Sulis"?
7. **Literature:** Who was Don Quixote's sidekick in the 17th-century novel?
8. **General Knowledge:** What is the official residence of the Russian president?
9. **Ad Slogans:** What company's advertising slogan proclaimed, "There are some things money can't buy"?
10. **Theater:** What was the name of the family in the play "Cat on a Hot Tin Roof"?

TRIVIA ANSWERS

1. About 18 inches
2. Stretch marks
3. "The Young and the Restless"
4. The League of Nations
5. Washington Coliseum
6. Bath
7. Sancho Panza
8. The Moscow Kremlin
9. MasterCard
10. The Pollitts



# ★ ★ ★ CLASSIFIED ★ CLASSIFIED ★ ★ ★

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★NS 1/4 PC TFN



# PETS OF THE WEEK

Lee County Domestic Animal Services

## Diamond And Trixie

Hello, I am Diamond. I'm an 11-year-old female pit bull mix who is a Super Senior. I live up to the saying that "diamonds are a girls- or guys- best friend." Much like fine wine, I have truly gotten better with age. I am well-mannered and have none of the bad habits of my younger peers. And as you can see, I can dress up well for any occasion.

My adoption fee is \$25.

Hi, I'm Trixie. I'm a 10-year-old female domestic shorthair who is another Super Senior. I have more of a human personality than a feline one. I definitely prefer to be the only cat. I am very independent and like to be a free spirit and live life as it comes. My holiday wish this year is a home to live out my retirement in style.

My adoption fee has been sponsored. I am free to adopt.

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

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

All adoptions include spay/neuter



Diamond ID# 338232  
photos provided



Trixie ID# 384891

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 Sparkle

Hello 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.

Hi, I'm Sparkle. I am just the cutest little fuzzball you will ever find. I'm a fluffy tortoiseshell girl, and I'm only 3 months old. My three siblings and I are living with a foster mom. We would love it if someone would adopt two of us together. Our adoption fee is \$100 each and includes spaying and vaccinations.

We are being cared for by Haven on Earth Animal League. For more information, call Diane at 860-833-4472 or email [haveneearthanimalleague@yahoo.com](mailto:haveneearthanimalleague@yahoo.com).\*



Moe  
photos provided



Sparkle

## Become Trap-Neuter-Return Certified For Free

Help control the ever-growing feral cat population in the Lee County area by getting certified at Trap-Neuter-Return (TNR), with a workshop at Gulf Coast Humane Society (GCHS) on Saturday, January 6 from 10 a.m. to noon.

Hosted by Fortunate Ferals and Gulf Coast Humane Society, the free workshop provides information and education on ways to help lower the feral cat overpopulation problem. Participants will receive five free spay or neuters for feral cats, which can be used at any time, but is a one-time offer.

For more information or to register, call 347-403-1674. You can also register online at [www.signup.com/client/invitation2/secure/2154077>true#/invitation](http://www.signup.com/client/invitation2/secure/2154077>true#/invitation) or visit the Fortunate Ferals website at [www.fortunatferals.org/events.html](http://www.fortunatferals.org/events.html).

Fortunate Ferals is a non-profit organization in Fort Myers that is dedicated to the TNR method. "The ultimate goal of TNR is to spay and



Feral cats can be trapped and transported to Gulf Coast Humane Society to be spayed or neutered  
photos provided



Feral cats are returned to their maintained colonies after they are spayed or neutered

neuter every cat, because if only one female is left out there, it can produce many litters," said Fortunate Ferals organizer Glenda Sparnroft. "We've been having great numbers turn out for our workshops, so we are hoping to continue that momentum."

Through this free workshop, people learn how to use the TNR method and earn a certification in the process. TNR participants learn how to trap feral cats as well as how to bring them to the GCHS spay and neuter clinic.

They learn how to care for the cat pre- and post-surgery as well as how to respond to upset neighbors. The GCHS Spay-Neuter Clinic also provides five free spay or neuters for feral cats to individuals who have taken the TNR certified workshop.

After the cats are spayed and neutered, they are returned to where they were trapped and released back into their colony. TNR is the best method for feral cats because they are not socialized enough to be inside, as well as there is just simply not enough homes to take in the amount of cats that are stray.

"This is such a great program to help control the feral population," said GCHS Executive Director Jennifer Galloway. "We are more than happy to partner with Fortunate Ferals to help alleviate the feral cat population through the most humane way possible and that's through TNR."

GCHS is located at 2010 Arcadia Street in Fort Myers.\*



The TNR workshop will teach how to keep care of the cat colony in terms of feeding and other tips

## Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Cassina	Miromar Lakes	2017	3,385	\$1,799,900	\$1,716,000	34
Cassina	Miromar Lakes	2017	3,015	\$1,513,700	\$1,577,842	0
Carolands	Bonita Springs	2000	2,221	\$1,325,000	\$1,225,000	22
Cape Harbour	Cape Coral	2011	2,985	\$1,299,000	\$1,000,000	146
Summerfield	Estero	2000	3,224	\$1,200,000	\$1,080,000	66
Longlake	Bonita Springs	1995	3,702	\$975,000	\$975,000	224
Cape Coral	Cape Coral	1987	3,940	\$900,000	\$815,000	37
Imperial Shores	Bonita Springs	1963	2,144	\$899,000	\$810,000	124
Chateaux Sur Mer Unrec	Sanibel	1977	2,285	\$799,000	\$737,500	275
Cape Coral	Cape Coral	2013	2,348	\$759,000	\$737,500	157

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