



## Alliance Presents Animal Life Exhibit

The Alliance for the Arts January exhibit, Animal Life, will feature artists transforming paper, canvas, clay and masking tape into a rampaging herd of artistic wonder from January 12 to February 3. The show features local artists Jeff and Dale Ocasio, Lily Hatchett, Felipe Maldonado and Terry Lynn Spry.

The opening reception will be held on Friday, January 12 from 5 to 7 p.m. A conversational walk-and-talk with the exhibiting artists will be held during SoCo Second Saturday on Saturday, January 13 at 6 p.m. Admission to the gallery is free, but a \$5 suggested donation helps keep arts programming accessible.

The Ocasios, husband and wife, work collaboratively to create "ocasiocasa" artworks. Sculpting with paper masking tape over wire and reclaimed objects is where their artwork begins. Each sculpture is encased with layers of acid-free glue, color is added with more layers of acrylics and protected with matte varnish. Many of the duo's sculptures are documented through



**William The Rhino by Jeff and Dale Ocasio**

digital illustrations and animations. Their work draws attention to the enchantment of ordinary things, creatures and nature shining a light on

images provided

hidden worlds.

The Ocasios will hold a hands-on workshop at the Alliance on the technique of sculpting with masking tape



**Giraffes by Terry Lynn Spry**

on Saturday, January 20.

Hatchett is an award-winning visual artist who uses mixed media as her

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**Work by James Massacci** images provided

## Sarcasms And Hypocrisies Exhibit

DAAS CO-OP Art Gallery & Gifts will introduce guest artist James Massacci and his exhibit entitled Sarcasms and Hypocrisies during the monthly SoCo Second Saturday in the the SoCo Cultural District on Saturday, January 13 from 6 to 10 p.m.

The exhibition seeks to create some controversy and invoke conversation amongst the spectators. Massacci's paradoxical life has led to the creation of thought-provoking, diverse paintings for which he has become known. His art spans from the whimsical, yet head-tilting, modernization of antique photographs, to remarkable paint-splattered portraits, to viral, controversial pieces that have resulted in extreme protest.

For more information about Massacci's



**Work by James Massacci**

art, visit [www.massacciart.com](http://www.massacciart.com). For more information about the gallery, visit [www.daascoop.com](http://www.daascoop.com) or call 590-8645. DAAS CO-OP Art Gallery is located in the Royal Palm Square at 1400 Colonial Boulevard, Suite 84, in Fort Myers. SoCo Cultural District is located within the block of Alliance for the Arts and Royal Palm Square.✧

## A Powerful Musical Hits The Stage At Broadway Palm



**Chicago plays at Broadway Palm Dinner Theatre through February 10**

photo courtesy [www.artswfl.com](http://www.artswfl.com)

by Di Saggau

**C**hicago is the longest running American musical on Broadway, and it's showing now at Broadway Palm. I was lucky to be there opening night which is special because you can almost feel the electricity in the air. And when the show begins with those marvelous Fosse moves, we know we're in for another memorable performance.

Chicago deals with murder, greed, corruption and treachery in Chicago during the 1920s, and the entire cast does an excellent job taking us through the tantalizing drama in roles ranging from law enforcers to lawbreakers.

The show is based on true murders and trials and follows Roxie Hart, who murders her lover, and double-murderess Velma Kelly. They meet in jail, obtain the same

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Historic Downtown Fort Myers, Then And Now:

# Bowling On Monroe

by Gerri Reaves, PhD



Nothing in this circa-1945 photo suggests what the location looks like now.

Pictured is the east side of Monroe Street north of Main, today entirely occupied by the imposing – even alienating – façade of the U.S. Courthouse & Federal Building.

Decades ago, the block had ordinary small businesses like the ones seen here.

That sign on the front of the building is a give-away. The large bowling-pin-shaped sign, which says (you guessed it) “bowling” marks the location of the Royal Palm Bowling Center.

It was located just a bit north of the Main Street corner.

On the north side of the bowling center in a tiny storefront is Coolidge Sign Service. One can only speculate whether Coolidge

made that distinctive sign for its neighbor.

The building that housed the concrete-block bowling alley had a history dating to the 19-teens, when it was built as a garage.

It was shaped like a fat “L”, with frontage on Main (then called Oak Street) as well as on Monroe. The Fort Myers Garage occupied the Monroe side well into the 1920s.

Also located in the large building in the 19-teens was a wholesale grocery, grain and feed store. That was a particularly convenient location, for the railroad ran down Monroe and the freight depot was across the street.

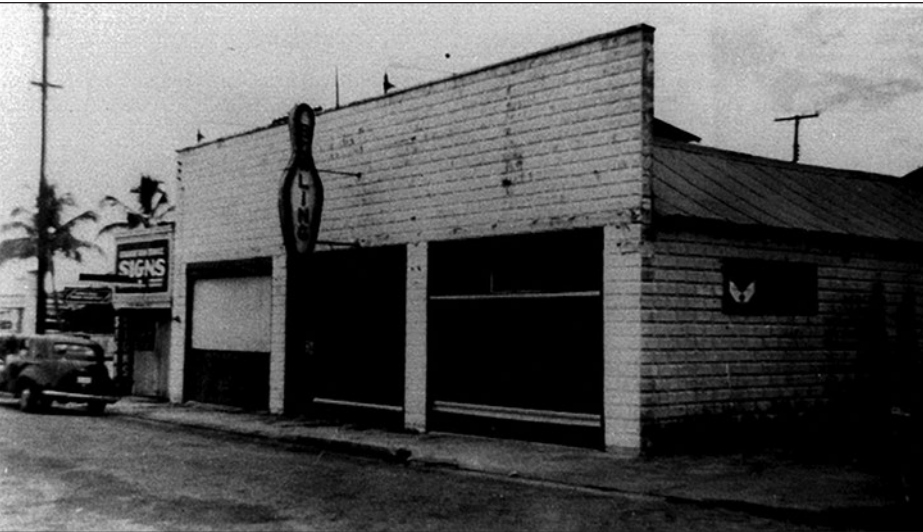
In addition, the store was connected to a restaurant and a grocery that opened onto Oak.

At the northeast corner was a square corner lot carved by the L-shape. Over the years, a restaurant and then a gas station were located there.

The presence of bowling lanes downtown reflects the sport’s increasing popularity in the 20th century. In fact, in 1947, President Harry S. Truman officially opened the first bowling alley in the White House.

By mid-20th century, commercial bowling lanes were sprouting up across the country.

In Fort Myers, bowling alleys, or bowling greens, go all the way back to U.S. Army



Circa 1945, the eight-lane Royal Palm Bowling Center was located on Monroe, just north of the Main Street corner photo courtesy IMAG History & Science Center



Today, the U.S. Courthouse & Federal Building occupies the spot - indeed, the entire block photo by Gerri Reaves

Fort Myers, the second fort to be built on the site.

The state-of-the-art fort, which lay in the footprint of today’s Historic River District, was constructed in the 1850s during the Third (and last) Seminole War and had a large bowling green.

Another early bowling alley in town was the one in the Elks clubhouse on the river, built in 1925 on First Street between Evans and Avalon.

By the 1950s and 1960s, however, modern sleek family-centered bowling alleys with automated pin-setters and ball returns were prevalent.

But the bowling center on Monroe was nothing fancy. It was an eight-lane alley with human pinsetters.

As a boy, the late Pete Bowen sometimes set pins and returned the bowling balls along the tracks. He, his brother Mike and their friends would drop by the center to see if their work was needed in the afternoon or evening. They worked for tips.

There was a certain risk to the work that wouldn’t pass today’s labor laws. Bowen recalled that occasionally a bowler complained about the boys’ pin placement by rolling a ball at the setter.

Bowen excused the “complaints,” which he said were done in fun, not maliciousness. “But it was at our expense,” he said.

The bowling building later became part of the printing complex of the *The News-Press*.

Walk down to Monroe Street and imagine a small bowling alley and sign shop where federal court cases are now tried. Then visit the following research centers to learn about downtown diversions in times gone by.

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 more information, call 332-8778 or visit [www.leecountyblackhistorysociety.org](http://www.leecountyblackhistorysociety.org). Sources: The Archives of the Southwest Florida Historical Society and [www.history.com](http://www.history.com).

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**Admission to the presentation and tour is free; however, reservations are required by calling (239) 466-1131 and press 1 for Sales.**

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### Jan 11 **SW Florida Symphony:** **For the Love of Beethoven** at 7:30pm.



Shell Point is proud to partner with the Southwest Florida Symphony to offer this orchestral presentation, conducted by Maestro Nir Kabaretti. The program will chronicle Ludwig van

Beethoven's creative journey during his youthful years with notable symphonic masterpieces like *Overture to Coriolan*, *Symphony No. 1*, and *Piano Concerto No. 5*. **Tickets are \$25 Visit [www.shellpoint.org/concerts](http://www.shellpoint.org/concerts), or call (239) 454-2067.**

Brass unites three trumpets, three trombones, a tuba, percussion, and keyboards to create innovative worship that will be enjoyed by all generations. The King's Brass, formed more than two decades ago, is comprised of professional musicians from across the country.



### Jan 18 **Glenn Miller Orchestra**

at 7:30pm. Shell Point invites you to an evening with one of the most popular big bands, the Glenn Miller Orchestra. With its unique jazz sound, this dynamic ensemble is considered to be one of the greatest bands of all time. They have been touring consistently since 1956, playing an average of 300 live performances a year. **Tickets are \$35. Visit [www.shellpoint.org/concerts](http://www.shellpoint.org/concerts), or call (239) 454-2067.**

*\*If you are unable to attend a class that includes a fee, kindly give 24 hours' notice to receive a refund.*

### Jan 23 **The Artists of Captiva**



at 10am. Join Kristie Anders, education director for Sanibel Captiva Conservation Foundation, as she presents a 20-minute film produced by the Captiva Island Historical Society. It focuses on three amazing artists on Captiva: Robert Rauschenberg, Ding

Darling, and Anne Morrow Lindbergh. Anders, a longtime resident of the barrier islands, will share personal recollections of her experiences with the artists. **Tickets are \$10. Call (239) 489-8472 to reserve your place.\***

**The Academy**  
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### Jan 25 **Cellist Evan Drachman**



at 7pm. Join Shell Point for an evening with cellist, Evan Drachman. Born in Boston, the New England native studied at the Peabody Conservatory of Music and the New England Conservatory of Music. Evan has appeared regularly as a soloist with orchestras, as well as giving recitals and chamber music performances across the United States and internationally. **Tickets are \$25. Visit [www.shellpoint.org/concerts](http://www.shellpoint.org/concerts), or call (239) 454-2067.**

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**Visit [www.shellpoint.org/events](http://www.shellpoint.org/events)  
for full listings of this month's events!**

Shell Point is located in Fort Myers, 2 miles before the Sanibel Causeway.

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Mini-masters are on sale for \$10 at the gallery

photo provided

## Gallery To Sell Donated Artwork

The Fort Myers Beach Art Association is hosting a free open house on Friday, January 5 from 9 to 12 p.m. The group will be unveiling new mini-master paintings and serving refreshments while offering demonstrations, information about membership benefits, class descriptions and schedules as well as individual member talks about plein air painting, indoor painting, Experimentalists, and portrait and figure painting.

Mini-masters are 8-inch by 10-inch matted works featuring beach scenes, abstracts and collage. They are donated by members to benefit the association and sell for \$10 each.

The current show, Art Divine, where nothing is priced over \$150, will continue to be on display and sale until January 11.

Fort Myers Beach Arts Association Gallery is located at 3030 Donora Boulevard on Fort Myers Beach. For more information, visit [www.fortmyersbeachart.com](http://www.fortmyersbeachart.com) or contact Pam Flaherty, publicity chair, at [fmbaapublicity@gmail.com](mailto:fmbaapublicity@gmail.com) or 463-3909.✱

## Photographer's Work At FSW

Florida Southwestern State College will present Jerry Uelsmann: Imagemaker – a broad survey of more than 75 original photographs including never-before-seen work – opening with an artist's lecture and reception in the Bob Rauschenberg Gallery on Thursday, January 11 at 6 p.m.

One of the most celebrated photographers of his generation, Uelsmann's work has been the subject of major monographs and exhibited in more than 100 solo shows in the U.S. and abroad over the past five decades.

While Bob Rauschenberg famously focused on working in the "gap" between art and life, Uelsmann claims to work "out of himself" and often at "an almost precognitive level" while having "gradually confused photography and life." He employed as many as a dozen negatives and multiple enlargers to create a single photograph through complex and laborious darkroom techniques that he pioneered in the 1950s and '60s. He is internationally renowned as the (pre-digital) master of composite imagery and photomontage. "The goal of the artist," said Uelsmann, "is not to resolve life's mysteries, but to deepen them."

Uelsmann's photographs are in the permanent collections of the most prestigious museums worldwide, including the Metropolitan Museum of Art and the Museum of Modern Art in New York, the Chicago Art Institute, the International Museum of Photography at the George Eastman

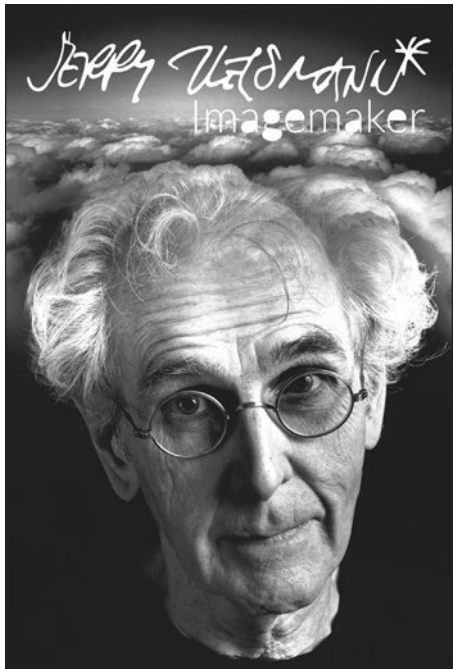


image provided

House, the Victoria and Albert Museum in London, the Bibliotheque National in Paris, the National Museum of American Art in Washington, the Moderna Museet in Stockholm, the National Gallery of Canada, the National Gallery of Australia, the Center for Creative Photography at the University of Arizona, the Tokyo Metropolitan Museum of Photography and the National Museum of Modern Art in Kyoto.

Bob Rauschenberg Gallery at the Florida SouthWestern State College is located at 8099 College Parkway in Fort Myers. For more information, visit [www.rauschenberggallery.com](http://www.rauschenberggallery.com) or call 489-9313.✱

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## Foundation Grants For Kids Total \$17,250

With the holidays upon us, the Joy in Childhood Foundation is making a special gift to address critical child health and hunger needs in Southwest Florida. The Joy in Childhood Foundation, the charitable foundation supported by Dunkin' Donuts and Baskin-Robbins, recently announced that it will distribute more than \$17,000 in funding to three organizations in Southwest Florida. These grants are just a few of the nearly 200 grants being distributed to non-profit organizations in local communities across the country that address children's health and hunger needs. In Southwest Florida, these organizations include: Harry Chapin Food Bank of Southwest Florida, receiving \$5,000 grant; Lee Health Foundation, receiving \$10,000 grant; and NCH Healthcare System, receiving \$2,250 grant.

The funding from the Joy in Childhood Foundation is part of a \$2.7 million commitment to bring joy to sick and hungry kids nationwide during the holiday season.

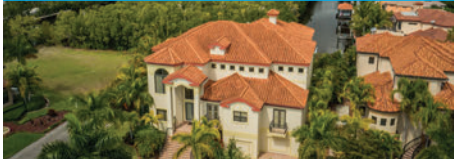
"The Joy in Childhood Foundation

brings joy to kids year-round, but to have an opportunity to bring joy to kids facing hunger and health issues in local communities, including Southwest Florida, during the holiday season is very special to us," said Karen Raskopf, co-chair, Joy in Childhood Foundation. "We know that this time of year can be difficult for them and it's also an especially busy time for the food banks and health organizations they rely on. Our grants to these organizations will help ensure that children in Southwest Florida who are facing hunger and health issues can experience the joy of the holidays – just like any other child – without having adult-like worries, such as where their next meal will come from."

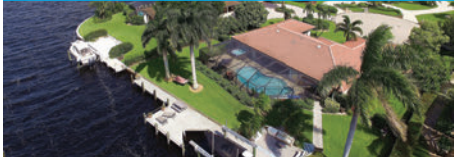
The grants from the Joy in Childhood Foundation will support programs that are in high demand during the holiday season, such as the Fulfill Mobile Food Pantry program provided by Harry Chapin Food Bank of Southwest Florida, Lee Health Foundations' gaming at Golisano Children's Hospital program and the 95210 Kids on the Go! program provided by NCH Healthcare System.

To learn more about the Joy in Childhood Foundation, visit [www.dunkinbrands.com/foundation](http://www.dunkinbrands.com/foundation) or follow us on Facebook [www.facebook.com/JoyInChildhoodFoundation](http://www.facebook.com/JoyInChildhoodFoundation).✱



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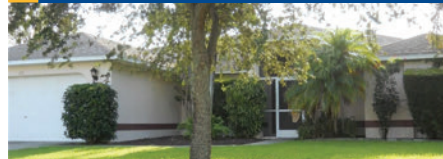
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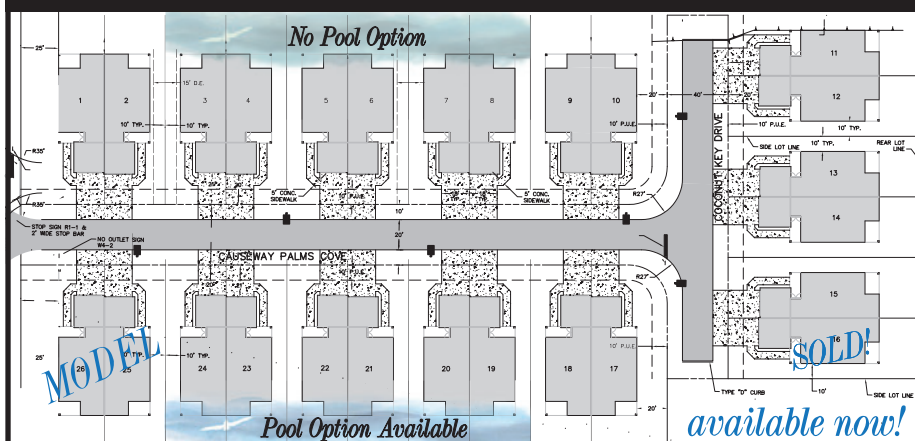
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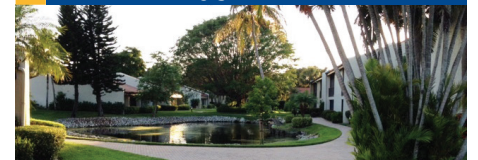
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Fort Myers Art:

# Brave Enough To Be Interviewed By Improvisors?



by Tom Hall

Theatre Conspiracy at the Alliance for the Arts will be presenting a limited run of *Your Love, Our Musical* by Rebecca Vigil and Evan Kaufman. Performances will be held Thursday,

January 11 through Sunday, January 14.

The premise for the show is as unusual as it is fraught with the potential for disaster. Self-described comedic musical improvisers, Vigil and Kaufman choose an unassuming couple from the audience and then interview them about how they met, fell in love, etc. Then they use their story to spin a hysterical impromptu musical that combines their own unique artistic chemistry (they're not a real life couple) along with that of their subjects.

"The premise sounds nearly impossible, but the execution is reliably brilliant," said *The New York Times*.

"Perhaps it could even warm the heart of the most jaded millennial," muses *Bedford & Bowery*.

The format of a musical is a narrative, generally," Vigil told *The*



Comedic musical improvisers Evan Kaufman and Rebecca Vigil

photo courtesy [www.artswfl.com](http://www.artswfl.com)

*Village Voice* about the bones of the show. "Introduction of the characters, introduction of the conflict, climax of the conflict, resolution. The things we take from musical theater as a genre are the campy nature of musicals, but we do it in a self-aware, tongue-in-cheek tone. We try to make the music a little more funky and soulful than the traditional Broadway ballads. We [also] find it very important to have sincere moments to really celebrate and illustrate that this couple is in love."

Vigil actually developed the format several years before meeting Kaufman. Their own professional partnership is an interesting as the love stories they

discover as the stories they hear from the couples they bring on stage. They met in New York City under circumstances as an unlikely as prophetic. Rebecca moved to NYC in 2009 after winning \$100,000 on the *Don't Forget The Lyrics* game show. A few years later, Vigil caught Kaufman performing at Asylum Improv on a trip to Boston, and she approached him about doing *Your Love, Our Musical* when he too moved to New York several months later.

The rest is, as the saying goes, history. The show quickly became *New York Times* and *Time Out New York* critics' picks. The interactive show was subsequently accepted into the 2015 New York City International Fringe Festival, where it won Best Acting. In 2017, the

production appeared on Bravo's *Million Dollar Listings: New York*.

Individual tickets to each show are \$25, \$11 for students or \$22 for Alliance members. Performances on January 11 through 13 are at 8 p.m. The January 14 show is a 2 p.m. matinee.

Vigil and Kaufman will also host a Musical Improv Toolkit Workshop on Saturday, January 13 from noon to 2 p.m. The workshop will focus on song structure, improvised choruses, rhyming and scenes becoming a song. Tickets are \$35 for members and \$45 for non-members.

To purchase tickets or for more information, call the box office at 939-2787 or visit [www.ArtInLee.org/Theatre](http://www.ArtInLee.org/Theatre).

## Art Show Good Fit For Evolving Town Center

The 21st Bi-Annual Estero Fine Art Show will be held Saturday and Sunday, January 6 and 7 in a brand new location on the east side of Gulf Coast Town Center, between Famous Dave's Bar-B-Que and the Target Superstore. Because of its visibility along Ben Hill Griffin Road and proximity to the far-flung campus of Florida Gulf Coast University, it's an ideal spot for a boutique two-day outdoor fine art and craft festival that showcases the work of more than 100 of the brightest up-and-coming artists from around the country, and even abroad.

Gulf Coast Town Center is an outdoor shopping mall located at 9903 Gulf Coast Main Street in Fort Myers.

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

# ALEX AND ANI

MADE IN AMERICA WITH LOVE

# Synergy

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## Lake Kennedy Senior Center

## Lunch And Learn Trip To CROW

There will be a new series of monthly trips to eco-friendly destinations with a trip to the Clinic for the Rehabilitation of Wildlife (CROW) clinic on Wednesday, January 10. Cost is \$45 for members and \$50 for nonmembers. Transportation, destination fees and lunch are all included in the price.

The CROW trip includes a talk by a rehabilitation veterinarian and a

behind-the-scenes tour. February, March and April destinations include Naples Botanical Garden, Bok Tower, "Ding" Darling and Naples Zoo. All trips include activities like tours, tram rides and lectures to learn while exploring.

Information about the lunches is available during registration. Registration for the trips is available by coming to the center. Please call with any questions 574-0575.

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

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Jukebox the Ghost

photos provided

## Taps & Tunes Returns To Downtown Park

Craft beer, live music and food trucks return to Centennial Park in downtown Fort Myers for the 3rd annual Taps & Tunes Craft Beer & Music Festival on Saturday, January 13 from 2 to 8 p.m. Sample more than 80 craft beers and purchase a variety of eats from local food trucks while enjoying music from Problem Kids, Of Good Nature and Jukebox the Ghost. The festival is sponsored by the Sidney & Berne Davis Art Center.

Tickets are \$45 with unlimited beer tasting or \$75 for a VIP pass or \$5 for general admission. Tasting flights will be available for purchase.

The musical lineup is Problem Kids at 2 p.m., followed by Of Good Nature at 4 p.m. and Jukebox the Ghost at 6 p.m. For tickets and more

information, visit [www.sbdac.com/taps-and-tunes-fort-myers/](http://www.sbdac.com/taps-and-tunes-fort-myers/).

Jukebox the Ghost arrives after years of accruing a diehard following while remaining one of the hardest-working live acts in music. The group's quirky songwriting and breathtaking performance skills have led the trio to share stages with Ben Folds, Jack's Mannequin, Motion City Soundtrack and Guster, while being one of Yep Roc's lynchpin artists since signing to the label in 2010. Jukebox the Ghost has appeared on The Late Show with David Letterman and Conan. For more information, visit [www.jukeboxtheghost.com/](http://www.jukeboxtheghost.com/).

Of Good Nature is an indie rock-reggae group that was formed in Charlotte, North Carolina in 2011. The band's debut album, *Just Add Water*, won Indie-Ville Reggae Album of the Year in Nashville. Their sophomore album, *Life Worth Livin'*, debuted at number five on the iTunes Top Reggae Album Chart. For more information,



Of Good Nature

visit [www.ofgoodnature.com/](http://www.ofgoodnature.com/).

Problem Kids' undeniably fresh sound is between vintage hip-hop, roots rock and Caribbean salsa rhythms. In 2010, Problem Kids dropped their first full-length album, *Poetry in Motion*, which introduced the masses to their vibrant sound. The album was well-received with local press, and catapulted the group to a busy show

schedule, which included opening slots for hip-hop legends Chuck D, Uncle Luke, Rakim and more in 2012 alone. For more information, visit [www.problemkidsmusic.com/](http://www.problemkidsmusic.com/).

The festival is sponsored by Suncoast Beverage, iHeart Media, Y100, Courtyard Marriott, City of Fort Myers, and The Beaches of Fort Myers and Sanibel.\*



Problem Kids

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# Along The River

Matlacha Island artist **Leoma Lovegrove** has begun performing her hit one-woman show *My Studio* at **Broadway Palm Dinner Theatre**. Seven performances, which began January 4 and will continue through this Sunday, January 7, involve Lovegrove creating masterpieces on stage live to a medley of nostalgic tunes and sharing stories of her artistic adventures and the scores of interesting people, places and motifs she's painted.

Expect flying saucers, splattered paint and Lovegrove's infamous confetti bazooka. The Impressionist painter is known worldwide for her vibrant color palette and exuberant strokes – which she applies via brushes, squirt bottles and even her fingers and hands. Her work has garnered rave reviews in numerous magazines and art publications, and her collectors become lifelong friends and enthusiastic fans.

Performances are held during the evenings with matinees on Saturday and Sunday. Ticket prices range from \$25 to \$45. To reserve or check times, call 278-4422, visit [www.broadwaypalm.com](http://www.broadwaypalm.com) or stop by the box office located at 1380 Colonial Boulevard in Fort Myers.

The River District Alliance will host **Art Walk in downtown Fort Myers** this Friday, January 5 from 6 to 10 p.m. and Saturday, January 6 from 11 a.m. to 4 p.m.

Fourteen galleries invite visitors and



Art Walk will feature gallery art such as *A Tree's Heart* by The Southwest Florida Craft Guild at Arts for ACT Gallery photo provided

residents to meet the artists and enjoy live art demonstrations and exhibitions along the river district.

Each Friday evening, the free, self-guided tours of visual arts galleries will also involve accompanying live entertainment. Many venues also feature additional attractions and

specials. There are also opening receptions for exhibits at galleries. Saturdays are more laid back.

On Friday evening, Arts for ACT Gallery will host an artist reception with Guy Tiemans' exhibit entitled *Of Tinkertoys and Crayons* in the Main Gallery and a group exhibit by the Southwest Florida Craft Guild entitled *Pattern and Decoration* in the White Gallery.

Arts for ACT Gallery is located at 2265 First Street in downtown Fort Myers. For more information, visit [www.fortmyersriverdistrictalliance.com](http://www.fortmyersriverdistrictalliance.com).

Four local organizations will gather to support veterans and animals during Heroes and Hounds at Sun Splash this

Saturday, January 6 from 11 a.m. to 5 p.m.

Heroes and Hounds is a dog-friendly family festival to support the funding and building of the Cape Coral Animal Shelter as well as benefit the Southeastern Guide Dogs organization and Holiday 4 Heroes Care Package Program. The Cape Coral Police Department will sponsor the Gulf Coast K-9 Competition, which will include police K-9 obstacle course, hardest hitting and fastest dog competition, a K-9 and SWAT demo/display, plus a child ID program. There will also be live music, food and beverage trucks, K-9 demonstrations, carnival style games and raffle prizes. Proceeds from a portion of all food and beverage sales will go to support the featured charitable organizations.

Sun Splash is located at 400 Santa Barbara Boulevard in Cape Coral. For more information about the shelter, visit [www.capecoralanimalshelter.com](http://www.capecoralanimalshelter.com).

The Sidney & Berne Davis Art Center will feature a lecture by Nathan Hill as part of the Famous Author Lecture Series on Monday, January 8 from noon to 2 p.m. Lunch will be catered by G3 Catering. A book signing and question-and-answer session will also take place.

Nathan Hill's debut novel, *The Nix*, was named the number one book of the year by Audible and *Entertainment Weekly*, as well as one of the year's best books by *The New York Times*, *The Washington Post*, NPR, *Slate*, Amazon and many others. *The Nix* was the winner of the *Los Angeles Times* Book Prize for First Fiction. It will be published worldwide in 30 languages.

Tickets are \$35 apiece or \$280 for a table of eight. Series tickets are \$125 or \$1,000 for a table of eight.

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



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From page 1

## Broadway Palm

lawyer and the tensions run high. This tale of fame and fortune includes incredible dancing and one show-stopping song after another, including *All That Jazz*, *Cell Block Tango*, *When You're Good To Mama* and *Razzle Dazzle*.

Amy Marie McCleary, in addition to choreographing the show, portrays Velma, the tall voluptuous viper who finds herself competing for her throne in prison. She commands the stage in her first number, *All That Jazz*, and continues with *I Can't Do It Alone* and *When Velma Takes The Stand*. Her dynamic stage presence and incredible talent charm and amaze with each of her numbers. She's a first-rate dancer and singer and handles numerous high kicks in excellent fashion.

Sarah Mae Banning as Roxie is comedic and poignant as a self-absorbed and spoiled character of the downtrodden. You'll love her *Me* and

*My Baby* and *Roxie*. They are both funny, outrageous and compelling numbers.

Daniel A. Lopez gracefully croons his way into the role of a cold-hearted lawyer Billy Flynn. Numbers like *All I Care About*, which ends in a Ziegfeld Folly-like fan dance, and the show stopper *Razzle Dazzle* will dazzle you.

Illy Kirven plays the prison matron Mama Morton with charm and demands attention, especially in *When You're Good To Mama*.

Brian Kalinowski as Amos Heart, Roxie's naive, simple ex-husband, throws his heart and soul into my favorite number, *Mr. Celophane*, talking about his chronic indivisibility.

As musical entertainment, the show is full of dancing, singing and food for thought. Don't miss it. *Chicago* plays at Broadway Palm through February 10. Tickets can be reserved by calling 278-4422, by visiting [www.BroadwayPalm.com](http://www.BroadwayPalm.com) or by stopping by the box office at 1380 Colonial Boulevard in Fort Myers.✱



## Fundraising Gala

JFCS of Southwest Florida will be hosting the annual Evening for Better Tomorrows fundraising gala at Club Pelican Bay on Saturday, January 13 from 6 to 11 p.m. in Naples.

The theme of this signature event is A Night of Motown Magic and will feature a cocktail reception, dinner, dancing and music from *Shadows of the 60s – A Tribute to Motown*. The group is led by Dave Revels, a former member of legendary group The Drifters. Revels has been performing for over 30 years and is also currently a member of internationally acclaimed a cappella group The Persuasions.

Benefitting JFCS and the Naples Senior Center, tickets to the event are \$375 per person. Sponsorships from \$2,500 to \$20,000 provide many promotional benefits while supporting the mission of JFCS and Naples Senior Center.

Club Pelican Bay is located at 707 Gulf Park Drive in Naples. For more information, contact Dr. Jaclynn Faffer, president and CEO of JFCS, at 325-4444.\*

## Agriculture Bus Tour Fundraiser

The Lee County 4-H Youth Club is hosting an agriculture bus tour benefit from 8 a.m. to 4:30 p.m. on Saturday, January 20. The tour starts at the Veterans Park Recreation Center, 55 Homestead Road South, in Lehigh

Acres. Stops include a seed company, vegetable and citrus producer, packing house and a large home garden.

The fundraiser for the club supports the club's community service projects, summer camp, field trips, club costs and college scholarships. The cost is \$65 and includes lunch prepared by 4-H Youth Club members and parents. Lunch is sponsored by Thrivent Financial. Participants will also receive a goody bag donated by Lee County Solid Waste.

Register online at [www.eventbrite.com](http://www.eventbrite.com) and search for Lee County 4-H Agriculture Bus Tour. For more information, contact 4-H leader Karen Harty at 610-530-8883.\*

## Cape Coral Biggest Yard Sale

The City of Cape Coral Mini-Bus Service will present the 5th Annual Biggest Yard Sale at Lake Kennedy Center on Saturday, March 10 from 7 a.m. to 1:30 p.m.

Tired of looking at your crowded garage or storage closets full of things you don't use? Why not make some extra money by turning your unused items into cash? New or used items, indoor tables and outdoor spaces available on a first come, first serve basis.

Cost to participate is \$20 for an indoor table and \$10 for an outdoor table.

Lake Kennedy Center is located at 400 Santa Barbara Boulevard in Cape Coral. Call 574-0575 for more information.\*

## Elvis Impersonator In An Evening With The King

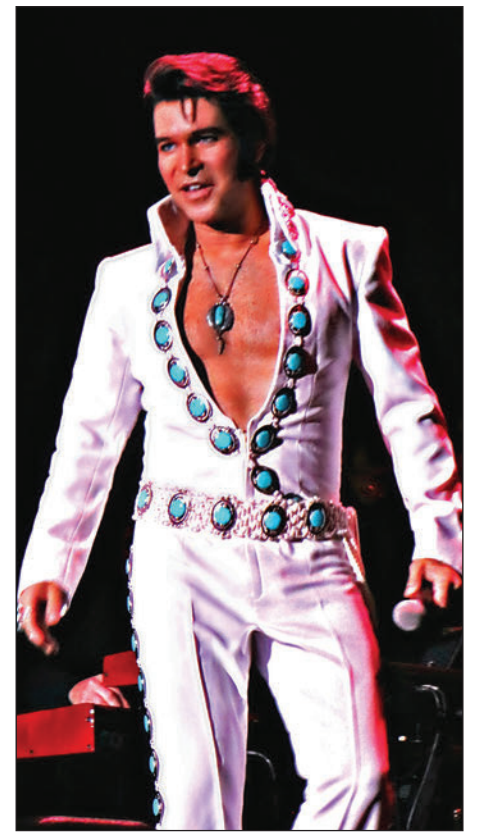
Put on your blue suede shoes and dance the night away with one of the best Elvis impersonators in the world. The Sidney & Berne Davis Art Center will host An Evening with the King with Ted Torres Martin of Las Vegas on Friday, January 19. Cocktail hour begins at 7 p.m., followed by the performance at 8 p.m.

Martin pays tribute to the one and only Elvis Presley. He is a multi-talented actor/singer/songwriter/musician who has accomplished extensive touring around the world. His portrayal of The King Of Rock N' Roll is one of the top tributes in the world.

Martin is known as the 2016 Images Of The King World Champion. He acquired the title in Memphis, Tennessee on August 2011 and August 2012 at the Ultimate Elvis Competition organized by Elvis Presley Enterprises. He has been called the top Elvis vocal stylist in the world. For more information on Martin, visit [www.revisitedelvis.com](http://www.revisitedelvis.com).

Tickets are \$45 for general admission and \$59 for VIP passes.

An Evening with the King is part of the Vinyl Vibes Series. On Saturday, February 24, the Mersey Beatles will perform two shows, a matinee at 4 p.m. and an evening show at 8 p.m.



Ted Torres

photo provided

The talented group is the world's only all Liverpool born Beatles' tribute band.

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

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## Celebrate Dr. King In Speech And Song On Sanibel

St. Michael & All Angels Episcopal Church invites the Sanibel, Captiva and Fort Myers region to join in its 3rd annual Dr. Martin Luther King, Jr. Day Celebration at 6 p.m. on Monday, January 15 at the church. As the first church in Lee County – and one of the first Episcopal churches in Florida – to integrate, St. Michael's is especially pleased to host this important annual event.

The keynote speaker for the evening is Bishop Dr. Barbara Lewis King, founder-minister/world spiritual leader, Hillside International Truth Center, Inc., an inclusive, healing ministry open to all, and headquartered in Atlanta, Georgia. Established in 1971 as a prayer group of 12 people in Dr. King's home, Hillside now has thousands of members and supporters worldwide.

The event, which is free and open to the public, will begin with a performance by the Victorious Dance Ministry of the First Assembly Cornerstone in Fort Myers and an appearance by the popular gospel group The Spiritual Voices of Fort Myers. The program will also feature 12-year-old Zaire Saldana, a seventh grade student at Cypress Lake Middle School, who – by popular demand – will appear for a third time to give a memorized recitation of the famous *I Have A Dream* speech by Dr. Martin Luther King, Jr.



Dr. Barbara Lewis King photos provided

Under the direction of Minister of Music Hank Glass, the St. Michael's Parish Choir and featured bass soloist Lawrence Lewis will join the celebration by performing *No Time* and *He Never Failed Me Yet*. The event will conclude with The Spiritual Voices of Fort Myers and the St. Michael's Parish Choir leading the audience in a sing-along of *We Shall Overcome*.

Dr. King is a native of Houston, Texas. She earned a bachelor of arts in sociology from Texas Southern University and a master of social work (MSW) degree from Atlanta University.

continued on page 23



The Spiritual Voices of Fort Myers make their first appearance at St. Michael's for the celebration



The Victorious Dance Ministry will open the Dr. Martin Luther King, Jr. celebration at St. Michael & All Angels Episcopal Church

## 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, [revtedalhouse@aol.com](mailto:revtedalhouse@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.17671 Pine Ridge Road](http://www.17671PineRidgeRoad.com), [peacecommunitychurch.com](http://peacecommunitychurch.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.

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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, [uucf.org](http://uucf.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:

## Snail Kite

by Bob Petcher



The snail kite (*Rostrhamus sociabilis*) is a medium-sized hawk with broad wings, a down-curved bill and a square tail. The male differs from the female in color, with the male being all gray and the

female sporting stripes.

South Florida is possibly the only region in the United States that one can find this bird of prey. The bird is regarded as endangered in the state and nationally due to disrupted water flow and the decline of snails, which the snail kite primarily feeds on. There is hope the snail kite continues to adapt to feeding on the relatively newly established apple snail, an exotic species that is larger than the typical snail.

At CROW, an adult male snail kite was admitted from Fort Myers near Interstate 75 after a possible collision with a vehicle. The kite suffered several injuries including severe trauma to its head and right eye, a fractured right ulna and fractured left metacarpals. After the patient rested a few days after intake, CROW officials stated surgery was performed to place a pin in the right ulna to stabilize that fracture and a splint was placed on the left metacarpals to stabilize

those fractures.

"Overall, the kite is doing very well considering the numerous injuries it sustained," said Dr. Julia Hill, CROW veterinary intern. "At first, it was very down due to the head trauma. Once we were able to stabilize the fractures, its mentality improved significantly."

"We placed an intramedullary (IM) pin to stabilize the fractured ulna. This allows for movement of the wing while the fracture heals. The splint was removed last week once radiographs indicated that strong, bony callous had formed over the fractured metacarpals. The fracture is healing well and the kite has been observed taking short flights in the outside enclosure."

Initially, veterinarians opted not to remove the damaged eye, but it was later deemed necessary. That removal occurred 12 days after intake.

"Before we remove an eye, we will allow a period of time to determine if the eye is functional or will regain function," said Dr. Hill. "In this case, after the period of time, we were able to ascertain that the eye was not functional."

Luckily, since the snail kite dines on passive game, it can survive with one eye in the wild.

"Due to the kite's unique diet of slow-moving prey, it will still be able to find its food easily with one eye," said Dr. Hill. "Studies suggest that birds have special magnetic sensors in their eyes to navigate during migration, but because Florida's snail kites are year-round residents, this will not be an issue."

Even with such debilitating injuries,



Patient #17-4017 appears to be in recovery after it was hit by a car and suffered several injuries, including the loss of an eye

photo by Brian Bohlman

the snail kite appears to be healing well and ready for what 2018 has in store. Its stay at the clinic may reach six or seven weeks.

"The snail kite has been doing very well and has a great appetite. It was moved to an outside enclosure on December 28 and the IM pin (was) scheduled to be removed on Thursday, January 4," said Dr. Hill. "Once the pin is removed, the kite will need approximately

one to two weeks of conditioning before it will be considered for release."

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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# Constantly Changing Conditions



by Capt. Matt Mitchell

The week from Christmas to New Years is always one of the busier weeks on the water. Among my local fishing guide friends, we know it as “hell week” as it just does not get

any busier out on the water. This proved very true during this year’s Christmas week with lots of people out on their boats while escaping the cold of the north and enjoying a Southwest Florida Christmas. Dense fog, cold, wind and sunshine where all part of this week’s conditions that made both fishing and boating anywhere from really good to really challenging, often all within a period of a few hours.

Tides were far from good this whole week with anglers often getting a period of slight moving to non-moving water. That made the bite just grind to a halt. When we did have moving water, my anglers caught lots of snook along with a few redfish and some of the larger trout I have caught in the last few weeks. There is nothing more frustrating as a guide than when you know you are set up in the fish and, because of the lack of tide movement, the fish will just not eat a bait. All my trips this week seemed to have a

few great hours of action once the tide finally began to move. During the periods of no tide, it was like beating your head against a wall with little to no action at all.

During those periods of little to no tide, I spent my time tucked back in narrow mangrove creeks that seemed to at least have a little water movement most of the time. Live shiners caught lots of snook along with many mangrove snapper. As the water flow got better, that’s when we seemed to catch our redfish back in these same creeks along with lots and lots of snook. A few of these narrow mangrove creeks I frequent this time of year had schools of hungry-roaming jack crevalle that chummed up on live shiners, blew up all over the surface and resulted in multiple hook-ups and smiling faces.

With another cold blast in the forecast for early this week, it will kick our sheepshead bite into high gear. On trips this week when I have shrimp-fished and targeted sheepshead, we have managed to catch a few legal-sized fish even though the abundance of small mangrove snapper have made it tough going. Areas in and around the passes will see the first big push of larger sheepshead as they move in from offshore to spawn as conditions get colder. If conditions stay cold, we will see these fish on basically every dock and in every deep mangrove creek and shoreline throughout the whole area or basically any structure that has barnacles on it for them to graze on.

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).✪



Gabe Bergman from Wisconsin with a 31-inch snook caught while fishing with Capt. Matt Mitchell this week photo provided

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## Morning Walk At County Park January 6

Lakes Regional Park will be the site of a nature walk with a Lee County Bird Patrol Guide on Saturday, January 6 at 8 a.m. It is free with paid parking.

Provided in cooperation with Lee County Parks and Recreation, the stroll is along clear paths that offer an opportunity to see birds in native vegetation with experienced guides pointing out the many species in the park, a Lee County birding hot spot and crucial nesting area for many birds.

Those interested are asked to wear comfortable shoes and dress to be outside. Bring water, sunscreen and binoculars.

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

Lakes Regional Park is located at 7330 Gladiolus Drive in Fort Myers. Meet at Shelter A7. Enter Lakes Park gate from Gladiolus Drive. Turn right. Drive to end of road, continue through the parking lot. Shelter A7 is located near the train station.

For more information, call 533-7580 or 533-7576 or visit [www.birdpatrol.org](http://www.birdpatrol.org).

## Squadron Offers Two-Day Safe Boating Course

Peace River Sail and Power Squadron will present America's Boating Course at the Punta Gorda Boat Club on Saturday, January 27 at 8:30 a.m. The second class will be held on Saturday, February 10 at the same time.

The two sessions will cover boating law, safety equipment, safe boating practices, navigation, boating emergencies, personal watercraft, charts, GPS, trailering, and much more. Attendees will receive the America's Boating Course manual, and after passing an exam, a completion

certificate. The class is approved by the Florida Fish and Wildlife Conservation Commission for the Florida Boater Safety Education ID Card, required for anyone born after January 1, 1988 who operates a motorboat with 10 horsepower or more in Florida waters. The course is also approved by the National Association of State Boating Law Administrators and the U.S. Coast Guard.

The \$65 fee (for the first person, \$25 for second sharing materials) covers the cost of the manual. For more information or to reserve your space, call 941-637-0766 or email [puntagordaboating@gmail.com](mailto:puntagordaboating@gmail.com). Registration deadline for this class is Wednesday January 24.

Peace River Sail & Power Squadron is a safe boating advisory to the Punta Gorda Boaters' Alliance. The Punta Gorda Boat Club is located at 802 Retta Esplanade in Punta Gorda.✱

## Chart Reading Course Offered January 20

The San Carlos Bay Power Squadron, a unit of the United States Power Squadrons, will be conducting its popular Local Waters Chart Reading class on Saturday, January 20 from 8 a.m. to noon. The class will be held at the squadron classroom located at 16048 San Carlos Boulevard in Fort Myers.

The class will teach students how to read our local waters chart number 11427. Students will learn the basics of latitude and longitude, how to find where they are and how to get to where they want to go and how to take bearings.

There are a very limited number of charts in the classroom, so students are strongly urged to bring the chart to class. Charts are best purchased online from Ocean Grafix. Be sure to order the MAPFOLD version.

Cost of the class is \$45 for a single and \$70 for two people sharing the materials. The cost includes a divider and a plotter. Students can register online at [www.SCBPS.com](http://www.SCBPS.com) or call 466-4040 and leave a message.✱

### Plant Smart

## Bengal Clock Vine

by Gerri Reaves

Bengal clock vine's (*Thunbergia grandiflora*) showy lavender-blue flowers give it several common names, including sky flower and sky vine. The flower shape inspires the name Bengal trumpet.

The cultivar "Alba" has white rather than bluish flowers.

As the name implies, this species is a native of India. It is one of four *Thunbergias* in Florida, all non-native.

This hardy spreading twining vine can be erect or climbing, growing as much as 20 or 30 feet in a year. It is potentially invasive, so be careful where you plant it. It has escaped cultivation in Florida.

The numerous drooping clusters of flowers on the dense foliage make it superficially resemble a morning glory vine. The bell-shaped white- or yellow- throated flowers measure about three inches across, thus the term *Grandiflora*, Latin for large-flowered.

The opposite evergreen leaves are heart-shaped and broad, the seed capsule inconspicuous and beaked. Bengal clock vine prefers full sun to partial shade, plenty of moisture, and well-drained soil.

Like many aggressive cascading vines, it works well on a trellis or fence, in planters, or as a hanging plant. It flowers all year. It has moderate drought tolerance, low salt tolerance and is prone to nematodes and iron deficiency. The leaves are used medicinally in Malay culture.

If you're set on having a blue- or lavender-flowered vine in your landscape, consider skyblue clustervine (*Jacquemontia pentanthos*) instead. That native, also called blue jacquemontia and Key West morning-glory, is endangered in the state and attracts many native pollinators and is a nectar source for butterflies.

Sources: *Betrock's Florida Plant Guide* by Edward F. Gilman; *Florida Landscape Plants* by John V. Watkins and Thomas J. Sheehan; *Florida, My Eden* by Frederic B. Stresau; *Florida's Fabulous Flowers* by Winston Williams; [www.floridata.com](http://www.floridata.com); [www.ifas.ufl.edu](http://www.ifas.ufl.edu); and [www.south-florida-plant-guide.com](http://www.south-florida-plant-guide.com).

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



Bengal clock vine is a non-native ornamental with invasive potential

photo by Gerri Reaves



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Adenike Johnson

photos provided

## Healthy Habits Seminar At Chamber Event

The Greater Fort Myers Chamber of Commerce January Women in Business meeting will be held in the center stage area of sponsor Bell Tower Shops on Wednesday, January 10 from 4 to 6 p.m. This meeting will feature three speakers who will focus on healthy habits, eating to start off the New Year right and a cooking demonstration with samples.

Dr. Lee Angle from Upper Cervical



Dr. Lee Angle

Health Centers will provide insight into how hormones play a role in women's health and how it is impacted by everything that we consume. Dr. Angle is originally from southern West Virginia and, after having his life changed through Upper Cervical Care, he chose to pursue it as a career. He has been practicing Upper Cervical Chiropractic for more than nine years. Dr. Angle previously worked as a certified personal trainer. This background allows him to educate his patients on proper movement and exercises to speed their recovery and enhance their Upper Cervical Care.

Mark Blust, the vice president of



Mark Blust

operations and marketing for the Prawnbroker Restaurant Group, will provide a cooking demonstration on healthier dietary options. He is responsible for the management of four area restaurants, working closely with management and ownership. As a Fort Myers native, Blust is involved with several organizations and non-profits in our community, and works to promote the benefits of a plant-based diet and healthy lifestyle.

Adenike Johnson of Fibrre will create a healthy dessert option for the event as well. Fibrre (pronounced fiber) aims to educate and provide food that is well balanced, fibrous and nutritionally

dense. Food provided is all natural, organic, unrefined and unadulterated.

Admission is \$10 for Greater Fort Myers Chamber of Commerce members and \$20 for non-members.

Bell Tower Shops is located at the corner of Daniels Parkway and U.S. 41. To register, call 332-3624 or visit [www.fortmyers.org](http://www.fortmyers.org).

## Nominate For APEX Awards

Nominations are open for the 13th annual APEX Awards to be held Saturday, August 25 at the Hyatt Regency Coconut Point Resort and Spa.

The APEX Awards ceremony is an annual tribute to a woman for professional excellence, community service and for actively assisting others in attaining professional goals and leadership skills. The event is a very highly promoted evening gala celebration. The Greater Fort Myers Chamber of Commerce is proud to hold this event to honor the women of Fort Myers and surrounding Lee County.

The APEX Awards recognize outstanding individuals in our community who are members of the chamber and excel in the areas of professionalism, philanthropy and leadership. Nominations are due by March 31.

For more information and to fill out a nomination form, visit [www.fortmyers.org/events/apex-awards/](http://www.fortmyers.org/events/apex-awards/).

## Regatta Donations

submitted by Allen Fiske, CMCS Vice Commodore of Summerset

Each year for the past 52 years, CMCS has hosted the Summerset Sailing Regatta where sailing clubs from up and down Florida's West Coast converge on Fort Myers Beach for a weekend of great racing and social events. In recent years, the racing has been held off Fort Myers Beach the first weekend in October, the same weekend as the Pirate Festival. Two years ago at our 50th regatta, we had 70 boats.

In addition to great racing and camaraderie for the Sailors and Crew, the real beneficiaries to this event are the youth in those same communities. Boats pay entry fees and we solicit sponsorships to offset costs so that we can end up with a profit that is distributed back to the communities where the entries and sponsorships came from.

This year, with Hurricane Irma hitting Marco Island and Naples very hard, we ended up with very little participation and sponsorship from that area. We are expecting them to rebound in 2018. We ended up with only 30 boats but, due to a nice response from local sponsors and some from further north, we are still able to give back \$8,900 to young sailors and marine enthusiasts.

The breakdown goes like this:



Allen Fiske, left, and Steve Romaine present a check for \$1,000 to JoAnn Semmer of the Ostego Bay Foundation photo provided

\$8,000 to the Fort Myers/Cape Coral area

\$1,000 to the Ostego Bay Foundation for youth marine education

\$3,000 to the Edison Sailing Center for youth sailing travel grants

\$4,000 set aside for 20 Youth Learn-to-Sail Scholarships at the Edison Sailing Center

\$900 to Punta Gorda and Port Charlotte area

\$300 to Charlotte Harbor Youth Sailing

\$300 to Learn-to-Sail Inc

\$300 to Charlotte Harbor Community Sailing

## Housing Authority Gains High Marks

The U.S. Department of Housing and Urban Development (HUD) has designated the Housing Authority of the City of Fort Myers a high performer in the Public Housing Assessment System report for 2017.

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

"We are proud to once again be named a high performer by HUD," said Marcus D. Goodson, executive director. "We continue to excel because of the unwavering support and leadership of our board of commissioners and the commitment of our employees to this agency every day," said Goodson.

The PHAS scored the HACFM 93 points out of a possible 100. PHAS indicators used for the scoring included physical, financial, management and resident reviews as well as financial sub-indicators including current ratio, months expendable funds balance, tenant receivable outstanding, occupancy loss, net income and expense management.

In 2015, HACFM was also named Outstanding Agency of the Year by

the Florida Association of Housing and Redevelopment Officials (FAHRO).

The Housing Authority of the City of Fort Myers serves more than 3,500 families as a catalyst for increasing access to safe, stable and sustainable housing and to help develop, preserve and revitalize communities through affordable rental housing. For more information, call 344-3220 or visit [www.hacfm.org](http://www.hacfm.org).

## New Officers For Horizon Council

The Horizon Council's annual Meeting will be held at The Westin Cape Coral on Friday, January 12 at 8 a.m. Local business and community leaders will recognize outgoing council officers and welcome new officers.

Stewart Colovin, executive vice president and chief creative officer for MMGY Global, is the keynote speaker. He has created brands for destinations and hotel companies around the world, including Barbados, Colorado, Santa Barbara, Homewood Suites by Hilton and Trump Hotel Collection. Prior to MMGY Global, he served as international creative director at Dentsu, Inc., in Tokyo.

The Horizon Council was established in 1991 to advise the Lee County Board of Commissioners on economic development issues.

Westin Cape Coral is located at 5951 Silver King Boulevard in Cape Coral. For more information, visit [www.leecountybusiness.com](http://www.leecountybusiness.com) or call 533-6800.





From left, Nicole Hurt Hickey and Charlie Hurt present Karen Watson, executive director of Our Mother's Home, with a \$10,000 donation photo provided

## Donors To Be Honored At Breakfast Meeting

Our Mother's Home will be honoring donors and sharing success stories during an annual Love & Appreciation Breakfast at Miromar Lakes Beach & Golf Clubhouse on February 9 at 9:30 a.m.

Charlie and Wanda Hurt and Nicole Hurt Hickey, who became trustees this year and donated \$10,000 to the nonprofit agency, will be recognized.

"The Hurts and Aluminum Sales have been long-time supporters of our mission and this year decided to show how much they believe in and are committed to our cause by becoming

trustees with a generous donation of \$10,000," said Karen Watson, executive director of Our Mother's Home.

In addition to the Hurt family, Bill Zeeb, Bill Skidmore and other supporters will be recognized at the Love & Appreciation Breakfast.

Tickets are \$40 and available online at [www.ourmothershome.com/event](http://www.ourmothershome.com/event) or by calling 267-4663.

The annual event honors individuals who have helped make Our Mother's Home a safe haven for so many young mothers and their babies. One of the mothers living at the home will share her inspirational story.

Miromar Lakes Beach & Golf Clubhouse is located at 10160 Miromar Lakes Boulevard in Miromar Lakes. For more information, visit [www.ourmothershome.com](http://www.ourmothershome.com).✱

## Fenway South Farm & Flea Market To Begin

The weekly farmer's market at JetBlue Park at Fenway South, located at 11500 Fenway South Drive in Fort Myers, is set to return for a three-month run this January with a new time and an added flea market.

Beginning January 8 and running until March 12, Fenway South Drive (in front of JetBlue Park) will host the Fenway South Farm & Flea Market every Monday from 9 a.m. to 1 p.m. The market will include fresh local produce, cheeses, fresh pastas, seafood, baked breads, meats, herbs, ready-to-eat meals, plants, flowers, crafts, soaps, candles and more.

According to operator Betsy Ventura, who, along with Jean Baer, owns Local Roots, LLC and will run the market at JetBlue Park each Monday, anyone in the community is welcome to drop in for the day with their new or gently used items, antiques, etc. for \$40 per week or \$30 per week if they commit to the month. Spaces will be assigned upon arrival.

Parking is free on market days.

"The flea market aspect of our weekly event really sets this apart from other farmer's markets," said Ventura. "Our vendors are very excited to be returning to JetBlue Park to promote their locally produced products and wares to neighboring communities as well as to Boston Red Sox fans. There will be even more products to shop for this year with the expanded Flea market."

In addition to Fenway South, Ventura and Baer also operate the Downtown Fort Myers, Sanibel, Captiva, Bonita Springs, Coconut Point, Lakes Park, FSW and Boca Grande farmer's markets.

"We are very excited that this open-air market is returning to JetBlue Park," said Katie Haas, vice president of Florida business operations for the Red Sox. "This market is a great kick-off to our busy schedule leading into Spring Training and just another one of the unique ways Fenway South is being utilized for the Southwest Florida community."

Anyone interested in becoming a vendor or providing live entertainment may visit [www.BuyLocalLee.com](http://www.BuyLocalLee.com) for more information and prices. For more information, email [jean@buylocallee.com](mailto:jean@buylocallee.com) or call 691-9249.✱

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Superior Interiors

# Happy New Year



by Jeanie Tinch

This year, make a New Year's resolution to give your home a New Year's face lift.

These design tips should serve you well as you move towards an updated, fresh new look for your

home:

Start a file of magazine pictures of rooms that you like. Even if you can't exactly pinpoint why you find a room setting so appealing, by reviewing your file, your decorator will be able to quickly understand the feel that you want for your home.

Involve your professional decorator at the very beginning of your project. Doing so will help you avoid the costly mistakes that many homeowners make. The most successful decorating projects are those where the decorator and homeowner are very candid with each other regarding tastes, priorities, budget, timing and goals.

Your first goal should be to design your home to suit the way you and your family actually live. Analyze all the rooms of your home – are some underutilized and some just exhausted from use? Maybe it's time to relocate

some activity centers and redirect some traffic patterns.

Be realistic when determining the amount you plan to invest in the project. If you haven't redecorated in several years, you may need to acquaint yourself with today's pricing to determine your budget range.

Resist the urge to repaint your interior as the first step in your new look. There are myriad beautiful paint colors to compliment your final fabric selections but painting your walls first will severely limit your choices in fabric selections. Color schemes should flow smoothly from room to room, especially in the adjoining living areas. This means some detailed attention needs to be paid early to the long-range overall color plan.

Forget matching sets of furniture and mono-chromatic "safe" schemes. A far more interesting look is a room of complementing wood pieces and companionable fabrics in exciting complementary colors.

Something slightly whimsical in every room will ensure that your rooms don't take their new look too seriously. Lamps, area rugs and other accessories are all opportunities for a novel touch to keep rooms feeling light and welcoming. Use many different textures, materials and surfaces. Combinations of metals, woods, glass, woven reeds, fabrics, ceramics and stone will provide depth and interest to your decorative theme.

Insist upon good lighting. A well-planned room will have lighting

at varying levels and intensities appropriate to the activity of the area. Close attention should be given especially to task lighting for activities such as reading, dining, cooking and desktop work.

This is one New Year's resolution that you and your family will be pleased you kept for years to come.

Jeanie Tinch is an interior designer on Sanibel/Captiva Islands. She can be reached at [jeanie@coindecnden.com](mailto:jeanie@coindecnden.com).✽

## Holiday Party



The Calendar Girls pose with a member of the Whispering Pines staff

photo provided

The Calendar Girls performed at the annual Whispering Pines Clydesdales Holiday Open House in North Fort Myers on Sunday, December 20.

For information on hiring the Calendar Girls for events, contact Katherine at 850-6010 or [www.calendargirlsflorida.com](http://www.calendargirlsflorida.com).✽

From page 1

## Animal Life Exhibit



Vincent and Lucia by Jeff and Dale Ocasio

image provided

palette. She is a full-time artist, performance artist and independent filmmaker. Performing with paper, her Paper Grotto Live sculptures become containers for video, dance and music.

Living and working in Cape Coral, Maldonado is the new department head and ceramics teacher at North Fort Myers High School for the arts and media. Maldonado is currently working on pursuing a graduate program in the next two years while having the opportunity to be in various shows around the Southwest Florida area. Most recently, Maldonado had the opportunity to co-present a Florida Gulf Coast University research project at the 2017 National Council on Education for the Ceramic Arts (NCECA) conference in Portland, Oregon.

Spry's paintings have been exhibited

in national and local juried art shows. She graduated from the Phoenix Institute of Technology with a degree in production art and went on to study with Nina Conner. Spry's desire to pass on her passion and love for the arts led her to teaching at the Alliance for the Arts. She lives in Lehigh Acres with her husband, son and two dogs. Her first love is oils, and painting big and in a juxtapose style.

Spry offers multiple classes throughout the year, including Classical Painting and Drawing on the Right Side of the Brain.

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

Alliance for the Arts is located at 10091 McGregor Boulevard in Fort Myers. For more information, visit [www.ArtInLee.org/Animal](http://www.ArtInLee.org/Animal) or call 939-2787.✽

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## Bank Teller Hired

**P**amela Van Nest has joined Sanibel Captiva Community Bank as a teller at the McGregor branch. She is responsible for assisting customers with personal and business banking transactions.

Van Nest has more than 40 years of banking experience in Ohio and Florida, including previous positions as head teller, branch manager, merchant services and ATM supervisor, branch coordinator, head bookkeeper, IT department supervisor and operations officer.

A Fort Myers resident since 2009, she is an active Harry Chapin Food Bank volunteer.

Founded in 2003, Sanibel Captiva Community Bank has two locations on Sanibel and five additional locations in Fort Myers. To learn more, visit [www.sancapbank.com](http://www.sancapbank.com).\*



Pamela Van Nest

photo provided

## Conservancy Fundraiser Set For March 8



From left, Rob Moher, Carol and Henry Dinardo at 2017 Magic Under the Mangroves event  
photo provided

**T**he Conservancy of Southwest Florida will host the 14th annual Magic Under the Mangroves gala dinner and auction fundraiser at its nature center on Thursday, March 8 at 5:30 p.m. Presented by Northern Trust, the fundraising event is a recognition of the importance of protecting the natural environment and quality of life in Southwest Florida as well as a key source of revenue for the Conservancy of Southwest Florida. All proceeds from the fundraiser support the Conservancy's mission to protect the region's water, land, wildlife and future.

Magic Under the Mangroves begins with cocktails and hors d'oeuvres, followed by a seated dinner by award-winning "green" caterer Windows Catering and live and silent auctions featuring one-of-a-kind items and experiences.

Carol Dinardo, co-owner of Windows Catering, serves as the chair this year.

"Magic Under the Mangroves is about protecting the things we love about Southwest Florida," she said. "Together, we can inspire future generations to better protect our water, land and wildlife."

Proceeds from the event will fund Conservancy programs that protect

Southwest Florida's natural resources, including animal tracking, patient care within the von Arx Wildlife Hospital, education, advocacy, equipment, internships and summer camp scholarships. Through the generosity of donors, in the last year, the Conservancy has treated more than 3,800 injured animals at the von Arx Wildlife Hospital. Additionally, more than 55,000 people received high-quality environmental education within the community and at the nature center.

The fund-a-need portion of this year's live auction will champion the powerful impact of the Conservancy of Southwest Florida's internship program. Interns are an integral part of the Conservancy's operations, contributing to the success of wildlife rehabilitation efforts, delivering nature center programs to guests, helping analyze data and much more. While internships allow the Conservancy to expand its reach within the Southwest Florida community, the program is an investment for the nonprofit. The funds raised during the signature gala will help support key internship opportunities within

continued on page 20

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## Financial Focus

## Time For New Year's Financial Resolutions



by Jennifer Basey

We've reached the end of another year – which means it's just about time for some New Year's resolutions. Would you like to study a new language, take up a musical

instrument or visit the gym more often? All these are worthy goals, of course, but why not also add some financial resolutions?

Here are some ideas to think about:

Increase contributions to your employer-sponsored retirement plan. For 2018, you can contribute up to \$18,500 (or \$24,500 if you're age 50 or older) to your 401(k) or similar plan, such as a 403(b), for employees of public schools and some nonprofit groups, or a 457(b) plan, for employees of local governments. It's usually a good idea to contribute as much as you can afford to your employer's plan, as your contributions may lower your taxable income, while your earnings can grow tax-deferred. At a minimum, put in enough to earn your employer's matching contribution, if one

is offered.

Try to "max out" on your IRA. Even if you have a 401(k) or similar plan, you can probably still invest in an IRA. For 2018, you can contribute up to \$5,500 to a traditional or Roth IRA, or \$6,500 if you're age 50 or older. (Income restrictions apply to Roth IRAs.) Contributions to a traditional IRA may be tax-deductible, depending on your income, and your earnings can grow tax-deferred. Roth IRA contributions are not deductible, but earnings can grow tax-free, provided you don't start taking withdrawals until you are age 59-1/2 and you've had your account at least five years. You can put virtually any investment in an IRA, so it can expand your options beyond those offered in your 401(k) or similar plan.

Build an emergency fund. Try to build an emergency fund containing three to six months' worth of living expenses, with the money held in a low-risk, liquid account. This fund can help you avoid dipping into your long-term investments to pay for unexpected costs, such as a new furnace or a major car repair.

Control your debts. It's never easy, but do what you can to keep your debts under control. The less you have to spend on debt payments, the more you can invest for your future.

Don't overreact to changes in the financial markets. We've had a long run of rising stock prices – but it won't last forever. If we experience a sharp market downturn in 2018, don't overreact by taking a "time out" from investing. Market drops are a normal feature of

the investment landscape, and you may ultimately gain an advantage by buying new shares when their prices are down.

Review your goals and risk tolerance. At least once in 2018, take some time to review your short- and long-term financial goals and try to determine, possibly with the help of a financial professional, if your investment portfolio is still appropriate for these goals. At the same time, you'll want to re-evaluate your risk tolerance to ensure you're not taking too much risk – or possibly too little

risk – with your investments.

Do your best to stick with these resolutions throughout the coming year. At a minimum, they can help you improve your investment habits – and they may improve your financial picture far beyond 2018.

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).✱

## Business Women To Meet

The Imperial River Chapter of the American Business Women's Association will hold a business dinner at the Holiday Inn Fort Myers Airport on Wednesday, January 10 at 5:30 p.m.

Carrie Kerskie, director of the Identity Fraud Institute at Hodges University, will be the guest speaker. She is a highly sought-after national speaker, trainer and author. She is a consultant on the topics of identity theft, fraud and data privacy.

Kerskie authored the book *Your Public Identity; Because Nothing is Private Anymore*. Kerskie is also a contributing writer for Agingcare.com and *Naples Daily News*. She is frequently quoted in numerous publications such as *Real Simple* magazine and *TechRepublic.com*. She appears regularly on NBC-2, ABC-7, Fox 4, NPR and WINK News.

In 2014, Congressman Mario Diaz-Balart lauded Kerskie with a Congressional Record for her work on identity theft. In 2015, Carrie was the driving force behind strengthening Florida's identity theft laws including making business identity theft a crime in the state. She was Woman of the Year at the ABWA Neapolitan Chapter in 2011.



Carrie Kerskie photo provided

ABWA Imperial River Chapter welcomes all women interested in professional development. Men are also welcome.

Registration/check-in and networking starts at 6 p.m. Dinner is served at 6:30 p.m. Tickets are \$30 at Eventbrite, which includes dinner.

The Holiday Inn Fort Myers Airport is located at 9931 Interstate Commerce Drive in Fort Myers. For more information, email [info@abwaimperialriver.org](mailto:info@abwaimperialriver.org).✱

## Attention... Business Owners!

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## Book Signing

Author Cynthia Williams will be appearing at the Edison Ford Shoppe within Bell Tower Shops on Saturday, January 6 from 2 to 4 p.m. for a discussion and book signing of *Hidden History of Fort Myers*.

Williams writes about Fort Myers as a frontier town and explores stories behind the growth of the city. The book will be available for purchase.

Williams is a freelance writer and copy editor with a diverse publishing history, including copy writing, creative non-fiction, narrative history, fiction and corporate communications.

The event is free to attend, and refreshments will be available.

Bell Tower Shops are located on the corner of Daniels Parkway and U.S. 41 in Fort Myers. For more information, visit [www.edisonfordwinterestates.org](http://www.edisonfordwinterestates.org) or call 334-7419.✱



Cynthia Williams

photo provided



## School Smart



by Shelley M. Greggs, NCSP

**Dear Shelley,**  
My daughter goes away to college next fall. I would like to start helping her take more responsibility for her life. What are some things

that you think she needs to learn to be independent and happy?

Janice W, Fort Myers

**Janice,**

It's so important for kids to have had an opportunity to learn some basic life skills before they go away to college. Time management skills are crucial for success at school and in life, and now is the time for you to start teaching these skills to your daughter. Have a discussion with your daughter to help her realize that after high school, she probably won't have someone regularly checking in with her, perhaps helping with homework and reminding her to leave for work/sports team practice, let alone any housekeeping and laundry chores she will encounter at college. Explain that working on time management skills now may help her understand how much time she needs for various assignments and projects, and still have for socializing with friends, time to relax and hopefully have fun.

Here are some of the factors to consider in mastering time management. Try to practice these skills before she transitions out of high school and onto the next phase of her life. Learning these skills will make her (and you) feel more prepared, organized and independent.

**Planning.** It helps to have a general plan for each day. While the time chunk at school is evident, the other parts of the day are less structured. Encourage her to create a time structure of when she will take care of assignments, obligations, chores and when she can take some time for herself.

**Prioritizing.** Some things are more

important than others. She will need to realize that she must take care of the important and urgent items before the things that can wait. And make sure she knows that, with longer-term projects, she doesn't need to do the whole thing at once. Learning how to break projects into workable units is very useful.

**Staying organized.** Keeping one's obligations and activities organized is essential. Schools today work hard to help kids understand the value of keeping a calendar. If she hasn't done this yet, it's time to begin. Let her experiment with both paper and app calendars. Finding one she likes and will look forward to using is key. Also, keeping a list of tasks can be very helpful for prioritizing and organization. Learning these skills are critical.

**Keeping balanced.** Help your daughter understand that life needs balance – all work or all fun isn't healthy. Talk about finding ways to balance schoolwork, other obligations, self-care (meals, sleep, and exercise), social life and fun. Explain how finding a balance will help her to be more efficient and effective in whatever she is working towards.

**Learning to handle unstructured time.** Your daughter will have lots of free time in college. This will give her a chance to relax, read a good book, catch up with friends, think, or even take a nap. However, some people find they have difficulty dealing with time when there is no set schedule or activities. Help her learn how to fill unstructured time successfully. One way to think about this is to work with her to identify things she likes to do that she doesn't always have time for on busy days. Unstructured times are her chance to do some of these things instead of wasting it away.

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.✱

## Meet The Author On January 12

Author George A. Bernstein will be on hand for a meet-and-greet at Lakes Regional Library on Friday, January 12 at 1 p.m.

Bernstein is the author of suspense

## Book Sale At Lakes Regional

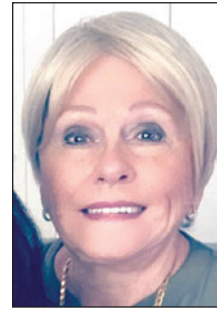
The Friends of Lakes Regional Library will hold a book sale at the library on Saturday, January 20 from 9 a.m. to 4 p.m. There will be

hundreds of books, CDs, DVDs, and audio books at great prices. All are welcome.

Lakes Regional Library is located at 15290 Bass Road in Fort Myers. For more information, visit [www.leegov.com/library/branches/lk](http://www.leegov.com/library/branches/lk) or call 533-4000.✱

### Book Review

## Manhattan Beach

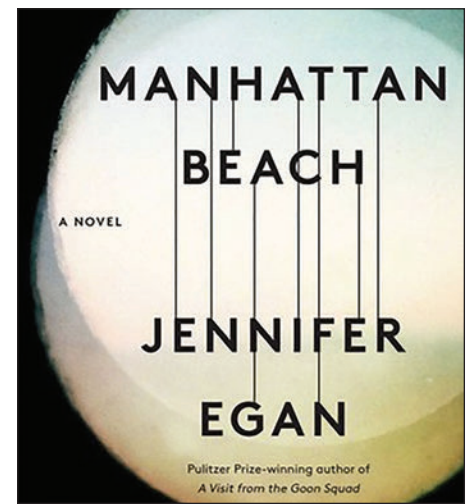


by Di Saggau

**M**anhattan Beach by Jennifer Egan made it to the best seller lists for a few weeks and that caught my eye. It begins in 1934 with Anna Kerrigan, nearly 12 years old, accompanying

her father Eddie to visit Dexter Styles, a man with a Gatsby air about him, who she realizes is crucial to the survival of her family. It's a palatial oceanside home, and she is mesmerized by the sea beyond the house and by some charged mystery between the two men. She intrigues Styles with a flash of youthful defiance. Eddie asks Styles for a job because he's tired of acting as a bagman for a crooked union official.

Eight years later, her father has disappeared, the country is at war and Anna is living with her mother and younger sister Lydia, a girl with a lovely face and palsied limbs. Anna loves her sister and does everything she can to make her life meaningful. She works at the Brooklyn Naval Yard, where women are allowed to hold jobs that once belonged to men, now soldiers abroad. She becomes the first female diver, a dangerous job that also has prestige. She also helps repair the ships that will help America win the war.



As Anna descends into the water, she touches the ship's hull and this is what she feels. "Her skin prickled into goosefish. The ship felt alert, alive. It exuded a hum that traveled through her fingers up her arm: the vibration of thousands of souls teeming within. Like a skyscraper turned on its side."

One evening at a nightclub, she again meets Dexter Styles and starts to understand the complexity of her father's life, and why he might have vanished. This historical novel follows Anna and Styles into a world full of gangsters, sailors, divers, bankers and union men. Disastrous consequences occur for both protagonists as the author intertwines three narratives to tell us what happened to Eddie. Manhattan Beach is a dazzling, propulsive exploration of a transformative moment in the lives and identities of women and men, of America and the world.✱

Available at  
[www.AMAZON.COM](http://www.AMAZON.COM)  
[WWW.EDITORIALRXPRESS.COM](http://WWW.EDITORIALRXPRESS.COM)

**Female Pioneers of Fort Myers**  
*Women Who Made a Difference in the City's Development*  
By Robin C. Tuthill and Thomas P. Hall

"Packed with facts and employing an engaging storytelling style, [Female Pioneers of Fort Myers] both teaches and entertains. Local history buffs and newcomers to history will value Tuthill and Hall's research and appreciate the accessible format, too."  
Gerri Reaves, PhD, author of *Legendary Locals of Fort Myers* and *Fort Myers, Then & Now*



# It's A \$1.5 Billion Bonanza Those 40 College Football Bowl Games



by Ed Frank

If you're bleary from watching 39 college football bowl games, did you ever consider the staggering economic impact of these contests?

The bowl games began December 16 with the New Orleans Bowl when Troy defeated North Texas, and will conclude Monday night in the championship game in Atlanta when Georgia faces Alabama (the 40th bowl game) for college football's biggest prize.

That game alone will generate at least a \$300 million impact, according to past studies.

But let's look at the overall impact of these 40 bowl games:

A report at the end of the 2015 season compiled by San Diego State University's Payne School of Hospitality & Tourism Management and George Washington University calculated the economic impact of all 40 bowl games at \$1.5 billion.

This figure, of course, includes both direct and indirect spending.

The Rose Bowl is the "Granddaddy" of all bowl games and generates more than \$300 million in spending. It and the Tournament of Roses Parade is the largest one-day attraction in the Los Angeles area – bigger than the Oscars.

These huge figures really tell only a portion of the story.

Here's what the individual conferences will receive in payouts for these bowl games:

Big Ten – \$89.5 million; \$54 million in base payout plus \$4 million for Ohio State in the Cotton Bowl; \$4 million for Penn State in the Fiesta Bowl and \$27.5 million for Wisconsin's Orange Bowl berth.

Normally, these proceeds are then split among all conference members.

ACC – \$87.5 million  
SEC – \$70 million  
Pac-12 – \$62 million  
Big 12 – \$60 million

In 1955, there were only seven bowl games. Today, we have 40. And we're certain this billion dollar-plus enterprise will continue to escalate in the years ahead.

## SPORTS QUIZ

1. Who was the last major-league team before the Chicago White Sox in 2016 to turn at least three triple plays in a season?
2. Which two National League teammates combined for more than 130 stolen bases for four consecutive seasons during the 1980s?
3. Lamar Jackson set a record in 2016 for most total touchdowns by a Louisville quarterback (51). Who had held the school record?
4. In the 2015-16 season, Miami's Hassan Whiteside became the second player in NBA history to have at least 250 blocked shots and shoot 60 percent from the field for a season. Who was the first?
5. Does Pittsburgh's Sidney Crosby have more than 60 NHL playoff goals for his career?
6. What is the only current track where Kyle Busch has not won a NASCAR Cup points race?
7. Who was the last American male tennis player before Sam Querrey in 2017 (Wimbledon) to reach a Grand Slam semifinal?

## ANSWERS

1. Oakland and Boston, both in 1979. 2. St. Louis' Vince Coleman and Ozzie Smith, 1985-88. 3. Dave Rugeone (2000) and Brian Brohm (2007) each tallied 33 TDs in a season. 4. Kareem Abdul-Jabbar of the Los Angeles Lakers, in the 1979-80 season (blocked shots were not kept as a statistic until the 1973-74 NBA season). 5. Crosby had 57 playoff goals entering the 2017-18 NHL season. 6. Charlotte Motor Speedway. 7. Andy Roddick, at Wimbledon in 2009.

**Everblades Close Out 2017 In First Place**

The Florida Everblades hockey team closed out the year with a 7-1 victory over Orlando to maintain their first-place lead in the ECHL South Division with a 22-5-1-2 season record.

The Everblades are on the road this weekend playing two games at South Carolina and a single game at Atlanta.✪

## Chubb Classic Tickets Available

Tickets and parking passes for the Chubb Classic going held at the TwinEagles Club from February 13 to 18 are now available for purchase at the Naples PGA Tour Superstore. Hospitality tickets for Taste of SW Florida, held in conjunction with the golf tournament, are also for sale.

Daily general admission tickets cost \$15 and are valid for admission any one day of tournament week. Weekly general admission tickets cost \$30 and are valid for admission all week, Tuesday through

Sunday. Kids, ages 17 and under, will receive free general admission with a ticketed adult. General admission parking passes are also available for \$5 per day or \$20 for the week (Tuesday through Sunday).

Taste of SW Florida hospitality tickets are available for \$35 daily, valid any one day Friday or Saturday. All upgraded hospitality ticket options can be purchased online at [www.chubbclassic.com](http://www.chubbclassic.com) or by calling the tournament office at 593-3900.

Naples PGA Tour Superstore is located at 2135 Tamiami Trail North in Naples. TwinEagles Club is located at 11725 Twin Eagles Boulevard in Naples.

For more information on the Chubb Classic, visit [www.chubbclassic.com](http://www.chubbclassic.com).✪

## Country Club Tees Off On 100 Years

Fort Myers Country Club began a weeklong celebration of its 100th birthday on December 29. On January 5 at 11 a.m., the celebration will culminate with a special presentation at Fort Myers Country Club presented by the Mayor, City Manager, and members of the City Council.

Fort Myers Country Club opened its course for play in 1917. The Mayor's proclamation recounts the following timeline:



Signage at the Fort Myers Country Club photo provided

In 1916, Fort Myers businessmen incorporated, purchased land and hired preeminent golf course architect Donald Ross;

On December 29, 1917, the first tee continued on page 24

## Conservancy

the Conservancy.

"As our largest annual fundraiser, Magic Under the Mangroves plays an important role in supporting the influential work of the Conservancy, enabling our team to advocate for the natural treasures of our region," said Rob Moher, president and CEO of the Conservancy. "Through this year's Magic Under the Mangroves gala, we are able to support the Conservancy's efforts to address environmental challenges

and inspire future generations of conservationists, and we look forward to bringing the community together make a difference right here in Southwest Florida."

Magic Under the Mangroves began as the 40th anniversary celebration for the Conservancy of Southwest Florida. The 2017 Magic Under the Mangroves event raised more than \$1.2 million, a sizeable portion of the Conservancy's annual operating budget. Since its inception, the event has raised more than \$9.3 million.

For more information, call 403-4218 or visit [www.conservancy.org/events/magic-under-the-mangroves](http://www.conservancy.org/events/magic-under-the-mangroves).✪

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# Marketing Agency Celebrates A Decade Of Distinction



From left, April Bordeaux, Beth Rivera, Michael Chatman and Jaimie Miller photos provided

CONRIC PR & Marketing was proud to host its clients and friends in business as it celebrated a decade of distinction at Alliance for the Arts on Monday, December 11. More than 75 people joined the CONRIC team as they got “fired up” looking back at 10 years of award-winning work and looking ahead to another decade of excellence.

CONRIC also announced that it reached its five-year goal of giving \$500,000 back to the local community, and plans to continue giving back in its next decade in business. Since 2013, the company has donated \$100,000 annually in marketing support, volunteer hours and monetary donations to numerous nonprofits, organizations and start-up companies that work to enhance the quality of life and economic development in Southwest Florida. PACE Center for Girls, United Way, Dress for Success SW Florida, Multicultural Centre of Southwest Florida, Blessings in a Backpack of SWFL, Golisano Children’s Hospital and IMAG are among the organizations the company supports.

CONRIC CEO and Chief Marketing Officer Connie Ramos-Williams said, “It has been an incredible and rewarding 10 years in business. Our team is honored to work alongside some of the most respected companies and business owners here in Southwest Florida and nationally. We look forward to continuing to support our clients with the goal of exceeding their expectations in the decade ahead.”✱



Beth Rivera and Jacquie Matthews Williams



From left, Kathi Castricone, Kim Wheeler and Linda Fiore



Ray Masciana and Carlos Acosta



Cecilia St. Arnold and Karen Watson



Connie Ramos-Williams and Alice Skaff



David Seitz and Jeanne Sweeney



From left, Rick Williams, Keith Grossman, David Seitz, Connie Ramos-Williams, Kelly Fayer, Nathan Winesett, Kate Walter and Blake Hampton





Parallel Journeys

## Environmental Issues Addressed In Art Exhibition

The Florida Gulf Coast University (FGCU) Art Galleries of the Bower School of Music & the Arts will present Wendy Wischer: Parallel Journeys in the Wasmer Art Gallery from February 1 to March 1.

There will be an artist lecture in the U. Tobe Recital Hall in the Music Building at 5 p.m. on Thursday, February 1, followed by an opening reception in the Arts Complex. The exhibition is sponsored in part by Gene and Lee Seidler, Alice and Dean Fjelstul and State of Florida, Department of State, Division of Cultural Affairs and the Florida Council on Arts and Culture.

Wischer is based out of Salt Lake City, Utah, and exhibits both nationally and internationally using a variety of media from sculptural objects, to installations, to video, sound and public works. Parallel Journeys marks her first exhibition in Fort Myers. She has partnered with

film still courtesy of the artist

FGCU faculty Win Everham, professor of environmental studies, as well as other faculty and students to create new site-specific restorative artwork on campus. She will present new digital works inside the gallery based on the research she has done in Southwest Florida over the past six months.

With our increasing global climate crisis, Wischer has shifted focus to incorporate and highlight environmental issues. She has found ways to translate data into personal understanding and create artwork that moves the viewer in poetic ways. She seeks a wide range of data that can be used to creatively link nature with technology, science with mythology, and personal identity with universal connections.

The Wasmer Art Gallery is in the Arts Complex on FGCU's main campus at 10501 FGCU Boulevard South. Parking is available in Lot 7 for gallery visitors. Regular viewing hours are 10 a.m. to 4 p.m. Monday through Friday, and 10 a.m. to 7 p.m. on Thursday.

For more information on this exhibition and others, go to [artgallery.fgcu.edu](http://artgallery.fgcu.edu) or contact Anica Sturdivant at 590-7199 or [asturdiv@fgcu.edu](mailto:asturdiv@fgcu.edu).

## Cambridge Scholar Awards

Forty-five students from Estero High School were recognized by Cambridge Assessment International Education for their outstanding performance in the November 2017 Cambridge examination series.

One student, Cody Hutchison, received the Top in Country award for earning the highest standard mark in the United States.

The Outstanding Cambridge Learner Awards are a group of awards issued by Cambridge Assessment International Education who recognize exceptional learner achievement in Cambridge examinations around the world.

Estero High School Principal Clayton Simmons said the awards recognize the talent, dedication and commitment of both learners and staff. "The results are a reflection of the enormous talent in Lee County, not only amongst learners, but also within the teaching profession," he said. "Learners from Estero High School have a bright future ahead of them, and I wish them every success in their future."



**Cody Hutchison, recipient of Top in Country Cambridge Scholar Award** photo provided

Nancy Foley, Cambridge coordinator and tech specialist at Estero High, said: "It is extremely rewarding to congratulate Cambridge learners at Estero High who have worked so hard to achieve tremendous success in Cambridge examinations."

## Dunbar High Microsoft State Champion

Once again, Dunbar High School has another talented student ready to compete for a national title.

Freshman student Kevin Dimaculangan has been named a Florida State Champion in Microsoft Excel, because of his exceptionally high score on the Microsoft Office Excel certification test at Dunbar High School's Academy for Technology Excellence.

Dunbar High now has 15 state champions, 8 national champions, and 3 world champions. Dimaculangan will now have the opportunity to compete against the top qualifiers from around the country for Certiport's 2018 Microsoft Office Specialist U.S. National Championship at the Marriott Marquis in Atlanta, Georgia from June 13 to 15.

"Dunbar has a legacy of champions in our technology programs. Every year, extraordinary students beat out other students from around the state, nationally and the world. We have set an achievement standard that allows these incredibly talented students to thrive and grow, while adding something remarkable to their resumes and college applications," said Carl Burnside, principal.

"Proud moments are what we strive for at Dunbar High School. We motivate our students to pursue those extraordinary activities that will enrich their school experiences and make them stand out from their peers," said Denise Spence, IT programs manager.

"As a competitor in this national



**Jason Caissie and Kevin Dimaculangan** photo provided

competition, Kevin will get recognition for his hard work and dedication to technology excellence," said his technology teacher, Jason Caissie. "In the past students that have competed in these competitions have earned opportunities at well-recognized universities and even Ivy League schools. There is no doubt in my mind that Kevin will go on to achieve great things."

For more information on Dunbar High School's Academy for Technology Excellence certification program, contact Denise Spence at 461-5322.

For more information on other certification programs or the Microsoft Office Worldwide Competition, visit [www.Certiport.com](http://www.Certiport.com).



**Machinist's Mate 3rd Class Joshua Moran, second from left, is pictured with seven other Navy service members during a recognition ceremony** photo provided

## Local Man Recognized For Navy Service

A Southwest Florida native was among eight Navy sailors to be recognized during a country music concert tour recently.

Machinist's Mate 3rd Class Joshua Moran of Cape Coral was recognized for his naval service on stage by American country artist Matina McBride at Chrysler Hall in Norfolk, Virginia as part of her The Joy of Christmas Tour on December 20.

Moran is currently serving aboard USS John Warner.



## Healthy Living Lecture Series

A lecture on the benefits of lifestyle management will be held at the Healthy Life Center – Cape Coral Wellness Center on Tuesday, January 16 from 12:30 to 1:30 p.m. The Lee Health presentation is the next in a series of free lectures designed to cover a variety of health care topics to help improve your physical and mental well-being.

Seating for this lecture is limited and reservations are requested by calling the Health and Wellness registration line at 424-3234.

These interactive and informative lectures are presented by Dr. Sal Lacagnina, system medical director of wellness and employee health. Watch the YouTube video *Make Health Last* and then attend a presentation by Dr. Sal to hear more about the benefits of lifestyle management. This video poignantly contrasts what happens to an individual who lives the standard American lifestyle versus someone who lives healthy and enjoys vitality and longevity.



Salvatore Lacagnina photo provided

Join us to learn more about how to live longer with a better quality of health.

Healthy Life Center – Cape Coral Wellness Center is located at 609 SE 13 Court in Cape Coral. Visit [www.healthylee.com](http://www.healthylee.com) for more information.✱

## Vision Loss Expo

The Southwest Florida Council of the Blind (SWFCB) will hold a Living the Good Life with Vision Loss expo at the Downtown Regional Library on Saturday, January 13 from 9 a.m. to noon.

Are you or a loved one experiencing vision loss? Have you given up on crafting or reading or other favorite

activities because of vision loss? If this sounds like you or someone you know, then attend the expo. Get hands-on experience with tips, tricks, techniques, and technologies shared by SWFCB members. Meet with agencies that serve those with vision loss and apply for their services.

The Downtown Regional Library is located at 2450 First Street in Fort Myers. For more information, email [swfcb1@gmail.com](mailto:swfcb1@gmail.com).✱

From page 10

## Celebrate Dr. King

With a continued belief in lifelong learning, Dr. King completed her doctor of ministry degree from the Ecumenical Theological Seminary of Detroit, Michigan on June 2, 2012 at age 81. She has also received several honorary doctoral degrees.

She began following her dream of becoming a minister as the program administrator at Christ Universal Temple (Chicago) under her spiritual mentor, Reverend Dr. Johnnie Coleman. She is an ordained minister, a professionally trained social work administrator, has served as dean of community relations at Malcolm X College in Chicago, and was a college instructor as well as dean of students at Spelman College in Atlanta. Dr. King was the first non-psychiatrist director of the Emory Mental Health Center, which was headquartered in the Southside Comprehensive Health Center in Atlanta.

Dr. King has authored 10 books and monographs, including the widely acclaimed *Transform Your Life*. She is also a major contributor to *A New Thought for A New Millenium* and *Wake Up... Live the Life You Love in Spirit*. Her most recent publications are *In Me, As Me: Ten Principles for Finding the Divine Within and Leave With Love: A Spiritual Guide to Succession Planning*. In 2016, a revised and expanded edition of *Transform Your Life* with exercises at

the end of each chapter was released. She has also written several magazine articles and essays.

Dr. King hosted her own television program, *A New Thought, A New Life*, and has appeared as a guest on shows produced by Oprah Winfrey and Tavis Smiley. She has been called upon to offer commentary on national news programs, given guidance and counsel to heads of state, and participated in White House conferences and consultation with U.S. Presidents Carter and Clinton.

Throughout her professional life, she has received numerous honors, awards and recognition. In the New Thought movement, she was awarded the three highest honors: The International New Thought Alliance (INTA) Life Achievement Award; the Ernest Holmes Religious Science Award; and Unity's the Light of God Expressing Award.

In 2001 Dr. King received the highest honor ever bestowed upon a woman when she was enstooled as the first female chief at Assin Nsuta, Ghana, West Africa, of the Ashante tribe. Her stool name is Nana Yaa Twumwaa 1.

The Dr. Martin Luther King, Jr., celebration will be followed by a reception in the church parish hall.

To inquire about this and other special events at St. Michael & All Angels Episcopal Church, contact Rector Ellen Sloan at 472-2173 or visit [www.saintmichaels-sanibel.org](http://www.saintmichaels-sanibel.org).✱

## Business Leaders Set To Tour Children's Hospital

Leadership NEXT, a professional organization for advancing business leaders in Southwest Florida, brought to you by the Greater Fort Myers Chamber of Commerce, will kick off the year with a special tour of the new Golisano Children's Hospital of Southwest Florida on Tuesday, January 9 from 5 to 7 p.m.

Having opened in the spring of 2017, Golisano Children's Hospital of Southwest Florida is the only acute care children's hospital between Tampa and Miami. The 292,000-square-foot state-of-the-art pediatric center of medical excellence offers 128 patient beds throughout its seven-story tower to serve children and families from Lee, Collier, Charlotte, Hendry and Glades counties. Made possible after a successful \$100 million capital campaign, Golisano Children's Hospital is often referred to as "the hospital the community built".

Attendees of the program should arrive in the main lobby for opening remarks by Armando Llechu, chief administrative officer for Golisano Children's Hospital, followed by tours of the Hematology & Oncology Center, Pediatric Intensive Care and Neonatal Intensive Care Unit.

After the tour, guests are invited to



Armando Llechu photo provided

a garden networking reception with refreshments compliments of program sponsor, HBK CPAs & Consultants.

Leadership NEXT is free to attend for members of the Greater Fort Myers Chamber of Commerce and \$10 for future members. All guests are highly encouraged to register in advance at [www.fortmyers.org](http://www.fortmyers.org) and should bring a valid driver's license for check-in upon arrival.

Golisano Children's Hospital of Southwest Florida is located at 9981 South HealthPark Drive in Fort Myers. Follow Leadership NEXT on Facebook to learn more.✱

**OH NO!  
NOT JOINT  
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Doctor and Dietician

# Meat Vs. Rice



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

Arround the world, the typical advice for a simple ankle sprain is basically wrong. After a joint injury, the treatment should be MEAT (Movement, Exercise, Analgesics and Treatment) versus RICE (Rest, Ice, Compression and Elevation.) RICE treatments actually prevent full healing instead of assisting the body to heal.

It's important to remember that ligament injuries cannot be treated the same as muscle injuries. Muscles are very vascular structures, beefy and red; whereas the white structures of the body, including the tendons, ligaments, menisci, labrum and articular cartilage, have little or no blood supply. The RICE treatment decreases blood flow further, and leads to incomplete healing of soft tissue, whereas

MEAT encourages complete healing. Muscles can undergo the RICE treatments and feel immediately better and avoid compromised healing because of the large influx of healing cells available, despite the non-healing aspects of the RICE protocol. The white structures are not so lucky, and research has shown that the RICE protocol inhibits healing.

The RICE treatment is often administered to athletes after badly spraining an ankle, tearing the meniscus in the knee, or sustaining some other type of sports injury. Athletes can be seen with ice packs taped to the injured joint. But realize that the inflammation resulting after these injuries is nature's attempt to heal the injuries as quickly as possible. Using RICE treatments eliminate this chemistry, even though they may offer short-term pain relief.

The MEAT protocol, including regenerative injection treatments for more severe injuries, stimulates the repair of the soft tissue structures that are causing the joint instability. Realize that even the creator of the RICE protocol, Gabe Mirkin, MD, has stated that inflammation is necessary for healing and that RICE can delay healing. What does the body want to do after an injury? Heal, of course.

*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.\**

# Coaches Clinic At Sports Complex

The Minnesota Twins, Lee Health and Lee Health Foundation have formed a partnership to develop initiatives throughout spring training plus in support of health and wellness throughout Southwest Florida. The partnership includes sponsorship of the Twins' upcoming baseball clinic programs in Southwest Florida.

"The Minnesota Twins provide a valuable platform for health and wellness initiatives for fans, coaches and players in Southwest Florida," said Skip Leonard, chief foundation officer for Lee Health Foundation. "We are excited to partner with the Twins and look forward to continuing our focus on community-wide healthy lifestyles and education programs."

The partnership will kick off with a coaches clinic at the Century Link Sports Complex Players Academy on Saturday, January 13 from 8 a.m. to 12:30 p.m. The academy is located at 14112 Six Mile Cypress Parkway in Fort Myers.

"The goal of the day is to provide youth coaches with the opportunity to become more educated and learn valuable insight from professional instructors so they can give their players the finest possible experience in the game," said Mark Weber, manager of Florida business operations for the Minnesota Twins. "This is a great kickoff to our Southwest Florida series of free youth baseball clinics set to begin on January 20."

The coaches clinic, open to coaches from across Southwest Florida, will begin with a one-hour classroom overview

and then two hours of on-field station demonstrations. The day will conclude with a group question-and-answer session. Coaches can register by emailing bradmckenney@twinsbaseball.com. The clinic is free and limited to 150 coaches and will feature experts on training/rehabilitation, strength and conditioning, pitching and hitting.

According to Christin Collins, system director of health and wellness for Lee Health, "This partnership supports Lee Health's mission to empower healthier lives through care and compassion." Collins added, "In addition to baseball fundamentals, coaches will learn about the importance of conditioning for injury prevention."

In addition to the clinics, Lee Health will partner with the Twins in presenting a Health and Wellness Fair as part of the Twins' Open House on February 19. The event will be the first official full team workout for the Twins at Hammond Stadium. Following the workout, youngsters will be allowed to come on to the outfield for the annual family fun clinic.

Once spring training starts, Lee Health's wellness team will be at the stadium during select games to educate fans alike on the importance of being active. Multiple booths will be set up at the stadium encouraging attendees to count their steps and take part in the seventh inning stretch.

For more information about the clinics and other activities, contact Brad McKenney at bradmckenney@twinsbaseball.com or 1-800-33-TWINS.

For more information on health and wellness, contact Tracy Siekmann at tracy.siekmann@leehealth.org or 424-3219.\*

deaRPharmacist

# Forget New Year's Resolutions, Do It Now



by Suzy Cohen, RPh

**Dear Readers:** Do you know how many New Year's resolutions people actually succeed at keeping? Practically none. I've never been a believer in resolutions. I think you should just do it now.

What do you think the reason is that we do not keep our New Year's resolutions?

There are two reasons. The main one is our self-defeating stories, and two, habits that we've held for years. One of my favorite books on this topic is *The Power of Habit* by Charles Duhigg.

Next, let's look at some of what Isaiah Hankel has to say on the power of our self-stories, he's just released a new book, *The Science of Intelligent Achievement: How Smart People Focus, Create and Grow Their Way to Success* (Capstone 2018). One of my favorite quotes from Mr. Hankel is: In order to change your big story, you have to change the little stories.

You know which stories don't you? Have you ever heard yourself say any of these:

I'll never be thin because I've been overweight for 16 years now.

It's more important that I'm available for him now, I'll concentrate on me later.

I hate myself, I hate my body... I'm so stupid.

By telling yourself these negative

stories, or even thinking them, you give yourself the freedom to abuse yourself and remain in toxic relationships, eat fattening food and keep drinking or smoking. Why should you bother, you always fail anyway, don't you?

See what I mean... if you refuse to change those stories, then I suggest you not make any resolutions for 2018 because you're destined for failure, then you will feel even more badly about yourself.

But if you're ready and willing to dispense with the negative thinking, and forgive your past failures, then let January 1 be your day for change. Two years ago, I decided I'd declutter my home a little bit more. I like things neat and organized. If you too want to organize your home, read this, *The Life-Changing Magic of Tidying Up* by Marie Kondo.

We don't actually overcome, or break a bad habit. We merely replace it with another one. And amazingly enough, those new, healthy habits become ingrained in our behavior in about three weeks, so don't give up too soon. Set reasonable goals for yourself though. Remember, nobody's perfect, and if they are, they've been photoshopped.

So this January 1, sit down and write a list of the negative thoughts that make up the mental chatter in your mind. Write all of them on paper or type and print your list. Vow to never say these words again and burn them. Literally, turn them to ash. Then create a vision board using pictures that you cut out of magazines to represent all the wonderful things you'd like to create in your life. Dreams can come true if you believe that they can. Cheers to a happy, healthy new year.

*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.\**

## From page 20 Country Club 100

shot was struck to begin a golf course known as Fort Myers Country Club;

As early as March 1918, the Fort Myers Country Club hosted the first professional golf tournament in Southwest Florida known at the South Florida Open;

In 1929, the Fort Myers Country Club hosted the Fort Myers Open, won by two-time Masters Champion Horton Smith;

In 1942, the Fort Myers Country Club hosted a major tournament, the Senior PGA, won by Eddie Williams;

In subsequent decades, the Fort Myers Country Club hosted Hall of Famers including Arnold Palmer and Patty Berg along with countless major champions and tour winners. It has entertained more than four million rounds of golf since 1917 and is one of five courses in Florida to celebrate a centennial celebration.

Richard Moulton, public works director for the City of Fort Myers, said, "This is a very special celebration for the community. We recognize

both the centennial anniversary of an extraordinary golf course, and an important chapter in the history of our City."

In 2014, The City of Fort Myers completed a renovation of the 100-acre municipal golf course after closing for six months. Golf course architect Steve Smyers transformed the course during the \$5.8 million project with elevated bunkers and greens. The course received extensive modernization to drainage, turf quality, pro shop and bathroom renovations and operational efficiency. Six new water hazards in the form of filter marshes and lakes were added.

The renovation was designed and constructed to provide increased accessibility for players with disabilities. Fort Myers Country Club changed during the renovation from a par 71 to 70 for the men and 72 to 71 for the ladies.

Fort Myers Country Club is located at 3591 McGregor Boulevard in Fort Myers. For more information visit [www.cityftmyers.com/227/Fort-Myers-Country-Club](http://www.cityftmyers.com/227/Fort-Myers-Country-Club) or contact Rich Lamb at 321-7493.\*





Honey Mustard Shrimp and Prosciutto

photo courtesy Fresh From Florida



**Honey Mustard Shrimp and Prosciutto**

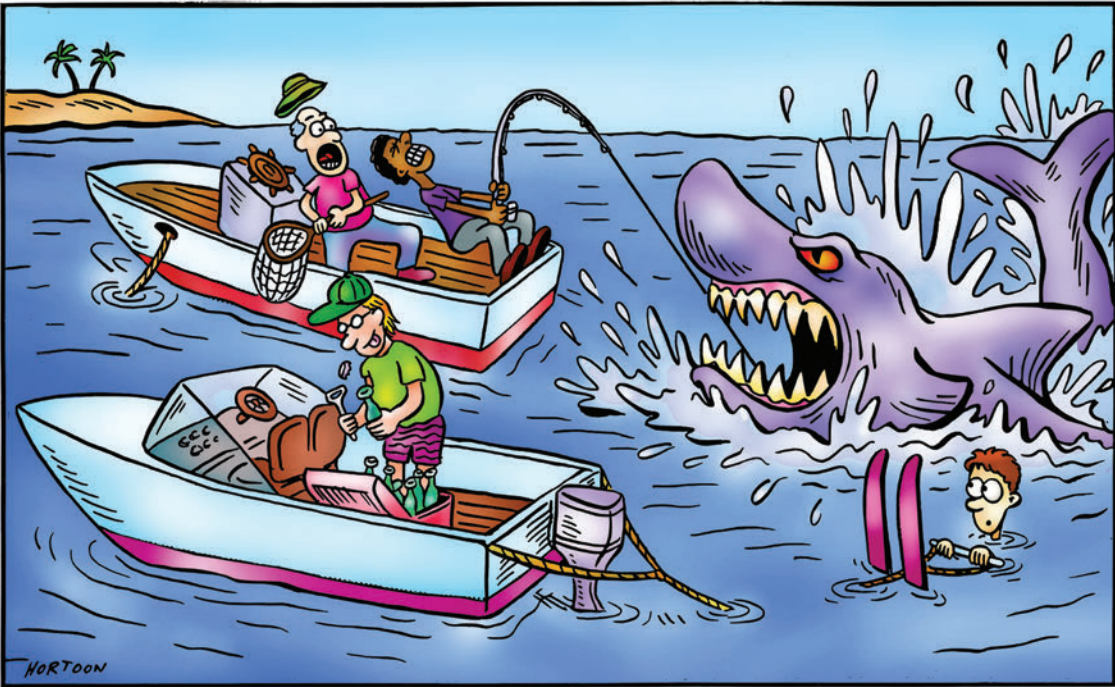
1/2 cup Dijon mustard  
4 tablespoons honey  
2 tablespoons soy sauce  
6 slices prosciutto  
16 large shrimp, cooked, peeled, tail on  
Whisk together the mustard, honey, oil and soy sauce until well combined. On a cutting board, cut prosciutto into triangles; coat one side of meat

with a thin layer of honey mustard mixture. Wrap prosciutto around center of each shrimp leaving tail exposed. Place shrimp on a serving tray; cover and chill until ready to serve. Serve with Honey Mustard Sauce (see recipe below).  
Yields four appetizer servings.

**Honey Mustard Sauce**

1/2 cup Dijon mustard  
4 tablespoons honey  
2 tablespoons peanut oil  
4 tablespoons soy sauce  
Whisk together the mustard, honey, oil and soy sauce until well combined.  
Yields four 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
<b>ARTS</b>	
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
<b>CLUBS &amp; ORGANIZATIONS</b>	
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
<b>AREA ATTRACTIONS</b>	
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: <a href="mailto:press@riverweekly.com">press@riverweekly.com</a>	



PUZZLES

Answers on page 29

Super Crossword

ONE-OFF SONGS OF THE SEASON

- ACROSS
- 1 Wall St. whiz

4 Capote, informally

7 Milky gemstones

12 "Avatar" actress Zoe

19 1,760-yard footrace

21 Juliet's lover

22 Big name in hair care

23 Puzzled

24 Shy around all of humanity?

26 Adorn big shopping centers?

28 Letters on an ambulance

29 Lavish attention (on)

30 "Bali —"

31 Prefix like "equi-"

32 More recent

33 Transport Kriss Kringle on a small, wheeled cart?

43 Middle name of Mozart

44 Yeats' "The Wild Swans at —"

45 Teen's skin woe

46 Brazil's — Paulo

49 Bulletproof vest material

50 Fastener holding a sleigh tinkler in place?

53 Foreman foe

54 Moo —

56 Address with dots in it

57 Tomahawks

58 Takes five

61 Rides that aren't new

67 Debt note

69 Rogers or Acuff playing percussion as a child?

74 Droid

75 Fait accompli

76 Blights

78 Kin of karate

81 Poker player

83 Sow, e.g.

85 See

86 Reason you might give for not buying a china plate?

93 Mother of Rajiv Gandhi

96 Chatter

97 Hurry

98 False front

99 With dignity

100 Vacation in Italy's capital?

103 In accordance with

106 Profs' aides

107 Gigi's "yes"

108 Voting place

109 Fancy carp

110 Earliest tune that singer Billy ever wrote?

119 Far off driving one's Ford pickup?

122 Japanese massage

123 Divided into new districts

124 Hindu maxim collection

125 'Bama rival

126 Hypnotic states

127 "Let's roll!"

128 Purview of Gov. Cuomo

129 Dipso

7 Sea predator

8 Billiards

9 — nitrate (fuel additive)

10 With 85-Across, "Dig in!"

11 — Canals

12 Gossipy chatterer

13 Hoppy brews

14 Decree

15 Cellphone components

16 Cursor, often

17 "Affliction" star

18 Birch cousin

20 Deer cousin

25 Pianist John

27 Prefix with life or land

31 Big name in frozen drinks

32 Part of NBA: Abbr.

33 Capital of Senegal

34 Brunch dish

35 Luxuriant

36 "Bad" cholesterol, for short

37 Vocal vote

38 Chem., e.g.

39 Multitude

40 Yule drink

41 Not sound

42 Actress Langtry

46 Baseball's Red —

47 Pro

48 Go-aheads

50 Rightful deserts

51 They show certain transit routes

52 Actress Dern

55 Shanty

59 Tim of football

60 — Poke (candy)

62 "Do Ya" gp.

63 Lion lair

64 B-to-F run

65 Suffix with drunk

66 Wish undone

68 Sun or moon

70 "Yes, that guy!"

71 1,051, to Nero

72 Iroquois tribe

73 Per annum

77 Doesn't exit

78 Irish dance

79 Yankee land

80 Small dollop

82 Arboreal frogs

84 In the way a lass would

87 2011 Marvel Comics film

88 Problems for vain sorts

89 Snarling mutt

90 Chart buster

91 "Sorta" suffix

92 — -wee Herman

94 "— will not!"

95 Clunker

99 Adds abundantly

100 Swear by

101 C-worthy

102 Polloi

103 In two, say

104 Scatterer of seeds

105 City square

109 Patella locale

110 Certain bolt holder

111 Altitudes: Abbr.

112 Architect

113 Drescher of "The Nanny"

114 Lashes (up)

115 Traffic clog

116 Redding of soul

117 Canadian fuel brand

118 Deep desire

120 Company abbr.

121 "— was saying ..."

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	
78	79	80			81	82							83		84			85		
86					87				88	89	90	91	92			93	94	95		
96					97				98							99				
103	104	105																		
108																				
119																				
123																				
126																				

King Crossword

- ACROSS
- 1 Possess

4 Hourglass fill

8 Frizzy hair-style

12 Witness

13 Bassoon's cousin

14 Applaud

15 Meadow

16 Supreme

18 Longtime talk-show legend

20 Supporting

21 Isinglass

24 Apprehensive feeling

28 Sunshades

32 Unmatched

33 Historic time

34 Sum

36 Tavern

37 Teen's facial woe

39 Archetype

41 Top

43 Take the bus

44 Knightly address

46 Interior design

50 Skydiver's need

55 Hearty brew

56 Oodles

57 Eastern

58 Lemon

59 "Puttin' on the —"

10 Operated

11 Make up your mind

17 Extinct bird

19 Doctors' org.

22 Hen pen

23 Sacrifice site

25 Asian desert

26 Metal refuse

27 Expression

28 Carrots' part-ners, often

29 St. Louis landmark

30 Hindu royal ...

31 ... and what she may wear

35 They counter-act chutes

38 Inferior sub-stitute

40 Fourth letter

42 Twitch

45 Actress

47 Uppercase, for short

48 Hodgepodge

49 Need for 13-Across

50 Standard

51 "The Greatest"

52 Decay

53 Ref

54 Cravat
- DOWN
- 1 Scandinavian city

2 Cry

3 Approach

4 One whose reasoning is faulty

5 "The — Daba Honeymoon"

6 Neither mate

7 Unhearing

8 Oak nuts

9 Winter ail-ment

100 Swear by

101 C-worthy

102 Polloi

103 In two, say

104 Scatterer of seeds

105 City square

109 Patella locale

110 Certain bolt holder

111 Altitudes: Abbr.

112 Architect

113 Drescher of "The Nanny"

114 Lashes (up)

115 Traffic clog

116 Redding of soul

117 Canadian fuel brand

118 Deep desire

120 Company abbr.

121 "— was saying ..."

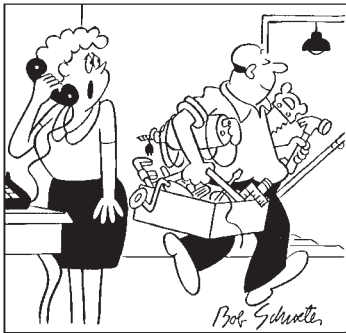
MAGIC MAZE ● FOUND IN A PURSE

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

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

- Brush
- Flashlight
- Meds
- Photos
- Cellphone
- Glasses
- Money
- Tissues
- Comb
- Gum
- Nail file
- Wallet
- Credit cards
- Keys
- Pen





"I'd better call you back, Marge, I'm afraid a \_\_\_\_\_ is about to come up!"

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!

Unkind

Level

Correct

Tally

OSCER

TODAY'S WORD

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

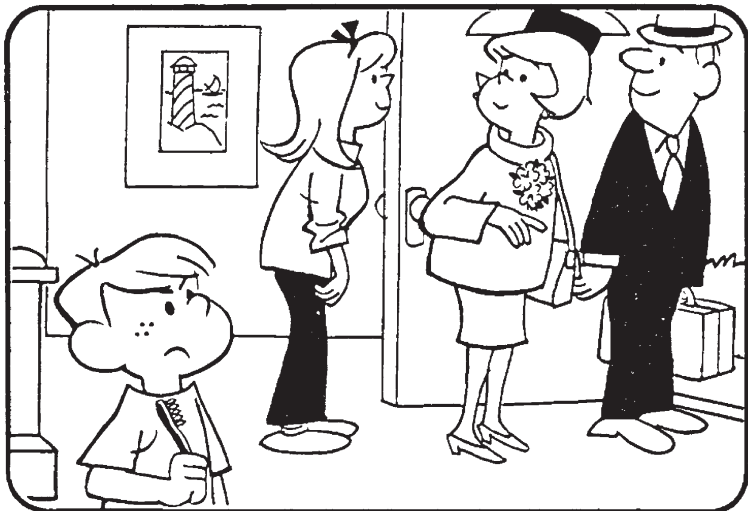
SUDOKU

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.

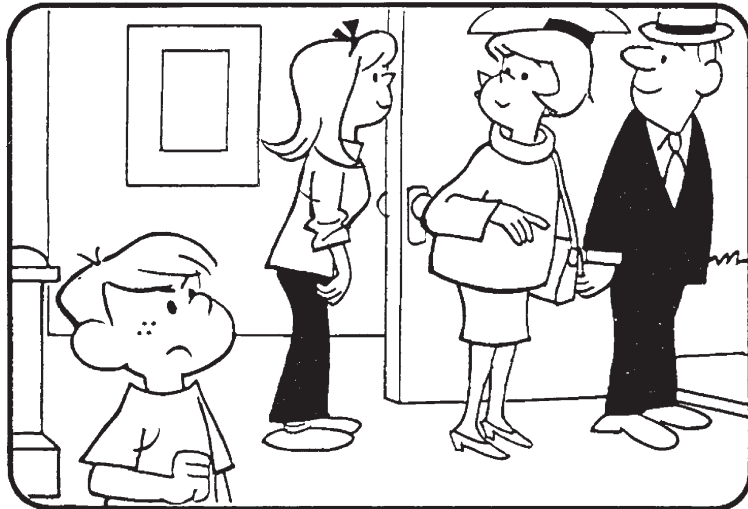
answer on page 29

HOCUS-FOCUS

BY HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Picture is missing. 2. Toothbrush is missing. 3. Body is slimmer. 4. Hat is smaller. 5. Corsage is missing. 6. Suitcase is missing.

Many Puppies Up For Adoption Despite Surgeries

The Gulf Coast Humane Society's (GCHS) Spay and Neuter Clinic hit a major milestone in late December when the staff performed its 10,000th surgery since it open on August 25, 2015.

The milestone was in large part due to the rising number of surgeries performed in 2017, with over 5,000 animals either spayed or neutered.

In actuality, that is a huge volume of animals that will be saved from being either homeless or euthanized due to the pet overpopulation challenge the country faces today.

But, unfortunately, even 10,000 spay/neuter surgeries haven't been enough in the five-county area.

"We are thrilled to have hit the 10,000 surgery milestone and that certainly has made a dent in the pet population since 2015," said GCHS Executive Director Jennifer Galloway. "But the challenge of curbing the pet population is still strong. We have had an influx of pregnant mother K9s come in the last couple of weeks and by the



Puppies waiting to be adopted

photos provided

time they all are done giving birth, we'll have around 50 puppies at the shelter or in foster care."

Per Florida law, all animals which are put up for adoption at any shelter will have to be either spayed or neutered. So mark up at least 50 more surgeries for the Spay-Neuter Clinic in January and February to come.

Currently, GCHS has half a dozen

mother dogs who have – or are going to – give birth to litters of puppies. In one litter, nine puppies were born to mama Joanie, while the shelter also had a Christmas Day present with a litter being born on the holiday by mama Pixie.

"We love puppies, but with the way the pet population is growing, there will always be a need for shelters," Galloway

said. "There are just not enough homes to go around with all the puppies and kittens being born annually, which also results in less homes for the adult dogs and cats, as well."

As is the case of most animal shelters, euthanasia is one way to create more kennel space. According to statistics researched by the American Society for the Prevention of Cruelty to Animals (ASPCA), approximately 1.5 million shelter animals are euthanized (670,000 dogs and 860,000 cats) annually.

That number is significantly down from 2011, when 2.6 million dogs and cats were euthanized, which is partially due to a rise in people adopting their pets instead of buying them as well as the rise of people microchipping their animals, which has led to more lost animals being returned to their owners.








But the best tool in lowering the pet population is spaying and neutering, plus there are healthy benefits for fixing your pet as well.

Spaying helps your female dogs and cats avoid uterine infections and breast tumors. Neutering your male forever friend prevents testicular cancer and some prostate problems as well.

Female pets will not go into heat and for males, roaming problems will

continued on page 31



	<b>FRIDAY</b> Sunny High: 61 Low: 55		<b>SATURDAY</b> Sunny High: 64 Low: 57		<b>SUNDAY</b> Sunny High: 63 Low: 55		<b>MONDAY</b> Sunny High: 61 Low: 57		<b>TUESDAY</b> Sunny High: 62 Low: 56		<b>WEDNESDAY</b> Partly Cloudy High: 65 Low: 59		<b>THURSDAY</b> Sunny High: 69 Low: 63
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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	2:12 am	9:41 am	4:59 pm	8:47 pm	Fri	1:17 am	9:43 am	4:04 pm	8:49 pm	Fri	2:13 am	9:41 am	4:10 pm	9:36 pm	Fri	4:22 am	12:57 pm	7:09 pm	None
Sat	3:10 am	10:24 am	5:34 pm	10:09 pm	Sat	2:15 am	10:26 am	4:39 pm	10:11 pm	Sat	3:32 am	10:24 am	4:58 pm	10:38 pm	Sat	5:20 am	12:03 am	7:44 pm	1:40 pm
Sun	4:16 am	11:06 am	6:12 pm	11:41 pm	Sun	3:21 am	11:08 am	5:17 pm	11:43 pm	Sun	4:44 am	11:10 am	5:48 pm	11:57 pm	Sun	6:26 am	1:25 am	8:22 pm	2:22 pm
Mon	5:38 am	11:48 am	6:51 pm	None	Mon	4:43 am	11:50 am	5:56 pm	None	Mon	5:58 am	12:08 pm	6:39 pm	None	Mon	7:48 am	2:57 am	9:01 pm	3:04 pm
Tue	7:23 am	1:13 am	7:32 pm	12:30 pm	Tue	6:28 am	1:15 am	6:37 pm	12:32 pm	Tue	7:12 am	1:22 am	7:28 pm	1:14 pm	Tue	9:33 am	4:29 am	9:42 pm	3:46 pm
Wed	9:14 am	2:33 am	8:13 pm	1:15 pm	Wed	8:19 am	2:35 am	7:18 pm	1:17 pm	Wed	8:23 am	2:25 am	8:15 pm	2:10 pm	Wed	11:24 am	5:49 am	10:23 pm	4:31 pm
Thu	10:47 am	3:36 am	8:54 pm	2:03 pm	Thu	9:52 am	3:38 am	7:59 pm	2:05 pm	Thu	9:42 am	3:19 am	9:02 pm	3:01 pm	Thu	12:57 pm	6:52 am	11:04 pm	5:19 pm

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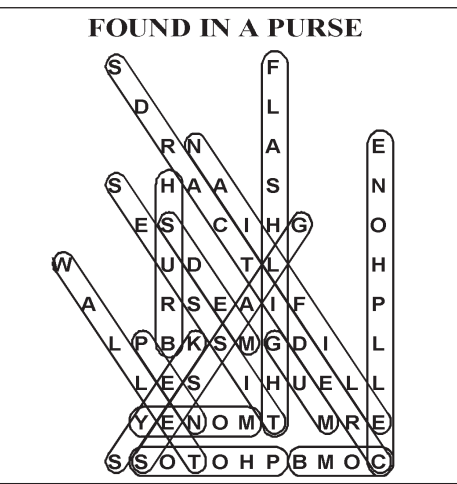
SUPER CROSSWORD

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KING CROSSWORD

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MAGIC MAZE



SUDOKU

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

My Stars★★★★

FOR WEEK OF JANUARY 8, 2018

**ARIES** (March 21 to April 19) Shutting people out to avoid distractions, even under a deadline, can cause hurt feelings. Instead, return calls and emails, and explain why you need a zone of privacy for now.

**TAURUS** (April 20 to May 20) Although your keen Bull's eyes usually can discern what's fact from what's faux, that upcoming decision will need really solid data before you can risk a commitment.

**GEMINI** (May 21 to June 20) As your confidence grows, you should be able to work toward your goals with more enthusiasm. Open your mind to suggestions. Some of them might even work for you.

**CANCER** (June 21 to July 22) Reconnecting with someone from your past stirs up that old sense of adventure. But before you do anything else, be sure to get answers to those still-lingering questions.

**LEO** (July 23 to August 22) Some people might resent the way you plan to resolve a difficult situation. But your commitment to making tough but fair decisions soon wins you their respect and support.

**VIRGO** (August 23 to September 22) Mixed signals could be causing that vexing workplace problem. Before you choose to leave the project, ask for a meeting so you can get things out in the open.

**LIBRA** (September 23 to October 22) Your good intentions could backfire if you're not careful with other people's feelings. Try using persuasion, not pressure, to get others to see your side of the situation.

**SCORPIO** (October 23 to November 21) Your dedication to finishing the task at hand is laudable. But be careful not to overdo the midnight oil bit. Take time for relaxation with someone very special.

**SAGITTARIUS** (November 22 to December 21) Although your intuition will help you make some tough choices in the first half of the month, you'll need more facts to back up your actions later on.

**CAPRICORN** (December 22 to January 19) All that hard work and research in the workplace finally pays off as you hoped it would. Ignore comments from jealous types who are out to get the Goat riled up.

**AQUARIUS** (January 20 to February 18) An unfair decision creates unnecessary problems. But avoid anger and move carefully as you work this out. Expect to get support from an unlikely source.

**PISCES** (February 19 to March 20) A fuzzy financial vista persists until midmonth, when things begin to clear up. You'll also gain a better perspective on how to handle those pesky personal problems.

**BORN THIS WEEK:** You have a wonderful way of being there for those who need your help in difficult times.

THIS WEEK IN HISTORY

• On Jan. 8, 1962, at the National Gallery of Art in Washington, D.C., Leonardo da Vinci's masterpiece, the Mona Lisa, is exhibited for the first time in America.

• On Jan. 9, 1776, writer Thomas Paine publishes his pamphlet "Common Sense," setting forth his arguments in favor of American independence. Pamphlets were an important medium for the spread of ideas in the 16th through 19th centuries.

• On Jan. 10, 1941, President Franklin Roosevelt introduces the lend-lease program to Congress to help Britain beat back Hitler's advance while keeping America only indirectly involved in World War II. By the end of the war, more than \$50 billion in funds, weapons, aircraft and ships had been distributed to 44 countries.

• On Jan. 11, 1935, American aviatrix Amelia Earhart departs Wheeler Field in Honolulu on a solo flight to North America. Hawaiian commercial interests had offered a \$10,000 award to whoever first accomplished the flight. The next day, after traveling 2,400 miles in 18 hours, Earhart landed safely in Oakland, California.

• On Jan. 12, 1926, the two-man comedy series "Sam 'n' Henry" debuts on Chicago's WGN radio station. Two years later, after changing its name to "Amos 'n' Andy," it became one of the most popular radio programs in American history.

• On Jan. 13, 1982, an Air Florida Boeing 727 plunges into the Potomac River in Washington, D.C., killing 78 people. The crash, caused by bad weather, took place only 2 miles from the White House. Investigators said the plane had to wait too long after being de-iced before it could take off, allowing new ice to

accumulate on the wings.  
• On Jan. 14, 1973, the Miami Dolphins defeat the Washington Redskins 14-7 at the Los Angeles Coliseum in Super

STRANGE BUT TRUE

Bowl VII, becoming the first team in NFL history to finish with an undefeated season.

• It was German-born theoretical physicist Albert Einstein who made the following sage observation: "The hardest thing to understand is why we can understand anything at all."

• If you're planning a trip to South Africa, you might want to keep in mind that there are 11 official languages there.

• It is customary in India for those who celebrate Christmas to decorate a banana or mango tree -- evergreens being in rather short supply in most parts of south Asia.

• Those who study such things say that a normal cat has 230 bones in its body, but it doesn't have a collarbone.

• You've almost certainly heard people refer to the school they attended as their alma mater, but do you know where the term comes from? In Latin, "alma mater" means "bounteous mother," and it was in the early 1800s that people began using it to designate their beloved schools.

• Before horror author Stephen King became famous for novels such as "Carrie," "The Stand" and "The Shining," he wrote four novels and 60 short stories that failed to be accepted for publication.

• Most lizards are harmless reptiles, but there are some that are known to be venomous. Rather than avoiding these rare creatures, however, there are some who seek them out for the very venom that makes them dangerous. It seems that there's a component to the venom that causes blood pressure to drop in humans, which could save thousands of lives.

• It would seem that even powerful dictators can succumb to the pull of Hollywood. Il Duce, Benito Mussolini, was an extra in the film "The Eternal City," and Cuba's longtime dictator, Fidel Castro, had a bit part in a movie called "Holiday in Mexico."

THOUGHT FOR THE DAY

"If God created us in his own image, we have more than reciprocated." -- Voltaire

SCRAMBLERS

solution

1. Snide; 2. Stable; 3. Right; 4. Score

Today's Word  
CRISIS

TRIVIA TEST

- Science:** What does the term Mohorovicic Discontinuity refer to?
- Geography:** How many provinces does Canada have?
- Movies:** Which Disney movie featured the "Siamese Cat Song"?
- Television:** In "The Simpsons" animated series, what are the names of Ned Flanders' two kids?
- History:** What is the date on the tablet held by the Statue of Liberty?
- Famous Quotations:** Which author penned the words, "I will honor Christmas in my heart, and try to keep it all the year"?
- Music:** What alternative rock band's debut album was titled "Bleach"?
- Animal Kingdom:** What is a baby whale called?
- Bible:** In what part of the Bible do the Beatitudes appear?
- General Knowledge:** In medieval times, what did a chandler do?

TRIVIA ANSWERS

1. The boundary between the earth's crust and the mantle
2. 10 provinces
3. "Lady and the Tramp"
4. Rod and Todd
5. July 4, 1776
6. Charles Dickens
7. Nirvana
8. A calf
9. Gospel of Matthew
10. Makes or sells candles and soap



# ★ ★ ★ CLASSIFIED ★ CLASSIFIED ★ ★ ★

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# PETS OF THE WEEK

Lee County Domestic Animal Services

## Bowonkle And Candy Cane



Bowonkle ID# 688879 photos provided

People make millions of New Year's resolutions each January. Lee County Domestic Animal Services invites you to "Skip the Jog and Walk a Dog" as part of yours. Make pets a part of your New Year's plan and consider that a new pet can help you achieve many of the most popular goals set each year. The adoption fee for dogs over 30 pounds will be just \$25 through January 30 to assist potential pet owners in finding a new exercise partner and best friend.

Hello, my name is Bowonkle. I'm a 1 year old male catahoula who is the perfect mate for your New Year's exercise resolution. My high energy will come in handy on your evening run. This combined with my good looks and charming personality gives me the ideal trifecta for a new family member.

My adoption fee is \$25  
Hi, I'm Candy Cane. I'm a 2 year old male domestic shorthair who is aptly named because of my lovely patterned fur. My gentle nature makes me the perfect lap cat. The adopt-one-cat-get-a-feline-friend free promotion allows you to take a friend home with me.

My adoption fee is \$50.  
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



Candy Cane ID# 720433

to see if these or any other pets are still available.

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

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

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

From page 27

## Puppies

be alleviated and the chance of better behavior increases.

GCHS also has partnered with Fortunate Ferals, which is a local organization which focuses on the feral cat population in Lee County and the surrounding area. The partnership offers Trap-Neuter-Return (TNR) workshops where participants can be certified to help trap feral cats and bring them into the GCHS Spay-Neuter Clinic.

"It's a great opportunity for people to learn how to take care of a cat colony



Daisy Rey photos provided

Haven on Earth Animal League

## Daisy Rey And Precious

Hello there. My name is Daisy Rey. I'm only 4 months old and a very sweet little tabby girl. I'm just waiting for someone to take me home and love me forever. I'm currently staying at Petco at Gulf Coast Town Center. I am spayed and up to date on vaccinations. My adoption fee is \$125.

Hi, I'm Precious. I am a beautiful 1



Precious

year old female tabby with the sweetest face you've ever seen. I was rescued from a motel with my babies, and now I'm just waiting for someone to give me a forever home. I'm currently staying at Petco at Gulf Coast Town Center. I'm spayed and up to date on vaccines. My adoption fee is \$100.

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).\*

humanely and trap them, bring them in and get their surgery," Galloway said. "They also learn how to return the cat back to where they were captured. If we can fix a good amount of the cats in a colony, natural attrition will thin out the population."

The next TNR workshop is Saturday, January 6 at the GCHS campus. To register for this free workshop, go to the Fortunate Feral webpage at [www.fortunatferals.org/events.html](http://www.fortunatferals.org/events.html).

The GCHS Spay Neuter Clinic is ready to take on a higher volume of surgeries. In fact, the staff is excited to exceed goals in

2018. "We have a great spay and neuter facility and staff at our clinic and are hoping we can eclipse the number of surgeries we had in 2017," said GCHS Spay and Neuter Clinic Manager Melanie Waite. "It's been wonderful seeing the message of the importance of spaying and neutering your pet being spread. But we are far from done getting that initiative out to the public." To schedule an appointment to spay or neuter your pet, call 332-1573, visit [www.gulfcoasthumanesociety.org](http://www.gulfcoasthumanesociety.org) or visit the shelter located at 2010 Arcadia Street in Fort Myers.\*

## Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Murano	Miromar Lakes	2008	4,308	\$1,950,000	\$1,600,000	215
Beachview Country Club Estates	Sanibel	2003	2,451	\$1,095,000	\$1,000,000	37
Fa Lanes Bayview	Captiva	1970	1,176	\$1,025,000	\$995,000	260
Fairview Isles	Fort Myers Beach	1957	1,838	\$878,000	\$800,000	27
Goldcrest	Bonita Springs	1994	3,149	\$848,900	\$750,000	357
Lakemont	Bonita Springs	1991	2,298	\$749,900	\$700,000	24
Cape Coral	Cape Coral	1988	3,520	\$729,000	\$690,000	372
Town And River	Fort Myers	1973	2,356	\$700,000	\$680,000	169
Cape Coral	Cape Coral	2001	3,381	\$699,000	\$675,000	8
Cape Coral	Cape Coral	2007	2,599	\$674,900	\$627,500	27





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