



**Martin
Luther
King, Jr.
Day**
Monday,
January 15

THE RIVER WEEKLY NEWS

FREE
Take Me
Home

Vol. 17, No. 2

From the Beaches to the River District downtown Fort Myers

JANUARY 12, 2018

Estates To Host National Kid Inventors' Day

On Wednesday, January 17, children and their parents are invited to be some of the first to test the new activities in the Smithsonian Spark!Lab at Edison & Ford Winter Estates for national Kid Inventors' Day. The event will run from 5:30 to 7:30 p.m. and offers free admission to the museum.

The Edison Wild Wizards will start the event with a series of interactive science experiments and presentations. Afterwards, guests will be invited inside the museum to experiment in the Spark!Lab. The lab is a hands-on, interactive exhibit for families and children with five different invention stations. The new activities include Invent-A-Vehicle, Flying Machines, and High Wire Driver. Groups and individuals alike can have fun inventing at each station.

In the activity Invent-A-Vehicle, visitors first sketch and then build a vehicle out of reusable materials and components. The activity encourages collaboration,



Children learn how to invent in the Smithsonian Spark!Lab at Edison & Ford Winter Estates

photos provided

imaginative play and even real functional testing.

At the Flying Machines station, visitors engineer flying objects using various construction materials. The inventions are



then tested and tweaked to improve the distance or height achieved during flight. Challenge cards encourage visitors to create inventions that fly like a rocket, bird, airplane or hot air balloon.

High Wire Driver is an activity where visitors use a variety of building supplies and simple motors to invent devices that can roll along a cable, suspended above a table or work surface. This station allows participants to create imaginative high wire driving cameras, cable cars or even an overhead cash carrier.

Kid Inventors' Day celebrates children's achievements and encourages creativity. The date, Benjamin Franklin's birthday, honors the childhood inventor who invented swim flippers when he was just 12 years old. Other notable childhood inventions include the popsicle, trampoline, ear muffs and Braille.

Thomas Edison, another childhood inventor, created a lab in his parents' basement when he was just 10 years old. He often took things apart to see how they worked. When he was 12, he started publishing a newspaper and sold the publication to train passengers.

The Smithsonian Spark!Lab encourages children of all ages to be creative and think like an inventor. Edison Ford is one of only nine museums in the country to have a Spark!Lab. For more information, visit www.edisonfordwinterestates.org or call 334-7419.*

ABBA Tribute Band To Perform



ABBA tribute band, Almost AHBA

photo provided

Edison & Ford Winter Estates will host its monthly Rhythm on the River music celebration in the river pavilion with Almost AHBA, an ABBA tribute band, on Friday, January 19 at 5:30 p.m. The group will play many of ABBA's top hits and songs from the musical *Mamma Mia*. Almost AHBA has been performing since 1996 for audiences as large as 50,000.

The Edison Ford river pavilion offers a river view and a chance to see a spec-

tacular sunset. A limited number of seats will be provided; guests are encouraged to bring a folding chair. Visitors are also encouraged to bring a jacket or blanket as the event will be outdoors, along the river.

Tickets are \$20 or \$15 for Edison Ford members. A cash bar will be available.

For more information or to purchase tickets, visit www.EdisonFordWinterEstates.org or call 334-7419.*



From left, Danielle Channell, Lucy Sundby and Holly Wilson play sisters

photo courtesy Paula Sisk, Repaductions, LLC

Frayed Family Dynamics At Lab Theater

by Di Saggau

Crimes of the Heart is a Pulitzer Prize-winning play by Beth Henley about three dysfunctional sisters who seem drawn to sad situations. It's playing now at Laboratory Theater of Florida. Set in Hazlehurst, Mississippi in Old

Granddaddy's house during the early '80s, it presents a day in the life of sisters Lenny (Lucy Sundby), Meg (Danielle Channell) and Babe (Holly Wilson) who are suddenly reunited. It's Lenny's 30th birthday, but she's the only one who remembers it's her special day. The play opens with her trying to light a candle atop a birthday cookie. Lenny is a bit dowdy and stuck with having to care for a seriously ill grandfather who is hospitalized.

There is a bigger problem concerning Babe because she has just shot her husband

continued on page 8

Historic Downtown Fort Myers, Then And Now:

Stepping Into History



by Gerri Reaves, PhD

This circa-1909 photo is remarkable for several reasons, among them visual clarity and the location, a prime intersection in early Fort Myers.

But it's also one of those rare photos that invites you to walk right into it. Step onto that scrubby foreground and a puff of dust might arise from unpaved First Street.

Notice there's not an internal-combustion engine in sight. The street so lacks activity that three men safely hold a conversation in the middle of First (right center).

Dominating the photo is the Bradford Building at First and Hendry. By 1909, the first two-story addition had been added to

the original three-story section, multiplying the number of street-level storefronts.

Henry A. "Berry" Hendry's store occupies the prime corner, coincidentally in the same spot where his father, William Marion Hendry, had owned a wood-frame store beginning in the 1870s.

Next to Hendry's is a hardware store, and then Hunter's Drug Store, which had opened in the Bradford in 1905 when the first phase was built.

In the Bradford addition, you'd find the post office.

Backing up to the wooden structure on the northwest corner (far left), stands a relic of pioneer days. It was originally Jehu J. Blount's general store, started in the early 1870s.

Located slightly right of the photo's center is a round concrete trough in the intersection, placed there in 1904 for watering horses, mules, oxen and dogs.

It was part of the town's first water and fire-protection system, but would be removed in 1910, as the streets took on a more modern look and adapted to automobile traffic.

An attractive drinking fountain replaced it in June 1910, one that had separate drinking levels for people, dogs and horses.



The Bradford Building at First and Hendry stands at the center of this circa-1909 scene. Note the unpaved streets and the open trough at the center of the intersection. On the far right is the Stone Block, now called the Leon Building.

photo courtesy SWFL Florida Historical Society Bill Turner Collection



The Bradford and Stone Block remain, but all other structures in the photo were constructed shortly after the historical photo was taken

photo by Gerri Reaves

In fact, that arc of water pipe emerging from the ground (in shadow, right) marks the future spot where the fountain will soon be installed.

On the photo's right and along the south side of First are the Stone Block (far right), also built in 1905.

Today that structure is called the Leon Building, and the rough stone façade has been smoothly stuccoed for decades.

Visible in the space between the pole and the Stone Block are several details worth noting.

Under the awning at the corner hangs the First National Bank sign, which had opened in the Stone Block in 1907.

Across Hendry, where the First National Bank Building is today, stands an 1890 two-story wood-frame structure. On the ground floor is Edward L. Evans's general store and on the second Phoenix Hall, a community center.

Look closely at the roof and you'll see the bell (right of pole) that was rung to alert the town to a fire emergency.

Within five years after this circa-1909 photo was taken, Phoenix Hall would be demolished to make way for the Neo-Classical Revival-style granite bank, which opened in 1914.

The old Blount store would also disappear, when the Heitman-Evans Building was built on the spot and Evans moved his store diagonally across the intersection.

Walk down to First and Hendry and dream of stepping into history, when no cars were on the streets and a horse's trough marked the intersection.

Then learn more about local history at the following two research centers.

The Southwest Florida Historical Society is an all-volunteer, non-profit organization open Wednesday and Saturday between 9 a.m. and noon and Wednesday 4 to 7 p.m. It is located at 10091 McGregor Boulevard on the campus of the Lee County Alliance for the Arts. Call 939-4044 or visit www.swflhistoricalsociety.org for more information.

The Lee County Black History Society is located at 1936 Henderson Avenue, adjacent to the Williams Academy Museum at Roberto Clemente Park. Hours for the all-volunteer, non-profit organization are Wednesday through Friday from 11 a.m. to 4 p.m. and on Saturday by appointment only.

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

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

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A Feast To Benefit Shelter Animals

Bruno's of Brooklyn Italian Eatery in downtown Fort Myers will host Cannolis, Cops and Canines on Monday, January 22 from 6 to 9 p.m. All proceeds from the event will benefit Gulf Coast Humane Society and its shelter animals, with a limit of 60 tickets sold on a first come, first serve basis.

During the evening, Lee County Undersheriff Carmine Marceno and Chef Calcedonio Bruno will be cooking live with all the food delivered right to the plates of all the attendees.

"This is one event I am personally excited to attend, because it's so unique," said GCHS executive director Jennifer Galloway. "Add in some of the best food served in the Fort Myers' area at Bruno's, this is an event not to miss."

The evening will feature an auction for a private cooking class at Bruno's, door prizes, a raffled basket, GCHS puppies on the patio to meet and a plate being stacked with the great Italian food.

"We are pleased to host the Cannolis, Cops and Canines as a fundraiser for Gulf Coast Humane Society, and we are hoping for a great turnout for the shelter animals," said Chef Calcedonio Bruno, who owns Bruno's along with his wife, Genevieve Bruno. "This event will surely satisfy anyone's appetite for great food, while

knowing they are helping the shelter animals of GCHS."

Tickets are \$100 per person, with a cap of 60 being sold.

Contact Bruno's of Brooklyn at 278-0211 to reserve your spot today.✱

Free Admission To First Responders

Florida SouthWestern State College will pay tribute to local first responders on Saturday, January 13 during the FSW men's basketball game. All first responders and their immediate families will get a free ticket to the game (up to four tickets per family). Game time is 4 p.m. at FSW's Suncoast Credit Union Arena. The nationally-ranked FSW men's team will take on cross-state rival St. Petersburg College.

"We all know the sacrifices that our police, fire and EMT professionals made during Irma that kept us all safe, but they put their lives on the line day in and day out," said Joe Turner, director of institutional promotions and development. "This will give them a chance to unwind with their family and enjoy a basketball game. It's our way of saying thank you for what they do for our community."

First responders will need to show proper identification at the box office to obtain their tickets. For more information, call 489-9432. For more information about FSW Athletics, visit FSWBUCS.com.✱

Cellist To Perform At Shell Point

Cellist Evan Drachman will perform in the Grand Cypress Room at the Woodlands at Shell Point Retirement Community on Thursday, January 25 at 7 p.m.

As part of the Concerts & Conversations program of Shell Point's 2017-18 Concert Series, guests can enjoy fellowship and a dessert reception with Drachman following the concert. The event is open to the public, with tickets available for purchase online at www.shellpoint.org/concerts or by phone at 454-2067.

Drachman possesses in abundance two qualities for which his grandfather, cellist Gregor Piatigorsky, was revered: the ability to make the cello imitate the human singing voice and, even more importantly, the ability to tell a story.



Evan Drachman

photo provided

Born in Boston, Drachman studied at the Peabody Conservatory of Music and the New England Conservatory of Music. Since graduating from the Curtis Institute of Music in 1998, he has appeared regularly as a soloist with orchestras, as well as giving recitals and chamber music performances across the United States. Internationally, he has performed in India, Great Britain, Sweden, Italy and Canada, also touring the Far East as a soloist with the Chinese-American Symphony during recitals in Hong Kong and Macau.

For this performance, Drachman will be accompanied by Victor Santiago Asuncion on the piano. Asuncion serves on the chamber music faculty of the Aspen Music Festival and School.

Shell Point Retirement Community is located at 15101 Shell Point Boulevard in Fort Myers.✱

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Andreas Kern and Paul Cibis in a piano battle

photo provided

Tickets Available For Community Concert Series

World-renowned artists from throughout Europe, Russia and Cuba will travel to Fort Myers this winter to perform for the Fort Myers Community Concert Association in its 69th annual concert series. All performances will start at 7:30 p.m. at the Barbara B. Mann Performing Arts

Hall on the Florida SouthWestern State College campus in Fort Myers.

Single tickets will be available for purchase starting Sunday, January 14 for five performances.

Piano Battle starring Andreas Kern and Paul Cibis kicks off the season on Tuesday, January 30. The internationally accomplished pianists go head-to-head in a piano duel featuring a variety of classical and contemporary music. The audience will decide the winner in this unique concert experience.

The four other concerts involve Teatro Lirico D'Europa performing Puccini's Madama Butterfly on February 8; Lezginka State Dance Company on February 20; Itzhak Perlman on February 27; and National Symphony Orchestra of Cuba on March 25.

The Fort Myers Community Concert Association, now in its 69th concert season, is an all-volunteer not-for-profit organization founded by the legendary Barbara B. Mann in 1949 to bring world-class entertainment to Southwest Florida at affordable prices. The association consists of more than 1,700 members, underwriters and sponsors.

For tickets visit www.fortmyerscommunityconcerts.org or call 481-4849.*

Men's Club Pancake Breakfast

Bayside Estates Men's Club will host a pancake breakfast in the Bayside Recreation Hall on Sunday, January 14 from 8 to 11 a.m. All are invited to attend.

The breakfast will include scrambled eggs, sausages, coffee, orange juice and all-you-can-eat pancakes for the cost of \$5. For only \$1 more, get a made-to-order omelet.

The club's monthly pancake breakfast is offered every second Sunday through season. Bayside Estates is just off San Carlos Boulevard, south of Pine Ridge Road. Signs are at both entrances.*

Daddy/Daughter Date Night

The 26th annual Daddy/Daughter Date Night will be held at Cape Coral Yacht Club on Friday, January 19 from 6 to 9 p.m.

Cost is \$50 for dad and one daughter and \$15 for additional daughters. Presented by the Cape Coral Parks & Recreation Department, the event will include an enchanting evening for girls and their dads including music, dancing, door prizes, catered hot and cold appetizers, refreshments and even a special photo by a professional photographer to capture the moment.

Cape Coral Yacht Club is located at 5819 Driftwood Parkway in Cape Coral. For more information, call 574-0804.*

Church Flea Market

Hope United Presbyterian Church within San Carlos Park will hold a Community Flea Market on Saturday, January 13 from 8 a.m. to noon. Vendors are welcome. Cost is \$20 for spaces to rent.

Hope United Presbyterian Church is located at 7470 Hickory Road in Fort Myers.*

Trolley Service Increased To Fort Myers Beach

LeeTran has increased service to Fort Myers Beach among seasonal changes that started January 4.

The Fort Myers Beach Trolley service includes two routes:

Route 490 has three trolleys that will travel between the Beach Park & Ride and Bowditch Park until 8:45 p.m., seven days a week.

Route 410 has five trolleys that travel between Bowditch Park and Lovers Key until 10:20 p.m., seven days a week.

Route 490 will depart from LeeTran's newly constructed Beach Park & Ride, which opened December 19. The new facility at 11101 Summerlin Square Drive on the corner of Pine Ridge Road provides free parking for people to take the trolley to the beach. Passengers also can connect to LeeTran's routes 50 or 130 from the Beach Park & Ride.

The Beach Trolley is 75 cents, or \$2 for an all-day pass.

Two additional increases in service that began January 4 include:

Route 150 from Bonita Grand to Lovers Key State Park.

The LinC Route 600, which connects Lee and Collier counties.

All seasonal changes extend through April 11.

Current schedules and more information can be found at www.rideleetrans.com. For questions, call LeeTran Customer Service at 533-8726 and press option 1, or email rideleetrans@leegov.com.

You can plan your trip using the Ride LeeTran app for Android or iPhones or by using Google Maps and selecting the transit option.*

National Anthem Singers Sought For Spring Training

Think you have what it takes to sing in front of a sold-out crowd of more than 10,000 people? The Boston Red Sox are currently looking for new talent to fill approximately 18 spots to perform the National Anthem for the upcoming 2018 Spring Training season at JetBlue Park.

Auditions will be held at JetBlue Park on Tuesday and Wednesday, January 23 and 24 from 4 to 7 p.m. All ages are welcome to audition. Reservations must be made in advance by calling Meehee Kim at 226-4707 or by emailing mkim@redsox.com.


If anyone is unable to attend these dates, he or she may contact Kim about submitting an audio recording. All reservations must be made by Friday, January 19 at 4 p.m. Space is limited.

The Red Sox open its 18-game exhibition season on Thursday, February 22 at 1:05 p.m. against the Northeastern University Huskies.

JetBlue Park is located at 11500 Fenway South Drive in Fort Myers. For more information, call 226-4783 or email jbpevents@redsox.com.*

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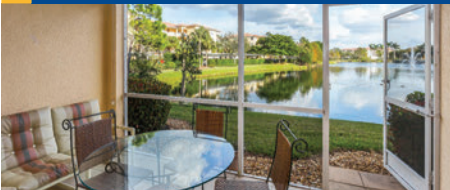
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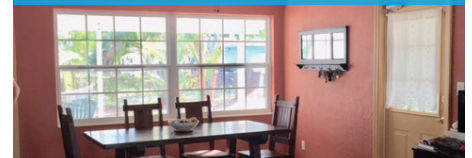
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Fort Myers Art:

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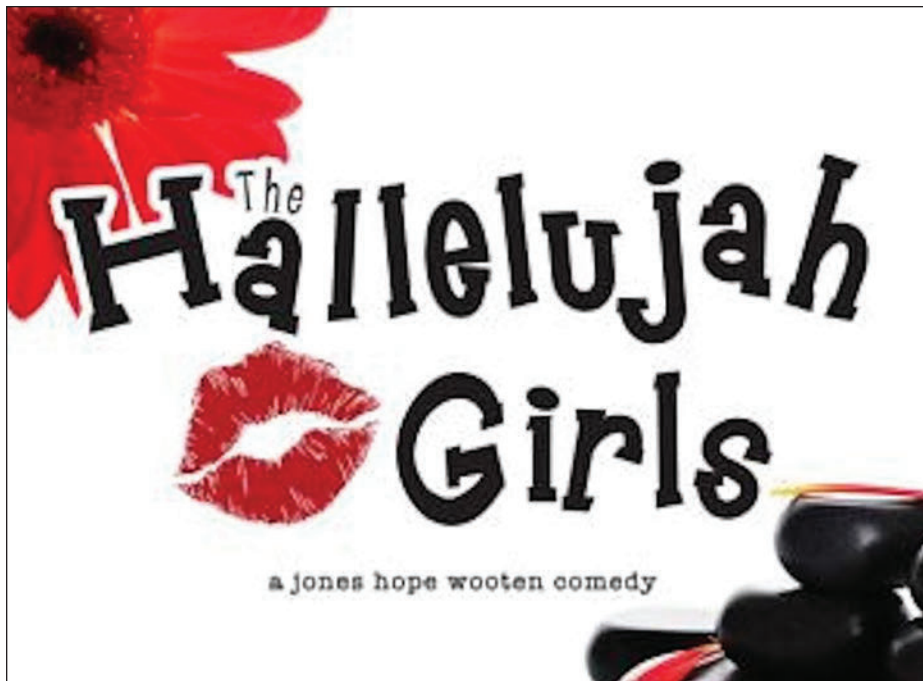
by Tom Hall

The *Hallelujah Girls* comes to the Off-Broadway Palm beginning Thursday, January 11. From the writers of *The Dixie Swim Club* and *The Savannah Sipping Society*, this all-new,

rollicking Southern comedy will have you laughing in your seat and shouting "Hallelujah" from the aisles.

The action takes place in SPA-DEE-DAH!, a run-down abandoned church-turned-day-spa located in Eden Falls, Georgia. It's where a group of feisty friends gather every Friday afternoon. After the loss of a dear friend, the women realize time is a precious commodity and, if they're going to change their lives and achieve their dreams, they have to get after it now. But there are complications and Sugar Lee, their high-spirited, determined leader, has her hands full keeping the women motivated and on course.

Having buried three husbands (one died of a snake bite in Lake Moccasin), sassy Carlene has given up on romance. Nita's a nervous wreck from running interference between her deadbeat son and his probation officer. Mavis' marriage is so stagnant she's wondering how she can fake her own death to get out of it. And sweet, simple Crystal entertains them all, singing Christmas carols with her own hilarious lyrics while dressing in costume



The Hallelujah Girls will be playing until February 24

image courtesy www.artswfl.com

on every conceivable holiday (including Arbor Day).

The comic tension mounts when a sexy ex-boyfriend shows up unexpectedly, a marriage proposal comes from an unlikely suitor and Sugar Lee's archival, Bunny, vows she'll stop at nothing to steal the spa away from her.

While *The Hallelujah Girls* is not a sequel to either *The Dixie Swim Club* or *The Savannah Sipping Society*, Off-Broadway Palm audiences have supported everything coming from the playwrighting team of Jessie Jones, Nicholas Hope and Jamie Wooten (the latter also being a writer and producer on *The Golden Girls*). They are not only producing *The Hallelujah Girls* this season, but bringing back last season's smash hit, *The Savannah Sipping Society*, for encore performances June 14 through July 22.

wife almost half his age, a new baby and a teenage daughter from his first marriage. Just as he has come to master the humdrum routine of his new life, tragedy strikes – and nothing will ever be the same. Clearly, *Routine* is anything but.

Stephen Hooper will be reading the role of Dan Brown.

This is not Payne's first appearance on the Lab Theater staged reading circuit. In November of 2016, Lab held a staged reading of her play *True Colors*, which explored the complexities of racial identity in the context of the long-forgotten true story of Leonard Kip Rhinelander and Alice Jones. Rhinelander was one of New York's wealthiest and most eligible bachelors; Jones was a domestic worker. But the scandal really ramped up after the public learned that Jones' dad was black and Rhinelander sued for an annulment claiming that he'd unwittingly married a woman of color.

Payne is an investigative reporter with *The News-Press/USA Today Network*. In that capacity, she has exposed scams, corruption and bad deals. For more than a decade, she wrote the consumer column, *Tell Me!*. She has published two nonfiction books and is a nationally ranked Scrabble player. A native of Cleveland, Ohio, Melanie is a graduate of Wellesley College and has lived in Fort Myers since 2004.

The staged reading takes place at 7 p.m. at the theater, which is located at 1634 Woodford Avenue in Fort Myers.

For more information, visit www.laboratorytheaterflorida.com or call 218-0481.

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

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Juried Show Opens Monday

The Fort Myers Beach Art Association (FMBAA) Winter Juried Art Show entitled 50 Shades opens Monday, January 15 in the FMBAA Gallery. The artwork will be on display and for sale through February 15, and award winners will be announced at the reception on Sunday, January 21, beginning with a gallery talk by Sue Pink at 1 p.m. Refreshments will be provided by event sponsor Fresh Catch Bistro. These events are free and open to the public.

Kathleen Conover, the art show judge, will offer a demonstration at the gallery on Sunday, January 14 from 4 to 6 p.m., Cost is \$10. Conover is also offering a mixed media workshop Chaos to Order from January 15 through 18 from 9 a.m. to 4 p.m.

Paint Around, FMBAA's annual fundraiser which involves four artists collaborating on four paintings in 90 minutes, will be held February 7. The paintings will be available for purchase at the end of the event. Proceeds benefit the Student Scholarship Fund.

FMBAA is located at 3030 Shell Mound Boulevard on Fort Myers Beach. For more information on

workshops and other events, visit www.fortmyersbeachart.com, call 463-3909, email fmbaapublicity@gmail.com or stop by the gallery. It is open daily Monday to Saturday from 10 a.m. to 3 p.m.*

Artists Prepare For ArtFest Fort Myers

A dazzling array of artwork will be on display throughout the streets of the downtown River District at ArtFest Fort Myers during the weekend of February 3 and 4. There will be an opening night party on Friday, February 2.

The outdoor fine art festival is nationally ranked for the quality of the artists, who are carefully juried and accepted to exhibit their work based on their talent. ArtFest features 200 artists from more than 900 applying artists exhibiting their work.

There will also be hands-on art activities, live music and food vendors. High school artist work will be on judged in the Art Under 20 Exhibit and Competition tent. Students will also create large street paintings in the Chalk Block competition.

On Sunday, February 4, the Publix Run to the Arts will begin and end in the heart of ArtFest Fort Myers. Visit www.runtothearts.com for race details.

For more information on the festival, visit artfestfortmyers.com.*



There will be free admission to CROW's Visitor Education Center during the open house photos provided

CROW Open House Kicks Off Celebration

The Clinic for the Rehabilitation of Wildlife (CROW) will begin its 50th anniversary year-long celebration by opening its doors for all to experience CROW's passion for wildlife and commitment to care and education on Sunday, January 14 from 1 to 4 p.m.

At CROW's Open House, which is free of charge, there will be activities for all ages. Explore the recently renovated Visitor Education Center located at 3883 Sanibel-Captiva Road, tour the hospital with a modified Wildlife Walk and meet CROW's animal ambassadors.

"We are very proud to reach the 50 year mark," said Linda Estep, executive director of CROW. "We look forward to celebrating this milestone with the community – the people who have supported us throughout the years."

CROW began on Sanibel in 1968 when island resident Shirley Walter found an injured royal tern on the Sanibel Causeway. With the help of a friend, who was a veterinarian, Walter was able to rehabilitate and release the bird. Word spread quickly of her rescue and in the first year, she received



Meet CROW's animal ambassadors, including Lola, an American kestrel

nearly 500 calls for help with distressed wildlife.

Today, CROW admits more than 4,000 patients a year to its state-of-the-art hospital from over 150 species of native and migratory wildlife. For more information, visit www.crowclinic.org/articles/50th-anniversary.

Free Vessel Safety Checks

America's Boating Club and the San Carlos Bay Sail & Power Squadron, a unit of the United States Power Squadrons, is offering free vessel safety checks for area boaters. The free inspections are authorized by the United States Coast Guard.

Upon passing of the examination of the boat, the squadron inspector will present the boater with a 2018 vessel

safety check sticker, indicating that the boat has passed a safety check. In the event of a boat not passing inspection, no notice is given to law enforcement. It will be up to the boater to correct the infraction and contact the squadron for a new inspection. The inspection sticker is valid for one year. Many insurance companies offer discounts on boat insurance with the passing of an inspection.

Contact the squadron at 466-4040 and make an appointment for a vessel safety check examiner to come to your boat for this free service.✧

Community Band To Perform



Richard Bradstreet directs the Lee County Community Band

photo provided

The Lee County Community Band will present a free concert, Magic Moments, at 3 p.m. on Sunday, January 21 at Cape Coral High School. The program features the famous overture *Morning, Noon, and Night* by Franz von Suppé; a tribute to George Gershwin; and *Flutation*, a piece for flute choir by Clare Grundman. The program also includes Broadway hits; popular Tijuana Brass tunes; old favorites, including *Peg O' My Heart* and *I Want a Girl*; a sing-along, and several lively marches.

The band performs six concerts between November and April; all take place at Cape Coral High School, 2300 Santa Barbara Boulevard, beginning at 3 p.m. The performances are free (donations accepted) and open to the public.

Additional concert dates are February 11, March 11 and April 8.

An institution in Southwest Florida, the band enjoys a large, loyal and enthusiastic audience at every concert. Programs typically include a mix of energetic marches, Broadway hits, old favorites, patriotic songs, seasonal pieces and sing-alongs with emcee and vocalist Norman Jones.

Directed by Richard Bradstreet, the 50-member band is comprised of musicians from all walks of life – career musicians, amateurs and folks renewing skills from years past – who reside in Lee, Collier and Charlotte counties. The band welcomes new members every year. Persons interested in joining may phone Norman Jones at 995-2097.

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



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Any more questions—please call Sally Mere @ 239-707-3467

Along The River

Theatre Conspiracy at the Alliance for the Arts is hosting comedic musical improvisers from Thursday, January 11 to Sunday, January 14. **Your Love, Our Musical** will involve Rebecca Vigil and Evan Kaufman, who are fresh off their successful run in New York City, interviewing a couple in the audience about their relationship and spinning an impromptu musical about the couple's love story. Using their unique chemistry, vocal skill and improvisational abilities, Vigil and Kaufman transform an audience's story into bombastic choruses. Performances are at 8 p.m. except for Sunday, which is at 2 p.m.

The interactive show was accepted into the 2015 New York City International Fringe Festival, where it won the Best Acting award.

Individual tickets to each show are \$25, \$11 for students or \$22 for Alliance members.

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

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

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



Problem Kids, who are one of three bands at Taps & Tunes Craft Beer & Musical Festival, have a fresh sound that is between vintage hip-hop, roots rock and Caribbean salsa rhythms

photo provided

to noon.

If you or a loved one are experiencing vision loss or have you given up on crafting or reading or other favorite activities because of vision loss, this expo is for you. 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.

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** this 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.com.

The monthly **SoCo Second Saturday Art Crawl** will showcase another artful night along the SoCo Cultural District this Saturday, January 13 from 6 to 10 p.m.

Vendors will set up at various locations in the Royal Palms Square, offering their handmade and fine crafts during the event. The SoCo Cultural District location encompasses the block south of Colonial Boulevard, from the corner of McGregor Boulevard to Summerlin Road, to Royal Palm Square Boulevard and back to McGregor Boulevard.

There will be an opening reception from 5 to 7 p.m. at the Alliance for the Arts for the January exhibit, *Animal Life* and from 6 to 10 p.m. at DAAS CO-OP Art Gallery & Gifts with guest artist James Massacci and his exhibit entitled *Sarcasms and Hypocrisies*

For more information, visit www.socoswf.com or call 590-8645.

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

The free event is sponsored by Arden Courts Memory Care Community and Hope Healthcare. New Hope Presbyterian Church is located at 10051 Plantation Road in Fort Myers. To RSVP, visit <https://donate.hopehcs.org/> Kim or call 877-856-2449.

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

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

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



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From page 1

Lab Theater

"because I didn't like his looks." We learn that Babe's husband is a wealthy jerk and abusive, so we don't look too critical on her actions. The shooting is the talk of the town, and it's caused the middle sister, Meg, to come back home. Meg is fresh from a California mental institution following the destruction of her singing career. She's a master in the art of passive aggression and lies flagrantly about her career to her granddaddy on his deathbed. Her return home means facing her demons, and there are plenty.

Supporting this dysfunctional trio is Kayleigh O'Connell as Chick, a pompous cousin; Marshall Prater as Doc Porter, Meg's former lover; and Justin Larsche as Barnette Lloyd, Babe's defense attorney. All the actors

bring their characters vividly to life. The two-hour-plus play is full of sardonic humor and takes place entirely in the kitchen.

By the second act, you get a pretty good idea of what makes the three sisters tick. I wanted to know more about why they had such tragic and yet comical lives. Apparently that's something the playwright wanted to leave up to our imaginations. At any rate, my friend and I sure had a good conversation about it while driving home. That's the sign of a great play, in my opinion.

Crimes of the Heart, directed by Paul Gaffy, plays through January 21 at Laboratory Theater of Florida, located at 1634 Woodford Avenue in downtown Fort Myers. It's our local "Thinking Theater," and tickets are available by calling 218-0481 or online at www.laboratorytheaterflorida.com.

**Dena Geraghty**photo courtesy *The News-Press*

Grande Dames Named For Tea

The PACE Center for Girls of Lee County has selected three local women and one honorary Grande Dame to be honored at the 10th annual Grande Dames Tea at Broadway Palm Dinner Theatre on March 13 from 1 to 3 p.m. The Grande Dames Tea was originated by PACE Center for Girls of Lee County to honor women who have

**Betty Sanders**

photo by Samuel Johnson

played major roles in Southwest Florida history through decades of service, philanthropy and helping others.

Dena Geraghty of Fort Myers is the past coordinator of Lee County Juvenile and Dependency Drug Courts and is a member of the Lee County PACE Board of Directors as well as the PACE Florida Board of Trustees. She is a registered nurse who has worked in the addiction field since 1991. In addition to her professional experience, Geraghty was a founding member and chair of the Grande Dames Tea for four

**Barbara Yeomans**

photo by Brian Tietz

years and has been a board member of SalusCare, Inc., the Lee County Human Services Council and Florida Lawyer's Assistance.

Elizabeth (Betty) Gardner Sanders of Fort Myers served on the Community Council for Golisano Children's Hospital and in leadership capacities with Epsilon Sigma Alpha (Gamma Rho chapter) on the local, state, regional and international levels. She is a charter member and past president of Town and Gown of Florida Gulf Coast University, past president of the Fort

**Eunice Bremner**

photo provided

Myers Woman's Community Club, past president of the Fort Myers-Lee County Garden Council, past president of Carissa Garden Club, and has been a member of the Edison Pageant of Light for decades, having once worked in the office as an administrative assistant for 10 years.

Barbara Jean Yeomans of Fort Myers is a fine artist who has had several one-woman shows in Florida, England, New Jersey and New York. Hundreds of her vibrant, colorful

continued on page 19

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Prayer And Health; Is There A Connection?

Many people are looking for better health and a deeper, more meaningful way of life. International speaker Michelle Nanouche says, "Spirituality isn't just a lifestyle choice. It is the basic element of true being."

Nanouche, a teacher of Christian Science healing, will present her public lecture titled Finding God, Finding Health at First Church of Christ, Scientist on Sunday, January 28 at 2:30 p.m. Admission is free. Time will be allotted following the lecture for questions and answers.

After the sudden death of her husband, she experienced a crisis of faith. She had been a practitioner of Christian Science, helping others find wellness through turning to God in prayer, for many years. "I was angry. It wasn't that I questioned God's existence," she states. "I had too much proof of God in the many healings through prayer I had experienced and witnessed. But I did question God's all-goodness and interest in me." Nanouche will share her personal journey to heal her anger and grief and answer the public's questions about Christian Science and how it works.

She will also share details of her experience of healing a breast growth in 2001, and what she learned about



Michelle Nanouche photo provided

God through that process.

Nanouche's ideas are based on the teachings of Christ Jesus as recorded in the Bible, and as discussed in Science and Health with Key to the Scriptures by Mary Baker Eddy, the discoverer and founder of Christian Science.

Nanouche trained and practiced as a Christian Science nurse for 10 years before changing her focus from nursing care to the prayer practice of Christian Science. She brings over 35 years of professional experience to her work as a practitioner and teacher of this

healing method. Since 1995, she has lectured on the subject of prayer and healing throughout the U.S., Europe and Africa and was the contact person for information on Christian Science to public authorities, the legislature and the media for several years in New Jersey.

Nanouche is a member of the Christian Science Board of Lectureship. She travels from her home in Paris, France. She is available to lecture in French and English.

First Church of Christ, Scientist is located at 2390 West First Street in Fort Myers. For more information, call 334-6801 or go to the church website www.ChristianScienceFortMyers.net.

Garden Council To Present Floral Design Classes

A beginner's course in flower art is being presented by the Fort Myers-Lee County Garden Council at Council headquarters on Mondays, January 15, January 29 and February 5, from 9 a.m. to 3 p.m. The three-session course is open to the public and costs \$75. Parking is free; handicap parking is available.

Classes will consist of a demonstration in the morning and a workshop in the afternoon. Students will "learn by doing" and will be individually critiqued by the instructor. Students will be sup-

plied with the basic materials needed with the exception of straight stems that could be used.

To register for the course, make checks payable to FMLCGC, Inc. and send to: Terry Pinck, 706 Henry Avenue, Lehigh Acres, FL 33972. Classes will be limited to 30 students. Students should pack their own lunch.

The Berne Davis Botanical Garden is open for free weekly tours on Tuesdays from 10 a.m. to 1 p.m. Parking and admission are free. The garden is the home of the Lorelei statue that was recently part of the old Fort Myers Library as well as the Mina Edison Botanical Library. Many of the displays in the garden have been provided through the talents and contributions of the 19 local garden clubs, nine plant societies and other affiliates that comprise the Garden Council.

The Fort Myers-Lee County Garden Council was formed in 1957 and now comprises various clubs, societies, and affiliate members in the area. The council is a member of the National Garden Clubs, the Florida Federation of Garden Clubs, and American Public Gardens Association.

Fort Myers-Lee County Garden Council headquarters is located at 2166 Virginia Avenue, Fort Myers, the home of the Berne Davis Botanical Garden. For more information about the council, contact Bernadette Hamera at 233-1166 or bhamera@outlook.com. For more information about the floral design course, contact Terry Pinck at terry.pinck@gmail.com or 849-5800.

Churches/Temples

ALL FAITHS UNITARIAN CONGREGATION

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

ALL SAINTS BYZANTINE RITE CATHOLIC

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

ANNUNCIATION GREEK ORTHODOX

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

BETH SHILOH MESSIANIC SYNAGOGUE

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

BIBLESHARE

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

BREAD OF LIFE MINISTRIES

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

CHABAD LUBAVITCH ORTHODOX

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

CHAPEL OF CYPRESS COVE

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

CHURCH OF THE CROSS

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

CONGREGATIONAL

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

COVENANT PRESBYTERIAN

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

CYPRESS LAKE BAPTIST

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

CYPRESS LAKE PRESBYTERIAN

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

CYPRESS LAKE UNITED METHODIST

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

FAITH FELLOWSHIP WORLD OUTREACH

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

FAITH UNITED METHODIST

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

FIRST CHURCH OF CHRIST, SCIENTIST

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

FIRST CHURCH OF THE NAZARENE

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

FIRST UNITED METHODIST CHURCH

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

FORT MYERS CHRISTIAN

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

FORT MYERS CONGREGATIONAL

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

IONA-HOPE EPISCOPAL CONGREGATION

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

JESUS THE WORKER CATHOLIC

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

KINGDOM LIFE

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

LAMB OF GOD

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

View Drive, lambogodchurch.net, 267-3525.

NEW BEGINNINGS CENTER

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

NEW COVENANT EYES

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

NEW HOPE BAPTIST

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

NEW HOPE PRESBYTERIAN

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

PEACE COMMUNITY

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

PEACE LUTHERAN

Sunday 9:30 a.m. 15840 McGregor Boulevard, www.peaceftmyers.com, 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, 567-9739.

SAINT COLUMBKILLE CATHOLIC

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

ST. FRANCIS XAVIER CATHOLIC

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

SAINT JOHN THE APOSTLE

METROPOLITAN

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

SAINT MICHAEL LUTHERAN

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

SAINT NICHOLAS MONASTERY

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

ST. VINCENT DE PAUL CATHOLIC

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

SOUTHWEST BAPTIST

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

TEMPLE BETHEL SYNAGOGUE

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

TEMPLE JUDEA (CONSERVATIVE)

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

THE NEW CHURCH

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

UNITARIAN UNIVERSALIST

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

UNITY OF FORT MYERS

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

WESTMINSTER PRESBYTERIAN

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

WORD OF LIFE

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

ZION LUTHERAN

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

CROW Case Of The Week:

Florida Box Turtle

by Bob Petcher



The Florida box turtle (*Terrapene carolina bauri*) is a member of the American pond turtle family. It can be found primarily in marshes, swamps, rivers or forests in areas of high humidity.

The average size of the Florida box turtle is four to six inches. Without complications, it can live a long life with an average life span of 50 years and a capacity to live more than 100 years. These turtles are great climbers due to their very sharp claws. Interestingly, they normally have four toes on their back feet.

In distinguishing the sex of the Florida box turtle, check the eyes. Males are known to have bright red or orange eyes, while females have dark red or brown eyes. Even with the cold of winter, Florida box turtles do not hibernate. Rather, they just slow down during the cooler temperatures.

Florida box turtles have artistic shells. While the background of the highly domed carapace is black, the markings feature patterned yellow stripes that are picturesque. The shells also possess a hinge so it can completely enclose its body within its shell, something only box

turtles and mud turtles have the ability to do and do so to protect themselves from being attacked. Common predators include skunks, raccoons, dogs, birds like crows and ravens, as well as snakes.

At CROW, an adult male Florida box turtle was the first admitted patient of the new year. Officials say it arrived from Sanibel with a partially amputated right hind limb that was suspected to be secondary from a predator attack. The wound contained maggots and the tibia and fibula of the limb were exposed with some necrotic tissue present. The turtle was given pain medication and the wound was flushed and bandaged.

"Fly eggs hatch into maggots/larvae 24 hours after being laid, so the wound was a minimum 24 hours old," said Dr. Robin Bast, CROW veterinary intern. "Due to the large amount of maggots in the wound and the amount of necrotic – dead and infected – tissue present, as well as the dessicated – dried-out – condition of the exposed bone, I suspect the injury was several days old before the turtle was admitted to the hospital."

CROW clinical staff applied wound management over the first few days to eliminate the maggots. On January 4, surgery was performed to remove the necrotic tissue, and the tibia and fibula fragments were removed. The wound was closed around the femur and sutured.

"Initially, the wound was flushed with sterile saline and treated with topical Capstar flush. This is a medication that can be used to treat cutaneous myiasis, or flystrike. Flystrike is the term used to describe the presence of maggots



Patient #18-0001 has a healthy appetite after surgery

photo by Brian Bohlman

in a wound," said Dr. Bast. "Surgery was performed to amputate the limb at the stifle (knee). The exposed, necrotic tibia and fibula were removed; necrotic tissue was debrided, or trimmed away, and healthy tissue was closed over the amputation site. The femur did not appear to be affected by the injury. The patient recovered from anesthesia uneventfully, and is eating well on its own.

"The box turtle will receive a course of pain medication as well as systemic antibiotics to treat infection. The amputation site will be closely monitored to ensure it is healing appropriately. The amputation has not hindered its ability to move around, so no additional physical therapy is indicated at this time."

If all goes well for the patient, he may be released before the second month of 2018.

"Once the amputation site has completely healed and rechecked blood work and radiographs are found to be within normal limits, then the box turtle can be released," said Dr. Bast. "I expect this will be within the next two to three weeks if no complications arise."

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

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Never Too Cold To Catch Sheepshead



by Capt.
Matt Mitchell

Plummeting temperatures from a extremely strong cold front dropped our water temperature in the sound from the mid 70s to the low 50s in just a few cold days and nights. For a whole week our day time high temperatures struggled to reach even 60 degrees. Once we got past the climate shock and the strong winds let up, anglers could finally make it back out on the water. With such cold temperatures it proved to be the perfect time to go sheepshead fishing.

Getting out and fishing during these Florida extreme cold conditions took lots of warm clothing and was all about layering up. After pushing the scheduled charters back a few hours till mid-morning, we had some fantastic sheepshead action. Tucking the boat out of the windy conditions was really pretty nice. Better yet, the sheepshead bite was on fire. From mangrove creeks to channels, pilings and jetties, the sheepshead have now pushed into the sound in huge numbers. Trips that I did manage to get out due to the weather this week were all about sheepshead, and my clients all went home with big smiles and lots of fillets.

Shrimp is my bait of choice for sheepshead fishing. In fact, I prefer a chunk of shrimp curled onto a small jig head to both hide the hook and make it harder to be stolen. Although the sudden and severe temperature drop puts almost all other species we target into lock jaw mode, this crazy cold is the perfect set-up for sheepshead. With cold temperatures and relatively strong winds most days, I opted to stay close to home by ducking and hiding in 'Ding' Darling. From the major creek entrances all the way back into the

deepest hidden feeder creeks, we caught sheepshead of all sizes with our biggest ones measuring just over 16 inches.

As conditions continue to improve and our winds settle down, I will be running a little further from home to target larger sheepshead in and around the passes. The cooler water also means much clearer water as it is now getting possible to look at many of my favorite big sheepshead holes and see exactly what size fish are there. Cooler water should also bring an end to the red tide that's been in the news and plaguing the Gulf side of our barrier islands.

The wall at Redfish Pass produces lots of sheepshead every year for the anglers that choose to fish for them in this very congested non-secret spot. If you are one of the first boats there after a cold front, you can do really well. Although, after a few days, most of these fish get picked over pretty hard which drastically reduces the average size.

Some of the largest sheepshead of winter will be near shore reefs during calmer conditions. Any kind of sunken concrete within a few miles of the beaches is a good place to drop a bait down. Any of the man-made reefs found on the Lee County boaters charts will be holding some giant sheepshead with some of these fish even getting close to 10 pounds. I-pilot trolling motors are the perfect aid for fishing this nearshore structure when in the spot lock/anchor mode. Being able to fish your bait offerings straight up and down in this deeper water will really increase your hook-up ratio.

During periods of cold like we will experience during these next few months, sheepshead – although not the most glamorous fishing – can save a day on the water and send you and your family and friends home with an excellent dinner. When I'm in the mood and catching these fish, it's just good fast-paced fun fishing. Don't feel left out if you don't have a boat. Some of the best sheepshead fishing is also happening at piers, bridges and jetties all easily accessible by shore-bound anglers.

Florida regulations on sheepshead include 12-inch minimum size and 15 per angler per day. I find this a ridiculously high limit, so please enjoy and only take



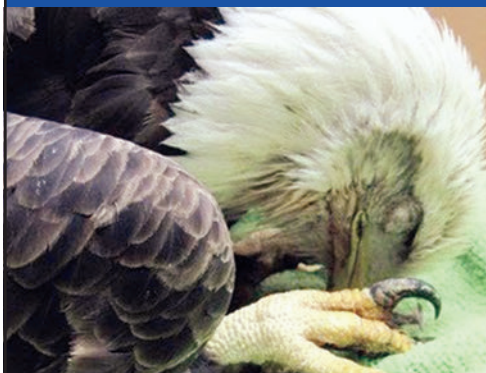
A cooler full of sheepshead caught this week with Capt. Matt Mitchell

photo provided

what you plan on eating.

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.✪

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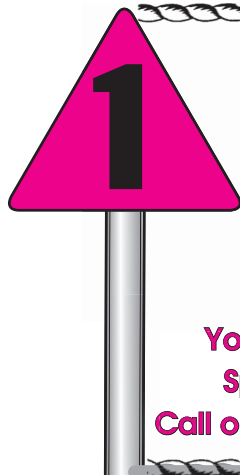
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Dave Doane



This strangler fig seedling successfully strives for sunlight photos by Gerri Reaves

Plant Smart

Intrepid Volunteers

by Gerri Reaves

The word survivor gets its share of attention these days, whether it refers to a victim of trauma or a participant in a television show.

But all around us are plants that volunteer in such seemingly inhospitable places that they evoke the name survivor.



Ballmoss hangs out anywhere it can establish a hold and gather sufficient nutrients, in this case a fence surface

Take the three Florida natives pictured here.

It's difficult not to indulge in anthropomorphizing when looking at them, for were these plants people, they might be called brave, even fearless, not to mention innovative.

They inspire awe in their will to survive and carry on the species.

And, from a gardening perspective, they bring new meaning to the term low-maintenance.

Strangler fig (*Ficus aurea*) is notorious for starting a seedling almost anywhere. The results can sometimes be detrimental or even deadly if it begins in a platform plant like a cabbage palm (*Sabal palmetto*).

This species out-competes other



This corkystem passionflower probably started from a tiny fruit in a crack between bricks

plants, with host trees eventually dying from being shaded out, not from a dramatic strangulation, as the common name implies.

When a strangler fig sprouts on a structure, there's potential harm, as those ever-exploring roots seek cracks and damage paint.

That spirited sprout in the photo seems to be saying, "At last, full sun," as it peaks from under a gutter.

Native ballmoss (*Tillandsia recurvata*) is another story. Because it's an epiphyte, or air plant, roots are not a big threat.

Besides, this bromeliad (it's not really a moss) remains small in size, merely using a platform to gather moisture and nutrients.

Whether ballmoss balances on an

electrical wire or lodges in a fence crevice, it's unlikely to do harm.

Heavy foot traffic and sun-baked bricks haven't stopped that corkystem passionflower (*Passiflora suberosa*) from taking up residence.

Judging from the size of the substantial stems, it's managed well since a pea-sized passion fruit, perhaps dropped by a bird, found its way into a crack in the pavers.

If left alone, the vine will become an attractive "groundcover" atop the bricks.

Before you decide to destroy an intrepid volunteer plant, first pause to consider its ingenuity -- dare we say intelligence? -- and then decide whether to banish it or let it be.

Plant Smart explores the diverse flora of South Florida.✧

LCEC Has Hot Tips For The Cold Days

Lately, it has been cold everywhere. If at all possible, Lee County Electric Cooperative suggests resisting the urge to turn on the heat.

Heating your home can cost two to three times more than cooling it. Even a few days of running the heat will raise your electric bill since it is the most intense use of electric energy in the average home and is the most expensive electric appliance. Consider using an electric blanket or space heater to keep you and your loved ones warm during

this cold snap, but be sure to read all the manufacturer instructions before use. Here are some other ways to stay warm without using any electricity:

Bundle up in layers. Blankets, sweatshirts, socks... you name it. All will keep you toasty without heating up your electric bill.

Move around. Exercise in any form will warm up your body while getting your blood flowing.

Fire up your fireplace... if you are lucky enough to have one. Just be sure to use it safely.

If you must heat your home, LCEC recommends setting the thermostat between 65 and 68 degrees Fahrenheit when heating the home.✧

Free Workshops At Garden Center

All Native Garden Center, Nursery & Landscapes will be hosting free public workshops on selected Sundays at 1 p.m.

On January 14, Sue Scott, site owner of The Back Ten Feet, will show how you can welcome life into a landscape by converting unproductive turf grass areas into drought tolerant, wildlife friendly, interesting and storm protective landscapes. Back 10 Feet will share how to eliminate fertilizers and pesticides in order to keep our waters clean and your yard safe for children, pets and wildlife.

On January 28, John Sibley, All Native Garden Center owner, will share his insights on the appropriate plants and landscapes for the Southwest Florida subtropical climate using the nine principles of the Florida Friendly Gardening Program: right plant right place; water efficiently; fertilize appropriately; protect the waterfront; reduce storm water runoff; mulch; attract wildlife; control yard pests responsibly; and recycle waste material.

On February 11, John Kiseda, environmental educator, will offer the tips and tricks of gardening in Southwest Florida that will help bring life to your landscape. Gardening For Wildlife will have emphasis on Florida native plants that cater to the needs of local wildlife and sustainable gardening techniques.

On February 25, Martha Kendall, Calusa Heritage Trail docent at Pineland, will explain the list of plants identified by archaeologists from Pineland's ancient deposits. Plant World of the Calusa will show how each plant might have been used by the Calusa, based on information on known uses of similar plants throughout the Western hemisphere.

On March 11, Sibley will provide tips to help you prepare your outdoor home for gorgeous and productive landscaping results. Preparing Landscapes for Spring shows that spring is the perfect season for a variety of landscaping endeavors, both large and small. But, before you dive right into yard work, it's important to prepare.

On March 25, let your imagination guide you as Brenda Thomas, CREW environmental education specialist, takes you on a visual stroll through wispy Florida wildflowers of the CREW Land and Water Trust. Few states have the abundance of wildflowers that Florida has. Florida Wildflowers of the CREW Trust will help you come to understand how wildflowers are essential to the pollinators responsible for every third bit of food we eat.

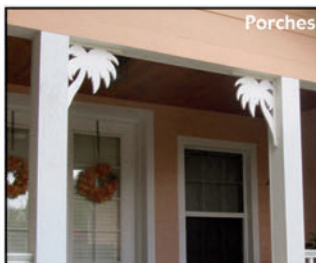
All Native Garden Center, Nursery & Landscapes is located at 300 Center Road in Fort Myers. It is open Monday through Saturday from 9 a.m. to 5 p.m. and Sunday from 10 a.m. to 2 p.m. Register for any of the workshops online at www.allnative.biz or call 939-9663.✧



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Lee County Bar Association Celebrates Successful Year



Kimberly and Christian Erwin
photos provided



Sawyer Smith and David Ciccarello

The Lee County Bar Association (LCBA) recently celebrated another successful year with its holiday party at the Edison & Ford Winter Estates. Partygoers enjoyed great music and food as they mingled and recapped the great work the bar association did over the course of 2017. The highlight of the evening occurred when members reflected on the abundant acts of kindness performed through #KindLee.

LCBA President Kelly Fayer wrapped up her year in office and her #KindLee initiative by presenting a check for \$500 to the winner of the year-long social media campaign, 9-year-old Christian Erwin. The check will go to Christian's charity of choice or he can use the funds to perform acts of kindness in 2018. #KindLee was used to spotlight and celebrate kind acts performed throughout Southwest Florida. Residents were invited to post their stories with a photo on Instagram, Twitter, Google+, Pinterest and Facebook and include the hashtag #KindLee.

Fayer said, "We knew that this community did plenty of great things and the response we had with the #KindLee initiative this year is proof that the people of Southwest Florida are amazing. Christian's efforts in this campaign were exemplary, and we thank him and everyone else that took part."

Additionally, Fayer presented the Lee County Legal Aid Society with two checks. The first check of \$19,200 was a portion of the proceeds raised at the annual LCBA golf tournament held in May 2017. The other check, in the amount of \$3,000, was a grant from the LCBA Foundation.

The incoming LCBA officers and executive council were sworn in at the LCBA's monthly luncheon at the Sidney & Berne Davis Art Center in downtown Fort Myers on January 12. To register for the luncheon, visit www.leebar.org.



Kelly Fayer and Nathan Winesett



From left, Kimberly Erwin, Christian Erwin, Kelly Fayer and Amanda Bartley



From left, Spencer Cordell, Kim Bocelli and Judge Archie Hayward



From left, Undersheriff Carmine Marceno, Christian Erwin, Kelly Fayer and Amanda Bartley



LCBA presenting checks to Lee County Legal Aid Society



From left, Gil Perez, Carolyn Swift, Judge James Adams, Judge Devin George and Kim Bocelli

Presentation On Barred Owls And Hummingbirds

San-Cap Audubon's own photographer and scientist, Bill Heyd, returns to present his program, Images to Inspire: Barred Owls & Hummingbirds, at The Community House on Thursday, January 18 at 7:30 p.m. Join Heyd as he uses his proprietary photographs and related scientific research to delve into the intimate activities of these unique and very different avian species.

In January 2017, Heyd presented a program on barred owl nesting to Sanibel-Captiva Audubon. In this follow-up presentation, he will use his images to describe observations of, and insights into, the barred owl young that have fledged from the nest. In addition, Heyd will utilize his insight and images to enlighten participants on many of the 16 hummingbird species that commonly nest in the U.S. While barred owls and hummingbirds may not have a lot in common, the nests of both species can be very difficult to find, thus presenting similar complications to Heyd as a research photographer.

With a PhD in organic chemistry, Heyd spent 30 years with Upjohn and successor companies as a medicinal chemist, patent scientist, research contracts scientist, technology licensing evaluator and administrator in central nervous system disease research.



Barred owl

photo by Bill Heyd

He retired from Pfizer in 2003 and, in 2009, after several more years consulting on technology evaluation and patent work for small start-up life sciences companies, Heyd decided to fully focus his talents and enthusiasm on wildlife, nature and photography. One of his earliest memories of photography was when his dad opened his Kodak camera, extended the bellows, set the



Bill Heyd

photo provided

self-timer and dashed toward the family so that he could be in the picture. How times have changed. In his work today, Heyd uses a Canon EOS1DX SLR which can take up to 12 images per second while continuously focusing for each exposure. Heyd also prepares for wildlife photography excursions by learning the subjects' potential behaviors and utilizing what he calls the three P's – be prepared, be patient and be persistent.

This is the third of eight Sanibel-Captiva Audubon lectures to be held in 2018 on Thursday evenings at 7:30

p.m. All are welcome to attend. Doors open at 6:30 p.m. and parking is available at The Community House as well as across Periwinkle Way in the Herb Strauss Theater parking area. A \$5 donation per attendee is appreciated with proceeds after costs being used to promote conservation on Sanibel and in Florida.

The Community House is located at 2173 Periwinkle Way on Sanibel. For more information, call Bill Jacobson at 395-1878 or visit www.san-capaudubon.org.

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Superior Interiors

Creating The Perfect Home Office



by Linda Coin

One are the days when you only had the choice of a desk and chair for your home office. Today's options for home office furnishings are all but endless. So, first things first. As

with any decorating project, you first need to determine what you want to accomplish in your new home office, and then match those needs with the right furnishings.

While many people purchase a conventional desk, more and more are requiring extra space. If you fall into this category, you might consider a workstation. With an L-shaped configuration, you should find that it provides approximately twice the work space of a traditional desk. Plus, the storage options are virtually endless – cubbyholes, drawers and cabinets are all designed to store office essentials.

Another popular workstation option is the office armoire: two tall doors open to reveal a drop down work surface and plenty of storage space.

Available in a multitude of design styles and furniture finishes, these popular pieces can easily fit into any design style.

Chairs, too, have vastly improved in terms of aesthetics as well as comfort. This is one place you can really put a personal stamp on your home office. Who says you can't work from a traditional wing chair? Or even a country style Adirondack chair? Once you've determined your style preference, you next need to give careful consideration to the ergonomics. If you spend a majority of your time working at a computer, you may want to opt for a chair with separate adjustments for lumbar and lower back support, arm width and height, seat back angle and seat height.

Another extremely important consideration in creating the home office of your dreams is storage. Books, files, mail, magazines and a plethora of other paperwork are essential to any full-fledged office – and as we all know – every piece of paper deserves its own home. Take stock of how many linear feet of open and closed storage you need right now, then multiply that figure by 25 to 50 percent to allow for future growth. Once you've come to a comfortable conclusion, consider various storage options – everything from conventional steel files to traditional wood cabinetry.

And finally, don't forget those furnishings that will put the "home" in home office. Decorative lighting, an ottoman for put-your-feet-up comfort,

even a home entertainment unit can add up to an office ready for any job. And, of course, those finishing touches – custom window treatments, area rugs, artwork and collectibles will all help to say, "This is my space!"

Given the right decorative approach, you'll find it hard to leave work when 5 o'clock rolls around. Linda Coin is an interior designer on Sanibel/Captiva Islands and can be reached at linda@coincdecn.com.✱

Pendergrass Elected Chair Of Airport Board

The Lee County Board of Port Commissioners elected Cecil L. Pendergrass as chair for 2018 during its first meeting on Jan. 4. Larry Kiker was elected as vice chair. The board, composed of the five Lee County commissioners, meets bi-monthly as the Board of Port Commissioners to set policy and direct the operations of Southwest Florida International Airport and Page Field in Fort Myers. The other commissioners include Brian Hamman, Frank Mann and John E. Manning.

Southwest Florida International Airport served 8.6 million passengers in 2016 and is one of the top 50 U.S. airports for passenger traffic. Page Field provides services to corporate, commercial and private aviators and accommodated nearly 109,000 aircraft operations in 2016. No ad valorem (property) taxes are used for airport operation or construction, and both



Cecil L. Pendergrass photo provided

airports are funded solely with revenue generated from their operations.

For more information, visit www.flylcpa.com or Like Us on Facebook at www.facebook.com/flyRSW.✱

Boat Ramp Rehabilitation Project Complete

The City of Sanibel Boat Ramp Rehabilitation project is complete and now open to the public. The boat ramp is located at 888 Sextant Drive.

The project consisted of removal and replacement of the deteriorated concrete ramp structure that was originally constructed in 1983. The completed ramp includes modified slopes for improved boating access and a new v-groove pattern for added vehicle traction. The dock walkways

were widened and a railing was added for safety.

The total project amount of \$285,532 was funded through a cooperative effort between Lee County and the City of Sanibel. Lee County Boating Improvement Program Funding in the amount of \$137,500 was provided with the remaining \$148,032 coming from the City of Sanibel Beach Parking Fund.

Parking at the boat ramp is available as paid hourly or through a valid Sanibel "C" parking pass. Sanibel residents can purchase a "C" parking pass at the Sanibel Recreation Center, located at 3880 Sanibel-Captiva Road.

Contact the Public Works Department at 472-6397 if you have any questions regarding this project.✱

McGregor Boulevard Nears Completion

Construction on McGregor Boulevard is nearly complete. Beginning Monday, January 8 through Friday, January 19, crews will mill and pave McGregor Boulevard from Colonial Boulevard north to Manuels Drive.

It is important to note that in order to efficiently pave McGregor Boulevard and the side street intersections, access to/from that boulevard at many side streets will be limited. McGregor Boulevard side streets with alternate routes to access the boulevard will be closed at McGregor Boulevard during the active milling and paving operations. Motorists should

follow detour signs to access McGregor Boulevard. Side streets without alternate routes to access the boulevard will have one lane open to access it. Flaggers will be present to direct motorists when entering/exiting side streets. Motorists may experience delays and should plan for extra time.

Residents should expect noise from paving equipment and trucks, and lighting during the nighttime paving operations. This is unavoidable. This schedule is subject to change due to inclement weather. Drivers, bicyclists and pedestrians should use caution.

For more information or assistance with alternate routes, contact the city's public information consultant for the project, Cella Molnar & Associates, Inc. at 337-1071 or email to thayden@cella.cc. Visit the project website at www.ImproveMcGregor.com.✱

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Charter Flights Now To Orlando And Punta Gorda



Charter flights allow passengers to select departure dates and times

photo provided

Exec Air, Inc. recently expanded services to Punta Gorda Airport (PGD) and Orlando International Airport (MCO). The Naples-based charter company added the new scheduled flights on January 1 to allow for greater possibilities for passengers traveling from Fort Myers or Naples to nearly any destination in the world.

"Exec Air is pleased to offer new scheduled services to Punta Gorda and Orlando International airports from Naples and Fort Myers. Throughout our 20 years of being in the business of flying clients around the country, we have continued to look for ways to grow and add new services for our clients. We are pleased to have met the strict Federal Aviation Administration criteria to add this convenience to our flight schedule," said John Swasey, owner of Exec Air, Inc..

Tickets are now on sale with prices starting at \$179 for a one-way ticket from Naples to Punta Gorda and \$200 round-trip.

The newly scheduled flights are in

addition to existing charter services offered by Exec Air of Naples, including scheduled direct flights to and from Key West and Marathon and more recently, Miami, which was added in January 2017, and full charter services for on-demand flights from local airports throughout the continental United States. Some popular destinations include Key West, Miami, Jacksonville, Daytona, Tallahassee, Tampa and New Orleans.

Chartering an aircraft lets passengers choose the destination, dates and times of departure.

Exec Air recently added a twin engine Cessna 310 to its fleet, which allows for faster and smoother flights to farther destinations.

In addition to passenger flights, Exec Air offers unique and customizable aerial advertising services for Marco Island, Naples, Fort Myers, Sanibel and Cape Coral.

Contact John Swasey at 290-5668 or visit www.execairline.com for tickets and more information.✴

Public Input Sought For Beach Bridge Meeting

The Lee County Department of Transportation (DOT) is inviting the public to participate in a Big Carlos Bridge workshop at Bay Oaks Recreation Center on Thursday, January 18 from 5 to 7 p.m. Lee County DOT is conducting a Project Development and Environment Study to assess improvements to the Big Carlos Bridge on Estero Boulevard (County Road 865). The purpose of the study is to provide alternatives to be considered for either rehabilitation or replacement of the bridge.

The workshop is an opportunity

for interested members of the public to review and comment on the status of the study. Posters, handouts, comment forms and scale models of the alternatives will be on display. The workshop is an open house format; people can come at any time between 5 and 7 p.m. Lee County staff will be available to answer questions. The county will exhibit alternatives including a no-build rehabilitation alternative. A comparative alternatives analysis matrix will be exhibited at the workshop and will include information on potential environmental and utility impacts and estimated costs of each alternative.

Bay Oaks Recreation Center is located at 2731 Oak Street on Fort Myers Beach. For more information, visit the project website at www.BigCarlosBridgeProject.com.✴

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Financial Focus

Time Is A Key Factor In Investing



by Jennifer Basey

With the arrival of the New Year, many of us will pause and ponder the age-old question: “Who knows where the time goes?” And, as is always the case, none of us

really do know. However, wherever the time goes, it will usually be a key factor in your success as an investor.

Time can affect how you invest, and the results of your investing, in different ways:

Growth potential – Contrary to myth, there’s no real way to “get rich quick” when investing. To build wealth, you need patience – and time. If you own quality investments with growth potential, and you give them years and in fact, decades – to increase in value, your perseverance may be rewarded. Of course, there are no guarantees, and you’ll need the discipline to withstand the inevitable downturns along the way. But in describing how long he likes to keep his investments, renowned investor Warren Buffet says his favorite holding period is “forever.”

Targeted goals – To accumulate resources for retirement, you need to save and invest throughout your working life. But along the way, you’ll probably also have some shorter-term goals – making a down payment on a home, sending your children to college, taking a round-the-world trip, and so on. Each of these goals has a specific time limit and usually requires a specific amount of money, so you will need to choose the appropriate investments.

Risk tolerance – The element of

time also will affect your tolerance for risk. When you have many decades to go until you retire, you can afford to take more risk with your investments because you have time to overcome periods of market volatility. But when you’re on the verge of retirement, you may want to lower the risk level in your portfolio. For example, you may want to begin moving away from some of your more aggressive, growth-oriented investments and move toward more income-producing vehicles that offer greater stability of principal. Keep in mind, though, that even during retirement, you’ll need your portfolio to provide enough growth opportunity at least to help keep you ahead of inflation.

Thus far, we have looked at ways in which time plays a role in how you invest. But there’s also an aspect of time that you may want to keep out of your investment strategies. Specifically, you might not want to try to “time” the market. The biggest problem with market timing is it’s just too hard. You essentially have to be right twice, selling at a market top and buying at the bottom. Also, as humans, we appear to be somewhat wired to think that an activity – especially a long-running activity – will simply continue. So, when the market goes up, we seem to expect it to keep rising, and when the market drops, we think it will continue dropping. This can lead to big mistakes, such as selling after a major market drop even though that can be the time when it may be much smarter to buy because prices are low.

As we’ve seen, the way you interact with time can affect your investment efforts. So, think carefully about how you can put all the days, months and years on your side. Time is the one asset you can’t replenish – so use it wisely.

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.✴

Republican Women

Fort Myers Council Member Gaile Anthony will be the featured speaker at the monthly Fort Myers Republican Women’s luncheon at The Helm Club within The Landings Yacht Golf & Tennis Club on Tuesday, January 16. Her topic will cover activities of the city and changes that have been made since she has been in office. A question-and-answer session will be held following her formal presentation.

A social hour begins at 11:15 a.m. The noon lunch will be followed by the business meeting and program. The luncheon cost is \$20.00. Reservations are required by Thursday, January 11, and may be made by contacting Tina Laurie, 489-4701.

Anthony is a past president of the

Fort Myers Republican Women’s Club and a former member of the Lee Health board of directors. Following her remarks, she will be presented with the club’s GEM Award, which represents individuals who have shown Great leadership, Employing great plans and programs and Making significant improvement within the community. Anthony has demonstrated these attributes while serving in the various office capacities.

The 2018 officers of the club are President Angela Pruitt, First Vice President Kathy Smith, Second Vice President Erin Casey, Recording Secretary Diane Kinser, Corresponding Secretary Claudia Zambor, Treasurer Nancy Campbell and Assistant Treasurer Tina Laurie. Carole Green is the immediate past president.

The Landings Yacht Golf & Tennis Club is located at 4420 Flagship Drive in Fort Myers.✴

Law Firm Elects Stockholder

The law firm of Henderson, Franklin, Starnes & Holt, PA, recently announce that Attorney Christina (“Christy”) O’Brien has been elected stockholder.

O’Brien joined the firm in 2013. She concentrates her practice solely in the family law arena, handling matters of divorce and dissolution of marriage, custody, paternity, child support, domestic violence injunctions, post-judgment modifications and dependency issues.

O’Brien serves on the Coalition for a Drug-Free Southwest Florida and Fort Myers American Little League board of directors. She previously served on the board of directors for the Association of Family Law Professionals, Family Resource Center of Southwest Florida, and Lee County Legal Aid Society.

O’Brien is active in the Family Section of the Florida Bar and is a member of the Domestic Violence, CLE, and Rules and Forms Committees. She is also a member of the Lee County Bar Association, the Association of Family Law Professionals and the Lee County Association of Women Lawyers. O’Brien is also a



Christina O’Brien photo provided

member of the Fort Myers Track Club.

O’Brien received her undergraduate degree (cum laude) from the University of Tampa (1996) and her law degree from Florida State University (2000). She can be reached at 344-1279 or via email at christina.obrien@henlaw.com.

For more information on Henderson, Franklin, Starnes & Holt, PA or O’Brien, visit www.henlaw.com.✴

Public Input Sought For Density Study

The City of Fort Myers, in cooperation with the University of South Florida School of Architecture and Community Design, will host a public workshop to gather feedback from the community on the Downtown/Gardner’s Park/Midtown density study and preliminary vision plan for the Midtown neighborhood.

The public is encouraged to attend the workshop that takes place at the Sidney & Berne Davis Art Center on Thursday, January 18 from 4 to 7 p.m.

The City and the Community Redevelopment Agency (CRA) are partnering with University of South Florida’s College of Architecture and Community Design on the Downtown/Gardner’s Park/Midtown Density Study Project to develop an integrated strategy for future growth with enhanced interconnectivity between Downtown, Midtown and Gardner’s Park. In 2017, the city held two advisory committee workshops to gather community input for an overall vision of the three areas, and a third advisory committee workshop will take place prior to the public workshop.

This workshop is an opportunity for the public to examine a number of density/height scenarios and to provide input for density ranges that are appropriate for Downtown and Gardner’s Park. Participants are also encouraged to provide ideas and concepts for a long-term urban

design vision for redevelopment in the Midtown area.

The intended strategy would boost development potential in the Midtown neighborhood. Added development opportunity could lead to more housing options, as well as additional businesses and investment in the city.

“We hope that the community will join the members of the advisory committee in providing their input to the visioning process,” said Steven Belden, community development director for the city of Fort Myers. “We value their input to help determine how the city develops in the future to best meet the needs of our citizens.”

The Sidney & Berne Davis Art Center is located at 2301 First Street in downtown Fort Myers. For more information, visit www.myfmdowntownmidtown.com.✴

FGCU Local Graduates

The following local students recently graduated from Florida Gulf Coast University (FGCU).

Staci Stevens of Saint James City graduated with a master of education degree from the College of Education.

Tanishia Geduld of Saint James City graduated with a bachelor of science degree from the Lutgert College of Business.

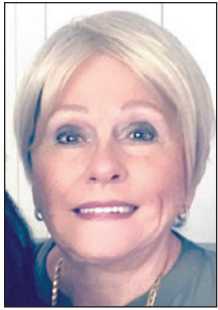
Paige Law of Sanibel graduated with a bachelor of science degree from the Lutgert College of Business.

For more information call 1-888-889-1095 or visit www.fgcu.edu.✴

Book Review

Don't Let Go

by Di Saggau



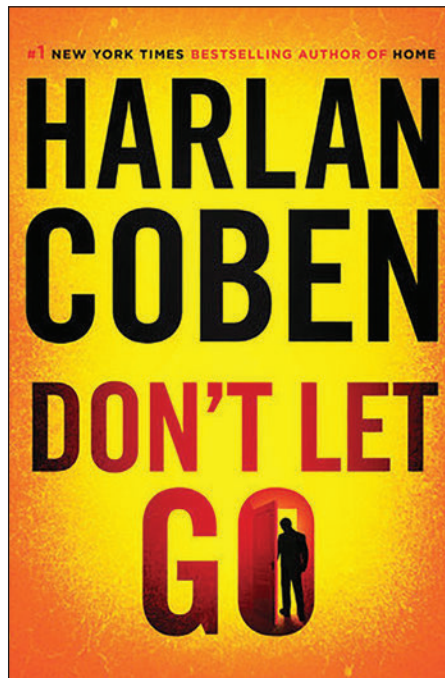
I always enjoy a Harlan Coben book and such is the case with his latest *Don't Let Go*. The Author's Note at the very beginning of the book is enough to hook you. He talks about two legends

that existed while he was growing up in suburban New Jersey. Turns out both were true.

Napoleon "Nap" Dumas had his life shattered his senior year of high school, when his twin bother, Leo, and Leo's girlfriend, Diana, were apparently hit by a train and killed. What's more, Maura, the love of his life, broke up with Nap and also disappeared that day. Fifteen years later, Maura's fingerprints are found in a car driven by a Pennsylvania cop who was shot during what would have been a routine drunk-driving stop.

Nap, who regularly talks to his dead twin, discovers that some of his classmates belonged to a Conspiracy Club, and that might be why they are being killed. One of the club's two surviving members is also murdered. As Nap searches for the real reason behind his brother's death, it seems he may finally find what he's been looking for.

Apparently, there was once a Nike Missile base where the Conspiracy Club spent some nights investigating what took place on the site. Nap wonders what secret could the Conspiracy Club have discovered that would remain so dangerous for so long? When he asks



the town historian Dr. Kaufman what the Nike missiles were used for, he replied: "They were surface to air. Put simply, the missiles were an air defense designed to shoot down Soviet attacking aircrafts. The missile batteries were in approximately a dozen sites in northern New Jersey. But that changed in the early 60s when the Nike Hercules missiles were armed with W31 nuclear warheads. At that point, the sites were secreted behind barbed wire and electrified fencing."

As Nap tracks the surviving club members, it becomes clear that someone or something is now trying to eliminate them. Coben keeps the reader guessing as he reveals deadly secrets reaching back 15 years. While I can't say *Don't Let Go* is my favorite Coben novel, it is fast-paced and fun to read.✱

child is able to identify these tones, you may want to turn off the sound and see what she can observe about body language that complements certain tones and inflections.

There are some apps that may also help your child. Conversation Coach and Teach Emotions let your child recognized tone independently.

And, above all, encourage your child to ask questions when she is not sure what she has heard. Make sure she knows it's ok to ask some to clarify what they are saying. A good question for her to learn to use in this situation is simpler to say, "Sometimes I have trouble understanding tone of voice, will you please help me understand what you are saying."

Learning how to understand tone

and pitch of voice is a lifelong skill that will help your child in a very wide variety of setting. It's important. If you don't think your child is making progress after you practice these skills, I would suggest that you might want to speak with a speech and language pathologist.

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.✱

From page 9

Grande Dames

paintings now grace homes and businesses in Sag Harbor, Michigan, Montreal, Calgary, New York, Milan and Hong Kong. Yeomans has assisted many local charities through her donor-advised fund at the Southwest Florida Community Foundation as well as through the Women's Legacy Fund and the scholarship she established in her late husband's name at Florida SouthWestern State College.

For the first time, the PACE Center of Lee County also will recognize Eunice Barfield Bremner as an Honorary Grande Dame. She

is a life-long resident of Fort Myers who worked on many of Fort Myers' leading property transfers and deeds as legal secretary to Attorney Frank C. Alderman, Jr. Bremner continued working into her 70s for various attorneys. She is the sister of the late Berne Davis.

Chair of the Grande Dame Tea is Kathy Toll with Nancy Finch serving as co-chair. Both women are part of the PACE Lee Board of Directors.

Tickets go on sale later this month. For more information about the Grande Dames Tea or to become a sponsor, visit pacecenter.org/location/lee or contact PACE Development Manager Allyson Ross at 425-2366 ext. 2315.✱

School Smart

by Shelley M. Greggs, NCSP



Dear Shelley,
My 4th grade daughter seems to have increasing trouble understanding verbal messages. She doesn't seem to understand

tone of voice or the pitch of my voice in trying to communicate. She does ok with friends but I think once social conversation becomes more complicated she may have some difficulty with friends as well. I'm very concerned about this. What can I do to help her?

Sheena P., Fort Myers Beach

Sheena,

You are very observant! As verbal messages and social conversation become more complex, cues such as tone and pitch of voice are increasingly important for verbal comprehension. Here are some strategies for you to use with your daughter now. Practicing these techniques will bring a new level

of awareness about spoken language to your daughter and help her understand how important it is to listen carefully.

Start small and break this training into small steps. Encourage your daughter to listen carefully to people's tone and pitch of voice. Help her to identify them as positive, neutral or negative. Talk about the range of emotions fueling these verbal messages and have her practice this basic identification.

Teach her about voice inflection. Explain to her that the meaning of words usually change with emphasis, volume and speed of speech. A good example to share with her is a calmly stated question such as, "Where are you going?" With a calm inflection, it's just a question that expresses curiosity. However, when this same question is delivered loudly it can seem angry and perhaps even threatening. A good way to practice inflection is with nonsense words. You can choose a nonsense phrase like boop, boopy, doop and have your child practice saying them as a question, statement and a command. Then practice with emotions, so saying it in an angry, shy or silly manner.

Watch videos and TV together to identify more difficult tones like sarcasm, teasing and sincerity. As your

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Female Pioneers of Fort Myers

Women Who Made a Difference in the City's Development

By Robin C. Tuthill and Thomas P. Hall

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

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

Local Spring Training Teams Still Seeking Help In Free Agency Market



by Ed Frank

While the brutal winter temperatures and winds engulf Boston and Minneapolis, those cities' Red Sox and Twins are expect to open Spring Training here exactly one month from this Sunday when pitchers and catchers report for duty.

It's been a relatively quiet off-season for both teams, although don't be surprised if some free-agency signings and trades are made in these final weeks leading up to Spring Training.

Let's take a look at the present makeup of both teams four weeks before the start of Spring Training:

Boston Red Sox:

The defending American League Eastern Division Champions will open Spring Training at JetBlue Park with all nine members of the team's 2017 starting lineup signed. However, they will have a new manager, Alex Cora, who replaces John Farrell, let go after the team failed to advance in post-season play two years in row.

Despite the return of this veteran lineup, it's no secret that Dave Dombrowski, president of baseball operations, is after free-agent slugger J. D Martinez in order to strengthen his team's offense.

Although Boston repeated as division champion last season, it was obvious they lacked the prestigious power that was lost when David Ortiz retired after the 2016 season.

Martinez, 45 homers last season with the Arizona Diamondbacks, would bring greater production to the Red Sox than any other free agent on the market. Reportedly, Dombrowski has offered the slugger a hefty five-year deal, but bargaining with his agent, Scott Boras, is never easy.

Should the Red Sox be successful in landing Martinez, the question remains where would the outfielder play with the team's present solid outfield of Andrew Benintendi, Jackie Bradley, Jr., and Mookie Betts?

Most likely he would start as the designated hitter.

Stay tuned to learn whether the crafty Dombrowski lands the slugger.

Minnesota Twins:

The Twins were one of baseball's biggest surprises last season when they reversed course from their disastrous 2016 season when they lost more than 100 games to earn a postseason playoff berth in 2017.

And it earned Manager Paul Molitor the American League Manager of the Year Award.

Like the Red Sox, the Twins return most of their starting lineup when they report to the CenturyLink Sports Complex next month.

Minnesota has signed ageless Fernando Rodney and lefty Zach Duke to one-year deals to significantly improve their bullpen.

The top priority, however, is to sign a top-of-the-line starting pitcher. They have made no secret of their desire to sign veteran free-agent Yu Darvish, who pitched for the Los Angeles Dodgers last season.

But the Chicago Cubs, the Houston Astros and the Texas Rangers also are in pursuit of the talented Japanese pitcher.

Other top starters such as Jake Arrieta, Lance Lynn and Alex Cobb remain unsigned at the time of this writing. But Darvish is clearly the Twins first choice.✪

Skating Championships



A team competes at the 2017 Synchronized Skating Championships photo provided

More than 135 of the best synchronized skating teams in the Eastern Region will compete in the U.S. Figure Skating 2018 Eastern Synchronized Skating Sectional Championships at Germain Arena from Wednesday, January 17 to Saturday, January 20. This is Lee County's first time hosting the championship, which is expected to draw more than 2,000 skaters to Southwest Florida, including a local team from the Florida Everblades Figure Skating Club.

A popular discipline within U.S. Figure Skating and around the world, synchronized skating uses the same judging system as singles, pairs and dance. It is characterized by teamwork, speed, intricate formations and challenging step sequences. During the Eastern Synchronized Skating Sectional Championships, teams consisting of eight to 20 skaters are contending in preliminary, pre-juvenile, open juvenile, open collegiate, open adult and open masters levels. Teams are vying for a spot in the 2018 U.S. Synchronized Skating Championships, which takes place in

Oregon in late February.

The event is anticipated to bring 8,000 competitors and spectators to Southwest Florida, generating an estimated 7,000 hotel room nights and \$4 million in direct visitor spending.

Qualifying rounds will be held on Wednesday and Thursday leading up to the competition's championship rounds, which will kick off with an opening ceremony at 3:30 p.m. on Thursday. All teams will perform a free skate with required well-balanced program elements, and teams at the junior level will also perform a short program. For more details and the full event schedule, visit www.easternsynchro-sectionals.com.

Daily and full-week admission is available online through Ticketmaster at www.germainarena.com. Daily tickets are \$25 for adults and \$10 for youth ages 6 to 12. Discounted rates are offered for seniors and active military, and admission is free for children under age 5.

Germain Arena is located at 11000 Everblades Parkway in Estero.✪

SPORTS QUIZ

1. Who was the last Boston Red Sox pitcher before Rick Porcello (22 wins) in 2016 to win 20 or more games in a season?
2. Name the last player before Houston's Jose Altuve (2014-17) to have at least four consecutive 200-hit seasons.
3. Indianapolis' Adam Vinatieri set an NFL record in 2016 for most consecutive made field goals (44). Who had held the mark?
4. Who was the first U.S. male player to win two Olympic basketball gold medals?
5. Since the NHL adopted its current playoff format in 1994, how many times has a No. 1 seed been swept in the first round?
6. When was the last World Cup before 2018 for which both the Italian and the U.S. men's soccer teams failed to qualify?
7. Who was the last French cyclist to win the Tour de France?

ANSWERS

1. Josh Beckett won 20 games in 2007. 2. Seattle's Ichiro Suzuki, 2001-10. 3. Mike Vanderjagt, with 42 in a row (2002-04). 4. Bob Kurland, in 1948 and 1952. 5. Once -- the Chicago Blackhawks, in 2017. 6. It was in 1958. 7. Bernard Hinault, in 1985.



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Doc Ford's Rum Bar & Grille is again title sponsor for the 2018 tournament photos provided

Sponsors Gear Up For Tarpon Tournament

A fat purse and the new allure of winning a coveted tarpon jacket promise to make the 7th annual "Ding" Darling & Doc Ford's Tarpon Tournament on Friday, May 11 the hottest competition on the water.

Doc Ford's – with locations on Sanibel Island, Captiva Island and Fort Myers Beach – has again committed to being the title sponsor for the 2018

tournament, along with the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS). Proceeds will benefit wildlife and conservation education at JN "Ding" Darling National Wildlife Refuge on Sanibel Island.

The tournament pays out 100 percent of the entry fees, which could amount to \$25,000 or more, as tournament awards to the top five teams. This year, 55 spots in the tournament were filled within two hours of opening registration online late last year. Interested parties can contact DDWS Executive Director Birgie Miller at 472-1100 ext. 4 or director@dingdarlingsociety.org to add their



From left, DDWS Executive Director Birgie Miller, Supervisory Refuge Ranger Toni Westland and Marty Harrity, wearing the tarpon jacket photo provided

names to a waiting list.

Last year, Marty Harrity, co-owner of Doc Ford's, added a new incentive for taking first place in the tournament. He introduced the exclusive "tarpon jacket," a pink sports jacket swimming with tarpon. Mike Billheimer, one of the tournament's anglers and a fellow island restaurateur, found it for him.

"It's kind of like the green Masters tournament jacket in golf," said Harrity. "The winning captain gets the honor of wearing the pink tarpon jacket."

"Doc Ford's has been a faithful supporter of our efforts at 'Ding' Darling, helping greatly to bolster refuge

programs and research to balance federal budget shortfalls," said Miller. "Last year we raised \$80,000 for the refuge as a result of sponsorships, donations and auction proceeds. In its six years of existence, the tourney has raised \$330,000. We're so grateful to Doc Ford's for this huge effort in our behalf."

For more information on the tournament, visit www.dingdarlingtarpontourney.org. Anyone interested in becoming a tournament sponsor should contact Miller at 472-1100 ext. 4 or director@dingdarlingsociety.org.*

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Kiwanis club members with Santa Ron Ritchie at the 2017 Breakfast with Santa event
photos provided

Holiday Party
For Children's
Outpatient Care

The Metro-McGregor Kiwanis Club assisted in organizing the annual Breakfast with Santa holiday party for the John Hopkins All Children's Outpatient Care of Fort Myers patients and their siblings on December 16. More than 180 people enjoyed breakfast, face painting, games, cookie decorating, balloon animals and crafts. Ron Ritchie volunteered his time to play Santa and distributed approximately 200 children's books collected by the Metro-McGregor Kiwanis Club and through a donation from Thrivent Financial. Broadway Palm Dinner Theatre actors sang carols and entertained the patient's families. Businesses that donated to the breakfast included Sweet Tomatoes and Sun Harvest Citrus. Other groups that volunteered were Priority Marketing, FGCU Physical Therapy students and the South Trail Fire Department. The Metro-McGregor Kiwanis Club



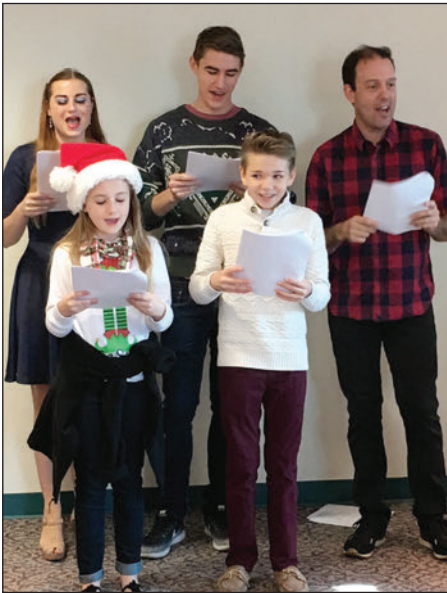
Kiwanians Todd Adams, Steve Hess and Matt Toomey make pancakes for the patients and their families
is looking for more service-minded individuals and business professionals who would like to make a direct impact on the community through volunteering. Meetings are held



John Hopkins All Children's Outpatient Care of Fort Myers staff with Santa Ron Ritchie



Children of staff members with Santa Ron Ritchie



Broadway Palm Dinner Theatre actors entertained and sang carols
every Tuesday at 11:30 a.m. in Fort Myers. For details on joining the Metro-McGregor Kiwanis Club, contact membership chair Stewart Ross at 507-304-1624 or stewart.ross@mnsu.



Kiwanians Ian and Nancy Nelson serve drinks, including Sun Harvest Citrus orange juice to the families
edu. The Metro-McGregor Kiwanis Club can be found on Facebook or online at www.metro-mcgregor.com. For more information on the John Hopkins All Children's Outpatient Care of Fort Myers, call 931-5700.✱



Priority Marketing team members volunteered at the event by painting faces, decorating cookies and playing games with the children



Ava Bickel and Lindsey Lenhart help the children decorate cookies



The South Trail Fire Department was a new addition to the party, which has been an annual event since 2008

Beautifulife:

Rest And Recover

by Kay Casperson



Wow, what an amazing whirlwind the holidays and end of year can be! So much to do, so many people to see and not very much time for ourselves, which means many of us forget the very

important person that needs attention... you. Some of you are laughing right now and saying, yes, I do need attention and personal time but how in the world can I find the time to focus on me? Well, let's start by sending the kids back to school, the visitors home, the spouse off to work or play and make a very focused effort on taking some time to rest and recover from all the craziness of the past month or so.

You may have been one of the lucky ones to escape the colds and flu that have been circulating around but, if not, there is an even bigger reason for you to take some time to get yourself back to feeling 100 percent again and ready to take on the world. Not only do you need to rest from just crossing the finish line into the New Year, but you also need to recover from putting out all of your energy into making the last few months the best months ever for yourself and

everyone else. Most everyone reading this knows what I mean.

Here are a few suggestions that I have for you to implement some rest and recovery into the various areas of your life.

Emotional – Are you giving yourself a good pat on the back for being the best you can be during a very stressful and busy time? Are you telling yourself how awesome and wonderful you are and that it is OK to say no and to take a break?

Physical – How are you feeling? Do you need more sleep? Are you getting your vitamins and nutrients from your foods or should you be supplementing more? I know that I do not live without my vitamins B12, C and D3 now or anytime of the year to help with my energy, immunity and protection.

Spiritual – How and when are you giving yourself time to pray and to meditate on all of the beautiful things that have happened this past year and all that is yet to come? Now is the time to pray for yourself and for others, and to believe that all is well and blessings abound.

Environmental – Stop cleaning out all of those cabinets for just a second and stop organizing all of those files and shelves from the junk that piled up over the last year, and just put it all behind a closed door until you have stored up the energy to get back to it. Sometimes, you just need to say, "I will get to it later."

Social – Take a break from parties,

continued on page 27

Free Balance And Fall Prevention Fair

Lee Health's Healthy Life Center invites the community to a Balance and Fall Prevention Fair, as well as an educational series to help determine the right medical care, at the Healthy Life Center at Coconut Point on Friday, January 19 from 9 a.m. to noon. The fair includes balance, vision and hearing screenings; blood pressure checks; medication reviews; footwear consultations; walking safety tips; home safety recommendations; and options for therapy, aqua therapy, adaptive equipment, and group exercise and wellness.

Balance changes as we age, but falling and symptoms of dizziness should never be ignored or considered a normal part of aging. Instead, these symptoms should signal us to seek medical attention. The Balance Rehabilitation Lecture Series includes discussions by multiple specialists who can help those living with balance, dizziness and/or vertigo problems.

The educational series discussions will be held on the following Mondays at 4 p.m.:

January 22 – Finding Your Team, Finding Solutions – Nathalie Grondin, PT, vestibular specialist

January 29 – How a Registered Dietitian Can Help – Ray Halstead, DPT, MSH, RD, CSCS

February 5 – How an Otolaryngologist Can Help – Patrick M. Reidy, MD, otolaryngologist (ear, nose and throat physician)

February 12 – How an Audiologist Can Help – Shanai Hill, AuD, CCC-A

February 19 – Meniere's Disease: A Common Cause of Vertigo and Imbalance – Samuel L. Hill, III, MD, FACS, FFAOA, otolaryngologist (ear, nose and throat physician)

February 26 – How an Occupational Therapist Can Help – Renee Black, OTR/L, vision specialist

March 5 – How a Physical Therapist Can Help – Nathalie Grondin, PT, vestibular specialist

March 12 – How a Podiatrist Can Help – Andrew Belis, DPM

March 19 – How a Neuro-Ophthalmologist Can Help – Rachid Aouchiche, MD, FACS, neuro-ophthalmologist

Impaired balance has been associated with an increased risk of falls in older adults, resulting in higher mortality rates. The Healthy Life Center's Balance and Fall Prevention Fair and Balance Rehabilitation Series provide education and information on various medical specialties and treatments that can help people living with balance problems.

The Healthy Life Center at Coconut Point is located at 23190 Fashion Drive Suite 105 in Estero. For more information or to register to attend, call the Healthy Life Center at 495-4475 or email HealthyLifeCenter@LeeHealth.org.

National Hospice Board Member

Samira K. Beckwith, president and CEO of Hope Healthcare, has been elected to serve on the board of directors of National Hospice and Palliative Care Organization. Beckwith also currently serves on the board of directors for the NHPCO Hospice Action Network.

Beckwith has previously served as a NHPCO board officer in the positions of chair and treasurer, as well as chair of the board of directors for the National Hospice Foundation.

NHPCO is the largest membership organization representing hospice and palliative care programs and professionals in the U.S. The organization is committed to improving end-of-life care and expanding access to hospice care with the goal of profoundly enhancing the quality of life for people dying in America and their loved ones.

"Serving in a leadership position helps ensure that I can elevate hospice and palliative care for Southwest Floridians," Beckwith said. "Being involved with organizations like NHPCO helps the development of partnerships and opportunities of the evolving model of health care that directly affects people. It's all about helping to improve quality of life and access to care for those in need."

In addition to positions with other



Samira K. Beckwith

photo provided

national and statewide boards, Beckwith served as a state delegate to The White House Conference on Aging, was a Governor's appointee to the Long-Term Care Policy Advisory Council and is the founding president of the Florida PACE Association.

Hope Healthcare is a not-for-profit health care organization dedicated to providing care and comfort to every individual and their loved ones as they fulfill life's journey.

For more information, visit www.hopehcs.org.

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dearRPharmacist

Dissecting Weird And Possibly True Headlines Of 2017



by Suzy Cohen, RPh

Dear Readers: The following are headlines from the past year. **World Health Organization (WHO) to Officially Recognize Video Gaming Disorder as a Mental Health Problem:** Gaming

is an official disease and is classified as a mental health disorder. The symptoms include anxiety, withdrawal symptoms and anti-social behavior as well as the obvious, becoming non-productive. This disorder will surely generate a lot of money for companies who can “treat” the condition that, by the way, impacts the same parts of your brain as alcohol, porn, gambling and shopping.

Eating Cheese Every Day May Protect Your Heart: I’m not sure why, but this headline cracked me up. If there’s a cheese gene, I have it because I love cheese. If you’re a cheese lover, this will give you a new excuse to make Baked Brie with Blackberry Compote. Mmm!

Researchers suggest that eating about an ounce and a half of cheese every day could help to reduce your risk of heart disease and stroke. It isn’t going to “protect your heart” in my opinion, it’s loaded with casein and saturated fats, but I’ll still mentally award an A plus to the researchers for making me drool. FYI, if you have MAO genetic SNPs (or take MAO inhibitor drugs), avoid cheese due to the tyramine content, it can provoke a headache or worse.

Do Hair Dyes Increase the Risk of Prostate Cancer?: In the study I read, the answer isn’t a clear yes or no regarding prostate cancer. This type of

headline is not a new one. Researchers have been trying to clearly define the risks of certain chemicals in hair dye, and find out which colors are most toxic. Certain compounds called “aromatic amines” are found in high concentrations in hair dyes, and we know they do trigger cancer growth in lab animals, however, it’s not as clear with humans. Though several population-based studies do suggest higher rates of leukemia, non-Hodgkins lymphoma or multiple myeloma in women who use hair dyes, the highest risk is actually seen in hairdressers who experience more bladder and blood-related cancers (like those listed above). But remember, they work with these chemicals all day long so exposure is high.

Low Thyroid Levels Affect A Woman’s Fertility: Agreed, this very topic was covered in one of my books in 2010, seven years ago. It just made headlines in 2017. Low thyroid can definitely contribute to infertility, miscarriage and premature births. It’s easy to test for and repair.

Weird Health Benefits of Stress: It’s true that a little stress can temporarily improve your mental sharpness, but chronic stress can deplete your adrenals, so I’d say it’s best to minimize your stress levels as much as you can. Stressful situations increase bonding with friends, relatives and your spouse. That’s why if you’re stuck in an airport overnight, you might make new friends after sharing the experience. The reason is short-term stress boosts oxytocin, a bonding hormone. Further, people are forced to rescue you, if not physically then emotionally. The trouble with this is some people thrive on stress in their life because it victimizes them, provoking others to give them attention and affection. It can even become the glue in an otherwise bad marriage.

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.✽✽

New Program At Alzheimer’s Resource Center

In a continued effort to serve the community, the Alvin A. Dubin Alzheimer’s Resource Center will offer the New PATH Program beginning Friday, January 19. This eight-week program is designed especially for individuals in the early stages of Alzheimer’s disease or related dementia and their spouses/primary caregivers.

This structured educational and support group program provides professionally led educational presentations as well as an opportunity for those with mild memory loss and their caregivers to meet others who are experiencing similar difficulties and exchange information and support during group discussions. Past participants of the New PATH program have indicated

increased knowledge of the disease process and community resources, increased coping skills and decreased isolation. Potential participants and family caregivers are interviewed prior to enrollment to determine suitability for the group. Information regarding the dates, times and locations of the program is provided following the interview process.

The Alvin A. Dubin Alzheimer’s Resource Center, a United Way partner agency, provides a variety of services to help families cope with Alzheimer’s disease and related dementias, including monthly support groups, a quarterly newsletter, a safety program and community education and training programs for professionals as well as family caregivers.

The Alvin A. Dubin Alzheimer’s Resource Center’s office is located at 12468 Brantley Commons Court in Fort Myers. For more information about the New PATH program or services offered by the Dubin Alzheimer’s Resource Center, call 437-3007.✽✽

Doctor and Dietician

Inflammation



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

The body depends on inflammation to heal itself. Inflammatory cells arrive via blood after sustaining an injury to repair the damaged area. When blood supply is poor, healing is poor, since the immune cells cannot reach the injury. Unfortunately, a lot of soft tissue has a poor blood supply, such as the injured ligaments of a sprained ankle. Muscles are beefy and red; but the tendons and ligaments are white tissue with poor blood supply. If we sprain ligaments or tear tendons, these structures begin to atrophy due to inadequate repair post-injury. Blood transports the oxygen and nutrients required for healing, and as blood decreases in the soft tissue, so does the ability to heal. As we age, injuries become increasingly difficult to heal and soft tissue

becomes chronically weak. The inflammatory stage is characterized by an increase in blood flow, often resulting in painful swelling. Swelling tells the body, especially the brain, that an area of the body has been injured. The immune system sends immune cells to the injured area to clean up and remove the debris. Sadly, nonsteroidal anti-inflammatory drugs (NSAIDs) and corticosteroid injections, some of the most common treatments used for soft tissue injuries, actually halt the inflammatory process. They decrease the blood flow, and hamper the body’s ability to heal the injured tissue. Although these treatments may relieve pain short-term, by stopping the inflammatory process, they do so at the cost of creating long-term pain by making the areas more prone to worse tears and accelerate tissue degeneration.

When conservative options fail after injuries like ligament sprains or tendon tears, prolotherapy injections, including platelet rich plasma, can be helpful. These regenerative treatments stimulate the body’s normal healing stages and promotes ligament and tendon repair, which only occurs through the process of inflammation.

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.✽✽

Visitation Of Children Limited Due To Flu Cases

Lee Health has seen a sharp increase in flu cases – jumping from less than 200 cases during the week of December 18 to more than 330 cases during the last week of December. Because of this significant increase, Lee Health is restricting children age 12 and younger from visiting patients in the intensive care units (ICUs), pediatric intensive care units (PICUs) and hematology/oncology units. This applies to pediatric and adult units but does not include the Trauma ICU at Lee Memorial Hospital. Compassionate care allowances will be made when necessary. Visitors also may be asked to follow

additional precautions in some pediatric ICU and oncology areas. Lee Health also asks community members to: Get the flu vaccine, as well as the pneumococcal vaccine (a secondary illness) Practice good hand hygiene—wash hands often Stay home when you are ill Cover your cough and, if you use a tissue, dispose of it in a waste receptacle If you experience signs and symptoms of flu, visit a Lee Health Convenient Care, walk-in or urgent care center. The signs and symptoms of flu include fever or feeling feverish/chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headache and fatigue. Some may experience vomiting and diarrhea, though that is more common in children. It is important to note, too, that not everyone with flu will have a fever.✽✽

Free Autism Screening

Golisano Children’s Hospital of Southwest Florida, in partnership with Ronald McDonald House Charities® of Southwest Florida, will offer a free monthly autism spectrum disorder screening for toddlers 18 months to age 5 at the Healthy Life Center at Coconut Point on Friday, January 19 from 9:30 a.m. to 2 p.m.

It is estimated that one in every 68 children is diagnosed with some form of Autism Spectrum Disorder, making it more common than childhood cancer, juvenile diabetes and pediatric AIDS combined.

Medical consultants for the project stress that an early diagnosis can make a vast difference for toddlers and their families. They say early intensive behavioral intervention can make an immense difference not just in the development of the child, but in their families as well. The ASD screening is conducted by the Golisano Children’s Hospital of Southwest Florida. The screenings are administered by an advanced registered nurse practitioner, who has extensive training and experience in typical child development and developmental disorders. A physician referral is not required. The Healthy Life Center at Coconut Point, 23190 Fashion Drive in Estero. To schedule a screening, call 343-6838.✽✽



Mahi-Mahi Tacos

photo courtesy Fresh From Florida

**Mahi-Mahi Tacos**

- 16 corn or flour tortillas
- 1/2 cup fresh cilantro, chopped
- 3 tablespoons hot pepper sauce
- 1 teaspoon kosher salt
- 1 tablespoon fresh lime juice
- 2 pounds skinless mahi-mahi, cut into 5- to 7-ounce fillets

Vegetable oil (for frying)

Lettuce, shredded

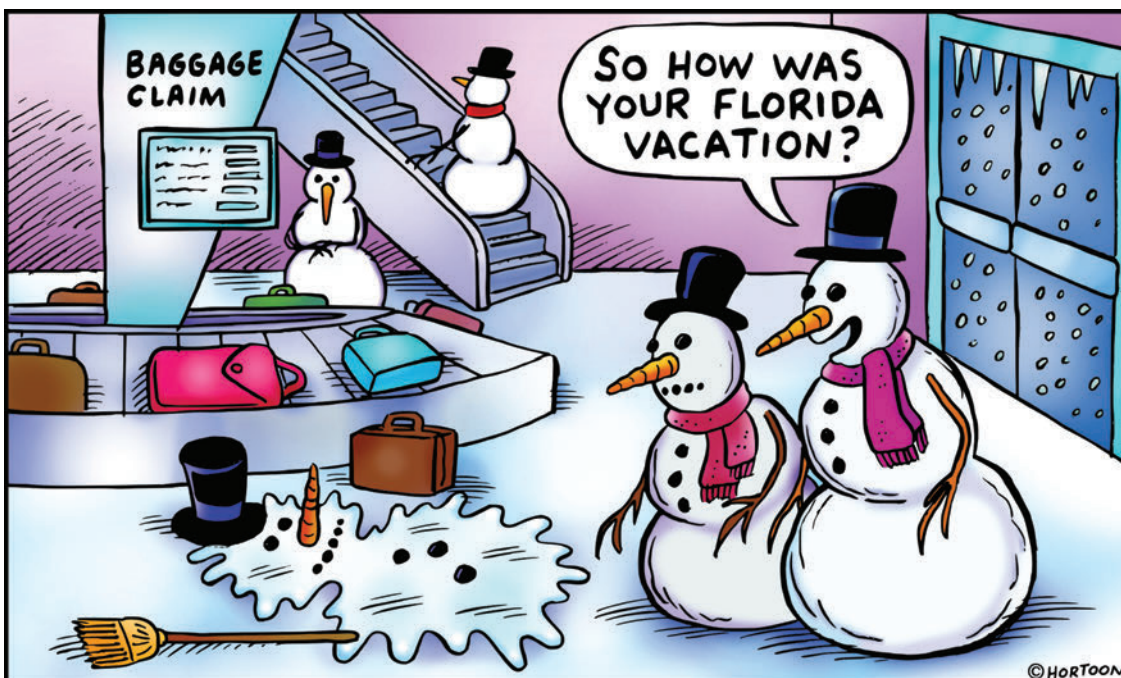
Fresh salsa (optional)

Guacamole (optional)

Wrap tortillas in foil and warm in 300 degree F oven. For marinade, combine cilantro, pepper sauce, salt, and lime juice in large bowl. Add fillets to marinade and chill covered for 1 hour. Remove fillets and discard marinade. Grill or sauté fillets for 4 to 5 minutes per side until cooked through. On a platter, separate fillets with a fork into bite size pieces. Fill center of tortilla with fish pieces; top with lettuce. (Optional: add fresh salsa and guacamole). Fold into a taco or roll tortilla into a wrap and serve.

Yield 6 to 8 servings.✱

HORTOONS



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

ARTS

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

CLUBS & ORGANIZATIONS

American Legion Post #38	239-332-1853
Angel Flight	1-877-4AN-ANGEL
Animal Refuge Center	731-3535
American Business Women Association	357-6755
Audubon of SWFL	339-8046
Audubon Society	472-3156
Caloosahatchee Chapter DAR	482-1366
Caloosahatchee Folk Society	321-4620
Cape Chorale Barbershop Chorus	1-855-425-3631
Cape Coral Stamp Club	542-9153
duPont Company Retirees	454-1083
Edison Porcelain Artists	415-2484
Embroiderers Guild of America - Sea Grape Chapter	239-267-1990
FM UDC Chapter 2614 - United Daughters of the Confederacy	728-3743
Friendship Force Of SW FL	561-9164
Garden Club of Cape Coral	239-257-2654
Horticulture and Tea Society	472-8334
Horticultural Society	472-6940
Lee County Genealogical Society	549-9625
Lee Trust for Historic Preservation	939-7278
NARFE(National Active & Retired Federal Employees	482-6713
Navy Seabees Veterans of America	731-1901
Paradise Iowa Club of SWFL	667-1354
Sons of Confederate Veterans	332-2408
Southwest Florida Fencing Academy	939-1338
Southwest Florida Music Association	561-2118
Kiwanis Fort Myers Beach	765-4254 or 454-8090
Kiwanis Fort Myers Edison	694-1056
Kiwanis Fort Myers South	691-1405
Gateway to the Islands	218-5768
Iona-McGregor	482-0869
Lions Club Fort Myers Beach	463-9738
Lions Club Fort Myers High Noon	466-4228
Lions Club Estero/South Fort Myers	898-1921
Notre Dame Club of Lee County	768-0417
Organ Transplant Recipients of SW Florida	247-3073
POLO Club of Lee County	477-4906
Rotary Club of Fort Myers	332-8158
Sanibel-Captiva Orchid Society	472-6940
United Way of Lee County	433-2000
United Way 211 Helpline (24 hour)	211 or 433-3900

AREA ATTRACTIONS

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

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

PUZZLES

Answers on page 29

Super Crossword

SUMMING UP THE NEW YEAR

- ACROSS
- 1 — law
- (computer industry rule)
- 7 WWII prez
- 10 Argus-eyed
- 15 Turn sharply
- 19 Haul in
- 20 Mendacity
- 21 Nerve
- 22 Caucus state
- 23 Luau libation
- 24 Hearth waste
- 25 Slight residue
- 26 Again
- 27 *Ad Council bloodhound
- 31 Et — (plus more)
- 32 Roly-poly
- 33 "I knew it!"
- 34 Good tidbit
- 38 Colleague of Trotsky
- 40 *They don't have qwerty layouts
- 46 Pen's tip
- 48 String after Q
- 49 Have — of hope
- 50 Gp. for fillers and drillers
- 51 *At a short distance
- 56 *Metro section manager
- 59 Deadeye's skill
- 60 TCBY treats
- 61 Bloom holder
- 62 PC pictures
- 63 Fetus feeder
- 65 Kotter of TV
- 66 Juan's "this"
- 68 Henry VIII's third Catherine
- 69 *Tool whose teeth rotate
- 72 Costello and Holtz
- 76 Baseballer Slaughter
- 78 Brogan part
- 79 Sloping
- 81 Bacon piece
- 84 Gone
- 85 Antsy feeling
- 86 Color tone
- 87 *It may show acidity
- 90 *Divorcée in 1991 news
- 92 Min. segment
- 93 Segment
- 94 Suffix with 114-Down
- 95 Chargers linebacker Manti —
- 96 *Yale, e.g.
- 102 Tips, as a cap
- 106 Chilling
- 107 Golfer Trevino
- 108 Batter
- 110 Taxi readout
- 111 What the double-digit Roman numerals at the starts of the answers starred clues add up to
- 118 Mud in a cup
- 121 Haikus, e.g.
- 122 22nd letter
- 123 Goopy camp treats
- 124 All tied up
- 125 Shul scroll
- 126 Be off
- 127 Unseat
- 128 Like paraffin
- 129 Lacking pity
- 130 Negatives
- 131 First phases
- DOWN
- 1 Fox or ox
- 2 Propheisier
- 3 Derivation
- 4 Teaches new skills
- 5 Biblical twin
- 6 Rigidly formal
- 7 Thin-screen boob tube
- 8 Plate
- 9 Practice
- 10 Giant in train travel
- 11 Petty of film
- 12 Quiz's kin
- 13 Paella base
- 14 Ticked (off)
- 15 Pfizer drug
- 16 Many eras
- 17 She bleats cold
- 18 Bitingly
- 28 In thing
- 29 Chin-wag
- 30 Native Nebraskan
- 35 Sister of Clio
- 36 Rider, e.g.
- 37 Old rulers
- 39 Jenna Bush, to Jeb
- 41 NBA and NRA, e.g.
- 42 Crusty roll
- 43 Big name in Art Deco
- 44 "We did it!"
- 45 "See you"
- 47 Wild horse
- 51 Cartoonist Al
- 52 Oscar winner Kedrova
- 53 Sharif of "Funny Girl"
- 54 No voters
- 55 On or about
- 56 Coup group
- 57 Morse "E"
- 58 "That's what — service!"
- 61 One paid to park cars
- 64 Sweet filling
- 65 Event invitee
- 66 Sup at home
- 67 Try to hit, as a fly
- 70 Snow-pure
- 71 Epic story
- 73 Aloha Stadium site
- 74 "One," on a U.S. coin
- 75 Process unit
- 77 Coll. in Lower Manhattan
- 80 Filled up
- 81 Cow of ads
- 82 Kitchen filter
- 83 Burlesque dancer Lili
- 84 Llama locale
- 85 2004 Chevy debut
- 88 Mudbath site
- 89 "It" game
- 90 Feeling bliss
- 91 Vane locales
- 94 Freezes
- 97 Church chant
- 98 "Ickyl"
- 99 Full of melting snow
- 100 Fiats
- 101 Spanish plural article
- 103 — Islands (Danish chain)
- 104 Least limited
- 105 Has a feeling
- 109 Botch
- 112 Goes (for)
- 113 Blow a horn
- 114 Saving sort
- 115 Arab nation
- 116 Drusilla divorced him
- 117 Marvel mutants
- 118 Shul-goer
- 119 Gardner of "The Bribe"
- 120 Nettle

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				
							46				47						48				
51	52	53					54	55				56					57	58			
59							60					61					62				
63							64										65				
68							69				70						71				
							76	77				78					79				
81	82	83									84						85				
87							88	89									90				
92							93										94				
96							97	98									99				
106																	100	101		102	
																	108		109	110	
							111				112	113	114	115			116			117	
118	119	120					121										122				
124							125										126				
128							129										130				

King Crossword

- ACROSS
- 1 Winter woe
- 4 Movie frag-
ment
- 8 Restaurant
employee
- 12 Deteriorate
- 13 Stash
- 14 Head light?
- 15 Formed rust
- 17 Too
- 18 Felon's flight
- 19 Tasted
- 21 Miss Muffet's
bugaboo
- 24 Prune
- 25 Candy in a
dispenser
- 26 Deli buy
- 28 Rid of frost
- 32 Sandwich
cookie
- 34 Yuletide quaff
- 36 Crucial time
- 37 Re ebb and
flow
- 39 Existed
- 41 Individual
- 42 In medias —
- 44 Libra symbol
- 46 Sweet girl in
an old song
- 50 Yale student
- 51 Poi base
- 52 Worried
- 56 Ear-related
- 57 Links warning
- 58 Detergent
brand
- 59 Timid
- 60 Applications
- 61 Rep. rival
- 9 Corridor
- 10 Differently
- 11 Comestibles
- 16 Father
- 20 Chic, in the
'60s
- 21 Location
- 22 Actress Gilpin
- 23 Take off
- 27 Violinist's
need
- 29 Put on a ped-
estal
- 30 Chaplin prop
- 31 Spud's buds
- 33 U-shaped
part of a row-
boat
- 35 Petrol
- 38 Hawaiian
souvenir
- 40 Parts of an
act
- 43 Big glitch
- 45 — Baba
- 46 Teeny bit
- 47 Piece of info
on an invita-
tion
- 48 Great Lake
- 49 Ids' counter-
parts
- 53 Raw rock
- 54 Before
- 55 Beavers'
construct
- DOWN
- 1 To and —
- 2 Bagel topping
- 3 Worked with
- 4 Doorbells,
often
- 5 Claiborne of
fashion
- 6 Mid-month
date
- 7 Accelerator,
e.g.
- 8 In need of
balm, maybe

MAGIC MAZE

NOT USED
MUCH
ANYMORE

N A X V S Q N K N A M K L A W

I K F D A E N I L D N A L X V

T Q S K O M K C E D E P A T J

H F N I O C A Y W N U S C R P

N L J I D O H F O D B Z P Y X

V R T R P Y B H Q O M K U A I

H M E F T Y P E W R I T E R M

D B L G X Y B P N Z Y W K T V

T R Q I A O N B O O L A A E R

K I H P F P F D O L H D W C C

A Z X W V U S R Q B F P V I O



"Does all this equal rights stuff mean I
can't laugh at her
anymore?"

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!

Bash _____
MINGAL _____
Extra _____
PEARS _____
Meld _____
LEMING _____
Sniff _____
HEALIN _____

TODAY'S WORD

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

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.

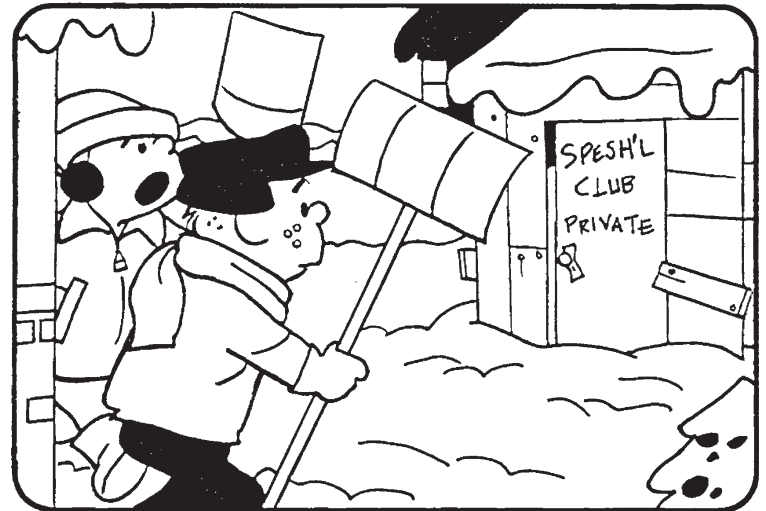
answer on page 29

HOCUS-FOCUS

BY
HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Cap is different. 2. Scarf is shorter. 3. Glove is smaller. 4. Shovel is turned. 5. Doghouse is missing. 6. Sign is missing.

Sea Turtles And Manatees During Cold Weather

As Florida's residents and visitors manage cold-weather conditions, the state's unique and treasured fish and wildlife species may need some extra care as well. The Florida Fish and Wildlife Conservation Commission (FWC) is prepared and ready to prioritize this critical mission.

"We are committed to conserving our natural resources, and are staged and ready in strategic areas throughout the state," said FWC Executive Director Eric Sutton. "Our team of FWC staff, partners and volunteers are monitoring the status of marine species affected most by the cold, and are prepared in case rescues are needed."

Sea turtles are one species that can be affected by cold weather. When the water temperatures drop, stunned sea turtles may float listlessly in the water on or near shore. Although these turtles may appear to be dead, they are often still alive. It is important to report these turtles to the FWC Wildlife Alert

Hotline as soon as possible.

"Our staff, partners and permitted volunteers are already working to rescue sea turtles in northwest Florida. Nearly 100 turtles have been rescued so far. We are also monitoring the Mosquito Lagoon and other areas of the state to see if sea turtles are being impacted there," said Kipp Frohlich, director of FWC's Division of Habitat and Species Conservation.

The Florida manatee is another species that can be impacted by extreme cold weather. When water temperatures drop, manatees gather in warm-water habitats such as discharge canals at power plants and natural springs. The FWC asks that boaters be extra vigilant in watching for manatees in shallow waters near the coast, both inland and coastal, and obey all posted manatee speed zone signs.

"Boaters should avoid areas where large numbers of manatees are gathered," said Gil McRae, head of FWC's Fish and Wildlife Research Institute. "Aggregated animals should not be disturbed, as this could cause them to leave the warm-water sites that help them cope with cold temperatures."

Sustaining adequate winter habitat for manatees remains a statewide conservation goal.

To report a dead or distressed manatee, call the FWC Wildlife Alert Hotline at 888-404-FWCC (3922).

Extended periods of unusually cold weather can kill fish outright by cold stress or make fish more susceptible to disease. Warm-water species, including the popular game fish snook, are particularly vulnerable to cold temperatures. Affected fish may appear

lethargic and may be seen at the surface where the water may be warmer from the sun.

The FWC monitors fish disease and mortality events around the state. Report dead and dying fish to the FWC Fish Kill Hotline at 800-636-0511.

All other distressed wildlife may be reported to the FWC Wildlife Alert Hotline at 888-404-FWCC (3922).

For more information on fish and wildlife research, visit ww.fwc.com/research.

From page 23

Beautifulife

social engagements, get together or anything that requires you to be on top of your game since this is your time to fill yourself up with rest, rejuvenation and inspiration in order to be the fun, entertaining person you so often are.

Once you have taken the much needed time to rest and recover in the various areas of your life, you will be able to go full force back into realizing your dreams and goals and experiencing your most balanced and beautiful life.

My affirmation for you this week is:

"I will take the time needed to rest and recover from all that I have put forth these past weeks in order to give all that I have and to be the best that I can be."

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



FRIDAY
Sunny
High: 73 Low: 66



SATURDAY
Cloudy
High: 67 Low: 60



SUNDAY
Sunny
High: 62 Low: 55



MONDAY
Sunny
High: 61 Low: 54



TUESDAY
Sunny
High: 64 Low: 57



WEDNESDAY
Mostly Cloudy
High: 66 Low: 59



THURSDAY
Mostly Cloudy
High: 67 Low: 60

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	11:58 am	4:28 am	9:34 pm	2:52 pm	Fri	11:03 am	4:30 am	8:39 pm	2:54 pm	Fri	11:01 am	4:09 am	9:50 pm	3:50 pm	Fri	2:08 pm	7:44 am	11:44 pm	6:08 pm
Sat	12:52 pm	5:12 am	10:12 pm	3:37 pm	Sat	11:57 am	5:14 am	9:17 pm	3:39 pm	Sat	11:38 am	4:56 am	10:35 pm	4:37 pm	Sat	3:02 pm	8:28 am	None	6:53 pm
Sun	1:34 pm	5:51 am	10:49 pm	4:19 pm	Sun	12:39 pm	5:53 am	9:54 pm	4:21 pm	Sun	12:07 pm	5:39 am	11:11 pm	5:18 pm	Sun	12:22 am	9:07 am	3:44 pm	7:35 pm
Mon	2:06 pm	6:27 am	11:24 pm	4:56 pm	Mon	1:11 pm	6:29 am	10:29 pm	4:58 pm	Mon	12:36 pm	6:19 am	11:40 pm	5:54 pm	Mon	12:59 am	9:43 am	4:16 pm	8:12 pm
Tue	2:31 pm	6:59 am	None	5:31 pm	Tue	1:36 pm	7:01 am	11:05 pm	5:33 pm	Tue	1:08 pm	6:58 am	None	6:26 pm	Tue	1:34 am	10:15 am	4:41 pm	8:47 pm
Wed	12:00 am	7:30 am	2:50 pm	6:08 pm	Wed	1:55 pm	7:32 am	11:41 pm	6:10 pm	Wed	12:04 am	7:34 am	1:44 pm	6:57 pm	Wed	2:10 am	10:46 am	5:00 pm	9:24 pm
Thu	12:36 am	8:00 am	3:07 pm	6:49 pm	Thu	2:12 pm	8:02 am	None	6:51 pm	Thu	12:25 am	8:09 am	2:24 pm	7:32 pm	Thu	2:46 am	11:16 am	5:17 pm	10:05 pm

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PUZZLE ANSWERS

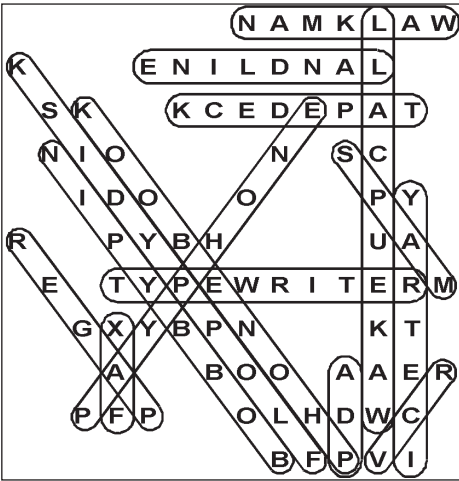
SUPER CROSSWORD

MOORES	FDR	ALERT	VEER
ARREST	LIE	MOXIE	IOWA
MAITAI	ASH	TRACE	ANEW
MCGRUFF	THE	CRIMEDOG	
ALIA	FAT	AHA	TREAT
LENIN	DVORAK	KEYBOARDS	
	NIB	RST	ARAY
CLOSER	ANGE	CITY	EDITOR
AIM	CONES	VASE	ICONS
PLACENTA	GABE	ESTA	
PARR	CIRCULARS	SAW	LOUS
ENOS	HEEL	ATAS	SLANT
ESSAY	PAST	AGITA	HUE
LITMUS	TEST	IVAN	ATRUMP
SEC	PART	INE	TEO
IVYLEAGUES	SCHOOL	DOFFS	
EERIE		LEE	RAM
	TWO	THOUSANDS	SIXTEEN
JAVA	POEMS	VEE	SMORES
EVEN	TORAH	ERR	DEPOSE
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KING CROSSWORD

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MAGIC MAZE



SUDOKU

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

My Stars★★★★

FOR WEEK OF JANUARY 15, 2018

ARIES (March 21 to April 19) You might be hurt by a colleague's harsh criticism. But don't let it shake your confidence in what you're trying to do. A more positive aspect starts to appear by week's end.

TAURUS (April 20 to May 20) You're torn between your sensible self and the part of you that enjoys acquiring lovely things. Best advice: Wait for an end-of-month sale, and then buy something wonderful.

GEMINI (May 21 to June 20) Your artistic side has practical applications this week, such as redecorating your home or redesigning your personal stationery. Whatever you do, someone special will like it.

CANCER (June 21 to July 22) You could be drawn into a problem 'twixt friends or family members. Best bet: Ask the questions that go to the heart of the matter, then get them all together for a group hug.

LEO (July 23 to August 22) As much as you love being the center of attention, your big Lion's heart impels you to share the spotlight with a colleague who helped you with that well-praised project.

VIRGO (August 23 to September 22) Your eagerness to act on a challenge is wisely tempered early in the week by a lack of necessary information. Things begin to clear up during the weekend.

LIBRA (September 23 to October 22) A relationship you'd hoped would keep going seems to be going nowhere. Close it out and move on to a brighter romantic aspect just beginning to manifest itself.

SCORPIO (October 23 to November 21) Things don't go completely as planned this week. But enjoy the surprises, even if you have to adjust your schedule. Some of them could be quite delightful.

SAGITTARIUS (November 22 to December 21) Making choices is usually easy for straight-shooting Archers. But a new development could deflect your aim. Try to put off decisions until you know more.

CAPRICORN (December 22 to

January 19) While part of you might prefer taking a more familiar path, let your more daring and -- admit it -- super-curious self see what the unexplored has to offer.

AQUARIUS (January 20 to February 18) Those nasty types have slithered back under the rocks and present no more problems. Now's the time to move ahead on that promising new relationship.

PISCES (February 19 to March 20) A new offer could clear up that lingering money problem. Also, a more confident attitude on your part might well get that personal situation back on track.

BORN THIS WEEK: You have a way of turning chaos into order. You're also generous with your help for those who seek it.

THIS WEEK IN HISTORY

- On Jan. 15, 1936, Edsel Ford, the son of auto industry pioneer Henry Ford, forms a philanthropic organization called the Ford Foundation with a donation of \$25,000. The foundation was established in part as a legal way for the Ford family to avoid inheritance taxes.
- On Jan. 16, 1919, the 18th Amendment to the U.S. Constitution, prohibiting the sale of alcohol, is ratified and becomes the law. It failed to prevent the distribution of alcoholic beverages, however, and led to the rise of organized crime in America.
- On Jan. 17, 1953, a prototype Chevrolet Corvette sports car makes its debut at General Motors' Motorama auto show. The Corvette was named for a fast type of naval warship.
- On Jan. 18, 1778, English explorer Captain James Cook becomes the first European to discover the Hawaiian Islands when he sails past the island of Oahu. Two days later, he landed at Waimea on the island of Kauai and named the island chain the Sandwich Islands, in honor of the earl of Sandwich.
- On Jan. 19, 1977, President Gerald Ford pardons Iva Toguri, one of the "Tokyo Rose" Japanese women who broadcast Axis propaganda over the radio to Allied troops during World War II. Toguri was a U.S. citizen who was trapped in Japan when war broke out.

STRANGE BUT TRUE

- The unknown soul who made the following sage observation must have been a keen observer of events: "A politician can appear to have his nose to the grindstone while straddling a fence and keeping both ears to the ground."
- In the 17th century, a Frenchman opened a coffee shop in London and sold chocolate, newly imported from the Americas, for 10 to 15 shillings a pound. That may not sound like much until you learn that at the time, the going price of a pound gold was 20 to 30 shillings.
- Are you interested in pogonotrophy? If you're a woman, the answer is probably no. The word, derived from the Greek word "pogon," or "beard," and the suffix "trophy," or nourishment, refers to the growing of a beard.
- Most people realize that many places in the United States were once known by different names. Here's a sampling: the Potomac River was originally called Conococheague Creek, Camp David was named Shangri-La, and the USA itself was once known as the United States of Congress Assembled.Ê
- Good news for the not-so-neat among us: Making your bed could be bad for you. A study done in the United Kingdom at Kingston University showed that the linens of an unmade bed retain less moisture, therefore making them less attractive to dust mites.
- Evidently it's not just humans who associate a deeper voice with maturity (and desirability) in males. It seems that male owls try to appear more macho and attract females by lowering the tone of their hoots.

THOUGHT FOR THE DAY

"The cult of individual personalities is always, in my view, unjustified. To be sure, nature distributes her gifts variously among her children. But there are plenty of the well-endowed ones too, thank God, and I am firmly convinced that most of them live quiet, unregarded lives." -- Albert Einstein

SCRAMBLERS

solution

1. Malign; 2. Spare;
3. Mingle; 4. Inhale

Today's Word
SPELLING

TRIVIA TEST

1. **Science:** What is the first element on the Periodic Table?
2. **Music:** What is the title of Disney's theme song and who sang it in the movie "Pinocchio"?
3. **U.S. Presidents:** Who was the first president to live in the White House?
4. **History:** In what year did England, Scotland and Wales unite to form Great Britain?
5. **Cartoons:** What type of dog is Scooby Doo in the "Scooby Doo" TV series?
6. **Animal Kingdom:** How many hearts does an octopus have?
7. **Food & Drink:** What is hummus made of traditionally?
8. **Geography:** Where is Fort Knox located in the United States?
9. **General Knowledge:** What well-known pediatrician and author won a gold medal for rowing in the 1924 Olympics?
10. **Movies:** What was the name of the whale in the movie "Free Willy"?

TRIVIA ANSWERS

1. Hydrogen
2. "When You Wish Upon a Star" sung by Jiminy Cricket
3. John Adams
4. Great Dane
5. 1707
6. Three 7. Chickpeas
8. Kentucky
9. Dr. Benjamin Spock
10. Keeliko

★ ★ ★ CLASSIFIED ★ CLASSIFIED ★ ★ ★

REAL ESTATE

WANTED – BUILDING LOT IN SANIBEL

Looking to retire and relocate to Sanibel
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Contact- QRBEB1@YAHOO.COM or
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12/22 ★ 2/9

SEASONAL RENTAL

EAST END COTTAGE SEAGRAPE LANE

Avail. Mar. 2018 due to cancellation. 1B/1B with sleeping porch, breakfast nook, front porch. Steps to Bay Beach, short walk to Gulf Beach. Owner jeancowper@live.com
1/12 ★ TFN

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Office & Store Maint.
★RS 6/7 CC TFN

HELP WANTED

PIZZA MAKER

Matzaluna Italian Restaurant is now hiring full and part time pizza cooks. Nights only. Work in an air conditioned open kitchen.
Call 472-1998.
Entry level person may be considered.
1/12 ★ 1/19

GARAGE SALE

GIANT DOWNSIZING SALE

Furniture, tools, kitchenware, designer clothing, ladies shoes, artwork, barstools, games, crafts, gardening equipment, rugs etc. Sat., Jan. 13 - 8:00AM -12 Noon
9477 Peaceful Drive, Sanibel
1/12 ★ 1/12

TIMESHARE FOR SALE

SANIBEL COTTAGES TIMESHARE
Week #41 Unit #122-2BR/2BA Sleeps 6-2nd BLDG back from beach w/view of ocean, pool, pond. HGVC property. \$10,900.
908-236-8896.
11/10 ★ TFN

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scarnatolawn@aol.com
★RS 1/25 BM TFN

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Looking for a friendly, upbeat, energetic, personable sales associate. PT/FT with some flexibility. Some Saturdays required. Come be a part of our team. Email resume to mysanibelresume@gmail.com or call 239-472-5552 Ask For DK
1/5 ★ 1/12

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BIG ARTS FORUM SERIES OF 8 TICKETS

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VACATION RENTAL - SANIBEL

Starting mid March available monthly 2B/1B, newly remodeled
East End, 1/2 duplex, Walk to Beach
Private deck, Fully equipped,
Contact Bob 410-913-2234
12/22 ★ TFN

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24hr Adult care in my home for individuals looking for one on one long-term care for their loved ones, I accept all stages of Dementia/Alzheimer.
Clean and secure environment,
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10/20 ★ TFN

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Optimize your health and home
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5/26 ★ TFN

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★NS 5/6 BM TFN

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12/8 ★ 1/26

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PRIME OFFICE SPACE

700 square feet at
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Immediate Occupancy.
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or 800-592-0009.
★RS 4/7 CC TFN

ANNUAL RENTAL

ANNUAL RENTAL

SANIBEL

Waterfront Home: This peaceful location is true Island Living. Looking over the water with boat dock/lift, access to Bay & Gulf. This beautiful 3 bedroom/2 bath plus den, piling home is offered UF @ \$3,300/mo.



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Newly remodeled, unfurnished 2 bedroom/1 bath, quiet neighborhood.
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12/22 ★ TFN

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2 Rooms, Bathroom,
Approx. 1,000 sq. feet.
This was Molnar Electric's old office.
Call Judy at 239-851-4073.
★RS 8/5 CC TFN

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Tighten and tone every major muscle group in your body
Get 10 exercises in one amazing calorie burning workout!
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Folds for easy storage
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and Monthly.
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★RS 1/4 NC TFN

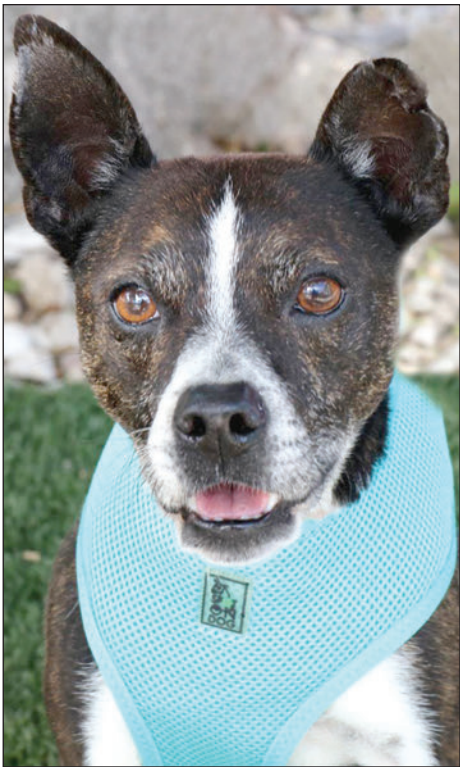
LEGAL NOTICE

FICTITIOUS NAME NOTICE IS HEREBY GIVEN

that the undersigned, desiring to engage in business under The fictitious name of Ancient Portal Enterprises, located in Lee County, FL, with an address of 15000 Captiva Dr., Captiva, FL 33924 has registered said name with the Division of Corporations of the Department of State, Tallahassee, Florida.
Dated the 8th Day of January 2018.
Josephine C. Anderson
1/12 ★ 1/12

To advertise in the
Island Sun and *The River Weekly News*
Call 395-1213

PETS OF THE WEEK



Kenny ID# 459978 photos provided Lee County Domestic Animal Services

Kenny And Shadow

Hello, my name is Kenny... or 'Kenny G' as the staff has nicknamed me. I am a 9 year old male Boston terrier/chihuahua mix who is a loveable senior. Just don't tell me I'm old, because I do not seem to know it. While I have the manners and knowledge of a dog my age, my spirit is still that of a pup. I am the perfect combination of playful and cuddly. My adoption fee is \$25. Hi, I'm Shadow. I am a one-year-old female domestic shorthair who is the resident black beauty. I am fine with other cats as long as they respect my personal space. I love to play and am quite agile so my perfect home should have a nice cat tower for me to explore. My adoption fee is \$50. Plus, there is



Shadow ID# 722331 an adopt-one-get-one free promotion. 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. For information about this week's pets, call 533-7387 (LEE-PETS) or log on to Animal Services' website at www.LeeLostPets.com. When calling, refer to the animal's ID number. The website updates every hour so you will be able to see if these or any other pets are still available. The shelter is open for adoptions from 10:30 a.m. to 3:30 p.m. Monday through Saturday. The shelter is

located at 5600 Banner Drive in Fort Myers, next to the Lee County Sheriff's Office off Six Mile Cypress Parkway. All adoptions include spay/neuter surgery, age-appropriate vaccinations, rabies vaccination and county license if three months or older, flea treatment,

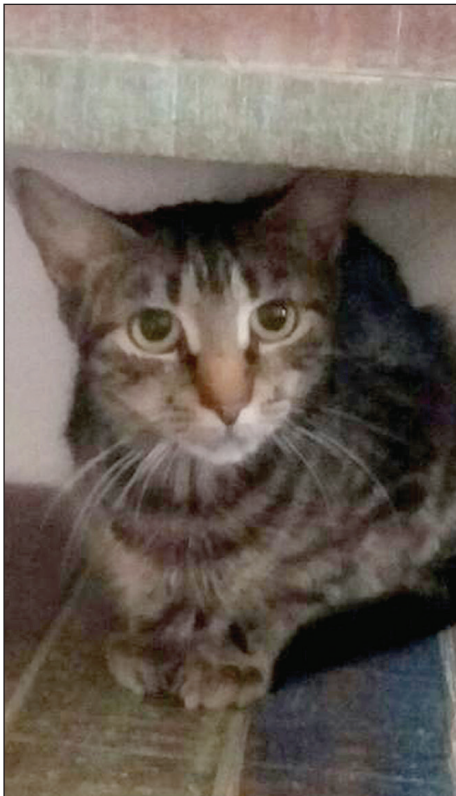
worming, heartworm test for dogs six months and over, feline AIDS and leukemia test for cats, training DVD, 10-day health guarantee, and a bag of Science Diet pet food. The adoption package is valued at \$500.*



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 havenonearthanimalleague@yahoo.com.*

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Metes And Bounds	Sanibel	1969	2,992	\$4,295,000	\$4,000,000	29
Riverbrooke	Estero	2012	4,452	\$1,695,000	\$1,700,000	88
Palm Acres	Fort Myers	1979	3,283	\$1,395,000	\$1,350,000	0
Gores A M Subd	Captiva	1969	1,625	\$1,295,000	\$1,150,000	251
Lakewood	Fort Myers	2010	3,038	\$1,050,000	\$1,000,000	13
Nature's Cove	Estero	2001	3,793	\$899,900	\$817,500	225
Kenwood	Estero	2003	3,018	\$859,000	\$813,000	55
North River Oaks	Alva	1993	3,721	\$775,000	\$735,000	14
Nature's Cove	Estero	2001	3,205	\$769,900	\$687,500	438
Imperial Shores	Bonita Springs	1976	1,590	\$769,000	\$685,000	124



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alike, a vacation on a plate.”**

*The New York Times
Magazine*

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