



Acclaimed Artist To Exhibit During Art Walk

The Sidney & Berne Davis Art Center (SBDAC) will host a collaborative opening reception for the Dream Peace exhibit, featuring a collection of works by artistic powerhouse and provocateur Myra Roberts during Art Walk on Friday, February 2 from 6 to 10 p.m. The reception will also feature performance art group S(he) Will Fade: A Theatrical Ethnography, and a short improvisational dance by Debbie Sheme, founder of Sanibel Dance.

Roberts will exhibit poster-style paintings of topics ranging from social injustice to Buddhism in her work *Dream Peace*. The exhibit will close Friday, February 24.

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



Dream Peace by Myra Roberts

to ponder the need for change."

In addition to her Dream Peace works, Roberts will exhibit select pieces from recent series. Florida Retro paintings

images provided

resurrect the Sunshine State's past, and Endangered Species works draw attention to future concerns. Smokescreen: Prelude to the 1940s is a series of collages that



Shell We? by Myra Roberts

depict American or German middle-class domestic life combined with images of Hitler's rise to power. Angels on Earth celebrates extraordinary lives. Included is 2014 Nobel Peace Prize winner Malala Yousafzai.

Roberts' paintings are in public and private collections across the United States
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Artwork by Danielle Branchaud

images provided

Artist Trading Cards Featured At Group Show

Carded: Miniature Masterpieces will be a featured group art show at the Sidney & Berne Davis Art Center with an opening set for Friday, February 2 from 6 to 10 p.m. The show will be on



Artwork by Ndola Pensy

display until Friday, February 24.

The Artist Trading Card (ATC) project builds on different traditions. Miniature art has been in existence for centuries, tracing its heritage back to the illustrated manuscripts of scribes in the Far East and Europe prior to the 15th century. The origin of the modern trading card is associated with cigarette cards first issued by the U.S.-based Allen and

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Antique Car Show At Estates



Visitors walk through rows of antique Ford automobiles at the annual Edison & Ford Winter Estates Antique Car Exhibition

photo provided

On Saturday, February 3 from 10 a.m. to 2 p.m., Edison & Ford Winter Estates will host its annual Antique Car Exhibition featuring antique Ford models. Each year, classic car owners and club members exhibit more than 100 cars on the Ford estate lawn as a tribute to Henry Ford, the pioneer of the automobile industry.

Along with the exhibition, there will be music and visitors can tour the gardens, historic homes, museum and laboratory. This family event is free for Edison Ford members and \$25 for future members, which includes a self-guided tour of the entire site.

A portion of the proceeds will benefit the restoration of the antique car collection at Edison Ford.

Registrations are being accepted for Ford models 1980 and older. To register a car, contact Leeanne Criswell at lcriswell@edisonfordwinterestates.org or call 334-7419. The deadline for pre-registration is January 26. Pre-registration is \$20 for one car and \$10 for each additional car.

Edison & Ford Winter Estates is located at 2350 McGregor Boulevard in Fort Myers. For more information, call 334-7419 or visit www.edisonfordwinterestates.org.

Historic Downtown Fort Myers, Then And Now:

Signs Of The Past



by Gerri Reaves, PhD

Whether decorative, informational, frivolous or artistic, signage is an underestimated factor in an urban landscape. And each time one disappears, so does a tidbit of history.

As these photos from the mid-2000s prove, it doesn't take long for signage to become obsolete or vanish.

Take that "1527" neon sign on Hendry Street, for instance, which you'll find on a

1929 building just north of the Edison Theatre Building. This metal sign is still there, but what used to be the stylish sign in the 2004 photo is now painted gray.

In the 1930s and 1940s, a grocery store and restaurant were located in the two-storefront building, but by 1950, the Royal Palm Studio (photography and supplies) moved in, joined by Royal Palm Travel Agency mid-decade.

Circa-1950, the sign vertically read "KODAK" in large letters.

The neon "1527" came post-1956, when the building acquired a new street number.

In recent years, the former photography studio has housed a succession of night-clubs. Maybe that under-appreciated sign will one day regain the trendy neon look.

The words "Fort Myers Historical Museum" on the façade of the 1924 Atlantic Coast Line (ACL) Railroad passenger depot were replaced about a decade ago with



In 2004, this sign immortalizing a street number in neon lights added a thought-provoking detail to Hendry Street

photos by Gerri Reaves



Last October, the museum façade still displayed its second name. Note that the state sign (left) was never updated.



In 2005, the Edison Festival of Light was located in the Civic Center on Edwards Drive at Hendry. Together with the adjoining Hall of Fifty States, the center was a City Parks & Recreation facility. The Civic Center portion was demolished in 2007.

"Southwest Florida Museum of History." However, that name is now obsolete, too, for the depot on Jackson Street and Widman Way.

First of all, the city-owned museum closed in June 2016 and merged with the IMAG History & Science Center. Second, the building is undergoing restoration to become the Southwest Florida Community Foundation's regional headquarters and laboratory. The depot will gain a 10,000-square-foot addition, as well.

The depot operated as such until 1971, when ACL passenger service ceased in downtown Fort Myers. Notice "ACL" on the planter in the photo. In 1975, the City of Fort Myers purchased it for use as an historical museum. It opened with great fanfare and community support in 1982 as the Fort Myers Historical Museum.

Stay tuned to see what kind of signage will grace the revered depot when it reopens with a new purpose.

That 2005 photo of the Civic Center windows was taken when the Edison Festival of Light office was in residence on the northeast corner at Edwards and Hendry, across the street from the Fort Myers Yacht Basin.

Also open was the adjoining Hall of Fifty States, at that time a City Parks & Recreation facility.

This Civic Center portion was demolished in 2007, along with the shuffleboard

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In 2005, the former ACL passenger depot displayed the name it acquired in 1982 when it opened as an historical museum

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Lovestruck Soiree At Country Club



Harpist Diana Rowan and soprano Jennifer Paulino of Lovestruck

photo provided

The Symphonic Chorale of Southwest Florida will hold The Lovestruck Soiree at the Colonial Country Club on Saturday, January 27 beginning at 6 p.m. Tickets for the annual soiree, which includes dinner, entertainment, silent and live auctions, 50-50 draw and much more, are \$85 apiece or \$650 for a table of eight.

Entertainment will be provided by the harp and vocal duo Lovestruck with soprano Jennifer Paulino and harpist Diana Rowan. They will perform a collection of timeless love songs from folk and classical traditions and bring it all together in 21st century style. The

performance is entitled Cupid's Playlist. Guest emcee will be WINK News Anchor Chris Cifatte.

San Francisco Classical Voice describes Paulino's singing as "graceful, yet powerful, sensitive and clear" and that she is an "expressive singing actress." Harpist Diana Rowan is an award-winning musical artist whose "playing and compositions have unusual power and beauty."

The Colonial Country Club is located at 9181 Independence Way in Fort Myers. For more information and reservations, visit www.symphonicchorale.org or call 560-5695.*

Symphony Celebrates Art In The Community

The Gulf Coast Symphony will celebrate art in the community at its annual Art Is Instrumental Gala at the Gateway Golf and Country Club on Saturday, February 3. The evening begins at 5:30 p.m. with cocktails, while the performance is expected to begin at 8:30 p.m.

The event will showcase Southwest Florida visual artists, presenting a performance by a Broadway star and honoring an organization and individual who have positively affected the regional arts community.

The evening will feature a live auction of artwork created from musical instruments by renowned artists Doug McGregor, Terry Tinker, Kitty Bergner and Vyd Keryx, and a special cabaret performance by Broadway's Phantom of the Opera, Doug LaBrecque. The Southwest Florida Community Foundation and Gulf Coast Symphony violinist Phillip Lefton, one of the original symphony members, will be honored as part of the evening's gala celebrations.

"The Gulf Coast Symphony honors the Southwest Florida Community Foundation for their long and steadfast support of the arts in our region," said Music and Executive Director Andrew



Doug LaBrecque performs photo provided

M. Kurtz. "Not only have they provided financial support, the foundation also focuses on helping organizations grow and sustain thoughtfully through organizational capacity building and senior leadership professional enrichment activities."

Lefton has been a beloved member of the Gulf Coast Symphony since its launch 23 years ago. He and his wife, Charlotte, are Fort Myers residents and active community members. "Phil has

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Exclusive Workshop on February 23
STORYTELLING: EXPANDING THE IDEA
Instructed by Bill Lepp

image provided

submitted by Mary Lou Williams and Joel Ying, MD

A storytelling showcase that is a sequel to the sold-out Story Slam 2017 will be held at the Alliance for the Arts on Wednesday, January 31 from 7 to 9 p.m. The Elephant: Stories You'll Never Forget will feature 10 local

storytellers performing an oral tradition of a brand new collection of stories that will delight and enthrall.


This storytelling showcase event was inspired partly by The Moth, a non-profit dedicated to the art of personal stories. The Moth now produces live shows in cities worldwide and a program on National Public Radio.

Why is the new event called "The Elephant" when none of the stories feature elephants? The producers, Storytellers of the Round Table, will tell you that elephants never forget. These new stories are unforgettable. And besides, if you've seen a moth, elephants are bigger! Unlike The Moth, our stories are not limited to personal stories. Our showcase events also include folk tales, tall tales, historical stories, literary stories and many other types of stories.


The Elephant storytelling performances include *Truth and Story*, a medieval fable by Tashahara Jallad; *The Teacher* by Joel Ying about a mentor who changed his life; *The Trombone Tale* by Marilyn Graham about a trombone that changed her life; *The Enchanted Cottage* by Lisa Leonhardt, an unbelievable true story; *A Strange Desire to Speak Spanish* by Mark Beland, winner of the Toastmasters Humorous Speech Contest; *Can a Leopard Change Its Spots?* by Rhonda Brazina, a hilarious love story; *The Dollop* by Howard Silverman about a unit of measurement; *The Country Store* about a horse blanket by Dwight Elam; *The A/C Story* by Robert David; *Being in the News*, a cross between a tall tale and a personal story by Mary Lou Williams. The stories

			
Mark Beland	Rhonda Brazina	Robert David	Dwight Elam
			
Marilyn Graham	Tashahara Jallad	Lisa Leonhardt	Howard Silverman
<p>are as intriguing as their titles.</p> <p>The ancient art of storytelling is now avant garde. The Moth StorySlam produces events in cities across the country and is a rapidly growing showcase for storytellers. You don't have to go to New York City, Chicago or Miami to hear great storytelling.</p> <p>Alliance for the Arts is located at 10091 McGregor Boulevard in Fort Myers. Tickets are \$15 for members, \$20 for non-members. Call 939-2787 or visit www.artinlee.org for tickets.*</p>			
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Poets Invited To Open Mic Night

Southwest Florida poets are invited to share their work at an open mic night at the Alliance for the Arts on Thursday, January 25 from 7 to 9 p.m. The free event is open to poets of all ages, styles and approaches to poetry and to those who simply enjoy soaking up spoken word.

A \$10 suggested donation is encouraged to support future Alliance programming. An additional poetry

open mic night will be held on April 26. For more information, visit www.ArtInLee.org or call 939-2787.

The Alliance is also issuing a call to poets for its inaugural Chapbook celebration on April 5. Selected poems will be published in a National Poetry Month celebratory chapbook. Online submissions are due by February 23, 2018.

Alliance for the Arts is located at 10091 McGregor Boulevard in Fort Myers. For submission guidelines and to submit your work, visit www.artinlee.org/chapbook.*

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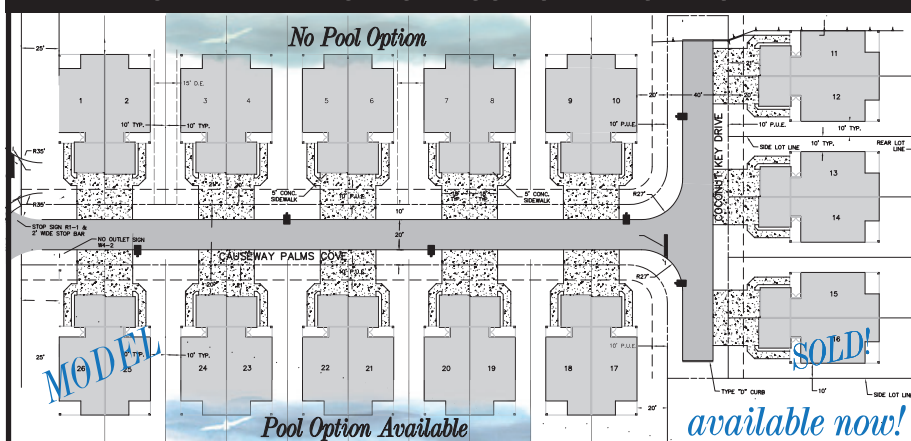
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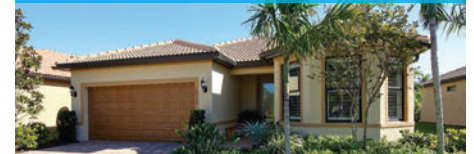
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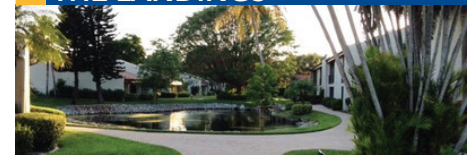
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Fort Myers Art:

Theaters Wrapping Up 2017-18 Seasons



by Tom Hall

Here's a quick peek at the remaining 2017-18 seasons for both Laboratory Theater of Florida and Theatre Conspiracy at the Alliance for the Arts. Three plays are on tap at Lab

Theater:

The Way We Get By – Oh, the awkwardness of a one-night stand. For Doug and Beth, the morning after a wedding reception (with lots of alcohol) reveals some surprising twists that neither could have anticipated. Audiences will encounter love and sex, along with societal expectations that might make some question how much we really care about what other people think. Written by Neil LaBute, *The Way We Get By* runs February 2 to 18.

The Musical Comedy Murders Of 1940 – For fans of the movie *Clue*, this play is must-see. The team responsible for a recent flop has gathered at the estate of a potential wealthy backer for their latest project. The reason for their previous failure? Three of the chorus girls were murdered by the "Stage Door Slasher," who has yet to be caught. From

A scene from *The Musical Comedy of 1940*

secret passageways to sliding panels, and a strange German maid, mayhem ensues when the killer shows up to strike again. Filled with satire and lots of wit, don't miss this hilarious murder-mystery written by John Bishop. If you're saving dates, *The Musical Comedy Murders Of 1940* runs from March 9 to March 31.

Visiting Mr. Green – Winner of numerous Best Play awards from around the world, this Jeff Baron play is one that will make audiences laugh and cry. Having almost hit 86-year-old widower Mr. Green, Ross Gardiner (a young executive in the corporate world) is charged with reckless driving. He must now complete a form of community service – visit Mr. Green every week for the next six months. Although both men resent these forced visits at first, their conversations soon reveal family secrets and past hardships. A story of

photos courtesy www.artswfl.com

acceptance and open-mindedness replete with charm and poignancy, *Visiting Mr. Green* runs from April 13 to 28.

The Laboratory Theater of Florida is located in the River District at 1634 Woodford Avenue in Fort Myers. For tickets and more information, call 218-0481 or visit www.laboratorytheaterflorida.com.

Four plays and a fundraiser are on deck at Theatre Conspiracy:

New Play Contest Fundraiser – The evening of January 27 will begin at 7 p.m. with a reception in the gallery with food, wine and drinks. At 8 p.m. there will be readings from the top three entries of the annual New Play Contest. After the last play is read, the audience will vote for their favorite and determine the winner. That show will then be produced in full in August of 2018. Tickets to the New Play Contest are \$50.

A scene from *A Raisin In The Sun*

Gideon's Knot by Johnna Adams – Amidst the fallout from her fifth grade son's suspension from school, a mother demands answers. What begins as a highly charged parent/teacher conference with Gideon's reticent teacher soon develops into a revelatory confrontation. *Gideon's Knot*, which runs from February 8 to 10 and 15 to 17 at 8 p.m. as well as February 11 and 18 at 2 p.m., is a suspenseful drama that is as elegant as it is chilling and a thought-provoking exploration that keeps us guessing about where to lay blame when children go astray.

A Doll's House by Henrik Ibsen – A stark and unforgiving look behind the façade of an ideal marriage: Nora and Torvald Helmer are living their dream life, happily married with children and security. When Nora risks her reputation to save her husband's life, the consequences test the limits of their love. Sponsored by Janet and Bruce Bunch, *A Doll's House* runs from March 1 to 3 and 8 to 10 at 8 p.m. as well as March 4 and 11 at 2 p.m.

Grounded by George Brant – A hotshot fighter pilot sidelined by pregnancy is forced to operate military drones from a windowless trailer in the Las Vegas desert. This one-woman show targets our assumptions about war, family and the power of storytelling. *Grounded* runs from March 22 to 24 at 8 p.m. and March 25 at 2 p.m.

A Raisin In The Sun by Lorraine Hansberry – A fateful life insurance policy becomes a catalyst that will forever transform the lives of a family living on the South Side of Chicago, as they consider buying a house on the white side of town. Their shared dream of a better life collides with conflicting aspirations, betrayal and racism in this timeless production. Sponsored by Noreen Raney, *A Raisin In The Sun* runs from May 3 to 5 and 10 to 12 at 8 p.m. as well as May 6 and 13 at 2 p.m.

Alliance for the Arts is located at 10091 McGregor Boulevard in Fort Myers. For tickets or more information, call the box office at 939-2787 or visit www.artinlee.org/theatre.

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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Very Verdi

photos provided

Opera Touring Southwest Florida

Gulfshore Opera is kicking off the new year with some exciting shows in Southwest Florida. In its fourth season, Gulfshore Opera has employed seven Professional Artists in Residence, all with New York management to tour the region with a variety of concerts appealing to many tastes and easy on the budget.

Classic Cabaret, an informal evening of popular songs with jazz piano trio accompaniment, is a casual social mixer in the true cabaret style, with breaks in between sets for the audience to enjoy the wine and cheese spread available at each location. Classic Cabaret will be performed at the Alliance for the Arts on Saturday, January 20, at The Community House on January 22 and at the Naples Botanical Garden on January 24.

Other concerts include Very Verdi, a "stand up and sing" concert of well-loved opera hits by one of opera's most famous composers, in February. It will feature arias, duets and scenes from powerful moments in the famous Verdi operas. The dinner series A Taste of Opera is back by popular demand, and it will be offered at private country clubs in all three counties through February.

Grand Opera Nights is on tour this season as well. "It's a sort of buffet of favorite scenes, performed in costume, with a narrator explaining the action,"



Classic Cabaret

said General Director Steffanie Pearce. "We presented it last year, and the audience loved it." This year the selections are from *Carmen*, *The Merry Widow*, *Faust*, and *West Side Story*.

The Alliance for the Arts is located at 10091 McGregor Boulevard in Fort Myers. The Community House is located at 2173 Periwinkle Way on Sanibel. Naples Botanical Garden is located at 4820 Bayshore Drive in Naples.

To purchase tickets or find a Gulfshore Opera event in your area, visit www.gulfshoreopera.org or call 529-3925.✱

From page 1

Trading Cards

Ginter tobacco company in 1875. They were the precursors of the sports cards and other trading cards. However, the first artist trading card dates back to 1997 in Zurich and started as a collaborative cultural performance.

An important influence on the ATC concept was art movements of the 20th century which advocated a more popular art: Art not for museums or auctions but from and within everyday life. In this respect, the ATC project has an affinity with the Fluxus movement and with Robert

Filliou's notions of a "fête permanente," a "création permanente" or an "eternal network." The "art of participation" as an interactive process can be traced back to the 1950s, and it developed within different genres like performance art and happenings, action art, mail art and, later, computer art.

Artist Ndola Pensy introduced the artist trading card idea to Southwest Florida in 2017 with great reception among artists of different mediums in the area.

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

Models Sought For Runway Fashion Show

Bring your freshest look and your best catwalk to the 7th annual Art Walks the Runway model auditions at Sidney & Berne Davis Art Center. Auditions will be held on February 1 and 8 from 5:30 to 7:30 p.m. The fashion show will be held from March 8 through 10.

Models must be 5'7" or taller. If selected as a model, compensation for model time will be a \$300 Partner Membership. It includes two tickets to any SBDAC produced concert and NARM benefits, which gets you in free to other art galleries/museums around the country. Family and friends of models will be offered discounted ticket prices. Models will also receive a complimentary beverage after the show. Art Walks the Runway is a highly publicized event, so modeling photographing may be published in online and print media. Models may also use the photos for their personal portfolios.

To be considered as a model for Art Walks The Runway, visit www.sbdac.com/awr-model-call/ and submit photos, information and measurements via the



Do you have what it takes to be a model?
photo by Stan Chambers

contact form. For questions and further info, contact Melissa Tschari DeHaven at Melissa@sbdac.com.

Sidney & Berne Davis Art Center is located at 2301 First Street in downtown Fort Myers.✱

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Along The River

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

Cost is \$50 for dad and one daughter and \$15 for additional daughters. Presented by 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.

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**, this 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*.

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](http://www.EdisonFordWinterEstates.org) or call 334-7419.



Conductor Richard Bradstreet and the Lee County Community Band are offering a free concert at Cape Coral High School photos provided

The Friends of **Lakes Regional Library** will hold a **book sale** at the library this Saturday, January 20 from 9 a.m. to 4 p.m. There will be hundreds of books, CDs, DVDs and audio books at great prices. All are welcome.

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

The Southwest Florida's Hispanic Chamber of Commerce will be hosting **LatinFest Southwest Florida** festival at **Six Bends Harley-Davidson** this Saturday, January 20 from 5 to 10 p.m.



The free event will involve food and merchandise vendors, businesses promoting a variety of products and services and a kid's area with entertainment by Galacctin the Clown. The stage will be the center of entertainment with live musical performances by Orquesta Tropical Sound, Heat Latin Jazz and Orquesta Classica, Zumba by ATC and Thaliana, amongst other artists.

LatinFest Southwest Florida is a celebration of Hispanic heritage combining live music, food, arts & crafts and good old fashioned family fun. The event is held during Hispanic Heritage Month to celebrate countries, cultures and people coming together. It's fiesta time.

Six Bends Harley-Davidson is located at 9501 Thunder Road in Fort Myers. For more detailed information, contact the SWFL Hispanic Chamber of Commerce at 418-1441 or send an email to info@hispanicchamberflorida.org.

The Lee County Community Band

will present a **free concert** at **Cape Coral High School** this January 21 at 3 p.m. The program features the famous overture *Morning, Noon and Night in Vienna* by Franz Von Suppé and *Over the Rainbow* from *The Wizard of Oz*. It also includes medleys of Broadway hits; popular Tijuana Brass tunes; old favorites, including *Peg O' My Heart* and *I Want a Girl*; and George Gershwin tunes.

The band performs six concerts between November and April at Cape Coral High School, 2300 Santa Barbara Boulevard. The performances are free (donations accepted) and open to the public.

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 call Norman Jones at 995-2097.

For more information, visit [www. leecountyband.org](http://www.leecountyband.org).

Bruno's of Brooklyn Italian Eatery in downtown Fort Myers will host **Cannolis, Cops and Canines** this 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.

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 great Italian food.

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.✴



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From page 2

Historic Downtown

courts, and nothing has been built on the property since.

Both structures trace their existence to the demise of the grand 1927 Moorish-style Pleasure Pier that once extended over the river between Carson and Heitman streets. The center was constructed in 1943 with some recycled parts of that deteriorating pier.

The roof and the maple-wood dance floor from the pier's auditorium were saved and used in assembling the Hall of Fifty States. (The very last remnants of the Pleasure Pier were not demolished until 1960.)

Known collectively as the Civic Center, the structures functioned variously as a community center, chamber of commerce and tourist center through the decades. It was especially important for soldiers during World War II, when many events took place there.

The Hall of Fifty States remains but is unused, its fate of great concern to history

lovers and historic preservationists.

Visit the sites where these signs mark – or marked – history. Then visit the following two research centers and find out more about the places that have come and gone or been transformed.

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

Sources: The Archives of the Southwest Florida Historical Society.✴

ATM Surprises For Bank Milestone

Sanibel Captiva Community Bank is celebrating 15 years of business in Lee County, marked by strong growth and an unwavering commitment to the community it serves. To commemorate the anniversary, 15 lucky patrons who visit any of the bank's ATMs during the week of January 22 will receive a special surprise – a \$30 windfall. Each ATM will issue 15 \$50 bills in place of \$20 bills. In addition, each bank branch will hold a celebration Monday, January 22 with cake and refreshments.

"We want to share this anniversary

with our employees and our customers," said Craig Albert, Sanibel Captiva Community Bank president and chief operating officer. "It's with their support that we celebrate 15 years with great success and many milestones."

SanCap Bank supports more than 90 not-for-profit, educational and cultural causes – from the American Business Women's Association's Sanibel Chapter, to the Zonta Foundation of Southwest Florida – through a combination of philanthropic donations, pro bono work and volunteerism. Every member of the bank's board of directors is involved in civic groups and charitable agencies, and 65 percent of their employees are nonprofit volunteers.

To learn more, visit www.SanCapBank.com.

FGCU To Host Edison Fairs

On Saturday, January 20, approximately 550 students will participate in the 61th annual Thomas Alva Edison Kiwanis Science and Engineering Fair and the 31th annual Thomas A. Edison Festival of Light Regional Inventors Fair at Alico Arena on the campus of Florida Gulf Coast University (FGCU). The science and engineering fair will be open to the public as early as 3 p.m. or upon completion of the judging, while the inventors fair is open at 1 p.m.

The event is sanctioned by the Edison Festival of Light, as well as an affiliate of both the State Science and

Engineering Fair (SSEF) of Florida and Intel International Science and Engineering Fair (Intel ISEF).

Over the past six decades, the Thomas A. Edison Regional Science and Inventors Fair program has grown into the largest pre-collegiate STEM competition program in Southwest Florida. Annually, these regional STEM fairs engage nearly 20,000 students in research projects at a school level. Student participants compete for over 30 college scholarships and thousands of dollars worth in prizes, including scores of Sony Electronic products and special awards at local and regional events. At state and international levels of competition millions of dollars in scholarships are available.

For more information, visit www.edisonfairs.org.

Jazz Vocalist Featured With Noted Quintet



Kenny Washington

photos provided

The Dan Miller-Lew Del Gatto Quintet returns to the Sidney & Berne Davis Art Center on Saturday, January 27 as part of the Jazzy Nights Series. This time, they are joined by jazz vocalist Kenny Washington. Cocktail hour begins at 7 p.m., followed by the performance at 8 p.m.

The quintet features Dan Miller on trumpet, Lew Del Gatto on tenor saxophone, Joe Delaney on piano, Don Mopsick on bass and Tony Vigilante on drums.



Lew Del Gatto and Dan Miller

Tickets are \$35 in advance or \$40 at the door. A table of four is \$220 and a table of eight is \$440.

Washington, a native of New Orleans, is a jazz virtuoso who thrills audiences with his soulful interpretations, seemingly limitless range and rapid-fire scatting. New York City jazz trumpeter Dan Miller built his reputation touring and recording with Harry Connick Jr., Wynton Marsalis, Maynard Ferguson and Woody Herman. Tenor saxophonist Lew Del Gatto spent 30 years as a member of the Saturday Night Live Band and toured and recorded with Frank Sinatra, Aretha Franklin and the Tonight Show Orchestra.

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

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Sing Out Choral Festival Returns

The 5th annual Sing Out! Chorale Festival will be held at New Hope Presbyterian Church on Saturday, February 17 and Sunday, February 18. Rehearsals are held between 10 a.m. and 5 p.m. on Saturday, while the concert will be held on Sunday at 3:30 p.m.

The first half of the concert will feature the Symphonic Chorale and FGCU’s University Choir and Chamber Choir. All are under the artistic direction of Dr. Trent Brown. The latter half of the concert will feature the Festival Chorus, led by Festival Clinician Dr. James Kinchen. There is no charge for admission to the Festival Concert.

This year’s clinician is Dr. James Kinchen, Jr., professor of music and director of choral activities at the University of Wisconsin – Parkside. Dr. Kinchen has been affiliated with the university since 1989. He is in frequent demand as a guest conductor, adjudicator and clinician and is an expert in the music of Black composers.

The repertoire for the Festival Chorus includes many favorites such as *Ezekiel Saw de Wheel, Every Time I Feel the Spirit, Arise Beloved, Let Everything that Hath Breath*, and the culminating piece, *Lift Ev’ry Voice and Sing*.

Registration fee is \$50 for community participants and includes lunch, music and snacks. Student singers (age 15 and older) can participate free of charge, thanks to support from the LAT Foundation.

New Hope Presbyterian Church is located at 10051 Plantation Road in Fort Myers. For more information or to register, visit www.symphonicchorale.org or call 560-5695.*

Join Foundation, Gain Free Trees

Residents in your state can ring in the New Year with 10 free flowering trees by joining the Arbor Day Foundation any time during January 2018.

By becoming a part of the nonprofit Arbor Day Foundation, new members will receive two Sargent crabapples, three American redbuds, two Washington hawthorns and three white flowering dogwoods.

“These beautiful trees will beautify your home with lovely flowers of pink, yellow and white colors,” said Matt Harris, chief executive of the Arbor Day Foundation. “These trees are perfect for large and small spaces, and they will provide food and habitat for songbirds.”

The free trees are part of the Foundation’s Trees for America campaign. The trees will be shipped postpaid at the right time for planting, between February 1 and May 31, with enclosed planting instructions. The 6- to 12-inch tall trees are guaranteed to grow or they will be replaced free of charge.

Members will also receive a subscription to the Foundation’s bimonthly publication, *Arbor Day*, and *The Tree Book*, which includes information about tree planting and care.

To become a member of the Foundation and to receive the free trees, send a \$10 contribution to Ten Free Flowering Trees, Arbor Day Foundation, 100 Arbor Avenue, Nebraska City, NE 68410, by January 31. Residents can also join online at arborday.org/january.*

Lake Kennedy Senior Center Karaoke Party

Everyone is welcome to take center stage at Lake Kennedy Center’s Karaoke Party with KJ Mike Russell on January 26. Doors open at 6:30 p.m. and the fun starts at 7 p.m. Admission is \$6 for members and \$11 for non-members. The evening will include light refreshments and is BYOB. Registration is encouraged by coming to the center.

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

Chart Reading Class January 20

America’s Boating Club and the San Carlos Bay Sail & Power Squadron, will be hosting its popular Local Waters Chart Reading class on Saturday, January 20 from 8 a.m. to noon. The class will teach students how to read local waters chart #11427. Students will learn the basics of latitude and longitude, how to find where they are and how to get to where they want to go and how to take bearings.

There is a very limited number of charts in the classroom, so students are strongly urged to bring chart #11427 to class. Charts are best purchased online from Ocean Grafix. Be sure to order the map-fold version. Cost is \$45 for a single and \$70 for two people sharing the materials. The cost includes a divider and a plotter.

The San Carlos Bay Sail & Power Squadron is located at 16048 San Carlos Boulevard in Fort Myers. Students can register online at www.scbps.com or call 466-4040 and leave a message.*

Church Game Night January 27

The Unitarian-Universalist Church of Fort Myers (UUCFM) will sponsor a Games and More Night in Hobart Hall with the Boy Scout Troop that uses their facilities on Saturday, January 27 from 6 to 10 p.m.

For \$20, participants will get chips for the casino tables, roulette and Wheel of Fortune, plus a buffet dinner that includes Caesar salad, artichoke and parm decadence, baguette slices with spread, mushroom melange, Greek marinated veggies with feta, pork loin spiral, Caribbean chicken, fruit and assorted pastries. Make checks payable in advance to UUCFM, memo line: Fun and More fundraiser, and send to Suzanne Ziemer, 4753 Estero Boulevard unit 303, Fort Myers, Beach, FL 33931 or reserve by calling 463-9020 or emailing suzanneziemer@gmail.com.

UUCFM is located at 13411 Shire Lane in Fort Myers.*

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, revtedalhouse@aol.com, 850-3943.

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

CONGREGATIONAL
Sunday 10:30 a.m. 1619 Llewellyn Drive, taecc.com, 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, lambofgodchurch.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.17671 Pine Ridge Road](http://www.17671PineRidgeRoad.com), peacecommunitychurch.com, 267-7400.

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

Lesser Scaup



by Bob Petcher

The lesser scaup is a small North American diving duck that is known to favor freshwater and migrate south in winter. This species is regarded as one of the most abundant and widespread ducks

that dive for food.

In contrast, the greater scaup is larger, with a smoother rounded head, prefers salt water and chooses to branch out to Europe and Asia. But, in summer months, both scaups can be seen in the same aquatic region, though they do not tend to intermingle.

Both scaups have bluish bills, black heads, chests and butt ends with gray and white sides and wings and a white belly. Due to this color scheme, the scaups are often referred to as "Oreo ducks" due to black on the ends and white in the middle.

At CROW, an adult lesser scaup (*Aythya affinis*) was admitted from Matlacha after it was noted to be sitting in the finder's yard for a few days. Due to its slight movements, the finder thought the scaup had a broken leg.

Results of the patient's intake exam showed the patient to have generalized weakness and an unwillingness to stand. It was also noted to be very emaciated.

Brevetoxicosis, or red tide poisoning, was suspected as the cause of its condition.

X-rays were used to determine there were no broken bones.

For the past few months, CROW medical officials have seen many of its patients come through the clinic doors with similar symptoms. There has been a longer-than-usual algal bloom in local waters.

"We have been treating patients with brevetoxicosis regularly since October," said Dr. Robin Bast, CROW veterinary intern. "Brevetoxicosis has been a significant portion of our caseload in past years. However, this year, the algal bloom appears to be persisting in the area for a longer period of time."

While each bird reacts differently to red tide poisoning, CROW veterinarians have a comparable approach in treatment for such cases.

"(We are performing) similar supportive care as with brevetoxicosis cases in other species – nutritional support (with) gavage feeding a liquid critical care diet then transitioning back to whole fish, gastroprotectant medications and fluid therapy to support the liver and kidneys as the toxin is processed."

CROW officials are involved with medical investigations to see if they can determine heavier levels of toxins in one bird as compared to another.

"A correlation between higher brevetoxin levels and severity of clinical signs has not been specifically documented yet, but we are investigating this. There are a variety of factors that influence how severely a patient is affected aside from the amount of toxin



Patient #18-0050 is working out in the tub and should be released in a couple of weeks

photo by Brian Bohlman

they are exposed to – if the patient was already debilitated from another health issue (like) thin body condition, systemic infection, etc., or how well the liver and kidney are functioning and able to process the toxin," said Dr. Bast. "Different species tend to present with variations in clinical signs. For example, cormorants tend to present ataxic with head tremors, whereas smaller shorebirds, gulls and ducks tend to present with hind limb paresis or generalized weakness."

The clinic's latest patient appears to be moving better after a week of treatment.

"The scaup is doing its own physical

therapy in the tub with twice daily sessions, and is gaining back weight and improving body condition score," said Dr. Bast. "We hope to move it to an outside enclosure for further conditioning within the next week in preparation for release."

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

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It's Shrimp Time



by Capt. Matt Mitchell

Cold fronts will continue to push through for the next few months and are just a regular part of our winter fishing pattern. Getting out and catching fish during windy and cold periods requires one thing, the go-to bait of winter live shrimp. Once our water temperatures drops below 60 degrees, the baitfish we fish with most of the year head out to deeper water that is less effected by colder temperatures.

Shrimp can be fished effectively a variety of ways for almost any type of fish you choose to target all winter long. When out on open flats during warmer winter weather, you should use live shrimp under a popping cork to catch trout. A sliding popping cork with two to three feet of leader along with either a jig head or a hook and split shot will keep the bait down below the surface. It is hard to beat for anglers of all skill levels as it gives you a visual indicator of when you have a bite. Drift fish while popping the cork, and the sound will attract the fish. Once the float goes down, simply reel tight and lift the rod. Hands down, this rig catches more trout in our area than any other method.

During extreme cold periods or when specifically targeting sheepshead, I like to use chunks of shrimp fished on a jig head. A quarter ounce Capt. Hank Browns jig head with a 2/0 hook is my personal favorite. I remove the tail of the shrimp by pinching it off, then I thread it on the hook and then squeeze the head off. This small compact set up has very little drag in fast-moving current and will quickly get to and stay on the bottom. It also makes it much harder for a

sheepshead to steal your bait. You get a much better direct feel of the bite without a sliding sinker or split shot. When it's cold and nothing else will get a bite, this is the way to go.

Another option with the same Capt. Hank Browns jig head is to rig it with a live shrimp. For this, I hook the shrimp in the head by going in the bottom of the head and bringing the hook out along the horn on the shrimp's head. Make sure the hook goes through in front of the brain, which is the black spot to insure your bait stays alive. This method is great for slow jig fishing while crawling the jig along the bottom. It also works well in deeper mangrove channels where the tide is fast enough to move the bait down the shoreline or catching redfish, snook and trout this is the way to go.

Free-lining shrimp can also be a good method when fishing for spooky fish either in shallow clear water or around dock lights at night. Use a small light wire hook so the live shrimp can move naturally. Adding a small split shot a foot or more up from the hook will get the shrimp up just off the bottom. Slide the split shot all the way down to the hook, and the bait will sit right on the bottom. Vary the size of the weight depending on depth and current.

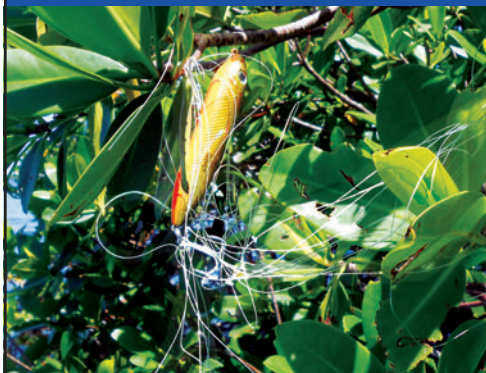
Live shrimp are not only the universal bait of winter but easily available to everyone and don't require much effort to keep them alive. At the end of the day's fishing, save any leftover shrimp in a ziplock bag on ice, and they will stay firm for a few days. Since our big drop in water temperature a few weeks ago, we have been fishing with shrimp on all my trips. Not only is the variety of species you catch on shrimp in cold water endless, a few weeks without throwing a cast net is never a bad thing either.

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. ✨



Joe from Sea Isle, New Jersey with a sheepshead caught in the fog this week with Capt. Matt Mitchell photo provided

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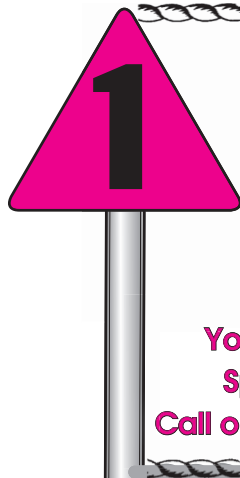
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Dave Doane

Plant Smart

Mazapan

by Gerri Reaves

As mazapan's (*Malvaviscus penduliflorus*) flowers suggest, it's also a relative of the popular landscape shrub hibiscus shrub. It is a member of the mallow family, which includes plants like cotton and okra.

Its other common names are turkscap mallow, cardinal's hat and waxmallow. Two other names, sleeping or nodding hibiscus, are inspired by the flower's resemblance to a closed drooping hibiscus bloom.

A native of Mexico and Central America, this sprawling shrub grows up to 10 feet tall. When in shade, it takes on vine-like characteristics and climbs on other plants.

The solitary tubular flowers are distinctive: five bright-red, over-lapping twisting petals surround a prominent protruding stamen column. The flowers measure about two and one-half inches long and bloom all year in South Florida.

The evergreen leaves vary in shape from oval to heart-shaped. They have toothed edges and pointed tips and are five to eight inches long.

This shrub is used mostly as an



Non-native mazapan grows wild and is naturalized in parts of Florida

photos by Gerri Reaves

ornamental and was quite popular decades ago. It does best in full sun, is somewhat drought tolerant, but is not salt tolerant

It adapts a variety of soils, even turning up in disturbed areas and along roadsides, and is easy to propagate.

White and pink cultivars also exist.



The drooping swirl of unopened petals inspires alternative common names, sleeping and nodding hibiscus

The flowers are used to treat sore throat.

Even though mazapan is Florida friendly and attracts hummingbirds, be sure to consider native mallows for your yard if you have a yen for hibiscus.

Choices include saltmarsh mallow (*Kosteletzkya pentacarpos*), scarlet hibiscus (*Hibiscus coccineus*) and swamp hibiscus (*Hibiscus grandiflorus*).

Sources: *500 Plants of South Florida* by Julia F. Morton, *Florida Landscape*

Plants by John V. Watkins and Thomas J. Sheehan, *Florida Wild Flowers and Roadside Plants* by C. Ritchie Bell and Bryan J. Taylor, *Florida's Fabulous Flowers* by Winston Williams, *The Guide to Florida Wildflowers* by Walter Kingsley Taylor, *National Audubon Society Field Guide to Florida* by Peter Alden et al., www.floridata.com, and www.gardeningsolutions.ifas.ufl.edu.

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

Morning Walk At County Park

On Saturday, January 27, experience the beautiful birds of Bunche Beach with a bird patrol guide at 7:30 a.m.

Provided in cooperation with Lee County Parks and Recreation. The Bunche Beach walk, free with paid parking, is along the beachfront. Participants meet on the beach located in South Fort Myers, off Summerlin Road. Drive south of John Morris Road until it dead ends.

Bunche Beach is excellent for both migrant and resident waders and shorebirds working the mudflats at low tide due to the diversity of micro-invertebrates. Participants may also see waterfowl, raptors and warblers.

Bring binoculars, sun protection, shoes that can get wet, a bottle of

drinking water, your curiosity and love of nature.

For more information, call 707-3015 or visit www.birdpatrol.org.*

Boating Safety Day February 3

Whether you are new to boating or a seasoned veteran, Peace River Sail and Power Squadron encourages you to attend a free Boating Safety Equipment Demonstration Day in front of the Punta Gorda Boat Club on Saturday, February 3 from 10 a.m. to 1 p.m.

During one-on-one instruction, participants will gain experience with flare guns, hand-held flares and smoke signals with the ability to discharge various devices under supervision. Bring your trailered boat for a courtesy vessel safety check. Required and additional

suggested safety equipment for power, sail and paddle craft will be on display, while knowledgeable squadron members will be available to answer questions.

The Punta Police Department Marine Officer, Punta Gorda Fire Department, Florida Department of Environmental Protection - Clean Marina Program, Charlotte Harbor Sea Tow and Punta Gorda Learn to Sail will also be on hand to answer boating related questions.

The Punta Gorda Boat Club is located at 802 West Retta Esplanade in Punta Gorda. For more information about this topic, contact Public Safety Officer PRSPS, Rick Sluzewski, at 210-588-3324 or email at puntagordaboating@gmail.com.*

Audubon Bunche Beach Bird Walk

The next Sanibel-Captiva Audubon Saturday bird walk will be Saturday, January 20 at Bunche Beach. Participants are asked to meet at the beach parking lot at the northwest end of John Morris Boulevard at 8 a.m. The parking fee is \$2 per hour. Waterproof shoes are needed due to walking through tidal pools.

A \$5 donation is appreciated. For more information, visit www.san-caudubon.org.*

From page 1

Art Walk

and Europe, including the estate of Robert Rauschenberg. Roberts received letters of endorsement for her Faces of Anne Frank project from Hillary Rodham Clinton and the Jane Goodall Institute. Roberts donates funds and works (slated for sale at auction) to organizations such as the Holocaust Museum & Education Center of Southwest Florida, Ecostudies Institute of Mount Vernon in Washington, Clinic for the Rehabilitation of Wildlife (CROW), Sanibel-Captiva Conservation Foundation (SCCF) and Sanibel-Captiva Cares/Golisano Children's Hospital of Fort Myers.

WGPU Public Media chose Roberts as one of five 2016 Makers: Women Who

Make Southwest Florida. Her selection was nominated by the public and based on her impact in the arts and social justice in Southwest Florida.

Roberts has lectured and exhibited throughout the United States, including in Chicago, Boothbay Harbor and Bar Harbor in Maine. the Cab Calloway School of the Arts in Delaware (grant-funded), the Florida Holocaust Museum in St. Petersburg, the Holocaust Museum & Education Center of Southwest Florida, the Museum of the Everglades, and in galleries around Florida.

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

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Craig R. Hersch

photos provided

Michael B. Hill

Meeting Room on Monday, February 5. All workshops will be held from 2 to 4 p.m.

The workshops will update attendees on the new tax law and is an essential educational tool for Florida residents or those considering Florida residency to learn about Florida estate law and valuable estate planning techniques. Topics will include:

How the new tax law will affect estate plans;

The validity of out-of-state wills and trusts in Florida;

Key elements of the Florida estate and homestead laws;

How to reduce taxes by declaring Florida residency;

How and why legal documents need to be kept up to date;

How a revocable trust might not avoid probate.

All attendees will receive a free copy of Hersch's recently published book, *The Florida Residency & Estate Planning Guide*. In addition, attendees who bring their current estate planning documents to the workshop will receive a complimentary written trust analysis. Reservations for the workshop are available at www.sbshlaw.com/workshops or by calling 425-9383.

Hersch is a Florida Bar Board Certified Wills, Trusts & Estates attorney and holds a Florida CPA license. He has created several trademarked processes tied to his estate planning and administration practice, including The Family Estate & Legacy Program and The Estate Settlement Program. His previously published

books include *Common Cents Estate Planning* and *Legal Matters When a Loved One Dies*. Hersch also writes a weekly estate planning column that can be viewed on his blog at www.sbshlaw.com.

Hill is also Florida Bar Board Certified in Wills, Trusts & Estates and concentrates his practice in estate and wealth preservation and business succession planning. He has extensive tax, legal and technology skills, enabling him to create unique plans meeting clients' individual and family needs. He is a member of The Florida Bar, American Bar Association and Lee County Bar Association.

Faith United Methodist Church is located at 15690 McGregor Boulevard in Fort Myers. The Community House is located at 2173 Periwinkle Way on Sanibel. *Naples Daily News* is located at 1100 Immokalee Road in Naples. For more information, visit www.sbshlaw.com or call 334-1141.✴

Attorneys To Host Free Planning Workshops

Florida Bar Board Certified Wills, Trusts and Estates Attorneys Craig R. Hersch and Michael B. Hill, partners with Sheppard, Brett, Stewart, Hersch, Kinsey & Hill, PA, will host free Florida Residency and Estate Planning workshops at Faith United Methodist Church on Thursday, February 1, The Community House on Friday, February 2 and the *Naples Daily News* Community

Request For Proposals For Community Care

The Area Agency on Aging for Southwest Florida (AAASWFL) has announced the availability of a request for proposal (RFP) for the provision of Case Management/Lead Agency services funded through the State of Florida Community Care for the Elderly Program. Proposals will be accepted for the contract period beginning fiscal year 2018-19 and ending fiscal year 2023-24. The fiscal year begins July 1.

Community Care for the Elderly provides community-based services to help functionally impaired elders to live dignified and reasonably independent lives in their own homes, or in the homes of relatives or caregivers. The primary goal of the community care service system is to prevent unnecessary institutionalization of elderly persons.

"The Area Agency on Aging is responsible for the administration of federal and state aging and disability funding and resources," said Marianne Lorini, president and CEO. "That includes Charlotte, Collier, DeSoto, Glades, Hendry, Lee and Sarasota counties. Our Lead Agencies are responsible for delivering vital services to our elder population in these counties."

CCE Lead Agencies provide and coordinate services, including case management, for functionally impaired adults ages 60 and older. These services include, but are not limited to, homemaker and chore services, respite care, adult day care, personal care services, home-delivered meals, counseling, information and referral and emergency home repair services. The Lead Agency must compile Community Care for the Elderly statistics and monitor subcontracts with agencies providing core services.

A bidders' conference for prospective

applicants will be held on Monday, January 29 at 1 p.m. at the AAASWFL offices at 15201 North Cleveland Avenue suite 1100 in North Fort Myers. At that time, AAASWFL will discuss the proposal, review process, and requirements. Attendance at the bidders' conference is not mandatory. A summary of key questions and answers from the bidders' conference will be posted on the AAASWFL website (www.aaaswfl.org) on January 31, 2018.

RFP documents may be obtained electronically by visiting www.aaaswfl.org/documents. Applicants are required to tender notification of their intent to submit a proposal by 4 p.m. on February 5. Sealed proposals are due to the AAASWFL by 3 p.m. on March 2.

Any questions concerning the RFP may be addressed in writing to Becky MacKenzie, director of programs and planning at becky.mackenzie@aaaswfl.org. For more information, visit www.aaaswfl.org or call the toll-free Helpline at 866-413-5337.✴

New CEO For Planned Parenthood

The Planned Parenthood of Southwest and Central Florida (PPSWCF) Board of Directors recently announced Stephanie Kight as its new CEO, effective February 1. Kight follows Barbara Zdravecky, who will retire at the end of January from PPSWCF after 24 years as CEO. PPSWCF serves over 45,000 patients at its 11 Health Care Centers in 22 counties across the state of Florida.

"Stephanie Kight was selected from a pool of over 100 candidates from around the country," said Laurie Cowan Phillips, board chair. "We are thrilled to have her lead this affiliate forward and to build on the successes we have as healthcare providers."

Kight brings decades of experience

continued on page 16



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Women's Employment Program Resumes

Dress for Success SW Florida's 2018 Women Empowered Through Employment Series (WETES) kicked off with an orientation on January 10. The six week program will be held each Wednesday from 9 a.m. to 1 p.m. through February 21 at the Dress for Success SW Florida location in Fort Myers. WETES is open to eligible women in Southwest Florida at no cost.

Karen Anderson, president of the Board of Directors for Dress for Success of SW Florida and chairperson for the program, will present a workshop on interview skills on February 7. She is vice president of HR & Technology/Corporate Compliance Office at Shell Point Retirement Community.

"WETES is a program designed to not only provide participants with practical tools for finding employment, but it also provides them with the opportunity to build relationships with other women and mentors who have shared experiences," said Anderson. "Many of those relationships last far beyond the program."

Introduced in 2017, this original program provides mentors for women and builds awareness in the community, and strives to create partnerships with other nonprofits. WETES is an employer-driven program designed by Dress for Success SW Florida for unemployed and under-employed women seeking jobs and new careers. The program aims to educate women through a variety of targeted career growth sessions including dressing for success, interview skills and



Karen Anderson

photo provided

resume writing. Courses are led by area employers to share real world experience. Participating businesses include: Chico's FAS, Inc., FGCU, First Florida Integrity Bank, Hertz, Image Matters, Lee Health, LeeSar, Shell Point Retirement Community and Walmart.

WETES sessions include: Resume Writing on January 24; Electronic Communications on January 31; Interview Skills on February 7; Interviewing Practice with Employers on February 14; and Career Advice Panel of Experts on February 21.

To register, contact Nickole Hendra at 689-4992 or visit www.dfsswflorida.org.*

Captain Wattage Sparks Students' Love For Energy

Florida Power & Light Company (FPL) and The National Theatre for Children (NTC) have partnered to educate and inspire Florida students and their families. From January 16 to March 9, professional actors from NTC will visit 74 elementary schools with live performances of Captain Wattage, sparking conversations on energy efficiency in classrooms throughout FPL's service area.

The live program will focus on: what energy and electricity are; uses of energy; ways in which energy is wasted; and how to conserve energy. It revolves around Captain Wattage, a superhero who discovers that the evil Vivica Voltage is wasting energy all over the city. With the help of student volunteers, as well as colorful characters like Iona Badge and Mrs. Ellie Mentry,

Captain Wattage sets off to stop Vivica.

In addition to live performances, the program includes digital games and activities that align with the important concepts outlined in the live shows. FPL sponsors every aspect of the program, making the performances and materials a cost-free supplement to lessons in science, literacy and the arts.

"Live theatre is a fantastic way to educate," said NTC president and founder Ward Eames. "The show goes beyond reading or other more passive methods of engaging kids. These children are watching a story unfold right before their very eyes, with the two actors playing all sorts of characters. We don't lose the kids' attention for a minute, because they get to respond and interact with the show. It really sticks with them."

For a complete list of schools and locations on the tour, contact Eddie Eames at eeames@ntccorporate.com. For more information on The National Theatre for Children, visit www.nationaltheatre.com.*

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Superior Interiors

How To Work With A Decorator



by Marcia Feeney

Whether purchasing a new home or redecorating an existing one, most homeowners find themselves facing the age-old questions of “where do I begin?”

and “how do I turn this house into my home?”

Strangely enough, when homeowners need work done in the home, professionals are immediately called in – plumbers, electricians, landscapers and roofers. Why then do so many still shy from using the services of a professional interior decorator when making important decorative decisions and purchases for their home? Once considered a luxury for only the very wealthy, decorating services are more of a necessity for today’s busy homeowner who simply can’t afford to make costly mistakes.

Working with a professional designer should be an enjoyable experience. Since interior decorating projects are highly personal and collaborative, the final results are always much more successful when the lines of communication are

open and ideas are freely discussed. Be candid with your decorator regarding such important elements as priorities, timing, budgets and tastes. If a style, color or item is suggested that you do not like, feel free to express yourself.

To ensure that you get off to the right start with your decorator and also get the results you are looking for, keep in mind the following tips:

Be a keen observer. Consciously make note of what catches your interest as you peruse decorating magazines for interesting rooms and make-overs. Start a file of colors, patterns and designs that appeal to you. You may notice a chandelier, mirror, color combination or window treatment that you like. Once you clip and track these for a brief period, you will be better able to draw a conclusion as to your personal style; then communicate these tastes to your interior decorator at your first opportunity.

Take an honest inventory of your existing décor to determine which pieces you want to keep. Assess your furnishings the way you periodically review your wardrobe. Plan to keep the pieces you truly love and put all others on the to-be-replaced-eventually list.

Based upon your initial consultation, your designer will present you with fabric samples, sketches and pictures for your evaluation. Since professionals have access to a world of options unavailable in retail stores, be reasonable about asking to see more and more of everything available. Remember that the first two or three designs you are shown will, in the decorator’s opinion, be the

best looks for your home. One of the most important services a professional offers is sparing you the confusion of the myriad choices available.

Trust your designer’s advice and stay focused on the overall design goal. Once your design plans are finalized, you will quickly derail your project if you begin to question your decisions because you are heeding the outside opinions of neighbors, friends and relatives. While well intentioned, these people have no concept of the complete overall design and will focus on one phase of the

project to criticize.

The last piece of advice is to give change a chance. The most dramatic changes usually come from introducing a strong new color or a different pattern. Don’t panic! Just remember that all change – even for the better – requires a period of adjustment. Most homeowners who have redecorated their home will be quick to tell you “I should have done it sooner.”

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

Volunteer Income Tax Assistance Helps Families

submitted by Lucy and Paul Roth

We are members of the Sanibel Captiva United Way Campaign Committee. We’d like you to know more about a very timely topic and successful program, the United Way Volunteer Income Tax Assistance (VITA) program.

United Way Volunteer Income Tax Assistance is a program that helps working families keep more of their hard earned money. VITA is a totally free income tax filing service for individuals and families making less than \$66,000 per year. The following is a true story that shows how the VITA service can help families become more stable.

A recently widowed mother and her three children sought help at a United Way House because they were about to become homeless. They lost their apartment because they could not afford the rent and had been living with friends since the widowed mother’s husband died. Finally, they were asked to leave and find another place to live.

The United Way House not only helped her find a place to live, but used the VITA service for free tax preparation. She received a substantial refund, about \$4,000, because of the VITA preparer’s knowledge and application of the Earned Income Tax Credit (EITC) and the Child Tax Credit. The refund allowed them to rent a new apartment, and additional assistance they received at the United Way House got the family back on their feet.

One way United Way VITA helps struggling workers and families in our community is by connecting them with the federal earned income tax credit. It’s one of our most effective tools to keep



Lucy and Paul Roth photo provided

people working and to help them get a fair shot at a decent life. Just last year, our United Way helped connect 3,900 individuals and families to the earned income tax credit and other available credits through free tax preparation. It resulted in \$5.7 million coming back to individuals and families in Southwest Florida. It also saved them an average of \$200 per family in tax preparation fees.

United Way VITA tax preparers are recruited and trained each fall before the tax season starts. Last year, more than 124 volunteers were trained and certified to prepare taxes. United Way offers this service at several sites throughout the county. Taxes can also be filed free by the taxpayer at www.myfreetaxes.com.

For more information, visit www.UnitedWayLee.org/freetaxprep. To book an appointment, call United Way 211 by dialing 2-1-1 or 433-3900. Refer friends and employees who make \$66,000 or less to this great program designed to help them keep more of their hard earned money. And don’t forget to give to your United Way Campaign at www.UnitedWayLee.org/donate.✪

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From page 14

New CEO

in health care business strategy, brand and marketing, public policy advocacy, and program development to Planned Parenthood of Southwest and Central Florida. She has held senior leadership roles at the Planned Parenthood Federation of America and at Planned Parenthood affiliates in Ohio and California.

Kight is a spokesperson on the statewide and national stage protecting Planned Parenthood’s mantle as a leading health care provider, educator and advocate. Her interviews have appeared in *Rolling Stone*, the *Washington Post*, the *New York Times*, CNN.com, the Associated Press, and numerous other print and broadcast outlets.

For more information on Kight and PPSWCF, visit www.ppswcf.org.✪

SARPA Programs

The Senior And Retired Physicians Association of Lee County (SARPA) organization is looking for new members and will be holding future dinner programs.

Founded in 1997 with 18 charter members, SARPA has expanded over the years to approximately 75 members. Originally intended to function as an unofficial arm of the Lee County Medical Society (LCMS), it has transitioned to primarily a social organization, with ties to LCMS, in addition to the Lee Memorial Health System (LMHS).

The membership consists of retired physicians, dentists, veterinarians, doctors, pharmacologists and is open to doctoral-level allied health care professionals and their spouses. The members meet monthly from November to April.

The dinner meetings are designed to have a program of interest to all attendees. Medically scientific topics are usually not presented, however medically related topics of interest to both a medical and non-medical audience are not avoided. The programs span a variety of topics. Guest speakers have included Jim Nathan, former CEO, LMHS; Wilson Bradshaw PhD, president FGCU; local authors; community law enforcement; identity theft officials; sports writers; historians; and focused on topics appropriate and timely for a maturing professional audience.

Opportunities are available to all

members and their spouses to volunteer at the hospitals of LCMS, in addition to providing physician support to the family practice residency program, hospital document control and the medical library.

The next dinner meetings will be held at the Forest Country Club on Thursday, February 8 and Thursday, March 8. Dr. Lawrence Antonucci, Lee Memorial Health System President will speak at the March 8 program. The evenings begin with a social at 5:30 p.m., with dinner at 6 p.m. The program begins around 6:45 p.m.

Membership dues are \$40 per year. Doctors and their spouses are both considered members with payment of single dues per household. All programs are on a "pay as we go" basis for those attending.

For further information, call Dr. Ron Clearfield at 992-9829.*

Gulf Coast Writers

The Gulf Coast Writers Association will hold a meeting at Zion Lutheran Church on Saturday, January 21 from 10 a.m. to noon.

Guest speaker will be Sharon Haggan, author of *Playing with Dynamite: A Memoir*. First time guests are free as usual.

Zion Lutheran Church is located at 7401 Winkler Road in Fort Myers. For more information, visit www.gulfwriters.org or call 770-906-7885.*

Foundation Founder Earns Certificate

Kathryn Kelly, president, CEO and founder of The Heights Foundation and The Heights Center, has earned her certificate in Fundraising Management from Indiana University Lilly Family School of Philanthropy.

The certificate in Fundraising Management recognizes and substantiates a commitment to fundraising leadership through the completion of key courses including Principles & Techniques of Fundraising, Developing Major Gifts, Developing Annual Sustainability, Planned Giving and Managing the Capital Campaign.

Kelly has distinguished herself in creating meaningful, positive change in the lives of others. She has dedicated the past 17 years of her life to the families of the Harlem Heights community.

The Heights Foundation and The Heights Center are non-profit organizations that work to build strong, self-sufficient families in the Harlem Heights neighborhood. They have grown exponentially to become organizations that address fundamental challenges faced by families living in poverty. The foundation removes obstacles so families can meet their personal goals and offer practical solutions such as job skills building and financial planning.



Kathryn Kelly photo provided

Kids struggling in school are paired with tutors and mentors in afterschool and summer camp.

The Harlem Heights Community Charter School was founded in 2016 to focus on the education of children in Harlem Heights.

For more information about The Heights Foundation and The Heights Center, visit www.heightsfoundation.org or call 482-7706.*

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Front row from left, Keith Veres, Tom Uhler, Donna Caruso and Guy Whitesman. Back row from left, Gary Aubuchon, Amy McGarry, Dorothy L. Blasingim and Michael Chatman
photo provided

Foundation Honors Influencers

The Cape Coral Community Foundation (CCCF) recognized seven of Southwest Florida's most impactful community influencers at the inaugural Power Players Professional Advisor Awards at the Westin in Cape Coral on Monday, January 8.

As the first of its kind in Southwest Florida, this event has been created to recognize distinguished Southwest Florida professional advisors in each industry and celebrate their community leadership and influence. The event also educated guests on the alignment

between the CCCF, the Silicon Valley Community Foundation and their jointly created Financial Advisors Charitable Trust as part of a larger vision of global partnership and giving.

The 2018 honorees are: Real Estate broker Gary Aubuchon, Miloff Aubuchon Realty Group; Accountant Keith Veres, HKB CPAs & Consultants; Financial planner Tom Uhler, Uhler and Vertich Financial Planners; Insurance agent Donna Caruso, New York Life Insurance Company; Banker Dorothy L. Blasingim, Regions Bank; Estate planner Amy McGarry, Amy McGarry Law Office, PL; and Attorney Guy Whitesman, Henderson, Franklin, Starnes & Holt, PA.✪

Southwest Florida (CAC) Development Director Lisa Rizzio will be the guest speaker. CAC works with abused, neglected and at-risk children with a mission to improve the lives of children and their families through a coordinated response to child abuse and neglect.

The Hideaway Country Club is located at 5670 Trailwinds Drive in Fort Myers. For more information, call 691-7561.✪

Continental Women's Club

The Continental Women's Club will hold its next monthly meeting at The Hideaway Country Club on Thursday, February 1 at 11:30 a.m. Cost to attend the luncheon is \$22.

Children's Advocacy Center of

Financial Focus

Improve Your Financial Fitness This Year



by Jennifer Basey

If one of your New Year's resolutions is to get healthier, you may already be taking the necessary steps, such as improving your diet and increasing your exercise. Of course, physical fitness is important to your well-being – but, at the same time, don't forget about your financial fitness. Specifically, what can you do to ensure your investment situation is in good shape?

Here are a few "healthy living" suggestions that may also apply to your investment portfolio:

Build endurance – Just as exercise can help build your endurance for the demands of a long life, a vigorous investment strategy can help you work toward your long-term goals, such as a comfortable retirement. In practical terms, this means you will need to own some investments with the potential to provide long-term growth. These are the investments that, ideally, you can hold on to for decades and eventually reap the benefits of capital appreciation. Of course, growth-oriented investments, such as most types of stocks, will rise and fall in value over the short term, and there's no guarantee of profits, or even preserving principal. But if you choose wisely, and you've got the patience and discipline to hold on to your investments through the market's ups and downs, you may well be rewarded.

Maintain an ideal "weight" – You can help yourself stay healthy by maintaining

your ideal weight. This can be challenging – as you know from the recently finished holiday season, it's easy to put on a few extra pounds. And, just as inadvertently, your portfolio can tack on some unneeded weight, too, in the form of redundant investments. Over time, you may have picked up too many similar investment vehicles, resulting in an overconcentration, or "flabbiness," that can work against you, especially when a market downturn affects the asset class in which you're overloaded. So, you might be better off liquidating some of your duplicate, or near-duplicate, investments and using the proceeds to help broaden your investment mix.

Get proper rest – Many studies have shown that we need adequate rest to stay alert and healthy. In your life, you've probably already found that if you over-tax your body, you pay a price in your overall well-being. If you look at your investment portfolio as a living entity – which, in a way, it is, as it certainly provides life to your goals and aspirations – then you can see that it, too, can be weakened by stress. And one of the main stress factors is excessive trading. If you're constantly buying and selling investments in an attempt to boost your returns, you may rack up hefty fees, commissions and taxes – and still not really get the results you wanted. Plus, if you're frequently moving in and out of different investments, you'll find it hard to follow a unified, long-term strategy. So, confine your trading to those moves that are really essential – and give your portfolio a rest.

To enjoy your life fully, you'll want to take care of your physical and financial health – and, as it turns out, you can make similar types of moves to help yourself in both areas.

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.✪

Homeless Coalition To Hold Service Day

In an effort to provide the homeless and veteran populations in Lee County with access to essential goods and services, the Lee County Homeless Coalition will host the 18th annual Homeless Service Day and Veterans Stand Down at City of Palms Stadium on Saturday, January 20 from 8:45 a.m. to noon.

Services provided during the event to anyone who is homeless will include provisions for food, hygiene kits, backpacks, flu shots, haircuts and information on Veteran Affairs benefits. Referrals for substance abuse and mental health counseling will also be available. During the event, the Lee County Homeless Coalition will conduct their annual Homeless Census, which provides critical information on the scope of homelessness in the community.

"A Stand Down is a military term used to describe a brief respite from combat where troops could access a variety of services," said Janet Bartos, executive director. "Our hope is to help homeless

individuals get what they need by providing these services in a one-stop setting."

At no charge, the effort to provide these "one-stop" services in one day is a collaborative endeavor that includes several agencies and civic organizations committed to supporting the needs and services of the homeless. There are over 30 agencies registered to attend this year.

City of Palms Stadium is located at 2201 Edison Avenue in Fort Myers. To learn more about how you can help join the fight against homelessness, contact Janet Bartos at 322-6600. For more information on the Lee County Homeless Coalition, visit www.leehomeless.org.✪

Craft And White Elephant Show

Palmetto Palms RV Resort is hosting a Craft and White Elephant Sale on Saturday, January 20 from 8 a.m. to noon. Coffee and donuts will be available. The public is invited.

Palmetto Palms RV Resort is located at 19681 Summerlin Road in Fort Myers. For more information, call Marge Gregg at 466-5331.✪

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Book Review

Watch Me Disappear



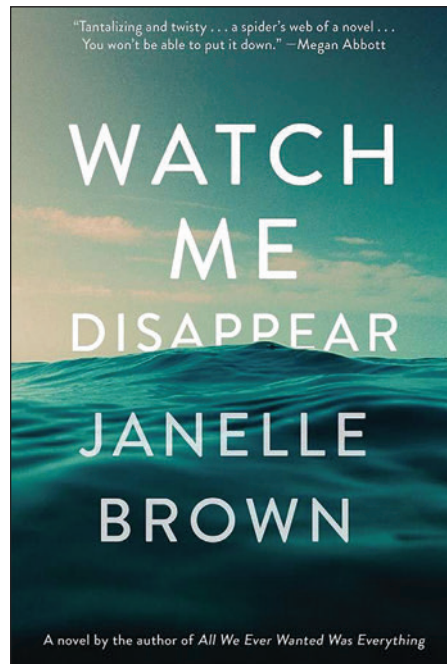
by Di Saggau

“Who you want people to be makes you blind to who they really are.” Those are the first words inside the cover of *Watch Me Disappear*. Words to think about. The

book is a family drama about a husband, Jonathan, and teenage daughter, Olive, struggling with what happened to his wife and her mother, Billie Flanagan. She was a beautiful, charismatic Berkeley mom with an enviable life, and suddenly she vanishes while on a solo hiking trip along the Pacific Crest Trail in California’s Desolation Wilderness. Her body was never found, just a shattered cell phone and a boot.

Jonathan is writing a memoir about their life together and drinking a bit more than he should, while Olive sees visions of her mother and feels she is trying to tell her something. She worries that Billie is in danger. Jonathan is grieving and also wrestling with the possibility that Olive might be right. He discovers missing money from the couple’s bank accounts and unexplained weekend absences. If Billie is alive, what does it say about their marriage and her devotion to Olive?

Because Billie’s body has not been



found, the death certificate cannot be issued, keeping Jonathan from a large insurance benefit. He needs it because he has quit his job as a high-paid tech journalist in San Francisco, in order to write this memoir about their marriage. As he uncovers many secrets, he realizes he really didn’t know his wife.

Together Jonathan and Olive go on a quest for the truth, not only about Billie, but also about themselves. In the process they learn about all the ways that love can distort what we choose to see. *Watch Me Disappear* keeps you guessing until the very last page.✱

more complex math tasks. Graph paper reduces unintended errors and is a good background for homework assignments as it helps with letter formation. There are free printable math grids at Do2Learn.

Cursive writing is somewhat of a controversial topic right now but cursive writing helps kids write more easily than manuscript. Cursive writing has fewer starting points than disconnected print letters, which translates to improved writing speed, more consistent letter sizing and neater overall appearance of writing. Handwriting Without Tears is an excellent curriculum to teach cursive writing if your son has not already learned it or is struggling with it.

If your son continues to have difficulty with writing in a way that goes beyond what is developmentally appropriate, you may want to request an evaluation by an

occupational therapist for remediation. Occupational therapy can strengthen fine motor skills, support written expression and speed up language processing. Early intervention for orthographic processing, fine motor coordination and written expression can help alleviate the difficulties that students with dysgraphia face.

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.✱

Verification Serious For FAFSA

The federal government requires many students who submit the Free Application for Federal Student Aid (FAFSA) to verify the information on it.

Used to apply for most federal and many state student aid programs, the FAFSA asks detailed questions about the income and resources of students. Parents are required to provide their information as well if their children are dependent students. Students are considered dependent if they are undergraduate students under 24 years old, not married, have no dependents of their own, are not

veterans or were not orphans or wards of the court until age 19.

The college or, in some cases, an agency working with the college will contact students to let them know if their data is being verified. Students chosen for verification cannot receive their financial aid until they have completed the process. As soon as they are contacted, they should provide any information that is required. Putting it off will only lead to frustration if the process isn’t finished when classes are ready to start.

If students have decided not to attend a college that asked them for verification, they should let the college know so it will stop requesting information.

For more information about KHEAA services, visit www.kheaa.com.✱

School Smart



by Shelley M. Greggs, NCSP

Dear Shelley, My 8-year-old son has been described as not careful with writing work and hesitant to perform written assignments.

Recently it’s being suggested that he might have dysgraphia. I would appreciate it if you would please give me some information on this and some ways I might help him.

Laurel H, South Fort Myers

Laurel,

Dysgraphia is a language-based learning difference that affects a student’s ability to produce written language. In the early grades, students with dysgraphia may have difficulty with consistent letter formation, word spacing, punctuation and capitalization. In later grades, they may have difficulty with writing fluency, floating margins and legible writing.

Unfortunately, this is an invisible learning difference and sometimes results with students being labeled as “sloppy,” “lazy” or “not detail-oriented.” This is not true, students with dysgraphia are often trying very hard, if not harder than others, just to keep up. Here are a few things you can do at home to help your son. You might also ask if he can have

some accommodations in his classroom.

Work with him to strengthen his fine motor skills and core strength. Most students who have difficulty with writing have less developed fine motor skills and core strength. Most fine motor activities are designed for preschool kids, and older kids tend to reject them. A great website that provides activities for post preschool kids to improve their fine motor skills is www.ot-mom-learning-activities.com/fine-motor-skills-activities-for-older-kids.html. Make sure to check your son’s posture as soon as he sits down to write. Everything from head positioning and visual view of the writing space to positioning of the arm and hand on the paper stems from the midline and base of support. Some children with weaker core strength can’t hold their bodies in position to write efficiently. He may need some gross motor activities to help build more core strength.

You may want to teach typing/word processing to your son. Typing can be easier than writing once students are fluent with keyboards. He is at a perfect age to learn how to type. He will need to practice these new skills every day to learn efficiently and quickly. There are lots of great online typing programs to choose from. Typing Club and the games at www.typing.com are good ones.

Give your son graph paper for math assignments and tests. Graph paper helps students with written expression and/or dysgraphia stay in the lines, which becomes increasingly important in the later grades when they’re faced with

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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.”

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

Chubb Classic Returns To Local Area From February 12 To 18



by Ed Frank

It's had multiple sponsors, has been played on 10 different courses, but it is the longest running Champions Tour golf tournament held in the same metropolitan area. Now called the Chubb Classic, the 31st edition of this popular and successful tournament returns to TwinEagles Club in Naples February 12 to 18. Last week, three former champions, Bernard Langer, Kirk Triplett and Lee Janzen announced they will return for the 2018 tournament. The preliminary list of early commitments also included PGA Tour Champions Miguel Angel Jimenez, Jerry Kelly, Colin Montgomerie and David Toms.

Expected to return to defend his 2017 victory is Fred Couples, who also won the 2010 event when it was played at the Quarry. In his three appearances in the prestigious event, Couples has a second-place finish in 2016 to go along with his two championships.

The long history of the Chubb Classic began in 1988 at the Club at Pelican Bay. It

has also been held at the Vineyards Golf and Country Club, The Classics at Lely Resort, Bay Colony, Pelican Marsh, Quail West, TPC Treviso Bay, the Quarry and Twins Eagles since 2012. Couples won last year with a 16-under-par 200, three strokes better than Jimenez to pocket the \$240,000 first-place prize. It was his 12th victory on the Champions Tour. Interestingly, Couples' victory last year was the 17th year in a row the winner played in the final grouping. Competitors in this long-running tournament read like a "who's who" of golf history. It includes Nick Price, Curtis Strange, Ben Crenshaw, Larry Nelson, Arnold Palmer, Jack Nicklaus, Gary Player, Lee Trevino, Chi Chi Rodriguez, Ray Floyd, Hale Irwin, Tom Kite and Tom Watson. Seven players have won the tournament more than once: Langer, 2011,2013, 2016; Loren Roberts, 2006, 2009; Irwin, 1997, 2002; Gil Morgan, 1998, 2001; Mike Hill, 1993, 1994; Trevino, 1990, 1991; and Couples, 2010, 2017. In conjunction, with the 31st Chubb Classic, junior golfers from across the country have been invited to compete in the Golf to Paradise – First Tee Challenge February 16 to 18. A total of 24 youngsters from several First Tee chapters will play on several top courses in the area and will receive VIP treatment during the Chubb Classic. A variety of ticket packages and single day tickets are available online at www.ChubbClassic.com or calling the ticket office at 239-593-3900. **Patriots Big Favorites To Repeat As Super Bowl Champions** Las Vegas oddsmakers early this week listed the New England Patriots as heavy favorites to win their sixth Super Bowl on February 4. The odds were 11/10. Of course, they first must defeat the Jacksonville Jaguars Sunday for their 10th AFC title.✱

Miracle Checks For Irma Relief

In the past few weeks, the Fort Myers Miracle completed check presentations to eight charities across the Southwest Florida community that have played a major role in Hurricane Irma relief efforts.

This was made possible by a \$13,000 donation from MiLB Charities. The Miracle then allocated the money to the following organizations: Lee County Schools, Harry Chapin Food Bank, Midwest Food Bank, Southwest Florida Community Foundation, Goodwill, New Horizons of Southwest Florida, Naples Zoo and Everglades Wonder Gardens.

"We selected these organizations because of their incredible commitment to this community after the devastation of Hurricane Irma," Miracle owner Jason Hochberg said. "As the community's baseball team, we felt this was the least we could do to thank them for their efforts."

The check presentations included leaders from all the organizations, Miracle mascot Sway and representatives from the Miracle front office.

"As a not-for-profit all funds are deeply appreciated," said Karl Steidinger, director of operations for Midwest Food Bank. "The money will help us continue both our relief effort in the aftermath of Irma and our mission to alleviate hunger in Southwest Florida. We are grateful for

organizations like the Fort Myers Miracle that share in our passion to help others in our communities. Together we will make a difference in our community and beyond."

The Minnesota Twins, the parent club of the Miracle, also pitched in to help with Irma relief. They partnered with the Boston Red Sox to contribute \$200,000 to the Southwest Florida Community Foundation. Miracle ownership and fans have also donated over \$20,000 to various charities for Irma relief.

"It was great to see the entire community come together in the wake of the worst storm to hit this area in a long time," said Miracle general manager Chris Peters. "The aftermath of Irma was tough, but the worst brought out the best in Southwest Florida and helped speed up the recovery process. We are happy to have helped, and our hats go off to these great organizations."

The Miracle will host an Irma Recovery/First Responders night at the CenturyLink Sports Complex in April. Opening Night is April 5, when the Miracle host the Charlotte Stone Crabs.✱

Evening With The Red Sox

This year's 13th annual Evening with the Red Sox will take place at Crowne Plaza Hotel at the Bell Tower Shops on Tuesday, February 20. The evening will begin at 5:30 p.m. and

include an extended cocktail reception with heavy complimentary hors d'oeuvres, beer and wine, autograph signings from Red Sox players, and silent and live auctions that will include exciting trips to major cities, sports memorabilia packages, theme park passes, golf outings and more.

A raffle for a Red Sox fan experience with a trip for four to Boston will also be available. The package includes a two-night hotel stay and tickets for four to two games at Fenway Park including seats on the famed "Green Monster," a private VIP tour of the ballpark and on-field access. Only 200 raffle tickets will be sold at \$50 each

with all proceeds going to support the Boys & Girls Clubs of Lee County. Tickets are available at www.bgclc.ejoinme.org/RedSoxFan.

"We had such a good response from our extended cocktail reception on Crowne Plaza's back patio in past years that we decided to once again include the free-flowing format and discontinue the sit down dinner inside," said Rodney Ford, distribution center manager for Coca-Cola Beverages Florida and this year's event co-chair.

"After the cocktail reception, the event continues inside the ballroom with heavy hors d'oeuvres and dessert

continued on page 21

SPORTS QUIZ

1. Who was the last Oakland A's player before Khris Davis in 2016 and 2017 to have 40 or more home runs in a season?
2. How many consecutive seasons did Hall of Famer Tim Lincecum steal at least 30 bases?
3. When was the last time before 2015 that the Houston Cougars football team finished the season as high as No. 8 in The Associated Press poll?
4. In 2017, Brook Lopez became the third player in Brooklyn Nets franchise history to tally 4,000 career rebounds. Name either of the other two to do it.
5. In the 2016-17 season, Ryan Ellis tied a Nashville Predators record by tallying a point in seven consecutive NHL playoff games. Who else did it?
6. In 2016, Kyle Snyder became the youngest Olympic wrestling champion in U.S. history (age 20). Who had been the youngest?
7. Who are the only two male golfers to win three senior majors in one season?

ANSWERS

1. Jason Giambi had 43 home runs in 2000. 2. Twelve consecutive seasons, 1981-92. 3. It was 1979, when Houston finished fifth in the Associated Press poll. 4. Buck Williams (7,576 rebounds) and Billy Paul (4,544). 5. Henry Wilson. 6. Colin Wilson. 7. Henry Cejudo was 21 when he won a gold medal in 2008. 7. Bernhard Langer (2017) and Jack Nicklaus (1991).

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FSW's Critical Issues In Law Enforcement

Florida SouthWestern State College (FSW) begins its spring schedule of the Critical Thinking Lecture Series with a panel discussion, Critical Issues in Law Enforcement: Past, Present and Future, in Building U-102 on the FSW Thomas Edison Campus on Thursday, January 25 at 11 a.m. Additionally, the presentation can be viewed digitally at the FSW Charlotte Campus, Building O, Room 117; the FSW Collier Campus, Building M, Room 201; and the FSW Hendry/Glades Curtis Center, Building A, Room 106.

The panel will feature Chief Derrick Diggs of the Fort Myers Police Department and Undersheriff Carmine Marceno of the Lee County Sheriff's Office.

Chief Diggs began his career with the Fort Myers Police Department in 2016. He is a 37-year veteran of the Toledo Police Department in Ohio. He served as a Toledo Police Department police patrolman, police lieutenant, police



Chief Derrick Diggs photos provided

captain and deputy chief of police before becoming chief of police in 2011. During his tenure as Toledo police chief, he brought intelligence-led and data-driven policing initiatives to the department, leading the department into the 21st century and reducing reported crimes by 27 percent and burglaries by 36 percent.



Carmine Marceno

Chief Diggs has a master's degree in public administration from the University of Toledo, and he is a graduate of the FBI National Academy.

Undersheriff Marceno began his career at the Lee County Sheriff's Office in 2013 as a lieutenant in the Public Services Division after a distinguished law

enforcement career in Suffolk County, New York, beginning in 1996. He joined the Collier County Sheriff's Office in 2003 as a patrol deputy and worked with numerous units within the agency, transitioning to a larger public liaison role in community policing. After public services, Undersheriff Marceno became executive officer to Sheriff Mike Scott and assumed supervisory responsibilities for day-to-day operations as a member of the command staff. In March 2017, Undersheriff Marceno graduated from the FBI National Academy and is on track to graduate with a bachelor's degree in criminal justice.

The FSW Critical Thinking Lecture Series features community leaders who discuss how they use critical thinking skills in their profession or focus on critical topics from their area of career or academic interest. The series is free and open to the public, and presentations run January to April. A full schedule can be viewed at www.fsw.edu/ctls.

For more information on the FSW Critical Thinking Lecture Series, contact Whitney Rhyne, director, Strategic Initiatives, at 433-6943 or Whitney.Rhyne@fsw.edu.*

Life Center Open House

With the success of the Healthy Life Center at Coconut Point, Lee Health has expanded the concept to the Wellness Center – Cape Coral and will celebrate with special open house on Wednesday, January 24.

"The day starts with our Walking Club, which is held every Wednesday morning at 7 a.m. and this particular morning will be led by Dr. Sal Lacagnina, an internal medicine physician and Lee Health's system medical director of wellness and employee health," said Molly Grubbs, director of Healthy Life Center. "We're also going to have an official ribbon-cutting at 8 a.m."

There will be a free therapeutic yoga class from 10 to 11:15 a.m., smoothie samples, free chair massages and information about the Wellness Center – Cape Coral and the upcoming events at the Healthy Life Center at the Wellness Center – Cape Coral.

The Healthy Life Centers provide a variety of services and educational events that support healthy lifestyles, early detection of disease and chronic disease management. All of the Healthy Life Centers' programming is dedicated to maintaining and improving health.

"We are very excited to expand the Healthy Life Center to the Cape Coral and North Fort Myers communities," Grubbs says. "Many people from these areas have been attending programs and screenings at our Estero location, so it is wonderful to be able to offer these valuable services closer to home."

Upcoming events at the Healthy Life Center at the Wellness Center – Cape Coral include hearing screenings, basic self-defense, mini memory screenings, the Fourth Trimester Club for new moms and book club meetings.

The Wellness Center – Cape Coral is located at 609 SE 13th Court in Cape

Coral. For more information about specific upcoming events, visit www.LeeHealth.org/calendar/calendar_hlc.asp, call 424-3210 or email HealthyLifeCenter@LeeHealth.org.*

A Light To Remember

The Alvin A. Dubin Alzheimer's Resource Center and Ellie Fox will sponsor the 20th annual A Light to Remember at Bell Tower Shops on Thursday, January 25 at 5:30 p.m.

A Light to Remember was created by Ellie Fox in honor and now remembrance of her husband Edward L. Fox, owner and founder of Fox Electronics, to raise awareness about Alzheimer's disease and related memory impairments. The event will include a lighted display of luminaries purchased by families and friends in honor or remembrance of their loved ones with Alzheimer's disease or related memory impairments. These luminaries will border the center court of the Bell Tower Shops. There will be a special lighting ceremony at sunset.

Luminaries may be purchased in advance for \$5 each by calling the Dubin Alzheimer's Resource Center at 437-3007. The Alvin A. Dubin Alzheimer's Resource Center's office is located at 12468 Brantley Commons Court in Fort Myers.*

Healthy Lifestyle Program To Begin

Lee Health's Wellness Center – Cape Coral is launching a new Whole Healthy Lifestyle program. This eight-week program is meant to help people create healthy habits, set and achieve attainable goals, while increasing energy and self-confidence. It will be offered at both the Wellness Center – Cape Coral and the

Healthy Life Center at Coconut Point.

The program will meet on Mondays at 1 p.m., beginning January 22 at the Healthy Life Center in Estero and Thursdays at 9 a.m., beginning February 1 at the Wellness Center – Cape Coral. The program includes exercise, nutrition, lifestyle coaching and pre- and post-Tanita scale readings.

On Thursday, January 25 at the Wellness Center – Cape Coral, Sarah Mitchell, certified wellness coach and health and wellness coordinator for the Lee Health Wellness Centers, will be leading a discussion on healthy habits from 9 to 10 a.m. Mitchell will share information and tips about consistency, flexibility and goal setting.

There is a \$150 fee for the eight-week program and no charge for the discussion on habits.

Lee Health's Wellness Center – Cape Coral is located at 609 SE 13th Court in Cape Coral. Healthy Life Center at Coconut Point is located at 23190 Fashion Drive suite 105 in Estero. For more information or to register to participate in either event, call 424-3210 or email media@leehealth.org.*

New Leader For ALS Association

The ALS Association Florida Chapter, a nonprofit organization dedicated to the fight against ALS, announces the selection of Philip Flynn III as its new president and CEO. ALS, also known as Lou Gehrig's Disease, progressively paralyzes its victims, attacking nerve cells and pathways in the brain or spinal cord, taking away their ability to walk, talk, eat and eventually breathe. ALS has no known cause or cure, but The ALS Association is striving to change that.

"We're really fortunate to gain a leader with Phil's experience, talent and vision," said Sandi Torres, chairman of the board for the Florida Chapter. "The board and

the leadership team are confident that Phil is the best person to lead us into the future, while adding value to our chapter, our staff and most importantly to our patients."

Flynn is a seasoned and successful executive who has spent over 35 years in fundraising and executive leadership roles in the nonprofit and education sectors. His vast experience includes work with international medical programs, community and family foundations, higher education, and animal welfare. With a bachelor of science and a master of science in education administration, Flynn has played a pivotal role as a leader, excelling in strategic planning, setting organizational direction, collaborating, and building invaluable teamwork to advance each organization's mission.

"I am truly humbled and excited to join this organization to help fight this horrible disease," said Flynn. "My experience with similar organizations gives me the knowledge and confidence to lead this team, to make a positive impact on the ALS community, and ultimately to advance the work to find a treatment and cure."**

From page 20

Red Sox

stations, additional bars and our silent auction displays," said co-chair Jim Larkin, general manager of Crowne Plaza.

This year's presenting sponsor is Ted Todd Insurance. Bill Banfield, the voice behind the Florida Gulf Coast University Eagles and co-host of FGCU Eagles Hotline Coaches Show on ESPN Radio 99.3, will serve as the event's auctioneer.

Sponsorships are available from \$1,500. Individual tickets are \$200 per person. Donations for auction items are also being accepted.

For more information, to register, sponsor or donate to the event, visit www.bgcl.ejoinme.org/RedSox or contact Shannon Lane at 334-1886 or slane@bgcl.net.*

Hope Clubhouse Of Southwest Florida Celebrates The Holidays



From left, Brodrick Benjamin, Sherri Cooner and Lydia Frantz photos provided

Hope Clubhouse of Southwest Florida celebrated the holidays with three special awards to deserving supporters. The organization presented the winners with their honors in December at its office during a party for staff, club members and friends. Attorney Sawyer Smith was recognized for his work on behalf of mental health issues and was given the Advocate of the Year award. Mike and Dawn Sullivan of State Farm Insurance were honored as Corporate Sponsor of the Year for their ongoing support of the clubhouse. David and Christin Collins were surprised with a plaque honoring them for their dedication to the clubhouse, including Mrs. Collins' work as chairwoman of this year's mental health luncheon. A passion fruit tree in the clubhouse garden was also named in their honor.*



From left, Dottie Pacharis, Christin Collins, Kathy Smith and Connie Ramos-Williams



Mariah Bakke and Sawyer Smith



Mike Sullivan and Cindi Wineinger



From left, Christin Collins, Boots Tolles and Kelly Fayer



Cindi Wineinger and Kelly McQueen



David Collins and Carey Ralston



From left, Dottie Pacharis, Scott and Adriana White



From left, James Wineinger and Christin and David Collins

Free Parkinson's Lecture Series

Lee Health's Healthy Life Center at the Wellness Center – Cape Coral will host an educational series about living with Parkinson's disease from 10 to 11 a.m., on the following Mondays at the:

January 22: Living Well with Parkinson's Disease – Michelle Martin, coordinator of Hope Parkinson Program
January 29: Voice and Communication: Let Yourself Be Heard – Lindsey Obermeier, SLP

February 5: Swallowing and Cognition: Safe Swallowing and Flexing Your Brain – Lindsey Obermeier, SLP

February 12: Exercise and Mobility/ Benefits of Therapy: Power Up Your Moves – Janice Smeigh, DPT

February 19: Bladder and Bowel Dysfunction and Management in PD – Kristen Parisi, DPT

February 26: Balance and Fall Prevention for People with Parkinson's: A Balancing Act – Nathalie Grondin, PT

March 5: Activities of Daily Living: Taking Care of Business – Pearl Hernandez, OTR/L

The educational series will also be held over eight weeks at the Healthy Life Center at Coconut Point. These sessions will be held from 1 to 2 p.m. on the following Wednesdays:

February 7: Living Well with Parkinson's Disease – Michelle Martin, coordinator of Hope Parkinson Program

February 14: Integrative Approaches to Complete Traditional Medications for Parkinson's – Heather Auld, MD, integrative medicine physician

February 21: Exercise and Mobility/

Benefits of Therapy: Power Up Your Moves – Janice Smeigh, DPT

February 28: Balance and Fall Prevention for People with Parkinson's: A Balancing Act – Nathalie Grondin, PT

March 7: Voice and Communication: Let Yourself Be Heard – Lindsey Obermeier, SLP

March 14: Swallowing and Cognition: Safe Swallowing and Flexing Your Brain – Lindsey Obermeier, SLP

March 21: Activities of Daily Living: Taking Care of Business – Pearl Hernandez, OTR/L

March 28: Bladder and Bowel Dysfunction and Management in PD – Kristen Parisi, DPT

According to the Parkinson's Disease Foundation, more than 10 million people worldwide are living with Parkinson's disease. The incidence of Parkinson's disease increases with age, but an estimated 4 percent of people are diagnosed before age 50. Men are one and a half times more likely than women to have Parkinson's disease. The progression of the disease varies from person to person. The Healthy Life Center's Parkinson's Disease Series provides education and information on various treatment and rehabilitation options.

Healthy Life Center at the Wellness Center – Cape Coral is located at 609 SE 13th Court in Cape Coral. 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 – Cape Coral at 424-3210, the Healthy Life Center at Coconut Point at 495-4475 or email HealthyLifeCenter@LeeHealth.org.✱

Autism Challenge Program Grant

My Autism Connection was awarded a \$4,000 grant from the Autism Services Grants Council, which distributes grants with funds raised through the sale of the Florida "Support Autism Programs" specialty license plates. The grant will support the My Autism Connection Driver's Challenge program.

"We are honored to receive this grant from the Autism Services Grants Council," said Sandra Worth, My Autism Connection president. "This grant will help us continue training our young individuals on road safety through our Driver's Challenge."

Driver's Challenge is My Autism Connection's road safety program for young adults age 18 to 45 to learn safe-responsive driving skills and appropriate interaction skills with law enforcement. The goal is to serve a maximum of eight drivers per challenge per year. A deputy is assigned to each individual driver. Deputies use a training facility for a two-to-three-hour class and the tarmac airfield is used for the practical driving instruction.

This unique program aligns with law enforcements' new mandate to train

in working with individuals diagnosed with autism spectrum disorder. It allows for hands-on training for both the individual diagnosed with autism and law enforcement officer.

The defensive driving instruction provided by Lee County Sheriff's Office teaches students techniques and lifesaving skills in a hands-on driving environment. Students learn vehicle dynamics, safe driving practices and responsible decision-making through the classroom and driving exercises. The program provides students with the knowledge and hands-on experience to reduce their chances of being involved in a motor vehicle incident. My Autism Connection plans to expand the training program with other Southwest Florida law enforcement agencies in the future.

In 2009, the Florida Legislature authorized the "Support Autism Services" specialty license plate and provided for the creation of the Autism Services Grants Council. The council oversees a grants process to fund service programs for individuals with autism and related disabilities and their families throughout the state. For more information on the Florida "Support Autism Services" specialty license plate, visit www.autismlicenseplate.com.

For more overall information, visit www.myaautismconnection.net.✱

Email your editorial copy to:

press@riverweekly.com

Green Alternatives To Plastics

An acclaimed chemist, educator and proponent of natural, sustainable substitutes for synthetic plastics will discuss his commitment to renewable-resource technology at Florida Gulf Coast University on Friday, January 26. The free program takes place at 6:30 p.m. in Edwards Hall 112, following a 6 p.m. reception.

Dr. Robin Rogers, president and founder of 525 Solutions and the Canada Excellence Research chair in Green Chemistry and Green Chemicals at McGill University in Montreal, will present Can Advanced Materials from Renewable Resources Replace Plastics in a Sustainable Society? as part of FGCU's College of Arts and Sciences Lecture Series.

Rogers comes to FGCU thanks to a generous donation from Lee and Gene Seidler of Sanibel. His firm focuses on developing green technologies in the laboratory and transitioning them to commercial use. Its current stated mission is to become the world's leading research and development entity in technologies derived from chitin, a strong substance found in the outer covering of insects and crustaceans (such as crabs and shrimp), and also in the cell walls of certain fungi and algae.

"By 2050, there is predicted to be more plastic in the ocean than fish," Rogers said. "At the same time, plastics represent a \$654-billion market worldwide and are ubiquitous in modern life. Simply eliminating synthetic-plastic use with no viable alternatives would be almost impossible and catastrophic from both a social and economic point of view."

So Rogers' solution — or more specifically, the 525 Solutions fix — can be found in nature.

"With a plethora of natural and renewable resources, the quality of human life can greatly benefit and improve from new, innovative technologies using building blocks obtained directly from plants and animals," Rogers said. "We are exploring the entire range of the 'biorefinery concept' — from dissolution and conversion of plant and animal resources into chemicals, and extraction of essential oils, to isolation of pure biopolymers and production of new biomaterials from them. Because we can directly dissolve nature's raw materials, we can shape them, functionalize them, blend them and use other non-chemistry means to produce advanced, functional materials. These new, innovative materials represent new market opportunities, which we will develop and promote."

To register for Rogers' speech, visit www.fgcu.edu/caslectures.✱



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Doctor Joins Primary Care

Dr. Jorge Valenzuela has joined Physicians' Primary Care of Southwest Florida as an internal medicine physician.

Dr. Valenzuela earned his Doctor of Medicine degree from the Universidad Autonoma de Santo Domingo in the Dominican Republic.

His residency was completed at Woodhull Medical and Mental Health Center in Brooklyn, New York, where he helped implement the Patient Centered Medical Home training as part of the Internal Medicine program.

Dr. Valenzuela has worked as a primary care physician in Fort Myers for the past five years.

He is board certified by the American Board of Internal Medicine.

Dr. Valenzuela will see patients at the Fort Myers Family and Internal Medicine office at 7381 College Parkway. For more information, visit www.ppcswfl.com.✱



Dr. Jorge Valenzuela photo provided

dearPharmacist

Vitamin K2 Is A Powerful Prostate Cancer Fighter



by Suzy Cohen, RPh

Dear Readers: Couples have plans, but after the C word is dropped, those plans change to unite a couple in the medical process. After skin cancer, prostate cancer is the most widespread

cancer among men, affecting one in seven every single year. Prostate cancer is also the third leading cause of cancer death, after lung and colorectal cancer, according to the American Cancer Society. The good news today is some significant strides are being made in the prevention of prostate cancer as well as the treatment of advanced prostate cancer. In fact, we have now learned that one remarkable nutrient can have wondrous cancer-fighting and preventative properties for all kinds of cancers. You might have thought vitamin C or D3, but you'd be wrong. It's actually vitamin K2.

Vitamin K2 is proving to be a marvelous ally in the war on prostate cancer. In fact, K2 along with vitamin D3, work harmoniously together for a wide range of diseases. Higher levels of K2 and higher intake of K2 are associated with lower prostate cancer risk, and vitamin K2 deficiency status has been found in most men with aggressive prostate cancers.

Researchers for the European Prospective Investigation into Cancer and Nutrition (EPIC) have also found that increasing one's intake of vitamin

K2 may lower the risk of getting prostate cancer dramatically by up to 35 percent. With a one in seven risk of developing prostate cancer within their lifetime, this is an encouraging discovery. But because we're talking about a vitamin, I'm sure you won't see commercials about it. And K2 is not something you have to buy, it's commonly found in foods that most of us already enjoy like salads, green vegetables, green superfoods, as well as some meat and cheese. There are also supplements that are sold without prescription at health food stores, however I encourage you to ask your physician if these are right for you, as K2 can interfere with blood-thinning medications.

For people on the healing process with cancer, their number one goal is to stop the spread of cancer to other organs and tissues, termed metastasis. When prostate cancer is caught early on, before it has spread to many other organs, the interventions are more useful.

Vitamin K2 has also proven to have neuroprotective effects upon the brain, preventing Alzheimer's and dementia, to shuttle calcium out of the arteries and to the bones, where it hardens and strengthens them, helps wounds and bones to heal faster, improves the skin, and now hear this, reverses wrinkles as well.

Vitamin K2 is found in foods such as dairy products, meat, dark leafy greens like salads, Swiss chard, spinach and other greens. It is found in very high concentration in a popular Asian fermented soy dish called Natto. Other foods high in vitamin K2 include ground beef, liver, chicken as well as cheese, egg yolks and butter.

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.✱

Doctor and Dietician Referred Pain



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

Referred pain elicits dull, aching pain that's often challenging to localize. Many people can tell where the pain is going to, but have difficulty ascertaining where it is coming from. Frequently, referred pain originates with injured ligaments. For example, pain traveling from the low back into the leg and foot is usually from ligament weakness in the sacroiliac joint rather than a pinched sciatic nerve, as is often assumed.

Weakened ligaments as the source of referral pain have been documented for a long time, even though many clinicians are unaware of, or don't fully understand, these ligament referral pain patterns. Dr. G. Hackett originally described the referral pain patterns of the hip, pelvis, lower back and neck in 1958. Dr. Hackett also outlined these patterns during early

observations after he performed more than 18,000 intraligamentous prolotherapy injections to 1,656 patients over a period of 19 years. A more recent 2017 article in *Clinical Neurology and Neurosurgery*, noted that 60 percent of participants with low back pain experienced referred pain to the buttock, groin and thigh areas, with numbness and tingling of the thigh and calf. Where did researchers conclude this pain originated? The sacroiliac ligament.

When a ligament is weak and overstretched, the sensory nerves become irritated and can refer pain sensations to another area of the body. The sacroiliac ligaments refer pain down the leg to the lateral foot, which can result in a misdiagnosis of "sciatica" because it causes similar symptoms. Even when nerves are not implicated, patients misdiagnosed with "sciatica" are often subjected to numerous tests, anti-inflammatory medicines and surgical procedures with unsatisfactory results. Regenerative treatments to strengthen the ligaments, including prolotherapy and PRP, can provide a viable, more conservative option to restore ligament integrity, thereby addressing the source of the problem and relieving the pain naturally.

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.✱

Screenings For Cervical Cancer Prevention

January is Cervical Health Awareness Month. Florida Health in Lee encourages women to visit their health care provider to be screened for cervical cancer and learn more about preventing cervical cancer through lifestyle change and vaccination.

"We must increase our efforts to make sure that all women understand the importance of getting screened for cervical cancer," said Angela Smith, administrator of Florida Department of Health in Lee County. "We know cervical cancer can be prevented with proper screening to find pre-cancerous conditions before they develop into invasive cancer. Screenings save lives."

As of 2015, cervical cancer, or cancer starting in the cervix, is the 15th leading cause of cancer deaths among women in Florida. Nearly all cervical cancers are caused by Human Papillomavirus (HPV). HPV is a common virus that is passed from one person to another during sexual activity. According to the Centers for Disease Control and Prevention (CDC), cervical cancer is the easiest gynecologic cancer to prevent, with regular screening tests and follow-up.

According to CDC, to reduce risk or prevent cervical cancer women should:

Get the HPV vaccine between ages 9 and 26;

See their health care provider regularly for a Pap test between ages 21 and 65;

Not smoke; and

Limit the number of sexual partners

Completing the three dose HPV vaccination series can help prevent multiple cancers, including cervical cancer and cancer of the mouth and throat. The department's Immunization Section provides vaccinations for HPV through several programs.

Two screening tests can help prevent cervical cancer or find it early:

The Pap test (or Pap smear) looks for precancers, cell changes on the cervix that might become cervical cancer if they are not treated appropriately.

The HPV test looks for the virus that can cause these cell changes.

Talk to your health care provider about when a Pap test is most appropriate for you. Tests for specific HPV strains can support earlier diagnosis of cervical cancer. Women ages 50 to 64, who are uninsured and are at or below 200 percent of the federal poverty level, can receive Pap tests through the department's Breast and Cervical Cancer Early Detection Program. Learn more at www.floridahealth.gov/diseases-and-conditions/cancer/breast-cancer/bccedp.html.

Learn more about the HPV Vaccine at www.cdc.gov/vaccines/who/teens/vaccines/hpv.html. For more information about the department's Immunization Section, visit www.floridahealth.gov/programs-and-services/immunization/ or contact your county health department.✱

PUZZLES

Answers on page 29

Super Crossword

FRATERNITY CHARACTERS

- ACROSS**
- 1 Tuna salad ingredient
- 5 Remove by vaporizing, as impurities
- 12 Tough guy's display
- 20 Holiday preludes
- 21 One heralding a new era, say
- 22 Refusing to face reality
- 23 Game with sticks and wheeled skates [#17]
- 25 Differs in opinion
- 26 Choke up
- 27 Settled up
- 28 Suffix with minimal
- 29 Flatten
- 30 See 16-Down
- 31 Public sale of seized property, maybe [#19]
- 37 Bother
- 38 Le dernier —
- 39 Rock music genre
- 40 Communist Mao — -tung
- 41 Keyword that helps people find an online video [#2]
- 46 Economic divides [#24]
- 52 Bar, legally
- 53 Parcels
- 55 Foe of Frodo
- 56 Tahiti, e.g.
- 57 Free TV ad, for short
- 59 Bills or Jets
- 62 Started the poker pot
- 63 Largest city in Yemen
- 66 La — Jackson
- 68 What G-rated films are suitable for
- 71 Old cloth
- 72 What awards may be laid out on [#6]
- 75 Last stage
- 77 Despite this
- 78 Sommeliers' bottles
- 80 Partakes of
- 81 Ogles
- 82 Self-help book
- 84 Shrewish
- 86 Pitcher's stat
- 88 Potpourri
- 89 Old flier over the Atl.
- 91 K.P. veggie
- 93 Efface
- 97 Antiterrorism legislation of 2001 [#9]
- 101 Combat vehicles in a hobby shop
- 103 Felony hated by MADD
- 104 Road service gp.
- 106 Neither here — there
- 107 In-favor vote
- 108 Bell Labs, for one [#22]
- 116 Gen. Pershing's conflict
- 117 Trebek of TV
- 118 Wahl of TV
- 119 Fuentes of baseball
- 120 Arthur of tennis
- 122 Atomic group
- 125 Things hidden in nine answers in this puzzle
- 129 Did surgery
- 130 Gruel base
- 131 Cookie often taken apart
- 132 Cuddled-up couples
- 133 Flourish
- 134 Couples up
- DOWN**
- 1 French sea
- 2 Fatty fruits
- 3 Shouts
- 4 Nobel city
- 5 Rough husk
- 6 —Kosh B'Gosh
- 7 "God willing!"
- 8 Old Renault
- 9 Terminix rival
- 10 "I need grub!"
- 11 Cook in fat
- 12 Center
- 13 Cartoonist
- 14 PC inserts
- 15 "— So Fine"
- 16 With 30-Across, neon or xenon
- 17 Exodus peak
- 18 Seder staple
- 19 NFL Hall of Famer
- 24 Holders used during breakfast
- 28 Privy to
- 30 Soul's Marvin
- 32 Bard's eye
- 33 Jostled (for)
- 34 British music co.
- 35 Pyle's org.
- 36 So-so grade
- 42 November gem
- 43 "Taxi" cabbie played by Danza
- 44 Forage crop
- 45 Styling goop
- 47 Oversaw jointly
- 48 Gimlet liquor
- 49 Errant
- 50 Make glad
- 51 Fen plants
- 54 RR stop
- 58 "— boy!"
- 60 Goblin, e.g.
- 61 Unknown by
- 62 Nile reptile
- 63 Whale's half-rise out of the water
- 64 Iris ring
- 65 Bonehead
- 67 Sculling item
- 69 Gang gun
- 70 Different
- 73 Lead-in to friendly
- 74 Brain test, for short
- 76 "... — pin drop"
- 79 NCO in the 35-Down
- 83 Rocky top
- 85 "— so sorry"
- 87 Sanctuary
- 89 Acerbic
- 90 Unyieldingly insistent type
- 92 Big name in lens care
- 94 In whatever location
- 95 Like kebabs
- 96 Morales in movies
- 98 Ore- —
- 99 Son of Adam
- 100 Ecru or fawn
- 102 Slew
- 105 Stellar
- 108 Novarro of "Ben-Hur"
- 109 Split to hitch
- 110 Monica of tennis
- 111 Apply
- 112 Listens to
- 113 Link up with
- 114 Agenda bits
- 115 Puffs
- 121 Tuck away
- 123 Ripken of baseball
- 124 Pickup's kin
- 125 Soft lump
- 126 Northern Thai
- 127 Stately tree
- 128 Distress call

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			
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108	109	110	111					112				113	114	115					116	
117																				
122					123	124								126	127					128
129																				
132																				

King Crossword

- ACROSS**
- 1 Gymnast's surface
- 4 Expert
- 7 Pops
- 12 Brewery output
- 13 Sleep phenom
- 14 Unmoving
- 15 Rotating part
- 16 Reason to call 911
- 18 Pump up the volume
- 19 Heathen
- 20 Lumber
- 22 Run-down horse
- 23 Blue hue
- 27 Toss in
- 29 Political refugee
- 31 Groan-inducing, maybe
- 34 Take as one's own
- 35 Overacted
- 37 Lingerie item
- 38 Church section
- 39 — Khan
- 41 Traditional tales
- 45 Pilfered
- 47 Chum
- 48 Too thin
- 52 Storm center
- 53 Automaton
- 54 A Kennedy
- 55 Sinbad's bird
- 56 Lessen
- 57 One or more
- 58 Pismire
- Line" song
- 9 Lair
- 10 Joan of —
- 11 Pigs' digs
- 17 Anger
- 21 "Inferno" writer
- 23 Type of wave
- 24 Swelled head
- 25 Dada artist
- 26 Say it's OK
- 28 Easter buy
- 30 Scratch
- 31 Shell game
- Last letter item
- 32 Diamond arbi-ter
- 33 Phone bk. info
- 36 Facts
- 37 Whalebone
- 40 Must, jocularly
- 42 Met performance
- 43 Silk alternative
- 44 Vote for
- 45 Locale
- 46 Vortex
- 48 Mound stat
- 49 Unruly bunch
- 50 Lawyers' org.
- 51 Barracks bed
- DOWN**
- 1 Colorful parrot
- 2 Texas mission
- 3 Beat
- 4 Get ready, briefly
- 5 Order back
- 6 Last letter
- 7 Autograph
- 8 "A Chorus

MAGIC MAZE

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W I F C Z W T Q N K I Y F C Z

W U R E H N Q U I S T E R P M

J H V I N S O N H E C N Z X U

S Q N L J E S T G E C A S Z X

V F U L L E R T S R P T N L J

H E C A H O Y R E G R U B E W

V T R G W P N L A E N K T T I

G C U S H I N G B W S I F E C

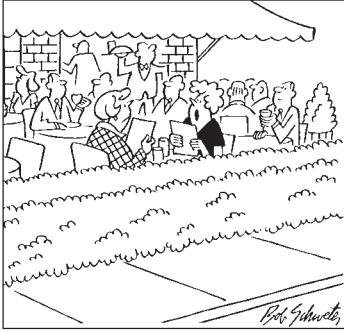
B H L Z X W U O S R H A V P O

M L L A H S R A M W T L H I J

E T I A W I G E D B A Y X C L

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

- Burger Chase Cushing Ellsworth
- Fuller Hughes Livingston Marshall
- Rehnquist Roberts Taney Vinson
- Waite Warren White



"The last time we ate here a jogger made off with Harry's _____."

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!

Peek
CLANGE

Soothe
SAUSER

Avoid
ORIGEN

Scant
PASSER

TODAY'S WORD

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

SUDOKU

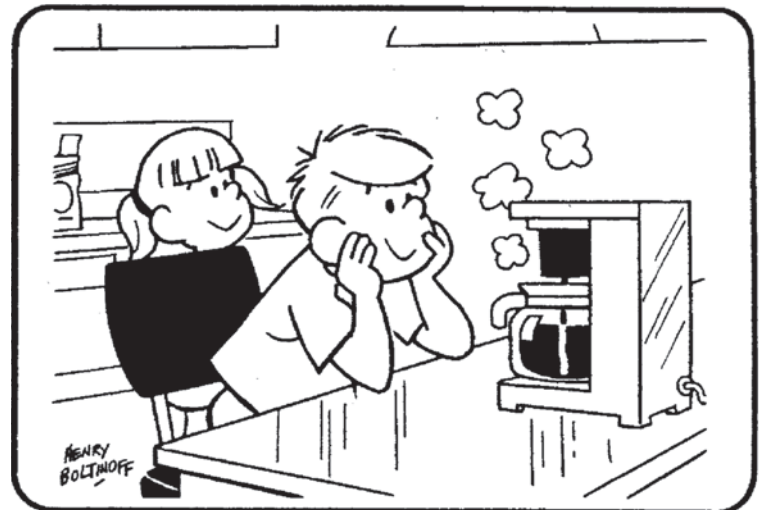
To play Sudoku:

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.

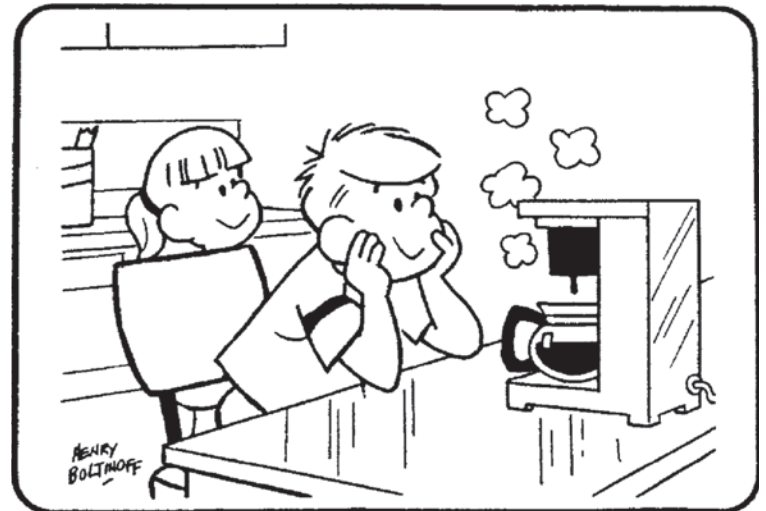
answer on page 29

HOCUS-FOCUS

BY
HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Girl has a ponytail. 2. Shirt has a stripe. 3. Chair is different. 4. Coffee pot is different. 5. Cabinet is missing. 6. Box on counter is different.

Beautifulife:

Rise Above

by Kay Casperson



We have all found ourselves in situations that push us to testing our ability to walk away, be the bigger person, take a deep breath or just blow it off all together. These

types of circumstances can happen daily, weekly or even just every once in awhile, but regardless of the frequency, it takes good control and practice to rise above the situation and ultimately win at achieving your most balanced and beautiful life.

Regardless of the many things that come your way to distract you and throw you off your game, I am happy to tell you that you have the power to change the outcome of every situation and are totally in control of the end result. Examples of some of these follow, and how you handle them could change your entire outlook and attitude.

Disappointments – These will happen regularly because we are constantly placing trust in people and hoping that they will do the right thing. I have learned long ago that if you don't put all of your hope and trust in any individual, but continue to hope and pray that people will come through for you, it won't be such a let down if it doesn't happen. Unfortunately, people can and will let you down so don't let it rock your world and you will continue to stay positive and happy.

Disagreements – We cannot and will not agree with everyone all the time. As a matter of fact, there would be something seriously wrong with you if that were the case. We are all programmed differently in terms of how we think, what we believe and what is important to us. That being said, there will surely be disagreements and that is OK. Get your point across, stay focused and don't take it personally.

Disapproval – Do you find yourself wanting to impress others or trying to seek approval from those around you? Are there times when you feel that your message is lost in the shuffle or that you just can't seem to get others to get on board with who you are or what you are trying to do? Maybe this

makes you feel like they disapprove of you or your mission. I happen to think that some of that comes from not understanding who you are or taking the time to accept you. Sometimes this can also be driven by other things such as jealousy or insecurity in others. Stay unique, be true to who you are and don't worry about the rest.

Situations will arise every day that will affect how you think, feel and react but the most important thing you can do is to rise above all of it to ultimately stay on top of your game.

My affirmation for you this week is: "I will rise above all that comes my way to distract me from staying positive, focused, unique and happy in order to enjoy my beautiful life."

*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.**

From page 3


Symphony

been here since the beginning, and it seemed more than fitting to honor him for all of the time and talent he has shared with us," said Kurtz.


LaBrecque has thrilled audiences as both The Phantom and Raoul in The Phantom of the Opera. He has also starred on Broadway in Showboat, and has performed with The National Symphony, Israel Philharmonic, Cleveland Orchestra as well as Chicago, San Francisco and Atlanta Symphonies. A frequent guest with Gulf Coast Symphony and the Naples Philharmonic, LaBrecque will present a cabaret performance of Broadway favorites at the gala.

Tickets for the intimate, black-tie optional event are \$150 and include the performance by LaBrecque, gourmet dinner, open bar, and silent and live auctions. Proceeds benefit the Gulf Coast Symphony.


The Gateway Golf and Country Club is located at 12091 Gateway Greens Drive in Fort Myers. To make a reservation, call 277-1700 or visit www.gulfcoastsymphony.org.*




FRIDAY
Partly Cloudy
High: 63 Low: 53




SATURDAY
Sunny
High: 68 Low: 58




SUNDAY
Sunny
High: 74 Low: 64




MONDAY
Few Showers
High: 72 Low: 62



TUESDAY
Mostly Sunny
High: 68 Low: 58



WEDNESDAY
Mostly Cloudy
High: 63 Low: 53



THURSDAY
Partly Cloudy
High: 66 Low: 56

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	1:14 am	8:30 am	3:26 pm	7:35 pm	Fri	12:19 am	8:32 am	2:31 pm	7:37 pm	Fri	12:49 am	8:42 am	3:05 pm	8:12 pm	Fri	3:24 am	11:46 am	5:36 pm	10:51 pm
Sat	1:55 am	9:01 am	3:50 pm	8:26 pm	Sat	1:00 am	9:03 am	2:55 pm	8:28 pm	Sat	1:21 am	9:12 am	3:45 pm	8:56 pm	Sat	4:05 am	12:17 pm	6:00 pm	11:42 pm
Sun	2:40 am	9:33 am	4:18 pm	9:25 pm	Sun	1:45 am	9:35 am	3:23 pm	9:27 pm	Sun	2:05 am	9:39 am	4:20 pm	9:42 pm	Sun	4:50 am	12:49 pm	6:28 pm	None
Mon	3:32 am	10:08 am	4:51 pm	10:33 pm	Mon	2:37 am	10:10 am	3:56 pm	10:35 pm	Mon	3:04 am	10:06 am	4:52 pm	10:36 pm	Mon	5:42 am	12:41 am	7:01 pm	1:24 pm
Tue	4:35 am	10:45 am	5:29 pm	11:51 pm	Tue	3:40 am	10:47 am	4:34 pm	11:53 pm	Tue	4:16 am	10:34 am	5:20 pm	None	Tue	6:45 am	1:49 am	7:39 pm	2:01 pm
Wed	5:57 am	11:25 am	6:11 pm	None	Wed	5:02 am	11:27 am	5:16 pm	None	Wed	5:54 am	12:00 am	5:54 pm	11:09 am	Wed	8:07 am	3:07 am	8:21 pm	2:41 pm
Thu	7:48 am	1:15 am	6:59 pm	12:10 pm	Thu	6:53 am	1:17 am	6:04 pm	12:12 pm	Thu	7:28 am	1:30 am	6:44 pm	12:17 pm	Thu	9:58 am	4:31 am	9:09 pm	3:26 pm

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ADO	CRIT	EMOTSE
YOUTUBE	TAG	INCOME
ESTOP	DOLES	ORCISLE
PSA	NFL	TEAM
SANA	TOYA	ALLAGES
PRIZET	ABLE	FINAL
YET	CARAFES	EATS
HOWTO	NAGGING	ERA
OLIO	SST	TATER
PATRIOT	ACT	MODEL
	DU	AAA
RESE	ARCHIN	STITUTE
ALEX	KEN	TITO
MOLECULE	GREEK	LETTERS
OPERATED	OATMEAL	OREO
NEST	TLERS	BLOSSOM

KING CROSSWORD

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ALE	REM	INERT
CAM	EMERGENCY	
AMP	PAGAN	
WOOD	NAG	TEAL
	ADD	EMIGRE
PUNNY		ADOPT
EMOTED	BRA	
APSE	AGA	LORE
	STOLE	PAL
EMACIATED	EYE	
ROBOT	TED	ROC
ABATE	ANY	ANT

MAGIC MAZE

ADMINISTERED THE OATH OF OFFICE FOR U.S. PRESIDENT

SUDOKU

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

My Stars★★★★

FOR WEEK OF JANUARY 22, 2018

ARIES (March 21 to April 19) Guess what, Lamb? You're about to experience a new perspective on a situation you long regarded quite differently. What you learn could open more opportunities later.

TAURUS (April 20 to May 20) The Bold Bovine is tempted to charge into a new venture. But it might be best to take things one step at a time, so that you know just where you are at any given point.

GEMINI (May 21 to June 20) It's a good time to go on that fun getaway you've been planning. You'll return refreshed, ready and, yes, even eager to tackle the new challenge that awaits you.

CANCER (June 21 to July 22) The Moon Child loves to fantasize about magical happenings in the early part of the week. But the sensible Crab gets down to serious business by week's end.

LEO (July 23 to August 22) What goes around comes around for those lucky Leos and Leonas whose acts of generosity could be repaid with opportunities to expand into new and exciting areas of interest.

VIRGO (August 23 to September 22) Your concern about your job responsibilities is commendable. But you need to take some quiet time to share with someone who has really missed being with you.

LIBRA (September 23 to October 22) Aspects favor getting out and meeting new people. And as a bonus, you might find that some of your newly made friends could offer important business contacts.

SCORPIO (October 23 to November 21) You might take pride in wanting to do everything yourself. But now's a good time to ask family members to help with a demanding personal situation.

SAGITTARIUS (November 22 to December 21) Pay more attention to the possibilities in that workplace change. It could show the way to make that long-sought turn on your career path.

CAPRICORN (December 22 to January 19) Your need to succeed might overwhelm obligations to your loved ones. Ease up on that workload and into some well-deserved time with family and friends.

AQUARIUS (January 20 to February 18) Love rules for amorous Aquarians who can make good use of their ability to communicate feelings. Don't be surprised if

they're reciprocated in kind.

PISCES (February 19 to March 20) Fishing for compliments? No doubt, you probably earned them. But it's best to let others believe they were the ones who uncovered the treasure you really are.

BORN THIS WEEK: Your good works flow from an open, generous heart. Nothing makes you happier than to see others happy as well.

THIS WEEK IN HISTORY

- On Jan. 22, 1998, Theodore Kaczynski pleads guilty to 17 years of package bombings attributed to the "Unabomber." He was identified when his brother recognized his anti-technology manifesto published in a newspaper.
- On Jan. 23, 1957, the Wham-O toy company roll out the first batch of aerodynamic plastic discs now known as Frisbees. The Frisbee began in Connecticut in 1871 when university students would toss empty Frisbie Pie Company tins to each other.
- On Jan. 24, 1935, canned beer makes its debut as the Gottfried Krueger Brewing Company delivers 2,000 cans of its beer. In 1933, after two years of research, American Can had developed a pressurized can that had a special coating to prevent the fizzy beer from chemically reacting with the tin.
- On Jan. 25, 1905, at the Premier Mine in South Africa, the largest diamond ever found is discovered. The 3,106-carat "Cullinan" weighed 1.33 pounds. Stonecutter Joseph Asscher studied the stone for six months before attempting the cut. Afterward, he fainted from nervous exhaustion.
- On Jan. 26, 1788, the first 736 convicts banished from England to Australia land in Botany Bay. With the American victory in the Revolutionary War, transgressors could no longer be shipped across the Atlantic. Over the next 60 years, some 50,000 criminals were sent to Australia.
- On Jan. 27, 1967, a launch pad fire during tests at Cape Canaveral, Florida, kills astronauts Gus Grissom, Ed White and Roger Chaffee inside the Apollo 1 command module. They were the first Americans to die in a spacecraft.
- On Jan. 28, 1985, forty-five music stars begin laying down the chorus and

solos for "We Are the World," a record that would raise over \$60 million for African famine relief. Producer Quincy Jones told the pop stars to "Check your egos at the door."

STRANGE BUT TRUE

- It was Margaret Chase Smith, the first woman to serve in both houses of the U.S. Congress, who made the following sage observation: "Those of us who shout the loudest about Americanism in making character assassinations are all too frequently those who, by our own words and acts, ignore some of the basic principles of Americanism: The right to criticize; The right to hold unpopular beliefs; The right to protest; The right of independent thought."
- According to historians, British Prime Minister Sir Winston Churchill slept on silk sheets and wore silk underwear. It seems he had very sensitive skin, and rough fabric made him break out in a rash.
- It probably won't surprise you to learn that members of the Sampit tribe in Borneo eat bananas. What is surprising, though, is that they don't remove the peels first.
- In the 1979 gubernatorial election in Louisiana, a man named Luther Knox was fed up with the candidates on the ballot. In order to give like-minded Louisianans an option, he ran for the office himself -- after legally changing his name to "None of the Above."
- Everyone knows that a sophomore is someone in their second year of high school or college. Most people don't realize, though, that the word is derived from the Greek words "sophos," which means "wise," and "mos," which means "stupid."
- Resources are very scarce in space, so it's important to conserve wherever possible. The astronauts on the International Space Station might be going a bit far, however; it's been reported that they change their underwear only every three or four days in order to cut down on laundry.

THOUGHT FOR THE DAY

"All human beings should try to learn before they die what they are running from, and to, and why." -- James Thurber

SCRAMBLERS

solution

1. Glance; 2. Assure; 3. Ignore; 4. Sparse

Today's Word

LASAGNA

TRIVIA TEST

1. **Geography:** What country has a region known as Catalonia?
2. **Science:** What do you call an animal that lives part of its life on land and part in the water?
3. **History:** When did the Spanish Civil War take place?
4. **Animal Kingdom:** A male bird is called a peacock, and the female is called what?
5. **General Knowledge:** How many colors are in a rainbow?
6. **Movies:** What was the name of the princess in the animated Disney movie "Aladdin"?
7. **Weather:** What is the wind speed at which a tropical storm is designated a hurricane?
8. **Autos:** What was the manufacturer of the Viper car model?
9. **U.S. Presidents:** What was first national monument established by President Teddy Roosevelt?
10. **Money:** Whose portrait is on a U.S. dime?

TRIVIA ANSWERS

1. Spain 2. Amphibian 3. 1936-66 4. A peahen 5. Seven: red, yellow, orange, green, blue, indigo and violet. 6. Jasmine 7. 74 mph 8. Dodge 9. Devils Tower, Wyoming 10. Franklin D. Roosevelt

★ ★ ★ CLASSIFIED ★ CLASSIFIED ★ ★ ★

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12/22 ★ 2/9

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porch. Steps to Bay Beach, short walk to
Gulf Beach. Owner jeancowper@live.com
1/12 ★ 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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★RS 1/25 BM TFN

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a more challenging workout
Grip pulse and workout computer – tracks
your calories burned, distance, time,
speed and pulse rate
Soft Glide Technology – low-impact
workout for less stress and
strain on your body
Great for all fitness levels
Folds for easy storage
1/5 ★ TFN

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

VACATION RENTAL

SANIBEL BEACH COTTAGE
–WALK TO BEACH!

Old Florida charm with all new updates!
Ground-level cottage on private lane.
Suite 1-2BR/1.5BA, sleeps 6. Suite
2-2BR/2BA, sleeps 7. Shared exercise
room. Each has fully equipped kitchen,
separate laundry, wooded backyard w/
privacy fence, outside H/C shower. Bikes,
beach chairs, umbrellas, beach wagons
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1/19 ★ 2/2

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9/29 ★ TFN

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1/12 ★ 1/19

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East End, 1/2 duplex, Walk to Beach
Private deck, Fully equipped,
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12/22 ★ TFN

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Dog-friendly.
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Offering Price \$375.
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1/19 ★ 1/19

GARAGE SALE

MULTIPLE HOME
GARAGE SALE

Saturday, January 27, 9am - 1pm,
Parker Lakes Development, located on
Gladiolus between Bass Road and Winkler
Road, in the Willow Brook section.
Estate items including small kitchen
appliances, pottery, dishes, jewelry,
bedding, glassware, one of a kind items...
you name it and you'll probably find it.
Google this address for directions,
14541 Daffodil Drive, Fort Myers FL 33919.
1/19 ★ 1/26

LEGAL NOTICE

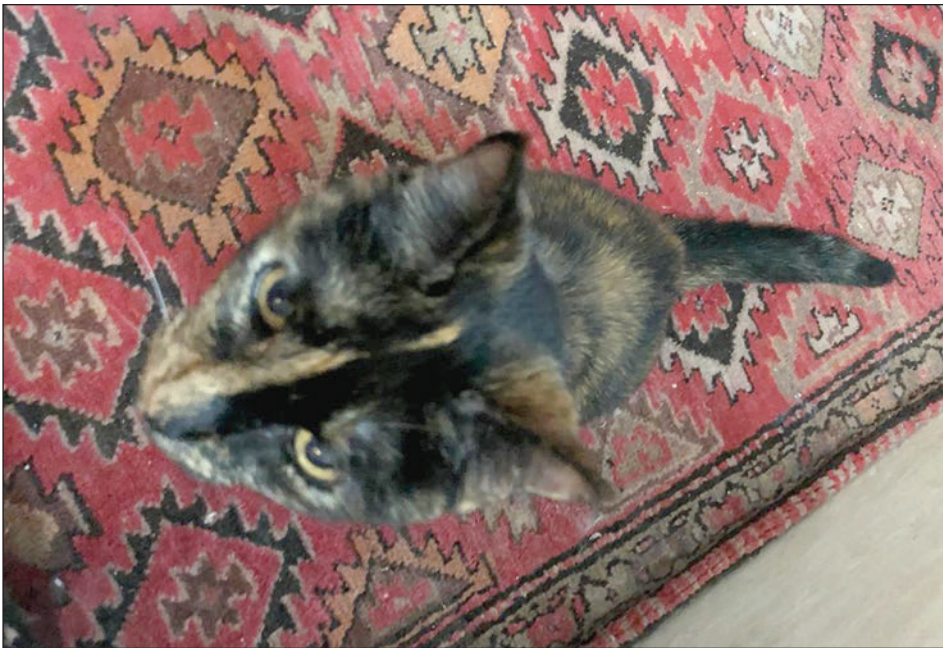
FICTITIOUS NAME

NOTICE IS HEREBY GIVEN that the
undersigned, desiring to engage in
business under the fictitious name of
Driftwood Blue, located in
Lee County, FL, with an address of
1456 Periwinkle Way, Suite B-250,
Sanibel, FL 33957 has registered said
name with the Division of Corporations of
the Department of State,
Tallahassee, Florida.
Dated the 15th Day of January 2018.
Driftwood Blue LLC
1/19 ★ 1/19

FICTITIOUS NAME

NOTICE IS HEREBY GIVEN that the
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business under the fictitious name of
Indigo Blue, located in
Lee County, FL, with an address of
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Sanibel, FL 33957 has registered said
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the Department of State,
Tallahassee, Florida.
Dated the 15th Day of January 2018.
Driftwood Blue LLC
1/19 ★ 1/19

PETS OF THE WEEK



Dainty
Haven on Earth Animal League

Dainty
And Calico

Hi there! I'm Dainty. I'm a beautiful, 5-year-old Tortoiseshell girl with bright golden eyes. My front paws are declawed. I'm just waiting for someone to take me home and love me forever. I'm currently staying with a foster family. I am spayed and up to date on vaccinations. My adoption fee is \$100.

Hello, my name is Calico. I am a beautiful 1-year-old female Calico with beautiful markings. I am very affectionate and just waiting for someone to give me a forever home. I'm currently staying at PetSmart at Colonial and Six Mile Cypress Parkway. 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.✪



Calico

PAWS Of Sanibel
Belladonna



Belladonna photo provided

PAWS of Sanibel has a doggie up for adoption. This is Belladonna, a female, long hair chihuahua and toy papillon mix. She is just over 1 year old, weighs under 6 pounds, has been vet checked and had all her immunizations, and is looking for a forever home with someone that is at home most of the time. She loves to play and romp and likes plenty of attention. Since she's so tiny, she is looking for a home with no children. If you're interested in meeting Belladonna, call Pam at PAWS 472-4823 to arrange to see her.✪



Bella Luna photo provided

PAWS Of Sanibel
Bella Luna

Hello, my name is Bella Luna. I'm about 18 months old. I have been Vet checked, combo tested, spayed, wormed and had all my immunizations. I love to play, and especially like to play fetch. You throw the ball, and I'll bring it back to you to throw again. If you can give me a forever home, call Pam at PAWS 472-4823.✪

Animal League
Hosts Fundraiser
For Cat Café

On Monday, January 29 at 5:30 p.m., Haven on Earth Animal League (HEAL) will host its annual fundraiser to help save homeless cats at Miromar Lakes Golf Club. Proceeds will benefit the planned cat café that will house the organization's rescue cats and kittens available for adoption and provide a space for the public to interact with the felines.

Cat cafés are found all around the globe,

including Canada, Europe, Japan and the United Kingdom. In the United States, they are found in several major cities, including Denver, Grand Rapids, New York City, San Diego and others. The concept is growing in popularity as a place for cat enthusiasts to meet adoptable cats and kittens, socialize and sip a beverage.

Tickets are \$45 per person and include a buffet dinner. A cash bar will be available, and there will be entertainment and door prizes.

Miromar Lakes Golf Club is located at 18520 Miromar Lakes Parkway, in Miromar Lakes. For reservations, contact Nancy Olender at 221-3956 or email Nancy.lee.olender@gmail.com.✪

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Metes And Bounds	Sanibel	1971	10,450	\$8,495,000	\$7,800,000	439
Southport On The Bay	Bonita Springs	2017	5,171	\$4,075,000	\$3,875,000	0
Fort Myers	Fort Myers	2017	4,100	\$2,495,000	\$1,250,000	130
Westlake Court	Estero	2016	3,950	\$1,980,000	\$2,996,000	0
Verona Lago	Miromar Lakes	2003	4,915	\$1,350,000	\$1,350,000	0
Glen Lakes	Estero	2006	3,573	\$1,250,000	\$1,250,000	0
Shell Harbor	Sanibel	1969	1,800	\$1,249,000	\$1,150,000	285
Cape Coral	Cape Coral	1998	3,347	\$1,195,000	\$1,000,000	166
Edgewater	Fort Myers	2000	3,883	\$1,195,000	\$1,075,000	332
Sanibel Moorings Condo	Sanibel	1973	2,350	\$1,095,000	\$965,000	137



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Yucatan Shrimp

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alike, a vacation on a plate.”**

*The New York Times
Magazine*

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