



Meet The Artists During Art Walk

Arts for ACT Gallery will host a meet-the-artists reception and opening exhibition during Art Walk on Friday, February 2 from 6 to 10 p.m. Art Walk continues on Saturday, February 3 from 11 a.m. to 4 p.m.

The downtown gallery will feature photographer and author George Mitchell in the main gallery. He will show original photography from 1967 Mississippi Hill Country Blues. In the white gallery, there will be a duo exhibit of photography by Ollie Mack Gentry and paintings by the late Veronica Benning.

"I wanted to capture on film the regular, everyday lives of the blues musicians I recorded. Country blues, blues in its original form, was, after all, truly part of the fabric of day-to-day life for thousands of rural blacks," Mitchell said. "The musicians I got to know in the Mississippi Hill Country, and their family and friends, were most gracious... sharing with me their lives... inviting me into their homes and parties with life and drum picnics. They posed for portraits. They let me hang around with my camera while they cooked supper or danced up a storm. They were poor people and very nice people, and the



Photograph by George Mitchell

Hill Country was one swinging, jumping place."

Mitchell, who spent his first two years in Fort Myers before moving to Atlanta, returned eight years ago to Fort Myers, where he continues to photograph for exhibition and publication. His most recent book is a two-volume ebook



Artwork by the late Veronica Benning

titled *Ronda: An Intimate Portrait of a Southern Street Prostitute*.

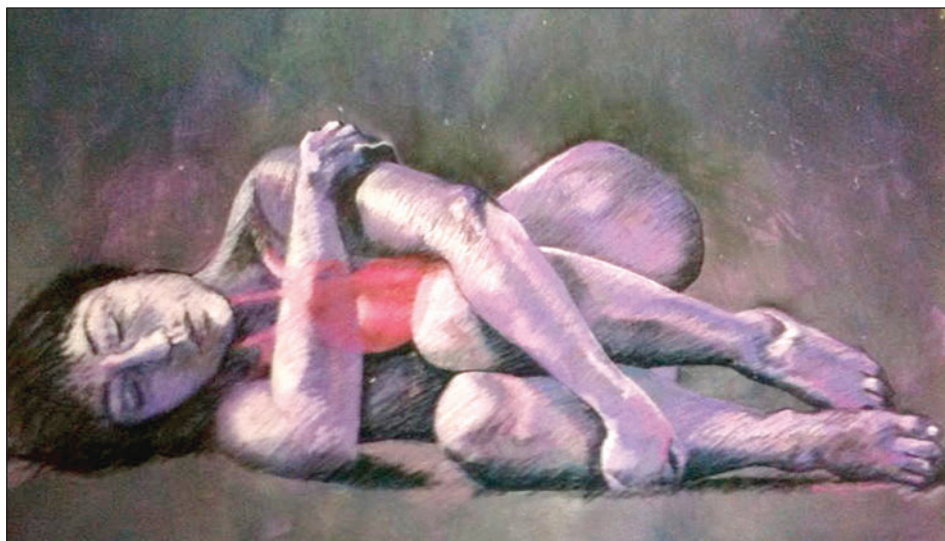
Gentry was born in Avon Park, Florida in 1965. Inspired by nature,

photos provided

humanity, architecture and the love of art, he sought beauty through the lens. Gentry's images capture the essence of

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Foundation To Exhibit Works By Local Physicians



Portrait by Dr. Ellen Sayet

The Southwest Florida Community Foundation will launch a new art display at its Community Hub in February. Beginning Friday, February 2, the exhibit Art Doctors will feature the works of five local physicians including Dr. Charlie Brown, Dr. Rich Lane, Dr. Ellen Sayet, Dr. Martin Sherman and Dr.

Peter Sidell.

Brown, a local anesthesiologist, became interested in the folk art of gyotaku due to his love of fishing. In gyotaku, each fish is inked directly and an image is transferred onto paper. In Japan, before photography, fisherman used this method to take a "picture" of



Gyotaku by Dr. Charlie Brown

photos provided

their large fish, proving the size of their catch. His images come from fish he caught, as well as those caught by his friends and family.

Lane, a retired ear, nose and throat surgeon, works with paint, metal and wood in his off-hours. He was drawn to art at a young age being from a family of avocational artistes and an uncle who was a professional oil painter. Although never taking a formal art class,

he quickly picked up impressionistic oil painting using color and effects of the old masters. He also creates metal wind sculptures and experiments with steampunk art.

Sayet, a retired oncologist, sketches and paints but her art took a secondary position between her two successful careers as a medical oncologist and working with a jewelry manufacturing

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Historic Downtown Fort Myers, Then And Now:

Roberts House On Second



by Gerri Reaves, PhD

One day in the winter of 1963, three women posed outside the home Edna F. Grady Roberts's home on Second Street. Pictured are Lalla R. Moore, Joe Trueheart Franklin and Florence M. Boyd.

The house, also called Three Graces Apartments in the 1950s, was located on the north side of the street just east of Royal Palm Avenue. Moore lived there in 1963.

As the photo shows, the neighborhood sure looked different 55 years ago.

First of all, it's residential, with both private homes and apartments. Note the apartment sign (center right) behind the women.

It marks one of two apartment buildings facing Second, with another large apartment house located beyond at the Fowler corner.

And take a look at those cars, like the one with tailfins (center). Who could have guessed that in a decade, when the oil crisis hit, they would be called gas-guzzlers?

The modest home with a screened porch was the home where Roberts had lived with her second husband, who had died more than a decade earlier.

Roberts would live to be age 98, dying in 1984 after spending most of her life in Fort Myers and devoting herself to civic and business life. She was a tireless worker at the First United Methodist Church and in women's organizations, such as the Business and Professional Women's Club. She also had a career in real estate.

But if she could return today, she would probably be surprised to learn that she is remembered mainly for one accomplishment – and that's because it's the topic of ongoing controversy.

Roberts spearheaded the effort to have the bronze bust of Confederate Gen. Robert E. Lee commissioned, placed and dedicated on Monroe Street. There have been calls to remove the monument.

Roberts was the chair of the Lee Monument Fund and both Moore and Boyd (in photo) served on the monument committee.

Plans for the Lee monument had begun long before, in 1913, with the newly formed Laetitia Ashmore Nutt Chapter of the United Daughters of the Confederacy (UDC).



Outside Edna F. Grady Roberts's home on Second Street stand, from left, Lalla R. Moore, Joe Trueheart Franklin and Florence M. Boyd. Roberts, Moore and Boyd were members of the UDC.
photos courtesy SWFL Florida Historical Society

The UDC was among organizations who early in the 20th century began to revisit, revise and commemorate Confederate history.

However, the monument funds the UDC chapter collected were more than once channeled into other pressing community needs, so the Lee monument project was put aside for decades.

Roberts revived the effort, however, and in January 1966, her work and campaigning paid off, when she witnessed the dedication of the bronze bust mounted on a gray granite base. Moore was UDC president at that time.

Walk down to Second Street and imagine the neighborhood where Roberts lived, entertained and continued her unceasing community work.

Then visit the following two research centers to learn more about the women who shaped Fort Myers.

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

It is located at 10091 McGregor Boulevard on the campus of the Lee County Alliance for the Arts. Call 939-4044 or visit www.swflhistoricalsociety.org for more information.

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

Hours for the all-volunteer, non-profit organization are Wednesday through Friday from 11 a.m. to 4 p.m. and on Saturday by appointment only.

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

Sources: Archives of the Southwest Florida Historical Society.✪



James W. Clifford and Edna F. Grady Roberts place Confederate battlefield relics into the foundation of the Lee monument on Monroe Street in January 1966, about two weeks before the dedication



Today, the former Roberts house location, indeed much of this block of Second, awaits redevelopment. In the left background is Bill Smith Appliances and on the right the intersection at Fowler.
photo by Gerri Reaves

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Kyle Anne Duggan

Open House Recording Session During Art Walk

On Friday, February 2, experience a free live recording session at Six Fingers Studios within Sidney & Berne Davis Art Center when singer-songwriter Kyle Anne Duggan and her band gather for a live recording

photo courtesy Jesi Cason Photography session from 6 to 10 p.m.

Six Fingers Studios Open House will allow participants to experience the recording, drink cocktails and nibble on hors d'oeuvres as well as tour Six Fingers Studios, meet the studio manager and sound engineers.

Duggan is an accomplished singer-songwriter, arranger, composer and performer. She studied songwriting at the prestigious Berklee College of Music in Boston, with voice as her principle instrument. Duggan's EP,

Florida, was released last year, and since has received great reviews from local and national outlets. Learn more about her at www.facebook.com/pg/KyleAnneMusic.

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

Irish Sisters To Perform Outdoors At The Alliance



The Screaming Orphans

photo provided

The Rotary Club of Fort Myers brings The Screaming Orphans back for an outdoor concert at the Alliance for the Arts on Saturday, February 3. Comprised of four sisters from Ireland, The Screaming Orphans are known for their high-energy music that blends pop rock with traditional Irish music. The concert benefits the Rotary Trust Club of Fort Myers and offers a night of music, food and a good cause.

Gates open at 6 p.m. and the music kicks off with MacGilliossa at 6:30 p.m. The Screaming Orphans take the stage

at 7:30 p.m. Food trucks and beverage station will be available to offer a variety of food, wine and beer for purchase. Blankets and lawn chairs are encouraged, but coolers will not be permitted.

Presale tickets are \$25 and can be purchased online at ArtInLee.org or by calling 939-2787. Tickets purchased at the gate are \$35. Kids under age 12 are free with an adult.

The Alliance for the Arts is located at 10091 McGregor Boulevard in Fort Myers. The concert is sponsored by The Dorsey Law Firm.

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ArtFest Executive Director Sharon McAllister and artist Martin Figlinski photo provided

Poster And T-shirt Ready For ArtFest

The commemorative poster and festival T-shirt of 2018 ArtFest Fort Myers, Southwest Florida's premier fine art festival, was unveiled at The Marina at Edison Ford in downtown Fort Myers recently. Both the poster and shirt feature the work of artist Martin Figlinski.

"My work reflects the special Florida of my childhood, a time when things were a little simpler and life moved a bit slower....when rustling palm fronds were music in the air," said Figlinski, who will

be exhibiting his artwork at ArtFest Fort Myers 2018.

Proceeds from the festival poster and T-shirt support ArtFest Fort Myers' art education outreach programs. ArtFest Fort Myers is the annual juried fine art festival that takes place February 2, 3 and 4 in the Fort Myers River District. It features 200 professional artists from across the county and around the world, the largest high school art exhibit and competition in south Florida and free interactive art experiences for children of all ages.

To become a VIP for additional perks or for more information, visit www.artfestfortmyers.com.✱

Wine & Food Fest Hosts Revealed

SWFL Children's Charities, Inc. has announced the hosts of the 2018 Southwest Florida Wine & Food Fest's Chef Vintner Dinners, taking place Friday, March 2 at luxury venues throughout Southwest Florida. The festival will present seven exclusive dining experiences, featuring the culinary talents of a celebrated chef paired with wines from renowned vintners.

Tim Youngquist and Sandy Stilwell-Youngquist have partnered with Dave and Cheryl Copham to host Hot Cars & Wine Stars in the Youngquist home in Saint Charles Harbour in Fort Myers. The soiree will feature award-winning Chef Todd Erickson of Society, alongside the exquisite wines presented by the 2018 Southwest Florida Wine & Food Fest's Honored Signature Vintner, Barbara Banke, chairman and proprietor of Jackson Family Wines, featuring The Spire Collection.

Aloha to 10 Years dinner will be hosted by Patrick and Brooke Denson and Peter and Paula Pala in the Denson's home in Miromar Lakes. The evening will feature the culinary gifts of celebrity chef Mei Lin, paired with delectable wines from two Napa Valley vintners, Saint Helena Winery and HUNNICUTT.

A Night in the Conch Republic will be co-hosted by Scott and Mary Fischer, Gary and Karen Tasman and Joe and Terri Bryan. The skillfully prepared meal by celebrity chef Allen Susser of Chef Allen's Consulting will be in a home in Palmetto

Point in Fort Myers, and the vintners are Thompson 31Fifty Wines and Three Sticks Wines.

Chad and Danielle Kocses will host Bright Lights City Nights in their home in Quail West, featuring gourmet cuisine by celebrity chef Kenny Gilbert paired with wines poured by vintners Frank and Julie Husic of Husic Vineyards.

Havana Nights will be co-hosted by Skip and Julie Leonard and Joe Gammons. Guests will be aboard a yacht to dine along the coast of Naples, enjoying authentic Cuban creations by local favorite Chef Gloria Jordan of La Trattoria Café Napoli, with wine presented by V Madrone Cellars.


Joe and Jenn Pavich will present California Dreaming at the Beverly Hills Hotel in their home in West Bay Club. The evening will feature Chef Harold Balink of Harold's, paired with wines from Gamble Family Vineyards.

Brian and Nicole Roland have partnered with Todd and Angela Gates to host Under the Sea" at the Rolands' Venue Naples. The evening will feature dinner host and chef Brian Roland, owner of Crave Culinaire and Venue Naples, and Chef David Robbins, executive chef of Crave Culinaire, with the wines of Relic Wine Cellars and Williams Selyem Winery.

In addition to the private Chef Vintner Dinners, the two-day 2018 Southwest Florida Wine & Food Fest includes The Grand Tasting and Live Auction on Saturday, March 3 at Quail West Golf and Country Club in Naples. To learn more, or to inquire about tickets to the 2018 event, visit the Southwest Florida Wine & Food Fest website at www.swflwinefest.org.✱

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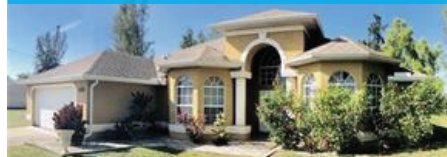
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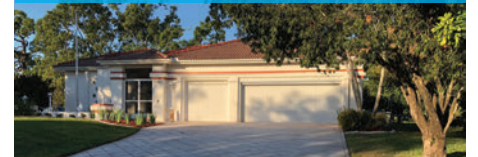
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Fort Myers Art:

Winners Announced For Local Art Shows



by Tom Hall

The first of three Bonita Springs National Art Festivals wrapped up on January 14 with the announcement of winners in various categories.

Naples artist Nicario Jimenez was chosen as the overall

Best of Show for his three-dimensional mixed media retablos, sophisticated Peruvian folk art in the form of portable boxes filled with brightly colored figurines arranged into intricate narrative scenes.

Photographer Russell Grace received Best of 2D honors, with Nnamdi Okonkwo snagging honors for Best of 3D.

Twelve artists received Awards of Distinction: Tricia Young, jewelry; Kimberly Wilcox, sculpture; Lyn Sedlak-Ford, mixed media 2D; Warner Whitfield, glass; Li Li, graphics; Robert Green, photography; David Melnick, jewelry; Ann Wooster/A. Peaselee, graphics; Marty Hulsebos, photography; Peter Rujuwa, sculpture; Lin Carl Cristo, jewelry; and Dan Goad, watercolor.

Bonita Springs National Art Festival will return to Riverside Park on February 10 and 11, and for a third time March 3



Naples artist Nicario Jimenez

photo courtesy www.artswfl.com

and 4.

Professional Winners Of 21st Bi-Annual Estero Fine Art Show

Hot Works' 21st bi-annual Estero Fine Art Show took place on January 6 and 7 at Gulf Coast Town Center. Juried by art professionals, this art show has been voted three years running as one of the top 100 art fairs in the country, a testament to the organizers' efforts and attention to detail. Art in all disciplines — painting, sculpture, clay, glass, wood, fiber, jewelry, photography, and more — was commissioned and/or sold. There was something for everyone, and something in

all price ranges.

"As part of our support for the professional artists, there were \$1,500 in professional artist awards, supported by Institute for the Arts & Education, the 501(c)3 non-profit organization which focuses on visual arts, ethnic diversity, community enrichment and fostering art education among youth," commented Hot Works Executive Director Patty Narozny.

Marianne Megela judged the show. A resident of Naples, Megela has vast experience evaluating art and running top-notch outdoor art shows. She spent Saturday assessing the collected work

of each professional artist in the show. Her awards were made on the basis of originality, technique/execution and booth appearance.

Kurt Ruby of Arcadia, Florida and Sabra Richards of Worton, Maryland were awarded Best of Shows ribbons by Megela. Ruby, whose art form was metal, and Richards, whose art form was sculpture, each received a \$500 cash prize.

Five \$100 Awards of Excellence were also conferred, with the recipients being: Mina Heuslin, clay, Port Orange, Florida; Lee Hill, mixed media, Lake Geneva, Wisconsin; Kevin Kichar, fiber, Fort Lauderdale, Florida; Jimmy & Connie Langford, metal, Cumming, Georgia; and Elaine Rose Lanoue, painting, Houston, Texas.

Ten artists received Awards of Distinction: Juliet Bacchas, clay, Monson, Massachusetts; John Brady, photography, Naples, Florida; Diane Dean, painting, Hendersonville, North Carolina; Kathleen Green, painting, Groveport, Ohio; Lynn Hardesty, jewelry, Clearwater, Florida; Raul Hernandez, mixed media, Hialeah, Florida; Guiteau Lanoue, mixed media, Houston, Texas; Peter Rujuwa, sculpture, Greenwood, Indiana; Bonnie Shanas, sculpture, Cherry Hill, New Jersey; and Wendy Witchner, jewelry, Ajo, Arizona.

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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Library To Host Volunteer Expo

United Way of Lee, Hendry, Glades and Okeechobee is sponsoring a Volunteer Expo at the Lakes Regional Library on Saturday, January 27 from 9:30 a.m. to 12:30 p.m.

Join United Way personnel as they promote year-round volunteer opportunities in Lee County. Local agencies will have tables at the Volunteer Expo so visitors can explore what type of activity each agency has to offer to volunteers.

Offer your skills and experience to a local non-profit agency, and choose the one that's the perfect fit for you. This is a great opportunity for students who are required to do public service hours for school, retired persons to expand their horizons, and families to find volunteer projects to do together.

There is no charge for the event. A few examples of potential volunteer positions or projects include the following: stocking a food pantry; tutoring or mentoring

children; helping with an agency's special event; tax preparation; and gardening.

The United Way Volunteer Center connects individuals and companies to volunteer opportunities throughout our community.

The Lakes Regional Library is located at 15290 Bass Road in Fort Myers. Contact the United Way Volunteer Center by calling 433-2000 option 9, or by visiting www.UnitedWayLee.org.✽

Literacy Festival On February 2

The Florida Gulf Coast University (FGCU) College of Education presents its second annual Literacy Festival on the Great Campus Lawn on Friday, February 2 from 9 a.m. to 2:30 p.m. More than 1,700 students from Title I schools in Lee, Collier, Glades, Hendry and Charlotte counties will attend and receive a free book from one of 17 guest children's and young adult (middle

school) authors.

Authors will participate in book signings and hands-on workshops, and 120 teacher candidates from FGCU's College of Education will conduct read alouds and literacy activities. The event is free and open to the public.

FGCU Great Campus Lawn is located in front of the library at 10501 FGCU Boulevard South in Fort Myers. For more information, contact Dr. Cynthia Dawn Martelli, assistant professor in the College of Education, at 590-7765 or cmartelli@fgcu.edu.✽

Flea Market

Bayside Estates will host a flea market in its clubhouse and on grounds on Friday, February 2 from 8 a.m. to 2 p.m. and again on Saturday, February 3 from 8 a.m. to noon.

There will be lots of treasurers including appliances, bakery items, bikes, boating, clothing, collectibles, fishing, fruit, furniture, jewelry, linens, seasonal items, sporting goods and tools. There can be consignment on large items.

A Chinese auction raffle involves a flat screen TV and prizes over \$100 each. There will also be a quilt raffle with three quilts, made by the estates' Sewing Club, to choose from. Homemade chili, hot dogs and drinks will be for sale.

Bayside Estates is located at 17601 San Carlos Boulevard (corner of San Carlos Boulevard and Pine Ridge Road) in Fort Myers.✽

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Rock And Roll Hall Of Famer At BIG ARTS Benefit

by Di Saggau

The BIG ARTS 2018 Benefit on Sanibel will take place on Friday, February 23. You Gotta Have Love is the name of the show and it features Darlene Love, who has been praised as one of the greatest voices of all time. You may remember her from the documentary *20 Feet From Stardom* that won an Oscar in 2013.

I recently had a delightful talk with Love about her career and her show at BIG ARTS. She performed awhile back for 10,000 loyal Elvis Presley fans at the 16th annual European Elvis Festival, which featured songs that she recorded with Elvis in the 1960s. She told me about the experience. "It was wonderful, every year in Germany they have a weeklong celebration and people come from all over the world. I was lucky and blessed to be part of Elvis' 1968 comeback special. They always want someone who knew Elvis and worked with him, and want to know about Elvis." She said with a chuckle, "Believe me, I can tell them everything."

I asked how the documentary helped her career and she said, "It ended up giving me more people to work with, and it was wonderful to be able to go back to all those theaters and do a whole show. I was a busy lady when that movie came out. It did so much for my career. I'm now



Darlene Love

photo by Christopher Logan

doing 60 to 70 shows a year and before it was 10 or 20. Now I'm performing all over the country. I plan to perform for a very long time. As long as you keep yourself healthy and try to do all the things you didn't do when you were younger, you can do it."

She explained what the audience can expect from her show at BIG ARTS. "I will do all my oldies because my fans expect that. I'll also do some of the songs from my new album. It's an all 'round show, tested, tried and true, and the people who sing with me are unbelievable singers. I give my fans what I think they will like."

Love has had ups and downs over the years, but that has changed. She said, "Oh baby, I'm flying high. We singers are regular people and we have our woes and problems but I'm someone who never looks back, I look forward. Those times were hard, I couldn't find work, I had to show them that Darlene Love is still here and healthy and can do a 90-minute show. Tell my Sanibel fans I've been waiting for this opportunity. I do a meet and greet and make my audience a part of my show. I'm waiting with baited breath to do the show."

The benefit begins with hors d'oeuvres and drinks at 6:30 p.m. in Boler Garden

and at 8 p.m., the Darlene Love concert will take place in Schein Hall. The evening ends with dessert and dancing in Boler Garden. Tickets are now on sale and can be purchased by calling 395-0900.*

Theater To Host Improv Group

Square One Improv returns to Lab Theater with a night of antics, musical comedy and on-the-spot jokes, all with a holiday theme, on Friday, January 26 at 8 p.m. Every facet of the short- and long-form improvised show is based on audience suggestions. With years of experience performing and competing nationally, Square One delivers a side-splitting, one-of-a-kind show every time.

"We try and give our audiences a taste of everything," said co-founder Shaun Johnson. "From hilarious characters, to fully-improvised songs. There's something for everybody."

While no two shows are the same, they are always packed with hysterically funny songs, sketches and jokes created instantaneously, based on your suggestions. For the more adventurous, there are occasional opportunities to join the cast on stage.

Individual tickets are \$15 per person for adults, \$12 for senior/military/students (plus applicable online service fees) and are available at www.laboratorytheaterflorida.com or by calling 218-0481.

Lab Theater is located at 1634 Woodford Avenue in downtown Fort Myers.*

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Along The River

The 16th annual **Caloosahatchee Celtic Festival** will hold a Kick-Off Party in Centennial Park in Downtown Fort Myers this Friday, January 26 beginning at 5 p.m.

There will be traditional Celtic food, drink and merchandise along with performances by House of Hamill, Big White Van, Rathkeltair and Albannach. Admission is \$5.

The festival continues at Centennial Park on Saturday, January 27 beginning at noon. Joining Albannach and Rathkeltair will be The Screaming Orphans, West of Galway and Marcille Wallis & Friends. There will also be a performance by the Kellyn Celtic Arts Irish Dancers. Cost is \$12. Tickets for a two-day festival pass is \$15.

For more information, call 321-7529 or 941-625-8544

Nature lovers can join a bird patrol guide for a **beachfront walk** at **Bunche Beach** this Saturday, January 27 at 7:30 a.m. The walk is free with paid parking and provided in cooperation with Lee County Parks and Recreation.

Participants are asked 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 and your curiosity.

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

All Native Garden Center, Nursery & Landscapes will be hosting a **free public workshop** this Sunday, January 28 at 1 p.m. John Sibley, owner of the center, will share his insights



You should check out the Caloosahatchee Celtic Festival going on at Centennial Park in downtown Fort Myers this weekend photo courtesy City of Fort Myers

on the appropriate plants and landscapes for the Southwest Florida subtropical climate using the nine principles of the Florida Friendly Gardening Program: right plant, right place; water efficiently; fertilize appropriately; protect the waterfront; reduce storm water runoff; mulch; attract wildlife; control yard pests responsibly; and recycle waste material.

All Native Garden Center, Nursery & Landscapes

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

A beginner's **course in flower art** is being presented by the **Fort Myers-Lee County Garden Council** at council headquarters this Monday, January 29 from 9 a.m. to 3 p.m. Parking is free; handicap parking is available.

Class will consist of a demonstration in the morning and a workshop in the afternoon. Students will "learn by doing" and will be individually critiqued by the instructor. Students will be supplied with the basic materials needed with the exception of straight stems that could be used.

Classes will be limited to 30 students. Students should pack their own lunch.

Fort Myers-Lee County Garden Council headquarters is located at 2166 Virginia Avenue in Fort Myers, the home of the Berne Davis Botanical Garden. To register for the course, make checks payable to FMLCGC, Inc. and send to: Terry Pinck, 706 Henry Avenue, Lehigh Acres, FL 33972. For more information about the floral design course, contact Terry Pinck at terry.pinck@gmail.com or 849-5800.

A storytelling showcase that is a sequel to the sold-out Story Slam 2017 will be held at the **Alliance for the Arts** this 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 will feature personal stories, folk tales, tall tales, historical stories, literary stories and many other types of stories.

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.*



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Super Bark Night

The Cape Coral Animal Shelter and Fathom's Restaurant will hold the monthly Yappy Hour at the restaurant on Friday, January 26 between 5 and 7 p.m. The public is invited to celebrate the upcoming Super Bowl with Super Bark Night while enjoying an evening of outdoor entertainment.

Yappy Hour is an ongoing event held on the last Friday of each month. This month, guests with their pups are encouraged to join the fun by wearing

their favorite team jerseys or colors.

Fathom's Restaurant and Bar will be providing beer and wine for the nonprofit organization to receive all proceeds to help fund the building of a shelter for pets in need. The evening festivities will also have live music provided by the band Blacklash. A variety of vendors will be on display and a 50/50 raffle will be available.

Fathom's Restaurant and Bar is located at 5785 Cape Harbour Drive in Cape Coral. For more information on the shelter, visit www.capecoralanimalshelter.com.*

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Final TGIM Before Film Festival

The final Thank God for Indie Mondays (TGIM) prior to the 2018 Fort Myers Film Festival will feature Jeff Lindsay, the New York Times bestselling author and creator of the *Dexter* novels, as one of the three judges at the Sidney & Berne Davis Art Center on Monday, February 5. Cocktail hour begins at 6:30 p.m., while the show starts at 7 p.m.

Lindsay will be joined by *The News* Press reporter Charles Runnells and Sanibel Councilman Jason Maughan in judging which indie films make the 2018 Fort Myers Film Festival, slated for March 21 through March 25. Morgan Marie and Alec Prorock will perform at TGIM as well. Join host Eric Raddatz and Melissa DeHaven to help in deciding. Tickets are \$10 for adults and \$8 for seniors or students.

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

Fashion Show To Benefit Initiative

The Lee Memorial Auxiliary and Dillard's are partnering to present Fashions of Spring - Funding for Kids, a fashion show fundraiser at Lexington Country Club on February 12. Doors open at 11 a.m., lunch is served at 11:45 a.m. and the fashion show, styled

by Dillard's and modeled by Lee Health leaders, starts at 12:30 p.m. There will also be a silent auction and door prizes.

The fundraiser supports the Pediatric Behavioral Health Initiative at Golisano Children's Hospital of Southwest Florida. Tickets are \$35 and can be purchased by calling 343-2234 or by visiting www.LeeHealth.org/classes.asp and clicking on Auxiliary.

The Golisano Children's Hospital Pediatric Behavioral Health Initiative will assist children with mental health and behavioral disorders and enable them to receive the proper diagnosis, the right treatment, and the best community resources to live successful and productive lives. The Lee Memorial Auxiliary has already committed \$375,000 to this initiative and \$600,000 to the Golisano Children's Hospital's capital campaign.

Lexington Country Club is located at 16257 Willowcrest Way in Fort Myers.✱

County Band To Present Concert

The Lee County Community Band will present its fourth concert of the season at Cape Coral High School on Sunday, February 11 at 3 p.m.

The program, which is free (donations accepted) and open to the public, features excerpts from Dvorák's *New World Symphony*; a tribute to composer, pianist, singer, actor and bandleader Hoagy Carmichael; and big band classics, including *In the Mood*,

continued on page 13

Author To Hold Book Signing And Reading At FSW

Fiction author Cary Holladay will hold a book signing and reading at the Florida SouthWestern State College (FSW) Thomas Edison Campus in Building J, Room 103 (Rush Auditorium) on Monday, February 5 at 4:30 p.m. The event is free and open to the public.

Holladay, whose books are currently available to purchase at the FSW Thomas Edison Campus bookstore, is the author of seven volumes of fiction, including *Horse People: Stories*, *The Deer in the Mirror*, *The Quick Change Artist: Stories*, *The Palace of Wasted Footsteps* and *The People Down South*, and the novels *Mercury* and *A Fight in the Doctor's Office*.

Holladay finds inspiration in the history, culture and folklore of her native Virginia and the South. She earned a bachelor's degree at the College of William and Mary and a master's degree at Penn State. She teaches creative writing at the University of Memphis and is a member of the core faculty at Converse College's low-residency MFA. Holladay has served as an artist-in-residence at Fairmont State University as well as a visiting distinguished writer at Wichita State University.

"We are excited to welcome Cary to FSW to share her words and creative experience with our students and community," said Dr. Scott Ortolano,



Cary Holladay

photo provided

professor of English.

This project is presented by The Florida Literary Arts Coalition and FSW Writes, a FSW faculty group that plans writing events for FSW students, employees and the public. The project is additionally sponsored in part by the Department of State, Division of Cultural Affairs, the Florida Council of Arts and Culture and the State of Florida (Section 286.25, Florida Statutes).

FSW is located at 8099 College Parkway in Fort Myers. For more information, contact Dr. Ortolano at 489-9472 or sortolano@fsw.edu.✱

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Back by popular demand, acclaimed Italian singer Aaron Caruso will perform with a special guest on Saturday, January 27th from 5 to 9 p.m. Last Friday's sold out performance prompted Aaron to return for one more night. Last chance to hear the man who studied opera with Roman Maestro Luigi Veccia in New York and Italy.

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Ric Jaeggi

photo provided

Church Director In Concert Celebrating 50 Years At The Organ

Pease Lutheran Church will hold a celebratory concert on Friday, February 2 at 7 p.m. The day marks the 50th anniversary that Ric Jaeggi, the church's director of music and organist and choir director, took his first organ lesson.

Jaeggi's teacher, William R. Memmott, will also be in concert to help celebrate and remember 50 years of organ music. A round robin of In Dulci Jubilo is on the program.

Come and be blessed and join in the celebration.✱

Hymn Sing Benefit Planned For Soup Kitchen

Celebrate the Edison Festival of Light and help feed the hungry by attending Mrs. Edison's Hymn Sing at The First Presbyterian Church on Tuesday, February 6. Three performances are planned at 1 p.m., 4 p.m. and 7 p.m. Doors will open 30 minutes prior to each performance.

Admission is free, but bring cans of non-perishable food and a voluntary cash donation, if possible, to benefit The Soup Kitchen of Community Cooperative.

"We need to help The Soup Kitchen by donating as much canned goods and cash as we can to help families who most need it in our community," said Sam Galloway, Jr., founder of Mrs. Edison's Hymn Sing.

Community Cooperative provides 15,000 meals each month in addition to other services. "There are even more families who need our help. Do what God would want you to do and give what you can," said the Rev. Dr. Paul deJong of First Presbyterian Church.

This year's event will feature the First Presbyterian Sanctuary Choir and many other singers, including members of the Mastersingers, guest soloists, along with



Mina and Tom Edison

photo provided

a piano-organ combination.

The 29th anniversary of the Mrs. Edison's Hymn Sing is organized and sponsored by the Galloway Family of Dealerships.

The First Presbyterian Church is located at 2438 Second Street in Fort Myer. For more information, call 334-2261 or visit www.fpcfortmyers.org. For more information about Community Cooperative, call 332-SOUP or visit www.communitycooperative.com.✱

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, lambogodchurch.net, 267-3525.

NEW BEGINNINGS CENTER

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

NEW COVENANT EYES

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

NEW HOPE BAPTIST

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

NEW HOPE PRESBYTERIAN

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

PEACE COMMUNITY

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

PEACE LUTHERAN

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

REDEEMER LUTHERAN

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

RIVER OF LIFE ASSEMBLY OF GOD

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

SAMUDRABADRA BUDDHIST CENTER

Meditation classes. MeditationInFortMyers.org, 567-9739.

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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:

Virginia Opossum

by Bob Petcher



The Virginia Opossum (*Didelphis virginiana*) is the only marsupial – animal with a pouch – that can be found north of Mexico. More commonly known as the North American opossum or plainly possum, the nocturnal mammal is a solitary animal that has been around for millions of years. In fact, it is regarded as one of Earth's oldest mammals.

The possum is usually no bigger than a large house cat, but its triangular head and pointed nose give it its definitive distinction. These tree-climbers have claws on their fingers but not on their thumbs, which gives them the ability to grab branches during climbs. They can also use their tails to wrap around tree limbs and hang this way for a short time.

At CROW, a juvenile Virginia opossum was admitted from North Fort Myers. The opossum was found in a horse pasture with a wound on its forehead and an injury to the pad of its right rear paw. The wounds were flushed with sterile saline and cleaned with dilute chlorohexidine.

CROW medical staff applied a triple antibiotic to both of the wounds and took x-rays, which revealed the possum was the victim of a gunshot. The injuries did not seem to be linked.

"We do not believe that the paw pad injury is directly related to the gunshot wound, but it is possible that due to the neurologic deficits caused by the gunshot, the opossum injured itself by stumbling or catching its foot on something," said Dr. Malka Spektor, CROW veterinary intern. "There is a metal opacity – a term we use to define brightness on

an x-ray – object in the skull that is consistent with a bullet. The size and shape are consistent with bullet fragments, and is consistent with the forehead wound."

CROW officials stated the metal fragments, which remained in its forehead, had only created a small fracture and no apparent brain damage. Due to the concern of causing more damage, the fragments were not removed. The patient was monitored for any neurological deficits over the course of a few days.

"As long as the metal fragments are not in an environment that could break them down, such as the stomach, joint space, eye, vein or artery, they usually do not cause significant damage," said Dr. Spektor. "In this case, we are concerned about the bullet going through or pressing on nerves, causing neurologic deficits."

Dr. Spektor provided a statistic to show the frequency of gunshot victims that come to CROW as patients.

"In 2017, there were 17 cases in which a patient was admitted for injuries related to a human attack/gunshot, roughly one to two a month," she said.

Upon further monitoring and examination, the possum's head injury did not improve and neurological problems were detected.

"Unfortunately, further observation revealed the opossum making tight circles to the right, a sign of neurologic damage. It was also found to be blind," said Dr. Spektor. "After days of monitoring, and providing supportive care and medications, its condition did not improve. Due to the neurological deficits which create an inability to survive in the wild, the difficult decision of humane euthanasia was elected."

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.



Patient #18-0087 had to be euthanized due to neurological issues
photo by Brian Bohlman

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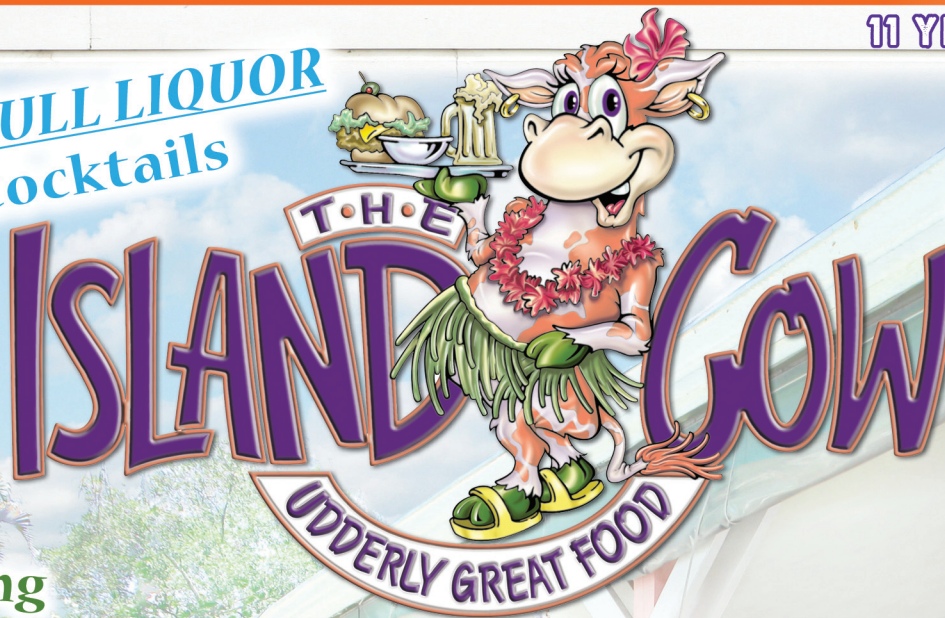
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Low And Slow Gets It Done In The Cold



by Capt.
Matt Mitchell

Yet another crazy strong cold front brought us the coldest temperatures we have seen in 6 years. Luckily water temperatures after dropping to chilly 53 degrees in the sound rebounded, and we did not get another cold water snook kill like we experienced back in 2010. Sunny days even though high temperatures only reached the 60s made for near-perfect sheepshead fishing conditions.

Hiding back deep in mangrove creek systems to stay warm, we fished with chunks of shrimp on jig heads. Soaking these chunks right on the bottom brought my anglers some wide-open action at times. Yes, a lot of the fish we are catching are undersized sheepshead, but when you get a bite every cast, it's never a bad thing. You just never really know what that next bite will be. It could be a big sheepshead, a redfish, a black drum or even a pompano. Deep water bends in these creek systems that have good-moving current seemed to bring the best action.

Getting out mid-morning and fishing till mid-afternoon during the warmest part of the day has been the better bite during the cold periods. Although I'm catching fish on both tides, we have been in a low-water pattern for what seems like months. Part of this is the low-winter tides along with northerly winds blowing the water out and making it even lower. During this low water, target the deepest water you can find in any mangrove creek. This deeper water will stay at a more consistent temperature, and the fish can hunker up in huge numbers down close to the bottom. Get your bait right down on the bottom and don't move it; think low and slow to get that bite.

Jig heads with a chunk of shrimp are my go-to rig during these cold periods. While targeting sheepshead this week, we managed to catch several bonus upper-lot redfish while tucked way back in the mangroves creeks. The biggest redfish of the week measured almost 27 inches and was caught in a 6-foot deep bend in a mangrove creek in Ding Darling. This extreme cold we have been experiencing has brought some of the best sheepshead fishing of the year.

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.✱



Rob from Cape Coral was ready to kiss his 25-inch redfish caught while fishing with Capt. Matt Mitchell this week
photo provided

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Dave Doane

Plant Smart

Firewheel

by Gerri Reaves

It's easy to understand why *Gaillardia pulchella* inspires the common names firewheel, blanketflower and Indian blanket.

This native wildflower's vivid multicolored flowers bloom most of the year, mainly in summer, adding splashes of red, orange, maroon, pink, purple and yellow to the landscape.

Also known simply as *Gaillardia*, this annual is a member of the aster, or daisy, family. It has the common characteristics of that populous family, a central disk of tiny florets surrounded by ray flowers.

Typically, the disk is dark purplish and the petals, or ray flowers, yellow-tipped.

Planting this flower ensures not only color in the yard but a supply of cut flowers.

In addition, it will attract butterflies, such as the American painted lady and the great southern white, as well as pollinators such as honey and native bees and wasps.

Small birds eat the seeds.

The flowers appear singly on slender hairy stems, emerging from a rosette of multi-lobed toothed leaves.

The leaves on the stems alternate and vary in shape, with the ones closer to the flowers being spatulate.

Flowers measure one to three inches across, and the stems reach up to two



Vibrantly colored firewheel is a member of the aster family and a Florida native

photos by Gerri Reaves

feet high. They also vary, some having fringed petals or tubular flowers, for example.

Many cultivars add to the variety of colors and flower structure.

The plant might be sprawling or upright. Low-maintenance and tap-rooted, this wildflower is a good choice for inland or coastal landscapes, since it's highly salt and drought tolerant. It



Firewheel grows to about two feet high, is low-maintenance and attracts a variety of pollinators. This planting includes new blooms as well as spent flowerheads ready to reseed.

is pest resistant and will thrive even in poor soil.

It is used to stabilize sand dunes.

Give it full sun and well-drained soil and avoid over-watering.

The spent flowers are a sphere of dry small fruits. If conditions are right, firewheel easily reseeds.

Sources: *Florida, My Eden* by Frederic B. Stresau; *Florida Plant*

Guide by Edward F. Gilman; *Native Florida Plants* by Robert G. Haehle and Joan Brookwell; *A Gardener's Guide to Florida's Native Plants* by Rufino Osorio; *The Guide to Florida Wildflowers* by Walter Kingsley Taylor; www.edis.ifas.ufl.edu; www.floridata.com; and www.fnps.org.

Plant Smart explores the diverse flora of South Florida. ✨

Urban Gardening Class Series

Registration is open now for a class series, Urban Gardening and Micro-business, to be presented by UF/IFAS Lee County Agriculture/Natural Resources & Consumer Sciences Programs at North Fort Myers Recreation Center.

The class series will introduce practical and technical concepts in urban farming and training in how to make value-added products. Value-added products provide viable means of increasing farm income by creating higher value commodities developed from farm produce. Each session in the course will deliver presentations and hands-on practical applications that will empower urban entrepreneurs to establish local agribusiness operations and interests.

Classroom & Workshop Instruction Classes:

January 31 – Introduction; Production Systems (Permaculture, hydroponics and raised beds)

February 1 – Raising Poultry and Small Livestock for Profit

February 7 – Understanding Value Added Products

February 8 – Food Safety Regulations, Licenses and Certifications

Course fee of \$50 covers all classes and workshops in the series or \$20 per class. Registration is limited to 40 participants. Attendees will receive a

Vegetable Pest ID and Control book, as well as samples of value-added products.

Register on Eventbrite by searching for Urban Gardening and Micro-business Course or by visiting www.eventbrite.com/e/ufifas-lee-county-urban-gardening-and-value-added-short-course-series-tickets-37417989213.

For more information, contact class instructors: Roy Beckford, University of Florida's agricultural and natural resources agent in Lee County at rbeckford@leegov.com or Jennifer Hagen, University of Florida's family and consumer sciences agent in Lee County at jhagen@leegov.com.

North Fort Myers Recreation Center is located at 2000 North Recreation Way in North Fort Myers. ✨

From page 9

County Band

Satin Doll and *Jumpin' at the Woodside*. Under the baton of Richard Bradstreet, the band also will play spirited marches, including the famous *Dambusters*; other band classics, including *Lassus Trombone*; and the patriotic favorite, *American Salute*.

The band is comprised of professional and amateur musicians who reside in Lee, Collier, and Charlotte counties.

Cape Coral High School is located at 2300 Santa Barbara Boulevard. For more information, call Norman Jones at 995-2097 or visit www.leecountyband.org. ✨

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Creative Theater Workshop

Local Student Gains National Theater Respect

A student from Creative Theater Workshop based in Fort Myers earned recognition at the 2018 Junior Theater Festival Atlanta on January 12 to 14. The Junior Theater Festival Atlanta united 6,000-plus students and educators from 130 educational musical theater groups representing 30 U.S. states, the District of Columbia, Australia, New Zealand and Canada.

Creative Theatre Workshops' Kyle Walker was named to Tech Theater All-Stars. Each group attending the festival was allowed to nominate two

photo courtesy James Barker photography

students who took part in technical theatre workshops designed to help develop their talents. From these students, a select group worked side by side with seasoned professionals and served on the technical crew for the awards ceremony.

Said Festival Audio Assistant Alison Carol about Creative Theater about Kyle Walker, "I enjoyed Kyle's insightful technical questions." Added Festival Audio Assistant Andrew White, "Kyle had a willingness to spread his wings and try new things."

The 25 Creative Theater Workshop students, ages 8 to 16, presented selections from Elf the Musical JR for Broadway's Matilda the Musical associate director Lotte Wakeham and educator and music director Derek Bowley.✱

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Beach Art Group Paint Around Fundraiser



From left, Neil Walling, Michele Barron Buelow, Lisa Grinter and Tracy Owen Cullimore
photo provided

Fort Myers Beach Art Association will hold a Paint Around Social in its gallery on Wednesday, February 7 from 5 to 8 p.m. The event is a fundraiser for its Student Scholarship Fund, which includes cash prizes for graduating seniors who will have a show beginning April 6.

The public is invited to the Paint Around Social, which will involve four award-winning artists, each beginning an oil work on canvas, and then rotating the artwork every several minutes until each artist is back to the original piece that they started. There will be heavy appetizers, cash donations, beverage bar and prizes. All four artists will sign each artwork, and the pieces will be framed and auctioned

off that evening.

Tickets are \$10 at the gallery or you can receive a 10-percent discount for advance purchases online at www.fortmyersbeachart.com/about.php#Paintaround.

Last year, the Paint Around Social drew a large crowd, and the gallery was close to building capacity. Get your tickets early to make sure you see this amazing event.

Fort Myers Beach Art Association is located at 3030 Shell Mound Boulevard on Fort Myers Beach. For more information, call 463-3909, email publicity chair Pam Flaherty at fmbaapublicity@gmail.com or visit www.fortmyersbeachart.com.✱

Woman's Club To Host Shows

Volunteer organizations and businesses on Fort Myers Beach are teaming up to present six more nostalgic shows by Yesteryear Entertainment at the Fort Myers Beach Women's Club.

The fundraising shows feature professional impersonators ranging from the rat pack to Red Skelton and Roy Orbison. During the shows, each business or not-for-profit will volunteer their members or staff to help out in the serving of beverages during the events. Included in this growing list of community participants are Fort Myers Beach Garden Club, Friends of the Mound House, the Fort Myers Beach Community Foundation and the Fort Myers Beach Chamber of Commerce.

"By inviting our community into this exciting fundraising initiative, we are establishing a working relationship between all community members that will serve to raise awareness and promote our facility," said Clair Langer, president of the FMB Women's Club. "By supporting other not-for-profits, we become engaged and can work together to build a stronger community."

Shows will continue with Bobby Vaili – Solid Gold Show on Friday, February 2 through 4 at 6 and 9 p.m. (FMB Community Foundation sponsor); Roy Orbison & Friends on February 16

and 17 at 6 and 9 p.m. (FMB Women's Club sponsor); Jerry Lewis & Friends on March 2 through 4 at 6 and 9 p.m. (FMB Garden Club sponsor); Tribute to Abbott & Costello on March 16 through 17 at 6 and 9 p.m. (FMB Chamber of Commerce sponsor); Sinatra & Red Skelton on March 30 through 31 at 6 and 9 p.m. (Friends of the Mound House sponsor); Engelbert Humperdink & Friends on April 13 through 14 at 6 and 9 p.m. (FMB Women's Club sponsor).

Carol Kolar, president of the Fort Myers Beach Garden Club noted, "The Estero Island Garden Club is happy to be a part of the Fort Myers Beach Women's Club's vision; bringing together clubs and organizations who share the common goals of community service and cultural development. Events like this help to enrich the lives of residents and visitors alike, it is a goal we are excited to nurture now, and in the years to come."

Jacki Liszak, president of the FMB Chamber of Commerce said, "Our community is a unique mix of businesses, residents and guests, all critical to enhancing and preserving our community. When we asked our members to get involved in this fundraising effort, the response was overwhelming."

The Fort Myers Beach Women's Club is located at 175 Sterling Avenue.

To purchase tickets, contact Jerry Nolan at 810-4587 or jgn56bklyn@yahoo.com.✱

Resort Garner's Wedding Awards

Sundial Beach Resort & Spa won two prestigious awards recently, both recognizing Sundial's outstanding accomplishments in the wedding market.

The Couples' Choice award from Wedding Wire honors Sundial's exemplary performance and highly regarded reputation among wedding clientele. Only the top echelon of wedding professionals receive this designation that recognizes excellence in quality, service, responsiveness and professionalism.

The Knot Best of Weddings award is bestowed upon the elite top 3 percent of professionals in the wedding industry as acknowledged by actual couples. The exclusive award denotes Sundial as a high-ranking ceremony and reception provider that has provided superior service and dependability.

"Sundial Beach Resort & Spa has always been a destination wedding favorite as well as a stand-out location for local couples looking to say 'I do'. Having won these coveted distinctions will allow us to further position Sundial as the best place to celebrate and stay," said Brett Lindsay, director of sales and marketing. "With an array of beautiful outdoor and indoor locations, Sundial provides a variety of venues for special events."

In celebration of these awards, Sundial Beach Resort & Spa is offering a new 2018 wedding promotion that includes a waived site fee, several complimentary ceremony offerings, discounts on catering

or complimentary open bar hour, and a two-night return stay for the wedding couple. For more information, email weddings@sundialresort.com.✧

Environmental Funding Awards

March 15 is the next application deadline for Lee County Electric Cooperative's (LCEC) 2018 Environmental Funding Awards. Interested organizations must meet certain criteria to be considered for the award including being located within LCEC service territory, funding utilized for projects/programs related to the environment and the utility industry as well as a demonstrated need for funds.

Funding is awarded twice a year with deadlines in March and September. Some of the past recipients of LCEC's Environmental Funding Award include The Bailey-Matthews National Shell Museum, Sanibel-Captiva Conservation Foundation (SCCF), Calusa Nature Center & Planetarium (CNC), Cape Coral Friends of Wildlife (CCFW), Center for the Rehabilitation of Wildlife (CROW) and the Friends of Fakahatchee. This funding award was created in 2013 and is just one of the many ways that LCEC positively impacts and supports wildlife and the environment.

To apply for an environmental funding award from LCEC, organizations can email pr@lcec.net to receive an application.✧

Attorney Recieves Award

Attorney Luis E. Rivera, II of Henderson, Franklin, Starnes & Holt, PA, was nationally recognized by the American Bankruptcy Institute (ABI) in Palm Springs, California last December when he was named an emerging leader in ABI's inaugural "40 Under 40" initiative. The initiative was launched this year to identify 40 of the top insolvency industry professionals under the age of 40.

Rivera is a certified specialist in business and consumer bankruptcy by the American Board of Certification, one of only 12 attorneys in Florida who hold these dual certifications. He has broad experience in business litigation, bankruptcy, creditors' rights and insolvency counseling. In addition to his law practice, Rivera serves as a U.S. Bankruptcy Trustee. As a trustee, he is routinely involved in the liquidation of business enterprises, including the recovery and sale of assets; the investigation, development, and prosecution of litigation to recover funds for creditors; and the reconciliation and payment of claims held by creditors.

Rivera is AV-rated by Martindale-Hubbell and has been recognized by *Florida Super Lawyers* magazine every year since 2009. He also was honored by the Southwest Florida Bankruptcy Bar as the recipient of the Alexander L.



Attorney Luis Rivera accepts an award photo provided

Paskay Professionalism Award in 2015.

Rivera received his bachelor of arts degree from Loyola University in New Orleans (magna cum laude, 2001) and his Juris Doctor law degree from Washington and Lee University School of Law in 2005. He can be reached at luis.rivera@henlaw.com.

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

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Priority Marketing celebrates its 25th year in business

photo by Reagan Rule

Priority Marketing 25th Anniversary

Priority Marketing, a full-service marketing, advertising, public relations and digital marketing agency in Southwest Florida, recently commemorated 25 years in business with an anniversary celebration at Society, the new modern American restaurant at Bell Tower Shops in Fort Myers.

Teri Hansen, APR, president and creative director of Priority Marketing, founded the company in 1992 as a home-based business that has since grown to become the region's largest full-service agency with more than 30 seasoned professionals. Priority Marketing has provided award-winning creative services to support the business goals of its diverse clientele and the overall economic success of the community for the past 25 years.✱

Critical Thinking Lecture Series

The Florida SouthWestern State College (FSW) Critical Thinking Lecture Series presents, Pursuing Your Passion: The Journey to Entrepreneurship, with Anna Withrow, in building U-102 at the FSW



Anna Withrow

Thomas Edison Campus on Monday, January 29 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 114.

Withrow is a registered yoga teacher and the director and owner of Yoga Bird, the largest yoga studio in Fort Myers. She teaches an uplifting style of traditional hatha yoga, having trained at the Himalayan Institute. In her classes, she integrates elements of yoga philosophy and practical wisdom, guiding students in a practice that leads

to remembering that we are more than our physical bodies and that we are perfect as we are. "If you are present and breathing, I can't help but think you're totally amazing, no matter what shape your body is making," she said. "I am honored by each student who practices with me and recognize you as my greatest teachers." In addition to teaching, she is a perpetual student and spends as much time as her schedule allows learning from her teachers. At Yoga Bird, she oversees a schedule of over 50 classes per week, weekly workshops that explore the deeper aspects of yoga, and a 200-hour Yoga Teacher Training program.

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. Presentations take place weekly, and the spring series runs January through April. A full schedule can be viewed at www.fsw.edu/ctls.

FSW Thomas Edison Campus is located at 8099 College Parkway in Fort Myers. For more information on the FSW Critical Thinking Lecture Series, contact Whitney Rhyne, director, Strategic Initiatives, at 433-6943 or Whitney.Rhyne@fsw.edu.✱

Superior Interiors

Imaginative Accessories

by Trinetta Nelson



More than anything else in your home, your accessories give each and every room a little bit of your personality. Without them, you only have the setting for a model

room in a model home. Accessories make each room come alive with pop and pizzazz. Frankly, a home without accessories is like food without seasonings.

Enjoy boating? Then why not add a few nautical accents to your room's overall design plan. Are antiques your thing? Then a few well-placed vintage

accent pieces might just do the trick. Are you in love with the great outdoors? How about adding a few rustic accents to show off your passion?

Acquiring accessories is truly a never-ending delight. Here are a few ideas that might help you incorporate your precious treasures into a creative accessory plan for your home.

Small artistic objects – like framed photos, are most effective when arranged in odd-numbered groups.

Blocks of wood, or old books, can be used to achieve varying degrees of height to make your accessory display even more visually pleasing.

Mix things up! It's not necessary for groupings to consist of similar elements. In fact, the more you vary your accessory accents, the more interesting your groupings become.

Above all, let your accessory imagination soar.

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

New Member Appointed To TDC

The Lee County Board of County Commissioners (BOCC) has appointed Cape Coral City Council Member John Carioscia to the Lee County Tourist Development Council (TDC).

Carioscia is currently serving his second term on the Cape Coral City Council. A resident of Cape Coral for 11 years, he is involved with the Cape Coral Civic Association, Cape Coral Sons of Italy and Cape Coral Police Association. Carioscia is a retired Chicago police officer. He and his wife Judy have four adult children and four grandchildren.

Carioscia replaces former Cape Coral Mayor Marni Sawicki.

The nine-member TDC was established by the BOCC in 1983 to increase off-season tourism to Lee County.

For more information about the TDC, visit www.leevcb.com.✱



John Carioscia

photo provided

County Goals And Priorities To Be Discussed

Cecil Pendergrass, chairman of the Lee County Board of County Commissioners, will address the challenges and priorities facing Lee County government at the Real Estate Investment Society's (REIS) luncheon meeting in the Osprey Room at Pelican Preserve's Clubhouse on Tuesday, February 13 at 11:45 a.m.

Commissioner Pendergrass's presentation will focus on the county's budget, coordination with municipal governments, infrastructure improvements and economic development practices. The commissioner is also expected

to discuss growth management and local legislative priorities in the upcoming legislative session. Following the presentation, Commissioner Pendergrass will respond to questions of specific interest to the real estate investment and development industry.

Commissioner Pendergrass, who represents District 2, which includes much of Fort Myers, plus Gateway and Estero, is chairman of the Tourist Development Council and the Board of Port Commissioners, which governs the Lee County Port Authority.

The meeting is sponsored by Stokes Marine. Cost is \$30 for members and \$40 for guests.

Pelican Preserve is located at 9802 Pelican Preserve Boulevard in Fort Myers. Reservations are required by February 8 and may be made by visiting www.reis-swfl.org.✱

Global Farm Receives \$25,000 From Foundations

A significant gift from the world's most famous high-tech corridor is coming to the ECHO Global Farm in North Fort Myers, thanks to the Cape Coral Community Foundation Global Center for Generosity (CCCCF). Representatives from the Silicon Valley Community Foundation (SVCF), working with CCCC, presented ECHO with a \$25,000 check Monday, January 8 during the inaugural CCCC Power Players Professional Advisor Awards.

"This money goes a long way toward our mission of enriching our community and the quality of life for people in Cape Coral and across Southwest Florida," CCCC Executive Director Michael Chatman said. "I couldn't begin to properly express my gratitude to the Silicon Valley Community Foundation and the people they serve for their generosity, but I can assure them this is money well spent."

ECHO aims to reduce hunger and help small-scale farmers around the world. The nonprofit organization provides agricultural and technology training to workers in more than 180 countries.

The SVCF is the world's largest community foundation, with more than \$8.2 billion in charitable assets under management. The involvement of groups like them is key, according



From left, Milton Speid, Mari Ellen Reynolds Loijens, David Erickson and Michael Chatman

photo provided

to Chatman, since they represent a departure from traditional sources of funding for Southwest Florida-based charitable causes.

"It's important that we combat donor fatigue and constantly look for new avenues," he said.

The timing of the gift couldn't be better, as the CCCC honored seven distinguished professional advisors for their integrity, honesty and substantial impact on the region.

The awards event, held at the Westin

Cape Coral Resort at Marina Village, was the first of its kind in Southwest Florida. The event also educated guests on the alignment between the CCCC, SVCF and the Financial Advisors Charitable Trust as part of a larger vision of global partnership and giving.

"Part of the goal of our organization is to expand our outreach and work with partners around the globe who can help us address the most critical issues in our community," Chatman said.

"This is a prime example of how we

can do just that."

For more information on how the CCCC works to benefit the people of Southwest Florida, see www.CapeCoralCF.org/about/faq/.

Hours Extended For Passport Applications

The Clerk of Court's Recording Office is expanding its passport acceptance hours the weeks of February 12 and March 12. No appointment is necessary. During those two weeks, the office will be open Monday through Friday from 8 a.m. to 6 p.m. and Saturday 9 a.m. to 2 p.m.

Lee Clerk's Office accepts and verifies passport applications on behalf of the U.S. Department of State. Officials review the passport application, collect the correct fees and make sure that all required documentation is included prior to it being sent. Passport photos can be taken for an additional fee.

Some applicants may not be required to visit the Lee Clerk's Office for a passport renewal. To see if you qualify for a renewal by mail, check passport renewal information, required fees, documents and all other information at www.leeclerk.org. Select the Passports link or call 533-5007 to get things started.

The Recording Office is located at 2115 Second Street in Fort Myers.✱

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Financial Focus

Be Financially Prepared For Natural Disasters



by Jennifer Basey

Just this past year, we've seen natural disasters in Texas, California, Florida and Puerto Rico – and looking back even further, it's not hard to spot other traumas in virtually every part

of the country. Whether it's a tornado, hurricane, flood or wildfire, you may be at least potentially susceptible to a weather-related event that could threaten your physical – and financial – well-being. How can you protect yourself?

As far as your physical safety is concerned, you're probably already aware of the steps you need to take to shield yourself and your family. And now that many alerts can be sent directly to your smartphone, you've got an even better chance to prepare for an approaching threat. But when it comes to safeguarding your financial situation, you'll need to be ready well in advance – and the following moves can help:

Strengthen your home. Your home is probably your biggest asset, so you'll want to do everything you can to keep

it safe. In the face of a truly calamitous event, such as 100-mile-per-hour winds or the advance of uncontrollable fire, there may not be much you can do, but in less dire circumstances, your actions can help. Your insurance professional can offer tips on protecting your residence.

Maintain sufficient insurance. It's a good idea to review your existing homeowners or renters insurance periodically to make sure you are sufficiently covered for all possible hazards. Keep in mind that homeowners insurance does not typically cover flooding, so you may need to purchase flood insurance from the National Flood Insurance Program. (Depending on where you live, this coverage may be required when you get your mortgage.) Also, in conjunction with maintaining your insurance, you should document your possessions, so you may want to make a video inventory as well as a written list containing descriptions and values.

Create an emergency fund. A natural disaster can lead to a wide array of unanticipated costs: appliance repair or replacement, hotel and restaurant bills, insurance deductibles – the list could go on and on. Consequently, you'll help protect yourself and your family by building an emergency fund. Some of this money should go into a liquid, low-risk account, but you may also want to keep a small amount of cash at home in a safe place, as ATMs and credit cards may not work during or following a disaster, when you must purchase needed supplies.

Protect your documents. As you go through life, you'll accumulate a

lot of documents – mortgage papers, insurance policies, financial accounts, tax statements and so on. If disaster strikes, you may need these documents. You'll want to store paper copies in a fireproof and waterproof box or safe at home, in a bank safety deposit box, or with a relative or close friend. Of course, we're now living in a digital age, so you can store electronic copies of important documents in a password-protected format on a removable flash or external hard drive. Better yet, you might want to use a secure cloud-based service.

With luck, you can avoid being victimized by a natural disaster. But, as the old saying goes: "Hope for the best and prepare for the worst." From a financial perspective, that's good advice.

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.

New Board For Manufacturers

One newcomer recently joined 10 familiar faces on the Southwest Regional Manufacturers Association (SRMA) Board of Directors for 2018.

Cath Maslyn of Naples-based wire manufacturer Pelican Wire brings experience in a broad range of industries to the board this year. She serves as

director of human resources and talent development for Pelican Holdings Group/Pelican Wire.

Maslyn previously held positions in sales, marketing, finance and training with IBM, was a human resources director with Sun Microsystems, and worked in manufacturing, distribution, medical device and start-up companies. She also taught elementary school and did business consulting after earning her degree in psychology from the University of California.

Maslyn plans to advocate for the development of a manufacturing training facility that would develop manufacturing jobs in the area and prepare young people in Southwest Florida to fill them. She'd also like to explore the creation of a manufacturing job fair and a local manufacturer's CEO roundtable.

Maslyn joins board members Brian Rist, chair, The Smart Companies; Doug Gyure, S4J Manufacturing; Peter Bagwell, I Love Oils Inc.; Bruce Vanderveen, All American Printing; Connie Ramos-Williams, CONRIC PR & Marketing; Joe Janoschka, BB&T; Kevin Brady, FSBDC at FGCU; Dana Brunett, Cape Coral Economic Development; Bill Welch, Career Source; and Warren Beaucom, EDC.

SRMA is making its final call for nominations in advance of its annual awards luncheon, which takes place on February 22 from 11 a.m. to 2 p.m. at KJ's Fresh Grill, 10950 South Cleveland Avenue in Fort Myers. Send nominations to neilakagan@gmail.com.



Painting by Dr. Rich Lane

From page 1

Foundation

company in Israel. Self-taught with an occasional drawing class, she paints realism with "an edge." Her figurative paintings are classic drawings with an inventive and creative side. Sayet produces works of realism and figurative portraits in oil and pastel that capture the mood, personality and inner soul of

photos provided

the subjects.

Sherman, a pediatrician, started painting after his senior year of high school. He prefers acrylics but has dabbled in oils, watercolors, pen and ink, printmaking and wood sculpture. While studying pre-med, he majored in a combined studio and art history concentration. He also took classes at Cornell and Skidmore in studio art. It wasn't until a few years ago that he started painting again at the coaxing of his wife, who is his biggest fan and color



Photograph by Dr. Peter Sidell

referee due to his color blindness.

Sidell, a retired cardiothoracic surgeon, has always had a love of photography and cameras. His photographic focus is on his travels to various parts of the world, and he also enjoys photographing birds and the natural environment in Florida. His hope is to tell the story of what he has seen and experienced through the photos he takes.

The exhibit is open to the public and will run throughout February during regular foundation business hours: Monday through Friday from 9 a.m. to 4 p.m. Some paintings are located in meeting rooms, so those interested in seeing the exhibit are asked to call before arriving to make sure all areas are accessible. The Community Hub is located at 8771 College Parkway, Building 2, Suite 201 in Fort Myers.

For more information, call 274-5900 or visit www.floridacommunity.com.



Artwork by Dr. Martin Sherman

Book Review

Flower Toward The Sun



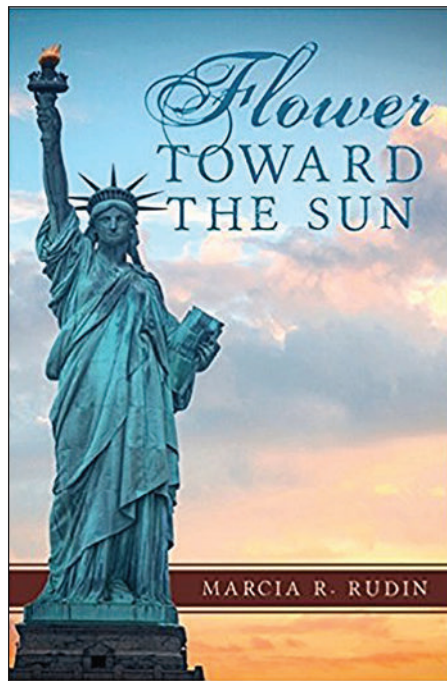
by Di Saggau

Flower Toward The Sun is another novel by local author Marcia Rudin. It's a fascinating tale about two young girls who, in 1905, leave their homes headed to America to find a

husband. Rebecca leaves her parents and Jewish shtetl in the Ukraine to join her fiancé Samuel Abramowitz in Milwaukee. Ingrid Christiansen leaves her Lutheran orphanage in Norway to become a Picture Bride of Lars Jorgensen, a widowed Norwegian farmer homesteading in North Dakota. However, while the two girls are being processed together at Ellis Island, immigrations officials put them on the wrong trains and each is sent to the other's destination.

Marcia says it's possible that on her first visit to the Ellis Island Immigration Museum years ago, she saw a photograph of two women with a caption explaining that they were messed up and mistakenly sent to the wrong intended husbands. She thought, "Wow, that must have been a disaster." At any rate that's what she tells people when they ask how she came up with the idea for this novel. Two women with opposite personalities, different religions and from different cultures, who do not speak English are thrown into a new environment. Just think about how difficult it would have been to straighten everything out in the early 1900s with no computers, cell phones, or email.

The characters in the book are fictional but the challenges faced at that time by immigrants in both South Dakota and Milwaukee are accurate.



Ingrid is feisty and when she first meets Samuel and his Orthodox Jewish family it's hatred at first sight. She did not have a happy life in the orphanage and it affects her outlook on life. Lars, with his two young sons, doesn't understand Rebecca's Jewish traditions. Unable to speak English, the two women face a huge struggle as they fight to return to their rightful new homes.

Rebecca and Ingrid have no choice but to try to settle into their new lives. As time passes, there is a better understanding between all the characters and finally the mix-up is solved. Samuel and Ingrid travel to North Dakota to bring Ingrid to Lars and take Rebecca back to Milwaukee. But it isn't that simple because feelings have grown between Rebecca and Lars. *Flower Toward The Sun* celebrates the unlimited possibilities for a new life in the promised land of America. It's a poignant and tender example of positive Jewish-Christian inter-religious relations at that time. I thoroughly enjoyed reading the book, and I'm sure you will too.✱

may increase a student's interest by encouraging curiosity. Making predictions also encourages the brain to stay attentive and engaged. As the reader actively thinks about what they read, and construct meaning understanding from it, linkages to long-term memory are created.

Here is a unique interactive reading strategy using sticky notes and writing prompts developed by neurologist and professor Dr. Judy Wilson. She reports that, "This strategy helps students engage with, understand, and remember what they read. It links the new information to the known and encourages students to activate prior knowledge, make predictions, and relate the book to their lives, it promotes their reading comprehension and memory."

Students should write the prompts on sticky notes first and then answer them as they read the assignment. Dr. Miller suggest that students address the text directly, by calling it "you" as though they were having a conversation with it. This technique works well with verbal questioning as well.

Here are some prompts to use before reading for reading (for prediction):

I think you'll be telling me...

I already know things about you, so I predict...

Here are some prompts to be used after skimming the assignment:

What does the heading for this section suggest about what will come?

What does this picture (graph, diagram, etc.) suggest about this reading

topic?

And here are some prompts to be answered during reading:

You're like what I've learned before, because you remind me of...

I would have preferred a picture of... This is not what I expected, which was...

This gives me an idea for...

I want to know more about...

This information could be useful to me because I'm interested in...

I think this will be on the test because...

The benefits of reading with an explicit plan for engagement, comprehension and memory include greater understanding of what is read, increased memory of the text and a reduction in the amount of rereading or review needed for test time.

As students become more skilled readers through strategies about linking, they build their independent skills about how to think actively about the text, their metacognitive skills and they'll develop a stronger confidence in their own abilities.

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.✱

School Smart



by Shelley M. Greggs, NCSP

Dear Shelley, My high school daughter struggles with remembering what she has read in her text books. What can she do to help her remember what she has read?

Kristen H, Sanibel

Kristen,

Many students frequently complain that they don't remember what they read. It's not unusual, and the good news is that there are strategies to help your daughter read more effectively and remember what she has read.

Understanding and remembering

(book) texts, as with all new memory construction, involves linking the new information into the already known information. The brain does this linking through its system of storing memory in neural networks based on relational patterns. Successful reading comprehension makes use of these linking strategies by activating patterns of prior knowledge, making predictions and recognizing personal relevance to interests, past positive experiences, or goals.

One strategy to increase comprehension is for the student to identify the reading goals of the assignment before reading it. This helps the student recall prior related memories in long-term memory storage and increases awareness of how the reading may be personally relevant. Making predictions about the reading assignment is an additional strategy that is beneficial. Making predictions

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Female Pioneers of Fort Myers

Women Who Made a Difference in the City's Development

By Robin C. Tuthill and Thomas P. Hall

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

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

Brady's Injured Hand Adds To Lore Of Schilling's Bloody Ankle



by Ed Frank

The sock and the hand: If you're a diehard Boston fan – Red Sox, Patriots or both – you'll probably know right away what I mean by "the sock and the hand."

The sock and the hand are separated by more than 13 years, but for the tens of thousands of Boston fans that populate our area, the phrase brings back great memories as well as hopes for the 2018 Super Bowl.

First to the sock:

In 2004, the Boston Red Sox erased an 86-year drought when they won the World Series in a 4-0 sweep of the St. Louis Cardinals. What made that title even more amazing is the fact

that Boston was down three-games-to-none against the New York Yankees in the American League Championship Series and came back to win four straight against the Yankees and then four straight over the Cardinals.

The historic highlight of the 2004 World Series was Game Two, when Curt Schilling, pitching with a dislocated ankle tendon, started and pitched six solid innings allowing only one run. His stocking became soaked with blood during the game, but Schilling played on to become the game's winning pitcher.

The sock was originally loaned to the Baseball Hall of Fame, but when financial difficulties plagued Schilling, he got it back and it was sold at auction in 2013 for \$92,613.

Thus is the legend of Schilling and the sock. Dial forward 13 plus years to last Sunday's AFC Championship Game when the New England Patriots defeated the Jacksonville Jaguars 24-20 behind their ageless and future Hall-of-Famer quarterback Tom Brady.

With a cut right thumb that required 12 stitches, Brady rallied his team from an 10-point deficit to advance the Patriots to Super Bowl LII. Early this week, the Las Vegas odds makers had New England a five-point favorite over the Philadelphia Eagles to win their sixth Super Bowl title.

After several days of thumb-related mystery, Brady disclosed before last Sunday's game that he gashed his thumb the previous Wednesday during practice when he reportedly collided with a running back on a handoff.

Despite the injury, Brady completed 26 of 38 passes for 290 yards and two touchdowns – both to receiver Danny Amendola.

Amendola called the 40-year-old Brady, "the toughest guy I've ever met."

Brady wore a glove to protect the thumb during practice, but for the game he simply protected it with black tape.

Schilling and Brady are both legends in Red Sox and Patriots history, and the "sock and the hand" will live on in those histories.

Everblades Roll On

The first-place Florida Everblades hockey team started the week with a 7-2 record in the month of January and held a commanding eight-point lead over second-place South Carolina in the ECHL South Division.

With a 29-7-1-2 season record as the week began, the team started a four-game road trip north playing three games this weekend at Adirondack and a Sunday game at Worcester.

The Everblades return home to Germain Arena next weekend for Friday and Saturday games against Greenville.✪

Golf With The Minnesota Twins

The Minnesota Twins will once again help patients treated at Lee Health's Regional Cancer Center by donating their time and talent in support at the Minnesota Twins Celebrity Golf Classic at Fiddlesticks Country Club on February 13 and 15.

To kick off the tournament, Twins fans, Regional Cancer Center supporters and Major League Baseball enthusiasts are invited to the annual "Minnesota Mixer" on Tuesday, February 13 at 5:30 to 8:30 p.m. A \$65 admission ticket allows guests to enjoy dinner, cocktails and the chance to place bids and take home auction items. The evening also includes a question-and-answer session from a member of the Twins organization. Auction lots include Taylor Swift tickets, a chance to throw out the first pitch at a Twins home game at Target Field, luxurious stays at resort hotels, and items autographed by Minnesota Twins legends to name a few.

Golfers will enjoy a scramble format golf tournament paired with current Minnesota Twins players, management and legends on Thursday, February

15 at 11 a.m.. The event includes golf, lunch, on-course refreshments, hole-in-one prizes and dinner at a cost of \$350 per player. Twins heroes playing in past tournaments include current Manager of the Year and Hall-of-Famer Paul Molitor, Hall-of-Famers Rod Carew and Bert Blyleven, current stars Joe Mauer and Brian Dozier, fan favorites Kent Hrbek, Tony Oliva, Roy Smalley, Torii Hunter and many others. Registration begins at 11 a.m.

The Southwest Florida community also has a chance to win \$2,500 in the inaugural Helicopter Golf Ball Drop after the tournament at 6 p.m. Pre-numbered golf balls will be dropped onto the driving range at Fiddlesticks Country Club and the ball closest to or in the hole wins. The ball drop is open to the community, and participants do not have to be present to win. Dinner follows at 6:45 p.m.

"The partnership between the Minnesota Twins and the Regional Cancer Center is extraordinary," said Skip Leonard, chief foundation officer for Lee Health Foundation. "Each year the Twins outdo themselves in terms of providing players to take part in the golf and mixer events. We are truly fortunate, as is our community, to have such wonderful charitable partners here

in our area. The Twins organization has certainly had a major impact in providing access to lifesaving cancer care for under and uninsured patients at the Regional Cancer Center."

Pre-registration is required for both Twins events. Sponsorship opportunities are also available. Those

wishing to take part should email twinsgolf@leehealth.org, call Lee Health Foundation at 343-6106 or register online at www.leehealthfoundation.org/twins.

Fiddlesticks Country Club is located at 15391 Canongate Drive in Fort Myers.✪

SPORTS QUIZ

1. In 2016, Minnesota's Brian Dozier became the fourth player in major-league history to hit at least 40 home runs while primarily playing second base. Name two of the first three to do it.
2. When was the last time before 2016 (Mike Napoli, Carlos Santana) that the Cleveland Indians had two players hit at least 34 home runs in the same season?
3. In 2016, Miami's Jay Ajayi became the fourth NFL player in the Super Bowl era to rush for 200-plus yards in consecutive games. Name two of the first three to do it.
4. When was the last time before 2017 that South Carolina's men's basketball team won an NCAA Tournament game?
5. In 2017, Edmonton's Connor McDavid (age 20) became the third-youngest winner of the Hart Trophy (NHL MVP). Who was younger?
6. Who was the last NASCAR driver before Kyle Larson in 2017 to have a three-race Cup winning streak at Michigan International Speedway?
7. Who was the last women's tennis player to reach the singles finals at Wimbledon at age 37 before Venus Williams did it in 2017?

ANSWERS

1. Rogers Hornsby (1922), Davey Johnson (1973) and Ryne Sandberg (1990). 2. In 2001, Jim Thome (49) and Juan Gonzalez (35) did it. 3. O.J. Simpson (1973, '76), Earl Campbell (1980) and Ricky Williams (2002). 4. It was 1973. 5. Sidney Crosby (19 years old in 2007) and Wayne Gretzky (19 in 1980). 6. Bill Elliott won four straight in 1985-86. 7. Martina Navratilova, in 1994.



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Prevent Or Delay Type 2 Diabetes

Have you been told that you have prediabetes? Would you like to learn about a variety of tools that have been proven to prevent or delay the onset of Type 2 Diabetes?

Lee Health is offering a free program designed to help you make modest lifestyle changes and cut risks of Type 2 Diabetes by more than half. The program will be held at HealthPark Medical Center on Tuesdays, beginning February 6 from 4 to 5 p.m.

The year-long program with weekly meetings for the first six months, then once or twice a month for the second

six months, is part of the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention.

Information presented in the workshop can help participants become empowered to prevent Type 2 Diabetes. Learn about the benefits of physical activity, manage symptoms of stress, make smarter decisions related to healthy eating and learn tips to stay motivated. Participants will receive a participant guide to use as an ongoing reference tool once the classes are completed.

HealthPark Medical Center is located at 9981 South HealthPark Drive in Fort Myers. Seating is limited and registration is required. Call 424-3127 for more information.**

Evening Hours For Convenient Care

Two Lee Health Convenient Care locations have announced extended hours of operation, in response to the needs of the community. These urgent care centers located at 1682 NE Pine Island Road in Cape Coral, and the newest facility at 13340 Metro Parkway, near the intersection of Daniels Parkway in Fort Myers, are now open from 7 a.m. to 9 p.m. seven days a week (except a few major holidays).

Convenient Care offers quality, walk-in medical care for adults and children in a cost-effective, comfortable environment. The urgent care centers are an alternative to the emergency department for treatment of nonlife-threatening injury or illness with the expertise of skilled physicians in a state-of-the-art clinic. Convenient Care medical centers are ideal for sprains, strains, cuts, rashes, cold and flu, auto and work-related injuries, and school or sports physicals.

Each site is equipped with X-ray capabilities for fractures and broken bones (not protruding through the skin).

"Convenient Care is helpful for individuals who don't have a primary care physician, and it's a great alternative to using the emergency department for nonlife-threatening medical issues - especially during season," said Kris Fay, chief administrative officer of Lee Physician Group. "It gives the community immediate access to quality, hospital-affiliated health care provided by our trusted Lee Physician Group physicians and skilled nurses."

Other Lee Health Convenient Care locations include: 16230 Summerlin Road in Fort Myers, and 4771 S. Cleveland Avenue in Fort Myers. These locations are open 7 a.m. to 7 p.m. daily.

Kids Urgent Care, located in the Golisano I. Nicklaus Children's Health Center, 3361 Pine Ridge Road, Naples, is open from 11 a.m. to 11 p.m. daily.

For more information, visit www.LeeHealth.org or call 481-4111.**

Health And Wellness At Babcock Ranch

Residents of Babcock Ranch, the nation's first solar city, will soon add physician offices and a state-of-the-art health and wellness center, staffed by experts from Lee Health. The Lee Health Board of Directors approved five-year lease agreements for more than 21,000 square feet of space in the Town Center to provide health care services including primary care physicians, rehabilitation services, and health and wellness services to Babcock Ranch residents and the surrounding community.

"We are excited to be the health and wellness partner at Babcock Ranch," said Larry Antonucci, MD, MBA, Lee Health president & CEO. "We have been entrusted with providing the care for residents of a brand-new community - which is a truly unique opportunity. As Babcock Ranch grows, we will continue to meet the health care needs of the community, just as we have done for more than a century in other

Southwest Florida communities."

In April, Lee Health plans to open health and wellness services including individual and group exercise, Pilates, massage, mind and body programs, as well as physical therapy. State-of-the-art equipment will include energy-efficient cardio and strength-training equipment; the facilities will also include a lap pool and multi-use half court for members. These services are expected to be available in April.

The community's first primary care and medical specialty services will open in the summer, provided by Lee Physician Group. Occupational and speech therapy services will be added as needed.

"Providing a healthy lifestyle for our residents is one of the foundational tenets of Babcock Ranch, and we simply couldn't have a better partner than Lee Health," said Syd Kitson, chairman and CEO of Kitson & Partners, developers of Babcock Ranch. "Our residents and neighbors will now have ready access to quality medical care, along with outstanding facilities for ongoing health and wellness activities. This is a tremendous partnership for Babcock Ranch."**

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Geoff and Robbie Roepstorff pictured with their first Burmese python caught on Valentine's Day in 2016
photos courtesy Geoff Roepstorff

Bankers Protecting Native Wildlife By Hunting Pythons

by Jeff Lysiak

Longtime leaders in the local financial industry, Edison National Bank/Bank of the Islands founders Geoff and Robbie Roepstorff recently developed a new skill that might seem rather unconventional for bankers: python hunting.

"Robbie and I have similar passions and once we learned about the invasive Burmese python and what they were doing to the mammal population, we both knew we wanted to do something about it if we could," said Geoff. "We had to learn to catch and run to a python and that basically wasn't in either of our DNA when we started."

According to the South Florida Water Management District (SFWMD), the invasive Burmese python – which breeds and multiplies quickly and has no natural predator in the Everglades ecosystem – has decimated populations of native wildlife. "The more of these snakes that can be eliminated, especially females and their eggs, the better chance future generations of native wildlife will have to thrive in the Everglades ecosystem that Floridians have invested billions of dollars to restore," the SFWMD website states.

To help combat the invasion, a team of 25 python hunters, including Lee County banker Geoff Roepstorff, was selected from more than 1,000 applicants and given access to district-owned lands in Miami-Dade County for the pilot phase and later in Broward and Collier counties as the program expanded. These independent contractors are paid \$8.10 per hour, up to eight hours daily, to hunt pythons in the Everglades. Depending on the size of the snake presented, they can receive additional payments of \$50 for pythons

measuring up to 4 feet and an extra \$25 for each foot measured above 4 feet. An additional \$200 is given for each eliminated python nest with eggs.

Geoff explained that he first heard of Florida staging a Burmese python hunt in the Southwest Florida/Everglades region three years ago. He invited some of his best friends to tag along, and the group of amateurs took part in their first hunt in January 2016.

Unfortunately, they were unsuccessful.

"As a result, I studied the problem, reviewed maps and spoke with experienced hunters," Geoff noted. "On the last day of the hunt, February 14, 2016, Valentine's Day, I decided I knew enough to possibly find and remove a python."

That's when he told Robbie of his plans.

"She didn't want me to go alone, so we went together," Geoff said.

When the couple arrived in the hunt area, they walked approximately six miles into the marsh.

"As we were walking back, we heard something in the tall sawgrass. We knew it wasn't an alligator or a mammal, because there was no splashing sound, only a crunching of the sawgrass," said Geoff. "At that point, I told Robbie it was most likely a large python."

After waiting about 15 minutes, the python appeared out of the sawgrass with approximately three feet of its upper body out of the water, moving through the water and looking around. They removed the python, which turned out to be approximately 10 feet long and weighed just over 35 pounds.

"As conservationists, we were excited that we had done something to protect the mammals," added Geoff. "It was at that point we decided to find out more and dedicate future hunting to our mothers, whom we had recently lost, and that had taught us the love for wildlife."

The Roepstorffs continued to evolve as experienced python hunters. In 2016, they were introduced to Leo Sanchez, aka, the Python King, with



A Burmese python hatchling

whom they hunted almost every weekend for a year. Sanchez taught them respect for all snakes and the knowledge of catching large constrictors.

Later, they were introduced by Erick Lindblad of the Sanibel-Captiva Conservation Foundation (SCCF) to world renowned reptile specialist Dr. Frank Mazzotti, who heads up the University of Florida division in Davie, Florida. Lindblad was instrumental in getting Geoff approved as a volunteer for Dr. Mazzotti.

Since then, both Geoff and Robbie have become python hunting "experts" of sorts. They hunted pythons with Congressman Francis Rooney last August. They also joined another very special hunt with world renowned conservationist Rom Whittaker and the Irula tribesmen from India.

"That to me was a very special hunt when I learned from the world's best snake hunters who hunt cobra for antivenom to support the tribe," said Geoff, who noted that the largest python he and Robbie caught together was around 12 feet long. "I would imagine this year we will catch 24, maybe 30 pythons on our own. That doesn't include hunts with other hunters."

Python Program Expands

For the Roepstorffs, their extra research and field experience paid off. They were selected from the start to join the SFWMD Python Elimination Program.

During the pilot phase of SFWMD's Python Elimination Program, 158 snakes were removed during a hunt which lasted just over two months. As a result of that success, the district's governing board expanded the area where python hunters are allowed access to include Broward and Collier counties. Previously, hunting was only allowed in Miami-Dade County.

"Having experienced the program firsthand by participating in a live hunt, I cannot say enough about the tremendous work of these dedicated professionals to rid the Everglades of this destructive python threat," said SFWMD Governing Board Chairman Dan O'Keefe. "Eliminating one snake from the Everglades is much more than



A python being measured and weighed at the South Florida Water Management District facility

a single kill. It's the prevention of 40 to 50 more snakes by destroying a large female carrying 40 to 50 eggs, and it's the countless number of native Florida animals spared from the jaws of these killing machines."

The SFWMD Python Elimination Program has eliminated 840 pythons since March 25 of last year. That total does not include the eggs that were found inside the pythons or in the python dens.

"This governing board program has been enormously effective in killing this relentless predator to help preserve native Everglades wildlife," said SFWMD scientist Mike Kirkland, project manager for the Python Elimination Program. "The sheer numbers that are being caught and their size shows how massive a threat these predators are to our beautiful habitat."

Closer to home, the Conservancy of Southwest Florida also is working on the problem as the pythons continue to move north. On March 27, SCCF will be hosting a program on python hunting in Southwest Florida. The presentation will begin at dusk at the Bailey Homestead Preserve, located at 1300 Periwinkle Way on Sanibel. For more information, visit www.sccf.org.

"No doubt the python is the new apex predator of the Everglades and in my opinion will always be a part of the Everglades. What is being done is controlling the situation as inexpensively as possible by hiring skilled hunters," said Geoff, who considers himself very blessed to be able to take part in this activity with his wife. "God has blessed us when he brought us together. We are truly best friends and enjoy being around each other 24/7. It's great to be married to your best friend. The beauty of the Everglades and hunting pythons in honor of our mothers makes it very special for us."✱

Beautifulife: List It



by Kay Casperson

One thing that everyone close to me knows is that I am a fanatic about making lists. I have always felt that this is the number one way to stay focused, organized

and to accomplish more than most people can even think about doing in a day. But why is making lists so important for all of us? Here are some reasons and examples as to how and why I do it every day.

1. Listing things will clear the clutter. Writing things down on paper or on a program will help to keep your thoughts focused and your mind free from stress. My suggestion is to keep a list going on your desk in your office, by your kitchen counter and by your bedside so that you can put things down as you think about them.

2. Lists will keep you accountable. As you accomplish your tasks, you will check things off and feel like you are heading towards reaching your goals. You can then transfer unfinished items to a new list each week as you work through them.

3. Lists can continue to keep you motivated. My suggestion is to have different lists for various things. I have a grocery list going all the time and when I run out of something, it immediately goes on the list. If I forget to get a particular item, it goes on the next one. I also have a list for business

things that need to be done as well as a home list of personal things that we need to accomplish for the family, kids or animals.

4. Making a list can help to keep your life structured. This is a great way for you to make sure you are meeting your responsibilities on time and with much success. It is not always easy to remember off the top of your head when to pay certain bills, certain dates that are important or deadlines that need to be met for work or home.

5. A list can help you delegate certain tasks. This is extremely important as many of us tend to take on too many things ourselves even though there are others that could take a few things off of our own lists. I have a separate column for things that I can have others do so that I can remind them and then take that item off of my list. Once I give the task to someone, I check it off as complete.

If you have not tried listing yet, I would highly recommend that you give it shot to see how wonderful and effective it can be in terms of accomplishing more and moving towards having your most balanced and beautiful life.

My affirmation for you this week is: "I am getting my life more organized every day by making lists of goals that I want to accomplish as well as tasks that need to be done."

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 manufactures beauty and lifestyle products sold across the country. To stay inspired, visit www.kaycasperson.com or follow on social media @kaycasperson.

Chronic Pain Workshops

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

Lee Health will hold a free six-week workshop, entitled Chronic Pain Self-Management – a research-based program developed by Stanford University, at the Chapel by the Sea on Fridays beginning February 2 from 9:30 a.m. to noon.

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

Chapel by the Sea is located at 100 Chapel Street on Fort Myers Beach. Seating is limited and registration is required. Call 343-9264 for more information.

From page 1

Art Walk

the whole object or being, and his lifelong passion for photography gives him an eye for the unique and historical details of everyday objects, places and people.

Benning died on December 24, 2013 in Fort Myers. She was born in Clearwater on March 25, 1947. Using oil, acrylic, watercolor, gouache, ink and graphite, she often worked from

still-life or landscape to produce her overall color condition. She exhibited regionally at the von Liebig Art Center, Bob Rauschenberg Gallery of Art at Florida SouthWestern State College, the Burroughs Home, Art League of Bonita Springs, the Cape Coral Art Studio and the Fort Myers Courthouse and Federal Building.

ACT Gallery is also featuring new works by co-op artists.

Arts for ACT Gallery is located at 2265 First Street in downtown Fort Myers.

Lee Health CEO Joins Safety Net Alliance Board

Larry Antonucci, MD, MBA, Lee Health's president & CEO, was elected and installed to the Safety Net Hospital Alliance of Florida's (SNHAF) Board of Directors. The SNHAF advocates on behalf of Florida's 14 safety net hospital systems.

Safety net hospitals provide highly specialized care to vulnerable populations—including uninsured, underinsured patients and families, and Medicaid recipients. These organizations also help train the next generation of doctors, advance public and population health, and provide lifesaving services like trauma and specialized care for women and children.

"Safety net hospitals and health systems like ours are reliant on government support, so the SNHAF's advocacy is vital," Dr. Antonucci said. "I am excited and proud to be part of the leadership team working to advocate for the resources we need to deliver the right care in our community."

Dr. Antonucci has nearly 35 years of leadership experience – both as a practicing obstetrician/gynecologist (OB/GYN) and as a health care executive.

In 2007, Dr. Antonucci joined Lee Health as chief administrative officer for Cape Coral Hospital. By 2009, he was appointed chief operating officer of hospital services for the health



Larry Antonucci

photo provided

system and assumed the responsibility for physician services in early 2010. In October 2011, Dr. Antonucci was named chief operating officer for the health system, and assumed the role of president and chief executive officer in June 2017.

Prior to joining Lee Health, and for 24 years, Dr. Antonucci was a well-respected, practicing OB/GYN. In 1983, he co-founded Physicians Primary Care, a large multi-specialty group practice in Lee County and served as its managing partner for many years.

For more information about the SNHAF, visit www.safetynetsflorida.org.

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Medical Specialists Now In Cape Coral

Lee Physician Group Integrative Medicine specialists now offer hours at the Wellness Center – Cape Coral. Heather Auld, MD, and Teresa Spano, ND, CNS, naturopathic consultant, are available for consults at the Wellness Center. Renee Sarra, AP, DOM, who joined the Integrative Medicine practice last year, offers acupuncture.

Dr. Auld is board certified by the American Board of Physician Specialties in Integrative Medicine and the American Board of Obstetrics and Gynecology. Dr. Spano has her doctorate in Naturopathic Medicine from the University of Bridgeport, College of Naturopathic Medicine. She is also the secretary for the Florida Naturopathic Physicians Association. Their areas of expertise include chronic disease counseling of: heart disease, diabetes, autoimmune disorders, as well as bio-identical hormone replacement therapy for men and women, weight management, stress management,



Dr. Heather Auld photos provided sleep and digestive health. Dr. Sarra is a Doctor of Oriental Medicine. Acupuncture is particularly helpful in acute and chronic pain of all types, as well as chronic disease. The Integrative Medicine team helps



Dr. Teresa Spano patients heal from within by using several modalities such as targeted nutrition, herbs, quality supplements, acupuncture and specialty micronutrient testing. As practitioners, they subscribe to Hippocrates' philosophy that "Natural



Dr. Renee Sarra forces within us are the true healers of disease." For more information, call 495-4480. The Wellness Center – Cape Coral is located at 609 SE 13th Court, behind Cape Coral Hospital.✪

dearPharmacist

Nine Ways To Outsmart Fat Cells



by Suzy Cohen, RPh

Dear Readers: Women can be really hard on themselves. Fattening foods contain addictive chemicals and flavor-enhancing (toxic) substances that make you crave

it. It's criminal that these things are allowed in our foods.

For sure, I know it's not entirely your fault. The fat cells expand and expand and then hold on to estrogen, leading to more expansion and sometimes even female types of cancers. You can't shake off fat cells, you have to shrink them. This is a very complex problem, one that I cannot cover entirely here, but I will do my best to set you up for success.

You have to be pretty smart to outsmart a fat cell. Once hormones like cortisol come into play, you're dealing with belly fat accumulation which is a vicious circle because the fat on your belly has more cortisol receptors, which then attracts more fat.

In today's article, I'm referring to weight gain that occurs with any body shape, regardless of what your numbers are.

Fat cells are stubborn mules. You can't get rid of them. So if you think you can eliminate your fat cells by losing weight, you're wrong. They're there to stay, like a mule. You want them to be thin though. You can certainly empty a fat cell of its fat

(aka energy) but, unlike other things in your body (like pesticides, sticky xenohormones, decayed teeth, a kidney stone, a pathogen), you cannot eliminate, or even kill a fat cell.

You can't starve yourself either! Another mistake people make is by going on a crash diet. Maintaining a size 2 after you've been a size 10 all your life is virtually impossible to maintain if you achieved the size 2 after a crash diet. This is because your body went into starvation mode to get to the size 2. It sends a signal to your brain that this person is now dying; they're starving themselves to death. They are going into a phase called catabolism.

I have a nine-step plan that I know works. I have a much longer version of this article that fully explains everything. You can read that version by signing up for my free newsletter at www.suzycohen.com, and I'll email it. But to get you started today, here are the nine steps:

1. Tone
2. Restore nutrients
3. Eat this
4. Fun Exercise
5. Portions
6. Eat slowly
7. Adaptogens
8. Relaxation
9. Balance two hormones

You can lose weight again. It may feel like a struggle on some days, but I believe in you. No matter what indulgence you get into, just go back to the plan and do the best you can. Don't let anyone body shame you. You are who you are, and no matter how futile you think it is, just stick with it. One day you will look into the mirror and love what you see.

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

Air Fresheners And Fragrances



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

We are exposed to many fragrances throughout the day. Some of the most common are air fresheners in our home, office, or car. They can emit over 100 different chemicals, including high concentrations of volatile organic compounds, such as ethanol, formaldehyde and toluene as well as semi-volatile compounds like phthalates. Fragrances don't need to be fully disclosed on the label, and the word "fragrance" on the ingredient list can actually include a mixture of dozens, or even hundreds, of different chemicals. Studies show that less than 10 percent of the volatile ingredients are typically disclosed.

What kind of health problems can they cause? Fragranced products, including air fresheners, have been associated with migraines, asthma attacks, dermatitis and respiratory, cardiovascular, cognitive, neurological, gastrointestinal and immune problems. They also contain chemicals that may have harmful effects on reproduction or development. Even air fresheners labeled "green," "natural," or "organic" may contain pollutants like phthalates and ethanol, though the actual ingredient list may say "fragrance and essential oils." When studied, 12 out of 14 products that

were tested contained toxic, and even carcinogenic, compounds. The conclusion was that green and organic air fresheners were not much different than the regular brands.

Asthmatics are much more likely to be adversely affected by exposure to fragrances, but limiting fragrances can lower everyone's risks. Fragrance sensitivity is not just from air fresheners, but also perfume, laundry detergents, dryer sheets, cleaning products, hand soaps and lotions, deodorants and other personal care products. What options do you have? Consider implementing fragrance-free policies. For homes, offices and vehicles, clean or get rid of the root cause of the smells rather than masking them with chemicals. Increase ventilation by using fans and opening windows. Give fragrance-free cleaning and personal care products a try. Breathe easier by going fragrance-free!

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.✪

FGCU Board Elects Officers

The Florida Gulf Coast University (FGCU) Board of Trustees recently elected new officers: Chair Blake Gable and Vice Chair Robbie Roepstorff.

Gable, chief executive officer and president of Barron Collier Companies, and Roepstorff, president of Edison National Bank/Bank of the Islands, will serve officer terms of January 9, 2018 through January 31, 2020 for the FGCU Board of Trustees.

For more information, contact Vice President and Chief of Staff Susan Evans at sevens@fgcu.edu.✪



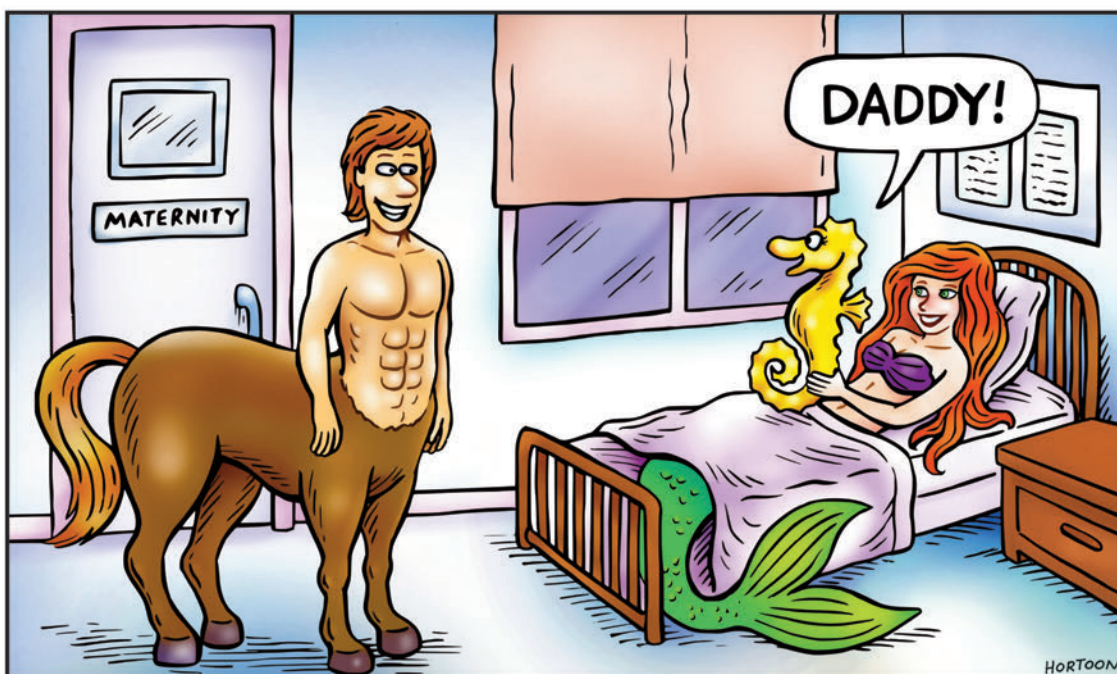
Southern Fried Mahi-Mahi Sandwiches

photo courtesy Fresh From Florida

**Southern Fried Mahi-Mahi Sandwiches**

2 eggs, large
 1/2 teaspoon salt
 1/4 teaspoon cayenne pepper
 1 cup all-purpose flour
 Salt and pepper to taste
 1 cup cornmeal
 4 five-ounce mahi-mahi fillets
 1 cup vegetable oil

8 soft sandwich rolls, split
 Leaf lettuce
 2 tomatoes, sliced thin
 Beat together eggs, salt and cayenne in a shallow dish. Mix flour, salt and pepper in a shallow dish; place cornmeal in separate dish. Coat fillets in seasoned flour; dip in egg wash and then into cornmeal to coat. In a deep fry pan, cook the fillets in oil at 375 degrees F. for 2 to 4 minutes, browning on each side. Drain on absorbent paper. Serve on sandwich rolls with lettuce and sliced tomatoes.
 Yield four servings.✱

HORTOONS

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

ARTS

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

CLUBS & ORGANIZATIONS

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

AREA ATTRACTIONS

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

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

PUZZLES

Answers on page 29

Super Crossword 9 B.C.

- ACROSS
- 1 Opera start
- 5 "Yes, yes, Juan!"
- 9 Take — (taste some)
- 13 Cheeky type
- 19 Road, in German
- 20 Foretoken
- 21 Lovett of country
- 22 No longer surprised by
- 23 Ram force-fully?
- 26 Frito Lay chip
- 27 December mall hires
- 28 Teeny
- 29 Greeting sent by a cosmetics company?
- 31 "Agnus —"
- 32 Cache
- 34 Southeast Kansas city
- 35 Where lots of mail deliverers scuba-dive?
- 40 Not at all high
- 44 Most robust
- 45 Kazan of film directing
- 46 Hilo "hello"
- 47 In days past
- 48 "Lo-o-ovely!"
- 49 Set crossword hints to music?
- 53 Prefix with pathology
- 56 The Big Apple, briefly
- 58 Fissile rock
- 59 Midday sleep
- 60 Divide by type
- 62 Contract out
- 66 TV title alien
- 67 Water whirl
- 68 Required maintenance items?
- 73 Face cover
- 76 From — Z
- 77 Big fair
- 78 Character
- 82 "Scat!"
- 83 Prologue
- 85 Upsilon's follower
- 88 Qdoba treats
- 89 Inelegant five-member band?
- 94 66-Across et al.
- 96 Salt's "Help!"
- 97 Muslim palace area
- 98 Haul around
- 99 Number of magazine subscribers, e.g.
- 102 Writer Haley
- 103 Long to look at a periodic table?
- 107 Feng —
- 108 Poetry Muse
- 109 White-haired
- 110 Library cubicle in which Chablis is served?
- 116 Jackie O.'s "O"
- 117 New York state prison
- 120 Is wild for
- 121 Writes hacky computer programs?
- 124 Chemist's "I"
- 125 Nursing school subj.
- 126 Bit of help
- 127 In awe
- 128 Naval units
- 129 Car-lot sticker abbr.
- 130 Barley brews
- 131 Guru's discipline
- DOWN
- 1 Essentials
- 2 "Fame" star Irene
- 3 Very loud
- 4 Alternatively
- 5 — -chef
- 6 Unruly kid
- 7 Fit for sailing
- 8 Ready to be driven
- 9 Pugilist Muhammad
- 10 Harmony
- 11 1942 role for Ingrid
- 12 "The Dick Van Dyke Show" surname
- 13 Ballet dancer Nureyev
- 14 "Sitting on — ..." ("Mrs. Robinson" lyric)
- 15 Blood bank fluids
- 16 Nero's 404
- 17 Quintillionth: Prefix
- 18 "Crazy" bird
- 24 Aristide's land
- 25 Eagles' nests
- 30 Female deer
- 32 Is sporting
- 33 Hoagie shop
- 35 Its capital is Accra
- 36 Is very angry
- 37 Co. kahuna
- 38 — Tin Tin
- 39 Tatty cloths
- 40 Exclusively
- 41 Ran across
- 42 In the future
- 43 Harsh-toned
- 46 Top gun
- 50 Spicy cuisine
- 51 Stop moving
- 52 Pixieish
- 54 Stone
- 55 — pro nobis
- 57 Amigo of Fidel
- 61 Sedative drug, informally
- 63 Berg stuff
- 64 Stout of mysteries
- 65 Seer's skill
- 67 This, to Pedro
- 69 Dying rebuke
- 70 "Me neither"
- 71 Sponge up
- 72 Scarf down
- 73 Coffee flavor
- 74 Auditory
- 75 Rubberneck
- 79 West Coast coll. in La Jolla
- 80 Hen's perch
- 81 Swirly letters
- 83 Suffix with 90-Down
- 84 Being aired, in a way
- 86 Like religious dissenters
- 87 Writer
- 90 Gender
- 91 Tip of a sock
- 92 Suffix with major
- 93 Azadi Tower locale
- 95 Holy Fr. woman
- 100 Ham it up
- 101 City-circling route
- 103 Goes after
- 104 1921 Karel Capek play
- 105 Stability-improving auto part
- 106 Vocalist Kitt
- 107 Hound's trail
- 110 Homeless kid
- 111 Sacred cow
- 112 Center point
- 113 The "E" of HOMES
- 114 Practically forever
- 115 Jet name
- 117 Gets the total
- 118 Stop up
- 119 Kelp, e.g.
- 122 Brand of motor oil
- 123 A single

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							
			31					32					33		34							
35	36					37						38	39					40	41	42	43	
44										45							46					
47										49					50	51	52					
53				54	55		56			57				58						59		
60						61			62	63	64	65		66					67			
				68			69	70						71				72				
73	74	75				76				77						78				79	80	81
82						83				84				85	86	87		88				
89				90						91	92	93		94		95				96		
97									98					99				100	101			
102						103	104	105						106								
					107						108						109					
110	111	112	113							114	115		116								118	119
120										121							123					
124										125					126					127		
128										129					130					131		

King Crossword

- ACROSS
- 1 Nasty insect
- 5 Badly lit
- 8 Error
- 12 Chills and fever
- 13 Kreskin's claim
- 14 Docket entry
- 15 In reverie
- 17 Anger
- 18 Dine
- 19 Sternward
- 20 Dissuade
- 21 Firmament
- 22 Stop — dime
- 23 Augment
- 26 Firm
- 30 Needy
- 31 Hockey milieu
- 32 Concept
- 33 Get
- 35 Pry
- 36 Singer
- 37 Droop
- 38 Cut corners
- 41 Huge
- 42 Greek cross
- 45 Actress Gilpin
- 46 "... twilight's last —"
- 48 Privy to
- 49 Boxer
- 50 Pedestal occupant
- 51 Chinatown gang
- 52 Witness
- 53 Say it ain't so
- 16 Shark variety
- 20 Modern-day evidence
- 21 Like some video on the Web
- 22 Praise in verse
- 23 Spring mo.
- 24 Buck's mate
- 25 One of the Seven Dwarfs
- 26 High card
- 27 Commotion
- 28 Modern (Pref.)
- 29 Spigot
- 31 Wall climber
- 34 Mischievous one
- 35 Long story
- 37 Prolonged attack
- 38 Skewer
- 39 Gambling game
- 40 Press agent?
- 41 Sad
- 42 Ocean motion
- 43 In due time
- 44 Homely
- 46 Navig. aid
- 47 Central
- DOWN
- 1 Test the waters
- 2 City of India
- 3 Fat
- 4 Pod denizen
- 5 Treat as a god
- 6 "— It Romantic?"
- 7 Gasoline stat
- 8 Very conspic-uous
- 9 Cafe au —
- 10 Capri, e.g.
- 11 Equal

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
15					16				17			
18					19				20			
				21				22				
23	24	25				26				27	28	29
30					31				32			
33					34				35			
				36				37				
38	39	40				41				42	43	44
45						46				47		
48						49				50		
51						52				53		

MAGIC MAZE ● WORDS FROM "I HAVE A DREAM" SPEECH

C Y W U S Q O M K I F D B Z L

X W U S J Q (J U S T I C E) A E

O N L J O H F D M S C A U Y L

W V T S I Q P N L A G Q K I G

H F E C N B Z Y W L E N V Y G

U S R C H A R A C T E R I T U

N O I T A P I C N A M E D R R

Q P I H N N M O D E E R F E T

M A L O D R E H T E G O T B S

F J I P S T H G I R L I V I C

Y A D E N O E E R F H F E L D

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

- | | | | |
|--------------|--------------|------------|----------|
| Character | Equal | Freedom | Liberty |
| Civil rights | Faith | Hope | Struggle |
| Dream | Free at last | Join hands | Together |
| Emancipation | Free one day | Justice | |



"So I figure why knock myself out — I hear the
bonus this year is a _____."

answer on page 29

SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Vision
MADRE

Save
SECURE

Lithe
GAILE

Slight
HINT

TODAY'S WORD

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

SUDOKU

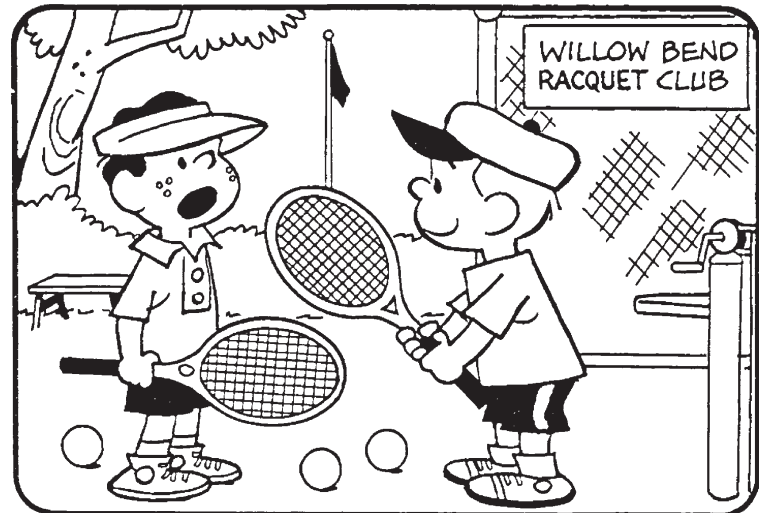
To play Sudoku:

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.

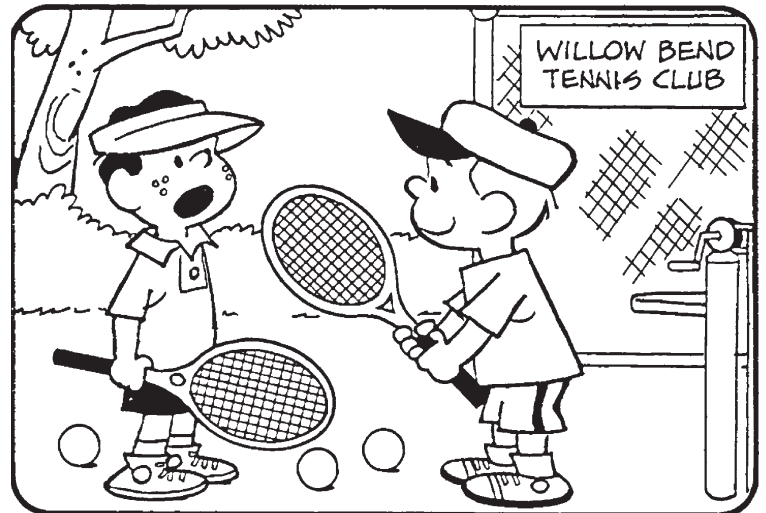
answer on page 29

HOCUS-FOCUS

BY
HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Bench is missing. 2. Button strip is shorter. 3. Racket is moved. 4. Flag is missing. 5. Sign is different. 6. Pants are different.

Natural Infrastructure Is Focus Of Journal

submitted by Ken Gooderham,
ASBPA Managing Director

Call them what you want – living shorelines, natural infrastructure, green infrastructure, natural and nature-based features – interest is growing in looking at alternatives to traditional shoreline armoring and ways to more naturally mitigate shoreline erosion.

More and more communities see that they derive multiple benefits from restoring natural infrastructure. Healthy coastal habitats reduce the impact of waves and storm surges, improve water quality, provide habitat for important commercial fisheries and offer recreation and tourism opportunities that are the foundation for many local economies.

Investing in natural infrastructure is no less important than investing in built infrastructure. It's not only critical, it's a win-win. And the sooner that investment is made, the more you benefit from it.

The next issue of *Shore & Beach*, a technical journal published by the American Shore & Beach Preservation

Association (ASBPA), focuses entirely on advancing restoration of natural infrastructure – dunes, marshes, mangroves, oyster and coral reefs – and hybrid solutions that use a mix of more traditional hardened approaches with natural infrastructure as a valuable means of preserving our shores and ensuring vibrant coastal communities.

A goal for this issue was to increase the visibility of the expanding set of shoreline solutions involving restoration of natural infrastructure to meet coastal erosion, water quality and flood risk reduction objectives.

In assembling the articles, guest editors Shannon Cuniff and Bret Webb stressed three points for communities and coastal advocates to consider when considering natural infrastructure:

1) Multi-disciplinary projects. Successful living shoreline projects require an integration of science and engineering. At a minimum, these projects should be designed with input from coastal scientists, coastal engineers and coastal ecologists.

2) Site-specific requirements. Every living shoreline is unique and must be designed to account for the site specific coastal processes, ecology, regulatory constraints in a manner that best addresses the goals of the project. There is no recipe for a living shoreline and no

two projects will be identical, or perform the same.

3) Role of living shorelines. There are many different types of living shorelines and, in some cases, they provide measurable benefits that reduce storm damage. However, the role of living shorelines should be, first and foremost, to facilitate the natural intertidal processes that support shoreline stability and resilience under day-to-day conditions.

Without concerted action to restore the coast, the nation stands to lose a lot of land and be increasingly vulnerable to extreme weather. Louisiana alone could lose as much as 2,250 square miles of land over the next 50 years – 5 percent of the state's land mass, or the equivalent of the state of Delaware. This land loss puts its coastal communities, natural resources and economies at risk. Also at risk are five ports, numerous oil and gas industrial facilities, and transportation infrastructure vital to the economic security of our nation.








"That's simply the toll in one of many coastal states that are destined to face similar pressures in the future," said Cuniff. "Louisiana's 2017 Coastal Master Plan would combat that loss and help significantly reduce damages that could exceed \$150 billion over the next 50 years without the plan.

"In addition to reducing risk, investments in coastal restoration and protection will also support nearly 60,000 jobs over the next 10 years. In Louisiana and almost every other coastal state in the U.S., strong coastal economies are dependent upon healthy coastal ecosystems; the two cannot be separated."

"Regardless of the implications of future climate variability, more people are moving to the coast and with them more investments are made in infrastructure. This means our risk in coastal areas will continue to increase even in the absence of more devastating natural hazards," said Webb.

"Our coastal states, even the "unsalted" coasts of the Great Lakes, and communities need to develop comprehensive plans for their coasts based on sound science to make headway on protecting vital infrastructure and industries, creating jobs, restoring habitat and investing in our future," Webb continued. "By having these plans, they will be better positioned to access federal funds and secure private sector support."

Shore & Beach is a peer-reviewed technical journal of coastal management and science published quarterly by ASBPA since 1933. For more information, go to www.asbpa.org.✱

	FRIDAY Mostly Cloudy High: 70 Low: 64					SATURDAY Cloudy High: 71 Low: 65					SUNDAY Few Showers High: 70 Low: 64					MONDAY Mostly Cloudy High: 65 Low: 59					TUESDAY Partly Cloudy High: 67 Low: 61					WEDNESDAY Partly Cloudy High: 69 Low: 63					THURSDAY Sunny High: 70 Low: 64			
Redfish Pass Tides					Point Ybel Tides					Punta Rassa Tides					Cape Coral Bridge Tides																			
Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low										
Fri	9:54 am	2:35 am	7:53 pm	1:01 pm	Fri	8:59 am	2:37 am	6:58 pm	1:03 pm	Fri	8:48 am	2:35 am	7:43 pm	1:50 pm	Fri	12:04 pm	5:51 am	10:03 pm	4:17 pm															
Sat	11:35 am	3:45 am	8:51 pm	2:00 pm	Sat	10:40 am	3:47 am	7:56 pm	2:02 pm	Sat	10:11 am	3:34 am	8:50 pm	2:50 pm	Sat	1:45 pm	7:01 am	11:01 pm	5:16 pm															
Sun	12:41 pm	4:46 am	9:50 pm	3:04 pm	Sun	11:46 am	4:48 am	8:55 pm	3:06 pm	Sun	11:15 am	4:33 am	10:03 pm	3:51 pm	Sun	2:51 pm	8:02 am	None	6:20 pm															
Mon	1:27 pm	5:40 am	10:48 pm	4:05 pm	Mon	12:32 pm	5:42 am	9:53 pm	4:07 pm	Mon	11:59 am	5:28 am	11:03 pm	4:53 pm	Mon	12:00 am	8:56 am	3:37 pm	7:21 pm															
Tue	2:02 pm	6:28 am	11:42 pm	5:03 pm	Tue	1:07 pm	6:30 am	10:47 pm	5:05 pm	Tue	12:36 pm	6:18 am	11:51 pm	5:49 pm	Tue	12:58 am	9:44 am	4:12 pm	8:19 pm															
Wed	2:30 pm	7:12 am	None	5:57 pm	Wed	1:35 pm	7:14 am	11:40 pm	5:59 pm	Wed	1:13 pm	7:05 am	None	6:41 pm	Wed	1:52 am	10:28 am	4:40 pm	9:13 pm															
Thu	12:35 am	7:53 am	2:56 pm	6:52 pm	Thu	2:01 pm	7:55 am	None	6:54 pm	Thu	12:36 am	7:50 am	1:53 pm	7:35 pm	Thu	2:45 am	11:09 am	5:06 pm	10:08 pm															

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Looking to retire and relocate to Sanibel
CASH SALE
Contact- QRBEB1@YAHOO.COM or
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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.
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700 square feet at
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Immediate Occupancy.
Call Joe Gil 516-972-2883
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2 Rooms, Bathroom,
Approx. 1,000 sq. feet.
This was Molnar Electric's old office.
Call Judy at 239-851-4073.
★RS 8/5 CC TFN

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Unique Vacation Rentals
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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
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room. Each has fully equipped kitchen,
separate laundry, wooded backyard w/
privacy fence, outside H/C shower. Bikes,
beach chairs, umbrellas, beach wagons
provided. Pets w/approval. Min one month-
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cgbeckner@yahoo.com
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Starting mid March available monthly
2B/1B, newly remodeled
East End, 1/2 duplex, Walk to Beach
Private deck, Fully equipped,
Contact Bob 410-913-2234
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ROOM FOR RENT

Elderly gentleman wishes to rent a fully
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55+ fully gated and secured community.
Close to Publix, Walmart and restaurants.
Easy drive to either
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Large Pool less than 100 yards away.
\$750. monthly. Bert at 466-8618.
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FEBRUARY & MARCH, 2018 STILL AVAILABLE!

One Bedroom Condo at Captain's Walk.
Walk to the beach. February & March -
\$6,000 plus tax
Two Bedroom pet friendly home on the
East End available for March, 2018 -
\$4,800 plus tax
CALL LIGHTHOUSE REALTY
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1/26 ★ 2/2

EAST END COTTAGE SEAGRAPE LANE

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

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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Helping People Become Islanders for over 35 years!
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Optimize your health and home
Utilizing hydrogen peroxide, fresh citrus,
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5/26 ★ TFN

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Considering Solar for your Home or Business?

You should have an independent
assessment from an experienced solar
installer who does not install on Sanibel.
This includes:
• Annual energy production estimate
• System cost range
• Solar Pathfinder analysis of shading
effects at your site
• A year-by-year cash flow analysis for your
system
• A line-item detail of labor and material
costs including wholesale cost of every
component.
• Specifications of various components
required for installation.
Cost for complete assessment: \$150
Tom Gallery 313-530-3028
tom@leelanausolar.com
www.leelanausolar.com/Sanibel
I am an engineer who owns a successful
solar installation company in Michigan. I've
designed and installed over 80 systems
in the past five years. I winter on Sanibel
and can provide detailed analysis of your
home's solar potential.
1/26 ★ 2/9

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Complete Landscaping Services
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*Mention this add to receive 10% OFF your
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Call today for a FREE estimate:
239-896-6789. Locally owned & operated.
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Dementia/Alzheimer.
Clean and secure environment,
Call for more information
cellular: 561-509-4491
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10/20 ★ TFN

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JERRY'S FOODS SERVERS & BARISTAS

Part Time Evening And Weekend Front
End Associates Needed. Looking for
energetic, personable, and fun
individuals, with open availability
Monday through Sunday.
If interested call and ask for
John, Norm Sarah 472-9300.
1700 Periwinkle Way
★NS 5/6 BM TFN

FRONT DESK/FLOATING SUBSTITUTE

Front Desk/Floating Substitute
The Children's Education Center of the
Islands is looking for an Front Desk/
Floating Substitute. This is a part-time
position, from 9 a.m.-1:30 p.m., during
the school year, following the Lee County
Schools schedule. The perfect job for a
mom with school-age children or someone
just looking for a fun job a few hours a day!
Call Cindy at 239-472-4538
for more information.
1/26 ★ 2/9

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Great for all fitness levels
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To advertise in the
Island Sun and *The
River Weekly News*
Call 395-1213

GARAGE SALE

**TRASH & TREASURE
CRAFT & BAKE SALE**
Sat Jan 27 8am to noon
LEE PLANTATION CLUBHOUSE
Pine Ridge Rd
off Summerlin, Old South Way,
across from Thunderbird Park.
Something for Everyone!!
1/26 * 1/26


SANIBEL GARAGE SALE
1653 Bunting Lane
Saturday Only 1/27/2018
8 a.m. – 1 p.m.
Household Items/Furniture/Bicycle/
Generator/Boys Clothes & Toys
1/26 * 1/26

YARD SALE
Treadmill, Kitchenware, Girl's Bike,
Outdoor Child's Playhouse, Barbie's
Child Crafts, Potted Plants, and More.
1418 Sanderling Cir, Sanibel (Dunes)
Sat., Jan. 27 - 8 a.m. to 2 p.m.
1/26 * 1/26

**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

Share your community news with us.
Call 395-1213, Fax: 395-2299
or email press@islandsunnews.com

PETS OF THE WEEK

Haven on Earth Animal League
Dainty And Calico


Dainty photos provided
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.

PAWS Of Sanibel
Bella Luna


Bella Luna photo provided
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 at 472-4823.*



Calico
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.**



Belladonna photo provided
PAWS Of Sanibel
Belladonna
PAWS has a doggie up for adoption. This is
Belladonna, a female, long-hair Chihuahua and
toy Papillon mix. She is 14 months old and
weighs under 6 pounds. She has been vet checked
and had all of her immunizations. We are looking
for a forever home with someone that is at home
most of the time, and doesn't mind being devoted
to a little doggie. She loves to play and romp and
likes plenty of attention. Since she's so tiny, we're
looking for a home with no young children. If you're
interested in meeting Belladonna, call Pam at 472-
4823 to arrange to see her.*

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Feet	List Price	Sold Price	Days On Market
Valencia Terrace	Fort Myers	2009	4,223	\$1,795,000	\$1,680,000	34
Cape Harbour	Cape Coral	1998	2,976	\$1,295,000	\$1,220,000	33
Cape Coral	Cape Coral	2010	4,246	\$1,149,900	\$1,000,000	0
East Rocks	Sanibel	1983	1,884	\$688,888	\$655,000	209
Hampton Park	Fort Myers	2006	3,998	\$629,900	\$619,000	110
Cape Coral	Cape Coral	2014	2,466	\$645,150	\$615,000	97
Tamarind Trace	Estero	1999	2,064	\$599,900	\$585,000	2
Cape Coral	Cape Coral	2011	2,664	\$509,900	\$575,500	21
Worthington	Bonita Springs	1994	2,648	\$580,000	\$555,000	2
Villa D'este	Bonita Springs	2004	2,565	\$585,000	\$550,000	70



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FLAVORS FROM THE
CARIBBEAN RIM!

The Original
Yucatan Shrimp

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The New York Times
Magazine

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Sanibel Island



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