



Pastel Artists Featured During SoCo Art Crawl

The Alliance for the Arts will feature a conversational walk-and-talk with exhibiting artists from its February Southwest Florida Pastel Show and a performance of *Gidion's Knot* by Johnna Adams during SoCo Second Saturday Art Crawl on February 10. Visit with exhibiting artists in the gallery at 6 p.m. as they discuss their works and inspirations.

This exhibit features some of the best pastel artists in Southwest Florida. Pastels are best known for their superior quality of color and light achieved through the use of pure pigment with reflective qualities not found in other mediums.

Admission to the gallery is free, but a suggested \$10 family donation helps the Alliance continue offering affordable and accessible programming. Donations may be made at the event or in advance at www.artinlee.org/donate.

Gidion's Knot begins at Theatre Conspiracy at 8 p.m. The play is a suspenseful drama that involves a mother demanding answers when her fifth grade son is suspended from school. The production stars Sonya McCarter as Corryn Fell and Lauren Drexler as Heather Clark. *Gidion's Knot* is directed



Beets by Marianne Crowley

images provided

by Rachel Endrizzi with assistant director Sima Robbins. There is no intermission. Individual tickets to each show are \$25, \$11 for students or \$22 for Alliance members.

The SoCo Second Saturday Art Crawl will be along the SoCo Cultural District from 6 to 10 p.m. Vendors will set up at various locations in Royal Palm Square, offering their handmade and fine crafts. The SoCo Cultural District encompasses the block south of Colonial



Dolce and Salato by Gerry Roeder

Boulevard, from the corner of McGregor Boulevard to Summerlin Road, to Royal Palm Square Boulevard and back to

McGregor Boulevard.

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



Kendall Millang and Steven Coe

photo provided

A Love Story With A Twist

The Laboratory Theater of Florida presents the Southwest Florida premiere of *The Way We Get By*

by Neil LaBute. The show opens Friday, February 2 and runs through Sunday, February 18.

When they awake after a one-night stand, Doug and Beth show us that, in addition to the awkwardness, there is

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Edison Birthday Celebration At Estates



Edison Park Creative and Expressive Arts School students perform at Edison & Ford Winter Estates during a previous Thomas Edison's birthday party

photo provided

The public is invited to celebrate Thomas Edison's 171st birthday at Edison & Ford Winter Estates on Friday, February 9 at 10 a.m. There will be photo opportunities with "Thomas" and "Mina," performances by students from the Edison Park Creative and

Expressive Arts School, author Nancy Hamilton signing her new book *100 Things to Do in Fort Myers & Sanibel Before You Die*, a happy birthday sing-along, and cake will be served.

Each year, the famous inventor is

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Historic Downtown Fort Myers, Then And Now:

Fort Myers Freeze



by Gerri Reaves, PhD

The cold blasts of recent weeks might make you wonder just how typical freezing temperatures are in the subtropics. And, you might wonder how pioneers handled such temperatures without today's modern conveniences.

While extreme cold spells sure seem significant in the short term, records reveals that they aren't all that unusual. Notable dips of the thermometer have always been big news and sent farmers and citrus growers into all-night fights to save crops or orchards.

Interestingly, even one night of sub-freezing temperatures can shape history – by contributing to the death of a once-thriving agricultural industry, such as the pineapple, in 1917 and 1918, for

example.

Some of you might remember the 1977 snow day in Florida. On January 19, snowflakes fell in Fort Lauderdale, Miami, Tampa and West Palm Beach. Of course, the flakes were sparse and melted as soon as they hit the ground – but still. During that Arctic blast, LaBelle hit a low of 21 degrees and Immokalee 24.

Looking back to pioneer days, the 1890s were particularly hard on South Florida, for several freezes occurred. A case in point, December 1894 and January and February 1895, when temperatures dipped below freezing.

The circa 1895 photo of downtown Fort Myers helps to set the scene that historian Karl H. Grismer describes in his book *The Story of Fort Myers*, when Robert A “RA” Henderson, Sr. opened his general store at First and Jackson and stoked the pot-bellied stove for “victims of the frost.”

Temperatures dipped to the 24 degrees on December 29, 1894, and distraught farmers gathered for warmth, conversation and solace at the store. All the vegetables planted for the winter markets were dead in the ground due to frost. The town had been incorporated for less than a decade, and bulk of the business district was located on First Street between Jackson and Hendry. All buildings were wood-frame structures and the streets



This circa-1895 photo of First Street shows just how rustic things were when a record freeze gripped Fort Myers on December 29, 1894. It is not known exactly where the photographer stood, but this is most likely a westward view, with the main business district in the distance.

photo courtesy SWFL Florida Historical Society



When freezing temperatures descend upon First Street today, restaurants bring the propane heaters – not pot-bellied stoves -- to outdoor tables

photo by Gerri Reaves

unpaved. The town lacked public utilities such as water or electricity, much less a telephone. A pot-bellied stove was state-of-the-art heating in Fort Myers.

Due to the historical photo's indistinctness and the lack of comparable photos, it's impossible to pinpoint exactly where the photographer stood. However, the density of buildings in the distance suggests the block between Jackson and Hendry.

Also, the seeming emptiness at street's end on the horizon suggests this is a westward view, for in those days First stopped at Monroe and the river's edge.

To add woe to woe, that Big Freeze of 1894 and 1895 continued with another freeze on February 9.

But there's a bright side to everything, as Grismer points out. Because the Caloosahatchee region's citrus groves suffered less damage than northern counties, citrus was a sought-after lucrative crop that year. Also, big grove buyers flooded in and the local citrus industry, one might say, was born.

One Fort Myers resident didn't waste time turning a devastating freeze into an opportunity. Operating as a virtual one-man public relations firm, MN Verner went a little overboard in the piece he published in the *Fort Myers Press*: “Yes, Lee County can in bona-fide truth declare to the world that king frost did not conquer her right and title to successful orange culture!”

To rub it in, he catalogued the woes of several other counties in comparison to Lee, where “even the lemons are all alive!”

Hillsborough County, for instance, had “no trees of leafy verdure,” for “even the palms and palmettos have ceased to be an evergreen, but are of a sickly yellow and brown,” he wrote.

As for Henderson, who had opened his store and provided shelter from the storm to truck farmers in December 1894, he went on to serve his town and county in numerous ways, including as county treasurer, town and city councilman, director on the first Board of Trade, and as a state legislator.

He also helped to found the Bank of Fort Myers, the town's first home-owned bank, and to organize the Citizens Bank of Fort Myers.

The store he opened in 1887 would become one of most successful in the region over the next few decades, occupying several downtown locations in its history.

Stroll down First Street and imagine how pioneers handled sub-freezing temperatures. How surprised they would be to see diners at outdoor tables on First Street eating in cozy comfort, as propane heaters protect them from a cold snap.

Then, visit the following two research centers to learn more about the weather's

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Feb 8 Learning to Live with the Russian Bear

from 10am to 11:30am. Dive into this presentation with retired international lawyer and economic advisor, Thomas Tyrrell. Learn about the struggle between Finland and Russia in 1939. Find out why Finland has survived as a neutrally sovereign state, uncover the relationship between Ukraine and Europe, concluding with a questions and answers session. **Tickets are \$10. Call (239) 489-8472 to reserve your place.***

**The Academy
of Lifelong Learning**



Feb 13 The Great Florida Invasion: From Pythons to Pepper

from 10am to 11:30am Critically acclaimed Sanibel author Charles Sobczak invites you to a new lecture based on information gathered from his award-winning book, *The Living Gulf Coast – A Nature Guide to Southwest Florida*. The Powerpoint presentation will look at a wide array of species that have invaded Florida over the past 100 years, from Burmese pythons to fire ants, and Brazilian pepper to lionfish. **Tickets are \$10. Call (239) 489-8472 for reservations.***

**The Academy
of Lifelong Learning**



Feb 9 Barrage Next Generation

at 7pm. This newly formed, dynamic group has established itself as one of the pre-eminent string music performance ensembles in the world. With a track record of

more than 3,000 performances, the elaborately choreographed show includes whirling dancing set to catchy rhythms that will energize audiences from start to finish. **Tickets are \$35. Visit www.shellpoint.org/concerts, or call (239) 454-2067.**

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

Feb 15 Medical Breakthroughs! Trending Toward Modern: Healthcare in the 21st Century

at 1:30pm. Shell Point's Medical Breakthroughs and Discoveries Series kicks off in 2018 with a presentation by Lee Health CEO and President Larry Antonucci, MD, MBA. Dr. Antonucci will share the latest news about Lee Health, including expansions, new construction, innovations, population health, and telemedicine. Light refreshments will follow. **Admission is free. Call (239) 433-7936 to reserve your place.**

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2018 Art SHOW & SALE

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Don't miss the 2018 Shell Point Art Show and Sale with a visual extravaganza of oil and acrylic paintings, photographs, watercolors, pastels, collages, and other two-dimensional art. Featuring original works by Shell Point artists, the show promises to be a diverse event. Located in at The Woodlands. *Cash or check only, ATM on the premises.* **Admission is free. Call (239) 489-8472 for more information.**



Feb 22, 10-3 Shell Point's Open House!

Learn about resort-style retirement living at Shell Point™ and have some fun while you do! Attend the **FREE** Open House. There will be live entertainment, informative presentations, narrated tours, decorated models, food, fun, and much more to see and do. Don't miss out! **Admission is free. For information, call (239) 466-1131 or 1-800-780-1131.**

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**Visit www.shellpoint.org/events
for full listings of this month's events!**

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

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The Elgin Marbles

photo provided

Library Program On British Museum

Friends of the Fort Myers Library will hold a program about the British Museum in the library's meeting room on Monday, February 5 at 6:30 p.m. Presenter Carol Jonson will take attendees on a trip through England's most famous museum. The program will concentrate on highlights from Ancient Egypt, including the Rosetta Stone, the Ancient Near East, Ancient Greece, including the controversial and beautiful Elgin Marbles and early British history.

The British Museum holds an astonishing eight million works in its collection. Even though only 80,000 are on display, they take the visitor around the globe and millennia back in time.

Carol Jonson is a sought after speaker offering topics in art, architecture, travel and history. She holds bachelor's and master's degrees in english literature with a minor in humanities. Carol has been an adjunct faculty member at the University of Detroit, Davenport University and Oakland Community College in Michigan as well as Hodges and Barry universities in Naples.

Fort Myers Library is located at 1651 Lee Street. The program is free. Register at www.bit.ly/FML0205.

LARC Receives Grant To Enhance Facility

Lee Association for Remarkable Citizens (LARC) Inc. received a grant for \$3,200 from the Southwest Florida Community Foundation for its ADAPT Program. As part of the Community Foundation's 2017-18 Community Impact Grants, LARC received funding to help with renovations to the facility that will include a Hoyer lift.

"ADAPT provides Adult Day Training for up to two dozen adults with profound intellectual, developmental and physical disabilities," said Kevin Lewis, executive director for LARC. "The ADAPT program supports these individuals to have daily interaction, life skills training and stimulation outside of their home environment. Nearly half of these program participants are non-verbal and have limited mobility. We are extremely grateful for the support from the Community Foundation as this project will provide staff and clients with an improved facility design and critically needed equipment to assure that clients' needs can be met in a safe and effective manner for years to come."



Myra Walters and Angela Katz

photo provided

"It is our honor and privilege to partner with LARC as they serve our community and provide compassionate and life-changing care, service and opportunities to their clients," said Sarah Owen, president and CEO of the Southwest Florida Community Foundation.✱

Foundation Grants \$539,000 To Nonprofits

The Southwest Florida Community Foundation has awarded \$539,582.58 to both established and new programs that are designed to increase the quality of life in sustainable and equitable ways for Southwest Floridians.

Twenty local nonprofits were granted money from the community foundation's available Field of Interest funds, as well as individual and corporate donations resulting from foundation's Compassionate Shark Tank audience.

The nonprofits include: Center for Progress and Excellence; Florida Gulf Coast University and the Florida Gulf Coast University Foundation; Florida Department of Health in Charlotte; Family Health Centers of SWFL; Valerie's House; Keep Lee County Beautiful; Big Brothers Big Sisters of the Sun Coast; Gulf Coast Partnership; Keiser University; Glades Education Foundation; Women's Foundation of SWFL; Legal Aid Services of Collier County; Capital Good Fund; The Heights Center; Lee County Alliance for the Arts; Jewish Family and Community Services; Family Initiative Incorporated; LARC Inc.; and Lee County Domestic Animal Services.

Some examples of the regional funding include:

Development of a mental health clinic for low income and traditionally underserved families;

Support of a cancer research program by college students;

Support of dental sealant program for kids' dental health;

Support of mobile health clinic on wheels to take medical and dental care to low income rural communities;

Establishment of a program to stop

abuse of opioids in families, helping families cope with the loss of a parent or child from this epidemic;

Support of planting 10,000 mangrove propagules along the shorelines, many to replace the mangroves destroyed from Hurricane Irma;

Establishment of a science summer camp for girls assessing change in environment in Southwest Florida;

Hiring of an autism navigator to help families find the help needed upon diagnosis;

Support of an equitable financial services program to help low or constrained income families access loans for vehicles, immigration expenses and to provide families with an ability to gain credit;

Support of multiple arts and cultural activities in the Harlem Heights community for all ages;

Support of access to the arts for underserved African American communities starting in Dunbar with a theatre arts program;

Support of a respite services program for caregivers of persons with dementia;

Initiation of an animal bite prevention program.

To review the details of the grants, visit www.floridacommunity.com/portfolio/community-impact-grant/.

"We are so pleased to welcome this amazing group of nonprofits to our 2018 Tribe," said Sarah Owen, Southwest Florida Community Foundation president and CEO. "These relationships are true partnerships, and we are grateful to our donors that make these grants possible. Generous people who care deeply about the region want to be certain that nonprofits serving their causes have the resources they need to create change and opportunity in Southwest Florida."

For more information about the Southwest Florida Community Foundation, call 274-5900 or visit www.floridacommunity.com.✱

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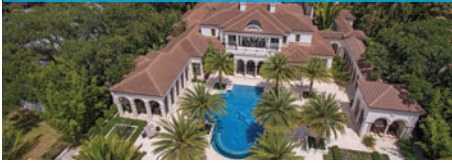
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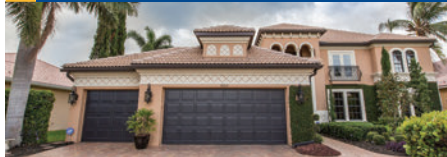


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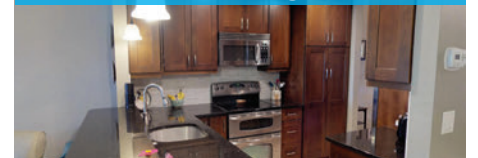
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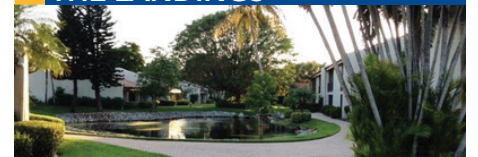
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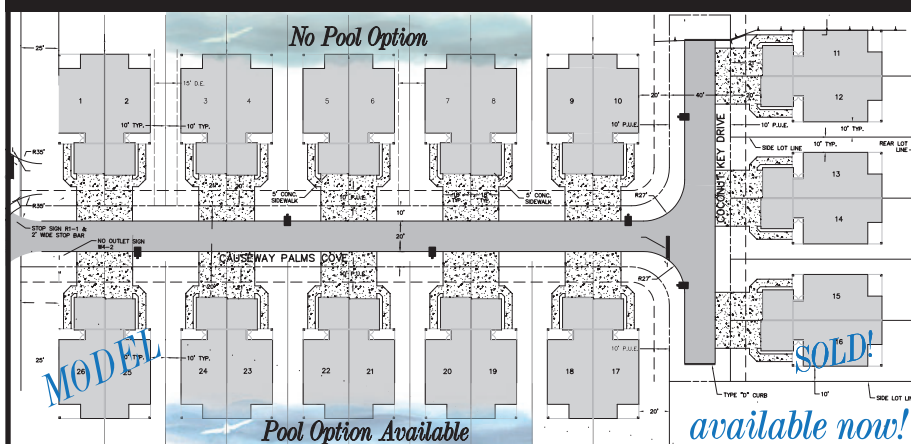
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Fort Myers Art:

Free App Informs On Metal Artworks



by Tom Hall

In order to familiarize the public with the public artworks in its collection, the City of Fort Myers is putting in place a free iPhone app called Otocast that will provide citizens and visitors alike with fun facts,

behind-the-scenes stories and audio recordings about the art people see interspersed throughout the city. One of those works, *Stacked Brands*, is a sculpture located in the courtyard of the new Fort Myers Regional Library on First Street and Royal Palm Avenue in downtown Fort Myers. It was conceived, designed and fabricated by California sculptor and art instructor Peter Mitten, who was chosen from a field of 112 applicants.

Stacked Brands is a site-specific sculptural installation that commemorates the rich traditions of the cattle industry that flourished in Southwest Florida during the late 19th and early 20th centuries. The installation consists of a large three-dimensional ferrous metal sculpture that is comprised of cattle brands assembled in a calligraphic linear configuration that pays tribute to the branding irons utilized by Lee County's cattle ranchers to mark their cattle. The 400- to 500-pound rust-colored



Sculptor Peter Mitten and *Stacked Brands*
photo courtesy www.artswfl.com

sculpture stands eight feet in height, although it appears taller because it has been mounted on a 4 x 4 foot travertine clad pedestal which resides in the center of a shallow 12 foot wide by 77 feet long water feature that runs along the west side of the plaza opposite the library's entrance. It has been sealed with three coats of clear Smart Coat sealer to protect it from corrosion and the sun's UV rays.

There are also four one-by-two foot bronze relief panels associated with *Stacked Brands*. Containing imprints

of cattle hooves, these panels have been inset in the sidewalk at strategic points along First Street to inform residents and visitors alike that Fort Myers was once a rough-and-tumble cow town, with First Street serving as the site of the historic cattle trail that cut through the heart of the city. Between 1865 and the early part of the 20th century, cow hands known as "crackers" drove herds of cattle pastured in Fort Ogden and Fort Thompson through the business district on their way to the deep water port at Punta Rassa, where the steers were shipped to Key West, Havana and other destinations in Cuba and the Caribbean.

The totemic piece and sidewalk panels are collectively known as Marks & Brands. See if you can find the four bronze relief panels. (Hint: they are located between the library and Monroe Street to the west.)

Peter Mitten has been making and exhibiting sculptural ideas, drawings and architectural designs for nearly 40 years. He teaches life sculpture and three dimensional design at Mt. San Jacinto College in Menifee, and is involved in curriculum and teaching for the Oak Lake Art Center in Julian, California. Peter's most recent work explores modular sculptural interpretations of micro and macroscopic systems.

For more information about this public artwork, visit www.fortmyerspublicart.com.

Feminine Magic And Mystery Opens At Watson MacRae

Feminine Magic and Mystery is an exciting and different exhibit that combines paintings, sculpture and mixed media works that honor the feminine. It opens at Sanibel's Watson MacRae Gallery on Tuesday, February 6, with a 5 to 7 p.m. artists' reception.

The exhibit features the work of five highly accomplished and nationally recognized female artists who create a diverse and exciting visual narrative of the feminine mystique.

Cathy Hegman of Holly Bluff,

Mississippi Delta returns to the gallery with her woman of mystery. Set in surreal atmospheric spaces, Hegman's paintings tell tales of female accomplishments beyond the realm of the possible.

New Orleans-based Cathy Rose's sculptures continue to evolve as they become more textured and complex. Her figures, often androgynous, combine delicate porcelain features with sturdy rustic bodies that perform dangerous or unlikely feats with courage and grace.

Fran Gardner of Heath Springs, South Carolina makes powerful statements about ancient female wisdom (often called magic) in her mixed media paintings. Symbols, signs and charms float throughout her work to conjure the energy of empowerment.

Atlanta, Georgia-based Kirsten Stingle's new work shows influences from her summer residency in Italy. Darker tones, more realistic features, more gravitas make these pieces a powerful statement about beauty.

San Francisco artist Rimi Yang's narrative paintings combine East and West, abstract and figurative, realistic and folk, home and adventure all reflecting her view of the complexity of being female.

"This will be an exciting and different exhibit," promises gallery owner and director Maureen Watson. "Please join us on Tuesday, February 6 for the opening reception. Artist Fran Gardner will attend. We look forward to seeing you at the opening party."

Watson MacRae Gallery is located in Suite B3 at 2340 Periwinkle Way on Sanibel. For more information, visit www.watsonmacraegallery.com or call 472-3386.

*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.**

From page 2

Historic Downtown

influence on Fort Myers history.


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, *Fort Myers Press*, *The Story of Fort Myers* by Karl H. Grismer, and www.weather.gov.*

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Beach Art Group Winter Juried Art Show Winners

On January 21, Fort Myers Beach Art Association (FMBAA) presented awards for the current show, 50 Shades, judged by renowned artist Kathleen Conover. Artwork in this exhibit is available for viewing and purchase until February 15.

First Prize went to Dannica Walker for *Sunday*. Sue Pink was awarded second prize for *Over Easy*. Third prize went to Suzanne L. Brown for *Peppers*.

Merit Awards went to the following: Terry Shattuck, *Lilliput Lilies*; Kay Cowan, *Ready for Take Off*; and Michelle Barron Buelow, *Into the Light*. Honorable Mentions went to the following: Robinette Apelgren, *Auburn Baby 2*; Fred Bushnell, *Walnut Creek # 11*; and Patricia Boyd for *Buttercup Cottage*. The Lee Ackert Award went to Nancy Morgan for *Bouquet on Blue*.

On Wednesday, February 7 from 5 to 8 p.m., visit FMBAA for enjoy heavy appetizers, cash donation beverage bar, raffle prizes, and watch art in the making during a Paint Around social featuring award-winning artists Neil Walling, Michele Barron Buelow, Tracy Owen Cullimore, and Lisa Grinter. 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.

FMBAA is located at 3030 Shell Mound Boulevard on Fort Myers Beach. For more information, visit www.fortmyersbeachart.com or contact Pam Flaherty at fmbaapublicity@gmail.com or 463-3909.*



Sue Pink was awarded second prize for *Over Easy*



First prize went to Dannica Walker for *Sunday*

photos provided



Third prize went to Suzanne L. Brown for *Peppers*

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Along The River

ArtFest Fort Myers, Southwest Florida's premier art festival, will be held **downtown Fort Myers** this weekend, Saturday and Sunday, February 3 and 4, from 10 a.m. to 5 p.m. There is an opening night party this Friday, February 2 from 6 to 9 p.m.

The annual juried outdoor fine art festival features 200 professional artists from across the county and around the world displaying and selling their art in tents on the streets. It also involves hands-on art activities, live music and food vendors, the largest high school art exhibit and competition in south Florida as well as Chalk Block, a sidewalk chalk art competition, and free interactive art experiences for children of all ages.

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

ArtFest is nationally ranked for the quality of the artists, who are carefully juried and accepted to exhibit their work based on their talent. For more information, visit www.artfestfortmyers.com.

Bayside Estates will host a **flea market** in its clubhouse and 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.

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

The River District Alliance will host **Art Walk** in **downtown Fort Myers** this Friday, February 2 from 6 to 10 p.m. and Saturday, February 3 from 11 a.m. to 4 p.m.

Fourteen galleries invite visitors and residents to meet the artists and enjoy live art demonstrations and exhibitions along the river district.

For more information, visit www.fortmyersriverdistrictalliance.com.

During Art Walk, held on Friday, February 2,



ArtFest returns to downtown Fort Myers this weekend

photo provided

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 session from 6 to 10 p.m.

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

On Saturday, February 3, from 10 a.m. to 2 p.m., **Edison & Ford Winter Estates** will host its annual **Antique Car Exhibition** featuring antique Ford

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

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

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. The 2018 film festival is slated for March 21 through March 25.

Tickets to TGIM are \$10 for adults and \$8 for seniors or students. The Sidney & Berne Davis Art Center is located at 2301 First Street in the historic downtown Fort Myers River District.

Mrs. Edison's Hymn Sing returns to **The First Presbyterian Church** on Tuesday, February 6. Three performances are planned at 1, 4 and 7 p.m. Doors will open 30 minutes prior to each performance. This year's free event will feature the First Presbyterian Sanctuary Choir and many other singers, including members of the Mastersingers, guest soloists, along with a piano-organ combination.

Bring cans of non-perishable food and a voluntary cash donation, if possible, to benefit The Soup Kitchen of Community Cooperative, which provides 15,000 meals each month in addition to other services. 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 Myers. For more information, call 334-2261 or visit www.fpcforymyers.org.✪



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Spring Arts Campers perform a skit

photo provided

Registration Open For Alliance Spring Arts Camp

Registration for the Spring Arts Camp at the Alliance for the Arts, a five-day program during the public school spring recess, is now open. The camp is presented in partnership with Florida Rep Education and runs from March 19 to 23.

Campers are invited to unravel the haunting mystery of Pirates of the Gulf

Coast through songs and scenes of piracy, pillagers and the brave heroes that stood in their way. The program combines visual and performing arts. There is a final stage performance on Friday, March 23.

Winter Arts Camp is \$185 for the week and held at the Alliance for the Arts, 10091 McGregor Boulevard, in Fort Myers. Drop off begins at 8:45 a.m. with camp starting at 9 a.m. each day. Aftercare is available for an additional cost.

For more information or to register, visit www.ArtInLee.org or call the Florida Rep at 332-4665 ext. 2020.✪

FGCU To Host Film Festival

The Department of Language and Literature at Florida Gulf Coast University (FGCU) in partnership with the College of Arts and Sciences and the Seidler Fund will host a series of international movie showings in Sugden Welcome Center Theater (SWC 108) every Monday and Wednesday throughout the month of February.

Opening night with a reception begins Wednesday, February 7 at 5:30 p.m. followed by the first movie screening of *Frantz*, a film by François Ozon. All movies will be shown in the original language (Spanish, French, German and English) with English subtitles.

The remaining schedule includes: *True Smile*, a film by Juan Rayos, February 12 at 6:30 p.m.; *The Stopover*, a film by Delphine & Muriel Coulin, February 14 at 6:30 p.m.; *Therapy for a Vampire*, a film by David Ruehm, February 19 at 6:30 p.m.; *Fatima*, a film by Philippe Faucon, February 21 at 6:30 p.m.; *The Facilitator*, a film by Victor Arregui, February 26 at 6:30 p.m. On February 28 at 6:30 p.m., there will be a reception followed by a screening of *Liberation*, a film written by Jon Braddy, Ph.D. and directed by Gunnar Gibson in Edwards Hall 112.

The receptions and movie showings are free and open to the public. For

more information, visit www2.fgcu.edu/CAS/Departments/LL/languages.html or contact Delphine Gras, associate professor in the department of language and literature, at 590-1511 or dgras@fgcu.edu.

Symphony Mozart Requiem On Saturday

The Southwest Florida Symphony continues its 57th season with the Mozart Requiem, featuring the Symphonic Chorale of Southwest Florida, at Barbara B. Mann Performing Arts Hall at FSW on Saturday, February 3 at 7:30 p.m.

Maestro Kir Kabaretti's highly popular pre-concert lecture takes place at 6:30 p.m. These lectures are offered in order to better educate audiences about the pieces being performed and often feature a guest artist question-and-answer session and demonstrations.

Tickets cost between \$29 and \$92 per person and may be purchased online at www.swflso.org, by visiting the Southwest Florida Symphony Box Office located at 8290 College Parkway suite 103 in Fort Myers, by calling the Symphony Box Office at 418-1500 or at the door, one and a half hours prior to the concert. Barbara B. Mann Performing Arts Hall is located at 13350 FSW Parkway in Fort Myers.



Barrage 8

photo provided

String Ensemble To Perform At Shell Point

Shell Point Retirement Community's 2017-18 Concert Series will present a live performance from Barrage 8 at the Village Church on The Island at Shell Point on Friday, February 9 at 7:30 p.m. The concert is open to the public, with tickets available for purchase online at www.shellpoint.org/concerts or by phone at 454-2067.

Featuring a compilation of violinists, violist, cellist and double bassist, Barrage 8 has established itself as one of the

pre-eminent string music performance ensembles in the world. The group has performed more than 3,000 shows in 27 countries over a 17-year career, building a reputation for energizing audiences from start to finish.

With a musical selection ranging from '70s rock to jazz, classical and blues numbers, in addition to original compositions, concertgoers can anticipate an infectious, high-energy show from Barrage 8's Shell Point Concert Series performance. The show will feature elaborate choreography and captivating rhythms presented by Barrage 8 performers as an ensemble, as well as soloists, in trios and in other collaborations.

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Lauren Drexler and Sonya McCarter in *Gidion's Knot*

photo provided

Female-Driven Play Addresses Education System

Theatre Conspiracy at the Alliance for the Arts presents *Gidion's Knot* by Johnna Adams from February 8 through 18. The production stars Sonya McCarter as Corryn Fell and Lauren Drexler as Heather Clark. *Gidion's Knot* is directed by Rachael Endrizzi with assistant director Sima Robbins. *Gidion's Knot* takes place in true time — the play takes 90 minutes, so does this parent-teacher conference.

Amidst the fallout from her fifth grade son's suspension from school, a mother demands answers. What begins as a highly charged parent/teacher conference

with *Gidion's* reticent teacher soon develops into a revelatory confrontation that burrows under the surface of bullying, failures of the education system and freedom of expression.

"I am thrilled to work on such a female-driven project," said Endrizzi in a director's note. "This play is written by a female playwright, Johnna Adams, stars two amazing female actresses playing two strong, well-developed characters and is directed, assistant directed and stage managed by females.

"I am fascinated at Ms. Adams ability to layer so much power, emotion, suspense and subtext into so few words. The play itself is short, but loaded with so many thought-provoking questions. The script eloquently addresses the issues of guilt, artistic censorship and maternal loyalty set against the backdrop of today's education system."

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.

There is no intermission. Individual tickets are \$25, \$11 for students or \$22 for Alliance members. Performances run February 8 through 10 and 15 through 17 at 8 p.m. and February 11 and 18 at 2 p.m.

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

Church To Host Shrimp Boil

The annual Saint Hillary's Episcopal Church Shrimp Boil will take place on Friday, February 9 from 4:30 to 7 p.m.. Guests will be treated to a half pound of fresh boiled shrimp, baked beans, coleslaw, roll, non-alcoholic drink and dessert. Guests who dine in may bring their own wine. Tickets are \$14 for adults and \$7 for children age 12 and younger. Take-out dinners are also available.

A portion of the proceeds for the event will benefit Community Cooperative, the umbrella agency for the Community Cafés and Market, the Soup Kitchen, Meals on Wheels, Healthy School Pantry and Food Literacy in Pre-School (FLIP) programs, Mobile Food Pantries, and Social and Education Resource Centers for our hungry and homeless residents in need.

The event has a great turn-out every year and continues to be a fun gathering of friends, old and new, for a good cause. Guests are encouraged to bring a canned or shelf-stable food donation to help stock the pantry shelves.

Tickets may be purchased on the day of the event or in advance by calling 936-1000.

Saint Hillary's Episcopal Church is located at 5011 McGregor Boulevard in Fort Myers. For more information, visit www.sainthilarys.org.

Tours And Flights On WWII Aircraft

Aviation enthusiasts and history buffs will have the opportunity to tour or take flight in rare, historic World War II aircraft when the Collings Foundation brings its Boeing B-17 Flying Fortress "Nine-O-Nine" heavy bomber, Consolidated B-24 Liberator "Witchcraft" heavy bomber, North American B-25 Mitchell "Tondelayo" medium bomber and newly restored North American Dual Control TF-51D Mustang "Toulouse Nuts" fighter to Page Field from Monday, February 5 through Thursday, February 8. The stop in Fort Myers is part of the Collings Foundation's Wings of Freedom Tour, an annual 110-city nationwide tour in its 29th year of showcasing rare vintage aircraft.

The planes will be displayed on the ramp at Base Operations at Page Field, 5200 Captain Channing Page Drive, in Fort Myers. Walkthrough tours are available for a donation of \$15 for adults and \$5 for children under age 12. World War II veterans can tour the aircraft at no cost. Flights experiences are also available for a fee.

To make a reservation or find out more information, call 800-568-8924 or visit www.collingsfoundation.org.

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.

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.17671 Pine Ridge Road, peacecommunitychurch.com, 267-7400.

PEACE LUTHERAN

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

REDEEMER LUTHERAN

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

RIVER OF LIFE ASSEMBLY OF GOD

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

SAMUDRABADRA BUDDHIST CENTER

Meditation classes. MeditationInFortMyers.org, 567-9739.

SAINT COLUMBKILLE CATHOLIC

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

ST. FRANCIS XAVIER CATHOLIC

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

SAINT JOHN THE APOSTLE

METROPOLITAN

CROW Case Of The Week:

Red-Shouldered Hawk



by Bob Petcher

Discarded monofilament line can be a death trap for birds and other small animals. If not properly disposed of at monofilament stations found at boat ramps, fishing piers or other park sites, fishing line

can act like a snare or noose for some poor creature that is just trying to live in its habitat.

At CROW, an adult red-shouldered hawk (*Buteo lineatus*) was admitted to the clinic from Cape Coral after it was found hanging in a tree by its wing. It was entangled by monofilament fishing line, and the caller stated that the bird had been hanging for multiple days.

CROW volunteers used a boat to get to where the bird was located and were able to cut it free. When it arrived at the clinic, the hawk was reportedly very dehydrated, extremely thin and the feathers that were entangled in the line were tattered. The hawk was given subcutaneous fluids, pain medication and started on a re-feeding plan.

CROW medical staff stated the survival rate for a hawk in this condition can vary on its health and hydration level prior to

being entangled. Dr. Robin Bast, CROW veterinary intern, said the hawk survived four days of entanglement without food or water.

"We placed the bird on a slow re-feeding plan, starting with smaller amounts of a liquid formulation of a critical care diet and working up to whole prey items," she said. "It is very important to do this gradually, to avoid re-feeding syndrome. Re-feeding syndrome can occur when the body makes a sudden shift from a starvation state back to normal metabolism if food is reintroduced too quickly – this can result in life-threatening electrolyte changes."

Besides needing food and water, the patient was lucky not to endure physical injuries.

"No fractures or wounds were caused by the entanglement. It was treated with pain medications for soft tissue injury or muscle soreness due to the ordeal," said Dr. Bast. "In addition to the re-feeding plan, the bird received fluid therapy for several days in order to address its state of dehydration. Luckily, the damage to the affected feathers was minor and the bird did not need to have any feathers removed or artificially replaced."

The hawk also escaped any stress injuries.

"There were no wounds on the bird caused by thrashing around trying to get free, likely because it was suspended in the air from the line," said Dr. Bast. "Often birds trapped on the ground will have wounds on their wings caused by flapping in an attempt to free themselves. A major concern when a bird has been trapped for this long is capture myopathy – this is



Patient #18-0105 being released after a monofilament entanglement case

photo by Brian Bohlman

a condition where muscle damage occurs after a period of extreme exertion or stress, and it can be fatal. The bird was monitored closely, but did not develop any complications related to capture myopathy."

Given the gravity of the situation, the hawk could have been a lot worse. "This bird is lucky to be alive given the length of entrapment, and to come away with no major injuries is nothing short of a miracle. In the same breath, it is not lucky to have been in this situation – it's a reminder to be responsible and 'clear your gear' to keep the environment and the wildlife we share it with healthy," said Dr. Bast.

After being in the intensive care unit

for five days, the hawk was moved to an outdoor flight enclosure for 24 hours to reacclimatize to the wild.

"The hawk was successfully released, and reunited with its mate," added Dr. Bast. Visit www.clearyourgear.org for more information on the Clear Your Gear project.

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

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Windy Weather, Duck And Hide



by Capt.
Matt Mitchell

Days of blustery strong winds made it rough going out on the water for what seemed like the whole week. Although I did not cancel any scheduled charters,

making any long open water runs was just not an option. The southern end of the sound offers anglers plenty of sheltered places to fish and a successful day no matter how strong the wind blows. Once you make it back into the mangrove creek systems, you have no idea that it's gusting 30 mph-plus as the water is clear and the fish are biting.

Sheepshead, black drum and redfish proved to be the best action this week while hiding back in the deep water mangrove creeks. No one place was on fire even though everyday we went home with a cooler of keeper fish. It took persistence, patience and moving a lot at times. Non-stop action on a great mixed bag of smaller fish is not a bad thing. You keep getting a keeper now and again. I don't remember in recent years ever catching so many black drum as we have this winter. I recently had to pull up the FWC regulations on my phone to see that the max is five black drum per angler as we took home seven on one trip up

to 21 inches. Black drum from 15 to 20 inches are excellent table fare. They are plentiful and a fun fish to catch.

With a full moon January 31 and another big cold front forecast for mid-week, we will get another large push of pre-spawn sheepshead moving into the sound. February is the best month to catch big sheepshead, and this will play out again this year. Last week during the super low tides, I found some sunken palm trees and other submerged post-Irma structures in deep mangrove creek systems that have been a sheepshead honey hole now for days. So far, unlike in years past, I have been doing better deep in the mangrove creeks than on the docks and jetties around the passes to catch keeper-sized sheepshead. Much of the open water structure in the sound is holding some larger sheepshead, but until the wind lightens up, it's just been too rough to fish.

With our water temperatures still in the low 60s, our snook bite is still almost nonexistent. Even after catching great shiners all week, I was never able to catch more than a few snook on any given day even though I could see them stacked up in the places we fished. Live chumming would not even get a single snook to pop a bait on the surface when set up on dozens of fish in dead end creeks and canals. Working some of my favorite cold water snook spots was extremely frustrating when you have a whole livewell full of shiners and no snook will play. A few trout and ladyfish did eat the shiners but it was just not worthwhile adding a few hours to your day to catch shiners.

In years past, I remember catching



Mike Bennett with a 25-inch redfish caught while creek fishing with Capt. Matt Mitchell this week photo provided

snook all winter long and even when it did get really cold, water temperatures quickly rebounded and we never went more than a few days without being able to get on a good snook bite. The prolonged cold this winter has totally shut down our catch-and-release snook fishing since January 1. Each time another cold front is approaching, I think the snook may turn on but this has just not

happened yet. Luckily we have lots of other species of fish we can catch during this colder than normal winter.

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

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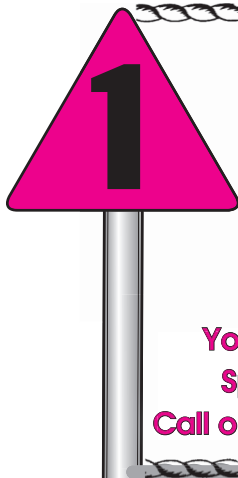
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Dave Doane



A bird chose a sturdy intersection of branches to build a nest in this firebush
photos by Gerri Reaves

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by Gerri Reaves

Attracting birds, butterflies, bees and bunnies to your yard requires seeing it as they do.

Wildlife need the same things people do – safe habitat, food, water and a little peace.

Some nesting birds, for example, seek dense shrubs in a safe spot before investing in nest building. The photo of firebush (*Hamelia patens*) shows a nest



A red-bellied woodpecker (right of trunk at treeline) delivers food to its nest

built securely in the crotch of the branches.

In addition to being a nesting site, this native shrub provides sustenance to wildlife. Its purple-black berries attract a variety of birds and the red-orange tubular flowers provide nectar for butterflies and hummingbirds.

Avoid pruning shrubs during nesting seasons, lest you disturb or destroy nests. Also avoid using pesticides and herbicides on butterfly plants.

Sometimes creating a wildlife-friendly yard involves simply doing nothing – like not removing palm or pine trunks that can be used by cavity nesters, such as the red-bellied woodpecker (*Melanerpes carolinus*) in the photo.

Look closely under the right top branch



A broad-headed skink suns in habitat with bunches of grass

knob, and you'll see the woodpecker in profile at the nest entrance. The knob, like an awning, provides extra protection from rain and sun. Even a dead tree has an important function in the cycle of life.

Consider too that birds seeking a cavity are better off finding a natural one, for they'll be less tempted to bore a hole under the eaves of a house.

Closer to the ground, natural plantings with grasses, wildflowers and groundcovers provide attractive habitat for a variety of species.

For example, that shiny broad-headed skink (*Eumeces laticeps*) perched on the palm trunk can seek cover in the surrounding sand cordgrass (*Spartina bakeri*). Lizards and other small wildlife



A marsh rabbit finds food and cover in a wildlife garden

also use this low-maintenance planting to safely sun, feed and breed.

Natural landscapes with plenty of cover and green snacks might attract a bunny or two, like the marsh rabbit (*Sylvilagus palustris*) in the photo. There's no doubt that a rabbit, who's always a potential meal for larger animals, would rather be amid the wildflowers than exposed on a manicured lawn. This wildflower garden not only provides safety and nibbles, but attracts birds, butterflies, bee, and other pollinators. And, it's just plain pretty.

If you want creatures to visit your landscape, take their point of view.

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

Changes For Cobia In State's Gulf Waters

Several changes to the management of cobia in state waters of the Gulf of Mexico went into effect on February 1. These changes were approved at the Florida Fish and Wildlife Conservation Commission (FWC) meeting in December.

These changes will further promote sustainable management of this fishery and were developed in coordination with anglers who were concerned about the fishery. The changes will apply to all state waters north of the Monroe-Collier county line.

Changes effective February 1 include:

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

The current 33-inch minimum size limit will not change.

Learn more about cobia online at www.MyFWC.com/Fishing (click on "Saltwater Fishing," "Recreational Regulations" and "Cobia").*

Calusa Blueway Speaker Series

Dr. Dirk Rohrbach will present Yukon – New Adventures on the Great River at the Wa-Ke Hatchee Recreation Center on Tuesday, February 6 at 6:30 p.m. This third talk in a series of free Calusa Blueway-related programs will be held on the outside patio and snacks will be provided.

Rohrbach is a German physician, radio journalist, National Geographic author and photographer. With award-winning live presentations, he is one of Europe's most renowned inspirational speakers. In the summer of 2013, Rohrbach traveled across America with his bicycle and camera for the project Highway Junkie, collecting stories and photographs for a picture book published by National Geographic Germany, as well as his latest release *Yukon - New Adventures on the Great River*. His recent project is called 6000 Kilometers West and documents his bike trip from New York to Los Angeles.

Rohrbach's journey through Lee County will be featured in his next project,

50 States – A Journey into America. The German journalist will paddle in search of the people, encounters and stories that make America special.

On March 6, Tommy Thompson will present Paddling Cuba as the fourth talk in

the series.

Wa-Ke Hatchee Recreation Center is located at 16760 Bass Road in Fort Myers. For more information, call 432-2154 or visit www.fortmyers-sanibel.com.

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From left, Stacey Cook Hawk, Ron Penn, Arlene Goldberg, Avow Hospice's Leigh Ann Drew and Melissa Phillips, Committee Chair Shawn Williams, Sarah Owen and Kurt Haberli

photo provided

Multi-Donor Fund Awards Grant

The LGBT Community Fund of Southwest Florida, a fund of the Southwest Florida Community Foundation, recently awarded \$15,000 to Collier County's Avow Hospice for an education program to address aging issues in the LGBT community.

The LGBT Community Fund of Southwest Florida is a multi-donor fund that allow donors to support the LGBT causes by becoming an LGBT Community Fund Participant, making a gift in honor or a memorial gift in memory of someone special, or creating a legacy fund as part of one's estate plan to benefit the LGBT Fund in perpetuity.

Avow's skilled nursing staff provide in-home hospice nursing care at nursing homes, independent senior housing communities and assisted living facilities throughout Southwest Florida. Avow also provides palliative care, bereavement support, and education.

"This grant helps promote equality for LGBT in Southwest Florida by expanding Avow's current education and outreach programs to include programs designed to meet the unique needs of LGBT seniors," said LGBT Community Fund Committee Chair Shawn Williams. "The contributors to the fund believe this grant honors those elders who forged our path of equality and acceptance before us."

For more information on how to become a participant of the LGBT Community Fund, visit www.LGBTSWFL.com.

Library To Host Pilsen Days

Representatives of the Pilsen Region of the Czech Republic will be visiting the Fort Myers Beach Public Library and other Beach locations during Pilsen Days beginning Friday, February 2.

The partnership with the library is to better understand the Pilsen folklore heritage, annual festivals and traditional crafts and life in Czech cities. The public is invited to share in this partnership.

Visiting will be the folk group Mladina; 10 dancers/singers/performers; Alena Svobodova, director of the Pilsen Region cultural department; Ivana Bartosova, commissioner for education and cultural affairs; and Marcela Krejsova, commissioner for economy of the Pilsen Region of the Czech Republic.

Pilsen Days includes more than 12 events of shared community and cultural events. Festivities will begin with a folk ensemble in the library community room at 9 a.m. on Friday, February 2. Activities are scheduled throughout the day.

For more information, visit www.fmb.lib.fl.us or call 765-8162.

Morning Walk At County Park

Lakes Regional Park will be the site of a nature walk with a Lee County Bird Patrol Guide on Saturday, February 3 at 8 a.m. It is free with paid parking.

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

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

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

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

Ballroom Dancing

Four Freedoms Park and the local chapter of USA Dance Inc. will be holding ballroom dancing classes at the park each Wednesday, beginning February 7, from 7 to 9 p.m. There will be no class on February 14.

Cost is \$8 per class, which includes instruction the first hour followed by one hour of practice and review. The

lessons will be structured for beginners, however, all who wish to refresh their basic skills are invited to join in. Walk-ins are welcome.

Four Freedoms Park is located at 4818 Tarpon Court in Cape Coral. For more information, call 574-0804.

Homeless Care Stakeholders Awarded Funds

The Lee County Homeless Continuum of Care, which includes local government, non-profit, and faith-based organizations, has been awarded \$1,739,532 in federal funding, which will provide housing and services for Lee County residents who are homeless.

Community Assisted and Supported Living, Inc. will receive renewal funding for two rental subsidy programs and two permanent housing programs as well as additional funding to expand an existing permanent housing program.

The Salvation Army Fort Myers Area Command will receive renewal funding plus additional funds to expand the rapid re-housing program, which will permanently house eligible families who are homeless.

Lee County will receive funds for planning, which will provide additional resources to strengthen the local homelessness response system.

The 2017 awards total over \$2 billion nationwide. Funding for local Continuums of Care is provided by the U.S. Department of Housing and Urban Development (HUD) and is awarded following a national competitive application process.

For more information, visit www.hud.gov.

From page 1

Lab Theater

something greater going on here. For this young couple, the morning after a wedding reception (with lots of alcohol) reveals some surprising twists that neither could have anticipated.

According to director Annette Trossbach, "This show is a sexy love story with an unexpected twist. Doug and Beth negotiate their awkwardness after a one-night stand, their feelings for one another, and what other people will think... this courtship is charming, awkward, difficult and lovely with Mr. LaBute's richly-drawn characters."

Steven Coe is a Lab Theater regular, and was most recently featured in *Veronica's Room*, *The Last Night of Ballyhoo* and *Whatever Happened to Baby Jane*; a *Parody of the Horror*. *The Way We Get By* is Kendall Millang's Lab Theater debut.

Set design is by Michael Eyth and lighting by Rosie DeLeon.

A free matinee on Sunday, February 11 for teens age 13 to 18 is part of the Staging Teen Success Through Theater program.

Lab Theater is located at 1634 Woodford Avenue in Fort Myers. Tickets are available at www.brownpapertickets.com or by calling the box office at 218-0481.

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United Way Free Tax Filing Assistance



VITA volunteer Bruce Morreale, right, with clients from LaBelle

photo provided

In order to help local residents keep more of their hard earned money, United Way of Lee, Hendry, Glades, and Okeechobee provides free tax filing services. The free VITA service (Volunteer Income Tax Assistance) is available at 15 sites in Lee, Hendry, and Charlotte counties to individuals and families making less than \$66,000 per year.

United Way's Free Tax Preparation program helps low- to moderate-income households meet their basic needs and build financial assets. Residents who earn a household income of \$66,000 or less can have their federal tax returns prepared and e-filed for free by United Way's VITA program. United Way IRS-certified volunteers who are passionate about taxes will prepare the return and determine if the taxpayer is eligible for the Earned Income Tax Credit (EITC) and/or Childcare Credits.

More than 150 volunteers will be staffing the sites this year. Tax preparers have been trained and certified by the IRS to determine if the taxpayer qualifies for tax breaks designed to assist lower to middle

income persons. Returns are filed electronically, making tax refunds available as quickly as from commercial tax preparing companies.

United Way VITA services are available through the tax filing deadline of April 17. A few VITA sites are open year round. Locate the most convenient VITA site, schedule an appointment and allow an IRS-certified volunteer to prepare and e-file your tax return for free. Visit <https://booknow.appointment-plus.com/7z18p1x6/> or simply call United Way 211 by dialing 2-1-1 or 433-3900.

Last year, 3,900 individuals and families were able to utilize the earned income tax credit and other available credits resulting in \$5.7 million coming back to our five-county region and saving an average of \$200 per family in tax preparation fees.

If the taxpayer has access to a computer and would like to file their own taxes free of charge, United Way can help with that too. Visit www.MyFreeTaxes.com. It's simple, fast and secure while offering online assistance with the process.✱

Rotary Business And Membership Initiative

Rotary International District 6960 will launch a new business and membership initiative at the Hyatt Regency Coconut Point Resort and Spa on Monday, February 5 from 5:30 to 7 p.m.

Rotary Means Business (RMB) District 6960 Chapter is a networking fellowship for Rotarians and friends. This new program will encourage Rotarians to support other Rotarians in business and create a network that shares the ethics of Rotary.

As a business owner, executive or relationship manager, all Rotarians are encouraged to participate in the district's RMB Chapter. At these meetings you will be able to develop an expanded

network of Rotarians and friends who support the high business ethics rooted in Rotary. Meetings will allow for fellowship, business introductions and dialog – the basis for building long-lasting and beneficial relationships.

In addition to becoming a member of the RMB, Rotarians have the opportunity to become a sponsor of the RMB Chapter with a remarkable benefits package for an amazing low cost of just \$99 semi-annually, cancellable at any time. The funds generated will make RMB self-sufficient with the aim of hosting frequent district and regional RMB events going forward, in order to promote business opportunities for every Rotarian throughout the district.

All Rotarians are encouraged to attend and can register for this free event at www.rotarydistrict6960.org. The Hyatt Regency Coconut Point Resort and Spa is located at 5001 Coconut Road in Bonita Springs.✱

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From left, Sandy Doubles, Cheryl Haight, Maggie Gonzalez and Barbara Cilibrasi

photo provided

Bank Celebrates 15th Anniversary

To kick off 2018, Sanibel Captiva Community Bank celebrates 15 years of business in Lee County, marked by strong growth and an unwavering commitment to the community it serves.

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

Since chartering on Sanibel in 2003 as a locally owned and operated community bank, SanCap Bank has grown from its original branch to offer an additional Sanibel location and five branches conveniently located throughout Lee County – with four of those locations added in the past two years.

Most recently, SanCap Bank brought community banking back to downtown Fort Myers with the opening of its branch in the historic Edison Theatre building on Hendry Street.

Specializing in residential loans, the bank's number of home loans has steadily increased since 2011, with a 152 percent increase in loan volume. Last year, the bank approved 470 home loans with a loan volume of \$136,891,000.

"As a community bank, our success is tied to the success of the area. It's not just about a bottom line – it's about our commitment and investment in Lee County," said Albert. "We know that growth and success in the community will benefit everyone."

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

Albert said employees are considered one of the bank's greatest assets, with a 91 percent increase in staff complementing the bank's growth. Staff enjoy flexible work schedules, generous health coverage and retirement contributions. The bank's investment in employees has paid off: they enjoy a low staff turnover of just 1.7 percent.

"Our employees learn that when they become a member of our team, they are becoming part of our family," he added.

SanCap Bank's impact in the community has been lauded. It received the 2017 Horizon Council Business Citizenship Award from the Lee County Economic Development Office, and the bank was honored as a 2016 *News-Press* Business of the Year finalist.

Its accolades also extend beyond the region. Sanibel Captiva Community Bank is nationally ranked in the top 20 as a best-performing community bank by S&P Global Market Intelligence out of more than 4,500 banks with assets under \$1 billion. It is well-capitalized, with \$403 million in assets, and generates the highest return on equity of all Florida banks in excess of \$155 million in total assets.

To learn more, visit www.SanCapBank.com.

Superior Interiors

It's Not Your Grandmother's Wallpaper

by Barb Cacchione



Wallpaper, or wallcovering, is making a comeback in home and office interiors. And your grandmother may not believe the new ways you can add drama, energy, texture, shine, nature

or other sophisticated touches to any room. Modern wallpaper designs that look like fabric, wood, brick, natural stone, cement or metal are just a few of the striking interior decorating trends that are increasingly being seen in wallcoverings.

Today's patterns include just about anything you can imagine. Thanks to digital printing, wallpaper designers are able to stretch their creative vision such that you can add images of ancient art, contemporary crafts, historical events, favorite places or other inspirations to your room décor in a unique way. Wallcovering can become not just the backdrop, but an integral part of the design scheme itself.

Every wall is a blank canvas, and wallpaper can make it art. Adding some unexpected textures and bold patterns can add a creative spark and create a more dynamic space, giving your room a layered look that draws the eye around. Try creating one accent wall with wallpaper. A large-scale wallpaper design will be more like an exclamation than an accent.

Powder rooms can provide a great space for wallpaper. When used on the ceiling with crown molding, it can add great architectural detail. Lining the back of bookshelves can be another decorative use for wallpaper.

If you have bad memories of tearing off old wallpaper and you are worried about what happens if you tire of it and may want to remove it, fear not. Today's wallpapers are so much easier to deal with. There are even temporary wallpapers that you can pull off and you only have to wipe the wall beneath with

a damp sponge.

York Wallcoverings, for example, has an entire collection of pre-pasted Sure Strip wallpaper that is "completely removable guaranteed." Called Inspired by Color, each sample book focuses on a single color making for a wide variety of designs that will coordinate well with your choice color. These are environmentally friendly non-vinyl wallpapers with new removability technology. They are breathable to prevent moisture from being trapped, are pre-pasted and washable.

As a child, were you ever told not to touch the walls? Why not have a wall that invites touching? Grasscloth is one type that was popular in the 1970s, but today's versions have a more refined look and may even have fine metallic threads woven into them. Available in a variety of colors and textures, grasscloth can be woven into just about any design concept, and it even gives you the option of creating your own patterns and designs by simply cutting it into the shapes and sizes you want. It also is eco-friendly since it is produced from natural elements.

Other textured wallpapers include recycled wood, glass and sand; embellishments with embroidery; crystals; metallics; -- even hammered metal discs. Tactile and visually rich, these accents add texture without distraction, glamour without glitz.

Also fun to the touch are the shimmering wallpapers made with specialty inks that create luminous shades of copper, bronze, silver, platinum, gold and brass.

Today's flocks are another wallpaper grandma won't recognize. While it was a luxury product at the turn of the century, flock descended into a cliché by the late 1970s, when most was made of brittle viscose rayon. Now, flock designs are made of velvety-soft, fade-resistant nylon and incorporate a wide variety of materials that are flocked onto the surface, making for walls that provide dimensional interest.

Whether you use the term wallpaper or wallcovering as you are looking for new decorating ideas, you will find a fantastic range of materials, the opportunity to reflect your personality and interests, and numerous ways to make your space special and meaningful.

Barb Cacchione is an interior designer on Sanibel/Captiva Islands. She can be reached at barb@coindecaden.com.

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Auction For Scholarship Fund

The Greater Fort Myers Chamber of Commerce Women in Business Committee (WIB) will host its annual Sweethearts & Scholarships Wine and Dessert Auction at Nemo's Sports Grill located within HeadPinz on Wednesday, February 7 from 4 to 6 p.m.

The event will focus on raising money to support the Women in Business Scholarship Fund that helps non-traditional students, demonstrating financial need, with preference given to

single, divorced or widowed individuals with children. Donated items include fine wine, artisan chocolates, gourmet desserts, along with other some larger ticket items, such as restaurant and hotel gift certificates. This special event is one of the major fundraisers for WIB, and this year's goal is to raise over \$3,000.

All business professionals are invited to attend. Admission is \$10 for Greater Fort Myers Chamber of Commerce (members and \$20 for future members.

Sponsor HeadPinz is located at 14513 Global Parkway in Fort Myers. To register, call 332-3624 or visit www.fortmyers.org.



Gary Griffin

photos provided

New Inductees For 2018 Business Hall Of Fame

Junior Achievement of Southwest Florida will induct Pason Gaddis, co-founder and CEO of Florida Media Group, LLC, and Gary Griffin, PE, president and CEO of B & I Contractors, Inc., into the 2018 Business Hall of Fame, Lee County during a dinner and awards ceremony on Wednesday, April 25. A cocktail reception begins at 5 p.m. and dinner at 6:30 p.m. at the Hyatt



Pason Gaddis

Regency Coconut Point Resort & Spa in Bonita Springs.

The prestigious award recognizes outstanding entrepreneurs who serve as role models for youth through their professional accomplishments and commitment to the community. Gaddis and Griffin will join a distinguished group of individuals who have been inducted into the Business Hall of Fame since it was founded in 1999.

To learn more about the upcoming event, or for information on sponsorship opportunities and individual tickets, visit the events page at www.JASWFL.org.✱

Guest Speaker At Luncheon

The Southwest Florida Chapter of the Florida Public Relations Association (FPRA) will host award-winning American news and sports anchor, businessman, journalist and Screen Actors Guild actor Ed Berliner during a luncheon at the Holiday Inn Fort Myers Airport at Town Center on February 6 from 11:30 a.m. to 1 p.m.

Berliner will educate attendees on the importance of information gathering and “The 5 Ws” – Who, What, When, Where and Why. Tailored specifically for public relations and branding professionals, Berliner will inspire each attendee at every stage of their personal and professional life journey to improve their craft and stay balanced along the way.

Berliner has more than 30 years experience as a broadcast journalist in on-air and management roles at AP, NBC, ABC, CBS, ESPN, FOX, Reuters, BBC, CBC and other broadcast stations and networks. He has interviewed more than 15,000 notable figures in news and sports. He is also a multiple Emmy & Telly Award winner and nominee, member of more than a dozen board of director's for non-profit organizations, and a highly sought after guest educator and speaker. He has also served on the management team in charge of programming, marketing, launching and



Ed Berliner

photo provided

producing six cable television networks and two national radio networks. In his vast career, Berliner has focused on the creation of new media, programming and production, and bringing journalism to new standards.

Cost for attending the luncheon program is \$25 for members, \$30 for non-members and \$20 for students. Space is limited. Guests must RSVP online at www.fpraswfl.org.

The Holiday Inn is located at 9931 Interstate Commerce Drive in Fort Myers. For more information, visit www.fpraswfl.org.✱

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Financial Focus

Stampeding Bull Market May Slow Down



by Jennifer Basey

As you know, we've been enjoying a long period of steadily rising stock prices. Of course, this bull market won't last forever – and when it does start losing steam, you, as an investor, need to be prepared.

Before we look at how you can ready yourself for a new phase in the investment environment, let's consider some facts about the current situation:

Length – This bull market, which began in 2009, is the second-oldest in the past 100 years – and it's about twice as long as the average bull market.

Strength – Since the start of this long rally, the stock market has produced an average annualized gain of 15.5 percent per year.

While these figures are impressive, they aren't necessarily predictive – so how much longer can this bull market continue to "stampede?" No one can say for sure, but there's no mandatory expiration date for bull markets – in fact, they don't generally die of old age, but typically expire either because of a recession or the

bursting of a bubble, such as the "dot.com" bubble of 2000 or the housing bubble of 2007. And right now, most market experts don't see either event on the near-term horizon.

Still, this doesn't mean you should necessarily expect an uninterrupted streak of big gains. Some signs point to greater market volatility and lower returns. To navigate this changing landscape, think about these suggestions:

Consider rebalancing your portfolio. If appropriate, you may want to rebalance your investment mix to ensure you have a reasonable percentage of stocks – to help provide the growth you need to achieve your goals – and enough fixed-income vehicles, such as bonds, to help reduce your portfolio's vulnerability to market volatility and potential short-term downturns.

Look beyond U.S. borders. At any given time, U.S. stocks may be doing well, while international stocks are slumping – and vice versa. So, when volatility hits the U.S. markets – as it surely will, at some time – you can help reduce the impact on your portfolio if you also own some international equities. Keep in mind, though, that international investments bring some specific risks, such as currency fluctuations and foreign political and economic events.

Develop a strategy. You may want to work with a financial professional to identify a strategy to cope with a more turbulent investment atmosphere. Such a strategy can keep you from overreacting to market downturns and possibly even help you capitalize on short-term pullbacks. You could invest systematically by putting

the same amount of money in the same investments each month. When prices go up, your investment dollars will buy fewer shares, and when prices drop, you'll buy more shares. And the more shares you own, the greater your potential for accumulation. However, this strategy, sometimes known as dollar cost averaging, won't guarantee a profit or protect against all losses, and you need to be willing to keep investing when share prices are declining.

During a raging bull market, it's not all

that hard for anyone to invest successfully. But it becomes more challenging when the inevitable volatility and market downturns appear. Making the moves described above can help you keep moving toward your goals – even when the "bull" has taken a breather.

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.✱

Law Firm Appoints Stockholder

Henderson, Franklin, Starnes & Holt, PA, Attorney Michael McCabe has been elected stockholder.

McCabe represents insurance carriers, third party administrators, and employers in the defense of workers' compensation claims. He also has extensive experience handling matters on appeal before the 1st District Court of Appeals in Tallahassee. McCabe also assists businesses, contractors and individuals who have received stop work orders and penalty assessments from the Department of Financial Services, Division of Workers' Compensation's Bureau of Compliance.

McCabe is an approved instructor with the Florida Department of Financial Services and is a frequent speaker on workers' compensation risk management practices to industry associations, as well as at Henderson Franklin's annual HR Law & Solutions seminar.

Prior to becoming an attorney, McCabe graduated from the Defense Language Institute in Monterey, California, and served as a Russian Linguist for the United States Navy. He is a veteran of Desert Storm/Desert Shield and is a recipient of the Naval Achievement Medal. McCabe



Michael McCabe photo provided

also holds the highest AV rating by Martindale-Hubbell.

McCabe received a bachelor of art degree from Florida Gulf Coast University (summa cum laude) and his Juris Doctor degree from the University of Florida (cum laude). He may be reached at 344-1218 or by email at michael.mccabe@henlaw.com.

For more information, visit www.henlaw.com.✱



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Seminars For Disaster Prep, Company Culture

The threat of a natural disaster always looms. So too do the consequences of a toxic culture at your business. Learn ways to reckon with both dangers when the Above Board Chamber of Florida presents its February luncheon meetings at the Pelican Preserve Town Center Thursday, February 8 and at the Hilton Naples on Monday, February 12. Both presentations are from 11:30 a.m. to 1 p.m.

Learn from professionals well-versed in how to prepare for hurricanes and other forms of nature's wrath at the February 8 presentation. WINK-TV meteorologist Scott Zedeker will serve as master of ceremonies for a panel that includes Steve Bray, director of sales and marketing at iMold, Brandie Dickerson, vice president of Tri-Town Construction, and James Ritter, CEO and founder of Pulse Technology Solutions.

At the February 12 presentation, another panel will show how to build a culture that breeds happier employees,

lower turnover and ultimately better company performance. Master of ceremonies Michael A. Wynn, board chairman and president of Sunshine Ace Hardware, will lead the panelists that include Theo Etzel, CEO of Conditioned Air, Ursula Pfahl, vice president of business development for Bigham Jewelers, and Vicki Tracy, executive sales and marketing director for The Arlington of Naples.

Register at www.aboveboardchamber.com for both events. For the February 8 event, cost is \$30 for members and \$35 for non-members. For the February 12 event, cost on or before February 7 is \$25 for members, \$30 for non-members and \$30 for members and \$35 for non-members after February 7.

Non-members are encouraged to attend two meetings, then consider joining to be part of the Above Board Chamber of Florida. To become a member, contact Jeanne Sweeney at 910-7426.

The Pelican Preserve Town Center is located at 10561 Veneto Drive in Fort Myers. The Hilton Naples is located at on 5111 Tamiami Trail North in Naples.

For more information on the event or on how to become a member of the Above Board Chamber, contact Jeanne Sweeney at 910-7426 or visit AboveBoardChamber.com.✱



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School Smart



by Shelley M. Greggs, NCSP

Dear Shelley, I have read that giving praise to your children is important. I've also read that giving too much praise makes it meaningless after a while. I have three children, ages

3, 8 and 11, and I would like to know more about giving praise and the best ways to do it.

Andrew H, Cape Coral

Andrew,

The basic principle of effective praise is the practice of encouraging children by focusing on their efforts rather than their outcomes in order to build self-confidence and feelings of self-worth. Praise helps children understand that their efforts are appreciated, not just their accomplishments.

Praise matters because it focuses on your child's assets and strengths in ways that build their self-confidence and feelings of worth. Children want very much to please their parents; therefore, praise can be a powerful reward. Many experts believe that praise gives a child a deep feeling that he or she is worthwhile, loved and a good person.

When praising a child, it is important to be aware of the child's developmental level. While young children respond well to regular and effusive praise, a 1987 study suggests that children in late elementary school and higher grades can discern when compliments are overly complimentary. In fact, inflated praise can diminish a child's efforts. Hyped-up praise may make children, particularly those with low self-esteem, feel pressured to achieve above their abilities and subsequently withdraw from challenges, according to a 2014 study.

We know from experts, like cognitive psychologist Daniel Willingham, that for praise to be meaningful and motivate children, it should be:

Perceived as sincere, earned and truthful. Even very young children can become suspicious of inauthentic praise, causing them to distrust the person giving the praise.

Effective praise specifically describes positive behaviors and explains why they are important not just a general compliment like, "Good job!"

Not directive. Here's an example of directive praise: "Good listening! You need to listen that well every day".

Focused on process not ability. For example, "You are sounding out your reading words so well now," instead of saying, "you're the best reader in the class".

Immediately given. Praise that follows right after a positive behavior has a stronger effect than delayed praise.

Complimenting your children with an "I-statement" communicates sincere appreciation. For example, "I always look forward to hearing what you have to say about your day at school."

Be genuine. If you are excited by your child's efforts, let her know. Your child knows when your tone and intensity match your evaluation of the effort. Use feedback that is connected to your feelings. It's good for your child to know that you have feelings about what she does.

There are also some things to watch for as you give praise. Don't use praise with double messages. For example: "Good job doing your homework – I don't know why you can't do it every day without whining." A double message like this can hurt a child's feelings and make him feel criticized.

Children do need correction from time to time, but "global" criticism, such as, "You're always mean to your sister," does not help the child learn and can affect how the child views him or herself. Global criticism can make a child think, "Well, if I am always mean, why should I even try to be nice?" A child who gets immediate, specific feedback is more likely to think, "I made a mistake this time, but next time I can do better."

Praising your child is a vital part of nurturing their confidence and self-esteem. Encourage kids to try new, more difficult activities through praise, rather than rewarding and acknowledging them for the things that come easy. By being genuine and specific with your praise and encouragement, you can help build your child's self-confidence while teaching him/her about the importance of effort and hard work.

Shelley Greggs is adjunct faculty at Florida SouthWestern State College, where she teaches psychology and education courses. She is also a nationally certified school psychologist and consultant for School Consultation Services, a private educational consulting company. Questions for publication may be addressed to smgreggs@gmail.com. Not all questions submitted can be addressed through this publication.✱

From page 1

Edison Birthday

honored for his contributions to society, including his most notable inventions of the incandescent light bulb, motion picture camera and the phonograph.

Visitors will learn about Thomas Edison's and Henry Ford's innovations during tours of the site that include the two inventors' winter homes, the museum filled with inventions and artifacts, the botanic laboratory where

Edison tested more than 17,000 different plant varieties, and more than 20 acres of botanical gardens with 90-year-old trees and plants from around the world. The site is open daily from 9 a.m. to 5:30 p.m.

The birthday party is free with limited seating. There will be a fee for tours of the homes, museum and lab.

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

Book Review

The Rooster Bar

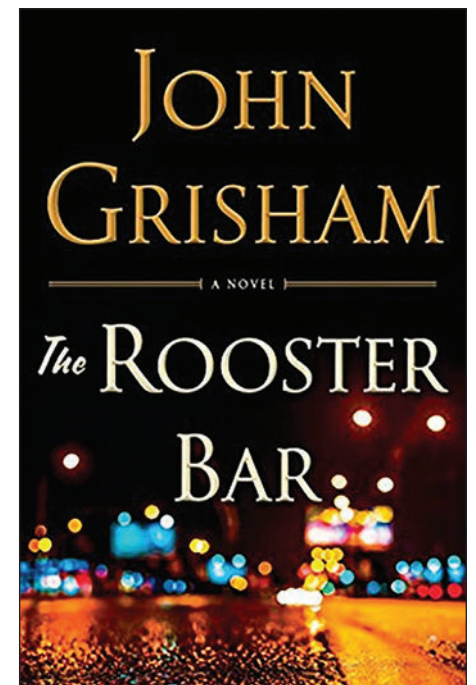
by Di Saggau



John Grisham's newest legal thriller *The Rooster Bar*, takes you inside a law firm that's on shaky ground. It goes inside the disturbing world of for-profit legal education. Three

friends and third-year law students, Mark Frazier, Todd Lucero and Zola Meal, are deep in debt. They drop out of school and head to court without a license to start hustling clients. They change their names to avoid creditors and hope to make enough money to pay off their enormous student debt. The law school they enrolled in is so mediocre that its graduates rarely pass the bar exam, let alone get a mythical six-figure income that goes to graduates from top-tier law schools.

Following a close friend's suicide, the three make plans to pull off the perfect crime. Maybe there's a way to escape their crushing debt, expose the fraudulent bank and the legal scam, and make a few bucks in the process. One wonders how they can carry all this off in municipal court without someone catching up with them, but it sure makes for a fun read. Grisham deals with the appalling way that many for-profit law schools ruin many of their



students. He also gets into the timely subject of immigration and customs enforcement.

In the author's note, Grisham writes that his book was influenced by an article in the Atlantic called *The Law-School Scam*, a lengthy investigation of for-profit law schools. By the time he finished reading it, he knew he had the inspiration for his next novel. Kudos to him for using his writing power to shine a spotlight on this problem. *The Rooster Bar* is an intriguing read with some suspenseful moments and a most delightful ending.✱

FGCU To Host Noted Author

Award-winning author Edwin Black will speak at Florida Gulf Coast University (FGCU) for two presentations: *Black Victims of Nazi Policy: From Africa to Berlin to North Carolina*, and *Eugenics and the Ethics of Scientific Racism*. The programs are sponsored by FGCU's Offices of Institutional Equity and Compliance; Dean of Students; Multicultural & Leadership Development; and Diversity and Inclusion.

Black Victims of Nazi Policy: From Africa to Berlin to North Carolina will be presented in the FGCU Cohen Center Ballroom on Monday, February 5 at 6 p.m. Doors open at 5:30 p.m. *Eugenics and the Ethics of Scientific Racism* will be presented in the FGCU Cohen Center Ballroom on Wednesday, February 7 at noon. Doors open at 11:30 a.m. Presentations are free and open to the public.

A previous speaker at FGCU in 2016, Black is the winner of many awards including the International Human Rights Award, and the Justice for All Award. A *New York Times* best-selling author of such works as *IBM and the Holocaust* and *War Against the Weak: America's Campaign to Create a Master Race*, he brings a

deep understanding of the history of racism in the 20th century and how Hitler and the Nazis picked up on ideas of eugenics from Americans who misapplied Darwin's ideas about evolution.

For more information, contact Robert Humphries, PhD, at 590-7599 or rhumphries@fgcu.edu.✱

Mound House Weekly Events

Mound House and Newton Beach Park are offering weekly events.

They include Beach Walk, a free exploration of the shoreline with a Mound House naturalist at Newton Beach Park on Tuesdays at 9 a.m.; Tools of the Calusa Demonstrations, a hands-on demonstration at Mound House on Tuesdays at 10 a.m.; Kayak Eco-tour, a paddling trip guided by Dexter Norris, biologist, naturalist and Mound House environmental educator; and Calusa Indian Pottery, a hands-on program that explores the ceramics of Southwest Florida and the Calusa Indians on Wednesdays at 10 a.m.

Newton Beach Park is located at 4650 Estero Boulevard on Fort Myers Beach. Mound House is located at 451 Connecticut Street on Fort Myers Beach. Visit www.moundhouse.org or call 765-0865 for more information.✱

Legislator Proposes Ban On Tackle Football For Youngsters



By Ed Frank

On the eve of the year's biggest sporting event, Super Bowl 52, the deadly warning of the violence of football made headlines once again when a lawmaker in Illinois introduced legislation to ban tackle football for children younger than age 12.

The proposal was immediately opposed by several youth football organizations.

Illinois State Representative Carol Sente introduced the Dave Duerson Act, named for the former Chicago Bears great who took his life at the age of 50. An autopsy revealed he had chronic traumatic encephalopathy, or CTE, a degenerative brain disease that has been linked to repeated blows to the head.

Many other former NFL players have been diagnosed with the deadly disease, and the league has offered millions of dollars in compensation to players afflicted by CTE and to the families of players who have died.

"As the science and the data move forward and progress, so must we, and we now turn our attention to CTE," Sente said. "Children as young as five years old are playing tackle football. They are taking hits in practice and at games, with forces that are similar to what college players are taking."

With Representative Sente at her news conference was Dave Duerson's son, Tregg, who said he witnessed his father's "strange behavior" firsthand. He said research on CTE helped his family better understand "the times when (his father) was ashamed by his forgetfulness and confusion and the times when he was overwhelmed by anger and depression."

The Illinois legislator discussed a recent study that she said found measurable changes in the brains of 8- to 13-year-olds after competing in football. However, the study's author, Dr. Christopher Whitlow of the Wake Forest School of

Medicine, said further research is needed as it's not clear if the brain changes were just temporary.

There is overwhelming evidence that the mounting concern over concussions and other football-related injuries have resulted in fewer youngsters playing the sport. Participation in youth football leagues are down nationwide. This despite rule changes and improvements in equipment at all levels of the sport. And despite such improvements, injuries to current NFL players continue to increase as described in a recent *Sports Illustrated* article.

Youth soccer bans heading (head shots) for children younger than age 11, and youth hockey restricts body checking for players under 13. "So why shouldn't football impose a similar threshold," she asked.

Pop Warner football, a large nationwide youth football organization, immediately opposed Representative Sente's bill. "We can't imagine elected officials mandating to parents which sports their children can play," said Brian Heffron, a Pop Warner spokesperson. He said the organization has focused on improving the game and already offers parents the option of tackle or flag football.

Spring Training Nears As Twins And Red Sox Still Look For Signings

It's been a strange and quiet baseball offseason. With just two weeks before players report for Spring Training, both the Boston Red Sox and the Minnesota Twins were still looking for their "big deal" early this week.

The Red Sox are eager to sign free agent slugger J.D. Martinez (45 home runs last season with the Arizona Diamondbacks) and reportedly have offered him a hefty multi-year contract.

And the Minnesota Twins, in need of a top-of-the-rotation starting pitcher, are contending for the services of veteran Yu Darvish.*

America's Boating Course

America's Boating Club and the San Carlos Bay Sail & Power Squadron, a boating organization that serves South Fort Myers, Fort Myers Beach, Bonita Springs and Estero, will be offering America's Boating Course as a two-part class beginning Saturday, February 3 from 8:15 a.m. to 12:30 p.m.

This course is recognized by the National Association of State Boating Law Administrators. The State of Florida

passed legislation requiring anyone born after January 1, 1988 to have passed a safe boating course and obtain a Boating Safety Education ID card, which is valid for life, in order to operate a boat with more than 10 HP. Each student will receive a card/certificate from the Florida Fish and Wildlife Commission upon completion of the class.

The course consists of two sessions on consecutive Saturdays. The second session will be on Saturday, February 10 also from 8:15 a.m. to 12:30 p.m. Topics covered include hull design, docking, anchoring, handling boating

continued on page 24

Valentine's Day Dinner At Ballpark

Set the mood this Valentine's Day with the second annual Hearts and Home Runs Dinner at Hammond Stadium on Wednesday, February 14.

"We are excited to bring back this unique event," said Miracle President and General Manager Chris Peters. "It was a big hit last year. Baseball and romance go hand in hand. We think couples will really enjoy having a gourmet meal at our beautiful ballpark."

On February 14, the Miracle will unlock the third floor suite level and serve a four-course meal for two dinner seatings. The first session is from 4:30 to 6:30 p.m. and the meal will be served at 5 p.m. The second session lasts from 7 to 9 p.m. with dinner served at 7:30 p.m.

Reservations are \$100 per couple for a window or a table seat. Tax and gratuity are not included. In addition to a lovely evening of delicious food, the Miracle

invite each couple to send in four of their best, most romantic photos to appear on the video board in left centerfield throughout dinner. Each reservation will also include tickets to Miracle Opening Night on Thursday, April 5.

Guests will have the choice between bacon-wrapped scallops or spicy honey garlic chicken skewers for an appetizer, followed by Caesar salad. Main course is a choice between prime rib or grilled salmon with lemon dill cream sauce. Each entree will be served with rosemary red bliss potatoes and a sautéed garden vegetables. Each couple will also receive a complimentary bottle of wine.

For dessert, patrons can select either a slice of red velvet cake or tiramisu cake. When the meal is complete, couples will be allowed to venture into the outdoor seating for a cozy cuddle.

If this is your first date and you need a little help to break the ice, the Miracle will be providing a full liquor bar, bottled beer and soft drinks available for purchase.

To make reservations, call 768-4210 or email lmerrigan@miraclebaseball.com.*

SPORTS QUIZ

1. When Boston's David Ortiz had 127 RBIs in his final season in 2016, whose record did he break for most RBIs in his last major-league season?
2. In how many consecutive seasons did the Dodgers' Sandy Koufax toss a no-hitter?
3. When was the last time before 2016 that the University of Michigan's football team scored at least 45 points in each of their first four games?
4. San Antonio's Tim Duncan, in 2016, became the third player in NBA history to win at least 1,000 games in a career. Name the other two.
5. Who was the first U.S.-born coach to win the Stanley Cup?
6. Name the winningest coach in U.S. men's national soccer team history.
7. Who was the last American woman before Mikaela Shiffrin and Lindsey Vonn to be the Alpine skiing overall World Cup champion?

ANSWERS

1. "Shoelless" Joe Jackson had 121 RBIs in his last season in 1920. 2. Four seasons -- 1962-65. 3. It was 1947. 4. Kareem Abdul-Jabbar (1,074 wins) and Robert Parrish (1,014). 5. Bill Sew-ney, in 1983. 6. Bruce Arena was 81-32-35. 7. Tamara McKin-

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FSW's Critical Thinking Lectures

The Florida SouthWestern State College (FSW) Critical Thinking Lecture Series continues its spring program with a series of guest speakers in February. These community leaders will discuss how they use critical thinking skills in their profession or focus on critical topics from their area of career or academic interest.

The FSW Critical Thinking Lecture Series spring schedule runs from January through April, offering a wide range of guest speakers and topics each month. It can be viewed at www.fsw.edu/ctls. The series is free and open to the public. Presentations can be viewed live on the Thomas Edison campus or digitally at all other FSW locations.

The February schedule is as follows:

Wednesday, February 7, 2 to 3 p.m. – Put on Your Thinking Cap: Six Hats for Better Decision Making with Dr. Mary Myers, FSW professor, Cornerstone Experience and Introduction to Technology. FSW Campus Locations – Thomas Edison Campus: Building U-102; Charlotte Campus: Building E-105; Collier Campus: Building A-103; Hendry/Glades Curtis Center: Building A-106

Tuesday, February 13, 12:30 to 1:30 p.m. – Food is Medicine with Dr. Salvatore Lacagnina, Lee Health system medical director of Wellness and Employee Health. FSW Campus



Ron Feemster

Locations - Thomas Edison Campus: Building U-102; Charlotte Campus: Building O-117; Collier Campus: Building M-201; Hendry/Glades Curtis Center: Building A-114

Monday, February 19, 6 to 7 p.m. – Living in a

World of Fake News with Ron Feemster, FSW professor, journalism. FSW Campus Locations - Thomas Edison Campus: Building U-102; Charlotte Campus: Building O-117; Collier Campus: Building M-201; Hendry/Glades Curtis Center: Building A-106

Thursday, February 22, 2 to 3 p.m. – Think Like a Nurse with Angie Vitale, FSW professor, nursing. FSW Campus Locations - Thomas Edison Campus: Building AA-177; Charlotte Campus: Building J-118; Collier Campus: Building A-103

Tuesday, February 27, 2 to 3 p.m. – Nature is Queer with Dr. Roz Jester, FSW professor, oceanography; and director, eLearning. FSW Campus Locations - Thomas Edison Campus: Building J-103

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

FGCU International Reception

Florida Gulf Coast University (FGCU) invites the community to the 21st annual International Reception in the Cohen Center Ballroom on Friday, February 9 at 5:30 p.m. This popular FGCU event celebrates international education initiatives and recognizes international students, scholars, study abroad participants and faculty international engagement. Guests meet others from various cultures around the world and learn about FGCU's global learning opportunities.

"The international reception includes remarks from university and student leaders, informative presentations and cultural performances, with a sampling of foods and flags from our students' homelands," said International Services Coordinator Charlotte Bingham. "This is one of many ways we create a more

diverse university community and provide the environment for students to become global citizens. We encourage members of our community interested in international experiences to join us."

FGCU student participation in study abroad has grown, with the opportunity to complete part of the academic experience in places like South Africa, France, Italy, Scotland, China, Costa Rica and South Korea. Conversely, to date, FGCU has hosted students from more than 105 nations, and this year welcomes its first international students from Cuba, Czech Republic, Bahrain, Kosovo and Myanmar. FGCU faculty also engage internationally, researching and teaching abroad through Fulbright programs, hosting academic exchange scholars and bringing global perspectives to classroom experiences.

The event is sponsored by FGCU International Services with support from FGCU Student Government. For more information, contact Charlotte Bingham at 590-7574 or cbingham@fgcu.edu.

Beautifulife:

Express Yourself

by Kay Casperson



This is not about voicing your opinion or letting others know how you feel about something, it is about really being honest with who you are, what you want to say, how you want to dress,

what you want to do and be in all aspects of life.

Expressing yourself is not easy in a world where there is information overload and easy access to how others look, act and live. But why do we care about any of that anyway? Why can't we just look inside our hearts, where all the answers already live, and be who we were designed to be, and express ourselves in the way in which we are most comfortable? I guess it just boils down to a few things like peer pressure, doing what is politically correct or just plain being nice.

Well, today I am here to tell you that the best thing you can do for yourself and for others is to be unique, be authentic and express your true self in all aspects of life. Below are a few of my suggestions to make it easier and more comfortable for you to venture into a whole new world of truly expressing yourself.

Listen to your heart. There is a voice

that is constantly talking to you and you need to listen to it in terms of decisions that you make every day, from what to wear, where to go, how to be, what to say and who to be with. Trust your instinct.

Don't compare yourself to anyone. You are unique and there is not one single person in the world like you so act out your uniqueness and celebrate it every day. People love who you are and will appreciate you even more if you stand out and stay true to yourself.

Be fearless. Ready to branch out of your comfort zone into a new style? Not sure if others will appreciate or accept your decisions in life? Oh well, get over it and keep moving forward with what is in your heart and what will make you happy. After all, that is what really matters most.

I think one of the most important aspects of living your most balanced and beautiful life is to express yourself in a way that makes the world understand and appreciate how authentic and unique you really are. I have always encouraged others to do what makes you happy, be what makes you feel good and speak the truth.

My affirmation for you this week is: "Today and every day, I will be 100 percent authentic and will express my true self to the world."

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.*

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From left, Lizbeth Benacquisto, Samira K. Beckwith, Sandy Stilwell Youngquist and Sonya Sawyer photos provided

Yachts Of Hope Raises More Than \$500K At Benefit

Yachts of Hope – a fundraiser for Hope Hospice at Gulf Harbor Yacht and Country Club – raised more than \$500,000 and marked the start of Hope Hospice’s capital campaign to build a new hospice house and senior care facility at the corner of Six Mile Cypress and Metro Parkway in Fort Myers.

Hosted by Sandy Stilwell Youngquist, Sonya Sawyer and Lizbeth Benacquisto, with committee members Pam Cronin, Deanna Hansen, Andie Vogt and Mary Jo Walker, the event featured tours of 15 luxury yachts and tastings from fine local restaurants and caterers including Cru, LYNQ, Keylime Bistro, SABORAM and Purple Spoon.

Guests enjoyed a gourmet dinner, live band and dancing along with an exciting live auction with VIP trips to The Masters, EMMY Awards, Paris, London and Italy.

Known as Hope Preserve, the property will feature a state-of-the-art hospice house, community bereavement center, a Parkinson Program Center and Hope PACE Care Center for the Program of All-Inclusive Care for the Elderly.

“This care campus will focus on ensuring optimal quality of life for people who are frail and aging, living with serious illness or grieving,” said Hope Healthcare President and CEO Samira K. Beckwith. “Hope Preserve will allow for the expansion of vital programs and services such as bereavement support for children and adults, Parkinson’s resources and senior care.”

Yachts of Hope presenting sponsor The John E. and Aliese Price Foundation was joined by top sponsors Stilwell Enterprises, Youngquist Brothers, Cypress Cove, Home-Tech and Mark Loren Designs.

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

For more information, call 482-4673 or visit www.hopehcs.org.



Edee and Michael Deluca



Gina Nigmatullina and Dan Creighton



Susan and Greg Lanigan



Auction winners Karen and Jim Weddell



From left, Dr. Anton and Tamra Richardt, Mark Loren and Monica Dibella



From left, Lynda Zachar, Mark DePrey, Nancy Geiger, Cheryl Copham and Mary DePrey



From left, Samira K. Beckwith, Jim Sievers and a mermaid

Speaker Series On Medical Breakthroughs

Shell Point has announced the roster for its 3rd annual Medical Breakthroughs & Discoveries speaker series, a free community health care resource for residents in the greater Fort Myers area.

This educational series, sponsored by the Legacy Foundation in conjunction with Shell Point Wellness Connections, will feature prominent local and national experts who will address recent advances in the fields of global health care, Parkinson's disease and Alzheimer's disease.

The series lineup is as follows:

Trending Toward Modern: Health Care in the 21st Century, presented by Dr. Larry Antonucci, CEO and president of Lee Health – Thursday, February 15, 1:30 p.m.

Debunking 10 Myths That May Sabotage Treatment of Parkinson's Disease, presented by Dr. J. Eric Ahlskog, Mayo Clinic – Friday, March 2, 10 a.m.

Super Brain: Staying Well for Life, presented by Dr. Rudolph Tanzi, Massachusetts General Hospital and Harvard Medical School – Monday, March



Dr. J. Eric Ahlskog



Dr. Larry Antonucci



Dr. Rudy Tanzi

12, 7 p.m.

All three presentations will be held at the Village Church auditorium on The Island at Shell Point. The 2018 season presentations are sponsored in part by Lee Health Foundation, UBS Wealth Management, and Henderson, Franklin, Starnes & Holt, PA.

Reservations are required for each program by calling 433-7936. To learn more, visit www.shellpoint.org/legacy.html.

Admissions For Asthma Markedly Decline

More than 6 million children in the U.S. suffer from asthma and the numbers increase every year, according to the Centers for Disease Control and Prevention (CDC). However, Golisano Children's Hospital of Southwest Florida has reported hospital admissions due to asthma have been declining for the past several years.

In 2014, 611 children were admitted to the hospital due to asthma; that number significantly declined to 369 admissions in fiscal year 2017. And, readmissions have dropped to nearly half in the same period – from 5.7 percent in 2014 to 2.8 percent in 2017. Asthma is a leading cause of missed school days and hospital visits for children and is consistently in the top three reasons for admissions at Golisano Children's Hospital.

said Armando Llechu, chief administrative officer of Golisano Children's Services.

Asthma is a disease that causes the airways to swell and narrow and, as a result, less air can pass through. It leads to wheezing, shortness of breath, chest tightness and coughing; the incidence of asthma in children has been on the rise for the past several decades.

Yanet Rios, MD, medical director for hospitalists at Golisano Children's Hospital, says the foundation for success has been a focus on prevention of asthma attacks. "We created an asthma prevention program, to help patients and families better understand the disease, what triggers asthma attacks and how to properly manage medications."

It starts in the emergency room, where protocols have been established to identify new asthma patients and get the asthma under control. Then, during the hospital

stay, the patient and family complete an education program that teaches them how to recognize early symptoms, control food and environmental triggers, such as second-hand smoke or pet dander and understand medications and appropriate use. Lee Health has a staff asthma health management coordinator and an asthma clinical educator.

Upon discharge, every child leaves the hospital with an individualized asthma action plan (in English or Spanish), which is shared with family, pediatricians and pulmonologists, school and/or day care staff. The plan is updated as needed, based on medications, etc. Each child is referred to the Outpatient Asthma Management Program, and a follow-up appointment is scheduled.

For more information, call 424-1499 or email Media@LeeHealth.org.

Chronic Disease Program

Lee Health's Lee Health Solutions, in partnership with many local community agencies and supported in part initially by a grant from the Southwest Florida Community Foundation, is offering It's All About You – a research-based Chronic Disease Self-Management program developed by Dr. Kate Lorig of Stanford University.

The program is designed for people age 18 or older with chronic health conditions to help them learn ways to better manage their chronic conditions and the symptoms that often accompany chronic health conditions.

The free workshop is 2.5 hours once a week for six weeks. It will be offered on Wednesdays beginning February 7 from 1 to 3:30 p.m. at Anytime Fitness, 9211 College Parkway, in Fort Myers.

For more information or to register, call 343-9264.

BEFORE

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Breast Implants May Be Linked To Lymphoma



by Suzy Cohen, RPH

Dear Readers: Hundreds of thousands of women voluntarily opt for breast augmentation surgery. There are many reasons for that, and certainly women perceive the size and shape of their breasts to be a vital component of their femininity. Whether it's for breast cancer reconstruction, or because you seek the "perfect" body, the addition of something foreign into your body will impact your immune system.

For sure, our country is a little obsessed with bust size. I wonder if most women would opt for it, if they knew they were risking perfect health, and possibly risking their life. I'm referring to women who do this for cosmetic purposes only today.

Many women who have undergone breast augmentation suffer in vague ways and get sick. They may not even relate their new problems to their breast implants, or deny it. For example, suddenly you feel fatigued, or get migraines or get frequent infections, depression, memory loss, joint pain, panic attacks, personality changes, Reynaud's disease (fingers turning white), cognitive problems, brain fog, autoimmune disorders and new allergies. These may be symptoms that correlate with breast implant illness.

These new symptoms will get 'treated' with a handful of prescriptions. Within a few years, you're heavily medicated. Why? Because very few physicians will link your "breast implant illness" to the root of your current symptoms.

The health problems that you suffer with, could very well resolve themselves if you remove the implants. I know you don't want to hear this, but if something I just said "clicked" for you, and maybe you cried, it may be because I just figured out the problem you've had for years now. I've seen this exact situation with two friends from Florida, both had implants for more than 20 years, and when both ladies surgically removed them, their health improved dramatically within a year. If you'd like more details, I have them. I'll send you a more comprehensive version of this article if you sign up for my free newsletter at www.suzycohen.com

New research from the Netherlands

(Dutch) was just published in this month's *JAMA Oncology*, and it was very disheartening. Women with breast implants have a higher risk of developing a rare type of non-Hodgkins lymphoma. It's called ALCL which stands for Anaplastic Large Cell Lymphoma. This is not breast cancer, it's an immune system cancer.

The Netherlands study found out that women with ALCL were about 421 times more likely to have breast implants than women with other lymphomas in their breast.

If you're noodling whether or not to get implants, my advice is don't. It's not because of the Anaplastic Large Cell Lymphoma risk, it's more about the fact that your body isn't equipped to deal with two foreign sacs in it, and at some point, the oxidative stress and immune dysfunction that results will never be worth it. If you could see your life in a crystal ball 20 years from now... see it with implants, and see it without them, that may sway your decision.

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.✽✽

Health Program Awarded Grant

Hope VALOR, a program of Hope Healthcare, was awarded a \$3,000 grant from the Cape Royal Community Foundation.

Hope's VALOR program – Veteran's Access to Life Opportunities and Resources – collaborates with the Veterans Administration to help make arrangements for replacement medals, military funeral honors, burials in a VA national cemetery and donations of artifacts to historical societies and museums.

VALOR also provides emotional support through chaplains and counselors familiar with veterans' issues, including post-traumatic stress disorder, anxiety and other symptoms caused by combat or wartime experiences.

In addition, Hope's volunteer Honor Guard, a group of U.S. veterans and supporters, conduct special presentations for Hope's veterans. With family and friends in attendance, veterans are honored with a certificate of appreciation, lapel pin, stuffed bear and a formal military salute.

VALOR was among seven nonprofit organizations recognized with 2017 grants from the CRCF.

To contribute to Hope's VALOR program or learn more about volunteer opportunities, call 482-4673. For more information, visit www.HopeHCS.org.✽✽

Doctor and Dietician

Plastic Bottles And Food Containers



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

Plastic bottles and containers are a big part of everyday life. We drink from plastic at home, work and while exercising, and use plastic containers to store food. We may even use bottled water to cook our organic foods, completely unaware that these water bottles and other plastic dishware may actually be hindering our good attempts at staying healthy.

While containers made of plastic are extremely convenient and quite inexpensive, many of them are made of chemicals that are toxic and hazardous to our health. One of the chemicals widely used in plastic water bottles and containers is BPA or bisphenol-A. Concerns about exposure to this synthetic chemical have led to research

which reveals that BPA disrupts the endocrine and central nervous systems. Prolonged BPA exposure has been shown to alter hormone levels. How do these chemicals get from the plastic containers and into our body? The chemicals actually leach into the foods and liquids stored in them, especially when placing or storing hot foods in them, and when they become old and scratched after frequent usage. BPA is also found in soda cans and canned food.

Many new products are available from manufacturers designating plastic containers as BPA-Free. The problem is that there are many different chemicals in plastics, not just BPA. Antimony and phthalates are other toxic chemicals found in food packaging and water bottles. Therefore, even "BPA-Free" containers would not be considered your best bet.

Overall, try taking small steps to reduce your exposure by eating more fresh food and restricting canned and packaged food as much as possible. For food storage, glass and stainless steel are great options to replace plastic kitchenware! Try stainless steel to replace plastic utensils and water containers for eating and drinking while on the go.

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.✽✽

Open Enrollment For 2018-19 School Year

The Student Assignment Open Enrollment Period for the 2018-19 school year started January 22 and will run through Friday, March 23.

The School District of Lee County will accept school registration applications year round, but holds one application period each year for parents and guardians of students entering kindergarten, sixth and ninth grades for the upcoming school year.

This year, the district is staggering the mailing of pre-printed applications. Applications were sent to incoming 9th graders attending a district school (not a charter school) on January 19, and applications will be sent to incoming kindergarteners and 6th graders as follows:

Kindergarteners currently attending a Pre-K school (not VPK at a daycare or private center) on Friday, February 2

Sixth graders attending a district school (not a Charter school) on Friday, February 9th.

Student assignment utilizes a lottery system; it is not first come, first serve. A family who registers the first day of open enrollment has the same chance of getting a school as that of

a family who registers the last day – it is unnecessary for families to stand in long lines when open enrollment starts. In fact, families are encouraged to continue to attend open houses and tour schools before completing their final school choice rankings.

For more information on student open enrollment, visit www.leeschools.net/studentopenenrollment.✽✽

FGCU Reception

The Southwest Florida Economic Development Alliance, Horizon Council and Greater Naples Chamber of Commerce are hosting a reception for Dr. Michael Martin, president of Florida Gulf Coast University, at the Club at Grandezza on February 8 from 5:30 to 7:30 p.m.

President Martin will provide a six-month recap of his time at the helm of FGCU. Tickets are \$35 and can be purchased at www.eventbrite.com/e/fgcu-presidents-six-month-recap-reception-tickets-39691409073 using code "paid166."

Event sponsors include B&I Contractors, FineMark Bank, Moorings Park, Florida SouthWestern State College, and Gravina, Smith, Matte & Arnold Marketing and Public Relations.

For more information, contact Melanie Geenan at MGeenen@bandiflorida.com.✽✽

From page 20

Boating Course

emergencies, reading channel markers and many other topics to make each boating experience safer and more enjoyable. Successful completion of this course entitles the boater to six months free membership in the United States Power Squadrons with the purchase of a 12-month membership. In addition, students who join the squadron will also

be eligible for a free three-hour On The Water training session.

The cost of the course is \$60 with a \$30 cost for a second person sharing the instruction materials. The cost includes lunch after the second Saturday class.

The course is being taught at the San Carlos Bay Sail & Power Squadron classroom, located at 16048 San Carlos Boulevard. Students can register online at www.scbps.com or call 466-4040 and leave a message.✽✽

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.



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.**

PAWS Of Sanibel

Belladonna



Belladonna

photo provided

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.*

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.*



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

LETTER
ADDENDA

- ACROSS**

1 Faux — (social slip)

4 Tangos, e.g.

10 Singer Anka

14 May greeting card

19 "C'— la vie" ("That's life")

20 Tristan's love

21 Up to the job

22 Bayer brand

23 Anorak, for Alaska?

25 Set no spending limits?

27 Injury-sorting process

28 Tell a story

30 Drum set?

31 Brit Jones played by Renée Zellweger?

35 "Barbarella" star Jane

37 Suffix similar to -ette

38 Baseball's Tony La —

39 Frat letters

41 Tenth mo.

43 Actress Tomei

46 Decide to order ravioli?

50 Old comics girl

53 Soap format

54 Baseball's Pee Wee

55 Place for actor Baldwin's lawn?

57 Party food provider

59 González in 2000

60 Lovers' god

62 "No" vote

63 That miss

66 Agents, in brief

67 Tyke sitting on a fireplace floor?

72 Tibia locale

73 Fresno-to-L.A. dir.

74 Iniquity

75 "... for — know"

76 Empathetic comment

77 Suffer humiliation

81 Furnish supplies to Oregon's capital?

84 Box in a den

87 — borealis

89 Friendly teasing

90 Jet kept in reserve?

92 Hobbled along

93 — Cat

94 Go higher

95 Set — (decide when to wed)

97 Egg; Prefix

100 Pickling liquid

102 Yeast used to treat illness?

107 Dad's sister

108 — Bessette-Kennedy

111 Dress

112 Activity held between work hours?

114 Apt word spelled out by the letters added to 10 answers in this puzzle

118 "Uncle Miltie"

119 Taken with

120 Faraway

121 — Jones Average

122 Williams of "Happy Days"

123 Gotten a glimpse of

124 Grog drinker

125 Lennon lover
- DOWN**

1 Druggist's crushing tool

2 Houston team

3 Blemishes

4 UCSD part

5 Fluttery tree

6 3 R's gp.

7 Inferior dog

8 Moose kin

9 Arises

10 GI's chaplain

11 Call off, as a launch

12 Forearm

13 Riga native

14 Socrates' T

15 Bygone

16 Huge vitamin intake, e.g.

17 Hams it up

18 New York team

24 Tiny bit

26 Suit

29 Best competitive effort, informally

32 Big name in water filters

33 Stole cattle

34 "The Lady — Tramp"

36 Kind of hawk

39 Bog fuel

40 With 56-Down, pre-talkies time

42 — Bo

43 — a wet hen

44 One-named R&B singer

45 Arena arbiter

47 Oval part

48 Korean car

49 — Lingus

50 Leering types

51 Chronicles

52 Baloney

53 Bluebonnet

56 See 40-Down

58 Cheering cry

61 — Na Na

63 Slate source

64 Employing person

65 Hostile party

67 Assembly aid

68 Using uppercase

69 Lanchester of old films

70 Flying stat

71 Abbott & Costello musical

72 Parboil

74 Titan's planet

76 Atoll unit

77 Comics cry

78 Ordinance

79 "... cup — cone?"

80 Took the gold

82 Llama cousin

83 Laotian

84 Conan's currency unit

85 Eighth U.S. president

86 Disdainful people

88 Good to go

91 Portion

92 Fond du —

96 Iraqi currency units

97 City in Spain

98 Lillian — (gift retailer)

99 Ring combo

101 Author — Calvino

102 Three-card street scam

103 John of rock

104 Milk: Prefix

105 Bygone anesthetic

106 \$\$\$ dispenser

107 "Chiquitita" quartet

109 Alamo rival

110 Russo of film

113 Boy toy?

115 Brewed quaff

116 Oversharing initialism

117 Co. owned by Verizon

1	2	3		4	5	6	7	8	9		10	11	12	13		14	15	16	17	18
19				20							21					22				
23				24							25				26					
27									28	29							30			
31							32	33	34						35	36				
37							38							39	40				41	42
				43	44	45					46	47	48				49			
50	51	52								53						54				
55									56			57				58				
59							60			61				62				63	64	65
66					67	68					69	70	71				72			
73				74						75						76				
				77				78	79	80		81			82	83				
84	85	86				87					88				89					
90						91						92								
93					94						95	96						97	98	99
	100		101						102	103						104	105	106		
107						108	109	110							111					
112					113						114	115	116	117						
118											120							121		
122											124									

King Crossword

- ACROSS**

1 "Mamma Mia!" group

5 Apprehend

8 Colorful fish

12 Clay-rich soil

13 Blunder

14 Portrayal

15 Democrat or Republican

17 Radiate

18 Faucet

19 Arouse

21 Fireworks reaction

22 Delany or Carvey

23 Venomous viper

26 Zodiac cat

28 Passenger

31 Prosperous time

33 Knock

35 Pepsi competitor

36 Soothe

38 Tatter

40 Actor Danson

41 A long time

43 Bugging device

45 Tranquil

47 Pencil end

51 Impulse carrier

52 Multiple marriage

54 Expectorate

6 Curved path

7 Wide

8 Occurring naturally

9 Bikini pattern?

10 Lotion additive

11 Chopped

16 Implement

20 Card game for two

23 Lawyers' org.

24 Scale member

25 Edwin Land's company

27 Rowing need

29 — out a living

30 Primary color

32 Purplish

30-Down

34 Kneecap

37 Longing

39 Indiana city

42 Brownish tone

44 Heathen

45 Back talk

46 World's fair

48 Wise one

49 Ostriches' kin

50 Deli loaves

53 On in years
- DOWN**

1 Swiss peaks

2 Animated Betty

3 Java neighbor

4 Chihuahua

5 "— a borrow-er ..."

MAGIC MAZE ● CALL IT QUILTS

N L E R U J B A I F H C Z W T

Q W N K W I B F C S Z W U R P

M J O H E (A B D I C A T E) C Z

X U S D N Q R U N L P J C G E

C Z X D D E Q D V T U R N R P

N L O N S N J H H E E E U C A

Y N D I I I A W V T V T O R P

N L G L K E I T I A I A N F G

E N E C E V V R S C G W E O B

Z R X W U I E A S A R P R L O

M L J I G G Y E C V D B A D Y

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

- Abandon

Abdicate

Abjure

Cave in
- Fold

Give in

Give up

Leave
- Relinquish

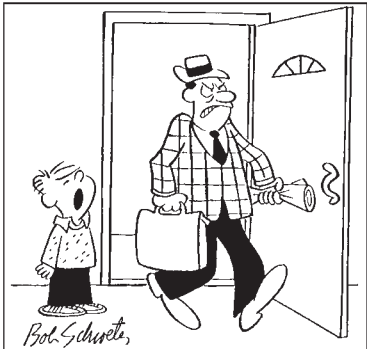
Renounce

Resign

Stand down
- Vacate

Withdraw

Yield



"Hey, Mom, Dad's home — and I think he's already looked in the _____."

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!

Plod
GURTED

Acute
HARPS

Avoid
REGION

Leave
PEACES

TODAY'S WORD

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

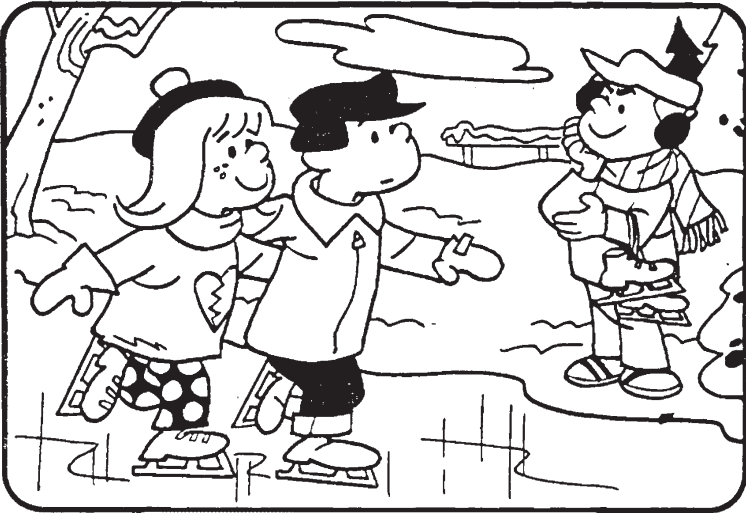
SUDOKU

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.

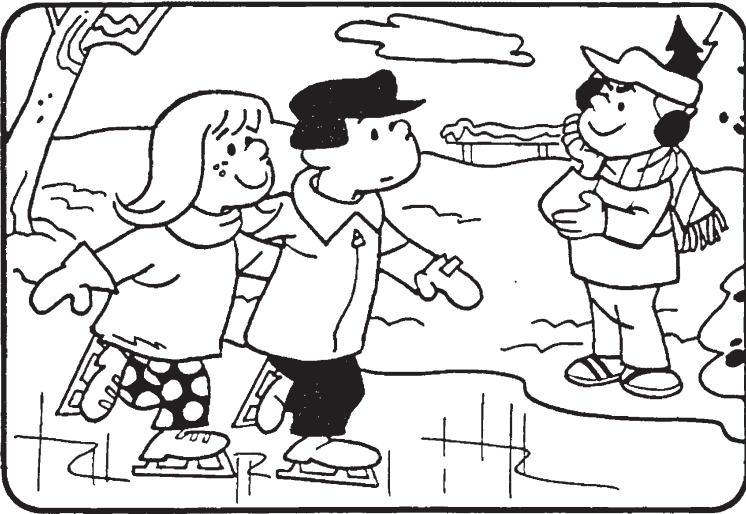
answer on page 29

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find At Least Six Differences Between Panels



Differences: 1. Hat is smaller. 2. Cloud is missing. 3. Cuffs are missing. 4. Arm is missing. 5. Heart is missing. 6. Skates are missing. 7. Hat is moved. 8. Cuffs are missing.





Mexican Snapper Sauté

- 1 onion, sliced medium thick
 - 6 cloves garlic, pressed
 - 1-2 teaspoons minced jalapeño pepper, seed removed or to taste
 - 2 cups zucchini, diced in 1/2 inch cubes
 - 1 pound snapper filet, cut into 1 inch pieces
 - 3 fresh tomatoes, diced
 - 3 tablespoons lemon or lime juice
 - 2 tablespoons fresh cilantro, chopped
 - 1 tablespoon fresh oregano, chopped
 - 1 ripe and firm avocado, diced
 - Salt and pepper to taste
- Sauté onion in a sauté pan over medium-high heat for a couple of minutes until caramelized. Add garlic, zucchini, and peppers and continue to sauté for another couple of minutes. Add snapper and sauté for another couple of minutes, stir constantly. Add the rest of the ingredients (except the avocado) and cook for another couple of minutes. Add avocado, salt and pepper to taste. Serve warm over rice. Yield 2 to 4 servings.✪



Mexican Snapper Sauté

photo courtesy Fresh From Florida

	FRIDAY Mostly Cloudy High: 72 Low: 52		SATURDAY Mostly Cloudy High: 67 Low: 47		SUNDAY Partly Cloudy High: 69 Low: 49		MONDAY Mostly Cloudy High: 71 Low: 51		TUESDAY Partly Cloudy High: 73 Low: 53		WEDNESDAY Sunny High: 75 Low: 55		THURSDAY Sunny High: 74 Low: 54
--	--	---	--	---	--	---	--	---	---	---	---	---	--

Redfish Pass Tides					Point Ybel Tides					Punta Rassa Tides					Cape Coral Bridge Tides				
Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low
Fri	1:26 am	8:29 am	3:20 pm	7:49 pm	Fri	12:31 am	8:31 am	2:25 pm	7:51 pm	Fri	1:22 am	8:32 am	2:37 pm	8:29 pm	Fri	3:36 am	11:45 am	5:30 pm	11:05 pm
Sat	2:17 am	9:03 am	3:45 pm	8:48 pm	Sat	1:22 am	9:05 am	2:50 pm	8:50 pm	Sat	2:16 am	9:11 am	3:22 pm	9:22 pm	Sat	4:27 am	12:19 pm	5:55 pm	None
Sun	3:09 am	9:35 am	4:13 pm	9:52 pm	Sun	2:14 am	9:37 am	3:18 pm	9:54 pm	Sun	3:19 am	9:48 am	4:05 pm	10:14 pm	Sun	5:19 am	12:04 pm	6:23 pm	12:51 pm
Mon	4:08 am	10:06 am	4:45 pm	11:04 pm	Mon	3:13 am	10:08 am	3:50 pm	11:06 pm	Mon	4:21 am	10:23 am	4:49 pm	11:15 pm	Mon	6:18 am	1:08 am	6:55 pm	1:22 pm
Tue	5:20 am	10:37 am	5:21 pm	None	Tue	4:25 am	10:39 am	4:26 pm	None	Tue	5:25 am	11:01 am	5:35 pm	None	Tue	7:30 am	2:20 am	7:31 pm	1:53 pm
Wed	7:00 am	12:23 am	6:04 pm	11:11 am	Wed	6:05 am	12:25 am	5:09 pm	11:13 am	Wed	6:37 am	12:34 am	6:28 pm	12:00 pm	Wed	9:10 am	3:39 am	8:14 pm	2:27 pm
Thu	9:13 am	1:44 am	6:55 pm	11:51 am	Thu	8:18 am	1:46 am	6:00 pm	11:53 am	Thu	7:48 am	1:47 am	7:23 pm	1:24 pm	Thu	11:23 am	5:00 am	9:05 pm	3:07 pm

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THE RIVER
WEEKLY NEWS
FROM THE BEACHES TO THE HILLS



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OF SOUTHWEST FLORIDA

PUZZLE ANSWERS

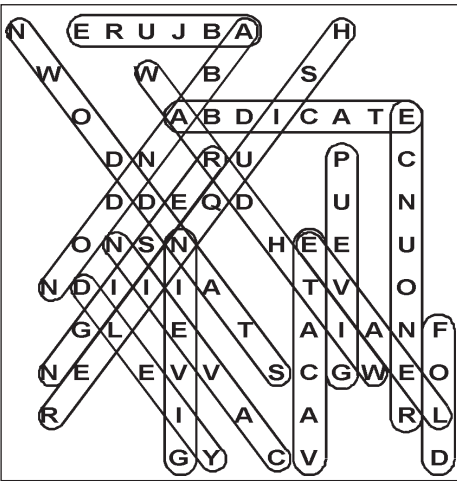
SUPER CROSSWORD

PAS	DANCES	PAUL	TOMOM
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STATE	PARKA	DONT	BUDGET
TRIAGE	NARRATE	EARS	
LONDON	BRIDGET	FONDA	
ESS	RUSSA	PSIS	OCT
ETTAKETT	MAKEIT	PASTA	
YARDOF	ALEC	CATERER	
ELIAN	EROS	NAY	SHE
REPS	KID	THEARTH	SHIN
SSE	SIN	ALLI	CARE
EATCROW	STOCKS	SALEM	
TVSET	AURORA	RAILLERY	
BACKUP	PLANE	LIMPED	
SNO	RISE	ADATE	OVO
BRINE	MEDICAL	LEAVEN	
AUNT	CAROLYN	ATTIRE	
BREAK	EVENT	ATTACHMENT	
BERLE	INTO	REMOTE	DOW
ANSON	SEEN	SAILOR	ONO

KING CROSSWORD

A	B	B	A	N	A	B	O	P	A	H
L	O	A	M	E	R	R		R	O	L
P	O	L	I	T	I	C	O		G	L
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MAGIC MAZE



SUDOKU

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

My Stars★★★★

FOR WEEK OF FEBRUARY 5, 2018

ARIES (March 21 to April 19) You might feel bolder as each new success falls into place. But caution is still advised through the end of the week. Until then, a step-by-step approach is best.

TAURUS (April 20 to May 20) That cooperation you request could come at too high a price. Since few can beat the Bovine at being clever and resourceful, why not see what you can do on your own?

GEMINI (May 21 to June 20) Aspects favor a quieter time spent getting closer to the people who are especially important to you. There's always much more to learn and appreciate about each other.

CANCER (June 21 to July 22) The concerned Crab will act to resolve workplace misunderstandings before they get out of hand and cause more-serious problems. Co-workers rally to support your efforts.

LEO (July 23 to August 22) What the Big Cat might see as a disturbing act of disloyalty might just be a failure of communication on both sides. Take time for mediation rather than confrontation.

VIRGO (August 23 to September 22) Be more patient with those who seem unwilling to accept your version of what's right. The fact is, there's a lot more to learn on all sides of this issue.

LIBRA (September 23 to October 22) It should be easier to assess the facts you'll need to make an important decision. But don't commit if you still have doubts. There could be more you need to know.

SCORPIO (October 23 to November 21) Your excitement level remains high as you continue working on that new project. Expect some setbacks. But on the whole, all will move pretty much on schedule.

SAGITTARIUS (November 22 to December 21) It might be wise to be more prudent with expenses right now. But your financial situation should soon clear up, and you could be back shopping, happily as ever.

CAPRICORN (December 22 to January 19) You might prefer sticking with your current schedule. But some newly emerging information could persuade you to consider a change. Keep an open mind.

AQUARIUS (January 20 to February

18) You might want to reject a suggested change. But it could be wise to go with the flow, at least for a while. You can always return to your first plan if you like.

PISCES (February 19 to March 20) You're bolstered by both the practical and poetic sides of your nature as you maneuver through some unsettled emotional situations. Things ease up by week's end.

BORN THIS WEEK: People reach out to your generosity and wisdom, and consider you a treasured and trusted friend.

THIS WEEK IN HISTORY

• On Feb. 11, 1858, in France, Marie-Bernarde Soubirous, a 14-year-old peasant girl, first claims to have seen the Virgin Mary. The 18 apparitions occurred in a grotto of a rock promontory near Lourdes.

• On Feb. 7, 1914, the silent film "Kid Auto Races at Venice" premieres featuring the actor Charlie Chaplin in his first screen appearance as the "Little Tramp."

• On Feb. 9, 1942, the Normandie, the first major liner to cross the Atlantic in less than four days, burns and sinks in New York Harbor during its conversion to an Allied troop transport. A welder set fire to life preservers, and by early the next morning the ship lay smoking and capsized in the harbor.

• On Feb. 6, 1952, King George VI of Great Britain and Northern Ireland dies. Princess Elizabeth, the oldest of his two daughters, was crowned Queen Elizabeth II on June 2, 1953, at age 27. Today, Elizabeth has reigned for almost 65 years.

• On Feb. 8, 1978, a classic "Nor'easter" storm that brought a severe blizzard to New England finally subsides. The blizzard, the worst to hit New England since 1888, was blamed for 56 deaths and dumped 55 inches of snow in some areas.

• On Feb. 5, 1988, in Miami, Panama military strongman Gen. Manuel Noriega is indicted for drug smuggling and assisting Colombia's Medellin drug cartel in trafficking cocaine to America. Noriega was found guilty at his 1991 trial and sentenced to 40 years in prison. He later was imprisoned in France and Panama, where he died in 2017.

• On Feb. 10, 1996, world chess champion Garry Kasparov loses the first game of a six-game match against Deep Blue, an IBM computer. Man ultimately

defeated machine, however, as Kasparov bested Deep Blue in the match with three wins and two ties and took home the \$400,000 prize.

STRANGE BUT TRUE

• It was noted educator and civil-rights activist W.E.B. DuBois who made the following sage observation: "The theory of democratic government is not that the will of the people is always right, but rather that normal human beings of average intelligence will, if given a chance, learn the right and best course by bitter experience."

• Those who make the finest wigs from human hair typically avoid buying hair from Americans. Evidently, hair grown in the United States is more likely to have damage caused by hairspray, hairdryers, dyes and pollutants.

• You might be surprised to learn that the tiny nation of the Netherlands, located barely 1,000 miles from the Arctic Circle, is the world leader in yield for tomato production, producing 144,352 tons of tomatoes per square mile under cultivation.

• In 1900, a prairie dog colony was found in Texas. That's not surprising -- prairie dogs are fairly common out West -- but this colony was unique. Researchers say it was the largest colony ever discovered, providing a home to 400 million prairie dogs and stretching over 25,000 square miles.

• If you're planning a summer trip to Maine, be sure to visit Peaks Island; the town is home to what is quite possibly the world's only museum devoted to umbrella covers.

• The first seven presidents of the United States were not born American citizens.

• Thanks to continental drift, the Atlantic Ocean is getting about a centimeter bigger every year, and the Pacific Ocean is shrinking by the same amount.

THOUGHT FOR THE DAY

"Pride, like laudanum and other poisonous medicines, is beneficial in small, though injurious in large, quantities. No man who is not pleased with himself, even in a personal sense, can please others." -- Frederick Saunders

SCRAMBLERS

1. Trudge; 2. Sharp;
3. Ignore; 4. Escape

Today's Word
GARAGE

TRIVIA TEST

1. **Mythology:** What was the name of the chariot-driving Greek sun god?
2. **Movies:** What was the first movie that Elvis Presley appeared in?
3. **Literature:** Which Russian author wrote the novella "Notes from Underground" in the 19th century?
4. **Geography:** In what mountain range is Mount Everest located?
5. **History:** When was the Woman's Peace Party organized in the United States?
6. **Music:** What famous singer/songwriter won the Pulitzer Prize for Literature in 2016?
7. **U.S. President:** Who was the only president to serve two nonconsecutive terms?
8. **Anatomy:** What is the largest internal organ in the human body?
9. **Government:** What was the first capital city of the United States?
10. **Ad Slogans:** What popular drink was advertised as "pure as sunlight" in 1927?

TRIVIA ANSWERS

1. Helios 2. "Love Me Tender" 3. Fyodor Dostoyevsky 4. Himalayas 5. 1915, in response to World War I 6. Bob Dylan 7. Grover Cleveland 22nd and 24th president 8. Liver 9. Philadelphia 10. Coca-Cola

★ ★ ★ ★ CLASSIFIED ★ CLASSIFIED ★ ★ ★ ★

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for more information.
1/26 ★ 2/9

Project HOPE Responds To Long-Term Needs

Two teams of local Hurricane Irma survivors have just deployed to respond to the long-term needs of their neighbors in Lee and Collier counties. Project HOPE provides free, confidential emotional support and resource linkage to individuals, families, groups, businesses and organizations such as faith-based communities, schools and neighborhood associations that are still dealing with the aftermath of the storm.

Everyone within Lee or Collier county lines is eligible. Call 260-7302 for more information.

The grant-funded program provides intensive training to the small army of outreach workers, who will soon become a common sight in Southwest Florida neighborhoods, at public events and at information tables at agencies and facilities such as United Way Houses, food pantries and community centers.

While many survivors have been able to move on with their lives in the months following the hurricane, many are still facing challenges. As neighbors came together spontaneously in the immediate aftermath, that spirit of helping is still needed to ensure a vibrant Southwest Florida community for residents, businesses and visitors for years to come.

Using data from the state of Florida, the federal government designated three of the state's 67 counties in need of a Project HOPE – a team has also deployed in the Keys. The project will be in place through September 30.✱

Flu Cases Continue To Increase

For the fourth week in a row, Lee Health has seen significant increases in flu. Throughout this widespread and intense flu season, Lee Health's Dr. Mary Beth Saunders, DO, system medical director, epidemiology and infection

prevention, has provided information and tips to help people stay as healthy as possible, and to know where to go and what to do if they aren't. With the incidences of flu continuing to climb,

Saunders reminds us of some of the various places we can catch the flu and other germs, including:

- Restrooms – buttons, levers, handles, any high-touch area
 - Buttons and hand rails – ATMs, store checkouts, staircases, elevators, escalators
 - Gym equipment
 - Shopping carts
 - Gas pumps
 - Desks – keyboards, phones, mouse, stapler, ink pens
 - Handshakes
 - Kitchen sponges, handles, countertops
 - Accessories – purses, jewelry
- To combat these germs, use hand sanitizer, practice good hand hygiene – wash hands often, wipe down surfaces before touching them (i.e., gym equipment, shopping carts), and avoid touching your face after touching these surfaces.

It is also important for everyone in the community to get the flu vaccine, as well as the pneumococcal vaccine (a secondary illness. People should also stay home when they are ill, especially do not visit the hospital if you have flu-like symptoms. Cover your cough and, if you use a tissue, dispose of it in a waste receptacle.

If you experience signs and symptoms of flu, avoid the emergency departments and instead visit your primary care doctor, a Lee Health Convenient Care, walk-in or urgent care center – they are able to diagnose and treat flu.

To minimize the spread of flu viruses during this peak time, Lee Health is temporarily restricting visitation of children age 12 and younger from visiting all units in hospitals across Lee Health, including Cape Coral Hospital, Gulf Coast Medical Center, HealthPark Medical Center, Golisano Children's of Southwest Florida and Lee Memorial Hospital. This restriction will be in place until further notice. Compassionate care allowances will be made as needed.✱

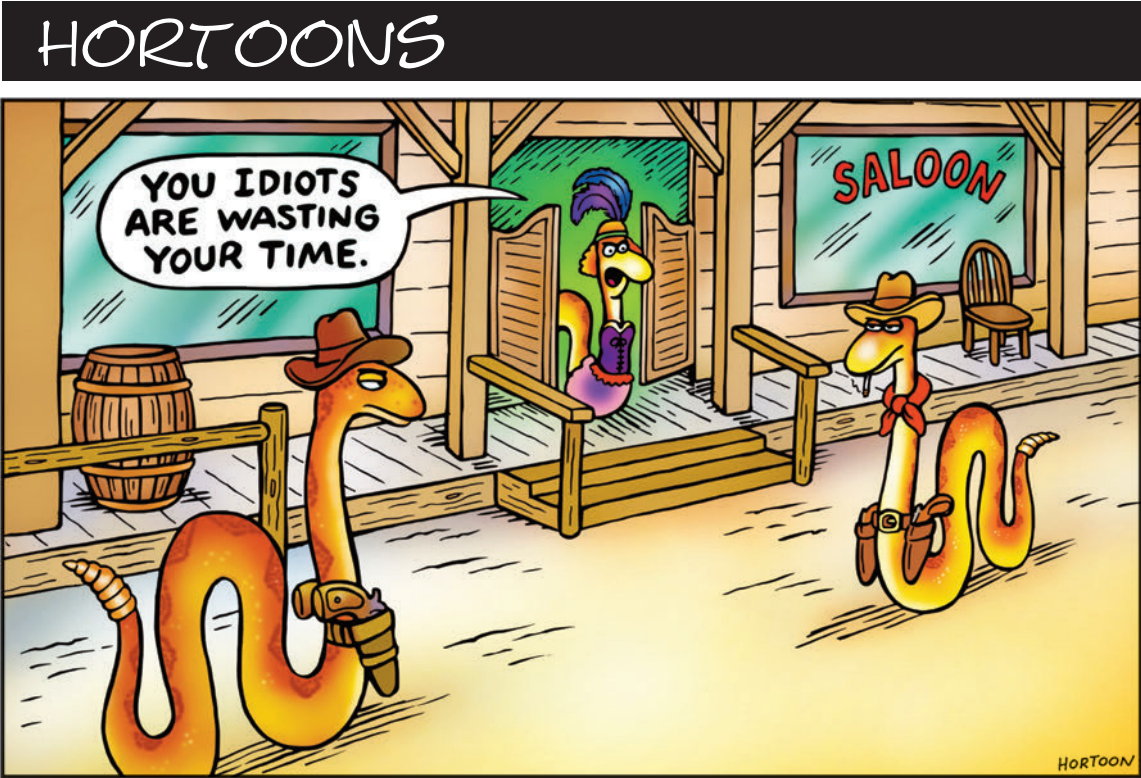
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Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Bonita Beach	Bonita Springs	2018	4,785	\$6,225,000	\$6,225,000	0
Chateaux Sur Mer Unrec	Sanibel	1967	1,622	\$2,650,000	\$2,400,000	0
Salerno	Miromar Lakes	2018	3,892	\$2,595,000	\$2,595,000	83
Shell Harbor	Sanibel	1976	3,261	\$2,245,000	\$2,179,000	136
The Reserve	Estero	2002	5,910	\$1,925,000	\$1,751,140	15
Gulf Heights	Fort Myers Beach	1949	1,443	\$1,850,000	\$1,850,000	0
Shell Harbor	Sanibel	1977	2,280	\$1,749,500	\$1,710,000	17
Captiva Beach	Captiva	2006	3,482	\$1,749,000	\$1,725,000	6
Riverside Yacht Club	Fort Myers	1993	3,029	\$979,000	\$900,000	210
Renaissance	Fort Myers	2017	3,255	\$947,675	\$925,000	96

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