



Ehnes Quartet

photo provided

World-Class Chamber Music At Davis Center

Ehnes Quartet will be the first concert in the Chamber Music Series at the Sidney & Berne Davis Art Center on Sunday, January 5 at 8 p.m. The quartet is comprised of four internationally

acclaimed string musicians: two-time grammy winning violinists James Ehnes and Amy Schwartz Moretti, violist Richard O'Neill and cellist Edward Arron. Experience the group that was hailed as "an important new force in the chamber music arena" with a "dream-team lineup" by *Strings Magazine*.

The Ehnes Quartet was formally established in 2010, but each musician

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Fort Myers Seafood And Music Festival

The downtown Fort Myers River District will come alive for the Fort Myers Seafood and Music Festival from Friday to Sunday, January 3 to 5. The fun starts Friday from 4 to 10 p.m. and continues Saturday from 11 a.m. to 10 p.m. and Sunday from 11 a.m. to 6 p.m. General admission is free for all ages.

Live musical performances for the three-day event include RJ Howson, JP Soars & The Red Hots and Fleetwood Max on Friday; Bryan Spainhower, Twinkle & Rock Soul Radio, the Billy Rice Band, Ari & The Alibis and the Aretha Franklin Tribute by CeCe Teneal on Saturday; and West Coast Steel Pan Band, the Verge and Reverend Barry & The Funk on Sunday.

There will be a diversity of seafood delicacies along with a variety of meat, vegetarian and rice entrees as well as side dishes and desserts. Guests can also shop in the marketplace featuring arts, crafts, food items and services.

The event is produced by Paragon Festivals in partnership with the Fort Myers River District Alliance.

The festival will be held at 1400 Hendry Street in Fort Myers. For more information, a schedule of entertainment and parking suggestions, visit www.seafoodfestivals.com/s-62-fort+myers+seafood+%26+music+festival.html or follow updates at www.facebook.com/ftmyersseafoodandmusicfestival.✪



Fresh gulf shrimp will be available at the festival

photo provided



Wash Day Havana Balconies by Muffy Clark Gill

images provided

Reception With Award-Winning Artists At Alliance

The Alliance for the Arts will hold an opening reception for Reveries of A Tropical Heart Exhibit on Friday, January 10 from 5 to 7 p.m. The free event features the works

of award-winning artists Jeff Ripple and Muffy Clark Gill as well as light refreshments. The exhibit runs through February 2.

Meet and engage with exhibiting artists during a free conversational tour through the gallery during the Alliance for the Arts weekly GreenMarket on Saturday, January 11 at 10 a.m.

The luminous beauty of dramatically lit landscape paintings



Daybreak over the Waccasassa River by Jeff Ripple

and the enchantment of colorful batik dreamscapes combine to capture the warmth of the tropics. Stay awhile and be transported into a world you won't want to leave.

Receptions and gallery tours are open to the public and do not require tickets or reservations. While gallery admission is free, a \$5 suggested donation keeps Alliance programming affordable and accessible.

Works by local artist Robert Allen will be on display in the theater lobby gallery. Displaying their latest works from the classroom, students and instructors at the Alliance for the Arts will be filling the Members Gallery with a variety of pieces from recent classes.

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

Historic Downtown Fort Myers, Then And Now:

McCrory Opens In Earnhardt



by Gerri Reaves, PhD

On July 21, 1916, national five and dime store JG McCrory Co. opened on First Street in the 193-foot Earnhardt Building. Billed officially as the “5 and 10 Cent Store,” it became one of 17 McCrory stores to operate in Florida and 231 nationally. The store opened just before the U.S.’s entrance into World War I in 1917 and, during those years, it gave many women a chance for out-of-the-home employment. One quirky fact regarding the store’s want ads for female sales personnel: Perhaps depending on the current custom or, more likely, the mindset of the store manager, the ads specified sales

“women,” “girls” or “ladies.” It was the first national-chain five-and-dime store to come to Fort Myers. SH Kress & Co.’s 5, 10 and 25 Cent store wouldn’t open at First and Broadway until more than a decade later. However, to set the local record straight, it should be noted that entrepreneur extraordinaire M Flossie Hill opened the first such store in 1909 in the Leon Building. She might have been spurred by the success of the first two national chains, Woolworth’s and McCrory, started in 1879 and 1882, respectively. Hill sold her five-and-dime in 1913, though, and focused her energies on her women’s clothing shop that opened in 1905 and stayed in business for more than half a century. In 1916, McCrory joined other stores and businesses in the impressive new yellow-brick building: a barber shop, a shoe and hat shop, a furniture store, the famous JB Parker’s Book Store, as well as physicians, attorney’s real estate professionals and others on the second floor. In late 1928, evidently the store’s economic indicators were good. Preparations began for the Harvie E Heitman estate’s \$80,000 addition of a Hendry Street section for the store. Storefront footage on First was doubled as well.





This photo was taken around the time McCrory 5 and 10 Cent Store closed, after 75 years in the Earnhardt Building photo courtesy Florida State Archives





The Earnhardt Building, opened in 1915, spans 193 feet on the block between Hendry and Jackson. It is still a thriving part of downtown, with stores and restaurants at street level and condominiums above photo by Gerri Reaves

When the expanded store reopened the following June, floor space had been tripled and 20 new departments opened. It was pronounced the best McCrory store in Florida, second only to the one in Miami. The expanded store was equipped with modern ceiling fans, a modern restroom for 50 clerks, and gas and electric fixtures. The stock room was “fire and vermin proof.” Perhaps the most popular addition was the soda fountain, which served ice cream, milk shakes, grilled sandwiches, and more. It was easily accessible from the entrance on Hendry Street. By then, McCrory had mushroomed to 37 stores in Florida and 275 nationwide. The store was not only one of the Earnhardt’s first tenants, having moved in soon after it opened in 1915, but it was probably the longest in residence. On Christmas Eve 1991, *The News-Press* announced the shocking news: The landmark store would close. In its last years, it was dubbed the “variety place,” selling everything from children’s clothing, candy and sewing notions to artificial flowers, beach toys and bedding. Walk down to the Earnhardt Block and imagine a fancy new five-and-dime opening up. Then visit the following research centers to learn more about the national chain stores that anchored downtown for much of the 20th century. The Southwest Florida Historical Society is an all-volunteer, nonprofit 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 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 nonprofit organization are Wednesday through Friday from 11 a.m. to 4 p.m. and on Saturday by appointment only. For more information, call 332-8778 or visit www.leecountyblackhistorysociety.org. Visit the IMAG History & Science Center at 2000 Cranford Avenue or at www.theimag.org. Sources: The Archives of the Southwest Florida Historical Society and *The News-Press*.✽

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THE RIVER
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FROM THE BEACHES TO DOWNTOWN FORT MYERS

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Multiple Movie Parody To Open At Lab Theater

The first licensed production of *Death of a Streetcar Named Virginia Woolf: A Parody* opens at The Laboratory Theater of Florida on Friday, January 17. There will be an opening night reception with hors d'oeuvres by The Gathering Place starting at 7:15 p.m.

A mysterious invitation finds Blanche Dubois on a train to New Orleans. She shares the train with hard-drinking couple George and Martha, who are intent on depleting the entire bar car while delivering scathing advice on life and marriage before the train arrives at its destination. Upon arriving in New Orleans, Blanche runs into the smoldering Stanley Kowalski and the hapless Willie Loman. When you add in a folksy narrator and a mashup of movie and theater jokes, you get deliciously satirical farce with some of the most recognizable characters of the 20th century, all sharing the same stage.

Death of a Streetcar Named Virginia Woolf: a Parody was written by Tim Sniffen and the story was created by Tim Ryder, Tim Sniffen and The Second City.

Artistic Director Annette Trossbach said, "This is one of the funniest shows I've ever read, and I read a lot of plays. Audiences will be delighted by



From left, Howard Nutt, Sue Schaffel, Michael Hennessey, Joann Haley and Stephen Stefanik photo provided

movie references from *Who's Afraid of Virginia Woolf* through *The Breakfast Club* and so much in between. It's smart, it's sassy, it's delightful."

Director Scott Carpenter added, "Have you ever wondered what happened to Blanche Dubois after *Streetcar Named Desire*? Have you ever pondered if George and Martha stayed together after *Who's Afraid of Virginia Woolf* ended? *Death of a Streetcar Named Virginia Woolf, A Parody* answers these questions and more."

The play features Michael Hennessey, Sue Schaffel, Joann Haley,

Robert B. Armstrong, Stephen Stefanik and Howard Nutt. It is directed by Scott Carpenter, stage management by Casey Davis, set design by Michael Eyth, light and sound design by Jonathan Johnson, costumes and wigs by Kristen Wilson.

For teens, there will be a cast and crew meet-and-greet with pizza donated by Downtown House of Pizza starting on Saturday, January 18 at 6:30 p.m. followed by a complimentary performance for the teenagers. Tickets and pizza are free, but reservations are required.

Death of a Streetcar Named Virginia Woolf: a Parody plays through Saturday, February 8. It is sponsored by Art Zupko.

The Laboratory Theater of Florida is located at 1634 Woodford Avenue in downtown Fort Myers. For tickets, visit www.brownpapertickets.com or call the box office at 218-0481.*

Club To Hold Free Introduction To Rowing Event

Looking for an excuse to escape the gym and spend time outdoors? The Caloosa Coast Rowing Club's Experience Rowing event will be held at Cape Harbour on Saturday, January 11 from 8:30 to 11:30 a.m. The free rowing introduction is for novices over age 13 and a chance to build friendship and social networks. Retirees and seniors regularly take up the sport, so you're never too old to give it a try.

No RSVP is necessary. There will be tours of the boatyard, some practice on a rowing machine and then a row out on the water. Rows will last about 10 minutes and travel about a half a mile. This mini-lesson is for absolute beginners. Expect to spend about an hour total from when you arrive.

The club will be offering more comprehensive lessons starting January 25. For more information, visit www.rowccrc.org.*

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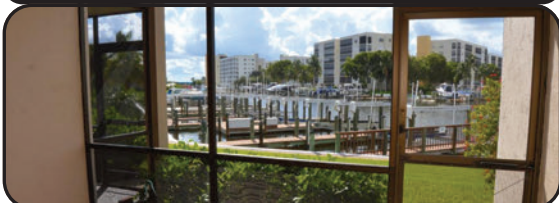
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The Wroclaw Philharmonic Orchestra

Tickets Available For Community Concert Season

World-renowned artists from throughout Europe, Russia and Poland will travel to Fort Myers this winter to perform for the Fort Myers Community Concert Association in its 71st annual concert series.

Single tickets are now available for purchase for each of the five performances, which organizers say are among the best ever offered by the association. Prices are \$55 for orchestra seats, \$35 for lower balcony seats and \$25 for upper balcony seats. Mezzanine seats are sold out.

All performances start at 7:30 p.m. at the Barbara B. Mann Performing Arts Hall on the Florida SouthWestern State College campus in Fort Myers. For

photos provided

tickets, call the box office at 481-4849.

The five concerts for the 2020 season are:

The Wroclaw Philharmonic Orchestra: January 10 – The Wroclaw Philharmonic Orchestra was founded in 1945 and officially became the State Orchestra of Wroclaw, Poland in 1949. The orchestra was renamed the Wroclaw Philharmonic in 2015 when the orchestra moved into its new home, the National Forum of Music, where it is has performed for nearly 100,000 attendees in its first two seasons. It is widely considered to be the premier venue of its type in Poland.

The Siberian State Symphony Orchestra: January 27 – Direct from Krasnoyarsk, Russia, the Siberian State Symphony Orchestra embarks on an eight-week U.S. tour in January. Founded in 1977, the orchestra quickly won a reputation as one of the best orchestras from Russia. The orchestra



Teatro Lirico D'Europa performing Verdi's *La Traviata*

plays the great Russian classics and has made numerous recordings.

Teatro Lirico D'Europa performing Verdi's *La Traviata*: February 3 – *La Traviata* is the classic tale of unrequited love taking place in and around Paris during the 1840s. Teatro Lirico D'Europa is the most successful opera touring company in Europe and the U.S. and travels with a full orchestra of 47 to 50 members and a chorus of 40 singers.

Russian State Symphony Orchestra: February 10 – The Russian State Symphony Orchestra, known for its rich sound, nobility of expression and skillfully balanced sound presents Glinka: Russian and Ludmila Overture; Tchaikovsky Symphony No. 4 and Grieg: Piano Concerto with pianist Pavel Nessessia, one of the most remarkable Russian pianists of his generation.

Russian National Ballet: March 2 – The Russian National Ballet performs the timeless *Sleeping Beauty*. Luminous costumes and elaborate sets complement one of Moscow's finest ballet companies.

The Russian National Ballet Theatre was founded with the support of the Ministry of Culture of the Russian Federation and invigorates the tradition of classical Russian ballet with developments in dance from around the world.

The Fort Myers Community Concert Association, now in its 71st concert season, is an all-volunteer not-for-profit organization founded by the legendary Barbara B. Mann in 1949 to bring world-class entertainment to Southwest Florida at affordable prices. The association consists of more than 1,700 members, underwriters and sponsors. Performers brought to Fort Myers in the past by the association include The Israel Ballet, Violinist Itzhak Perlman, The Boston Brass, Minnesota Orchestra, Cleveland Orchestra, Vienna Boys Choir, Pianist Andre Watts, Violinist Joshua Bell with the Academy of St. Martin in the Fields and many others. For Community Concert Association membership information, visit www.fortmyerscommunityconcerts.org.✧



Wishing you a joyous and peaceful season, with health, love and happiness for the New Year

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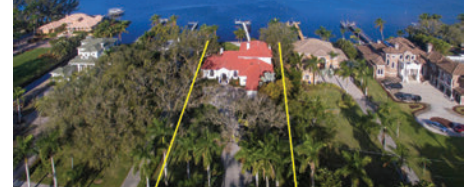
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Fort Myers Art:

Participate In Naples Art Little Things Exhibition



by Tom Hall
Each year, Naples Art holds a small works show. Called Little Things: An Exhibition Celebrating Small Works, the show celebrates works of art 60 inches and smaller.

Miniature art has been made for thousands of years. In many of the world's civilizations, there was a fascination with creating in small scale. Ancient Greeks adorned their walls with small murals while coins and rings often bore engraved portraits. In Persia, the shahs maintained the best artists of the day to paint the court and illustrate copies of the Koran and other great books, both religious and secular.

Monks in the Middle Ages embellished manuscripts with delicate illuminations and bordered them with a red lead pigment called "minium" from which the word "miniature" later evolved.

The Elizabethan era was noted for its exquisite miniature portraits on vellum (and later ivory) and evokes memories of masters such as Holbein, Hilliard, Oliver and others. Many Dutch and Flemish



A past entry in Naples Art's Little Things: An Exhibition Celebrating Small Works

photo courtesy www.artswfl.com

artists painted small-scale works in order to do focused studies on specific painting techniques and subjects. Frans Hals' striking 6 1/2-inch-by-5-inch *Portrait of Samuel Ampzing*, for example, was used as a study for a noted reproductive print. Often, Dutch and Flemish painters created small self-portraits that they could use as "calling cards" with potential patrons.

Among some of the most famous and valuable small scale paintings from this period are two by Rembrandt (*Self-Portrait at 26* and *Portrait of Old Man with Beard*), two by Vermeer (*Girl in Red Hat* and *Young Woman Seated at a Virginal*) and Anthony van Dyck (*Portrait*

of *Nicholas Rockox*).

Miniature art fell out of vogue with the advent of photography more than a hundred years ago. But it has experienced a resurgence in the past 20 years among artists, collectors, curators and art museums around the globe.

The White House, the Smithsonian American Art Museum, Astolat Dollhouse Castle and museums around the world have collections of miniature paintings, drawings, original prints and etchings, and sculpture. Perhaps the most intriguing miniature exhibition of renowned American artists sits today on the lunar surface. Fifty years ago this past November 19, astronauts Alan L. Bean and Richard F. Gordon left behind a ceramic wafer.

Southwest Florida has seen numerous exhibitions of miniature artworks, including *ELEVEN: The John Erickson Museum of Art Retrospective* at the Bob Rauschenberg Gallery in 2014 (featuring galleries only slightly larger than a shoebox conceived in the tradition of Marcel Duchamp's *Boite en Valise*) and the upcoming small scale art show at DAAS Co-op Gallery in Fort Myers' Gardner Park.

To participate in Naples Art's Little Things exhibition, deliver one exhibit-ready artwork to 585 Park Street in Naples on Monday, January 6 between 11 a.m. and 4 p.m. The exhibition will be on display from January 14 to February 16 in Gallery 104. For more information, call 262-6517 or email info@naplesart.org.

Art League Of Marco Fine Craft Fair This Friday And Saturday

On Marco Island, the Art League of Marco Island Fine Craft Fair takes place on January 3 and 4. This fair is held at 1010 Winterberry Drive, which is located toward the southern end of the island. Now in its 17th year, this craft fair provides browsers and art enthusiasts with some of the region's best original artwork, including paintings, watercolors, photography and digital art, ceramics, pottery, glass, clothing, jewelry and mixed media work.

Naples New Year's Art Show Invades Fifth Avenue South

The Naples Art Association's Naples New Year's Art Show returns to Naples' Fifth Avenue South this Saturday and Sunday, January 4 and 5. Last year, the artworks on display were valued collectively

at more than \$15 million. As in years past, every category will be represented, from original oils and acrylics on canvas, panel and galvanized aluminum to watercolors on paper, 2D and 3D mixed media, limited edition prints, photography, digital art, metal sculpture, wood carvings, ceramics, hand-crafted jewelry and leather works. Because of its national ranking (*Sunshine Artist* consistently ranks it in its top 100 in the nation each year, and last year Naples New Year's came in at No. 15) and the beautiful weather in Southwest Florida during this time of year, the Downtown Naples New Year's Art Fair draws 250 of the finest artists in the country.

Art in the Park will run alongside the Downtown Naples New Year's Art Fair on Saturday, January 4. Art in the Park not only features work by Naples Art Association member artists in booths set up on Park Street outside The von Liebig Art Center, but art demonstrations by NAA artists plus art projects for the whole family. There are projects inside The von Liebig Art Center for the kids as well. Art in the Park is not just an add-on to the Downtown Naples New Year's Art Fair. It is a festival that has stood on its own merits for more than 62 years.

*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.**

Art League Seeks New Home

The Art League of Fort Myers, which has been a valued member of the arts community in Fort Myers since 1956, is seeking a new home due to downtown expansions and the city's latest visions.

The 64-year-old league, the oldest art association in Lee County, operates solely by the volunteer spirit of its members. The Art League is defined by high-quality fine arts and crafts, its open and inviting membership, and its commitment to artists and the community.

League members have been advised that they can no longer lease their current space at 1451 Monroe Street, in the heart of the river district. The league has rented its headquarters since 2003. Prior to that, the headquarters were based on Crawford Street from 1974 through 1992, then relocated to the corner of Colonial and McGregor boulevards from 1993 to 2003.

The league has been a tourist art destination in the downtown Fort Myers River District for 17 years. The City of Fort Myers now has plans for that space, challenging the Art League to relocate once again.

League officials want to continue to be there for tourists, current members, new artist, students and youth. The Art League of Fort Myers board and members are reaching out to the community asking for assistance in finding a new location to move the classes, gallery and gift shop in the very near future.

If you have a building, space or know o someone who does, contact League President Sue Dunham at sue.dunham.41@gmail.com or 246-7351.*

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Author Lecture Followed By Writing Workshop

The Famous Author Lecture Series begins with a lecture and lunch with Alex Segura at the Sidney & Berne Davis Art Center on Monday, January 13 from noon to 2 p.m. The lunch will be prepared by G3 Catering. An intensive writing workshop titled The Elements of the Private Eye with Segura will take place afterwards from 3 to 5 p.m.

Alex Segura is the author of the Pete Fernandez Miami Mystery novel series, which includes *Silent City*, *Down The Darkest Street*, *Dangerous Ends*, *Blackout*, and the upcoming *Miami Midnight*. The series has been nominated for the Anthony Awards, some of the most prestigious awards in the world of mystery writers. *Blackout* was listed as one of the most anticipated mystery novels of 2018 by CrimeReads, MysteryPeople and Bookbub, and was included in *The Boston Globe's* Summer Reading List. It was named a Best Book of 2018 by CrimeReads and Criminal Element.

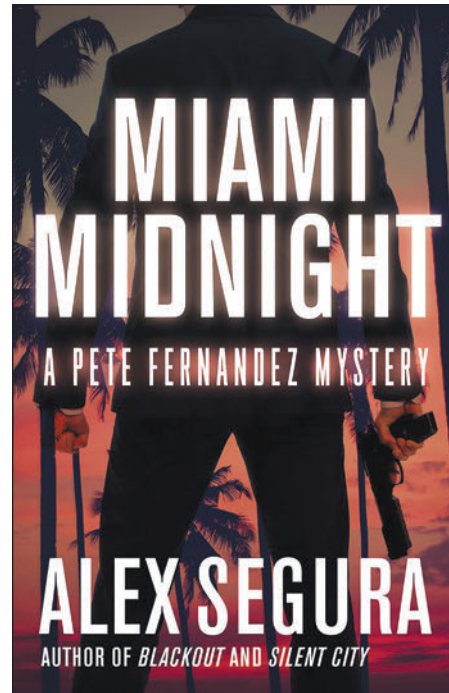
Segura has also written a number of comic books, including the best-selling and critically acclaimed *The Archies*, *Archie Meets Ramones* and *Archie Meets KISS* series. He is the co-creator and co-writer of the *Lethal Lit* podcast,



Alex Segura photos provided a *New York Times* Five Best Podcasts of 2018 pick.

In the workshop, Segura will walk students through the building blocks for building an engaging private eye novel series, including the two major kinds of private investigator. Using references from classic works, Segura shows what tropes of the genre still exist, which ones can be inverted and how to create a compelling protagonist and a vibrant setting.

The Famous Author Lecture Series is sponsored by FineMark Bank. For more information on Alex Segura, visit



Miami Midnight cover

www.alexsegura.com.

Tickets for the lecture and lunch are \$40 per person, or \$300 for a table of eight. For more information, visit www.sbdac.com/author-lecture-alex-segura.

Tickets for the writing workshop are \$50. For more information, visit www.sbdac.com/author-workshop-segura.

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

Estates To Host Acoustic Guitarist River Performance

Edison and Ford Winter Estates will host Steve Farst for the first Rhythm on the River of the new year on Friday, January 31. The event will take place on the Ford lawn, along the Caloosahatchee. Gates open at 5:30 p.m. and the concert starts at 6 p.m.

Farst has been entertaining audiences on a national level for many years. He performs both new and old music on acoustic guitar and gives each song his own personal sound. Cocktails and appetizers will be served from Sanibel Catering Company by Baileys, including Mango Margarita Shrimp, Bourbon Glazed Meatballs, Chili Lime Chicken Kabobs, fruit, vegetables, cheese and other selections.

Tickets are \$35 per person or \$25 for Edison Ford members. Tickets at the door will be \$40. Tickets include one signature drink and appetizers. A cash bar will also be available.

Guests should bring a folding chair and a sweater if the weather is chilly. No coolers are permitted. Free parking is available in the main Edison Ford parking lot at 2350 McGregor Boulevard. For more information or to purchase tickets online, visit www.edisonford.org or call 334-7419.✱



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Along The River

The River District Alliance will host **Art Walk in downtown Fort Myers** this Friday, January 3 from 6 to 10 p.m. and Saturday, January 4 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, the **Sidney and Berne Davis Art Center** kicks off 2020 with two new art exhibitions, beginning with an **opening reception** this Friday, January 3 from 6 to 10 p.m.

The Grand Atrium will feature visual artist Frank Henriquez, a native of Cuba with a solo exhibition titled Archangels. The Capital Gallery will showcase mixed media works of Ehren Fritz Gerhard with his show titled Heat Stroke.

Many artists have been influenced by street art methods and techniques and are utilizing less conventional mediums for their creations. Henriquez takes us for a stroll down an alley where urban expressionism and traditional painting meet. His use of unconventional materials such as stencil cutouts with spray paint on recycled materials like glass, windows, doors and plywood is an ode to urban street art.

Both shows are curated by artist Cesar Aguilera and will be on display through January 31.

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



Booths set up at a previous Estero Fine Art Show

information, visit www.sbdac.com or call 333-1933.

The immensely popular **cabaret act** A Guy, A Girl, A Piano will be back at **The Laboratory Theater of Florida** for a limited engagement this Friday through Sunday, January 3 to 5.

The unforgettable musical experience features Theresa Quinn and Randy Kramer with their four-hands-one-piano cabaret – virtuosic piano arrangements, vocal solos and duets, featuring the music of Gershwin, Sondheim, the Beatles, Beethoven, Joplin, Bernstein, Fats Waller and others.

The Laboratory Theater of Florida is located at 1634 Woodford Avenue in Fort Myers. For tickets, visit www.brownpapertickets.com or call the box

office at 218-0481.

Take a **nature walk with a bird patrol guide** at **Lakes Regional Park** this Saturday, January 4 at 8 a.m.

This easy walk along clear paths offers an opportunity to see birds in native vegetation with experienced bird patrol guides pointing out the many species in Lakes Park. Wear comfortable shoes and dress to be outside. Bring water, sunscreen and binoculars.

This tour, which is free with paid parking, is provided in cooperation with Lee County Parks and Recreation.

Meet at Shelter A7. After entering the Lakes Park gate from Gladiolus Drive, turn right and drive to the end of the road, continuing through the parking lot. Shelter A7 is located near the train station.

Lakes Regional Park is located at

7330 Gladiolus Drive in Fort Myers. For more information, visit www.birdpatrol.org or call 533-7580 or 533-7576.

The 23rd annual **Estero Fine Art Show** will be held at **JetBlue Park** this Saturday and Sunday, January 4 and 5. It is produced by Hot Works and juried by art professionals with criteria based on technique/execution, originality and booth appearance.

All art is for sale including paintings, clay, glass, fiber, sculpture, wood, photography, jewelry and more. The show integrates a youth art competition encouraging students in grades kindergarten through eighth grade to enter their original and personally handmade art for a chance to win a cash prize.

JetBlue Park is located at 11500 Fenway South Drive in Fort Myers. For more information, visit www.hotworks.org or contact Patty Narozny at patty@hotworks.org or 941-755-3088.

Circumnavigating Florida with the Grandchildren – the second talk in a series of free Calusa Blueway-related programs – will be held at **Wa-Ke Hatchee Recreation Center** this Tuesday, January 7 at 6:30 p.m.

Lynette Brown and her grandchildren paddled around Florida on the 1,515-mile Florida Circumnavigational Saltwater Paddling Trail. They will share photos and stories about their adventures.

Wa-Ke Hatchee Recreation Center is located at 16760 Bass Road in Fort Myers. For more information and directions to the program, call 432-2154. Trail information is at www.calusablueway.com or www.leeparks.org/blueway.✧

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Sirena Huang

photo provided

Symphony Begins New Year With Masterworks

The Southwest Florida Symphony starts off the new year with its second Masterworks concert of the season at Barbara B. Mann Performing Arts Hall at FSW on Saturday, January 11. The performance

begins at 7:30 p.m., with Maestro Nir Kabaretti’s popular pre-concert lecture taking place at 6:30 p.m.

Entitled The Romantix, this concert will be conducted by Kabaretti and features guest soloist, violinist Sirena Huang, winner of the Elmar Oliveira Violin Competition. The program highlights Romantic-era composers, including Beethoven’s *Overture to Fidelio*, Wieniawski’s *Violin Concerto*

continued on page 18

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Shopping with FMPD Chief Derrick Diggs

photo provided

Deserving Kids Get To Shop With A Cop

Over 30 elementary and middle school children converged on the Target at Dynasty Drive in Fort Myers recently to “Shop with a Cop.” The Fort Myers Police Athletic League (PAL) launched its first annual

holiday shopping spree with a group of deserving children and enthusiastic Fort Myers Police Department (FMPD) officers with each child getting a \$200 budget to choose gifts for themselves, family and friends.

The kids fanned out throughout the store getting help from Chief Derrick Diggs, Target employees and members of the police department. The children were chosen to participate by their school resource officers, teachers and

counselors. They were picked up right after lunch, transported to the store and spent the next two hours filling their shopping carts.

The FMPD PAL program worked over the past couple of months to raise the money for the excursion through private and corporate donations. Some officers even gave extra donations if the budgets were exceeded a bit. The first event has been deemed a great success with preparations underway for next year.✪

Scholarships Added To Awards Program

Cypress Cove’s highly successful employee educational scholarship program received three holiday gifts recently with the establishment of two new endowed (named) scholarships and the upgrade of a previous scholarship offering to endowed status.

Now in its third year of existence, the South Fort Myers Life Plan community’s employee scholarship program has produced many success stories. Last month, 14 Cypress Cove employees and their dependents were awarded educational scholarships for the Spring 2020 academic term bringing to 36 the number of scholars that have received financial assistance

toward their advanced education studies, explained Cypress Cove Philanthropy Specialist Allen Abbott.

The Lyle & Audrey Olson Scholarship, previously established, has been upgraded to endowed status, meaning that the principle balance of scholarship now meets or exceeds \$25,000.

That scholarship joins two newly established endowed scholarships: the Robert and Dianne Willis Endowed Scholarship and the Marilyn Klepacki Endowed Scholarship. Both scholarships are designated for employees who work in the community’s Dining Services division.

The new scholarships, says Abbott, raised the program’s principle gifted amount over \$350,000 and increases the number of named Cypress Cove scholarships to 14.

Since its inception, the program has served to ease some of the financial burden incurred by employees and their families or dependents enrolled in continuing education classes. This program compliments an already successful employee tuition reimbursement program that has been offered at Cypress Cove since 2006.

The spring class of scholars, notes Abbott, are represented at five different colleges. First-time scholarship recipients receive \$2,000 toward their education while employees having previously received scholarship program assistance are awarded \$1,000.✪

Churches/Temples

ALL FAITHS UNITARIAN CONGREGATION
Service 9, and 11 a.m. Children’s RE, Adult Education Forum 10 a.m., www.allfaiths-uc.org, 2756 McGregor Boulevard, 226-0900.
ALL SAINTS BYZANTINE RITE CATHOLIC
Sunday 10:30 a.m., 10291 Bayshore Road, 599-4023.
ANNUNCIATION GREEK ORTHODOX
Sunday 9 and 10 a.m., www.annunciation.flgoarch.org, 8210 Cypress Lake Drive, 481-2099.
BAT YAM-TEMPLE OF THE ISLANDS
Friday Shabbat at 7 p.m. www.batyam.org, 2050 Periwinkle Way, 579-0296.
BETH YESHUA MESSIANIC SYNAGOGUE
Saturday 11 a.m. 15675 McGregor Boulevard, 437-3171.
BIBLESHARE
10 a.m. Sunday and 7 p.m. Tuesday, www.simplysimpleworship.com, 7050 Winkler Road, Suite 121, 437-8835.
BREAD OF LIFE MINISTRIES
Sunday 10:30 a.m. 16581 McGregor Boulevard, 267-3166.
CHABAD LUBAVITCH ORTHODOX
Friday 6:30 p.m., www.chabadswf.org, 5620 Winkler Road, 433-7708.
CHAPEL OF CYPRESS COVE
Sunday 10 a.m., www.revtedalhouse@aol.com 10200 Cypress Cove Circle, 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., www.taecc.com, 1619 Llewellyn Drive, 334-4978.
COVENANT PRESBYTERIAN
Sunday 10 a.m. 2439 McGregor Boulevard, 334-8937.
CROWN OF LIFE LUTHERAN CHURCH AND CHRISTIAN ACADEMY
Sunday 8 and 10:45 a.m. Jan 1 - Easter; 9 a.m. after Easter - Dec 31.
www.crownoflifelutheran.com. 5820 Daniels

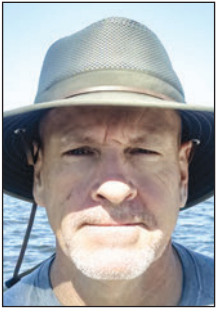
Pkwy, 482-2315.
CYPRESS LAKE BAPTIST
Sunday 9:45 and 11 a.m., 7 p.m.; Wednesday 6:30 p.m. 8400 Cypress Lake Drive, 481-5442.
CYPRESS LAKE PRESBYTERIAN
Sunday 8, 9, 10 and 11 a.m. www.clpc.us, 8260 Cypress Lake Drive, 481-3233.
CYPRESS LAKE UNITED METHODIST
Sunday 8, 9:30 and 11 a.m. 8570 Cypress Lake Drive, 482-1250.
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., www.christiansciencefortmyers.net, www.christianscience.com. 2390 West First Street, 334-6801.
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. www.funfcmtyers.org, 2466 First Street, 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.
FIRST PRESBYTERIAN CHURCH OF FORT MYERS
11 a.m. Sunday, www.fpcfmyers.org, 2438 Second Street, 239-334-2261
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., www.lambofgodchurch.net, 19691 Cypress View Drive, 267-3525.
NEW BEGINNINGS CENTER
Friday 6:30 and 7 p.m. nbcministry@embarqmail.com, facebook.com/nbcministry, 8505 Jenny Cae Lane, 656-0416.
NEW COVENANT EYES
Monthly 9 a.m., www.newcovenanteyes.com, 1900 Park Meadows Drive, 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., www.newhopefortmyers.org, 10051 Plantation Road, 274-1230.
PEACE COMMUNITY
Sunday 10:30 a.m. www.peacecommunitychurch.com, 17671 Pine Ridge Road, 267-7400.
PEACE LUTHERAN
Sunday 8 and 10 a.m., www.peaceftmyers.com, peace@peaceftmyers.com. 15840 McGregor Boulevard, 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. www.MeditationInFortMyers.org. 567-9739.
SAINT COLUMBKILLE CATHOLIC
Monday through Saturday 8 a.m.; Saturday 3 and 5 p.m.; Sunday 7, 9 and 11 a.m., 5:30 p.m., 12171 Iona Road, 489-3973.
ST. FRANCIS XAVIER CATHOLIC
Monday through Thursday 6:45 a.m.; Friday 6:45 and 11 a.m.; Saturday 4 p.m.; Sunday 6:45, 9:30 and 11 a.m., 2157 Cleveland Avenue, 334-2161.
SAINT JOHN THE APOSTLE

METROPOLITAN
Sunday 10 a.m., 3049 McGregor Boulevard, 344-0012.
SAINT MICHAEL LUTHERAN
Saturday 5:30 p.m.; Sunday 8 and 10:45 a.m., 3595 Broadway, 939-1218.
SAINT NICHOLAS MONASTERY
Sunday 9:30 a.m., www.saintnicholasmonastery.org, 111 Evergreen Road, 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., www.templebethel.com, 16225 Winkler Road, 433-0018.
TEMPLE JUDEA (CONSERVATIVE)
Friday 6:30 p.m. and Saturday 9 a.m., www.tjswfl.org, 14486 A&W Bulb Road, 433-0201.
THE FAITH CENTER
Sunday 9 and 10:30 a.m., Thursday 7:15 p.m., 17650 South Tamiami Trail, Suite 212, 278-3638.
THE NEW CHURCH
Sunday 11 a.m., www.newchurchflorida.com, 10811 Sunset Plaza Circle #401, 481-5535.
UNITARIAN UNIVERSALIST
Sunday 10:30 a.m., www.uucfm.org, 13411 Shire Lane, 561-2700.
UNITY OF FORT MYERS
Sunday 10 a.m., www.unityoffortmyers.org, 11120 Ranchette Road, 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., www.zionfm.org, 7401 Winkler Road, 481-4040.✪

CROW Case Of The Week:

American Bald Eagle



by Bob Petcher

The American bald eagle is the largest bird of prey found in North America. The national emblem of the United States since 1782 has been a spiritual symbol for native people for a

much longer period.

While the bald eagle is not really bald, the sea eagle does sport a white head. In fact, its scientific name – *Haliaeetus leucocephalus* – means white-headed sea eagle when you break it down.

Rather than do its own fishing, the national bird is known to chase other birds, even other bald eagles, for their food. They are known to harass other hunting birds until they drop their prey in midair, and then swoop up the fish or small mammal.

While they usually live harmoniously in large groups, bald eagles will engage in territorial fights at times. They will use their powerful feet and sharp talons during tussles. When bald eagles do battle, they tend to circle each other in the air, swooping higher to try to gain an advantage over their opponent.

At CROW, an adult bald eagle

was admitted after a suspected fight with another eagle in Fort Myers. Dr. Megan Cabot, CROW veterinary intern, stated “the suspicions are based on the puncture wounds and classic eagle behavior.” The eagle was reportedly found unable to fly with multiple puncture wounds on its chest, left wing, left leg and face.

Upon intake, the patient’s wounds were thoroughly cleaned with sterile saline, and the eagle was provided pain medication. Many of the wounds were later debrided, or cleaned surgically, and sutured shut.

“The patient had deep punctures over the pectoral muscles, large lacerations on the inside of the left wing, a puncture wound in the skin just behind the right eye, and severe trauma and swelling to the inside of the left leg,” said Dr. Cabot. “These were the most critical wounds and, those that could be, were closed surgically once they were clean and healthy.”

Radiographs showed no broken bones or signs of internal injuries. During the first couple days of care, honey bandages were applied to certain wounds.

“Medical grade, sterile honey keeps wounds moist and has natural antimicrobial effects that help to keep wounds clean,” said Dr. Cabot, when asked why honey was applied. “It is an excellent tool for daily wound care.”

Since the patient’s admittance on December 22, veterinarians have performed daily wound care and bandage changes. As of December 26, the wounds had healed enough for the



CROW medical staff performing daily wound care on patient #19-5206

photo by Brian Bohlman

bandages to be left off. The next step to recovery should be flight training in an outdoor enclosure.

“Blood work is being rechecked and, if the patient does not have any indication of infection, it will be moved outside to ensure it still has proper flight ability and potential for release,” said Dr. Cabot.

“The patient is extremely bright and aggressive which is great news and suggests that it is feeling good. If the blood work looks good and it can perform all natural behaviors outside

with rehab, then it will be cleared for release.”

After spending a week in CROW’s care, the bald eagle was moved outdoors to begin its next level of rehabilitation.

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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Shiners Finally Paid Off



by Capt. Matt Mitchell

As usual, Christmas to New Years was a crazy busy time on the water. With boats running around all over, I rode back in some mangrove creeks this week to get

away from the traffic. Some of these less-traveled places were crystal clear and aquarium-like. Once deep back in the mangrove creeks, we rarely saw another boat.

Watching fish swim under the boat and even seeing them dart out from the trees to take your shrimp was awesome. We experienced some amazing redfish action at times with clients hooking fish after fish. The frustrating part of this creek fishing was the amount of snook we saw that would just not eat. Live chumming laid up snook with shiners, and not having a single fish blow up was driving me crazy. Once in a while, we would catch a snook... although those bites all came on shrimp.

I continued to catch shiners knowing that any day the water temperature would get right and these snook would eat. Three days in a row I did not catch a single fish on a shiner. By the weekend, it finally happened and we got the snook to eat. This still did not happen in the creeks

where we had been watching them all week. Mangrove islands in the open bay with dirty water and moving current seemed to be the places these snook would eat. After a few days, it was a relief to catch snook after putting in the work to catch the shiners with zero payoff.

Docks and downed trees around the passes still held some keeper sheepshead, redfish and even a few black drum. During the weekend, it was hard to get a spot at any of these places due to the boat traffic.

Both live shrimp and chunks of shrimp fished on the bottom caught these fish. Until we get another cold front, the sheepshead in these places have been pretty well picked over.

Black drum are a species I don't really target, but I usually catch them while I'm targeting sheepshead and redfish. Several times this week, the black drum bite was on fire with fish between 14 to 26 inches being common. These smaller black drum up to roughly 20 inches are one of the most underrated eating fish around. Black drum have a slot size of 14 to 24 inches with five fish allowed per harvester. You can keep one fish over 24 inches, though its better to release these bigger fish as they are going to be wormy and undesirable. The black drum season is open year round, though we only generally catch these fish in the winter time.

*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.**



John and Joe Adams got in on a crazy black drum bite during Christmas Eve fishing with Capt. Matt Mitchell photo provided

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Dave Doane

Plant Smart

Bride's Bouquet Fern

by Gerri Reaves

These photos of bride's bouquet fern (*Asparagus setaceus*) explain that common name, as well as another one, lace fern.

Both refer to the climbing vine's intricate network of fine-textured needlelike greenery.

In fact, the evergreen has even more names that contain the word fern – odd, given that it is a member of the lily family and not really a fern.

The name asparagus fern is especially confusing, because several other non-fern species share that moniker.

Perhaps the flat stiff planar branchlets inspire the names, for their shape resembles that of fronds. The feathery sheer foliage looks like a cascading veil of lace dotted with minuscule white flowers.

This native of South Africa is no stranger to Florida. It has been part of the state's cut-flower industry for more than a century.

Used as greenery in floral arrangements and as a popular ornamental house plant, it is a cliché of the Victorian-era parlor or porch.

The semi-woody stems are very slender, can grow to 20 feet or more, and might be thorny. The true leaves are dry scales.

The extremely small bell-shaped



When in bloom, bride's bouquet fern's feathery "fronds" resemble a sheer flower-adorned veil

photos by Gerri Reaves

flowers measure only about one-tenth of an inch long.

The berries that follow are only a quarter-inch or so in diameter and ripen from green to purple-black.

A fast grower, it has escaped cultivation and become naturalized – in other words, self-propagating.

Because it has invasive potential, it's



A close-up view of the needlelike foliage and tiny flowers

best to confine it to pots and vases if you grow it at all. It spreads quickly via creeping rhizomes, and birds eat the fruit and disperse the seeds.

Keep it away from pets, for it is toxic if ingested.

Sources: *500 Plants of South Florida* by Julia F. Morton, www.missouribotanicalgarden.org, www.pfaf.org, and <http://plants.ifas.ufl.edu>.

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

Manatee Livestream In Freshwater Spring

Above and underwater manatee cameras are now livestreaming from Blue Spring State Park in Orange City on www.manatv.org. Viewers can watch hundreds of manatees in real time as they take refuge from cold winter waters in the clear, freshwater spring.

Blue Spring State Park is a crucial winter habitat for manatees, with its spring water from an underground aquifer remaining a constant temperature of

72 degrees. Manatees cannot tolerate prolonged exposure to waters below 68 degrees and, thus, make their way to Blue Spring to stay warm from November to March. The protected warm-water sanctuary is closed to all human activity in winter, making it a wonderful spot for manatees to rest and visitors to view them.

Now anyone can see manatees and other Florida wildlife like alligators, longnose gar, catfish, great blue herons, and more from the livestreaming webcams. Manatee updates are also posted frequently, listing the daily manatee count at Blue Spring along with sightings of individual manatees that are part of Save the Manatee Club's Adopt-A-Manatee program.*

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A scene from *The Swamp*. DDWS is airing the film in conjunction with local appearances by Michael Grunwald, author of *The Swamp: The Everglades, Florida, and the Politics of Paradise*, which informed the documentary. photo provided

Film Series Lineup At 'Ding' Darling

The 8th annual "Ding" Darling Wednesday Film Series kicks off its biweekly showings this winter with a schedule of seven films that explores natural facets from bluebirds and bees to man's interference with water supplies and the Florida Everglades.

First up on January 8, *Bluebird Man* focuses on the efforts of 91-year-old Alfred Larson, who has been monitoring and maintaining more than 300 nest boxes

for bluebirds in Idaho for 35 years to stem the bird's decline. One of the season's highlights, *The Swamp*, on March 18, chronicles repeated efforts to transform the Florida Everglades into an agricultural and urban kingdom, ultimately leading to a passionate campaign to preserve America's greatest wetland.

"Ding" Darling Wildlife Society-Friends of the Refuge hosts the free film showings in the "Ding" Darling Visitor & Education Center with sponsorship from Sanibel-Captiva Beach Resorts. Seating is limited and on a first-come basis.

Following are the season's scheduled

films. All films begin at 1 p.m. A short discussion will follow each film to allow visitors to gain more from their documentary-viewing experience by listening to other people's points of view and analyzing what they just watched.

January 8: *Bluebird Man*

January 22: *Queen of the Sun: What Are the Bees Telling Us?*

February 5: *Water & Power: A California Heist*

February 19: *BLUE*

March 4: *Ghost Bird*

March 18: *The Swamp*

April 1: *Bird of Prey*.

For more information, visit www.dingdarlingsociety.org/articles/lecture-and-film-series.✧

CROW Speaker Series To Begin

The Clinic for the Rehabilitation of Wildlife (CROW) weekly speaker series, presented by LCEC, kicks off on Monday, January 6 with *Mollusks of Southwest Florida* by Leigh Gay, education coordinator for the Bailey-Matthews National Shell Museum.

Shell museum staff are the leading authority on Sanibel and Captiva shells, and its team offers insights into many of the shells that have played vital roles in history, culture, art and design. Learn about the feeding strategies, reproduction, growth and ecological importance of Southwest Florida's mollusk species and see some live examples of the creatures creating the treasures that wash ashore.

Programs begin at 4:15 p.m. in the CROW Visitor Education Center, located at 3883 Sanibel-Captiva Road, and are approximately one hour in length. This program will feature a live animal encounter. Admission is \$10 for adults, \$5 for teens (ages 13 to 17) and no charge for children ages 12 and under. Space is limited and advance registration is



Leigh Gay with some of the museum's specimen shell collection photo provided

recommended. CROW's 2020 Speaker Series presented by LCEC features weekly talks and runs through April 14. For a full schedule of talks, more information or to register in advance, visit www.CROWClinic.org/articles/2020-speaker-series-presented-by-lcec.✧

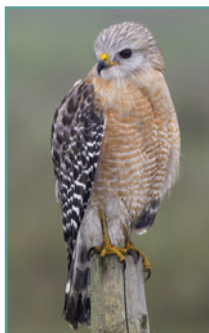
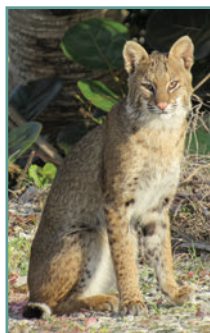
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From page 1

Chamber Music

in the group has spent over 20 years performing classical music. The quartet's highly refined, sensitive and articulate performances have delighted audiences and critics across North America, Europe and Asia, and have made them one of the most sought after chamber groups performing today. They have a reputation for showcasing expressive, exuberant renditions of some of the great classical chamber pieces.

Ehnes has established himself as one of the foremost violinists of his generation. Known for his virtuosity and probing musicianship, Ehnes has performed in 37 countries on five continents, appearing regularly in the world's great concert halls and with the most celebrated orchestras and conductors. His recordings have been honored with many international awards and prizes, including two Grammys, a Gramophone and 11 Juno awards. He is a fellow of the Royal Society of Canada, an honorary member of the Royal Academy of Music and a member of the Order of Canada. He plays the Marsick Stradivarius of 1715.

Recognized as a deeply expressive artist with an affinity for chamber music, Moretti has a musical career of broad versatility. Former concertmaster of the Florida Orchestra and Oregon Symphony, she has been director of the McDuffie Center for Strings at Mercer University since its inception. A dedicated teacher, she holds the Caroline Paul King Chair in Strings. In addition to her recordings

and performances internationally, Moretti curates the Fabian Concert Series in Macon, Georgia. Through the efforts of the Stradivari Society, she plays the 1744 GB Guadagnini known as the Canadian.

O'Neill is the winner of an Avery Fisher Career Grant, a two-time Grammy Award nominee, a member of the Chamber Music Society of Lincoln Center and artistic director of Ensemble DITTO. He has appeared with the London, Los Angeles, Seoul and Euro-Asian Philharmonics; the KBS and Korean Symphony Orchestras; the Moscow and Württemberg Chamber Orchestras; and Alte Musik Köln. O'Neill won a 2013 International Emmy for his documentary *Hello?! Orchestra*, in which he led an orchestra of underprivileged children from multicultural backgrounds.

Arron made his New York recital debut at the Metropolitan Museum of Art in 2000, and has since performed as a soloist with orchestra, recitalist and chamber musician throughout North America, Europe and Asia. He is the artistic director of the Performing Artists in Residence series at the Clark Art Institute in Williamstown, Massachusetts, and of the Musical Masterworks series in Old Lyme, Connecticut, and also directs concert series in Columbia, Beaufort and Charleston, South Carolina. He serves on the faculty of University of Massachusetts Amherst, and performs on a cello made by Giovanni Grancino in 1700.

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.chambersoloistsdetroit.org/meet_the_artists/ehnes-quartet.✧

Theater Partners Present Fringe Festival Lineup

The Alliance for the Arts, in partnership with the Broadway Palm Dinner Theatre, will present the first ever Fringe Fort Myers Festival from April 22 to 26, featuring 48 genre-defying performances on four different stages. Festival tickets go on sale January 2020.

Fringe Fort Myers is the newest Fringe theatre festival in the United States and maintains long-standing Fringe traditions of being 100 percent uncensored, 100 percent uninjured and 100 percent inclusive. Even better, 100 percent of ticket sales go directly to the artists.

Out of 32 entries, 16 artists were selected at random, with six local performers, six state performers and four national and international performers.

Fringe Fort Myers kicks off with the fun and frenetic Teaser Show on April 22. The teaser show is a great opportunity for audiences to learn what the shows in the festival are about. Each performance group gets three minutes to sell their show to the audience, and how they do it is up to them.

Over the next four days, there will be 48 performances. After the final curtain, Fringe Fort Myers will host the inaugural Fringe awards ceremony celebrating the artists that make Fringe an incredible experience. Florida Rep Education will also offer Kids Fringe, which will operate a family-friendly festival within Fringe Fort Myers.

Choose Your Own Variety Show by George Gilbert (Fort Myers) – Welcome to the world's only variety show where the audience and fate combine to write the show on spot. Spin the wheel of destiny, and watch as magic and circus jump out of the wheel and come to life before your very eyes. Each act has a story and every show is different, but one thing is for sure: there will be danger, there will be magic, and there will be non-stop thrills and excitement.

Sketch Comedy by Comedy Asylum (Fort Myers) – Sketch comedy with adult themes, improvisation and naughty puppets. Their specialty is corrupting childhood icons like *The Hundred Acre Hood* and *The Wizard of Oz*. They also have topical humor like *My Fair Hooker*, *Dope Hospice* and the Good 'Ol Boy Scouts.

Welcome to My Soul by Derek Lively (Bonita Springs) – Set in an underground nightclub, a performance artist (who wishes he could be a stand-up comic) takes us through a series of characters who he has met through his travels as well as members of his family. The performance artist has a cathartic experience because this show is unlike any other that he has performed.

Eat The Apple by Alyce Bochette (Fort Myers) – What was your definition of a life well lived? A small company



of experienced dance performers will capture the audience through thought-provoking movement and sound inviting all on a journey of self discovery. When push comes to shove, for what will you be remembered?

Earthshine by Kat Epple (Fort Myers) – Live music in collaboration with dance, projection art, lasers and/or spoken word to explore the healing, beauty, fragility and future of the Earth and performed by Emmy Award Winning artists, Epple.

How We Show Up, Singing About the Dark Times by James Brock (Fort Myers) – A fragmented original play, with a mix of spoken word, music, song and movement. The play celebrates the power and agency of being visible, with the attendant responsibilities of showing up, being present, against all of that which tries to render those on the margins silent and invisible.

It's likely that the content may not be suitable for children—mostly because it would bore them to death. I am pretty sure, though, that moderately educated house pets will love it.

Old Fart by Tim Bourgard (Canada) – Hilarious, touching and fun. Old Tom is the Old Fart. He takes you through the joys and challenges of living long, laughing hard and loving deeply. He'll make you laugh, bring a tear to your eye and put a song to your heart. Bet you'll sing along when he strums on his ukulele.

Nazis and Me by David Lawson (Astoria, New York) – A one-man show about Lawson's run-ins with hate set in a time where hateful Americans feel a strong sense of comfort: Right now.

Deep In Bear Country by Philip Gonzales (Minneapolis, Minnesota) – Gonzales presents his ridiculously close analysis of Stan and Jan Berenstain's Berenstain Bears children's books. He has investigated, picked apart, theorized and speculated about Bear Country, its denizens, its history and its meaning.

Was any of this called for? No. Is it fair to do this to a rather innocuous series of children's books? Maybe? Has it changed Phil's outlook on life, art, family, community and legacy? Definitely.

Sexpert: Madame K! by Krista Komondor (New York, New York) – A wildly interactive solo comedy show that probes everything from excessive male masturbation to enhancing women's pleasure. Madame Komondor's completely unscientific sex rant skewers traditional values while exposing the effects of pornography on love and the female orgasm. She strips away the fourth wall to teach, answer audience

questions and invite members to the stage to explore examples of consent, cat calling and, most importantly, how to properly lick and suck a mango.

Pardon My French! by Tangi Colombel (Palm Beach, Florida) – *Pardon My French!* is an unorthodox French Cabaret Show, in English. A one-of-a-kind performance with classic Parisian songs, Gallic humor and just the right amount of jokes that will make you blush... it's unusual, different, exotic.

Mom In Transition by Elyssa Rosen (Delray Beach, Florida) – When a baby boomer mom finds out her millennial son is now her daughter, she tries everything short of mind control to stop this from happening to her normal life. Accepting her daughter is fraught with pronoun errors and confusion until mom sees the light in the H&M dressing room. This journey takes the audience through a mother's neuroses filled with guilt, repentance and, most of all, humor and love.

The Light Bringer by Laila Lee (Tampa) – Freedom, but at what cost? A Palestinian immigrant and her family find more freedom in the U.S. than expected. A true-life one-woman show, Lee brings to light her experiences growing up Muslim in the South, and

how she discovers her own place in the world and what sacrifices she must make.

Anna and the Sea by Shawnmarie Stanton (Bradenton) – With Sea Turtle as her companion, actor, singer, songwriter, and solo performer, Stanton embodies over a dozen characters on this lighthearted journey through evolutionary biology. Musical mystery and vertebrate history – a winning combination.

Being Mark Twain by Alan Kitty (Nokomis, Florida) – "What would it be like to be Mark Twain in the 21st Century? To learn the answer, Kitty transforms himself onstage while relating his 21st century experiences in a style reminiscent of Twain's humor, satire and irony.

Drunk Magic by Colin Smith (Orlando) – A comedy magic show where each time an audience volunteer is brought up, everyone on stage takes a shot of tequila. From straight jackets to cutting audience volunteers in half, the show is as insane as it sounds.

Sponsorship opportunities are available at www.artinlee.org/fringe or by contacting Jessica Wisdom at jessica@artinlee.org. For more information, call 939-2787 or visit www.artinlee.org/fringe.✱

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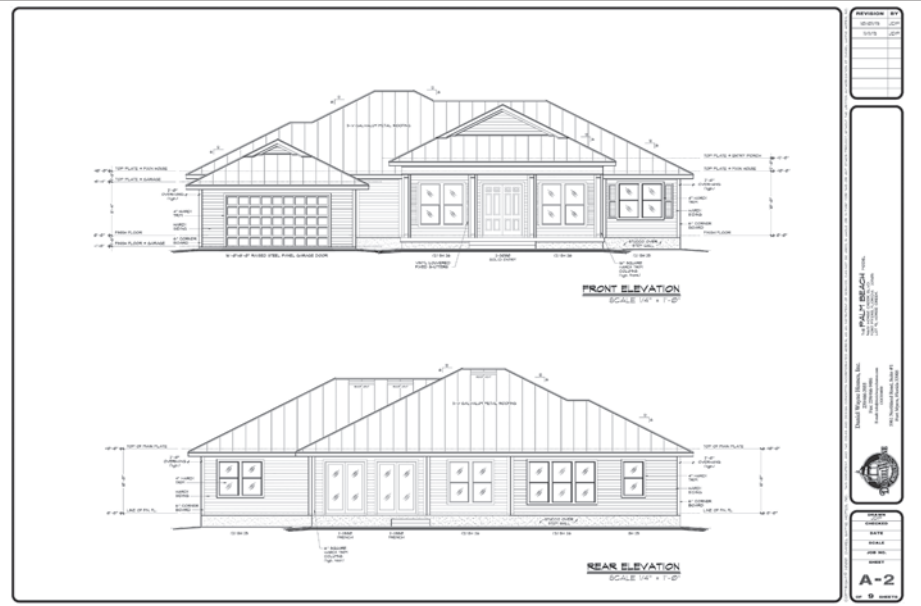
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Palm Beach Elevation

image provided

Home Builders Introduces New Model Plans

Daniel Wayne Homes, Inc. is preparing to start construction of the Palm Beach, a new model home in Horse Creek. The model will offer four floor plan options for homebuyers to choose from, as well as plenty of opportunities for customization. Totalling 2,700 square feet under air, the Palm Beach model offers four unique, flexible floor plans ideal for family

life and entertaining plus a bonus extra deep garage. Among the four floor plan versions is a “mega” layout offering the most open space, “multigenerational” layout with a mother-in-law suite, as well as a three bedroom with en suite, and a four-bedroom, three-bath layout. Lot and home packages for the Palm Beach model start in the high \$500,000s. Construction of the Palm Beach four-bedroom version is slated to break ground in mid-December with completion planned for June 2020. For more information, contact Jason Chodakowsky at 332-7335 or visit www.danielwaynehomes.com.

Superior Interiors Refresh Your Bathroom In Five Easy Steps



by Trinette Nelson

Redesigning a room in your home can be one of the most exciting and refreshing steps to make when things are feeling less fab and more drab. It's perfect for those who need a change but don't have the time or desire for reconstruction. This is especially true in the bathroom – if you're feeling like it's time for a new look but don't want to gut it from the floor to the ceiling, there are plenty of simple options for a face lift. With the right design elements and decor, you can transform the bathroom in a way that surprises you and your guests upon the first few visits. Here are five easy steps to refreshing the bathroom:

Pick a new color scheme – Before you can get excited about new toiletries and accessories, you must decide about the color scheme. Are you going to follow a theme, or simply pick a new shade for the space? Figure this out early on so you can streamline the rest of the design process.

Dress up the walls – Once your theme or color scheme is chosen, it's time to

paint the walls or add a wallcovering, which is one of the easiest ways to transform a living space. In the bathroom, where space is already limited, it's wise to choose a light shade or pattern that opens the space. Save the darker colors for accents and accessories. Another simple way to dress up the walls is with the addition of a new mirror or vanity.

Choose new lighting – Lighting fixtures are another key element to transforming a living space. If changing up the light fixtures in your bathroom is out of the question, consider the simple change of adding new light bulbs. Older lighting fixtures and fluorescent lighting cast unattractive shadows and odd color hues on your skin. If changing a fixture isn't possible, you can upgrade the situation by utilizing new bulb offerings that are similar in color warmth to the light cast on a bright, sunny day.

Keep storage space in mind – There are a lot of toiletries and other items that should be kept private in the bathroom, making it necessary to rely on lots of storage space. You can choose a functional furniture piece or a custom option that flows with the rest of the bathroom without taking up too much space.

Don't forget the accessories – Once the foundational features of your bathroom are put together, it's time to have fun with the accessories. Invest in new towels, hand towels and bath rugs for a cozy finish. Add a couple candles to the space as well to complete the refresh.

Trinette Nelson is an interior designer on Sanibel/Captiva Islands and can be reached at linda@coindecnden.com.

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Free Hurricane Protection For Nonprofits

Fort Myers' Community Cooperative is on track to move into their new facilities by Christmas thanks to the generosity of local company Storm Smart.

The nonprofit organization has spent nearly the past decade in modular buildings donated by the Lee County School District. Over that time, the buildings have been rebuilt multiple times, according to Community Cooperative Executive Director Tracey Galloway, "Both of the modular buildings are vital to our mission of working to end hunger and homelessness, one holds our Community Market food pantry and the other is our Social Services and Education Resource Center."

With the cost of repairs outweighing the value of the buildings, the organization and Galloway decided it was finally time to replace the current dwellings. It purchased two new modular buildings for its location on Dr. Martin Luther King Jr. Boulevard in Fort Myers intending to be in the new buildings by Christmas. "We have more than doubled our space which we needed to keep up with the demand," said Galloway.

As the transition to move from the old buildings to the new dwellings



Storm Smart employees install hurricane protection to Community Cooperative's new dwellings

photo provided

moved along, the organization discovered just a few short weeks ago to receive the OK by the City of Fort Myers to move into the new buildings, hurricane protection would need to be installed.

Under a time crunch to get the new buildings operational by Christmas, Galloway reached out to Storm Smart's executive chairman and founder

Brian Rist to see if it were possible to purchase hurricane protection and expedite the installation process to meet the Christmas deadline.

Hearing the Community Cooperative needed the products and knowing the impact the organization makes on the community, Rist did the organization one better. "The Community Cooperative does amazing work for

those less fortunate in our community. I wanted to do what we could do to help their cause," explained Rist.

The help came in the form of Storm Smart donating the \$10,000 worth of the company's Storm Catcher hurricane screens needed to cover both buildings. In all, the company installed the screens on 19 openings helping ensure they are protected in the event a hurricane or other significant storm impacts Southwest Florida. Despite only having a few short weeks to manufacture and install the screens, Rist also guaranteed the company would have the screens installed in time for the organization to move along with their Christmas move-in schedule uninterrupted.

Galloway says it is the generosity of Storm Smart and other local businesses like them, which help the Community Cooperative meet their mission of helping those in our community less fortunate, particularly during the holiday season, "This entire project would not have been possible without the support from so many of our local businesses. We are overwhelmed with gratitude and are grateful to now have the facilities we need to help even more families in crisis here in Southwest Florida," she said.

For Storm Smart, Rist says it was another way for his company to make an impact on the community they call home, "It is all about helping out others. Since day one that is what we have been about and will continue to be. We are just happy we were able to help out."✧

Children's Tree Trail Winners

Nearly 60 local schools are participating in the 13th annual Edison and Ford Winter Estates Children's Tree Trail, a community art exhibit that runs during Holiday Nights. Students at each school created ornaments from recycled materials, building on the central theme of River Reflections.

Alliance for the Arts Gallery Director Ehren Gerhard helped judge the decorated trees, selecting winners for a variety of categories:

Best of Show – St. Andrews Catholic, Angel Sculpture

Best Overall Theme – Harns Marsh Middle, Mermaid/Merman Tree

Most Colorful – Rayma C. Page Elementary, Bottle Streamers

Best Star – Estero High School, Fishing Santa

Best Ornaments – North Fort Myers Academy for the Arts, Assorted Puffer and Angler Fish; Mariner High School, Paper Mache Eggs; Weaver Hipps Elementary, Paper Mache Manatees; Cypress Lakes Middle, Found Objects, Paper Mache Buoys, Woven Tapestries

Best Garland: Oak Hammock Middle, Can Tabs

Most Creative Use of Materials: St. Francis Xavier, Bottle Caps, Pipe Cleaners and Bead Garland, Epoxy Painted Lids

The Children's Tree Trail is sponsored by Storm Smart. The sponsorship

provides stipends to local schools for art supplies that children use to make ornaments.

"Storm Smart is honored to partner with the estates and help make the Children's Tree Trail possible," said Brian Rist, Storm Smart executive chairman. "I am happy to support the teachers and students from the participating Lee County schools and am looking forward to seeing all of the handmade ornaments that the kids made."

Visitors can walk through the Children's Tree Trail for free, or tour the remainder of the site included with general admission. Through December 30, guided Holiday Tradition Tours will be offered at 6 and 7 p.m. every night and Inside-the-Homes Holiday Tours will be offered on Wednesday at 6:30 p.m. The museum and the botanic research laboratory will be open nightly until 9 p.m. Live music performances include carolers and a pianist on select nights.

Holiday Nights tickets for adults are \$20, teens (age 13 to 19) \$10, children (age 6 to 12) are \$2 and Edison Ford members get in free. Guided Holiday Tradition Tours are \$30 for adults, teens are \$25, children \$18 and Edison Ford members \$10. Inside-the-Homes Holiday Tours are \$50. Lee County residents with identification will receive \$5 off Holiday Nights admission on Monday and Tuesday.

Edison and Ford Winter Estates is located at 2350 McGregor Boulevard in Fort Myers. To purchase tickets or view the nightly schedule, visit the website at edisonford.org.

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Book Review

Olive, Again



by Di Saggau

There is only one Olive Kitteridge as anyone who read Elizabeth Strout's novel by the same name knows. "Funny, wicked and remorseful, Mrs. K is a compelling life force like no other.

In her new novel, *Olive, Again*, the protagonist is back again as indomitable as ever. Olive is in her second marriage and is rather confident about it. She has an evolving relationship with her son and his family and crosses paths with an entire cast of memorable characters in her seaside town of Crosby, Maine.

This includes a young woman who has cancer. They both talk about mortality, their relationships and their frustrations. We meet a nurse who has a secret high school crush, and a lawyer who doesn't want to accept a large inheritance. Olive touches their lives as she does everyone around her.

The book begins with Jack Kennison driving an hour away from town to buy some whiskey rather than run into Olive at the grocery store. It was amusing watching their relationship grow into a love that became her second marriage. A friend tells Jack that he was impressed with how Jack's first wife had stood by



image provided

his side looking at him with such love during his gallbladder surgery. Later, when Jack asks his wife Betsy about that, she said, "I was hoping you would die." Surprising revelations throughout the book from disconnected people lend to special moments of reading.

In her later years, Olive starts typing up memories of her life. She remembers asking her mother why they didn't have another child. She starts typing her mother's answer. "After you? We didn't dare have another child after you." Olive

decides this memory could not be true and doesn't type it up.

Olive, Again is a tour de force with extraordinary prose packed with emotion as only Strout can deliver. She places us in the lives of all of her characters in a compassionate and profound manner.

Reading this book, I found myself

laughing out loud many, many times. Spoiler alert, on the last page Olive does type out two profound sentences about her life, but please do not read them til you get there. I will be forever grateful to Strout for providing two novels that allowed me to get to know the one and only Olive Kitteridge.✧

School Smart



by Shelley M. Greggs, NCSP

Dear Readers, Happy New Year! I am passing along this wonderful poem (again) with excellent New Year's Resolutions for

parenting. These suggestions are worth considering.

Parental New Year's Resolutions by Dr. Alex Thomas

Well, it is time for parental New Year's resolutions. Pick any five from the suggestions below and, if you are still following them when the school year ends, you probably will see improvement in your child's school performance and/or behavior around the home as well as within your relationship.

I resolve to provide a regular daily or weekly chore for my child and will assure that it is completed on time.

I resolve that I will cut our junk food budget, including soda, by 25 percent.

I resolve to see to it that my child will complete all tasks that are started.

I resolve that my child will not easily quit a team or club once it is joined, or quit music or other lessons once started.

I resolve that no more than two meals a week will be eaten in front of the television.

I resolve to allow my child the opportunity to deal with failure and frustration without interfering, providing support but not excuses.

I resolve that my child will spend no more than 20 hours a week watching television.

I resolve that my child will spend at least one half hour, at a designated spot and time, on homework or reading, every school night.

I resolve to see to it, by providing incentives if necessary, that my child reads independently, even if the reading includes comics, sports pages, or romance books.

I resolve to say at least two positive things to my child every day.

I resolve to make the opportunity, weekly, to spend at least a half hour with my child on some mutually needed activity (shopping, dishes, working on the car).

I resolve to lower my NQ (nagging quotient) and act instead of yak.

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.✧

Lehigh Acres Neighborhood Streets To Improve

The Lee Board of County Commissioners recently approved a \$2.3 million contract for resurfacing and other improvements to improve Lehigh Acres roads, the first contract in a \$5 million commitment for this budget year.

The contract, with Fort Myers-based Pavement Maintenance LLC, includes resurfacing, excavation, installing drainage culvert pipes, sodding and striping for about 100 local roads, totaling 60 miles of roadway.

Lee County Department of Transportation maintains about 1,500 miles of paved roads in Lehigh Acres. Each year, certain roads in Lehigh Acres are ranked and selected for paving based on resident requests, road conditions and the number of residences on the road. Paving is paid through Growth Increment Funds, and this program is for neighborhood streets, not arterial or collector roads.

Commissioner Frank Mann, whose district includes Lehigh Acres, pointed out that the county's \$5 million-per-year commitment for the last three years is significant. "The tremendous progress due to this allocation of funds has greatly improved Lehigh's neighborhood streets," Mann said.✧

From page 8

Symphony

No. 2, and Bruckner's *Symphony No. 4* "Romantic".

Kabaretti's 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. Concert tickets range from \$15 and \$109 per person

Barbara B. Mann Performing Arts Hall is located at 13350 FSW Parkway in Fort Myers. For tickets, visit www.swflso.org, the Southwest Florida Symphony Box Office located at 8290 College Parkway, Suite 103 in Fort Myers, call 418-1500 or purchase them at the door, one and a half hours prior to the concert.✧

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THOMAS P. HALL
ROBIN C. TUTHILL, EDITOR

"More than a meticulously researched chronicle of the disasters that shaped Fort Myers, this book details the historical moment of each blaze, creating a rich portrait of a community forged and tempered by fire. A must-read for anyone interested in area history, with riches for newcomers and experts alike." - Amy Bennett Williams

Taste Of The Cape To Be Held At Marina

The 7th annual Taste of the Cape, a community event held in Cape Coral that celebrates both the culinary arts and live music, will move to Tarpon Point Marina this season. A partnership, originally developed between the Gulf Coast Symphony and Cape Coral Chamber of Commerce Education Committee, highlights some of the best restaurants in Cape Coral, a juried arts and craft fair, and brings premier live entertainment, including a full symphony performance, to the South Cape area. The event draws thousands of attendees each year and will be held on Sunday, February 16 from 11 a.m. to 6 p.m.

The move to the marina is due to Taste of the Cape partnering with Freeman & Hasselwander Resort Properties. The event will feature an international array of food from local restaurants serving their signature dishes, plus a wide variety of craft beers, wine and a signature Wicked Dolphin rum drink. Throughout the

day, there will be musical performances by local bands with Gulf Coast Symphony performing a Symphony at Sunset concert at 4:30 p.m.

A new family fun-zone will enhance the family experience. It includes face painting, a musical discovery zone and more.

Taste of the Cape will also present a unique VIP experience, with a private tent with tables and servers, VIP bathrooms, VIP parking, preferred stage-front seating and a host of other amenities.

All proceeds from the Taste of the Cape support the education committee's scholarship program and the Gulf Coast Symphony's music education and community programs. The event is being supported by the Gunterberg Charitable Foundation.

Cost is \$5, VIP passes are \$50, with food and drink prices ranging from \$3 to \$8. If you are interested in participating, sponsoring or volunteering at Taste of the Cape, call 549-6900.

Tarpon Point Marina is located at 5971 Silver King Boulevard, Unit 107 in Cape Coral. For more information, visit www.tasteofcapecoral.com or call 549-6900.✱

Soup Kitchen Benefit Returns As Fundraiser

The 17th annual Sam Galloway, Jr. & Friends Soup Kitchen Benefit will be held at the Sam Galloway Ford & Lincoln dealership on Thursday, March 5. The event, which will take place in the transformed service garage, will begin with a cocktail reception at 5:30 p.m., followed by dinner at 7 p.m.

The funds raised at the event will support Community Cooperative, the umbrella agency for the Community Cafés and Markets, Meals on Wheels, Healthy School Pantries and Food Literacy in Pre-School (FLIP) programs, Mobile Food Pantries, and Social and Education Resource Centers for local hungry and homeless residents in need. Each year, this homegrown fundraiser

continues to be one of the most anticipated signature fundraising events in the community.

Local restaurants, companies, and individuals donate food items to create a menu to bring an Old Florida feel to the event. Restaurants such as Farmer's Market Restaurant, Artisan Eatery, Three Fishermen and Joneses BBQ are among the many incredible partners who make this event possible by contributing their time and resources.

Sponsorship opportunities are available at the \$2,500 and \$5,000 levels, and individual tickets are \$200 each and go on sale in late January.

The Sam Galloway Ford & Lincoln dealership is located at 1800 Boy Scout Drive in Fort Myers. Reserve your spot by going to www.communitycooperative.com, or contact Jazzy Proctor at jazzy@communitycooperative.com or by calling 332-7687 ext. 101 for more information.✱



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Advisory Board For 2020 Business Hall Of Fame

Junior Achievement of Southwest Florida recently announced the members of its 2020 Business Hall of Fame, Lee County Advisory Board. The committee will be led by chair Gail Markham, president of Markham Norton Mosteller Wright & Company, PA. The 2020 Business Hall of Fame, Lee County is slated for Thursday, April 16 at the Hyatt Regency Coconut Point Resort & Spa in Bonita Springs.

Other members selected to this year's board include Jason Brewer, market president for BB&T; Talisha Faber, private client relationship manager for IberiaBank; Elaine Hawkins, president of Private Client Insurance Services; Jan-Erik Hustrulid, business development coordinator for Owen-Ames-Kimball Company; Mark Loren, owner of Mark Loren Designs; Laurie Moore, financial advisor for Morgan Stanley Wealth Management; Sandy Stilwell-Youngquist, owner and CEO of Stilwell Enterprises & Restaurant Group; and Sharon Torregrossa, real estate agent for VIP Realty Group, Inc.

Advisory board members are responsible for selecting the laureates for the 2020 Junior Achievement Business Hall of Fame, Lee County,



Gail Markham

photo provided

which recognizes two outstanding Lee County entrepreneurs who serve as role models for youth through their professional accomplishments and commitment to the community. The laureates will be honored during the 2020 Business Hall of Fame, Lee County dinner and awards ceremony in April.

For more information on the event, or to learn more about sponsorship opportunities and purchasing tickets, visit www.jaswfl.org.✱

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Craig R. Hersch

Florida Bar Board Certified Wills,
Trusts & Estates Attorney, CPA
"Will Power" Columnist, *The Island Sun*



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Will Power

New Year’s Tips For Your Estate Plan



by Craig R. Hersch, Florida Bar Board Certified Wills, Trusts & Estates Attorney; CPA

As we turn our calendars to 2020, tradition dictates that we make New Year’s resolutions. What are yours this year? Is it to lose weight? Give up self-destructive vices such as smoking or drinking? Allow me to review seven estate planning to-dos that shouldn’t be ignored:

7. Update Your Will

That will which sits in your safety deposit box – yeah, we know – the one that names your sister Nancy to act as the guardian for your children who are now in their 40s – desperately needs to be updated. Your family and financial

circumstances have significantly changed since then – notwithstanding the fact that you no longer reside in Michigan where it was drawn up.

6. Sign a New Durable Power of Attorney

This document needs updating just as much as your will does – and may be more important to you than your will! At least problems with your will don’t affect you, after all, you’ll be dead! You’ll just leave a mess behind for your loved ones. But your durable power of attorney affects YOU! If you become incapacitated and don’t have a valid durable power of attorney document that names someone who can write checks, pays bills and manage your financial and legal affairs, the alternative is a court ordered guardianship. That’s no fun and can be insanely expensive.

5. Take a Look at your IRA and 401(k) Beneficiary Designations

It could be a real downer for your current spouse to discover that your former spouse is still named as the primary beneficiary on your IRA and 401(k) accounts. Another bummer is when your stockbroker switched firms and forgot to have you update the beneficiary documents. When that happens, the Custodial Agreement controls who gets the IRA or 401(k). Have you ever read your Custodial Agreement? It’s the thin onion skin paper thingy that comes in the mail when you opened your account. The one you threw out along with the prospectus to all the mutual funds. What the Custodial Agreement may say is that your estate becomes the beneficiary if you don’t name one. Federal tax law – our friends at the IRS – shout with glee when your estate becomes your beneficiary, because upon your demise, your entire account becomes immediately taxable as income.

4. Update Your Health Care Directives

Unless you wish to become the next Terri Schiavo, you should strongly consider

signing a new living will and health care surrogate. Think back to the Dunedin, Florida woman who was on life support for 15 years. Schaivo’s court case between her husband who insisted that she would have wanted to remove the food and water tubes and her parents who argued she wasn’t in a persistent vegetative state – resulted in a political and media circus involving the United States Congress and the Supreme Court.

3. Dust off your Life Insurance and Annuity Beneficiary Designations

For many of the same reasons I mention in #5, it’s a good idea to dust off the beneficiary designations to your life insurance and annuities. If you have any chance of having a taxable estate for federal estate tax purposes, now may be a good time to investigate removing the life insurance from your taxable estate by using any number of strategies, including an irrevocable life insurance trust (ILIT). If you already have such a trust but don’t have all your “Crummey notices” (the ones that made the contributions to the ILIT tax free) saved in one place, gather them together and give them to your estate attorney so that he/she will have copies in case they are ever needed. When might they be needed? Not until your death when your estate tax return is audited. By then, you obviously won’t be around to tell everyone where they are. Save your friendly attorney (not to mention your family affected by the taxes that our friends at the IRS may impose when the Crummey letters can’t be verified) from the stress and organize the file.

2. Make a Tangible Personal Property List

Believe it or not, it’s usually not the money or real estate that the kids fight over. Those things can be divided up rather easily. It’s the heirlooms that cause the most strife. Dad’s baseball card collection. Mom’s engagement ring. The painting on the wall. Creating a list of who is to get what can avoid some heated arguments in the stress of losing a parent.

1. Make General Lists

Do those important to you know where your financial accounts are located, how to log onto your accounts online or which bank branch your safety deposit box is located? All sorts of personal information might be very difficult to find in the event of your incapacity or death. Unless your son is Sherlock Holmes, it’s a good idea to let them all know where these important documents and items can be found.

Just as most of us give up on our resolutions by January 2, do yourself (and your loved ones) a big favor. If you haven’t taken care of these matters, try your best to do so. Unlike losing weight or getting more exercise, you can delegate most of these tasks among your advisors such as your friendly estate planning attorney, accountant and financial advisor.

Have a Happy and Healthy 2020!

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Local Regatta Profits Distribution

Each year for the past 54 years, Caloosahatchee Marching and Chowder Society (CMCS) has hosted the Summerset Sailing Regatta. Sailing clubs from up and down Florida’s West Coast converge on Fort Myers Beach for a weekend of great racing and social events. In recent years, the racing has been held off Fort Myers Beach the first weekend in October.

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

The 2019 regatta featured a near-record 53 boats in seven classes. Due to a great response from sailors and sponsors up and down the coast, CMCS was able to give back \$13,400 to young sailors and marine enthusiasts. The breakdown is as follows:

- \$11,000 to the Fort Myers/Cape Coral area
- \$2,000 to the Ostego Bay Foundation for Youth Marine Education
- \$6,000 set aside to the Edison Sailing

- Center for 25 Youth Learn-to-Sail Scholarships
- \$3,000 to the Edison Sailing Center for travel grants and advanced training for high achievers
- \$1,200 to Punta Gorda and Port Charlotte area
- \$400 to Charlotte Harbor youth sailing
- \$400 to Learn-to-Sail Inc.
- \$400 to Charlotte Harbor community sailing
- \$800 to Naples/Marco Island area
- \$400 to Naples community sailing
- \$400 to the Freedom Waters Foundation

This year, as a bonus, since Mack Sails of Stuart has been so generous with us the past few years, we are donating \$400 to the Youth Sailing Foundation of Indian River County.✴

Blue Crab Trap Registration Required

Starting January 1, recreational harvesters age 16 and older who fish with blue crab traps will need to complete an online, no-cost recreational blue crab trap registration before placing their traps in the water. A similar requirement has been in effect for recreational stone crab traps since

October 15.

This no-cost registration will allow the Florida Fish and Wildlife Conservation Commission (FWC) to collect needed important information about this recreational fishery for future stock assessments and management decisions. To register, visit www.gooutdoorsflorida.com (the FWC licensing system) and add the Recreational Blue Crab Trap Registration to your account.

Upon completion, each person will receive a series of five unique trap registration numbers, one for each of the five traps the person may fish under the recreational blue crab fishing regulations. Each trap placed in the water must be marked with one of these registration numbers along with the owner’s full name and address. Registration numbers for blue crab traps will begin with the letter “B.” This information must be legible and must be permanently attached to each trap.

When marking traps, it is important to use materials that will withstand being submerged in salt water. For example, engraved metal or plastic pet tags and laminated cards are much better options than a piece of plastic that has been marked with permanent ink or paint.

Learn more about crab regulations at www.myfwc.com/marine, and click on “Recreational Regulations” and “Blue Crab” or “Stone Crab” under “Crabs, Shrimp and Shellfish.”✴

Spotted Seatrout Fishing Rules To Remain In Effect

Spotted seatrout will remain catch-and-release through May 31 in waters from the Hernando/Pasco county line south through Gordon Pass in Collier County. This includes all waters of Tampa Bay. Red drum and snook are also included in these red tide-related catch-and-release measures.

The Florida Fish and Wildlife Conservation Commission (FWC) approved several rule changes for spotted seatrout at its December Commission meeting that will go into effect across the state on February 1, but these new rule changes do not replace the current catch-and-release only measures in Southwest Florida.

Spotted seatrout will remain catch-and-release only in that region through May 31, even after the new statewide regulations go into effect February 1.

The commission plans to discuss the catch-and-release measures for Southwest Florida at its February meeting and may consider reopening snook early.

Learn more about spotted seatrout, including the new regulations, by visiting www.myfwc.com/marine and clicking on “Recreational Regulations” and “Spotted Seatrout.”✴

Frankly Speaking



by Howard Prager
Dear readers, Happy New Year! I am starting a new tradition today. I asked a number of people from both the Fort Myers/Sanibel area and around the country for their sports

predictions or wishes for the upcoming year. In the future, I hope to include your predictions, too. I'll conclude with the feel good sports story of the year. My predictions include: Super Bowl Champ – Baltimore Ravens, NBA Champ – Milwaukee Bucks, Stanley Cup Winner – St. Louis Blues and World Series Winner – Chicago White Sox. Mayor Kevin Ruane of Sanibel Island wishes the New York Yankees win the World Series. Dave Hyde, columnist of the *Fort Lauderdale Sun Sentinel*, wishes for a rebirth of south Florida sports teams, including the Canes contending, the Marlins winning it all, the Dolphins winning a playoff game, the Heat winning a title, and the Panthers winning a playoff series. Marshall Kellner, Fort Myers Mighty Mussels broadcaster and media relations manager, wishes the Vikings would

win their first Super Bowl, the Twins knock off the Yankees in the playoffs, the USC Trojans get into the Sweet 16 and hire a new football coach, and the Mighty Mussels win the FSL championship in their first year with the new name. Jeff Butera, WZVN-ABC7 News anchor, wishes the Chicago Cubs will play baseball again in October and win a second World Series. Lorin Arundel, publisher of *Island Sun/The River Weekly News*, wishes to see Marco Andretti win the Indy 500. She would also like for her hometown Huskers to up their game next season. Dustin Morse, Minnesota Twins director of communications and public relations, wishes for a Twins World Series! “However, I have never experienced a postseason win in my career (0-16) – so another visit to October baseball with the chance to win a game, a series or even better – the whole darn thing would be my wish in 2020.” Emery Moorehead, retired Bears tight end, wishes Coach Matt Nagy and QB Mitch Trubisky will reach their full potential with the Bears. Ted Handel, non-profit housing executive director, predicts Super Bowl winner, Baltimore Ravens; Stanley Cup winner, Washington Capitals, NBA champ, Milwaukee Bucks and World Series champ, Houston Astros. Walt Wigger, retired COO, predicts the Super Bowl winner to be the New Orleans Saints.

Ralph Wilder, clarinet and band leader (retired), predicts World Series between Yankees and Nats with Yanks winning. Pat Dessent, band director (retired), predicts Super Bowl champion Kansas City Chiefs, World Series champion Yankees over the Cardinals, NBA champ San Diego Clippers. (His grandfather was a baseball scout.) The Jesse White Tumblers (JWT) turn 60. Jesse White is an Illinois politician who saw a need to help inner city youth stay active and out of trouble during the baseball offseason by learning to tumble and jump, putting on shows at football, basketball, baseball games and parades. All the kids who participate must maintain an academic success of at least a “C” average and stay away from drugs and gangs. Since the team’s inception, over 10,000 children, ages 6 and older, have participated in the program. What always excites the crowd is seeing the kids take turns jumping, tumbling and then crouching down next to each other as each successive tumbler has to jump over more and more kids. They do many more versions of jumping up and over as kids stand on each others’ shoulders in another favorite routine, all with heart-pumping music being played. JWT travels the world performing and wowing crowds, and they have four different tumbling teams to meet the demand both of the kids and of the 1,500 performances they put on every year.

From their website, “The Jesse White Tumbling Team Training Program has been designed to enhance the tumbling skills of students ages 6 to 16 that have been selected to participate in the training program through the tryout process. In addition to enhancing tumbling skills, the training program also teaches discipline and introduces the rules and philosophy of the organization, which have guided the members of the team throughout the years. The training program and uniform are free to all training participants.” After what was going to be just a one-year project, the parents “demanded” that the program continue because it kept their kids away from gangs, drugs, and violence. “I believe that when you go through this world and become successful, you should give something back. I also believe that you should do something good for someone everyday,” said Jesse White. Thank you, Jesse White for living your dreams while helping many youth achieve their dreams. Life is not just about money and awards. Jesse White, may your legacy live on for another 60 years and more. *Howard Prager is the son-in-law of longtime columnist Ed Frank. Prager is a sports enthusiast from the Chicago area who also writes and blogs about leadership. Email comments or questions to press@islandsunnews.com.*✧

Madisen’s Match Tennis Extravaganza

Tickets are available for the 12th annual Golisano Children’s Hospital Pro Tennis Classic, a Madisen’s Match premier event. The charity exhibition takes place on March 23 at Suncoast Credit Union Arena on the campus of Florida SouthWestern State College. Tickets start at \$35 with Courtside Club and VIP Baseline Club – including passes to the VIP Hospitality Terrace – and reserved seat packages available. The Bryan brothers, Bob and Mike, the most accomplished doubles team in the history of tennis, return to the event, along with hard-serving Reilly Opelka, the tallest player on the ATP Tour at 6-foot-11, and Taylor Fritz, a member of the U.S. Davis Cup team. Sports enthusiasts who love watching tennis artists at work are in for a treat. This will also be a significant event for the Bryans. The 41-year-old identical twins announced that 2020 will be their final year on tour and the U.S. Open will be their final event. The Bryans are tennis royalty, accomplishing much in their tennis careers with 118 titles overall, including 16 Grand Slam titles, winning the Australian Open, French Open, Wimbledon and the U.S. Open, with Olympic gold and bronze medals to boot. They jointly held the title as the world’s No. 1-ranked doubles team for



image provided

438 weeks. Opelka, 22, ranked No. 36 in the world with one title in 2019, will dazzle crowds during his Madisen’s Match debut with a serve which has been clocked at 140 miles per hour. He is currently a U.S. Davis Cup member. Fritz, 22, ranked No. 32 in the world, won one title in 2019 but had wins over Alexander Zverev, Dominic Thiem, Grigor Dimitrov, John Isner and 2019 Madisen’s Match participant Sam Querrey. “It’s exciting and heartwarming at the same time to see these pros turn out for this one-of-a-kind showcase,” Madisen’s Match founder Duane Chaney said. “It’s a thrill to see players of this caliber in the same place, and it’s even better knowing it’s all going to help Southwest Floridians suffering from cancer.”

The event has raised over \$1 million since its inception in 2009. Since 2011, funds have gone exclusively to Barbara’s Friends, which is the Golisano Children’s Hospital Cancer Center Fund, and The Brain Tumor Navigator Program at the Lee Health Regional Cancer Center. Madisen Abramson, for whom the charity is named, is now a relatively healthy teenager who regularly appears at the annual Madisen’s Match events. A VIP Gala & Auction takes place on March 22 at Miromar Lakes Beach & Golf Club. Madisen’s Match also includes a Legends Tennis Camp & Pro Am on the morning of March 23 at Miromar, with many of the same names from the Golisano Children’s Hospital

Pro Tennis Classic, including the Bryan brothers. “This is a one-of-a-kind opportunity to see tennis royalty up close in Southwest Florida,” Chaney said. “It’s a can’t-miss for anyone who loves the game.” For just the third time, the main event will be held indoors on a custom hardcourt surface laid down in place of the basketball court at Suncoast Credit Union Arena. Suncoast Credit Union Arena is located at 13351 FSW Parkway in Fort Myers. To order, go to www.madisensmatch.com/purchase-tickets or call the Suncoast Credit Union Arena box office at 481-4849.✧

SPORTS QUIZ

1. Dale Murphy is one of four outfielders in major-league history to win back-to-back regular-season MVP awards. Name two of the other three.
2. Who holds the Texas Rangers’ record for most hits in a season?
3. How many Division I football teams has Dennis Erickson coached during his 19-year college career?
4. In 2018, the Golden State Warriors set an NBA record for most consecutive home postseason victories (16). Who had held the mark?
5. The New Jersey Devils have had the No. 1 overall pick in the NHL Entry Draft twice. Name either player selected.
6. Simone Biles set a record in 2019 for most career medals by any gymnast at the world championships (25). Who had held the mark?
7. In 2019, Brooke Henderson set a record for most wins by a Canadian on the LPGA Tour. Who had held the record at eight?

ANSWERS

1. Barry Bonds, Mickey Mantle and Roger Maris. 2. Michael Young had 221 hits (and a .331 batting average) for the Rangers in 2005. 3. Six: Wyoming, Washington State, Miami, Fla., Oregon State, Idaho and Arizona State. 4. The Chicago Bulls, with 15 consecutive wins in 1990-91. 5. Nico Huischer (2017) and Jack Hughes (2019). 6. Vitaly Scherbo of Belarus, with 23. 7. Sandra Post.

Carol Sing Brings In Donations For Soup Kitchen

Residents who attended the recent Christmas Carol Sing at First Presbyterian Church of Fort Myers contributed plenty of food and funds to help The Soup Kitchen of Community Cooperative feed the hungry in Southwest Florida.

In excess of 2,800 pounds of non-perishable food along with financial contributions were collected during the 29th annual Christmas Carol Sing, which was sponsored and organized by the Galloway Family of Dealerships. The contributions will help support families in need during the holidays, according to event organizers.

"It is so gratifying to see our community coming together to help those less fortunate, especially during these economic times. The need has never been greater," said event founder Sam Galloway, Jr.

About 1,500 people attended the three performances, which featured Gaither Family Soloist Larry Ford along with members of the First Presbyterian Church Choir, and a visit from Santa



Barbara Peterson and Marc Collins
photos provided



From left, Sherryl Ford, Larry Ford and Amanda Ford Cochran

First Presbyterian Church. Both events benefit The Soup Kitchen of Community Cooperative, which was founded by First Presbyterian Church of Fort Myers along with other churches

in 1984.
For more information about Community Cooperative, call 332-7687 (SOUP) or visit www.communitycooperative.com.



Linda Kuieck and Rev. Roger Peterson



Kathy Galloway and Sam Galloway, Jr.



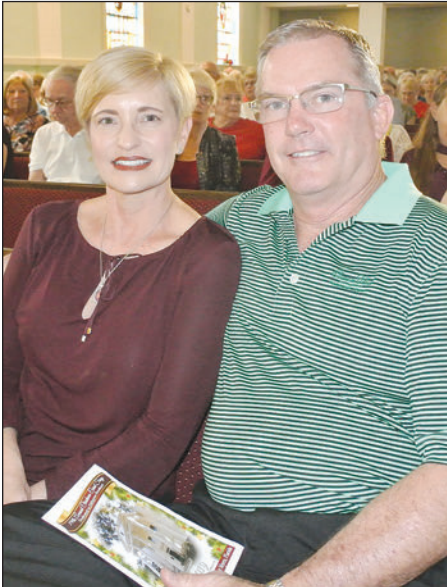
Sam Galloway III and Jennifer Galloway



Rebecca Hayes and Larry Mendenhall



Renee Kosecki collects canned goods for The Soup Kitchen



Katherine Galloway Dougherty and Tom Dougherty



From left, Olivia, Robert and Will Galloway

Boating Club Offering Series Of Courses

America's Boating Club of Sanibel-Captiva will offer a series of boating courses in the first three months of the new year.

Regardless of the type or size of boat you own (or even plan to own some day), you will be joined in class by like-minded individuals who have come to understand that there is always more to learn, particularly about safe boating in gulf waters.

The following is a list of boating courses:

Engine Maintenance – The new Engine Maintenance (EM) course stresses the diagnosis of modern systems, while also teaching the basics of engine layout and operation. Gasoline inboards, outboards and diesel engines are taught in a way that reinforces the common aspects of how engines work.

Modern engines offer reliability and good performance through the use of computerized systems. The EM course covers those repairs that do-it-yourselfers can still perform, teaches how to diagnose problems that might be beyond your ability to fix, and how to share information with your mechanic so the right repairs get performed. The new course also covers basic mechanical systems such as drive systems (propellers), steering systems and engine controls.

This eight-session course will begin on Tuesday, January 14.

Weather – The safety and comfort of those who venture out on the water have always been weather dependent.

In this course, students will become

keener observers of the weather, but weather observations only have meaning in the context of the basic principles of meteorology – the science of the atmosphere.

The course focuses on how weather systems form, behave, move and interact with one another, and reflects the availability of all sorts of weather reports and forecasts on the Internet. Wx2012 is a general weather course benefiting those sitting in their living rooms, as much as those standing behind the helm.

This eight-session course will begin on Thursday, February 6.

Boat Handling – Boaters who want to boat more, boat farther and have more fun on the water are keen to learn how to operate their boat safely and how to handle situations that arise while boating.

This Boat Handling course, together with classroom instructors, can support boater education, attract new boaters and promote boaters' continued learning. This course is "Best in Class."

The six areas of study are:

Nautical Rules of the Road – A Practical Approach

Confidence in Docking and

Undocking – Slow-Speed Maneuvering

Boating with Confidence – Handling Your Boat Under Way

Anchoring with Assurance – Don't Get Carried Away

Emergencies on Board – Preparation for Handling Common Problems

Knots and Line Handling – The Knots You Need to Know

This eight-session course will begin on Tuesday, March 17.

To register for one or all of these courses, visit www.sancapboating.org. Under the "Education" heading, click on "Our Course Offerings."

For more information, call 612-987-2125.✴

Tickets Available For Evening With The Red Sox

This year's 15th annual Evening with the Red Sox will take place at JetBlue Park on Monday, February 17 at 5:30 p.m.

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

A raffle for a Red Sox fan experience with a trip for four to Boston will also be available. The package includes a two-night hotel stay and tickets for four to two games at Fenway Park including seats on the famed Green Monster, a private VIP tour of the ballpark and on-field access. Only 250 raffle tickets will be sold at \$50 each with all proceeds going to support the Boys & Girls Clubs of Lee

County. Tickets are available at www.loveleekids.org.

Past years' autograph sessions have included manager Alex Cora, catcher Blake Swihart and pitchers David Price and Chris Sale. Coca-Cola Beverages Florida will be this year's event co-chair.

Sponsorships are available from \$1,500. Individual tickets are \$150 per person. Donations for auction items are also being accepted.

Celebrating 45 years of providing quality youth programs and brighter futures for young people in the Lee County community, the Boys & Girls Clubs of Lee County (BGCLC) work to inspire and enable young people to realize their full potential as productive, responsible and caring citizens.

The organizations rely upon the philanthropic support from individuals, corporations and foundations in order to sustain and grow its services.

JetBlue Park is located at 11500 Fenway South Drive in Fort Myers.

For more information, to register, sponsor or donate to the event, visit www.loveleekids.org or contact Shannon Lane at 334-1886 or slane@bgclc.net.✴



Fort Myers Police Department recruits with donated football cleats for the local police athletic league

photo provided

Boys And Girls Club Donates Football Cleats

The Fort Myers Boys and Girls Club recently made a donation of dozens of new Nike football cleats to the Fort Myers Police Department Police Athletic League (FMPD PAL). A group of recent recruits who are working to become members of the

Fort Myers Police Department recently showed off the new shoes.

PAL is an important part of Chief Derrick Diggs community engagement initiative to bring sports programs to young children and teenagers to promote strong character and positive life skills. Sports teams and activities include football, basketball and boxing.

For more information on the FMPD PAL leagues and programs, contact Senior Program Coordinator Keith White at 321-8237 or email dwhite@fmpolice.com.✴

YOUR NEUROLOGICAL SYMPTOMS MAY HAVE A STRUCTURAL CAUSE!

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DrHauser@CaringMedical.com



dearRPharmacist

Energy Hacks For Tired People



by Suzy Cohen, RPh

Dear Readers: I bet some of you who deal with chronic fatigue are feeling very misunderstood by others. Maybe you have a fear of not being believed or being perceived negatively. I have compassion for you. Fatigue is not something someone can see like a broken ankle, it's something that they have to take your word for it.

If you're coming into New Year 2020 with fatigue, I have help for you today. It is simply not possible to make a resolution to beat fatigue if you don't know what the underlying cause is. But what you can do is try energy-boosting mito-loving supplements and support GI health that can help you produce energy. Sometimes just ending a tedious job or leaving a challenging relationship can fill your cup with new reserves of energy. I want to be careful that I don't medicalize fatigue because we live in a weird day and age where every symptom gets you a drug.

Since I'm a registered pharmacist and crazy about natural medicine, I'd like to move away from the psychological perspective now, and offer you some treatment options. There are many new things today, but one of them I do not recommend is a fecal microbiota transplant. Not kidding here! Do not get talked into this procedure for chronic fatigue.

Fecal microbiota is the medical term for a procedure in which 'stool' from a healthy person (the donor) is placed into another person's intestine in the hopes that the donor's microbiota (i.e. probiotics) will flourish and help

re-establish yours. I mention it because I'm into new research, and I came across a study that showed a fecal transplant could improve symptoms of fatigue in people with irritable bowel syndrome (IBS).

But it's a head scratcher to me because I would have suggested taking supplements of B vitamins and probiotics (and dietary restrictions) before doing the stool transplant. I have a very comprehensive version of this article that I can email to you, if you sign up for the newsletter at www.suzycohen.com

I will now list some of the most important energy hacks and hormone considerations that may help you:

CoQ10 – Important for muscle contractions

Thyroid – Low levels of thyroid hormone cause mental and physical fatigue

TMG – It's a methyl donor that spawns other energy-producing nutrients

Hormones – Reduced estrogen can cause fatigue

Iron – Iron deficiency anemia can make you tired and dizzy

Creatine – Creatine leads to more Adenosine triphosphate (ATP) and supports muscle health

Greens – Certain superfoods and super fruits can improve mental clarity and physical stamina

Zinc – New research suggests that zinc enhances cellular energy reserves.

In short, the best way to reclaim energy if you have digestive issues is to start with your digestion because a lot of mitochondria reside in the gut. Emerging research shows there is cross-talk between your gut and your muscles. Supplements such as those above may be extraordinarily helpful and should be carefully considered with the help of a qualified practitioner. I have a longer version of this article at www.suzycohen.com.

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.

Physicians Association Seeks Members

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

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

from November to April. The dinner meetings are designed to have a program of interest to all attendees. Medically scientific topics are usually not presented, however medically related topics of interest to both a medical and non-medical audience are not avoided. The programs span a variety of topics and have included healthcare by Larry Antonucci, MD, CEO and president of Lee Health; Michael Martin, PhD. and president of Florida Gulf Coast University; local authors; community law enforcement; identity theft; sports writers; historians; as well as topics appropriate and timely for a maturing professional audience.

Opportunities are available to all members and their spouses to volunteer at the hospitals of Lee County Medical System, in addition to providing physician support to the family practice residency program, hospital document

continued on page 31

Doctor and Dietician

Mini-New Year's Resolutions?



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

Chances are most of us have made New Year's resolutions that were difficult to keep past the end of January, much less to the end of the year. We recently read an article discussing making smaller, more manageable goals or mini-resolutions, defined as any behavior you commit to changing or adding for four weeks. Then longer-term goals, for example, eating better or learning a new skill, can be broken down into more achievable goals along the way.

Start by thinking of 12 bad habits or indulgences you'd like to cut back on or give up entirely. For example, give up drinking alcohol, TV-watching, device use, or sweets consumption, but just

for a month. This may be a positive as well as an eye-opening experience. You may be surprised at what you can do without, and you may wish to carry it out longer!

Or think of 12 habits you want to add to your life. Each month, add a healthy activity. Some feel adding to one's life is more enjoyable than deprivation, thus more likely to become sustainable. Think of something you can add to your day for one month and see where it takes you. Here are some things to try: walk one mile per day, read at least one chapter in a book every day, eat some kind of vegetable twice per day, drink 12 ounces of water every day, pray for a friend or family member every day.

Either way you look at it, micro-resolutions may be more fun and lead to more positive changes to bring you to a healthier, happier version of yourself. Be intentional about your goals. Just thinking about them won't make them happen. Breaking them down into smaller bite-sized pieces may just help you get there. Wishing you a very happy, healthy New Year! Here's to 2020 vision for all of us!

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.

The Truth About Facial Rejuvenation

Injectable wrinkle fillers are all the rage these days, but Facial Plastic Surgeon Dr. Stephen Prendiville says they are not a solution for everyone.

Dr. Prendiville says he sees patients who come to his office for Botox or one of the other facial fillers when what they really need is a facelift.

"There is fake news that fillers and injectables are all you'll ever need to keep looking your youthful best, but nothing could be further from the truth," he said. "The gold standard for facial rejuvenation is – and always has been – a facelift."

Dr. Prendiville will separate fact from fiction at a free seminar he is hosting at Bonita Bay Country Club on Friday, January 17 at 11:30 a.m. The seminar will feature a light lunch, and reservations are required by calling 437-3900. Space is limited.

According to the most recent data available from the American Academy of Plastic Surgeons, there were 1.7 million cosmetic surgery procedures such as facelifts and eyelid lifts in the U.S. in 2017. The number of non-invasive cosmetic procedures such as Botox and fillers dwarfed that number with 15.7 million procedures in 2017.

"Fillers and injectables work well as stand-alone treatments for women in their

30s and 40s, but cannot be considered the best treatment available after this period in life. Women in their 50s, 60s and 70s will require more substantial treatments to achieve spectacular results. Results obtainable with surgery aren't possible with fillers and injectables, and people need to be honest about that," Dr. Prendiville said.

There is a cost factor involved. A facelift or eyelid surgery costs more than fillers, but there is a disadvantage to fillers too.

"A filler will only last about six to eight months and then you'll need to keep repeating it to maintain the same look. A facelift may be more expensive initially but it can last 10 or more years," he said.

Using before and after pictures of actual patients, Dr. Prendiville will discuss the latest advances in facelifts, eyelid lifts, nose surgery, lasers and reconstructive surgery. He also will review injectable wrinkle fillers Botox, Sculptra, Juvederm; Restylane, Restylane Silk, Radiesse, Voluma, Vollure, and Revanesse Versa for deeper wrinkles and lines.

He also will discuss Genius, a new non-invasive non-surgical device that can help reduce the depth of wrinkles, tighten skin, reduce acne scarring, stretch marks and improve skin texture.

Dr. Prendiville is the first facial plastic surgeon in Florida to offer the new Genius, which was developed by Lutronic, a global aesthetic laser medical device manufacturer.

For more information about Dr. Prendiville, visit www.drprendiville.com.

PETS OF THE WEEK photos provided

Lee County Domestic Animal Services

Comet And Sunny

Hello, my name is Comet. I am a 10-month-old male pit bull mix who came to LCDAS with my mom, Noelle. I am a spirited young pup that is ready to be on my own. My mom has taught me great manners, and I get along well with other dogs. I love toys and will keep myself amused by chewing on them for hours! A house with a yard and pool would be ideal for this boy.



Comet ID# A803155

the character and keep the staff quite entertained.

My adoption fee is \$25, and you can adopt another feline friend free.

People make millions of New Year's resolutions each January. Lee County Domestic Animal Services invites you to Skip the Jog and Walk a Dog as part of yours. Make pets a part of your New Year's plan and consider that a new pet can help you achieve many of the most popular goals set each year. The adoption fee for dogs over 30 pounds will be just \$25 through January 31 to assist potential pet owners in finding a new exercise partner and best friend.

The shelter is open to the public Monday through Saturday at 5600 Banner Drive in Fort Myers. Adoptions are available 10:30 a.m. to 3:30 p.m. Monday through Saturday. For information, visit Lee County Domestic Animal Services at www.leegov.com/animalservices or call 533-7387.*



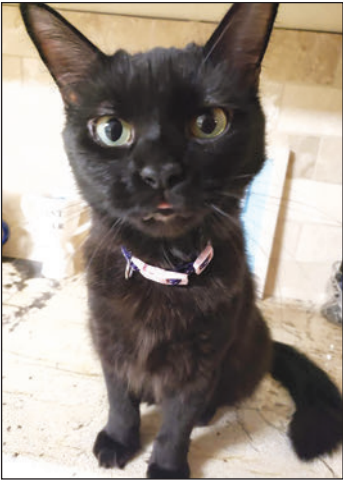
Sunny ID# A777916

Haven on Earth Animal League

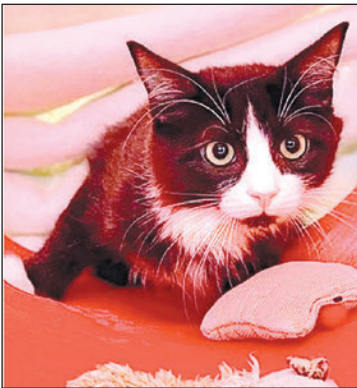
Eve

Hi There! My name is Eve -- perfect for Christmas Eve and New Year's Eve. I'm only about two or three years old, so I'm still young and playful. I've had a rough life so I'm looking for someone to love me forever. I was found in a garden center, trying to protect my five kittens. I was emaciated, full of tapeworms and missing fur. Luckily, someone from Haven on Earth Animal League took me in and fostered me. I'm all better now and ready to spend my life being pampered, as I should be. I am very affectionate and like to cuddle in bed or on the sofa with my human. I get along with other cats, and I even like the dogs in the house -- but don't tell anyone. If you want to meet me, call Aviva (my foster mom) at 204-6849 or email Haven on Earth Animal League at havenonearthanimalleague@yahoo.com.

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.*



Eve



One kitty



Two kitty



Three kitty

PAWS Of Sanibel

Three Kittens

PAWS, in conjunction with VCA Coral Veterinary Hospital in Fort Myers, has three beautiful kittens up for adoption.

The two males and one female are approximately 14 weeks old. They have had their first round of shots; worming and combo test were negative. For a \$50 adoption fee, they will be spayed/neutered but remaining shots will be at owner's expense. Medical records will be provided.

Call Pam at PAWS at 472-4823, if you'd like to take one, two or all three of these gorgeous kittens home in 2020.*



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 Harmonica Band	610-653-7940
Fort Myers Symphonc 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
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 28

Super Crossword

ON THE EVE

- ACROSS
- 1 Will, in the Bible

6 Sang like a bird

13 Modify

19 Pages, e.g.

20 Stone Age tool

21 Simple shack

22 "Well ... hop to it!"

25 Pa's ma

26 Mega-years

27 Big record label, once

28 Angers

30 "Hamlet" monologue exhortation

38 Singer

39 Skeletal bit

40 Told fibs

41 Fancy resort

42 "Very sorry to hear that"

49 Skidded

51 Penn of film

52 Compass pt.

53 Divested (of)

55 Intl. cultural gp.

59 Like lambs

61 Voicing a question of curiosity

66 Bush barb

68 Misery

69 Battery size

70 Suffix with convert

71 Army sites

73 "Look ahead," to a drill instructor

77 Wicked acts

78 Regarding

79 Downed

80 Charged bit

81 — Lauder

83 Was the right thing, but didn't happen

88 Steeds

91 Set of seven

92 That dude's

93 Ad about DUI, maybe

95 Just makes, with "out"

96 Prune a bit

98 Be published

103 — Moines

106 "Back in Black" band

108 Actress

109 Poehler

109 Many a charity gp.

110 Poem that's the source of the phrase comprising the first words of 22-, 30-, 42-, 61-, 73-, 83- and 98-Across

118 Viral GIF, e.g.

119 Sci-fi saucer

120 — Party

121 Cookie giant

123 Alternate title of 110-Across, with "The"

131 Director May

132 Shady giant

133 Island ring

134 Expunge

135 More diluted

136 Body of art?
- DOWN
- 1 Like cut wood

2 Pair of drum-kit cymbals

3 "A Bell for —"

4 Unleash on

5 Airport org. flagging bags

6 Parody-filled newspaper

7 Gretzky of hockey

8 Brian of rock

9 School URL ender

10 "... — a puddy tat!"

11 Orals, e.g.

12 Clear, as a windshield

13 Boxing great

14 Bear's home

15 Bender

16 Not suited

17 Town that's home to the University of Connecticut

18 Shredded

23 Blitz, e.g.

24 6'6", say

29 Brine source

31 Solo in films

32 Mine find

33 Game aim

34 It aired "ER"

35 Hi- — (stereos)

36 Caviar fish

37 Suburb of Minneapolis

42 "Umami" taste source

43 "— haw!"

44 Simply must keep going

45 At variance

46 Dr. Kildare player Ayres

47 "I heard him exclaim, — he drove out of sight ..."

48 "Fine fellow"

50 Paperboy, for one

54 Gorilla guru

56 Actress

57 Pick out from others

58 Some poems

60 Plural of "ei"

62 Be in debt

63 Some votes

64 Zapping ER treatment

65 Silver of statistics

67 Neighbor of Belg.

71 Party

72 Netman

74 "Uh-huh"

75 Caviar base

76 Inseparable

77 DDE's WWII sphere

79 Chocoholic, e.g.

82 Chinese port

84 Oahu patio

85 Road, in Italy

86 Seer's "gift"

87 "Fresh Air" network

89 Dusk, to a bard

90 Old Brit.

92 Airways jet

94 More heartfelt

97 PC file that's shareable

99 Fathers

100 First-aid pro

101 Writer Rand

102 Nanki- — ("The Mikado" son)

103 Block up

104 Made level

105 "Good as gold," e.g.

107 Mötley —

111 "Love Story" author Erich

112 "He's a man — words"

113 Dinero

114 "With this ring — wed"

115 Keno's kin

116 Knight's mail

117 Some pups

122 Norway port

124 Make haste

125 Blast stuff

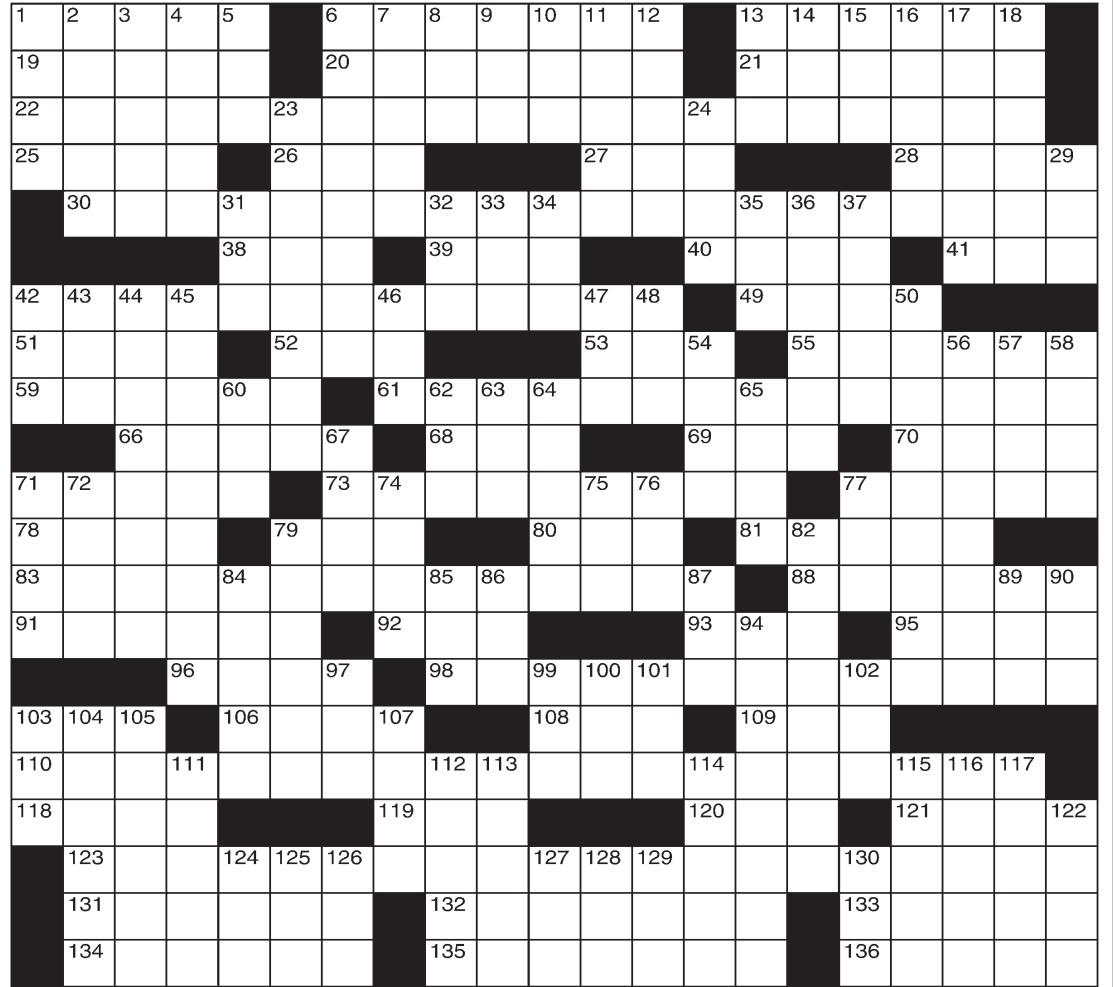
126 Flying stinger

127 Apartment divs.

128 Archaic verb ending

129 Dernier —

130 Used a pew



King Crossword

- ACROSS
- 1 Variety of lettuce

5 "Eureka!"

8 Book of prophecies

12 Lotion additive

13 Chaps

14 Toothpaste container

15 Anger

16 Conventional

18 One up?

20 Western occurrence

21 Leopold's codefendant

23 Four qts.

24 One of Monopoly's light-blue avenues

28 Speech impediment

31 Great noise

32 Disrobe

34 Female deer

35 Bird of peace

37 Decoration

39 Finish

41 Ireland

42 Secular

45 Servile

49 Form a union

51 Top

52 Isn't well

53 Calendar abbr.

54 Prolonged sleep

55 Run away

56 Automaton, for short

57 Slaughter of baseball

9 Flood after-math, perhaps

10 Reed instrument

11 Send a naughty message

17 Embrace

19 Billions of years

22 Wilkes- —, Pa.

24 Peculiar

25 Brazilian tourist mecca

26 Lure

27 Ache aid

29 Junior

30 Teacher's —

33 Rid of rind

36 Put in a box

38 Threaten

40 Novelist Brown

42 Unsliced bread

43 Seed coat

44 Owl's perch

46 PC picture

47 Magazine contents

48 Meadows

50 Menagerie
- DOWN
- 1 Zinger

2 Pelvic bones

3 Nut partner

4 Pvt. Bailey

5 Cherub, in art

6 The girl

7 Picnic invaders

8 Musically keyless

MAGIC MAZE ● — REMOVER

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

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

- Boot

Dust

Eye makeup

Hair
- Malware

Nail polish

Odor

Paint
- Spot

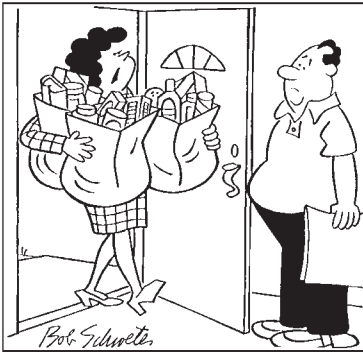
Spyware

Stain

Staple
- Varnish

Virus

Wart



"Live within our means?"

With your _____ "?!"

Answer on page 31

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!

Charm	ELAPSE				
Uproar	MULUTT				
Process	OCTAIN				
Guard	PORTAL				

TODAY'S WORD

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

SUDOKU

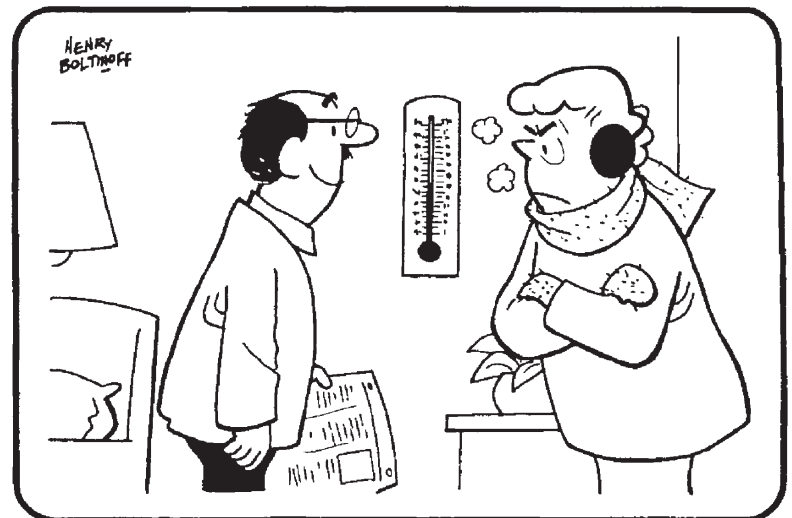
To play Sudoku:

Complete the grid so that every row, column and every 3x3 box contains the numbers 1 through 9 (the same number cannot appear more than once in a row, column or 3x3 box.) There is no guessing and no math involved, just logic.

Answer on page 28

HOCUS-FOCUS

BY
HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Blouse is black. 2. Breath "puffs" are gone. 3. Picture has been added. 4. Pillow is missing. 5. Temperature is lower. 6. Moustache is gone.

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FRIDAY
Cloudy
High: 74 Low: 71



SATURDAY
Few Showers
High: 75 Low: 72



SUNDAY
Sunny
High: 74 Low: 68



MONDAY
Partly Cloudy
High: 69 Low: 66



TUESDAY
Sunny
High: 68 Low: 62



WEDNESDAY
Sunny
High: 63 Low: 60



THURSDAY
Sunny
High: 69 Low: 66

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	6:49 am	1:00 am	7:25 pm	12:29 pm	Fri	5:54 am	1:02 am	6:30 pm	12:31 pm	Fri	6:39 am	1:17 am	7:25 pm	12:48 pm	Fri	8:59 am	4:16 am	9:35 pm	3:45 pm
Sat	8:38 am	2:15 am	7:58 pm	1:10 pm	Sat	7:43 am	2:17 am	7:03 pm	1:12 pm	Sat	7:54 am	2:19 am	8:03 pm	1:40 pm	Sat	10:48 am	5:31 am	10:08 pm	4:26 pm
Sun	10:19 am	3:17 am	8:33 pm	1:51 pm	Sun	9:24 am	3:19 am	7:38 pm	1:53 pm	Sun	9:04 am	3:11 am	8:41 pm	2:21 pm	Sun	12:29 pm	6:33 am	10:43 pm	5:07 pm
Mon	11:40 am	4:09 am	9:09 pm	2:31 pm	Mon	10:45 am	4:11 am	8:14 pm	2:33 pm	Mon	10:16 am	4:00 am	9:24 pm	3:00 pm	Mon	1:50 pm	7:25 am	11:19 pm	5:47 pm
Tue	12:46 pm	4:56 am	9:47 pm	3:10 pm	Tue	11:51 am	4:58 am	8:52 pm	3:12 pm	Tue	11:13 am	4:48 am	10:09 pm	3:42 pm	Tue	2:56 pm	8:12 am	11:57 pm	6:26 pm
Wed	1:39 pm	5:39 am	10:28 pm	3:47 pm	Wed	12:44 pm	5:41 am	9:33 pm	3:49 pm	Wed	11:56 am	5:34 am	10:49 pm	4:31 pm	Wed	3:49 pm	8:55 am	None	7:03 pm
Thu	2:22 pm	6:22 am	11:11 pm	4:24 pm	Thu	1:27 pm	6:24 am	10:16 pm	4:26 pm	Thu	12:36 pm	6:18 am	11:24 pm	5:19 pm	Thu	12:38 am	9:38 am	4:32 pm	7:40 pm

PUZZLE ANSWERS

SUPER CROSSWORD

S	H	A	L	T		T	W	E	E	T	E	D		A	D	J	U	S	T		
A	I	D	E	S		H	A	N	D	A	X	E		L	E	A	N	T	O		
W	H	A	T	A	R	E	Y	O	U	A	I	T	I	N	G	F	O	R			
N	A	N	A		E	O	N				M	C	A			I	R	E	S		
	T	O	T	H	I	N	E	O	W	N	S	E	L	F	B	E	T	R	U	E	
				A	N	I		R	I	B		L	I	E	D		S	P	A		
M	Y	C	O	N	D	O	L	E	N	C	E	S		S	L	I	D				
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KING CROSSWORD

B	I	B	B		A	H	A		A	M	O	S
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F	L	E	E		B	O	T		E	N	O	S

MAGIC MAZE



SUDOKU

TRIVIA TEST

1. **Movies:** What was the name of the main character in *National Lampoon's Christmas Vacation*?

2. **U.S. Presidents:** Which U.S. president was the nation's first known speleologist?

3. **Language:** What does the Greek prefix "tele" mean in English?

4. **Music:** What was the main title of the 1979 song that is popularly known as "The Pina Colada Song"?

5. **Personalities:** Which actress was born Betty Joan Perske?

6. **Medical:** What is a more common name for the condition known as canities?

7. **History:** When did daylight savings time go into effect in the United States?

8. **Comics:** Which newspaper did reporter "Brenda Starr" work for?

9. **Literature:** Who wrote the novel *Mrs. Dalloway*?

10. **Ad Slogans:** Which laundry detergent introduced the "ring around the collar" campaign?

TRIVIA ANSWERS

1. Clark Gable

2. Thomas Jefferson, who visited and mapped caves.

3. Distance

4. Escape

5. Lauren Bacall

6. Gray hair

7. 1966

8. *The Flash*

9. Virginia Woolf

10. Wisk

My Stars ★★★★★

FOR WEEK OF JANUARY 6, 2020

Aries (March 21 to April 19) The New Year brings challenges that can change many things in your life. You need to be prepared not only to confront them, but also to deal with what happens afterward.

Taurus (April 20 to May 20) You have what it takes to set your goals quite a bit higher this year. Learn what you need to know and put what you learn into your efforts. A partner offers loving support.

Gemini (May 21 to June 20) In true Gemini Twin fashion, you're conflicted about a decision you know you'll have to make in this New Year. Best advice: Get the facts before you make any commitment.

Cancer (June 21 to July 22) A friend offers you an exciting opportunity for this New Year. Although your positive aspects are strong in most respects, caution is advised. Investigate before you invest.

Leo (July 23 to August 22) You can make this New Year a roaring success. Start by readjusting your goals to reflect the changes in the economy. Your den mate offers both wise and loving support.

Virgo (August 23 to September 22) The New Year brings new opportunities for change. But you need to be ready to move from the comfortable status quo to the challenging unknown. It's up to you.

Libra (September 23 to October 22) Your most important New Year's resolution should be to work out problems with a family member in order to avoid continuing misunderstandings.

Do it soon, for both of your sakes.

Scorpio (October 23 to November 21) The New Year has much to offer the intensely determined Scorpion, who isn't afraid to take on challenges and stay with them until they surrender their rewards.

Sagittarius (November 22 to December 21) You'll have many fine opportunities in this New Year. But be warned: Reject offers of "help." You work best when you're free to be your own creative self.

Capricorn (December 22 to January 19) The New Year offers changes that you might feel you're not quite ready for. Best advice: Deal with them one step at a time, until you've built up your self-confidence.

Aquarius (January 20 to February 18) Travel is a dominant aspect of the New Year. This could mean relocating to another city (or even another country) in connection with your education or your career.

Pisces (February 19 to March 20) This New Year brings news about a change you've been anticipating. You might have a problem persuading a loved one about your new plans, but he or she will soon go along with them.

Born This Week: You have a gift for making people feel safe and protected. You would make an excellent youth counselor.

MOMENTS IN TIME

On Jan. 8, 1835, President Andrew Jackson achieves his goal of entirely paying off the United States' national debt. It was the only time in U.S. history that the national debt stood at zero, and

it precipitated one of the worst financial crises in American history, the Panic of 1837.

On Jan. 9, 1861, a Union merchant ship is fired upon as it tries to deliver supplies to Fort Sumter in Charleston Harbor, South Carolina, in the first exchange of shots between North and South. The shots were fired by gunner George E. Haynsworth, a cadet at The Citadel in Charleston.

On Jan. 7, 1927, the Harlem Globetrotters basketball team travels west from Chicago to play their first game, in Hinckley, Illinois. Coach Abe Saperstein decided to promote his new team's racial makeup by naming them after Harlem, the famous black neighborhood of New York City.

On Jan. 12, 1932, Ophelia Wyatt Caraway of Arkansas becomes the first woman elected to the U.S. Senate. Caraway had been appointed earlier to fill the vacancy left by her late husband, Thaddeus Horatio Caraway.

On Jan. 11, 1949, on Connecticut Avenue in Washington, DC, the cornerstone is laid at the first mosque of note in the United States. The Islamic Center was complete with a 160-foot minaret from which prayers were to be announced.

On Jan. 6, 1975, *Wheel of Fortune*, the longest-running syndicated game show in American television, premieres on NBC. In over 7,000 episodes, show hostess Vanna White has never worn the same gown twice.

On Jan. 10, 2008, Tata Motors in India debuts the Nano, billing it as the world's cheapest car. The bubble-shaped

mini-vehicle had a base price of \$2,000. It had a body made of plastic and sheet metal – and one windshield wiper.

STRANGE BUT TRUE

• It was Nobel Prize-winning French poet, journalist and novelist Anatole France who gave the following sage advice: “Never lend books – nobody ever returns them; the only books I have in my library are those which people have lent me.”

- One-quarter of the city of Los Angeles is taken up by automobiles.
- Ancient Egyptian priests were

bald. And not just on their heads – they would pluck every hair from their bodies, including their eyebrows and eyelashes.

• In many parts of Spain, Dec. 28 is traditionally observed as the Feast of the Holy Innocents. To celebrate, the young boys of a town gather together and light bonfires. One of them is designated as the mayor for the evening, and he goes about ordering citizens to do tasks such as sweeping the streets. Anyone who refuses is fined.

• The deluge of mail around the holidays has been an issue longer than you probably realize. In 1822, the

postmaster of Washington, D.C., was disgruntled by the surge and complained about having to hire 16 extra mail carriers. He wanted a law to be passed limiting the number of cards a person could send.

• Have trouble remembering all the words to our national anthem? Be glad you're not Greek – their national anthem has 158 verses.

• If all the blood vessels in one human body were stretched out end to end, they would stretch all the way around the world.

• The rivalry between those Ivy

League giants, Harvard and Yale, is legendary. Not many people know, however, that Yale was founded by graduates of Harvard.

THOUGHT FOR THE DAY

“He who wants to grow rich in a year will be dead in a month.” – Spanish proverb

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Mushroom, Shrimp and Grits with Bacon

- 1 pound medium shrimp, peeled and deveined
 - 1 cup mushrooms, sliced
 - 1/3 cup green pepper, chopped fine
 - 3-4 slices bacon
 - 1 small onion, finely minced
 - 1 large garlic clove, minced
 - 3 celery sticks, chopped fine
 - 1 sprig fresh thyme
 - 1 bay leaf
 - 1 cup half-and-half
 - 1/2 teaspoon ground cayenne pepper
 - 2 teaspoons fresh lemon juice
 - 2 tablespoons olive oil
 - Dash hot pepper sauce
 - 1 tablespoon parsley, chopped
 - 4 servings of grits (your favorite)
- Prepare grits according to package directions; set aside and keep warm. Fry bacon until crisp then remove from pan and set aside. Pour off all but 1 tablespoon



Mushroom, Shrimp and Grits with Bacon

of fat in the pan and add olive oil to bacon fat; heat over medium-high heat. Add onion, garlic, celery, green pepper, thyme, bay leaf and mushrooms; saute until soft. Add shrimp and cook until pink and cooked through. Stir in cream, bacon, cayenne

pepper, hot sauce and lemon juice; simmer until heated through. Remove bay leaf when ready to serve.*

photo courtesy Fresh From Florida

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10/11 * 4/3

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Now hiring ice cream scoopers and supervisors. Scooper applicants must be at least 16 years of age. Supervisor applicants must be at least 18 years of age and have prior leadership experience. You can fill out an application in store or submit a resume through the "contact us" link on our website at www.loveboaticream.com
12/27 * 1/3

OCCASIONAL CLEANING HELP NEEDED

Small Inn seeking help with cleaning services. No experience required. Average 4 to 6 days per month. Variable days of the week. Hours vary between 10 a.m. to 4 p.m.
Start at \$15. per hour.
Sanibel resident preferred.
Contact Darwin at 239-472-9088.
1/3 * 1/10

LOST AND FOUND

PRESCRIPTION EYEGLASSES

Eyeglasses, prescription, black frame in a neon green eyeglass neoprene case lost between Nerita and Ding Darling along the bike paths on Middle Gulf, West Gulf and Sanibel Captiva Roads. Reward offered. Please call 239-579-0347 or 941-730-2400.
12/27 * 1/10

LOST SAMSUNG GALAXY PHONE

San Cap Road, Tarpon Bay Road, West Gulf Drive, Rabbit Road areas. Reward 724-316-0913
1/3 * 1/10

Recycle Tree And Other Holiday Waste Tips

Lee County offers residents the opportunity to recycle their clean, live Christmas trees into useable mulch – mulch that is offered back to the community free of charge at five locations. To participate, set your clean tree at the curb on your regular yard waste collection day. All lighting, decorations, tinsel and the stand must be removed. Once collected, the trees are processed into mulch or incorporated into compost. Free mulch is available to Lee County residents at the following five locations:

- Bonita Springs – Imperial River Boat Ramp, 27551 South Tamiami Trail
 - Lehigh Acres – Lehigh Acres Park, 1400 West Fifth St.
 - North Fort Myers – North Fort Myers Park, 2000 North Recreation Park Way
 - Pine Island – Near the wastewater treatment plant about five miles south of the four-way stop on the east side of Stringfellow Road
 - South Fort Myers – Three Oaks Park, 18251 Three Oaks Parkway
- These locations are not attended. Bring shovels and containers to load the mulch. Artificial Christmas trees that are past their useful life should be placed in the garbage. If they are still useable, consider donating them to a local charity. They should never be placed in recycling.

Additional post-holiday tips include: Recycle all gift wrapping paper except paper with a metallic finish. Shipping boxes, glass bottles and jars, metal cans and plastic bottles also are recyclable. Each item should be free of food residue before being placed in the recycling bin. Paper plates, used napkins and plastic silverware are not recyclable and should go in the trash can.

SCRAMBLERS

1. Please; 2. Tumult;
3. Action; 4. Patrol

Today's Word
APPETITE

Consider filling some of your shipping boxes with household items suitable for donation and deliver those to a local charity. It's an easy way to keep those items in use within the community rather than adding additional trash to the system. If your holiday tradition involves deep-fried turkey, disposing of the leftover cooking oil does not have to be a challenge. At no charge, residents may deliver liquid cooking oils to the Household Hazardous Waste Facility, 6441 Topaz Court in Fort Myers. Hours are 8 a.m. to 5 p.m. Monday through Friday, and 8 a.m. to noon on the first Saturday of each month. Transport used oils or grease in sealed, unbreakable, leak-proof containers. This service is available year-round.*

From page 24
Physicians
control, and the medical library.
SARPA programs for 2020 include:
Thursday, January 9: Forest Country Club, Fort Myers – Keith Raygor the Musical Mind Reader; a treat with magic and music
Thursday, February 13: Forest Country Club, Fort Myers – Peggy Lince, crime prevention specialist for Lee County Sheriff's Office; Presentation on fraud, scams and identity theft
Thursday, March 12: Forest Country Club, Fort Myers – Dr. Larry Antonucci, president and CEO of Lee Health;

Presentation on Healthcare Reform
Dinner meetings are held in January, February and March. A social begins at 5:30 p.m. with dinner at 6 p.m. and the program around 6:45 p.m.
Saturday, April 4: Group will attend matinee buffet lunch featuring *Always a Bridesmaid* at Broadway Palm Dinner Theatre. Gathering and social time are held from 11:45 a.m. to 1:15 p.m.
SARPA membership dues are \$40 per year. Doctors and their spouses are both considered members with payment of single dues per household. All programs are on a "pay as we go" basis for those attending.
For more information, contact Dr. Ron Clearfield at 992-9829.*

HORTOONS

I FINISHED MY LIST OF NEW YEAR'S RESOLUTIONS.



1. Lose weight
2. Get organized
3. Save money
4. Drink less
5. Get fit
6...



SNAP!



THANKS BUDDY!

MUNCH! MUNCH! MUNCH!



HORTON

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Oak Knoll At Bonita Bay	Bonita Springs	1996	4,574	\$1,575,000	\$1,500,000	192
Cape Coral	Cape Coral	2009	3,761	\$1,500,000	\$1,400,000	0
Bonita Beach	Bonita Springs	1976	2,293	\$1,099,000	\$1,050,000	30
Sanibel Shores	Sanibel	1986	1,570	\$729,000	\$685,000	47
Carillon Woods	Fort Myers	1989	3,447	\$699,900	\$675,000	24
Cape Coral	Cape Coral	2011	2,441	\$620,000	\$535,000	682
Dunes At Sanibel Island	Sanibel	1984	2,536	\$599,500	\$542,500	243
Pine Island	Bokeelia	1988	1,767	\$580,000	\$530,000	199
Buckingham	Fort Myers	2007	3,524	\$576,000	\$559,000	28
Gumbo Limbo	Sanibel	1977	1,640	\$575,000	\$545,000	32

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