Hibiscus Society Holding Plant Sale

The James E. Hendry Chapter of the American Hibiscus Society will be holding a hybrid hibiscus plant sale on Sunday, November 8 from 2 to 4 p.m. at The Salvation Army Building, 10291 McGregor Boulevard in Fort Myers. Doors open at 2 p.m. Admission and parking are free.

The beautiful tropical hibiscus you’ve always wanted but could not find at The Home Depot, Lowes or Wal-Mart will be offered for sale. Over 350 hybrid hibiscus will be available: small for $15 and large for $25, special pricing for members. Join the chapter on the day of the sale for discounted prices.

These beautiful plants are being provided by Big Bad Flower out of Sarasota. Expert growing advice will be available during the sale from the chapter members who are experts on growing hibiscus, referred to as “Queen of the Tropics.” These hibiscus are grown on their own roots and are easy to maintain.

Some of these plants will grow blooms over eight inches and are in just about every color of the rainbow. Besides reds and yellows, there will be blues, greens, purples, oranges, pinks and some with up to five colors.

Plants that will be available are Bayou Rose, Bienvenue, Black Dragon, Black Rainbow, Blue Jean Baby, Blueberry Thrill, Bold n Sassy, Cajun Blue, Cajun Princess, C’est Bon, Chartreuse Rose, Chiffon Pink, Cosmic Dancer, Creole Belle, Creole Fire, Delta Dawn, Foxy Lady, High Definition, Light My Fire, Madame Dupont, Mango, and more.

Shell Point Concert Series Begins With National Dance Company Of Siberia

Shell Point Retirement Community kicks off its 2015-16 Concert Series with a ballet performance by The National Dance Company of Siberia on Friday, November 6. This Fine and Performing Arts concert will take place at 7:30 p.m. in the recently renovated Village Church Auditorium.

Unique foods are always popular at The Fair at Fenway South

The Fair at Fenway South returns to JetBlue Park for three weekends in November.

Pure Florida Offers Veterans Day Cruise

In honor of Veterans Day, Pure Florida’s Naples and Fort Myers locations will offer special Veterans Day Cruises on Wednesday, November 11 where veterans can cruise for free with the purchase of an adult or child ticket.

Cruise with Pure Florida aboard the Naples-based M/V Double Sunshine, where guests can watch for dolphins and view luxurious mansions along the Gordon Bay. The Fort Myers-based M/V Edison Explorer will take passengers on a sightseeing cruise along the Caloosahatchee, where visitors will have the opportunity to observe the natural beauty of Southwest Florida, and learn about local history and ecology.

“The Pure Florida team is extremely thankful for the men and women who have served within our U.S. military, and we look forward to honoring these heroes with special cruises that provide fun for them and the entire family,” said Harry Julian, co-founder of Pure Florida. “Our veterans have sacrificed so much for our nation and this is a token of our appreciation for their years of service to our country.”

The M/V Double Sunshine departs from the historic Tin City, located at 1200 Fifth Avenue South in Naples and the M/V Edison Explorer departs from The Marina at Edison Ford, located at 2360 W. First Street in Fort Myers. Reservations are required. For pricing and registration information, contact Pure Florida’s Naples location at 239-263-4949 or Fort Myers location at 919-2965. For more information on Pure Florida and its cruises, visit www.PureFL.com.
Historic Downtown Fort Myers, Then And Now:

Armistice Day, A Lost Holiday

by Gerri Reaves, PhD

As we observe Veterans Day, it’s worth remembering that it began almost a century ago as Armistice Day, a day when peace swept the world and humankind rejoiced. World War I (WWI) ended.

The Allied powers signed a cease-fire agreement with Germany at Rethondes, France at 5 a.m. and it became effective six hours later at 11 a.m. Thus, on November 11, 1918, at the eleventh hour of the eleventh day of the eleventh month, peace prevailed.

As originally conceived, Armistice Day was an unusual holiday in that it evoked a broad range of emotions. Wild joy, solemnity and abject sorrow were all justified and appropriate. More than nine million people died in WWI, which was also called “the War to End All Wars.” If only it had been.

This photo illustrates how just a handful of happy Fort Myers citizens reacted to the end of the war, then known as the Great War.

Pictured in front of Hunter’s Drugstore at First and Hendry are (l to r) Esther Sherouse as Lady Liberty, Mr. Black, Sara Yelvington, flag-holding Annabelle Hand, and Charles Bell Jennings, who displays the bold large newspaper headline announcing the declaration of peace, effective at 6 o’clock local time.

Fort Myers learned of the proposed Armistice from an Associated Press newswire sent to the local Atlantic Coast Line Railroad station. (It was so early that Western Time was not open.)

The news was greeted with the uproarious sounds of train whistles, the big whistles at the Southern Utilities Company, church bells, automobile horns, noises from the steamboats and submarines chasers, guns, pie plates—anything handy.

Accounts suggest that the scene resembled an impromptu street party. In those days, news spread in a more person-to-person manner. No cable TV news, no iPhones, no Internet, no Facebook or email.

The order of the day was celebrating. Motorists drove around shouting for sheer joy. And, there was a parade to plan and a city to decorate.

The town held on to that celebratory feeling for years after the 1918 Armistice. For example, in 1920, the mayor declared November 11 a holiday, businesses closed, and the American Legion organized a baseball game between former Army and Navy members of Post 38. Other activities ensued, including a banquet and dance at the Bradford Hotel.

In 1925, a grand parade was held, and newspaper coverage indicated that memories of WWI’s slaughter were still fresh amid the Fourth of July-like revelry. A moment of silence was observed at the monument honoring the WWI dead at the Lee County Courthouse.

In 1933, the holiday attitude still prevailed. The American Legion organized an Armistice Day celebration expected to attract at least five thousand people from the area.

Festivities began in the late morning with a parade down First Street to City Park, where a patriotic ceremony attended by military dignitaries was held. The Fort Myers junior band and the American Legion trumpet and drum corps sounded taps for the reverent moment of silence and a salute. Then, the celebration continued until midnight.

In 1934, the two-day Armistice Day celebration ranged from a fish fry for over 2,000 to religious ceremonies. Events began on Sunday, the eleventh, just after 2:00, no Internet, no Facebook or email.

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New Public Artwork Installed In Clemente Park

by Tom Hall

Maryland artist Cheryl Foster was back in town on October 23. Before she left, Foster installed a new public artwork in Clemente Park. The brightly colored 5×10 foot plasma-cut steel sculpture with mosaic elements is called What Dreams May Fly and How They Fly.

The piece depicts the silhouetted heads of an African-American male, female and child, and includes fused glass pieces that the community helped Foster make at an event she hosted on Easter Sunday at the Friendship Missionary Baptist Church on Palm Avenue. Through the piece, both Foster and the City of Fort Myers Public Art Community seek to draw attention to the accomplishments of the Dunbar community, both past and future, speak to the rich and complex history of the African-American community, enhance the park, promote a deeper sense of community and reinforce the Black Historical Society’s mission.

Foster was selected in 2014 by the Public Art Committee from a national field of 67 applicants for the $20,000 commission. Foster is a multi-media artist specializing in large-scale public art. A graduate of Howard University and Master Artist in Residence with the John F. Kennedy Center for the Performing Arts, Foster designs and executes visual arts programs integrated with local communities, art councils, architects and developers, enhancing environments.

The city of Fort Myers’ public art program seeks to enrich the cultural climate of the city, fostering a sense of place for residents and visitors. For more information, please visit www.cherylfostersart.com.

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.

What Dreams May Fly and How They Fly honors the triumphs of African Americans in the Dunbar community and depicts three African American silhouetted heads (two adults and one child) plasma cut from steel. The colorful mosaic tile design on one side recognizes accomplishments in the Dunbar community, past and future.

September Airport Traffic

During the month of September, 404,045 passengers traveled through Southwest Florida International Airport, an increase of 10.4 percent compared to September 2014. Year-to-date, passenger traffic is up 4.1 percent from the same period last year.

The traffic leader in September was Delta with 91,912 passengers traveling to and from Fort Myers. Rounding out the top five airlines were Southwest (79,932), JetBlue (56,066), US Airways (39,663) and American (29,063). The top five airlines were Southwest (79,932), JetBlue (56,066), US Airways (39,663) and American (29,063).

Southwest Florida International Airport had 3,861 aircraft movements (takeoffs and landings), a decrease of 1 percent compared to September 2014. Page Field saw 6,024 movements, a 0.1 percent increase from September 2014. In addition, nearly 2.7 million pounds of air freight moved through Southwest Florida International Airport in September 2015, an increase of 15 percent compared to September 2014.

For more information, visit www.flyfmya.com.
Republican Women Convention Held

More than 100 women from across the State of Florida convened for the biennial convention of the Florida Federation of Republican Women in Orlando earlier this month. Six local women – Doris Cortese, Rosemary Lewis, Carmen Salome, Kerri Tonkin, Barbara Koelpinger, Gina Petragnolo-Stoll and student member Katharine Stoll – were in attendance.

Members of the Lee Republican Women Federated (LRWF) represented our area amid a weekend of state and U.S. Senate candidates, policy discussion and grassroots training with the state Republican Party.

Executive Board elections were held and Doris Cortese, President of LRWF, was elected as FFRW Member At-Large and Carmen Salome was re-elected as FFRW District Representative 7 South. Lee Republican Women Federated also received the Diamond Award from the National Federation of Republican Women for the hard work and accomplishments of 2014.

“I am very proud of what our club has accomplished,” said Cortese. “In 2014, we won the Paint The State Red award for campaigning for Governor Scott. At the convention, I challenged any other club to attempt to take the award away from us. This means we have got to work even harder in 2016.”

The Florida Federation of Republican Women also conducted one of the first major straw polls of the 2016 election cycle at its convention. U.S. Senator Marco Rubio won in the presidential contest, capturing 25 percent of more than 100 votes cast. In second place were Texas U.S. Senator Ted Cruz and former Hewlett-Packard CEO Carly Fiorina with 16 percent. Former Florida Governor Jeb Bush and real-estate tycoon Donald Trump tied for third 14 percent. U.S. Congressman Ron DeSantis won the straw poll for U.S. Senator.

Ward 2 Community Meeting

Fort Myers City Councilman Johnny W. Streets, Jr. will host a Ward 2 Community Meeting on Thursday, November 5 beginning at 7 p.m. at Riverside Community Center, located at 3061 E. Riverside Drive in Fort Myers.

All are invited to come meet new City of Fort Myers staff including Interim City Manager Saeed Kazemi, Interim Police Chief Dennis Eads, the city’s new Fire Chief Trenton Bowen, Interim Public Works Director Richard Moulton and Community Development Director Bob Gardner. Questions and concerns of the city’s Ward 2 constituency will be addressed and the public is encouraged to attend.

Military Appreciation Day

In honor of our military troops and their families, the Military Support Program of Lee Memorial Health System will take part in the 4th annual Military Appreciation Day on Saturday, November 7 from 9 a.m. to 1 p.m. at First Christian Church, located at 2061 McGregor Boulevard in Fort Myers.

“This day is about acknowledging what our veterans have done for us. It’s about making sure they have what they need. It’s our turn to take care of them,” said Kim Gaide, coordinator of the Military Support Program of Lee Memorial Health System.

All military and their families are welcome to join in the festivities, which will begin with an opening ceremony. Breakfast and lunch will be provided, as well as daycare services (with a reservation), allowing you freedom to enjoy some of the many activities while we sweat the small stuff. Shop the free PX, receive assistance with VA benefits, health screenings, job opportunities, colleges and universities, and more.

Businesses and organizations who have stepped up for this event are Lee Memorial Health System Military Support Program; First Christian Church, Lee Sar, Prudential Financial at the Forum, Victor Paul Tuchman Post 400, Jewish War Veterans, Vietnam Veterans of America, Firebase #594, First Christian Church, Veterans of the Glen, Homes and Homes for Veterans, American Red Cross and American Legion Post #38.

The Military Support Program began fundraising in 2003 and has won several awards in its endeavor to support our military. Much help is needed, as the program is volunteer based and sends care packages monthly to deployed troops.

For more information to volunteer or to make daycare reservations, call the Military Support Hotline at 343-2045.

Men’s Club Pancake Breakfasts

Bayside Estates Men’s Club hosts its monthly Pancake Breakfast on Sunday, November 8 from 8 to 11 a.m. in the Bayside Recreation Hall. Enjoy all-you-can-eat pancakes, scrambled eggs, sausages, coffee and orange juice for $5 per person. For $2 more, get a made-to-order omelette.

Pancake breakfasts are always held on the second Sunday of the month. Upcoming dates this season include December 13, January 10, February 14 and March 13.

Bayside Estates is located just off San Carlos Boulevard, just south of Pine Ridge Road in Fort Myers. Signs are posted at both entrances. For more information, call Ken Wescoat at 609-226-9955.

Clerk Of Court Seeks Comments

A team of assessors from the Commission for Florida Law Enforcement Accreditation (CFA) will arrive on Wednesday, December 2 to examine all aspects of the Lee County Clerk of Circuit Court and Comptroller’s Internal Audit/Inspector General Department’s policies and procedures, management, operations, and support services. The Lee County Clerk of Circuit Court and Comptroller is required to comply with 44 standards in order to receive their initial accredited status.

The assessors will review written materials; interview individuals; and visit offices and other places where compliance can be witnessed. The CFA Assessment Team leader is Accreditation Manager Flora Butler - Palm Beach County Office of the Inspector General and Capt. David Pate, Florida Fish and Wildlife Conservation Commission, Division of Law Enforcement.

As part of the on-site assessment, agency members and the general public are invited to offer comments to CFA, P.O. Box 1489, Tallahassee, FL 32302 or email to info@flaccreditation.org.

Once the commission’s assessors complete their review of the agency, they report back to the full commission, which will then decide if the agency is to receive accredited status. Lee County Clerk of Circuit Court and Comptroller’s Internal Audit/Inspector General Department accreditation is for three years.
Upcoming Events
At Edison Ford

Edison Ford invites the community to watch the feature film Titanic on the beautiful Ford Riverside Lawn and listen to a filmmaker’s discussion, an Insider’s Look, on Friday, November 6 at 6 p.m. Coinciding with the film, Edison Ford Museum’s Titanic Film Exhibit showcases the history of Thomas Edison and his creation of more than 1,000 films through Edison Studios. The Edison Ford Museum has a fascinating and extensive collection of Edison’s early film equipment and an exhibit of prized artifacts from the movie Titanic, including production blueprints, photographs of the movie making and a three-foot model of the RMS Titanic.

Captain Lance Julian with Pure Florida will discuss the making of the movie Titanic, as he was the Titanic Marine Coordinator on the movie set. Filmmaker John Scoular will discuss some of the film techniques used and provide insight into how this fascinating industry has evolved over the years.

As the directors of the marine aspects of this film, Captain Lance Julian and Captain Harry Julian will provide an insightful perspective on their experience filming the Titanic, how they used a 90 percent scale replica ship for filming in a giant tank off the coast of Mexico, as well as the hazardous filming in the frigid waters off Nova Scotia.

Join Edison Ford for a night of movie watching under the stars, film discussion and delicious food. Guests are encouraged to come early and enjoy barbecue, veggie sandwiches, popcorn, desserts, soft drinks, beer and wine, take a tour of the site, get a good seat and watch the sunset. Chairs will be provided; however, guests may bring their own chairs. The film will start after sunset.

Cost for Edison Ford members is $5; non-members/general public cost $20. Dinner and beverages will be available at an additional cost. Registration is recommended and can be made by contacting Edison Ford Registrar Leeanne Criswell by emailing lcriswell@edisonfordwinterestates.org or calling 334-7419. This film is not suggested for children.

Edison Ford Opens Bigger Store

“The Edison Ford Shoppe is moving to a larger store at Bell Tower due to its success during the past few years at our current location,” said Edison Ford President Chris Pendleton. She adds, “It is a winning combination to include exhibits, classes, programs and related retail at an active shopping center like Bell Tower. We will have more space to include a large class area for art, science and history programs for adults and children. It is very exciting.”

The Edison Ford Shoppe at Bell Tower will open its new location on November 10 in time for the holiday season. Contact Edison Ford at 334-7419 for more information about classes, tours and other activities or check our website at www.edisonfordwinterestates.org. The Edison & Ford Winter Estates main location at 2350 McGregor Boulevard is an award-winning historical, garden and scientific site with a 60 year history of public programs and tours.

Veterans Day is November 11

Veterans Day November 11

To honor the men and women who have served our country, Edison Ford is offering free admission to United States veterans and their families on Veterans Day. Free admission includes an audio tour of the historic homes, gardens, laboratory and museum. Veterans will also receive a 10 percent discount on Edison Ford membership and items purchased in the Museum Store, Ford Cottage Shoppe and Edison Ford Shoppe at Bell Tower Shops.

To receive free admission, veterans must present a VA identification card or their DD214 papers. Current servicemen and women presenting an active military ID will receive free admission on Veterans Day and also all year long.

Ask The Curator Wednesdays

Every Wednesday from 1 to 2 p.m., Edison Ford will focus on a historical artifact from the Edison and Ford era including furniture, inventions, clothing, machinery, books, etc. The topics will vary monthly so you can focus on your interests.

November 4 – Titans of Film: From Edison to Titanic Filmmakers. Learn the story behind the sinking of the Titanic, its impact on maritime safety, and how filmmakers recreated the nautical disaster with FGCU Intern Diana Ramirez and Chief Curator Mike Coeden.

November 11 – Old photographs. Bring in your own Edison or Ford photos and explore several of the most unusual, rare and remarkable photographs owned by Edison Ford with Registrar Matt Andres.

November 18 – The iconic Model T.
Calendar Girls Perform At Spend A Day In A Wheelchair

The Calendar Girls performed at the Spend A Day In A Wheelchair event on October 29 at Florida SouthWestern State College. Also in attendance was Calendar Girl Debby Dorr, Ms. Florida Wheelchair USA.

For more information, visit www.calendargirlsflorida.com.

Ghostbird Theatre Company Presents Drama

Ghostbird Theatre Company will be presenting Antigonick, Anne Carson’s adaptation of Antigone. This play takes place November 6 to 21 at Unit A Studio in downtown Fort Myers.

In this play, a young woman of ancient Thebes seeks to give her brother a proper burial, against the wishes of her king.

“It’s a story of a woman speaking truth to power,” said Stella Ruiz, who plays Antigone. “She’s a strong woman who accepts the consequences of her decisions.”

Rob Donnelly plays King Kreon, with Katelyn Gravel as Ismene, the sister to Antigone. The rest of the cast includes Jake Eviker, Megan Schindler, Hanny Zariga, Jim Brock, Isaac Espinosa and Paulo Leon-Silva.

Brittney Brady, the producing artistic director for Ghostbird Theatre Company, is looking forward to staging the play at Unit A, the studio of international artist Marcus Jansen.

“Unit A is a large warehouse, and we are mounting an immersive theatrical experience for our audience,” said Brady. “Marcus’s artwork will be an important part of our staging, too.”

Members of the audience will be given shawls to wear, indicating that they are citizens of Thebes. Action will take place around them, and they will follow the actors to different rooms in the studio. There will be seating, but audience members are advised to wear sensible shoes.

Original music will be composed and performed by Philip Heubeck and Drew Goggin, and Lydia Frantz will be performing original dance.

Tickets are $10 for students and $20 general admission, and can be purchased online at www.GhostbirdTheatreCompany.org. All performances are on Fridays and Saturdays at 8 p.m., with doors opening at 7:30 p.m. Unit A is located at 1922 Evans Avenue, at the corner of Evans and Thompson in downtown Fort Myers.

Republican Women’s Club Luncheon

Gen. James Dozier will be the featured speaker at the monthly Fort Myers Republican Women’s luncheon on Tuesday, November 17. His topic will be Freedom Is Not Free.

A question-and-answer session will be held following his presentation. The Oasis High School JROTC will present the colors and one cadet will provide a rifle spinning demonstration.

The public is invited. The program will be held at The Helm Club, The Landings, in South Fort Myers. A social hour begins at 11:15 a.m. The noon lunch will be followed by the business meeting and program. The luncheon cost is $18. Reservations are required by Thursday, November 12, and may be made by contacting Tina Laurie at 489-4701. For more information about the club, contact the president, Carole Green, at 850-590-2206.
Growing orchids

Upcoming Events At Edison Ford

what is growing in the trees. Vidussi has grown orchids for over 30 years and she will share all of her do’s and don’t, making growing orchids easy and fun. Orchids will be for sale and also hypertufa slabs made by Jim Hopton, our volunteer and artist.

Participants will receive a 20 percent discount in the Garden Shoppe. Cost to Edison Ford members is $5; non-members are $10. RSVP to Edison Ford Registrar Leeanne Criswell at 334-7419 or lcriswell@edisonfordwinterestates.org.

Quadricycle Replica Project

Volunteer Gathering on November 16 at 5:30 p.m., Edison Ford Museum

The volunteer team building the Ford Quadricycle gather in the museum with Automotive Curator Jim Moss and Registrar Matt Andres. The quadricycle was the first vehicle Henry Ford made, with a simple frame, engine and bicycle tires. Ford’s work on the quadricle led to the founding of the famous Ford Motor Company several years later. The group includes machinists, patent holders and inventors as well as car enthusiasts.

Some members of the group had started work and brought in items related to their past projects, including photographs and scale components of another replica quadricycle. But more help is needed for the months ahead. Meetings are held the third Monday of every month.

If you are interested, contact Chief Curator Mike Cosden at 334-7419 or mcosden@edisonfordwinterestates.org.

Annual Garden Festival

November 21, 9 a.m. to 5 p.m.; November 22, 9 a.m. to 4 p.m.

The annual Edison Garden Festival will host dozens of vendors from all over the state of Florida, selling thousands of exotic and tropical plants and trees, along with garden art and supplies. Plants available for sale will include palms, vegetables, bromeliads, hibiscus, orchids, air plants, succulents, cactus and many hard-to-find species. Vendors also will have garden supplies and gift items, including mulch, trellises, pottery and jewelry. In addition, master gardeners will be on hand to answer gardening questions. Free event admission and parking.

Mina, Clara & Friends - Tea & Conversation

December 10, Edison Caretaker’s House

The next available Tea & Conversation will be held on December 10, as November is already filled. To register, contact Edison Ford Registrar Leeanne Criswell at lcriswell@edisonfordwinterestates.org or call 334-7419 as space is limited and fills up quickly. Groups can schedule at other times.

Cost of the program includes full access to the Edison Ford Estates, the Laboratory, Museum and Museum Shops. Edison Ford members are $15; non-members are $25. Hats and historical attire welcome. Men are welcome, too.

Edison Ford Holiday Nights

November 27 through January 3, open nightly from 5:30 to 9 p.m.

The 40th annual Edison Ford Holiday Nights opens November 27 and is open through January 3. It has become a “must see” holiday tradition in Southwest Florida. Opening night will feature Edison Ford for the Annual Tree Lighting at 6 p.m.; Doug MacGregor, dressed as Santa will be cartooning with kids; plus an evening with local Artists & Authors showcasing their creations and books for a unique shopping opportunity. In addition, the Naples Carolers will perform in the evening on November 27 and November 28.

During the holidays, the homes and gardens of the Edison and Ford families are seasonally decorated with millions of lights and historic decorations.

Visitors will enjoy nightly entertainment, Inside-the-Homes Holiday Tours on December 1, 8 and 15 at 6:30 p.m. (additional charge). Contact Membership Coordinator Darlene Hermey at 334-7419 to reserve your spot. Limited space available and these tours fill up quickly.

Guided Holiday Nights tours are at 6 and 7 p.m. and are available for an additional charge. The Edison Ford Museum and Laboratory are open nightly as well as the Ford Holiday Cottage Shoppe, Museum Store and Garden Shoppe for many Florida-style gifts. Hot and cold refreshments, BBQ, beer and wine are available for purchase in the Banyan Refreshment Area.

Enjoy waterfront dining at Pinchers with a fantastic view of the Caloosahatchee. Take one of the daily river cruises with Pure Florida on the Edison Explorer or enjoy a sunset cruise that departs one hour before sunset. Holiday Nights is open daily from 5:30 to 9 p.m. daily (closed Christmas Eve and Christmas Day).

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

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Along The River

The National Dance Company of Siberia performs on Friday night at Shell Point. The young Russian dancers have performed for audiences in more than 60 countries.

On Friday, November 6 from 6 to 10 p.m., Fort Myers Art Walk returns to downtown Fort Myers. The monthly event features new art exhibits and live artist demonstrations while providing a great atmosphere for shopping and dining. The Fort Myers Art Walk runs on the first Friday of every month (rain or shine) in the historic River District.

Art lovers and art enthusiasts can meet the local artists during the exhibit openings at most of the downtown galleries and art spaces. The downtown River District is home to more than 10 art galleries and a handful of retail shops that sell local artworks. Art enthusiasts can “Meet the Artists” at most of the art galleries and enjoy the live art demonstrations throughout the River District!

For more information about Art Walk, call 337-5050 or go to www.fortmyersartwalk.com.

Shell Point Retirement Community kicks off its 2015-16 Concert Series with The National Dance Company of Siberia. This Fine & Performing Arts concert will take place on Friday, November 6 at 7:30 p.m. in the recently renovated Village Church Auditorium.

Direct from Krasnoyarsk, Russia comes the National Dance Company of Siberia, under Artistic Director Vladimir Moiseyev. Don’t miss this absolutely spectacular show, featuring stunning costumes, great choreography, precision dancing, and the strong acrobatic strength of the male dancers.

These young Russian dancers brought glorious attire along with their collective and individual physical abilities. With boundless energy, agility and athleticism, they will expand upon the grace of classical ballet and bring added showmanship of artistic richness. It is a wonderful cultural feast for the eyes and ears of all ages, to be enjoyed and appreciated.

Individual tickets are available for $36 at www.shellpoint.org/concerts or by calling the box office at 454-2067.

On Friday and Saturday, Shell Point presents its 10th annual Holiday Bazaar from 10 a.m. to 3 p.m. both days. The public is invited to attend the event at no charge.

The Holiday Bazaar features a large assortment of quality products for sale on the first and second floors of The Woodlands Commons. Shell Point resident participants will offer exceptional items for sale that cannot be found in any department store. Crafted items include specialty Christmas decor, recycled treasures, handbags, jewelry, three-dimensional paper crafts, homemade tasty goodies, children’s clothing, wood sculptures, holiday cards and more.

Only cash and checks will be accepted at the Holiday Bazaar; there is an ATM on premises. Call 454-2290 for more information.

Shell Point Retirement Community is located at 15101 Shell Point Boulevard, Fort Myers. Go to www.shellpoint.org.

On Saturday, November 7 from 11 a.m. to 7 p.m., the Taste of Lee returns to Centennial Park. The annual one-day food festival features a wide variety of Lee County’s finest restaurants, as well as music and exciting activities for the entire family. Proceeds from the event benefit Caleb’s Crusade, a local organization which helps families affected by childhood cancer.

Admission is $5 per person. Children ages 12 and under are free. All items are priced between $1 and $5. Pick your favorite food or sample something new. The Taste of Lee has something for everyone.

Centennial Park is located at 2000 West First Street in downtown Fort Myers’ historic River District. For more information about Taste of Lee, call 214-6009 or go to www.tasteoflee.com.

Also on Saturday, Page Field celebrates Aviation Day from 10 a.m. to 3 p.m. Admission and parking are free.

Aviation Day Returns To Page Field

Aviation Day 2015 will be held on Saturday, November 7 at Page Field from 10 a.m. until 3 p.m. with free admission and parking. Aviation Day, hosted annually by the Lee County Port Authority to increase community awareness of our airports, is geared toward aviation enthusiasts of all ages and draws thousands of people from the local community.

This year, there will be five featured vintage aircraft at the event. Two of the aircraft – the DC-3 Flagship Detroit and SBD-5 Dauntless – distributed news releases about their visit to Fort Myers and availability for rides. Members of the community can contact these organizations directly with questions or to book a flight!

Aviation Day is held on the ramp on the north side of Page Field off North Airport Road, east of U.S. 41 and south of Colonial Boulevard. Parking is available off North Airport Road and U.S. 41. With complimentary shuttle bus transportation to the event entrance. For more information, visit www.flylcpa.com/AviationDay.
**DOC FORD’S RUM BAR & GRILLE**

Doc Ford’s Rum Bar & Grille is named for the Doc Ford character in local author Randy Wayne White’s best-selling mystery novels. It’s a well known gathering place with indoor and outdoor patio seating. The combined menu offers all the lunch and dinner items from 11 a.m. until closing. It includes cedar plank salmon topped with a mango chipotle glaze or a marinated grilled chicken sandwich and there’s a well provisioned raw bar. Tropical drinks are a specialty, notably the signature rum drink, Island Mojito.

708 Fisherman’s Wharf, Fort Myers Beach. Call 765-9660.

**ICHIBAN**

Ichiban is a downtown favorite for Chinese and Japanese cuisine. The name means “Number One” in Japanese and offers its customers the perfect balance of great quality and affordable prices. Ichiban has been family owned and operated for 10 years and its enduring popularity is a testament to its exceptional, friendly service.

1520 Broadway #106, Fort Myers. Call 334-6991.

**ISLAND COW**

Where can you go when you’re in the mooood for some great cook’in, local fun and prices that won’t make you lose the farm? Try Island Cow on Sanibel. Island Cow is an airy bistro with french doors leading out to the front and back patios. It is open daily for breakfast, lunch and dinner. Dine under the stars while you listen to live music on one of Sanibel’s only al fresco eating porches.


**SS HOOKERS**

Get hooked on great cuisine and spirits at SS Hookers. The restaurant pays tribute to the rich history of Punta Rassa, the home of big game fishing. It serves American cuisine with a Cajun twist. Waterfront dining is available daily for breakfast, lunch and dinner.

After a triumphant day of fishing, bring your catch to the restaurant: “If you hook it, our chef will cook it.”

A late night bar features live music nightly. A fresh seafood market, bait shop and gifts are also on site.

17501 Harbour Pointe Drive, Fort Myers. Call 466-4377.

Stop by SS Hookers for Sunday brunch and customize your favorite beverage at the “unsinkable” Bloody Mary bar.

**Sanibel’s Most Award Winning Restaurant**

Come Try our NEW Cowlicious Breakfast, Lunch & Dinner Specials

Get Crabby At The Cow with our Famous Stone Crabs

1/2 lb & 1 lb. quantities • Appetizers & Full Dinners

“Best Prices On The Planet”

Serving Breakfast, Lunch and Dinner 7 days a week.

Snacks In-between • Live Music! • Outdoor Seating

2163 Periwinkle Way, Sanibel Island, Fl 33957 • Ph: 239.472.0606 • www.SanibelsIslandCow.com

**To advertise in The River Weekly News**

Call 415-7732
Theatre Conspiracy Annual Fundraiser

Supporters of Theatre Conspiracy once again gathered to take part in the festivities of the 17th Annual New Play Fundraiser held October 30 at the Alliance for the Arts. During the social hour, everyone enjoyed wine and appetizers prepared by Cristo's restaurant. Then it was time to enter the theater to hear readings from the final three contestants in the new play contest. Artistic Director Bill Taylor said he received over 600 entries, some from as far away as England and Australia.

A group of local actors lent their talents to the readings from Brilliant Works of Art, Tribunal and Vacuum. Then it was time for the audience to vote for their favorite. The winner was Vacuum, which will be performed May 6 through 21. It's a play that deals with deception, sexual intrigue and corporate power plays. Taylor also announced that Tribunal, which takes place in postwar Nuremberg and deals with historical history of that period, will be produced next season and taken to local high schools.

From Sanibel, Maddy Maxeiner, Bob Maxeiner, Maddy Mayor and JR Pascall

Marilyn Mecca, Vicki Shankland and Judi Braid

Juice, a mobile bidding-based silent auction with art and other high-end luxury items, music presented by The Alliance for the Arts for ACT will feature art from world-renowned artists, heavy hors d'oeuvres, and an auctioneer for this year’s event is Karen Reynolds Scott. Known for her singing talents, as well as her compassionate heart, Scott will bring a unique flair to the stage as the live auctioneer for Arts for ACT.

In addition to local celebrity personalities, the internationally acclaimed and awarded artist Marcus Jansen is the night’s featured artist. His modern expressionist art and celebrated Faceless Soldier artwork will be spotlighted at the event. Organizers are also proud to announce sponsors, which include Pulse Business Solutions, Florida Weekly, NBC-2, the Bireley Foundation, IBERIABank, Georganne and Cliff Williams, Bill Smith Appliances & Electronics, Crave Culinaire by Chef Brian Roland, Brodeur Carvell Fine Apparel, Robb & Stucky International, Strayhorn & Persons, P.L. Attorneys and Counsellors at Law, Stilwell Enterprises and Restaurant Group, Sweet Art Gallery, Campo Felice, Sweet Art Gallery, City of Fort Myers, Vicki and Richard Pitblado, and Kearns Restaurant Group.

For tickets and VIP table registrations, visit the Arts for ACT 2015 Winter White Party website www.artsforactfineartauciton.com/ or call Jennifer Benton at 939-2553.

For more information, visit www.actsuicide.com.

Jammies and Jeans At Temple Judea

On Friday, November 13 at 5:30 p.m., Temple Judea hosts Jammies and Jeans, a Shabbat evening especially for young children and their families. Held on the second Friday of each month, it is open to the entire community. The Jammies and Jeans Shabbat service is in addition to the regular 6:15 p.m. Shabbat service. Throw on your jeans and get your kids in their jammies for a casual, warm and kid-friendly Shabbat service filled with singing, storytelling and lots of fun followed by dinner. The Shabbat service is held in the Synagogue, followed by dinner at 6 p.m.

To make dinner reservations, send an email to jenmanekin@yahoo.com. Rabbi Sack will help you enjoy and celebrate the joy of Shabbat with stories, songs, dancing and more.

Temple Judea is located at 14486 A & W Bulb Road in Fort Myers. For more information, call 433-0201 or visit www.tswfl.org.

Clay Miller, NBC-2 news anchor will emcee the Arts for ACT 2015 Winter White Party on November 14

Karen Scott has been selected as the auctioneer for this year’s Winter White Party

John Vowell and Judy Churchill

Linda Rodriguez and Bob Schmidt

Bartenders Karen Goldberg, Anne Dodd and Kathy Gray

Jordan Wilson and Nancy Antonio

From Sanibel, Maddy Maxeiner, Bob Maxeiner, Maddy Mayor and JR Pascall
Great Variety Continues

by Capt. Matt Mitchell

After battling with strong winds for what seems like weeks, things finally wind up, giving way to calm, near perfect conditions out on the water. Warming water temperatures and daytime low tides were certainly not the best set-up, although the fishing action was pretty consistent if you worked at it and kept an open mind on what species to target. Mixed bag was the best way to describe the week’s fishing, with a crazy variety of species caught both in the bay and on the beaches.

I’m still running out along the beach and looking for birds and fast-paced action on Bonita and Spanish mackerel. This bite, once located, is wide-open action on Bonita and Spanish mackerel. Following feeding birds in the sound cast when throwing small spoons and jigs. Following feeding birds in the sound

Steve Day with a Bonita caught while fishing with Capt. Matt Mitchell this week

slowed some this week with the warming water temperatures.

Inshore snook action this week seemed just a little off. These fish get in a pattern and with the wind direction changing daily, if not every hour, I could not seem to pattern them. Every snook hole fished was good for one or two usually small fish, then the bite would just quit. I did have a client land a keeper snook this week on the very first cast of the charter. This, as a fishing guide, is usually a bad omen, although the client was very happy with his first ever snook. After catching a few redfish on this same shoreline, the omen proved true and things did not get any better than that first cast of the day.

Catching the right size bait for snook has also been part of the problem too. The shiners are either too large or too tiny. There has been a noticeable lack of the perfect size snook candy shiners we are used to fishing with. Bait on the causeway bridges is a mix of threadfins and shiners, with almost everything on the small side. These small baits work well for live chumming but with so much of the perfect size snook candy shiners tiny. There has been a noticeable lack of the perfect size snook candy shiners we are used to fishing with. Bait on the causeway bridges is a mix of threadfins and shiners, with almost everything on the small side. These small baits work well for live chumming but with so much small stuff, it takes you longer to clean the gilled bait out of your cast net than it does to load the live well. On the flats, we have an abundance of pinfish along with a few large shiners. I have been going to the bridge first, making one throw and then cleaning the net while I chum out on the flat for the larger baits.

If you have the patience to fish with just a large pinfish and big turbo shiners, the fish are eating them, although you have to put in your time and work for a few big strikes. These larger baits produce the biggest fish of the week, which included a few monster snook hooked along with some gag grouper on deeper shorelines. The smaller shiners caught a great mixed bag of fish including flounder snapper redfish, small snook and trout. Having the small shiners when the bite was a little slow made all the difference in the world as just about everything will eat them.

Trout fishing remained strong this week with both shiners and live shrimp fished under a popping cork catching limits of trout along with lots of jack’s and ladyfish. Flats in the middle to northern sound with clear water were the better trout action. When other more prized species did not want to cooperate, these trout were a great option. Flats and sandy potholes from Hemp Key to Bird Key were the most productive.

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.
FSW Ellis Named Senior Director

The Florida South Western State College Foundation recently welcomed Susan Ellis as a Senior Director of Development.

Ellis brings more than 20 years of business management experience to the foundation as it improves FSW’s quality of education by providing $2 million in student scholarships and educational investments annually.

“The FSW Foundation is helping the college achieve things the community never thought was possible and as we embark on this transformation we need a seasoned fundraising professional like Susan to work with the community so they can understand all of the fantastic initiatives in the pipeline,” said Dr. Lou Traina, Vice President of Institutional Advancement at FSW.

Previously serving as the Director of Community Development for Habitat for Humanity of Lee and Hendry Counties, Ellis oversaw the $1.5 million Community Contribution Sales Tax Credit Program. She worked with the community, nurtured partnerships with local businesses and established the Building The Future Legacy Society in 2013.

She was also the co-founder and Chief Financial Officer of Commercial Air Management, Inc., a Florida Corporation that specializes in commercial air quality control products. Ellis has served on the board of directors and executive board of the Florida Southern Gulf Region of the American Red Cross and is most recently serving the board of directors of The Southwest Florida Symphony.

To learn more about the non-profit, tax-exempt FSW Foundation or to make a gift, visit www.fsw.edu/foundation.

Lake Kennedy Senior Center
Miami Heat Vs. Golden State Warriors Game

The Lake Kennedy Kuisers are off to explore one of America’s most exciting pasttimes on February 24. Join us as we enjoy an epic Miami Heat game against one of their most popular rivals, the 2014-15 NBA Champions, the Golden State Warriors. Witness the basketball stars live in action, including Dwyane Wade, Chris Bosh, Draymond Green, Stephen Curry and many more.

Bus trip participants are asked to arrive by 7:30 p.m. prior to the 8:00 p.m. departure. The approximate return time is 11:30 p.m. or later.

Cost is $163 for members and $168 for non-members. The cost includes full-size motorcoach door-to-door transportation and includes admission to the game. For more information, call 574-0575.

First River Cruise Expo

All Aboard Travel announced details for its first-ever River Cruise Expo, which will take place at the Crowne Plaza Fort Myers at Bell Tower Shops on Wednesday, November 11 from 12:30 until 6 p.m.

Hundreds of travel enthusiasts are expected to visit the expo and attend in-depth travel presentations from a variety of river cruise lines, gain valuable insight from All Aboard Travel’s experienced travel agents, and take advantage of exclusive offers made available only to attendees. The event is complimentary and open to the public.

The popularity of river cruising has been phenomenal over the past five years. In fact, European river cruises are among the Top 5 international destinations for Americans according to a recent travel survey by Travel Leaders Group – ahead of destinations such as Rome and Paris,” said Sharon Concepcion, director of All Aboard Travel. “The expo will provide a tremendous opportunity for residents in Southwest Florida to gain an even greater understanding about the appeal of a river cruise vacation and how it differs from other vacation options. In addition to informative presentations, attendees can meet one-on-one with river cruise line representatives and our experienced All

continued on page 19
Salt-And-Pepper
by Gerri Reaves

Unlike many members of the aster family that have both disk and ray flowers (petals), salt-and-pepper (Melanthera nivea) has only disk flowers.

Rounded flower heads at the stem ends are packed with white tubular flowers. The anthers, a portion of the male flower parts, are like black specks against the white.

The word melanthera means black anther in ancient Greek and nivea derives from Latin words meaning snow or full of snow. The speckling of black speckles snow white inspires another common name, nonpareil, a chocolate disk sprinkled with white sugar pellets.

This perennial wildflower is a larval host plant for the Florida white butterfly. It is not as common as it should be. It is drought-tolerant but not very salt-tolerant.

Propagate it with seeds, cuttings or clump division — or, just let it self-sow. Prune it for fuller growth and remove the mature flower heads to control its spread.

Sources:

Pilot Club Helps Local Children
Students at IMPACT for Developmental Education, Inc. in Fort Myers made holiday decorations with the help of Pilot Club of Fort Myers members Linda Hessler and Fran D’Alessandro.

Working with IMPACT students one-on-one is one of the missions of the Pilot Club. The club also distributes about 1,000 bicycle helmets to children at various events during the year.

The focus of the Pilot Club of Fort Myers is helping organizations seeking to improve the quality of life for individuals with brain-related disorders through volunteer activities, education and financial support. For information about the Pilot Club, contact the president, Patsy Tortora at 322-6138 or rptortora@aol.com.

Our email address is press@riverweekly.com

Fair At Fenway
An exhibit new to the fair in 2015, the Kangaroo Experience is a collection of kangaroos on display where there will be several opportunities each day to learn more about the kangaroos and meet them up close and personal.

Award-winning illusionist Lance Gifford, who has toured much of the U.S. and Canada, will amaze fairgoers at Fenway South with his fast-paced and highly entertaining magical illusion show. He and his company perform some of the world’s most amazing illusions including the “Metamorphosis,” once performed by the late great Harry Houdini. Some of the “family members” in his troupe include doves, rabbits, a chow chow, toy and standard poodles, a Macaw parrot and Burmese python snakes. Gifford’s show can be seen live at the fair several times each day.

On Friday and Saturday nights at 10, the Las Vegas hypnotist show will make believers of the audience, as the hypnotist persuades a man to dance like Beyoncé, convinces fairgoers it’s sunny at night and more.

Another crowd favorite is the Banana Derby, a race where monkeys dressed in jockey outfits race on trained dogs around a track. Fairgoers may even meet the monkeys up close for photo opportunities after the races, which are held several times each day.

The fair also features a large petting zoo and exotic animal exhibit where attendees may observe lemurs, exotic birds, monkeys and dozens of creatures normally only found in the best zoos in the U.S. This attraction is open during all fair hours.

All live entertainment and shows are free with fair admission.

Monkeys and dogs compete in the Banana Derby
Wade Shows, one of the largest carnival companies in North America, will be bringing its rides and attractions to the midway at the event. Many of the fair’s rides appear each year at the Florida State Fair and are being brought exclusively to Fort Myers by the producers of the event, including plenty of rides for younger kids to enjoy.

Admission to the fair is as low as $3.50 per person with a two-for-one admission discount available at www.fairatfenway.com. Pay-One-Price unlimited rides wristbands are also available at a discount through the website before the start of the fair for $20 each. Individual ride tickets may also be purchased at the event.

Vendor space and sponsorships are available.
For more information, visit www.fairatfenway.com.
43rd Annual Fort Myers Boat Show

The 43rd annual Fort Myers Boat Show will take place from November 19 through 22 at Harborside Event Center, located at 1375 Monroe Street, and the City Yacht Basin, located at 1300 Lee Street.

Organizers say this year’s event is shaping up to be the biggest show in the last several years with new features and more manufacturers and boats on display than ever before.

New this year is the Be A Diver pool, located in the boat ramp area. This unique, interactive display allows show visitors to get in the 20-foot by 30-foot, 15,000-gallon mobile pool with certified instructors and experience the basics of scuba diving. Dressing rooms, towels, wetsuits and fins, air compressors and a registration pavilion are included in this new attraction.

“While the Internet is a great tool for research, there is no substitute to see and battle with everything from bass to marlin. Numerous food and drink options will also be available throughout the show from barbecue and seafood to the Yacht Basin Pub. Each paid admission to the show includes a buy one, get one free drink coupon at one of five different downtown restaurants. This show is so consumer and family friendly with a unique combination of indoor, on land and in-water space,” Good added. “I’m often asked if boat shows really are a good place to buy a boat. You bet they are. A major show like this is a great place to buy and a great place to see and compare. This show will have every major local dealer and many more from all throughout Florida. How long would it take for a boater to visit all those dealerships?”

The Fort Myers Boat Show runs Thursday, Nov. 19 through Sunday, Nov. 22. Hours are Thursday, Friday, Saturday from 10 a.m. to 6 p.m., and Sunday from 10 a.m. to 5 p.m. Admission is $10 per person, and children younger than 16 are free with a paid adult admission. A variety of parking options are available throughout downtown.

For more information about the Fort Myers Boat Show, call 656-7083, email info@swfmia.com or visit http://goboatingflorida.com/fort-myers-boat-show/.

More than 500 boats, 160 accessory booths, 100 different boat lines and a variety of how-to and boating information displays will be present at this year’s show.

Boat types will include inflatables, personal watercrafts, skiffs, bay boats, flats boats, center console boats, pontoon boats, deck boats, cruising boats, performance boats and more. In water at the City Yacht Basin will be both new and brokerage boats of every description to nearly 80 feet in length.

“We are seeing bigger displays with bigger boats from many of our major dealers,” Good said. “The Fort Myers Boat Show is much more than just boats. Both inside and outside of Harborside Event Center, are displays of engines, electronics, docks, boat lifts, all types of marine services, clothing, nautical gift items and just about everything else you need on a boat.”

The U.S. Coast Guard Auxiliary, the U.S. Power Squadron, Homeland Security, Florida Fish and Wildlife Conservation Commission, and the Lee County Marine Task Force will also have displays and be sharing information on boating safety, regulations and how to make the most of one’s time on the water.

In Centennial Park, the expanded Fishin’ Frank’s Fishin’ Village will have its own mini-fishing show. Highlights will include tackle displays with factory representatives on hand, a seminar area with local charter captains talking about inshore and offshore fishing, a casting tank and the popular fishing simulator, which gives visitors a chance for a virtual experience with realistic game scenarios.

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The Million Mile Movement is part of Healthy Lee’s mission to empower and inspire the people of Lee County to make healthy lifestyle choices through education and action.

The journey of a million miles begins with a single step…

Take a step toward healthier living by joining Healthy Lee’s Million Mile Movement! We’re challenging Lee County to get more active by moving 1,000,000 miles in 90 days.

Whether you’re walking, running, biking or swimming, register for this community-wide challenge for FREE at www.HealthyLee.com and begin logging your “movement” today.

Be part of the Million Mile Movement!

WHO? Lee County residents of all ages and fitness levels can participate as an individual or as a group

WHAT? Any form of movement qualifies, walking, running, biking, swimming and even weight training

HOW? Register at www.HealthyLee.com and on Oct. 1, start logging your miles on the Challenge Portal, powered by Fit Nation

For more information, visit www.HealthyLee.com
Colors Come To Life
At Davis Art Center

Two new exhibits will be on display at the Sidney & Berne Davis Art Center (SBDAC) from November 6 to 25. The main Grand Atrium will display European Color Festival, and exhibition by painter Heidi Schmitz. The Capital Gallery will display series from Birds In Light and Color by Florida resident Lionel Lewis. Both exhibits will open on Friday, November 6 during the November Art Walk in Fort Myers.

Admission to both exhibits is free for all, suggested $5 donation. Art Talk Tuesday & Closing Party for Heidi Schmitz will be held on Tuesday, November 24 starting at 6 p.m.

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

View the stunning costumes and rich showmanship of The National Dance Company of Siberia, performing at Shell Point’s Village Church Auditorium

“...This is the last opportunity for concert-goers to take advantage of savings of up to $50, by purchasing advance season tickets,” said Dawn Boren, Shell Point director of Resident Life. “The 2015-16 Shell Point Concert Series is filled with high-caliber entertainment by groups like The National Dance Company of Siberia, and you won’t want to miss any performances.”

The season of five concerts is offered for $125 – a $50 savings. Individual tickets are available for $35 each at www.shellpoint.org/concerts or by calling the box office at 454-2067.

Hundreds of pieces of artwork created by Alliance for the Arts members will fill the gallery walls during November and December during 200 Under $200. This non-traditional art show features smaller works priced at $200 or less. All sales are cash and carry, meaning purchasers may take the piece with them when the buy it rather than waiting until the end of the exhibit. The opening reception on Friday, November 6 from 5 to 7 p.m. is open to the public.

The exhibit runs through January 2. Works by Lisa Freidus will be featured in the Member Gallery in November. Joanne Marley will be in the Member Gallery in December.

Throughout the 200 Under $200 exhibit, the Alliance Theatre Lobby will feature holiday wreaths made with recycled items. The Recycled Holiday Wreath Roundup is open to all current Alliance members. Artists may become a member in order to participate in both of the exhibits.

The Alliance for the Arts is located at 10091 McGregor Boulevard, just south of Colonial Boulevard in Fort Myers.

From page 1
Shell Point Concert Series

The National Dance Company of Siberia from Krasnoyarsk, Russia has performed for audiences in more than 60 countries throughout the world. The athletic young dancers combine precise choreography, stunning costumes, acrobatic agility and rich showmanship to present an evening of classical ballet, led by Artistic Director Vladimir Moiseyev.

Opening reception for last year’s 200 Under $200 exhibit at the Alliance for the Arts
Lee County Community Band Begins 130th Season November 8

The Lee County Community Band will begin its 130th season with the first of six monthly concerts on Sunday, November 8 at 3 p.m. at Cape Coral High School.

In keeping with tradition for the season’s first concert, Director Richard Bradstreet has selected a program featuring spirited and patriotic American music by American composers and a salute to veterans of the U.S. Armed Forces. Selections include Hymn to the Fallen (from the movie Saving Private Ryan) by John Williams; The Armed Forces Salute by Bob Lowden; Highlights from Oklahoma by Rodgers & Hammerstein; and The Entertainer by Scott Joplin.

The band will perform six concerts between November and April. The programs are free of charge (donations accepted), and open to the public; all will take place in the Cape Coral High School auditorium, 2300 Santa Barbara Boulevard, beginning at 3 p.m. Additional concert dates are December 13, January 10, February 7, March 13 and April 10.

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

Cape Chorale Cabaret Show To Benefit Local Charities

Members of Cape Chorale will entertain approximately 400 attendees at the 23rd annual Cabaret Show on Sunday, November 15 at the German American Social Club, located at 2101 SW Pine Island Road in Cape Coral. Guests will enjoy a wide variety of music including show tunes, patriotic numbers and traditional barbershop favorites performed by Cape Chorale, along with special guest performers from Trafalger Middle School Chorus. The show will start at 2 p.m. and can be enjoyed in a relaxed atmosphere with table seating. Tickets are $15 in advance and $18 at the door.

“We are thrilled to have the Trafalger Middle School Chorus as our special guest this year” said John Wickes, event chairman. “They are extremely talented and this collaboration allows us to influence, inspire and highlight singers of all ages in our community while giving back at the same time.”

For more information or to purchase tickets, contact John Wickes at 462-8444 or www.capechorale.org. The Cabaret Show is one of two major fundraising events for Cape Chorale, and a portion of the proceeds are given back to local charities. Sponsorship opportunities are available.

To learn more, visit www.CapeChorale.org or call 855-425-3631.

Email your editorial copy to: press@riverweekly.com
Superior Small Lodging

Representatives of the Florida Superior Small Lodging Association (SSL) recently announced 16 Lee County hoteliers have successfully qualified for the distinguished SSL designation. The SSL certification is a statewide hospitality recognition program.

In addition, 15 of the 16 total SSL properties inspected by the Property Review Program (PRP) qualified to receive the coveted Donal A. Dermodphy White Glove Award for best practices in housekeeping. Properties must receive a score of 100 percent for all components of the housekeeping inspection to be eligible to receive the White Glove Award.

Effective October 1, all members of the SSL will automatically become members of the Florida Restaurant & Lodging Association (FRLA). Additionally, members with restaurants also become members of the National Restaurant Association (NRA).

“Building strong partnerships is vital to the success and effectiveness of any organization,” said Scott Rivelli, executive director of SSL. “Through strategic collaboration we become stronger and more effective while gaining access to education, training, funding and programs that are essential to the future of our organizations.”

Eligibility for participation in the Lee County SSL program is restricted to accommodations with 50 room units or less. Properties must hold a valid hotel, motel, inn or bed and breakfast license and pay all applicable state and local taxes related to the operations of an accommodation.

The SSL inspection program and designation is designed to provide travelers with an easily identifiable symbol to demonstrate that the accommodation is clean, safe and well-managed, said SSL.

The passing grade for an unexpected inspection in the program is 82 percent and is based on a comprehensive review of six different property attributes: registration/operations/public places, guest accommodations, bathrooms, bathroom supplies, kitchens, and property exterior.

Lee County properties recognized by the SSL hospitality recognition program include:

- Bokelia, Cape Coral, Fort Myers and St. James City
- Casa Loma Motel Lahser House – White Glove Award
- Legacy Harbour Hotel & Suites – White Glove Award
- Signa Inn Beach and Racquetball – White Glove Award
- Shalimar Resort – White Glove Award
- Sandpiper Inn – White Glove Award
- Gulf Breeze Condos – White Glove Award
- Gulf Breeze Cottages – White Glove Award
- Gulf Breeze Villas – White Glove Award
- The Palm View – White Glove Award
- Mitchell’s Sand Castles – White Glove Award
- Gulf Breeze Condos – White Glove Award
- Sandpiper Inn – White Glove Award
- Shalimar Resort – White Glove Award
- Signa Inn Beach and Racquetball – White Glove Award
- Waterside Inn on the Beach

For more information on the Superior Small Lodging program, contact Nancy MacPhie, program manager, Lee County Visitor & Convention Bureau, at 338-3500. For destination information, visit www.fortmyers-sanibel.com.

Wind Orchestra Concert FGCU

The Bower School of Music & the Arts at Florida Gulf Coast University (FGCU) presents the FGCU Wind Orchestra in concert highlighting French composers at Artis-Naples in Hayes Hall on Sunday, November 8 at 3 p.m. The concert features Rod M. Chesnutt, conductor and Michael Golemo, guest conductor.

This concert marks the second in a three-part concert series, which brings the Wind Orchestra to the home of the Naples Philharmonic Orchestra. Select works, including Massenet’s Cendrillon: Marche des princesses, Debussy’s La cathédrale engloutie and Saint-Saens’ Danse Bacchanale from Samson and Delilah, as well as several other works performed by the student orchestra.

Tickets for this event are $15 and are available for purchase online at www.fgcu.edu/CAS/Music/student-ensembles, or at the door at Artis-Naples, 5833 Pelican Bay Boulevard in Naples.

For more information, contact Joanna Hoch at 745-4268 or jhoch@fgcu.edu.

Art Association To Open Exhibition

Golden Oldies, a retrospective exhibition of paintings by Fort Myers Beach artists from years gone by, will be held through Friday, November 13 at the Fort Myers Beach Art Association Gallery located on Donna Street in Fort Myers Beach.

Artists whose works will be featured are Lee Ackert, Phil Rasmussen, Kay Duffy, Margie Thomas, Theresa Rohrer, Ken Turney, Dick Paulin, Maya Bryant, Vic Hathaway and Rose Weber Brown. Paintings may be viewed during gallery hours, Monday through Saturday from 10 a.m. to 3 p.m. and Sunday from noon to 3 p.m. Lee Ackert and Maya Bryant have awards in their name for some of our upcoming shows.

For more information about the Fort Myers Beach Arts Association, including a full list of classes and workshops, visit www.fortmyersbeachart.com/workshops.php or call 463-3909.

Tunes & Taste Buds Fall Festival

CEC is hosting its 6th annual Tunes & Taste Buds Fall Festival on Saturday, November 7 at the Tinsley Pavilion at the Lee Civic Center in North Fort Myers. All proceeds from this event with benefit the United Way of Lee, Hendry, Glades and Okeechobee Counties. Admission is $6 for ages 6 and older.

This fundraising event will include live music performed by 14 extremely talented LCEC employees. Attendees are invited to bring their own food to this event. In addition to hours of live music and free activities for kids (including a bounce house), there will be a Chinese raffle and 50/50 drawing. There will also be a 2004 Toyota Tacoma raffled off at the event. Gates open at 5:30 p.m. and music starts at 6 p.m. No coolers, chairs or pets will be permitted.

Tickets for this event are $15 and are available for purchase online at www.lcec.net/tnt.bmt or at the gate. Contact tnt@lcec.net for any questions.

Library Features The Pen Women

Join writers and artists at the Cape Coral Library on Monday, November 16 from 5:30 to 7:30 p.m. in Side By Side, a showcase highlighting work by the Pen Women of Southwest Florida.

Hear talks by playwright Louise Wigglesworth, genealogy expert Andrea Perisho, author May Kay Stevens and watercolorist Honey Costa. Take part in a panel discussion, Writers On Writing, hear readings by various authors and stroll through numerous exhibits where books and art will be available for sale.

Pen Women artworks may also be viewed in the library gallery from November 3 through 30 at 921 SW 39th Terrace. Visit www.penwomenofswfl.com for additional details.

For more information, contact Sara Williams at swnovelist@gmail.com or 360-376-6655.

Learn how to combine the fresh offerings of local food producers into a delicious meal, courtesy of Chef Eddie of the University Grill and the Local Roots Farmers Markets owners

Chef To Cook At Farmers Market

Chef Eddie from the University Grill, located on Cypress Lake Drive and Summerlin Road in Fort Myers, will be at the Farmers Market at Florida Southwest College (FSW) on Saturday, November 7 from 10 a.m. until noon. He will be located at the Maverick Meat tent, creating a dish showcasing their prime grade meats that they distribute locally to fine restaurants throughout Southwest Florida. University Grill uses Maverick Meat steaks as do restaurants on 5th Avenue S. and 3rd Street in Naples. Locals are able to purchase their excellent cuts of beef at all six of the Local Roots Markets. “I have loved cooking since I was a young boy,” said Chef Eddie. “Having prime cuts available and being able to integrate fresh local ingredients will be wonderful and will give market patrons an idea of how they can use many of the tempting items found at the market on that day.”

Some of the vendors that may be participating in their activity include: J.C.’s Daily Bread, Chiquita Caliente, Maverick Meats, Venus Veggies and Father’s Greenhouse (both organic), Big Cheese and tropical fruit grower Wonders of Nature. “We are so excited to have Chef Eddie pop over to the market to demonstrate how to use some of our farm fresh ingredients,” said Betsy Ventura and Jean Baer. “We love the fact that University Grill and their sister restaurants support the farmers markets by buying from the local growers, butchers and artisans which in turn strengthens our community.”

- Tarpon Lodge – White Glove Award
- Two Fish Inn – White Glove Award
- Fort Myers Beach
- Beach Shell – White Glove Award
- Gulf Breeze Condos – White Glove Award
- Manatee Bay Inn Bed & Breakfast – White Glove Award
- Matanzas Inn – White Glove Award
- Silver Sands Villas – White Glove Award
- Sanibel & Captiva islands
- Gulf Breeze Cottages – White Glove Award
- Mitchell’s Sand Castles – White Glove Award
- The Palm View – White Glove Award
- Sandpiper Inn – White Glove Award
- Shalimar Resort – White Glove Award
- Signa Inn Beach & Racquetball – White Glove Award
- Waterside Inn on the Beach

For more information on the Superior Small Lodging program, contact Nancy MacPhie, program manager, Lee County Visitor & Convention Bureau, at 338-3500. For destination information, visit www.fortmyers-sanibel.com.
Shell Point Open Charity Golf Tourney

Golfers are invited to participate in Shell Point Retirement Community’s 12th annual Shell Point Open Charity Golf Tournament on Friday, November 13 at Shell Point Golf Club in Fort Myers. Registration and continental breakfast will begin at 7 a.m. Cost is $128 per player.

Presented by The Legacy Foundation at Shell Point, along with Title Co-Sponsors Wright Construction Group and FineMark National Bank & Trust, this tournament will raise funds for Shell Point’s Memory Care programs. These programs serve Shell Point residents and members of the Southwest Florida community who suffer from memory loss and dementia due to Alzheimer’s and other brain diseases.

Golfers will vie for a chance to win big hole-in-one prizes: a R1200RT BMW motorcycle, a “tricked-out” golf cart, and a 2015 Sea-Doo jet ski with trailer. Following the tournament, ABC-7 news anchor Krista Fogelsong will announce the winners of the tournament, raffle prizes and silent auction during a catered barbecue lunch.

“The course is in great shape, and the tournament is well-organized. We expect a great turnout and beautiful fall weather. The best part is that we are raising money for an excellent cause,” said Scott Loiacano, Wright Construction Group, Title Co-Sponsor.

To register a team or as an individual, call The Legacy Foundation at 466-8484. Space is limited, so please RSVP before Monday, November 9.

Shell Point Golf Club’s 18-hole, par-71 championship golf course offers a grass driving range and practice green, lessons coordinated by PGA pro Gary Keating, plus a fully stocked pro shop and snack bar. The course is open to the public, and is located near the entrance to Shell Point Retirement Community at 17401 On Par Boulevard in Fort Myers, two miles before the Sanibel Causeway. For more information, visit www.shellpointgolf.com.

FGCU Founder’s Cup Reaches New Heights

The 24th annual Founder’s Cup Golf Tournament hosted by the Florida Gulf Coast University Foundation broke previous records for participation and fundraising, netting more than $120,000 for scholarships and programs that advance the university’s mission.

The tournament, held on October 9 at Quail Creek Golf Club in Naples, drew 220 golfers and raised more than ever before.

“This year’s Founder’s Cup was the largest and most successful in the tournament’s history,” said Christopher Simoneau, vice president for advancement and executive director of the FGCU Foundation. “We are grateful to all the individuals, teams and sponsors whose generosity helped us build on a tradition established by FGCU’s founders. We are excited to keep the momentum going as we approach the tournament’s 25th anniversary next year and the university’s 20th anniversary in 2017.”

Since its inception, the Founder’s Cup has raised more than $1.45 million for programs that support academic excellence, scholarships, student success, intercollegiate athletics and FGCU’s community and regional impact. These five initiatives form the foundation of the university’s $100 million campaign, which launched in 2014 and is set to conclude in 2017.

The tournament’s low-gross winner on the Creek Course was the team from Stock Development; DeAngelis Diamond Healthcare Group won on the Quail Course.


For more information, call 590-1067 or go to fgcu.edu/Foundation.

River Cruise Expo

From page 13

Aboard Travel cruise specialists. Because there is so much enthusiasm for river cruising, we anticipate this will become an annual event.”

Eight cruise lines and vendors will take part in All Aboard Travel’s inaugural River Cruise Expo including:
- AmaWaterways River Cruises
- Avalon Waterways
- CroisiEurope
- Mayflower Tours
- Uniworld
- Viking River Cruises
- Travel Insured International
- Travel Inspired International

During the River Cruise Expo, participants will have the opportunity to attend special 20-minute presentations led by featured cruise lines. Plus, special offers and door prizes will be available for participants, just for attending the event, including a $500 travel certificate.

Reaching New Heights

Seating is limited and pre-registration is recommended for this event. For more information or to register, contact All Aboard Travel at 800-741-1770, visit www.allaboardtravel.com/special/River-Cruise-Expo.aspx or email contact@allaboardtravel.com. Onsite registration will be available on a first come, first accommodated basis.

Share your community news with us.
Call 415-7732,
Fax: 415-7702
or email
press@riverweekly.com

To Honor And Welcome Home

Our Vietnam Veterans

Veterans Day Parade
Sunday Nov 8, 2015 2 – 5 PM
Starts West First Street Thru Downtown Ends Edwards Drive
Come Out And Celebrate With Us
School Smart

by Shelley M. Greggs, NCSCP

Dear Shelley,

My 3

1/2 year old daugh-
ter has just started preschool and seems much more active compared to her classmates at her preschool. Her attention for group activities is a lot lower than that of other students, and when we try to redirect her from something, she wants to do like staying in centers instead of other students, and when we try to keep this in mind when you talk to your daughter. Have a consistent structure that she can come to rely on, and use language that she can understand. In general, ignoring small misbehaviors and focusing on positive feedback and reinforcement, in addition to setting very clear expectations, makes it easier for children this age to comply.

Shelley R., Cape Coral

Eliza

First, there is a wide range of normal behavior in kids. Preschool children typically are very active and haven’t fully developed areas of impulse control and self-regulation that allow them to express their emotions and needs in a more effective way. Also, a lack of more complex language development sometimes makes it harder for them to be able to express themselves in productive ways.

Preschool is a very new and different experience for many children. These young children are learning the rules about how the world works, and at times it doesn’t always be very confusing to them. Try to change your life in a way that she can come to rely on, and use language that she can understand. In general, ignoring small misbehaviors and focusing on positive feedback and reinforcement, in addition to setting very clear expectations, makes it easier for children this age to comply.

Since you mentioned that her language might be less developed that her peers ask the teachers for some vocabulary words to work on at home. Helping her understand and use the specific vocabulary from school may be one way to help her understand better her new world at preschool. Reading with her everyday is the best way for her to make quick gains in vocabulary and expand her current and future literacy skills.

However, frequent tantrums and emotional meltdowns can be a sign of potential behavioral problems. If your daughter’s behaviors continue to seem out of range or increase, interventions fail and her teachers become seriously concerned an evaluation to rule out a behavioral disorder is warranted. Her teachers or your doctor should be able to recommend a behavioral specialist to consult or you could contact your local public school for assistance. There are effective treatments that can help parents and children communicate better as well as increase compliance and pro-social behaviors.

Jennifer Basey is a financial advisor in Fort Myers. She can be reached at jenniferbasey@edwardjones.com.

Gisbourne Named SGA President

Jamie Gisbourne, a junior communication studies and computer sciences major from Fort Myers, was named the president of the Student Government Association at Central Methodist University in Fayette, Missouri.

The Student Government Association is a made up of around 15 student leaders who represent the various aspects of campus life at CMU.

Financial Focus

Thinking Of Adopting? Be Prepared For Expenses

by Jennifer Basey

November is National Adoption Awareness Month. If you’re considering adoption, you know that it will change your life in many ways. And you’ll need to prepare for many of these changes – including the financial ones, because adoption can be expensive.

The average U.S. adoption costs between $8,000 and $40,000, while the range for international adoptions is $15,000 to $30,000, according to the Child Welfare Information Gateway, a U.S. government-funded adoption information service.

Given these numbers, you might think you’ll have a tough time paying for an adoption. However, you can get some financial help in the form of tax benefits, which include both a tax credit for qualified adoption expenses and an exclusion (from your taxable income) of employer-provided adoption assistance. In 2015, the maximum tax benefit you can claim is $13,400; this amount is reduced if your modified adjusted gross income (MAGI) exceeds $201,010 and is completely phased out if your MAGI is $241,010 or more. The adoption tax credit is non-refundable, which means it’s limited to your tax liability for the year.

Here’s an example of how you might use the tax benefits. Suppose you pay $13,400 in qualified adoption expenses in 2015 and your employer reimburses you for $3,400 of those expenses. Assuming you meet the MAGI guidelines, you can exclude $3,400 from your gross income for 2015 and claim $10,000 ($13,400 minus $3,400) for the adoption tax credit. (Tax credits reduce your income tax liability on a dollar-for-dollar basis.)

Of course, while these tax benefits can reduce your overall cost of adoption, you still have to come up with the money – which, as we’ve seen, can amount to many thousands of dollars – in the first place. How will you do it?

Your first step is to plan ahead as far ahead as possible. Since the adoption process can often take a year or more, you will generally have some time to prepare. When you find the adoption agency that best meets your needs, get an estimate of the total costs involved. Once you’ve got this figure, you can determine how you’ll meet these costs.

You might be tempted to take out a loan from your 401(k), but you should try to avoid this move – a 401(k) loan will likely reduce the growth potential of this account, which is designed for retirement. You might also consider a loan from a bank – but debt is debt, even if it’s for the purpose of expanding your family, and it’s always a good idea to keep one’s debt level down.

If you knew you wouldn’t need the money for, say, two years, you could consider putting away a certain amount each month in a special “adoption fund” in an investment that’s highly liquid and offers significant preservation of principal. If the circumstances of your life allow you to do so, even farther ahead, such as three to five years, you can find a savings or investment vehicle that may be appropriate for providing the money just when you need it.

Adopting a child will change your life. Planning ahead, and carefully considering your options for paying for the adoption, can help you reach this major milestone in a manner that makes financial sense – now and in the future.
Lee Heart Walk Returning To Centennial Park

Join more than 6,000 Lee County residents and guests at 8 a.m. on Saturday, December 12 at Centennial Park in Fort Myers for the Lee Heart Walk and help raise awareness and funds to fight heart disease and stroke – America’s No. 1 and No. 5 killers – and log more miles for the Healthy Lee Million Mile Movement!

The non-competitive, three-mile walk is free (no registration fee; donations encouraged), open to all age groups and is pet-friendly. Activities start at 8 a.m., with the Heart Walk following at 9 a.m. Walkers, runners and strollers are welcome to enjoy:

- A Kids Zone area complete with face painting, bounce house and more
- Tasty treats and water stations designed especially for four-legged walkers (leashed pets welcome)
- Healthy hand-made sandwiches by Subway, national event sponsor
- Sponsor booths
- Heart-health information
- Giveaways
- Support Network information

The money raised from the Lee Heart Walk will help fund cardiovascular research and education and raise awareness that heart disease and stroke are largely preventable through a healthy diet and exercise.

Research has shown walking to be the single most effective form of exercise to achieve ideal cardiovascular health. Walking 30 minutes a day can improve critical numbers like weight, blood pressure and cholesterol.

Healthy Lee Million Mile Movement participants should be sure to log their Lee Heart Walk steps as part of the county-wide challenge to get Lee County residents more active by moving a total of 1,000,000 miles between October 1 and December 29. The Million Mile Movement is challenging people in Southwest Florida to get moving and keep track of their physical activity with the goal of logging a total of 1 million miles in 90 days. The challenge is free and open to anyone and everyone – people of all ages and fitness levels, and people can participate as an individual or create a team with family and friends.

Register online at http://healthylee.com/Million-Mile-Movement/.

The Lee County Heart Walk is part of the American Heart Association/American Stroke Association’s My Heart. My Life. movement. This movement is a national rallying cry for change that encourages simple behavior adjustments to help people feel better and live longer. The American Heart Association/American Stroke Association has developed a number of activities under the umbrella of My Heart. My Life. Among them are increased health education, advocacy for better public policy in important health areas such as anti-smoking laws, and helping communities find ways to eat healthier and stay physically active. Simple changes made through My Heart. My Life. will help the American Heart Association/American Stroke Association reach its 2020 Impact Goal: To improve the cardiovascular health of all Americans while reducing deaths from cardiovascular diseases and stroke by 20 percent, all by the year 2020.

The annual success of the Lee County Heart Walk is due in a major part to the support of the Heart Walk’s committed local sponsors, including Platform Sponsor Lee Memorial Health System, Presenting Sponsor LCEC; and other numerous area sponsors, including Anheuser and FGCU College of Health Professions and Social Work. Media sponsors include ABC-7, Carter-Pritchett, Comcast, Azteca SWFL. D’Latinos Magazine, Univision SWFL. The Heart Walk is nationally sponsored by Subway Restaurants.


Dear Vera,

Protect your private information as much as you can. If someone asks to see your license, ask why. A cell phone company required copying my license for the two-year contract. I asked why and the staff member said it was “policy.” I told them they should look at my license and verify my name and address but not copy. I also told them that if that was not enough I would take my business elsewhere. Apparently, that was good enough for them. They did not copy my license and they got my business.

A friend of mine will not allow any clerk to look at her license when writing a check. She writes her license number on the check herself. Another friend will show her license but hold it in a way to cover up her birthdate.

I believe everyone has the right to protect their privacy and, in this day and age, it is a necessity.

Dear Vera,

You are absolutely right; privacy seems to be a thing of the past in our modern society. Some cultures keep private information private and residents have to fight to get the information, but here we all must fight to keep our private information private and it is becoming a losing battle in most areas. Pryce has given you some suggestions; otherwise, just keep up your routine. Good health gives an air of youthful enthusiasm and you seem to be on the right track. Best of luck.

Lizzie

Lizzie and Pryce’s email address is momandmefing@hotmail.com.

DOCTORS EYECARE CENTERS

Robert G. LeSage, OD • Timothy E. Underhill, OD

November 2015 Celebration Our First Anniversary

It has been one year in our new office! To share our excitement we are offering a 25% discount on complete eyewear purchases for the Entire MONTH

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Fort Myers, FL 33919

One little disclaimer: This discount is not to be combined with any other discount or vision plan.

From page 1

Plant Sale

Moon, Me Oh My Oh, Moondance, Night Runner, Rum Rascal, Saffron Sun, Storm Front, Sweet Pink, Tres Bon, Voodoo Queen, Whipped Cream and Zydeco.

Members of this hibiscus chapter will be available for any questions. There will be information available on how to care for hibiscus, plus books, pruning shears and fertilizer for sale. This is a good opportunity Southwest Floridians have to add to their hybrid hibiscus collection.

This plant sale only will be the second of its kind for this chapter. The society meets at The Salvation Army Building, 102901 McGregor Blvd. in Fort Myers, on the second Sunday of each month at 1:30 p.m. Anyone interested is cordially invited to attend the next meeting on Sunday, January 10 at 1:30 p.m. For more information, visit www.hendrychaptersahs.com.

From page 1

Mom And Me

by Lizzie and Pryce

Lizzie and Pryce answer your questions and give advice about aging concerns from a two-generational perspective. A mother and daughter team, Lizzie is a retired RN and health educator, and Pryce is a licensed psychotherapist in private practice who specializes in the care of elders and people with chronic illnesses.

Dear Mom & Me,

I am an older businesswoman working in a very stressful business. All of the women and some of the men realize that a youthful appearance is a must, so we all try our very best – surgery, skincare, exercise, clothing, etc. What baffles me is how can you keep your age a secret when you are always asked for your birth date and/or driver’s license? Where I live, this is your identification, sometimes even in the grocery store.

Nothing seems to be private any more and privacy seems to be a thing of the past and our birthdate is how we are judged. How do you suggest I get around giving this information?
Auxiliaries Donate To Health System

Through a variety of fundraising efforts, Lee Memorial Health System Auxiliaries have committed over $1.4 million for new technology, programs and projects to benefit patients and the community in the 2015 fiscal year, according to annual reports presented to the Board of Directors on October 22.

As a not-for-profit public health organization, Lee Memorial Health System relies heavily on community support and is fortunate to have thousands of compassionate volunteers and auxiliaries who are dedicated to furthering the mission of the health system and its commitment to provide the highest quality of care to the people of Southwest Florida.

“Our volunteers and auxiliaries are dedicated to improving the quality of care we provide by adding that personal touch and engaging in activities that help meet the needs of our community,” said Jill Palmer, Director of Volunteer Resources and Auxiliary Development for Lee Memorial Hospital, HealthPark Medical Center and Golisano Children’s Hospital of Southwest Florida. “Their selfless giving plays a huge role in our success. Volunteer efforts touch the community in countless ways and their generosity affects so many lives each and every day."

Auxiliary services began with the efforts of 30 women in 1950, serving Lee Memorial Hospital – the only Lee Memorial Health System facility established at the time. The first year of auxiliary donations totaled $1,232. There are now three auxiliaries serving six hospitals and numerous outpatient facilities. The number of volunteers has grown to over 4,000 men and women and total donations have surpassed $14,000,000.

Annual donations are raised through a variety of fundraising endeavors including the sale of hot popcorn in each hospital lobby, gift and uniform shops and special events. Each auxiliary also donates money for educational grants, which have totaled more than $150,000 annually, to help hundreds of students pursue degrees in various health care professions.

The personal touch they provide to the health system is truly immeasurable in dollars. Volunteers enhance the health system’s quality of care by giving services a personal touch and providing extra comforts. There are several different types of volunteer opportunities available at all facilities including trolley/golf cart service, reception, clerical support, gift shop, or simply spending time with patients and their families to make their stay more comfortable.

Volunteer work is a gift to the community. Auxiliary Presidents are volunteers elected by each respective membership and those for 2015 were Mary Ann George, Cape Coral Hospital Auxiliary, Sue Twining, Gulf Coast Medical Center Auxiliary, and Phil Fortin, Lee Memorial Auxiliary serving Lee Memorial Hospital, Health Park Medical Center and Golisano Children’s Hospital.

For more information on how you can make a difference, call one of the Lee Memorial Health System volunteer offices:

- Lee Memorial Hospital – 343-2388
- Health Park Medical Center/Golisano Children’s Hospital – 343-5055
- Cape Coral Hospital – 424-2206
- Gulf Coast Medical Center – 343-0636

There are very expensive supplements designed to support telomere health, but I suggest two natural B vitamins to improve detoxification. You can get them from eating a salad every day! 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.

Methylation And Your Telomeres

by Suzy Cohen, RPh

Dear Readers: Do you ever wonder why some people are blessed with long lives compared to others? Without going into numerous philosophical, sociological and spiritual questions, there is a very interesting part of your body that provides insight into longevity. It’s called the telomere. Research suggests these telomeres which cap the end of your DNA impact how fast we age.

Think of telomeres like the plastic tip on the end of shoe strings. And think of the shoe strings as strands of DNA with all your chromosomes. Each time your cell divides, a little bit of the telomere cap is lost. Over time, your telomere shortens. It’s supposed to; that is completely normal. Your cells divide a fixed number of times before dying. If your telomeres are healthy and long to begin with, the strand of chromosomes is protected through each cell division. Once cell division has maxed out its number of times to divide, and the telomere length runs out, then cell health breaks down and problems occur. This is known as the Hayflick Phenomenon, which refers to the number of times a cell divides until it dies. It correlates with lifespan, and telomeres play an important role.

Researchers have been studying these telomeres for some time and they have known that critically short telomeres cause chromosome instability. Recent research sheds additional insight. Long damaged and dysfunctional telomeres also cause chromosome instability that eventually leads to cell death. If you have a sick cell that really needs to go, I’m not for repairing the telomere with supplements.

The fascinating practical piece of information for you and I is how scientists just discovered that critical nutrients are needed for healthy telomeres. In cell studies, researchers found dysfunctional short and long telomeres more frequently in cells with insufficient folate and thus, reduced methylation. In this particular study, the lack of folate damaged the telomere cap; they were frayed and “beat up” leaving an open door to the chromosomal material. Now remember, without healthy telomeres, your DNA gets damaged. Before leaving folate, and moving on to B12, I want to make one more comment. Folate is the natural form of the B vitamin you think of when you hear “folic acid.” But folate and “folic acid” are not exactly the same. The folate form is critical for methylation.

Human studies have confirmed that vitamin B12 is also required for healthy telomeres. A recent study published in the European Journal of Nutrition studied telomeres from 60 elderly people. They compared supplement intake with vitamin B6, B12, folate, calcium and vitamin D versus just vitamin D and calcium. Then they measured homocysteine levels. After a year, they found that individuals who had elevated homocysteine and reduced B vitamin intake, had reduced methylation and shorter telomeres. This group was literally aging faster.

Kids Helping Kids Celebration To Benefit Children’s Charities

The 3rd annual Kids Helping Kids Festival is set to take place in November in South Fort Myers. The event is an opportunity for kids to learn they can make a difference and for families to have fun while raising money for children’s charities.

The festival has been expanded this year. It will take place on Saturday, November 14 from 10 a.m. to 1 p.m. at Alico Family Golf, 16300 Lee Road, and will include unlimited activities at Alico Family Golf as well as entertainment, a rock wall, Bubble Soccer, bounce houses, live music, games, live animals and food vendors. The cost is $10 for unlimited activities; free admission for kids under 5.

There were two events leading up to this year’s festival, sponsored by Alliance Financial Group and Alico Family Golf. A Teacher Appreciation event was held in August and a Firefighter and Law Enforcement Appreciation event was held in September. The festival was moved this year from Centennial Park to Alico Family Golf in order to provide more activities for families.

Opportunities for sponsorships are still available. For more information, contact Kathy Bongiorno at Alliance Financial Group at 561-2900 or info@kidshelpingkidsswfl.org.

The mission of the Kids Helping Kids Festival is to empower and inspire young people across Southwest Florida to make a difference in the lives of their peers. The annual Kids Helping Kids Festival provides a forum for youth to come together, celebrate and learn how to turn their passion into service.

For more information, visit www.KidsHelpingKidsSWFL.org.
Assisted living expert McKenzie Millis highlights tips to smooth the transition to assisted living care in a free educational seminar offered at Shell Point Retirement Community on November 20.

**Shell Point Offers Assisted Living Seminar**

Shell Point Retirement Community invites the public to learn how to reduce the stress of transitioning to assisted living care during a free, educational presentation by Shell Point’s assisted living expert McKenzie Millis. The interactive seminar will take place on Friday, November 20 at 10 a.m. in The Springs at Shell Point.

Moving to an assisted living facility often means downsizing, and the associated stress can delay a much-needed decision to improve quality of life. “The great news is that there are ways to ease and reduce the tension that downsizing and relocating produce,” said Millis. “The goal for this presentation is to share an approach that makes the move more comfortable and manageable, based on our extensive experience in this area.”

The Springs at Shell Point is located off of Summerlin Road and McGregor Boulevard, just two miles before the Sanibel Causeway, at 13901 Shell Point Plaza in Fort Myers. The Springs offers affordable, month-to-month assisted living care on a private-pay basis, and provides access to Shell Point’s resort-style amenities and healthcare services.

Call 454-2077 to reserve a place at this free seminar. For more information about The Springs at Shell Point, or to request an assisted living brochure, visit www.shellpoint.org/assistedliving.

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**Doctor and Dietitian**

Don’t Neglect To Connect

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

Healthy eating and proper exercise are essential for a robust life, but another important aspect of healthy living is connecting socially. Social connection actually strengthens our immune system, improves physical health and maintains psychological well-being. Connection with others who feel what we feel, understand how we think, and who are able to relate with us on a heart-to-heart, soul-to-soul level is one of life’s most important skills and needs.

We need human connections for physical, emotional and spiritual health. Social connection is one of the main traits of folks who live into their 90s and 100s, allowing for a long, full, satisfying, enjoyable and healthy life. Those who feel connected have lower rates of anxiety and depression, because their involvement in a social network provides the giving and receiving of trust and empathy. As you might guess, those who are disconnected reap the opposite results, such as physical and emotional disease and isolation.

Belonging is an irresistible need of all people. We are biologically, cognitively, physically and spiritually wired to love, to be loved, and to belong. When that doesn’t occur, we don’t function as we ought.

Be courageous and take the initiative! Don’t be afraid or wait on somebody else to connect with you. Fear is as old as mankind, so instead be wise, strong and resolute, and take the step to connect. Foster, nurture and build your social connections. It just takes a little courage and a bit of adventure. Eat healthy and exercise, yes, but don’t neglect to connect.

This information is not intended to treat, cure or diagnose your condition. Caring Medical and Rehabilitation Services 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.

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**Ellis Enlightens Students In Yoga Healing Practices**

The Sidney & Berne Davis Art Center (SBDAC) adds Hatha Yoga to its Eclectic Education programming to promote artistic and spiritual health and wellness. Through yoga practice, Carol Ellis inspires a healthier living style, better stress management skills, and a hope for a better future.

The SBDAC Art Center is located in the historic downtown River District at 2301 First Street in Fort Myers.

Ellis has been a professional fitness instructor for over 30 years. She has taught in New York City, worldwide conventions, and at local resorts and clubs. A Florida resident since 2004, she has owned and operated several studios such as Beach Bound, Movement 2 Move, and Fitness In Nature.

Hatha Yoga harmonizes the opposing forces in the body, the masculine energy (sun) and the feminine energy (moon). It teaches us that gaining control of the body is the key to controlling the mind.

The class will introduce breathing exercises, warm up routines, and Asanas ending with a guided meditative Savasana. All levels are welcome.

Classes begin on Tuesday, November 3 and will be held monthly on Tuesdays and Thursdays from 9:30 to 10:45 a.m. Classes are $15 each or $60 for six prepaid, which also includes one free makeup class on November 24. A minimum of six participants need to be registered to start the class. Bring a mat and dress comfortably. No prior experience necessary. Beginners welcome and encouraged.

Call 333-1933 for more information or visit www.sbdac.com.

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Taste Of The Islands Returns To Community Park

On Sunday, November 8, CROW’s 34th annual Taste of the Islands will return to Sanibel Community Park, located adjacent to The Community House at 2173 Periwinkle Way, from noon to 5 p.m. Admission is $5 for adults and free for children 12 and under.

The family-friendly fundraiser features 16 of the islands’ most popular eateries, who will be serving tapas-sized portions of their culinary specialties. There will also be games, giveaways, a silent auction and live music.

This year’s judges are:
- Elaine M. McLaughlin, CEO, McLaughlin Tourism Management
- Ken Piech, avid shell collector and gourmet food aficionado
- Andrew Pritchett, Dick Pritchett Real Estate/SWF Eagle Cam
- Robyn Bell-Valenti, interim business manager, Harborside Event Center

Did The Hex Of The Cover Story Doom The Mets In The World Series?

by Ed Frank

Maybe it was the cover story in last week’s Sports Illustrated titled “The Amazin’ Murphy.”

Maybe it was the ill-fated decision of Mets Manager Terry Collins to allow his starting pitcher, Matt Harvey, who had thrown a shutout in the first eight innings of Game Five, to return to the mound in the ninth inning.

Maybe it was the error-plagued infield of the Mets.

No. The fact is that the Kansas City Royals, the 2015 World Champions, defeated the New York Mets four-games-to-one in an historic World Series by establishing themselves as the greatest comeback team in baseball history.

And remember, this was the 111th World Series.

Seven times in this post-season, the Royals won after trailing by two or more runs, erasing a 1996 record of the New York Yankees who had come back five times.

The Royals outscored their opponents 61-11 from the seventh inning on this post-season. And their stellar defense gave up only three errors in the entire post-season.

Are you beginning to get the picture?

It seems so often that a Sports Illustrated cover story about a team or individual results in immediate failure. That sure was the case with Daniel Murphy, the Mets’ second baseman.

In powering the Mets to the World Series, Murphy had hit home runs in six straight playoff games, seven overall, with a .436 on base percentage and 11 runs scored.

Here is the first paragraph of that cover story.

“As the Mets and Royals clash in the Fall Classic, all eyes are on a previously anonymous second baseman who’s on one of the great power binges in October history. Can Daniel Murphy possibly keep hitting home runs? The answer will go a long way toward deciding which franchise ends its title drought.”

The answer, of course, he could not.

Murphy hit an anemic .150 in the World Series without a homerun and committed two costly errors, the first that led to the Royals Game Four comeback victory. So chalk it up to another Sports Illustrated superstition.

The demise of the Mets in the World Series shouldn’t be blamed on Murphy alone. New York simply didn’t hit like they did when they swept the Chicago Cubs in the National League Championship Series.

Sure we’ll remember Murphy’s Buckner-like error and Collins’ decision-changing move to allow the tiring Harvey to go back in the ninth inning when the team blew a 2-0 lead and ultimately fell 7-2 in the 12th inning of that deciding game.

The simple fact is, however, Kansas City was the better team in winning their first World Series in 30 years.

Fantasy Sports Aims To Self-Regulate

Last week, we wrote about the booming Internet sports fantasy business and the growing concern over its lack of regulation.

When it was revealed that an employee of one company had won $300,000 on a competitor’s fantasy football site, there were calls for government investigations.

Last week, a trade group representing the industry announced it was forming the Fantasy Sports Control Agency that will be headed by former acting U.S. Labor Secretary Seth D. Harris.

The group said its agency would operate independently and establish auditing procedures to enforce industry standards.

The two biggest fantasy firms, DraftKings and FanDuel already have prohibited their employees from playing on any site.

Animal Services Adoption Promotion

Lee County Domestic Animal Services is giving adopters a special chance to give a home to a shelter pet throughout November. Adopters may take home a new dog or puppy for just $50 or a new cat or kitten for just $20 during the agency’s Petacular Thanksgiving adoption promotion, additionally, on Black Saturday, November 28, all black and predominantly black pets may be adopted for the special fee of $5 for cats and $30 for dogs. When it comes to felines, get twice the love as cats and Kittens are always two-for-one adoption fee.

Many families plan to bring home a new pet sometime during the holidays so now is a great time to adopt before the typical December rush. All adoptions still include spay or neuter surgery, age-appropriate vaccinations, microchip ID, and many other veterinary services valued at over $500. The discounts are 60 percent or more off the regular adoption fees.

During the Petacular Thanksgiving and Black Saturday promotions potential adopters may visit Animal Services shelter located off Six Mile Cypress Parkway, next to the Sheriff’s Office, to meet their new companions. Adoption hours are 10:30 a.m. to 3:30 p.m. Monday through Saturday, excluding holidays. For more information, call 533-7387 (LEE-PETS) or visit www.LeeLostPets.com. Adoption applications may be submitted online. Also, view a current list of pets for adoption and lost pets online. The website updates hourly.

Ronald McDonald House Charities Announces New Board Member

Ronald McDonald House Charities (RMHC) of Southwest Florida, Inc. is pleased to announce the appointment of Elizabeth Orr, D.D.S. to the RMHC Board of Directors. Dr. Orr is vice president of dental services for Healthcare Network of Southwest Florida, the clinical service provider for the Ronald McDonald Care Mobile in Collier County.

My Stars ★★★★
FOR WEEK OF NOVEMBER 9, 2015

ARIES (March 21 to April 19) Your honesty continues to impress everyone who needs reassurance about a project. But be careful you don’t lose patience with those who are still not ready to act.

TAURUS (April 20 to May 20) Pushing others too hard to do things your way could cause resentment and raise more doubts. Instead, take more time to explain why your methods will work.

GEMINI (May 21 to June 20) Be more considerate of those close to you before making a decision that could have a serious effect on their lives. Explain your intentions and ask for their advice.

CANCER (June 21 to July 22) You might have to defend a workplace decision you plan to make. Colleagues might back up on this, but it’s the facts that will settle the issue.

VIRGO (August 23 to September 22) Someone you care for needs help with a problem. Give it lovingly and without purr-suasion will prove to be more effective than a gruff tone.

LIBRA (September 23 to October 22) While you’re to be admired for how you handled recent workplace problems, be careful not to react the same way to a new situation until all the facts are in.

SCORPIO (October 23 to November 21) Rely on your keen instincts as well as the facts at hand when dealing with a troubling situation. Be patient. Take things one step at a time as you work through it.

SAGITTARIUS (November 22 to December 21) Your curiosity leads you to ask questions. However, the answers might not be what you hoped to hear. Don’t reject them without checking them out.

CAPRICORN (December 22 to January 19) Be careful not to tackle a problem without sufficient facts. Even sure-footed Goats need to know where they’ll land before leapfrogging off a mountain path.

AQUARIUS (January 20 to February 18) Appearances can be deceiving. You need to do more investigating before investing your time, let alone your money, in something that might have some hidden flaws.

PISCES (February 19 to March 20) Your recent stand on an issue could make you feel your focus of more attention than you would like. But you’ll regain your privacy, as well as more time with loved ones, by week’s end.

BORN THIS WEEK: You’re a good friend and a trusted confidante. You would be a wonderful teacher and a respected member of the clergy.

THOUGHT FOR THE DAY
“A man is like a fraction whose numerator is what he is and whose denominator is what he thinks of himself. The larger the denominator, the smaller the fraction.” -- Leo Tolstoy
Baked Florida Grouper with Lime Cilantro Butter

4 six-ounce grouper filets
1/2 cup unsalted butter
3 tablespoons fresh cilantro, chopped
1/4 cup lime juice
1/2 teaspoon salt
1/2 teaspoon freshly ground pepper
1/2 teaspoon freshly grated nutmeg
1/4 teaspoon salt
1 pinch freshly ground pepper
2 tablespoons grated lime or lemon zest

Preheat oven to 350 degrees F. Put the filets in a greased baking dish. In a saucepan, melt butter over medium heat; add next seven ingredients. Stir to blend and pour lime butter over filets. Sprinkle grated rinds evenly over the top. Bake for 15 minutes until cooked through and meat flakes easily with a fork.

Yield 4 servings.

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SUDOKU

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

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FIT
MADEN ______
Indicate
ANGILS ______
Wattle
PIRCH ______
Visual
TOPIC ______

TODAY'S WORD: ______
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answer on page 27

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FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS

“Why don’t you run along home while I do some work?”

SCRAMBLERS

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

FIT
MADEN ______
Indicate
ANGILS ______
Wattle
PIRCH ______
Visual
TOPIC ______

TODAY’S WORD: ______

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Shore Fishing:

Don’t Harm The Fish
by Capt. Matt Mitchell

Landing a big fish from the beach can be hard on the fish. Dragging a fish up onto the sand if you’re going to release it is not an option as it usually damages or kills the fish.

• Hold the fish in the water while you unhook it if you’re going to release it.
• The less you can touch a fish before release the better for the fish.
• If you want a picture with the fish, support it as you lift it out of the water—and do it quickly.
• Before releasing, revive the fish while holding it in the water; moving it slowly back and forth so water goes over its gills. The fish will let you know when it’s ready to swim off.
• Florida just recently changed the regulations on fishing from shore. Florida residents as well as out of state visitors need a fishing license to fish from shore.
Hello, my name is Hamlin. I’m a 4-year-old neutered male Jack Russell Terrier mix. I’m a little bit timid, but I’m a true lover boy. I am uncharacteristically quiet for my breed and will be happy to stay right by your side or in your lap doing whatever you love to do. Just give me a belly rub and I’ll be your friend forever.

My adoption fee is $50 (regularly $75) during Animal Services’ Pet’cular Thanksgiving adoption promotion.

Hello, my name is Goblin. I’m a 2-month-old female black and white domestic short hair. My name may be Goblin, but I’m not the least bit spooky. I’m actually quite sweet and adorable. I’d fit in great in your multi-cat household, since I’m used to playing with other kittens. You can take two of us home, since kittens are two-for-one adoption fee.

My adoption fee is $20 (regularly $75) during Animal Services’ Pet’cular Thanksgiving adoption promotion. Cats and kittens are also two-for-one adoption fee.

For information about this week’s pets, call 539-7387 (LEE-PETS) or log on to Animal Services’ website at www.LeeLostPets.com. When calling, refer to the animal’s ID number. The website updates every hour so you will be able to see if these or any other pets are still available.

The shelter is open for adoptions from 10:30 a.m. to 3:30 p.m. Monday through Saturday. The shelter is located at 5600 Banner Drive in Fort Myers, next to the Lee County Sheriff’s Office off Six Mile Cypress Parkway.

All adoptions include spay/neuter surgery, age-appropriate vaccinations, rabies vaccination and county license if three months or older, flea treatment, worming, heartworm test for dogs six months and over, feline AIDS and leukemia test for cats, training DVD, 10-day health guarantee, and a bag of Science Diet pet food.

The adoption package is valued at $500.

Pets Of The Week

**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 27
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