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# THE RIVER WEEKLY NEWS

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Vol. 14, No. 45

From the Beaches to the River District downtown Fort Myers

NOVEMBER 13, 2015



Annette Trossbach and Paul Graffy

## It's In The Script At Lab Theater

by Di Saggau

“When I kissed you, did it feel like an actor kissing an actor or a person kissing a person?” asks the heroine of *Stage Kiss*, Sarah Ruhl’s clever comedy about the emotional pitfalls of acting. This comedy is now showing at Laboratory Theater of Florida and it’s hysterical as it pokes fun at anyone who has ever been in the acting business. The two leads are marvelous. He (Paul Graffy)

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## Professional Golfers Join Festival For Kids



Emily Talley



Selanee Henderson

Two professional golfers will put on clinics at the 3rd annual Kids Helping Kids Festival on Saturday, November 14 at Alico Family Golf in south Fort Myers. Emily Talley and Selanee Henderson will be attending the day-long event and putting on golf clinics.

Henderson was runner-up on the Golf Channel’s *Big Break Atlantis* and was voted as  
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## ICU Unit Named In Honor Of Doctor



Jim Nathan signs the \$5 million pledge from SWFL Children’s Charities, Inc. as trustees look on



SWFL Children’s Charities Trustee Vicki Pitbladdo signs the pledge for the \$5 million pledge for the new Golisano Children’s Hospital



Trustee Dave Copham signs the wall atop the construction site of the new Golisano Children’s Hospital



Robert and Ann Arnall attended the pledge signing. The new PICU at Golisano Children’s Hospital has been dedicated by the SWFL Children’s Charities in the memory of Robert’s father, Dr. Bob Arnall.

Intensive Care Unit (PICU) in memory of Dr. Bob Arnall.

Known as the “Father of Golisano Children’s Hospital,” Dr. Arnall was one of the first pediatricians in Southwest Florida, Lee Memorial Hospital System’s first medical director and the Children’s Hospital’s second medical director. Dr. Arnall passed away five years ago.

“Our board felt that the new PICU should be named in Dr. Arnall’s memory, in recognition of his passion, leadership and advocacy for pediatric healthcare in Southwest

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To support the construction of a new, state-of-the-art children’s hospital in Southwest Florida, SWFL Children’s Charities, Inc. has pledged \$5 million to the Golisano Children’s Hospital of Southwest Florida Capital Campaign. In recognition of the pledge, SWFL Children’s Charities, Inc. has earned a naming opportunity, and will dedicate the new Golisano Children’s Hospital’s Pediatric

Historic Downtown Fort Myers, Then And Now:

## Foreground Tells History



by Gerri Reaves, PhD

At first glance, this late-1920s photo seems to be simply a very nice photo of the Franklin Arms. But look again and you'll discover that the most intriguing thing isn't the hotel but the bedraggled foreground and even the spot where the photographer stood.

The photo captures a significant "in-between" moment for what is arguably downtown's most historic location, the northeast corner at First and Jackson, with history tracing back to the mid-19th century.

The photo's perspective is from what had been, only several years before, roughly the location of Harvie E. and Florida Heitman's front porch.

Their house had been originally built as staff headquarters for the U.S. Army fort from which Fort Myers evolved.

For years, the Heitman property had been known for its lush tropical foliage, including a famous date palm planted by Capt. Winfield Scott Hancock to commemorate his newborn daughter, Ada Elizabeth, in 1857.

Many historic photos show the well-kept property with an attractive low white fence surrounding that pretty garden.

But then, in 1922, Harvie Heitman, one of the town's most influential and successful businessmen and developers, died at the age of 49.

The tramped-down yard pictured here is a stark contrast to what the property was before his death. Heavy automobile or truck traffic has worn a driveway to what was once the front door.

After his death, the historic home and former officers quarters was vacant for a time. In 1926, it was moved north across Bay Street to become the Fort Myers Public Library's first permanent home. The building was then the oldest structure in town.

There were plans to build a 10-story, 250-room luxury hotel on the Heitman site. However, the plans were dashed by the 1926 hurricane, followed by another one in 1928, topped off by the beginning of the Great Depression in 1929.

Eventually, the Heitman family sold the property for \$10,000 and a grand U.S. post office was built, completed in 1933. That architectural treasure is still there today and is now the Sidney & Berne Davis Art Center.

The historic photo was snapped sometime between the relocation of the house and the clearing of the site for the construction of the post office.

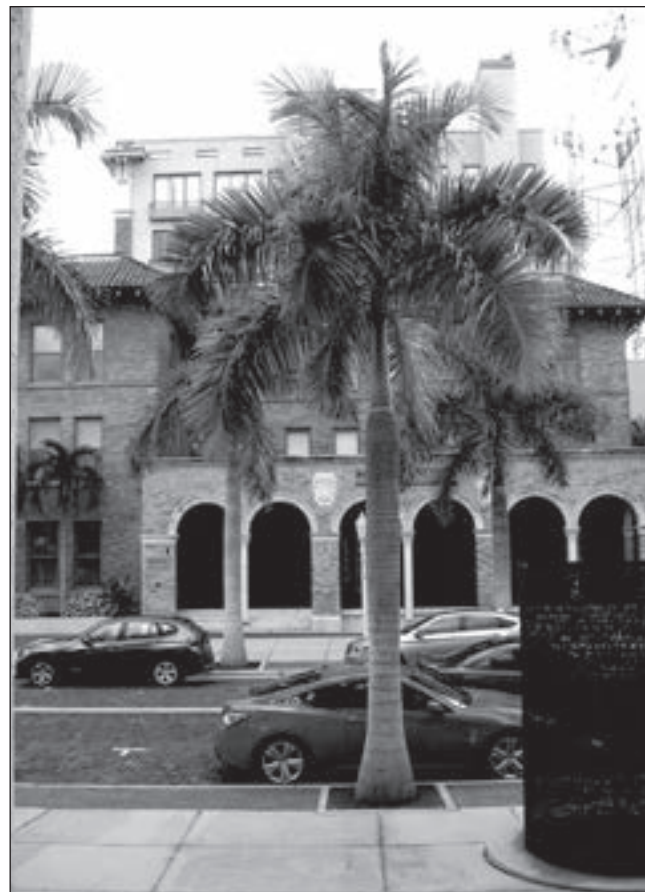
But what about that property's early history? Long before the Heitmans made the property their family home, it played a major role in the settlement of Fort Myers.

It was the site of U.S. Army Fort Harvie, built in 1841 during the Second Seminole War. The fort was abandoned but later reestablished in the Third Seminole War, eventually rechristened Fort Myers, and was active in the Civil War.



This view of the Franklin Arms Hotel was probably snapped in the late 1920s. The photographer stood near what would have recently been the front of Harvie E. Heitman's house, originally officers quarters during the Seminole War era.

courtesy Southwest Florida Museum of History



The Franklin Arms hasn't changed much, but the foreground in the historic photo is now the front of the Sidney & Berne Davis Art Center

photo by Gerri Reaves

After the Civil War, the fort was ransacked for building supplies, but enough remained to help the first settlers begin a settlement. Starting in 1866, the former officers quarters served as a temporary home for many notable early pioneers before becoming the Harvie Heitman home.

Walk down First Street to the block between Jackson and Lee and contemplate the land's transformation from an 1841 fort to a contemporary art center.

Then walk a few blocks to the Southwest Florida Museum of History at 2031 Jackson Street, where you can learn more about what is arguably downtown's most historically significant corner.

Call 321-7430 for information, or go to [museumofhistory.org](http://museumofhistory.org). Hours are 10 a.m. to 5 p.m., Tuesday through Saturday.

If you love local history, be sure to visit the Southwest Florida Historical Society's research center at 10091 McGregor Boulevard on the campus of the Lee County Alliance for the Arts.

The all-volunteer non-profit organization is open Wednesday and Saturday between 9 a.m. and noon and Wednesday 4 to 7 p.m. Call 939-4044 or visit [swflhistoricalsociety.org](http://swflhistoricalsociety.org) for more information.

Sources: Archives of the Southwest Florida Historical Society, *The Fort Myers Press*, and *The Story of Fort Myers* by Karl S. Grismer.\*

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Fort Myers Art:

# Area Art Festivals In November



by Tom Hall

The 2015-2016 Southwest Florida art fair and festival season promises to be an exciting one. With over fifty art festivals and fairs taking place from Marco Island to

Matlacha, event organizers plan to treat both newbie art enthusiasts and veteran art collectors to an unparalleled array of new art in virtually every medium, from paintings in oil and acrylic, watercolors, drawings in pastels, charcoal, pen and ink and graphite, 2-D and 3-D mixed media works and collages to photography and digital artworks, bronze and metal sculpture, wood working, ceramics, pottery, glass fusion and glass art, hand-crafted art jewelry and leather works.

### November 2015

Saturday, November 14, the Naples Artcrafters Fine Art & Craft Show returns to Cambier Park. This established fine art and craft organization has more than 45 years of history in Naples and this Saturday art fair places a spotlight on a wide array of artistic genres, styles and media, including paintings (in oils, acrylics and watercolors), drawings (in pen and ink, pencil, and pastels), scissors art, multi-media and collage, photography, ceramics, jewelry (including metalsmithing, metal clays, lapidary and beading), sculpture, pottery, clay, stained glass and fused glass, wood turning and carving, and basket weaving.

Just steps away in Crayton Cove on Saturday, November 14 is Art After Dark, an Art-Walk-type evening that gives art enthusiasts and collectors an exceptional opportunity to combine fine art with fine dining alongside picturesque Naples Bay. Participating galleries include Phil Fisher Gallery, Nora Butler Designs, Earth & Fire, Random Acts of Art, Arsenault Gallery, Art Gallery Old Naples2, and Guess-Fisher Gallery. They who band together from 6 to 9 p.m. to present an evening of art receptions,

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Sanibel Masters Art Festival has been a Sanibel Island Thanksgiving weekend tradition for 22 years

refreshments and live music which serve as companionable backdrop for viewing the newest works in the Crayton Cove galleries. Many art lovers complete their evening of art viewing with drinks and a sumptuous meal in one of Crayton Cove's outstanding eateries, Bleu Provence, Chez Boez, or The Dock and Boathouse Restaurant.

The Fort Myers Downtown Saturday Art Fair takes place under the awnings of the galleries, shops and offices that border First Street (where artists set up) and Hendry Street (where the crafters congregate) in the completely refurbished and restored downtown Fort Myers River District on Saturday, November 21.

With wide sidewalks, majestic palms and old-time charm just steps from the waters of the Caloosahatchee River, these bricked thoroughfares are ideally-suited to an outdoor art fair. As an added bonus, First Street is dotted by some of the River District's best galleries and boutiques, including Arts for ACT Gallery, the Sidney & Berne Davis Art Center, the René Miville Gallery and Enjewel.

The Estero Fine Art Show takes place at Miromar Design Center on the weekend of November 21 and 22. This juried art show brings high quality artists from around the globe and top notch local artists to sell their original and personally handmade art work. The art fair's main focus is visual arts and community enrichment. Many of the nation's best artists exhibit at this show. Event hours on Saturday and Sunday are 10 a.m. to 5

p.m. and both the event and parking are free. In addition to fine art, there is great food and free live entertainment from world-class favorites across the street at the Miromar Outlet Mall.

Also taking place on the weekend of November 21 and 22 is 3rd Weekend ART ALIVE. Hosted by Art Alliance Naples, this two-day event features artist demonstrations and new exhibits in 26 independent artists' studios and galleries in the Naples Art District (north of Pine Ridge Road and west of Airport Road). Participating galleries and studios are open on Saturday from 11 a.m. to 4 p.m. and on Sunday from 1 to 4 p.m.

The Sanibel Masters Art Festival has been a Sanibel Island Thanksgiving week-

end tradition for 22 years. It showcases paintings in oil, acrylic and watercolor, drawings and pastels, 2-D and 3-D mixed media and collages, photography and digital art, woodworking, sculpture, ceramics, glass, handmade Tiffany-style lamps, fiber art, and jewelry produced by 75 artists and artisans from around the country. The festival is held on the grounds of The Community House on Periwinkle Drive, Sanibel's main street. The Community House has been an island fixture since 1927 and touts itself as The Gathering Place on the island. But Boulderbrook Productions has a little twist in store for festival-goers. This one takes place on Friday and Saturday, November 27 and 28, so both the artists and the art lovers still have Sunday to enjoy the island, the weather and their purchases and sales.

Tom Hall is both an amateur artist and aspiring novelist who writes art quest thrillers. He is in the final stages of completing his debut novel titled Art Detective. A former tax attorney, he lives in Estero with his fiancé and their four cats.\*

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## Kiwanis Club To Ring Bells For Salvation Army



**Bob Poff, operations program director for the Salvation Army, and Donna Clarke, president of the Fort Myers Kiwanis Club**

submitted by Pat Stevens

At our November 4 meeting, Bob Poff, operations program director for the Salvation Army, reminded the members of the Fort Myers Kiwanis Club of the history of the Salvation Army and the current programs they are offering to folks in our community who have needs as well as the help offered to people who are not earning enough to get through each week without a little extra assistance. He also mentioned the free dental clinic that was started by one of our members and his team of volunteers.

The Salvation Army has a big need for bell ringers this season and Poff brought us up to date about this year's Bell Ringing plans, strategies and incentives.

A couple of our members shared stories about their heartwarming memories while ringing bells in past seasons. After the questions ended we lined up to sign on the volunteer sheet. Poff told us that all bell ringers have been challenged by an anonymous donor who has offered to match \$50,000, to smile more and make more eye contact.

The Fort Myers Kiwanis Club asks all Kiwanis Clubs and all other service organizations to contact the Salvation Army at 278-1551 and volunteer to ring bells this Christmas season.✱

Lake Kennedy Senior Center

## Veterans Appreciation Show Planned

Lake Kennedy Center Director Lori Turner invites everyone to celebrate the veterans in the Cape Coral community on Friday, November 13. The Turner Talents will be performing a USO-style showcase to best dance and

patriotic music from across the decades. This show is free for veterans, who are encouraged to come dressed in their military best. Come spend an evening with friends and neighbors honoring those who served while enjoying fantastic entertainment. Light appetizers and refreshments will be served. BYOB. Pre-registration is required.

Admission is \$10 for members and \$15 for non-members, while all veterans are admitted free. Doors open at 6:30 p.m. and the show starts at 7 p.m. Lake Kennedy Senior Center is located at 400 Santa Barbara Boulevard in Cape Coral. For more information, call 574-0575.✱



**Congressman Curt Clawson**

## Lee Republican Women To Meet

Congressman Curt Clawson is the featured speaker at the December 14 meeting of Lee Republican Women Federated. It will take place at Pinchers restaurant at The Marina at Edison Ford Estates, 2360 West First Street, Fort Myers. The 5:10 p.m. social will be followed by dinner and the program.

Cost is \$25 and reservations may be made at <http://leerepublicanwomen.com/event/lrwf-december-dinner-meeting> or [rmh738@aol.com](mailto:rmh738@aol.com) or by calling 432-9389.✱

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## Uncommon Friends To Host Peer-To-Peer Character Mentoring Program

A new community initiative lead by the I Will Mentorship Foundation (IWMF) in collaboration with Uncommon Friends Foundation, Army Junior Reserve Officer Training Corps (JROTC), James Stephens International Academy, and Deva for Good is being launched to build character and close the educational gap of at-risk youth in Lee County.

The launch event to kick off the program will be held at the Burroughs Home in Fort Myers on November 18 from 10 a.m. to noon. It will showcase 50 youths in the local community, scientific demonstrations and keynote speaker David Dorsey. It will show how JROTC cadets are being trained to mentor middle school students at James Stephens International Academy, using Uncommon Friends Foundation's character curriculum founded in science, technology, engineering and math (STEM).

This collaboration is primed to enhance the character and 21st century skills of youth, which not only makes them more responsible citizens but also advances their education, careers and lives.

The program is being piloted in Lee County during the 2015/16 academic year. Once proven, it will be released for replication by any school throughout the United States as a service learning program that is scalable, impactful and self-sustaining.

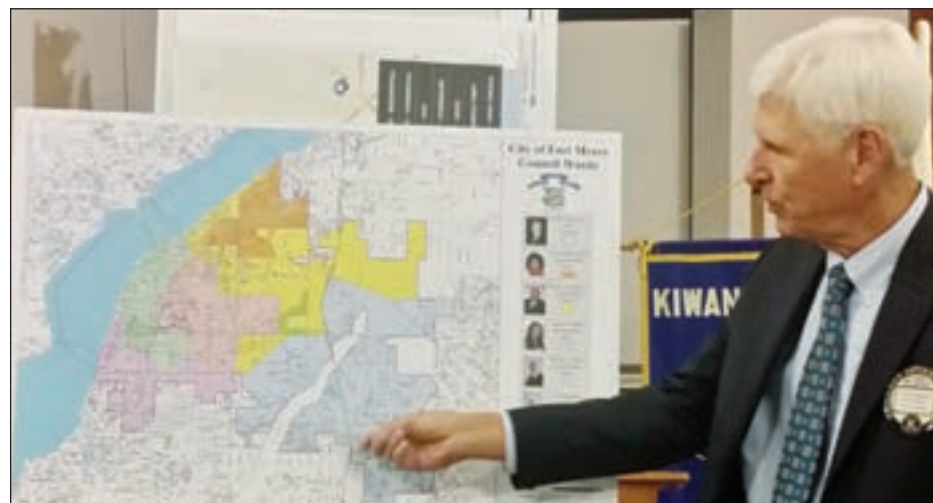
About the collaborating partners:

- The IWMF is the first after school science, technology, engineering, arts and math (STEAM) resource center for Lee County with a vision to provide all youth, regardless of race, gender or financial means, with the opportunity to achieve their dreams. With the support of local businesses, government agencies, schools, community, and passionate individuals, this vision for a new landscape of 21st century learning in Lee County can be achieved. For more information on this event, contact Gina Frazier at 540-0388 or at [gfracier@iwmf2.org](mailto:gfracier@iwmf2.org).

- The U.S. Army Junior Reserve Officer Training Corps (JROTC) is a program offered to high schools that teaches students character education, student achievement, wellness, leadership, and diversity. It is a cooperative effort between the Army and the high schools to produce successful students and citizens, while fostering in each school a more constructive and disciplined learning environment.

- James Stephens International Academy (JSIA), a Title I School established in 2009, is a staple in the Fort Myers community. JSIA is unique in that it is one of the few K-8 schools in Lee County educating both elementary and middle school students. This allows the highly qualified staff at JSIA to mold and nurture the young minds in

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**Forrest Banks spoke at last week's Kiwanis Club lunch meeting**

## Councilman Banks Speaks At Fort Myers Kiwanis Club

submitted by Pat Stevens

At the Fort Myers Kiwanis Club lunch meeting held on October 28, Fort Myers City Councilman Forrest Banks served as the guest speaker. Being a member of the club himself, Banks knew exactly what we wanted to hear. His update on what is going on within our city included several graphs and charts. Club members understood by the 'pie' charts exactly where the city money comes from and exactly how it is distributed. There was also a chart showing where the highest number of crimes were being committed, the type of crimes – home and commercial burglaries, car theft and the theft of items from unlocked cars. This strongly reminds us that if the car keys are in our pockets the car should be and needs to be locked. Every time Forrest explained a chart, there were several questions asked. At the end of his presentation, Banks had indeed brought us up-to-date on everything we wanted to know about the "who, what, where and why" of the happenings at City Hall.✱

## Christmas Boat Parade Will Light Up The Beach

The Greater Fort Myers Beach Chamber of Commerce Boat Parade will light up Fort Myers Beach on December 5. The event is expected to feature 30 to 50 illuminated boats decorated with a dazzling array of animated Christmas scenes and filling the air with Christmas carols. The festive boats will navigate the intracoastal waterway on a two-hour journey as thousands of spectators gather at local waterfront restaurants, public areas and private homes to watch the parade and celebrate the holiday season.

"For us, the Fort Myers Beach Boat Parade signifies the start of the Christmas season," says Robb Capps and Ted Schindler, parade co-chairs. "It is a fun and festive event that brings our community together. It is our Macy's Parade Fort Myers Beach style!"

The vessels will assemble in front of the docks at Salty Sam's Marina at 5:45 p.m. At 6 p.m. the boats will begin to leave, going past Parrot Key Caribbean Grill and Bootleggers Waterfront Barbeque heading northwest rounding the corner in front of Doc Ford's and under the sky bridge. The boats will travel in and out of the first two channels in Siesta Bay. Then they'll take the Matanzas Pass channel towards Bowditch Point, turning in front of the Pink Shell Resort, pass-

ing Nervous Nellies and Matanzas Inn, finishing back at Salty Sam's Marina for the Winners Circle Party at Bootleggers Waterfront Barbeque.

Awards will go to the first places in the following categories:

- Small Power Boat - Most Creative
- Small Power Boat - Most Spirited Crew
- Large Power Boat - Most Creative
- Large Power Boat - Most Spirited Crew
- Sailboat - Most Creative
- Sailboat - Most Spirited Crew
- Corporate Sponsored - Most Creative
- Corporate Sponsored - Most Spirited Crew
- Non-motor
- Judges' Favorite
- People's Choice

The cost to enter the parade is \$25 per individual boat and \$50 per business boat. Sponsorships are available for \$100.

People's Choice award ballots will be available at participating locations.

Salty Sam's Marina is offering free overnight dockage to all participating boats with advance registration. Boats will be required to pay for electricity if needed. Salty Sam's Marina is located at 2500 Main Street, Fort Myers Beach. For advance reservations, call 463-7333.

To participate in the boat parade, contact the Fort Myers Beach Chamber of Commerce at 454-7500. Registration forms are available at [www.FMBBoatParade.com](http://www.FMBBoatParade.com). For more information on sponsorships, contact Rhonda at the chamber office.✪



A previous boat parade participant featured an oversized rubber ducky



The Alliance gift shop

## The Alliance Gift Shop Explosion And Holiday Sale

Find unique gifts and support local artists on Saturday, November 14 during the Gift Shop Explosion & Holiday Sale at the Alliance for the Arts. The annual one-day sale is from 10 to 1 p.m. during the weekly Alliance GreenMarket.

Local artists will present and sell hand-crafted items in a wide variety of mediums and styles as coffee and refreshments are served. Alliance members receive 10 percent off every purchase.

The Alliance gift shop stocks items created by local artists and artisans, so all purchases help support the local economy.

Participating artists include:

Aboriginals, jewelry, masks, sculpture  
Alicia Schmidt, small paintings, ornaments, pins

Jayne Baker, jewelry, handmade candles, picture frames, boxes

Lucia Garcia, jewelry, purses

Susan Mills, purses, clothing, ornaments, jewelry, furniture

Gay Cable, jewelry

Patricia Johnson, alcohol ink paintings on ceramic

Patricia Viela, jewelry

Stacey Brown, jewelry, purses, paintings, prints

Rose Young, fiber, shawls, purses, ornaments

Solymar Creations, Marcella Paz-jewelry, ornaments, glass window pieces, clocks

Susan Vorobel, fused glass night lights,

artwork,

Diana Urso, Handwoven Designs by Diana, fiber

Patty Helms, fiber, handbags, pillows and clothing

Union Artist Studios

This year the Gift Shop Explosion & Holiday Sale is during the 200 Under \$200 Alliance Member exhibit. Small works priced under \$200 created by Alliance members are available for purchase right off the wall in the main gallery, as well as hand-made wreaths created with recycled materials in the theater lobby. This is a chance to find distinctive, one-of-a-kind gifts for the holidays.

The Alliance for the Arts supports artists and arts organizations in our area as the state designated Local Arts Agency for Lee County. The galleries and gift shop are open from 9 a.m. to 5 p.m. Monday through Friday and from 9 a.m. to 1 p.m. on Saturdays, located at 10091 McGregor Boulevard, just south of Colonial Boulevard.✪

## Junior League Golden Jubilee

To celebrate its 50th anniversary, the Junior League of Fort Myers, Inc. will be holding a Golden Jubilee celebration at 6 p.m. on Saturday, April 2 at JetBlue Park at Fenway South.

According to Golden Jubilee Chair Amelia May, the event is open to the public and promises an evening full of



fun and food, as well as an historical look back at the Junior League's 50 years of volunteering and making a difference in Southwest Florida.

A cocktail hour will be followed by a silent auction and dinner, a celebration of the league's charter members and past presidents, as well as live music and dancing.

The theme is coastal chic. "Think vintage Palm Beach and Trina Turk," May said. "Gentlemen should feel free to wear their fedoras, linen and seersucker suits."

Sponsors for the gala include Scanlon Auto Group, Guardian Retirement Services and Myers, Brettholtz & Company, PA.

Sponsorship opportunities are still available. For more information, email [AmeliaMayJLFM@gmail.com](mailto:AmeliaMayJLFM@gmail.com).

Individual tickets are \$125 each, and tables of eight are \$1,000 each. Proceeds go to support the Junior League's work in the community. To purchase tickets or tables, visit [www.jlfm.org](http://www.jlfm.org).✪

## Pilot Club Awards Bicycle Helmets



Fran D'Alessandro adjusts a helmet while member Diane Jensen assists

Members of the Pilot Club of Fort Myers distributed bicycle helmets at the recent Walk to Prevent Child Abuse in Pelican Preserve. The Pilot Club distributes approximately 1,000 helmets 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 President Patsy Tortora at 322-6138 or rptortora@aol.com.\*



Priscilla Ramirez drew her Christmas angel as a fifth-grader at Immokalee Community School

## RCMA Christmas Cards Available

Christmas lights beam from palm trees. Oranges and tomatoes dangle on Christmas trees.

Those are some of the Florida-grown images featured on Christmas cards created by the children of Redlands Christian Migrant Association (RCMA), and available for purchase. The cards are a fundraising project for RCMA, a nonprofit association of child-care centers and charter schools for low-income Florida families.



Priscilla Ramirez is a sixth-grader at RCMA's Immokalee Community School. She hopes to be a nurse someday.

RCMA operates only in rural areas, and the art reflects the children's surroundings. Christmas gifts cluster under palms. Strawberries form wreaths.

"Our kids dream of snowmen, but produce is what they know," said Barbara Mainster, RCMA's executive director. "They outdo themselves every year."

Founded in Homestead, RCMA moved its headquarters to Immokalee in 1975. It serves nearly 7,000 children each year in 21 Florida counties.

Last year, the Christmas card program generated \$27,000, which RCMA used to enhance the operations and supplies of its childcare centers. Each dollar raised qualifies RCMA for a \$16 match under its contract with the Florida Office of Early Learning.

Christmas cards may be ordered by calling RCMA's Jean Eklund at 1-800-282-6540 extension 244. Or buyers can complete an order form found online at [www.rcma.org/RCMA\\_Brochure%202015%20FINAL.pdf](http://www.rcma.org/RCMA_Brochure%202015%20FINAL.pdf) and mail it to RCMA. Purchasers of 100 cards or more can customize the message inside with photographs and signatures.\*

## Lake Kennedy Senior Center Elvis Show Trip

On December 2, the Lake Kennedy Senior Center is hosting a trip to Visani Theater in Port Charlotte for an Elvis Tribute Show. Arrive at Lake Kennedy at 10:15 a.m. and depart at 10:30 a.m. The bus returns at 5 p.m.

The Kennedy Cruisers are on the road again to see No. 1 Elvis tribute artist Dwight Icenhower at the Visani Theater. Icenhower has performed all over the United States and recently finished tours in China and Japan. He has won a myriad of Elvis awards too numerous to mention. He has shared the stage with personal friends of Elvis, including DJ Fontana, The Jordanaires, The Sweet Inspirations, Cynthia Pepper, Julie Parrish, Charlie Hodge and Jo Esposito. Icenhower is considered to be in an elite group of the best Elvis tribute artists in the world and continues to awe audiences of all ages, all the while extremely dedicated to his fans both on and off the stage.

The price is \$61 per member or \$66 per non-member. Lunch, beverage and dessert are included. Preregistration required by November 21. Call the Lake Kennedy Senior Center at 574-0575.

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

## Lake Kennedy Senior Center Tai Chi Classes

Tai Chi will be back December 1 at Lake Kennedy Senior Center in Cape Coral. The exercise is said to offer health benefits such as stress reduction, improved balance, increased strength and endurance and increased self-confidence. Classes will be offered for Tuesdays and Thursdays for 12 weeks, courtesy of community partner Right at Home. The instructor is Mark Franzblau.

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

## HORTOONS



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Trustees of the SWFL Children's Charities, Inc. toured the new Golisano Children's Hospital, currently under construction



Dr. Bob Arnall

From page 1

## New Pediatric ICU Honors Doctor

Florida," said Bev Cherry, board member, SWFL Children's Charities, Inc. "As an organization dedicated to supporting children's healthcare in our community, the dedication of the PICU is our way to honor his legacy and pay tribute to the man who helped establish pediatric healthcare in Southwest Florida."

SWFL Children's Charities, Inc. is raising a total of \$15 million for Golisano Children's Hospital of Southwest Florida and just completed their first pledge of \$10 million. SWFL Children's Charities is the second largest donor to the new building campaign, next to Tom Golisano.

The SWFL Children's Charities, Inc.'s annual signature fundraiser, the Southwest Florida Wine & Food Fest, has raised nearly \$15 million over the past seven years, making it the most successful fundraising event in Lee County and one of the top-grossing wine fests in the country.

The two-day 2016 Southwest Florida Wine & Food Fest at Miromar Lakes Beach & Golf Club includes private Chef/Vintner Dinners on Friday, Feb. 26 and

the Grand Tasting and Live Auction on Saturday, Feb. 27.

"To recognize Dr. Arnall and honor his commitment to the children of Southwest Florida with the dedication of the new PICU is one of the most admirable gestures I've encountered and truly memorializes the impact that he's made to our health system, our community and the children of Southwest Florida," said Jim Nathan, president of Lee Memorial Health System. "I'm forever grateful to the SWFL Children's Charities for their continued generosity and support for the new Golisano Children's Hospital of Southwest Florida."

SWFL Children's Charities hosts the annual Southwest Florida Wine & Food Fest each year, donating 100 percent of all proceeds primarily to Golisano Children's Hospital of Southwest Florida, as well as to Florida SouthWestern State College and Florida Gulf Coast University for scholarships for local students planning to study in the Health Sciences fields and stay in Southwest Florida. Many of those students will eventually work in the Golisano Children's Hospital of Southwest Florida.

"The mission of Southwest Florida Children's Charities, Inc. continues to focus on advancing the healthcare services for children throughout our five-county region and Golisano Children's Hospital of Southwest Florida will be the main beneficiary of our support," said Debbie Toler, board member, Southwest Florida Children's Charities, Inc. "Not only will America's newest children's hospital offer the most advanced care available, but it will help attract new physicians and health professionals that specialize in pediatrics to meet the growing needs of our community. This is especially important as our population continues to grow and younger families move to Southwest Florida."

Scheduled for completion in early 2017, the new Golisano Children's Hospital of Southwest Florida will include 128 beds for the care of local children along with the latest medical equipment and a specialty trained team of medical care providers. The 292,000-square-foot facility, currently under construction on the Health Park campus, will be com-



Trustees are joined by Lee Memorial Health System officials to present the pledge

pletely dedicated to pediatric specialty care. Through the generous support of local residents and businesses, \$91 million has been raised to help build the new Golisano Children's Hospital of Southwest Florida.

Golisano Children's Hospital of Southwest Florida is part of Lee Memorial Health System in Florida. It is the only acute care children's hospital between Tampa and Miami. The children's hospital opened in 1994 within HealthPark Medical Center. The name was changed to Golisano Children's Hospital of Southwest Florida in 2012. Lee Memorial Health System Foundation, the primary fund raising entity for Golisano Children's Hospital, is currently engaged in a major capital campaign to enhance pediatric hospital care in Southwest Florida by raising \$100 million to build and equip a new 128-bed children's hospital on the campus of Health Park Medical Center. For more information, visit [ChildrensHospitalGoal.org](http://ChildrensHospitalGoal.org).

For more information on the Southwest Florida Wine Festival, visit [www.swflwinefest.org](http://www.swflwinefest.org).

From page 1

## Lab Theater

and She (Annette Trossbach) are reunited onstage after a 20-year separation. They had once been lovers. The intimacy of performing together night after night on stage rekindles the passion they once felt for each other. Problem is, She is married to someone else and has a teenage daughter and He is in a relationship with a school teacher from Iowa.

The play is a lively blend of romantic comedy and backstage farce. The central characters begin rehearsals with wary glances and barbed allusions to their past. Being professionals, they get down to the business of playing at romance under the nervous eye of their director, played well by Jack Weld. The play moves quickly from various auditions and rehearsals to opening night, backstage and apartment settings. The husband, Gil Perez, accuses his wife of falling in love with every leading man she's ever been with on stage.

In the first act, the play is set in the 1930s with gorgeous costuming. The second act has a different feel. He and She are playing darker characters. She

is a prostitute, and He is a violent member of the IRA. This is more than a play within a play, there are also the real life situations that surround their lives. There is a little music, including a song from *South Pacific*, which totally broke up the audience.

The supporting roles are also funny. Matthew DeNoncour, when he plays the understudy and a pimp, will have you laughing out loud. Holly Hagan and Stacy Stauffer round out the cast in their various roles. Director Lois Kuehne can take a bow for a job well done. *Stage Kiss* plays through November 21 at Laboratory Theater of Florida, 1634 Woodford Avenue in Downtown Fort Myers. For tickets, call 218-0481.\*

## ACT Receives Donation

Pediatric Dentistry of Fort Myers Snow Day raised over \$11,000 for the Abuse Counseling and Treatment, Inc. (ACT) on October 3.

Abuse Counseling and Treatment, Inc. (known as ACT) is a 501(c)3 nonprofit social service agency serving victims of domestic violence, sexual assault, and human trafficking in Lee, Hendry, and Glades Counties. ACT has been providing a circle of support for victims and their families since 1978. ACT provides critical services to those in crisis through a 24-hour crisis hotline, counseling, forensic examinations, medical, legal and personal advocacy, violence prevention programs and children's programs. For more information, visit [www.actabuse.com](http://www.actabuse.com).\*

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## Along The River



Multi-instrumentalist and vocalist Kate Davis returns to the Sidney & Berne Davis Art Center on Friday

On Friday, November 13, the **Kate Davis Trio** is in concert at the **Sidney & Berne Davis Art Center** in downtown Fort Myers. Cocktail hour begins at 7 p.m. and the show begins at 8 p.m. Tickets are \$25 in advance or \$30 at the door.

Multi-instrumentalist and vocalist Kate Davis has been turning heads in New York's music scene since 2012. Whether she's crooning rootsy jazz ballads with her bass or strumming bright Indie riffs from her guitar, the gutsy songstress from Portland, Oregon puts a fresh spin on the standards and her own lush tracks. She has performed at such illustrious venues as The Kennedy Center, The Bowery Ballroom,

## Showing Their True Colors



Calendar Girls

The Calendar Girls donned their red, white and blue to perform for the residents of Lazy Days in North Fort Myers on Saturday, November 7. The girls thank them for their generosity in support of their cause, Paws for Patriots of Southeastern Guide Dogs.

For more information, visit [www.calendargirlsflorida.com](http://www.calendargirlsflorida.com) or call 850-6010.✪



The Gulfcoast Trio performs at Shell Point on Monday. It is comprised of three of the most talented artists in Southwest Florida: Susannah Kelly, William Dawson and Reiko Niiya

Lincoln Center and Carnegie Hall – as well as pretty much every noteworthy club in New York City.

The Sidney & Berne Davis Art Center is located at 2301 First Street, Fort Myers. Call 333-1933 or go to [www.sbdac.com](http://www.sbdac.com).

Join other edible gardeners on Saturday, November 14 for a veggie gardening class hosted by **Karen Harty of Grow A Gardener Inc.** It will be held at the Southwest Florida Enterprise Center, 3903 Dr. Martin Luther King Jr. Boulevard, Suite 6, Fort Myers from 2 to 4 p.m. Class fee of \$15 includes presentation, handouts, seeds, plus contacts to obtain free or low cost soil testing, plant ID and insect ID.

Don't know how to get started with a veggie garden? Have you tried a garden, but it failed? Harty will be presenting this intensive, two-hour crash course on veggie gardening class on the many issues with vegetable gardening in South Florida. Karen Harty is executive director of Grow A Gardener Inc., Lee County Master Gardener, 4-H leader of the VegHeads, and avid edible gardener that eats from her garden all year long.

To register, contact Harty at 610-530-8883, email [GrowAGardener@gmail.com](mailto:GrowAGardener@gmail.com) or visit [www.GrowAGardener.org](http://www.GrowAGardener.org). Walk-ins are accepted, but it is recommended that you sign up in advance so there are enough materials.

The first **Downtown Bike Night** of the season is on Saturday, November 14 in the historic Fort Myers River District. The event is free to the public.

Hundreds of bikes, vendors and music will line the streets of the historic downtown Fort Myers River District from 6 to 10 p.m. There will be four stages featuring live music and plenty to eat and drink.

For more information, go to [www.riverdistrictevents.com](http://www.riverdistrictevents.com).

If Fort Myers Beach is more your scene, enjoy live music at Times Square during the **Sunset Celebration**. Local bands play every Friday and Saturday evenings from 5 to 10 p.m., weather permitting. There is no charge to attend.

On Friday, January 9, popular Fort Myers cover band **High Tide** will entertain the crowd with rock, reggae and R&B. The following evening, it's **EveRRock** from Alva. The band's influences range from The Beatles, Foo Fighters, Mumford & Sons, and Tom Petty to Sons of Bill, Kings of Leon, Bob Seeger, Mellencamp, and the Rolling Stones.

For more information about the weekly Sunset Celebration, call 463-5900.

On Sunday, November 15 at 3 p.m., there is a student **String & Wind Chamber Ensembles Concert** at U. Tobe Recital Hall at **Florida Gulf Coast University** (FGCU). The concert is free.

FGCU is located at 10501 FGCU Boulevard South, Fort Myers. Call 745-4268 or go to [www.fgcu.edu](http://www.fgcu.edu).

On Monday, November 16, the **Gulfshore Trio** performs in the Grand Cypress Room at The Woodlands at **Shell Point Retirement Community**. The show starts at 7 p.m. and tickets are \$25.

Enjoy an evening of great masterworks of chamber music as the Gulfshore Trio performs an array of classical pieces that stand the test of time. The Gulfshore Trio is comprised of three of the most talented artists in Southwest Florida.

Reiko Niiya is an accomplished violinist and concert master of the Southwest Florida Symphony. A native of Tokyo, Japan, she attended the prestigious Tokyo University of Fine Arts and Music, where she received a bachelor's degree in violin performance. Following graduation, Reiko came to the United States and continued her training at the celebrated University Jacobs School of Music, where she studied under the renowned Italian violinist Franco Gulli.

Susannah Kelly is principle cellist with the Southwest Florida Symphony, joined by the third artist to complete the Gulfshore Trio, pianist William Dawson, who graduated from the Curtis Institute and Yale School of Music. He also is soloist with the Boston Pops, and Professor Emeritus at the New World School of the Arts.

Shell Point is located at 15101 Shell Point Boulevard, Fort Myers. Call 454-2067 or go to [www.shellpoint.org/concerts](http://www.shellpoint.org/concerts).✪



# FORT MYERS FARE

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## 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 ten years and its enduring popularity is a testament to its exceptional, friendly service.

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

## ISLAND COW



Ichiban, located in downtown's mosaic-tiled Post Office Arcade, boasts an extensive dinner menu that includes Bento boxes featuring traditional Chinese and Japanese dishes

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. 2163 Periwinkle Way, Sanibel. Call 472-0606.

## SS HOOKERS

Get hooked on great cuisine and spir-its 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. ✨

## MOAA Meeting November 14

Cape Coral Fire Chief Don Cochran will be the speaker at the regular monthly meeting of the Calusa Chapter of the Military Officers Association of America (MOAA) on Saturday, November 14. The 9 a.m. meeting will be held at Gulf Coast Village, 1333 Santa Barbara Boulevard, Cape Coral.

All military officers and spouses are invited to attend.

Chief Cochran will provide an update on fire department challenges; a question-and-answer session will follow his

continued on page 20

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LIVE MUSIC

## Churches/Temples

### ALL FAITHS UNITARIAN CONGREGATION (UUA)

2756 McGregor Boulevard, Fort Myers. Sunday Services 9 and 11 a.m., Adult Education Workshop 10 a.m., Reverend Margaret L. Beard, Minister. 226-0900. www.allfaiths-uc.org

### ALL SAINTS BYZANTINE RITE CATHOLIC CHURCH

10291 Bayshore Road, North Fort Myers Divine Liturgy Sunday 10:30 a.m.; Rosary begins 10 a.m. Lenten services (Presanctified Liturgy) will be on Wednesday evenings at 6 p.m. starting February. Very Reverend Peter Lickman, 305-651-0991. Church of the Eastern Catholic or Byzantine Rite, 1.5 mi. east of Interstate 75.

### ANNUNCIATION GREEK ORTHODOX CHURCH

8210 Cypress Lake Drive, Fort Myers Reverend Fr. Dean Nastos, Proistamenos Orthodox Service Sunday 9 a.m., Divine Liturgy Sunday 10 a.m., www.annunciation.fl.goarch.org, 481-2099

### BETH SHILOH MESSIANIC SYNAGOGUE

15675 McGregor Boulevard. Rabbi Judah Hungerman. Friday Service, 8 p.m., Saturday Service, 11 a.m. Shabbat School Saturday Morning, Adult Hebrew Classes. Call for information 437-3171

### BREAD OF LIFE MINISTRIES CHURCH OF GOD

16581 McGregor Boulevard, 267-3166 Just past the Tanger Outlet Mall. Pastor Barry Lentz, 281-3063. Sunday Worship, 10:30 a.m., Wednesday Bible Study, 7 p.m.

### CHABAD LUBAVITCH

OF SW FLORIDA ORTHODOX 5620 Winkler Road, Fort Myers. Rabbi Yitzchok Minkowicz. 433-7708, rabbi@chabadswf.org. www.chabadswf.org. Friday service 6:30 p.m.; Saturday Kabbalah class 9 a.m.; Shacharit 10 a.m.; Kiddush at noon. Minyan Monday and Thursday 7 a.m.

### CHAPEL OF CYPRESS COVE

10200 Cypress Cove Circle Fort Myers 850-3943. Located at Cypress Cove Retirement Center on HealthPark Campus An ecumenical non-denominational community of believers. Sunday Worship Service, 10 a.m.; Wednesday Bible Study, 7 p.m. Reverend Ted Althouse, Pastor revtedalthouse@aol.com

### CHURCH OF THE CROSS

13500 Freshman Lane; 768-2188. Pastor Bud Stephens; A nondenominational church emphasizing a personal relationship with Jesus Christ. Sunday Service: 9:15 a.m. Traditional, 10:45 Contemporary.

### CONGREGATIONAL CHURCH

1619 Llewellyn Drive Fort Myers. Just off McGregor across from the Edison/Ford Winter Estates 334-4978, Pastor Douglas Kelchner, Worship times Sunday's 9 and 10:30 a.m. Website: www.taecc.com

### COVENANT PRESBYTERIAN CHURCH

2439 McGregor Boulevard, 334-8937 Reverend Dr. Jeffrey DeYoe, Senior Pastor Reverend David Dietzel, Pastor Emeritus. Traditional Sunday service 10 a.m. Nursery available.

### CYPRESS LAKE BAPTIST CHURCH

8400 Cypress Lake Drive, Fort Myers, 481-5442 Randy A. Alston, Reverend. Sunday Services: Bible study, 9:45 a.m. Morning Worship, 11 a.m., Evening Worship, 7 p.m., Wednesday Prayer Meeting, 6:30 p.m.

### CYPRESS LAKE

### PRESBYTERIAN CHURCH

8260 Cypress Lake Drive, Fort Myers, 481-3233. www.clpc.us. Clint Cottrell, Pastor. Prayer Service 8 a.m., Praise 9 a.m., Children's Church 9 a.m., Traditional 11 a.m. Summer Prayer Service 8 a.m. Combined Traditional/Praise 10 a.m.

### CYPRESS LAKE UNITED METHODIST CHURCH

8570 Cypress Lake Drive, Fort Myers, 482-1250, 8 and 11 a.m. Sunday Traditional Service 9:30 a.m. Praise Service Sunday School all times.

### FAITH FELLOWSHIP WORLD OUTREACH MINISTRIES

6111 South Pointe Boulevard, Fort Myers, 278-3638. Sunday Worship, 10:30 a.m.; Voice of Faith, WCRN 13.50 AM Radio, Sunday, 1:30 p.m.; Thursday Service, 7:30 p.m.; Friday Youth Service, 7:30 p.m. Nursery care for pre-school children and Children's Church ages 5 to 12 available.

### FAITH UNITED METHODIST CHURCH

15690 McGregor Boulevard, Fort Myers, 482-2030. Pastor David Stauffer. Traditional Service Sunday 8:45 a.m., Contemporary Service Sunday 10:30 a.m. Go south on McGregor Boulevard. The church is ½ mile past the intersection of Gladiolus and San Carlos Boulevard on the way to Sanibel.

### FIRST CHURCH OF CHRIST, SCIENTIST

2390 West First Street, next door to Edison Estates. Sunday Service and Sunday School, 10:30 a.m.; Wednesday Evening Testimony Meeting, 5:30 p.m. Child care provided at all services. Visit our Reading Room located in church building for quiet study and information about Christian Science. Monday and Friday noon to 4 p.m., Wednesday 1 to 5 p.m. christianscience-fortmyers.net, christianscience.com

### FIRST CHURCH OF THE NAZARENE

13545 American Colony Boulevard off Daniels Parkway in the Colony, Fort Myers, 936-2511 Pastor Reverend Joey Brummett Sunday School: 9:30 a.m.; Morning Worship, 10:30 a.m.; Sunday Evening, 6 p.m.; Wednesday Family Night, 7 p.m.

### FIRST UNITED METHODIST CHURCH

Downtown Fort Myers River District, 2466 First Street, 332-1152. www.fumcftmyers.org. Sunday Services: 9:30 a.m. Sunday School; 10:30 a.m. Blended Church Service; 5:30 p.m. Youth Group.

### FORT MYERS CHRISTIAN CHURCH (DISCIPLES OF CHRIST) A STEPHEN MINISTRIES CONGREGATION

5916 Winkler Road, Fort Myers, 437-4330 Pastor Reverend Mark Condrey. Sunday Worship 10:30 a.m., Church School 9:15 a.m.

### FORT MYERS CONGREGATIONAL UNITED CHURCH OF CHRIST:

8210 College Parkway, Fort Myers. 482-3133. Philip White, pastor. Morning Worship: 10 a.m., Church School: 10:15 a.m., Adult Forum: 11:30 a.m.

### IONA-HOPE EPISCOPAL CONGREGATION

9650 Gladiolus Drive, Fort Myers 454-4778. Reverend Ray Buchanan Rector. Saturday 5 p.m., Eucharist with Healing; Sunday 8 a.m., Holy Eucharist, Rite One; 9:30 a.m., Family Eucharist with Healing and Church School. Tuesday 9:30 a.m., Morning Prayer (in Spanish); Wednesday 9:30 a.m., Eucharist with Healing. Child care available Saturday 5 p.m. and Sunday 9:30 a.m. services.

### JESUS THE WORKER

### CATHOLIC CHURCH

881 Nuna Avenue, Fort Myers, 481-1143 Masses Friday and Saturday, 7 p.m.; Sunday, 8 and 10 a.m. and 6 p.m.

### KINGDOM LIFE CHURCH

2154 McGregor Boulevard, Fort Myers, 218-8343. Pastor Randy and Anita Thurman. 10:30 a.m. Sunday Service.

### LAMB OF GOD CHURCH

A few federated Lutheran (ELCA) and Episcopal Congregation. 19691 Cypress View Drive, Fort Myers. 267-3525. www.lambofgodchurch.net. Reverend Dr. James Reho. Sunday 7:45 and 10 a.m. Sunday's Cool for Children 10 a.m.

### NEW BEGINNINGS CENTER

New Home Church, 8505 Jenny Cae Lane, North Fort Myers, 656-0416. Weekly Friday meeting meet and greet 6:30 p.m. Kingdom Teaching 7 p.m. Fellowship and refreshments. nbcministry@embarqmail.com, www.facebook.com/nbcministry. Alex and Patricia Wiggins, Ministers

### NEW COVENANT EYES CHURCH

See Clearly. Meeting monthly at 9 a.m. at the Elks Lodge. 1900 Park Meadows Drive, Fort Myers. 220-8519. Pastor Alan Bondar. www.newcovenanteyes.com. LIFT Kidz program, free coffee and donuts.

### NEW HOPE BAPTIST CHURCH OF FORT MYERS

16120 San Carlos Boulevard, Unit 10. 985-8503. 9:45 a.m. Sunday School for all ages. 11 a.m. Sunday Morning Worship. 7 p.m. Wednesday Evening Bible Study.

### NEW HOPE PRESBYTERIAN CHURCH

3825 McGregor Boulevard. Fort Myers. Pastor Eddie Spencer. 8 and 9:30 a.m. Traditional Worship. 11 a.m. Contemporary Worship. 8, 9:30 and 11 a.m. Sunday School. Youth and Children's programming runs concurrent to Sunday services. Nursery care provided at all services. 274-1230. www.newhopefortmyers.org.

### PEACE COMMUNITY CHURCH

Fort Myers Beach Masonic Lodge. 17671 Pine Ridge Road. 267-7400 Pastors, Gail and RC Fleeman. Adult Discussion Classes 8:45 a.m. Countdown to Worship 10:10 a.m. Amazing Grace Worship: 10:30 a.m. www.peacecommunity-church.com.

### PEACE LUTHERAN CHURCH

Sunday Worship at 9:30 a.m. Peace a member of ELCA. Weekly communion with traditional liturgy, organ and choir. 15840 McGregor Boulevard, Fort Myers, on the way to Sanibel. 437-2599, www.peaceftmyers.com, peace@peaceftmyers.com.

### REDEEMER LUTHERAN CHURCH

3950 Winkler Ext., Fort Myers, 274-0143 8:15 and 10:15 a.m. Sunday Services Daily early learning center/day care.

### RIVER OF LIFE ASSEMBLY OF GOD

21580 River Ranch Road, Estero. 495-0400, Senior Pastor Todd Weston. 8 and 9:45 a.m. Services; 11:30 a.m. Legacy Service, multi-generational.

### SAMUDRABADRA BUDDHIST CENTER

Meditation classes. Guided meditations, methods to relax body and focus mind on virtuous objects. Bring peace and happiness into daily activity. 567-9739. www.MeditationInFortMyers.org.

### SAINT COLUMBKILLE

### CATHOLIC CHURCH

12171 Iona Road, Fort Myers, off McGregor and north of Gladiolus. 489-3973 Father Joseph Clifford. Monday through Saturday 8 a.m. Saturday 3 and 5 p.m.; Sunday 7, 9, 11 a.m. and 5:30 p.m. Reconciliation Saturdays 12 noon and by appointment.

### ST. FRANCIS XAVIER

### CATHOLIC CHURCH

2157 Cleveland Avenue, Fort Myers, 334-2161. Masses: Monday through Thursday 6:45 a.m.; Friday 6:45 and 11 a.m.; Saturday 4 p.m.; Sunday 6:45, 9:30 and 11 a.m., 12:15, 4 Creole and 6 p.m.

### SAINT JOHN THE APOSTLE

### METROPOLITAN COMMUNITY CHURCH

3049 McGregor Boulevard, Fort Myers, 344-0012. Pastor Reverend Steve Filizzi. An Affirming and Inclusive Congregation Sunday Services 10 a.m.

### SAINT MICHAEL LUTHERAN

### CHURCH & SCHOOL (LCMS)

3595 Broadway, Fort Myers, 939-1218, Worship: Saturday 5:30 p.m., Sunday 8 and 10:45 a.m. Bible Study for adults and children Sunday at 9:15 a.m.

### SAINT PETER LUTHERAN CHURCH

3751 Estero Boulevard, Fort Myers Beach, 463-4251, www.stpeterfmb.com. Sunday worship service at 9:30 a.m.

### SAINT NICHOLAS MONASTERY

Church and Bookstore. 111 Evergreen Road (southwest corner of Evergreen Road and Gail Street.) Liturgical services conducted in English and Church Slavonic; following the Julian (Old) Calendar. Liturgical Services Sundays and Holy Days 9:30 a.m. Holy Liturgy 0 a.m. Call to confirm service schedule: 997-2847; Bookstore 691-1775. www.saintnicholas-monastery.org.

### ST. VINCENT DE PAUL CATHOLIC COMMUNITY

13031 Palm Beach Boulevard (3 miles east of I75) East Fort Myers (across from Fort Myers Shores) 693-0818. 9 a.m. Tuesday through Friday. 4 p.m. Saturday, 9 and 11 a.m. Sunday.

### SOUTHWEST BAPTIST CHURCH

16940 McGregor Boulevard, Fort Myers, 454-3336. Robert G. Kasten Pastor. Sunday 11 a.m. Nursery 9:45 a.m. Sunday School all ages. Junior Church grades one to five. Wee Church Pre-K to K. Evening Service 6 p.m. Wednesday Service 6 p.m.

### TEMPLE BETHEL SYNAGOGUE

16225 Winkler Road Fort Myers. 433-0018, www.templebethel.com. rabbi.barras@templebethel.com. Rabbi Jeremy Barras, Cantor Victor Geigner, Religious School Director Dale Cohen, Learning Tree Director Jesyca Virnig, Office Manager Inna Vasser. Union For Reform Judaism Shabbat Service Friday 7:30 p.m., Torah Study Saturday 9:30 a.m. Religious School Wednesday 5:30 p.m. and Sunday 9:30 a.m. Learning Tree Monday through Friday. **TEMPLE JUDEA (CONSERVATIVE)** 14486 A&W Bulb Road, Fort Myers, 433-0201, Rabbi: Rabbi Marc Sack Minyan: Monday at 9 a.m. Religious Education: Sunday mornings and Wednesday evenings. Services Friday 6:30 p.m. and Saturday 9 a.m. www.tjswfl.org.

### THE NEW CHURCH

The New Church of SWFL, 10811 Sunset Plaza Circle #401, behind Zoomers. Reverend Gabriella Cahaley. Sundays 11 a.m. during the season. Other worship events on Fort Myers Beach. http://www.new-churchflorida.com. 481-5535.

### UNITARIAN UNIVERSALIST

### CHURCH FORT MYERS

13411 Shire Lane (off Daniels Parkway one mile west of I-75). Minister The Reverend Allison Farnum. Sunday services and religious education at 10:30 a.m. 561-2700. www.uucfm.org.

### UNITY OF BONITA SPRINGS

28285 Imperial Street, Bonita Springs. 947-3100. Family Service 10 to 11 a.m. Healing Circle 11 a.m. Hospitality and Fellowship, 11 a.m. Inspiring lesson, uplifting and dynamic music, meditation in a loving environment.

### UNITY OF FORT MYERS

11120 Ranchette Road, Fort Myers Sunday Services 9:15 and 11 a.m. Children's classes 11 a.m. Reverend Jim Rosemergy. 278-1511, www.unityoffortmyers.org. Our God is Love, Our Race is Human, Our Religion is Oneness

### WESTMINSTER PRESBYTERIAN CHURCH

9065 Ligon Court, Fort Myers, across from HealthPark Hospital, 481-2125. Senior Pastor Robert Brunson. Sunday 9:30 a.m. Sunday School for all ages. 11 a.m. Blended Worship. www.westminsterfortmyers.org

### WORD OF LIFE CHURCH

2120 Collier Avenue, Fort Myers. 274-8881. Sunday 10 a.m.; Wednesday 7 p.m. Bishop Gaspar and Michele Anastasi **ZION LUTHERAN CHURCH** 7401 Winkler Road, Fort Myers. 481-4040. Pastor Curtis Deterding. Sunday 8 a.m. Traditional, 10:45 a.m. Blended, 9:30 a.m. Educational Hour. www.zionfm.org.✪

## Hope Hospice Receives Grant For Veterans, Military Families Program

Hope Hospice, a program of Hope HealthCare Services, has been named the recipient of a three-year matching grant totaling \$192,000 to support its VALOR program from the AmeriCorps Legacy Corps for Veterans and Military Families, in collaboration with the University of Maryland Department of Health Services.

"We're extremely appreciative of both the grant and our partnership with the AmeriCorps Legacy Corps," said Samira K. Beckwith, president and CEO of Hope HealthCare Services. "Through all of Hope's programs, including the VALOR program, we are able to ensure our servicemen and servicewomen receive the loving care and support they deserve. It is our privilege to honor their dedication to our country as they fulfill life's journey."

Hope's VALOR program – Veteran's Access to Life Opportunities and Resources – collaborates with the Veterans Administration to help make arrangements for replacement medals, military funeral honors, burials in a VA national cemetery, and donations of artifacts to historical societies and museums. VALOR also provides emotional support through chaplains and counselors familiar with veterans' issues, including post traumatic stress disorder, anxiety, and other symptoms caused by combat or wartime experiences.

Through the AmeriCorps Legacy Corps program, Hope will recruit VALOR volunteers to provide respite care, disseminate veteran service information, create peer-to-peer networks for veterans, provide transportation for veterans and caregivers, and provide caregiver support.

To contribute to Hope's VALOR program or learn more about volunteer opportunities, call 482-4673.

Hope HealthCare Services provides specialized care for all people with complex needs related to life changing illness. Visit [www.HopeHCS.org](http://www.HopeHCS.org) for a full listing of programs and services.✪

## Lee Community Healthcare Receives \$1.5 Million Federal Grant

Lee Community Healthcare clinics will receive a \$1.5 million grant from the Agency for Healthcare Administration (AHCA) to expand primary care services, prevent misuse of emergency departments (ED) and avoid unnecessary hospital admissions. Lee Community Healthcare is affiliated with Lee Memorial Health System and provides primary medical care and social services to the uninsured and underinsured in the local community.

The grant will support Lee Community Healthcare in its endeavor to increase access to primary care, improve overall patient health, and enhance patient self-management of chronic illnesses through hiring additional physicians, ARNPs and support staff, and increasing the number of exam rooms and needed supplies.

During a 12-month period ending September 2015, over 5,800 of the total 17,035 Lee Community Healthcare clinic patient encounters have been individuals redirected from the ED where they presented with non-emergent medical issues.

Having Lee Community Healthcare embedded into a well-developed health care system gives them access to clinical and operational resources and promotes a continuum of care approach that includes a full range of multispecialty medical services, diagnostic care, functions that enable the delivery of quality care and in-patient hospital support.

The primary purpose of this close alliance is to provide patient care that is fully integrated into the local healthcare system in a way that results in improved overall health outcomes. Each patient becomes part of their healthcare team. Partnering with patients and managing their care with regularly scheduled visits reduces or eliminates the need for ED visits and hospital admissions.

For more information, visit [www.WeCareForLee.org](http://www.WeCareForLee.org), or your nearest Lee Community Healthcare. Locations include: Dunbar, 3511 Dr. Martin Luther King Jr. Boulevard, Suite B, Fort Myers, 343-4910; North Fort Myers, 13279 N. Cleveland Avenue, 652-4111; and Cape Coral, 1435 SE 8th Terrace, Suite E., 424-2757.

The primary care services grant awarded by AHCA will give more than \$28 million to 60 health organizations across the state. To view a complete listing of awardees, visit: <http://ahca.myflorida.com/>.✪

## Heights Foundation Seeks Donations For Thanksgiving Meal Outreach

The Heights Foundation is seeking organizations and individuals to participate in the Bountiful Blessings Thanksgiving Outreach. Since 1999, the program has helped families in the Harlem Heights neighborhood of Lee County make a traditional Thanksgiving meal to share with their families. In 2014, partner agencies, businesses, philanthropic organizations and more than 100 volunteers provided turkeys and groceries to more than 400 families.

"The Heights Foundation works to build strong, self-sufficient families in the Harlem Heights neighborhood. We can only do this because of the generous support of our neighbors who contribute their time and money to support our mission," said Kathryn

## Church Welcomes New Director

New Hope Presbyterian Church is welcoming Benjamin Ball as its new director of traditional music on Sunday, November 8 at the 8 and 9:30 a.m. traditional worship services.

Ball most recently served as the director of music ministries and organist at John Wesley United Methodist Church in Hagerstown, Maryland. He holds a bachelor of arts degree in church music and organ from Bridgewater College, where he double-majored in voice and organ, and earned a minor concentration in piano and composition. He earned his master of music in church music degree with an emphasis in organ at Shenandoah University's Conservatory of Music where he studied organ with Dr. Steven Cooksey, and was a recipient of the Cooksey-Parker excellence in organ award. He has served congregations throughout Virginia, North Carolina, and Maryland. He is active as a composer of sacred music and has a number of publications in print and works to cultivate



**Benjamin Ball**

new works for choir, organ and handbells.

New Hope Presbyterian Church is located at 3825 McGregor Boulevard in Fort Myers, just two blocks south of Fort Myers Country Club. Sunday worship services are 8 and 9:30 a.m. (traditional) and 11 a.m. (contemporary). Sunday morning and Wednesday evening classes are available for adults, youth and children. Nursery care is provided. For more information, call 274-1230 or visit the website at [www.newhopefortmyers.org](http://www.newhopefortmyers.org).✪

Kelly, president and CEO of the foundation. "Donations of food or Publix gift cards will help families in our community. Volunteers are needed on Saturday, November 21st and on the 22nd for the outreach event."

Items needed including turkeys or chickens, white rice, cranberry sauce, boxed potatoes, canned vegetables and canned gravy.

Donations can be dropped off Monday through Friday from 9 a.m. until 4 p.m. until Thursday, November 19. The outreach event will be held on Sunday, November 22.

Organizations and individuals interested in participating can contact Jody Callahan at 482-7706 or [Jody@heightsfoundation.org](mailto:Jody@heightsfoundation.org). All donations are tax deductible. Monetary donations can be made on the web at [www.heightsfoundation.org](http://www.heightsfoundation.org).

The Heights Foundation works to build self-sufficient families in the Harlem Heights neighborhood. The mission is to support education and wellness, promote family and community development, and provide the benefits of enrichment and the arts. The Heights Center, supported by The Heights Foundation, is a place for Education, Opportunity, and Enrichment.

Harlem Heights was originally settled as a rural agricultural community. Approximately 780 children live in a mixture of single-family homes and multi-family apartments. Demographically, the population is approximately 70 percent Hispanic, 20 percent African-American, and eight percent Caucasian. The poverty rate for children in Harlem Heights is more than twice the county average, with family income 40 percent below the county average. Families are not able to easily access family support services located in downtown Fort Myers, and benefit greatly from programs located within the neighborhood.✪

## The Interfaith Council Presents Religion And The Common Good

Peace Lutheran Church, Fort Myers, will feature religious leaders from the local community during an Interfaith Council of Southwest Florida program titled Religion and the Common Good, on Wednesday, November 18 from 11 a.m. to 2 p.m.

Featured speakers are: Sr. Carol Beevers, House of Prayer Retreat Center, Alva; Imam Mohammed Al-Darsani; Rabbi Marc Sack, Temple Judea; Fr James Reho, Lamb of God Lutheran Episcopal Adventure; and Pr. Walter Still, Peace Lutheran Church.

Reservations are required by November 16 by calling 437-2599. Lunch will be served, with vegetarian options available, for \$10 made payable to Peace Lutheran Church.

On November 22 at 2 p.m. Peace Lutheran Church will present Lee Van Asten & Friends, from St. Columbkille Parish, performing their favorites. Van Asten brings fun, friends, laughter and grand music. A freewill offering will be taken. A reception will immediately follow the concert.

December 6 at 3 p.m., the church will present Vivaldi's *Gloria*, under the direction of Ric Jaeggi, director of music of the festival choir, will be joined by soloists Eloise Meadows, Michelle Giesel, Carolyn Mijokovic and Kurt Chalgre. Introduction of the *Gloria* will be by Pastor Walter Still.

All are welcome to share the spiritual peacefulness and the playful optimism of the

continued on page 20

# Summer In November



by Capt. Matt Mitchell

Summer-like weather in November has the fish not knowing what to do. A week of record or near record highs brought our water temperature rebounding back

into the low 80s, giving anglers lots of fishing options both inshore and offshore. Most of my time on the water this week was either spent flats fishing for a great mixed bag of trout, mackerel and jacks, or running out a few miles into the gulf to fish the rampaging schools of Bonita.

Warming water has pushed the schools of Bonita and Spanish mackerel a little further offshore into the deeper cooler water from where they had been

in closer in to the beaches. Thirty to 35 feet of water straight out of Redfish Pass seemed to be the depth that these fish were most active. Running out into the gulf was a great option for anglers during the many really calm days we had all week. Run due west until you locate birds and feeding fish. Some of these easy-to-spot surface feeding schools are Spanish mackerel, then others like Bonita. The Bonita are really easy to spot as they are exploding on the surface, attracting lots of birds while they feed on the huge clouds of small baitfish.

Once you found the depth, the Bonita were feeding in, it was a matter of moving north to south to stay on the larger groups of feeding fish. This made for some crazy fast-paced fishing action. Running and gunning from school to school while firing small spoons and glass minnow jigs through the breaking fish resulted in lots of hook-ups. When these Bonita were not staying up on the surface for very long, I like to free-line a shiner and drift. This method caught lots of 'em too. If you have never caught a Bonita on light spinning gear, these fish are impressive, fighting really hard while mak-



Pam Murray from Pennsylvania with a Bonita caught out at Redfish Pass while fishing with Capt. Matt Mitchell this week

## Send Us Your Fish Tales

The River Weekly would like to hear from anglers about their catches. Send us details including tackle, bait and weather conditions, date of catch, species and weight, and include photographs with identification. Drop them at the River Weekly, 1609 Hendry Street, Suite 15, Fort Myers, Florida 33901, or email to [press@riverweekly.com](mailto:press@riverweekly.com).

ing multiple long drag screaming runs.

Action on the flats in the sound was also a good choice for fast paced action with a large variety of species caught while fishing live shiners under a popping cork. Trout and Spanish mackerel made up the majority of the action although small gag grouper and black sea bass were also caught in the mix. Depths from

three to five feet in clear moving water were most productive areas and, at times, this bite would just go off. Switching up to soft plastic jigs was a blast.

While fishing in Cedar Key a few weeks ago, a fellow guide turned me on to the Rainbow Plastic's B-52 popping cork. This is their go-to flats rig set up with a two- to three-foot leader, 1/4 ounce jig head and gulp shrimp. This hollow hard plastic bobber that moves up and down on a slide has BBs inside it and, unlike the typical foam popping cork rig, the BBs attract the fish even when you're not popping it, just from the motion of the waves. I have been using this plastic popping cork for the last few weeks and when fished next to a traditional Cajun Thunder set up, it just catches more fish and is a whole lot more durable than the styro popping cork rig.

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](mailto:captmattmitchell@aol.com).\*

## CLEAR YOUR GEAR It Catches More Than Fish



Discard fishing line responsibly/in designated receptacles



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Dave Doane

## CROW Case Of The Week:

## Common Snapping Turtle



by Patricia Molloy

Snapping turtles: the nightmare of every noodling redneck (if you do not know what noodling is, then you have nothing to fear). They are commonly found in large ponds, lakes, swamps, canals and rivers. More aquatic than most turtles, they seldom sun on the warm Florida soil but can be seen swimming near the surface of quiet bodies of water.

As a species, common snapping turtles (*Chelydra serpentina*) are approximately 40 million years old and are estimated to be the ancestors of 80 percent of modern turtles. An adult weighs an average of 45 pounds. However, there are records of these turtles tipping the scales at 70 pounds.

Early this month, a snapping turtle with a large carapacial (upper shell) fracture was rescued and admitted to CROW. Clinic staff recognized the all-too-familiar

signs of trauma caused by being hit by a car. "His fracture sight is pretty gnarly," said Dr. Molly.

A pain medication was immediately administered to make it more comfortable while its condition could be further evaluated. "His radiographs were fine and he's pretty mobile, even though (the fracture) is right along the spine. It's very fragmented with a lot of soft tissue exposure," the DVM intern continued.

Before being placed in a bathtub in the clinic's reptile room, topical antibiotics and bandages were applied to its wound and an anti-inflammatory was administered. After a just couple of days of rest and supportive care, the turtle was already showing signs of improvement. "The (swelling) has gone down and he's pretty active and alert, so we're just doing wet to dry (docking) for right now," said Dr. Molly.

Providing medical care to wild animals is undoubtedly very rewarding, but it does come with certain risks. Whenever feeding the snapping turtle, staff and students use extreme caution to avoid its large head and hooked jaw, as these turtles can be quite aggressive and have an extremely painful bite.

"He's pretty ferocious!" Dr. Molly said with a laugh.

CROW (Clinic for the Rehabilitation of Wildlife, Inc.) is a non-profit wildlife hospital providing veterinary care for



The snapping turtle, patient #15-3172, is temporarily dried-docked on a damp towel while its enclosure is being cleaned. Notice the large head and strong jaw of the turtle.

native and migratory wildlife from our local area. The hospital accepts patients seven days a week from 8 a.m. to 5

p.m. Mail donations to PO Box 150, Sanibel, FL 33957. Call 472-3644 or visit: [www.crowclinic.org](http://www.crowclinic.org).

## Gulf Coast Writers To Meet

Charles Sobczak, who lives and writes on Sanibel Island, will be the featured speaker at Gulf Coast Writers Association meeting on Saturday, November 21, from 10 a.m. to noon



Charles Sobczak

Note the alternate location, Covenant Presbyterian Church, 2439 McGregor Boulevard, Fort Myers.

Sobczak will speak on Writing About Nature. In 2010 he published a nature guide titled, *Living Sanibel – A Nature Guide to Sanibel and Captiva Islands*. The book quickly became the best-selling book on Sanibel and rose to #34 nationally on Amazon.com for nature guides during the winter of 2011. The book is currently in its second printing.

His latest nature guide, *The Living Gulf Coast – A Nature Guide to Southwest Florida*, won the Gold Medal Presidents Award for the best work of adult non-fiction, 2011, by the Florida Publishers Association. The book covers all the birds, mammals, reptiles and amphibians living within the six-county region as well as 161 parks, preserves and eco-destinations where residents and visitors can discover these birds and animals in the wild. To date, Indigo Press, his publishing company, has sold close to 100,000 books.

Sobczak has been a featured lecturer for the past decade with Road Scholars (formerly Elderhostel) based out of Boston, Massachusetts. He is one of only two authors in the county whose books (both from the Living series) are used as companion guides to their local programs, in this case Sanibel Island and Naples, Florida. He has done numerous powerpoint presentations for such diverse groups as The Conservancy of Southwest Florida, The Harvard Club and The Sarasota Sierra Club.

Members and first time visitors are admitted free; guests pay \$5.

More more information, go to [www.gulfwriters.org](http://www.gulfwriters.org) or call 247-4515

## Fort Myers Beach Yacht Club

The monthly meeting of the Fort Myers Beach Yacht Club will be held Wednesday, November 18 at the American Legion Post 274, 899 Buttonwood Drive, Fort Myers Beach. Dinner is available for \$12 per person. Social hour begins at 6 p.m., dinner at 7 and the membership meeting is from 8 to 9 p.m.

Potential new members wishing to attend any or all portions of the meeting are invited to call Membership Chairperson Pete Oiderma for required reservations and additional information, at 463-6240.

The club was formed in 1953 and incorporated as a not for profit organization for the purpose of promoting safe, enjoyable boating and good fellowship. This community oriented club, with over 110 members and 50 boats, maintains a very active schedule of year-round activi-

ties, both on and off the water, for members and guests.

Evening meetings are held once a month – usually on the 4th Wednesday at the American Legion Post 274 on San Carlos Island. Because the club does not have the expense of maintaining its own waterfront facility, dues are kept to \$150 per year per couple or \$75 for singles. To learn more about the club go to [www.FMBYachtClub.org](http://www.FMBYachtClub.org).

## Wharf Walk Returns To LaBelle

On Saturday, November 14, the City of LaBelle and the LaBelle Downtown Revitalization Corporation (LDRC), along with Arts of the Inland, invite the public to the 3rd annual Wharf Walk which will be held at the city wharf, on the banks of the Caloosahatchee in LaBelle's downtown walking district. The award winning Wharf Walk will be held from 5 to 9 p.m. This is a free event and was designed to create a casual adult atmosphere, offering unique food, beer and wine, local artists and live music.

Entertainment, featuring Beth Thompson performing live on the big stage, will set the mood as you browse through the artists' booths. Local food vendors will entice you with specialty foods from their establishments, supplying a well-rounded menu for your dining pleasure, along with a selection of beer and wine. When you've made your dining selections, have a seat under the lighted oaks, relax, eat and listen to the music. The Admiral's Deck will also be available with after dinner cigars.

Through the work of LDRC, in cooperation with the City of Labelle, the revitalization project was designated by Secretary of State Ken Detzner as part of the Florida Main Street program and received three merit awards at this year's Main Street Annual Conference: Outstanding Special Event, Wharf Walk 2015; Outstanding Membership/Fundraising Effort, Fort Thompson Parklet; and Outstanding Business of the Year, Caloosa Belle, for promotion and marketing.

## Local Waters/Local Charts Class

The San Carlos Bay Sail & Power Squadron, a unit of the United States Power Squadrons, will be offering the popular Local Waters/Local Charts class. The class will be held on Saturday, November 14 from 8:15 a.m. to 12:30 p.m. The class is directed towards new boaters and boaters new to the area, as well as those wishing to learn chart reading. It provides the boater with some of the basics of navigation, oriented to the Fort Myers area.

The class will be taught at the San Carlos Bay Sail & Power Squadron classroom, located at 16048 San Carlos Blvd. (at the corner of Kelly Road, across from ACE Hardware). Enrollment is limited and advance registration is required. Students can register online at [www.scbps.com](http://www.scbps.com) or by calling 466-4040. Students will be using chart #11427 and must bring this chart to class. Information on how to obtain the right chart can be found on the squadron's website.

Plant Smart

# Flamingo Feather



**The spikes hold hundreds of small flowers**

ranth family and native to Madagascar. While the flowers are certainly showy, the pinkish or purplish lance-like leaves have ornamental value as well.

This plant grows somewhat upright and usually reaches two to three feet high with a spread of about two feet.

Florida's hot humid weather suits this plant, so it's easy to grow and can be propagated with seeds.

Give it full sun and consistently moist well-drained soil. The vividly colored flowers can be used to make cut or dried arrangements.

Flamingo feather can also be grown in pots.

Groups of other celosia cultivars include Cristata, which comes in various bizarre shapes and brilliant colors; Plumosa, with plume-like flowerheads; and Childsii, with rounded twisted shapes.

**Flamingo feather is liked for its brightly colored flower spikes** photos by Gerri Reaves by Gerri Reaves

It's easy to see how flamingo feather (*Celosia spicata*) gets its name – from the cylindrical spikes of silver-pink or silver-violet.

It is also called cockscomb because of its chaffy spike densely packed with wheat-like flowers.

This annual is a member of the ama-

Sources: floridata.com, gardening.cornell.edu and plantbook.org.

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

## Davis Botanical Garden Tour And Open House

Garden enthusiasts are invited to a free open house at the Berne Davis Botanical Garden on Saturday, November 21, from 10 a.m. to 2 p.m., at 2166 Virginia Avenue, Fort Myers. Those attending will be able to meet with local garden clubs and plant societies along with having a garden tour. There is no charge for attending and

parking is free. Enter from the Edison-Ford Winter Estates back parking lot on Larchmont Avenue, off McGregor Boulevard.

As in previous years, this event coincides with the Edison Garden Market, which will be held at the Edison and Ford Winter Estates the same weekend. All member clubs and societies of the Garden Council are being invited to participate. Plants and garden-related items will be available for purchase and members will provide demonstrations and displays.

The Garden Council provides free tours of the Berne Davis Botanical Garden every Tuesday from 10 a.m. to 1 p.m. The garden is open to the public at no charge, or arrangements may be made for a private tour by calling 332-4942.

The Fort Myers-Lee County Garden Council was formed in 1957 and now comprises various clubs, societies, and affiliate members in the area. Membership provides an opportunity to learn about floral design, growing plants suitable for our locale, and conservation methods. The council assists in educating and beautifying the community, and improving the environment. A speakers bureau provides speakers for meetings and events. The council is a member of the National Garden Clubs, the Florida Federation of Garden Clubs and American Public Gardens Association.

For additional information about the council, contact the president, Kay Holloway, 332-0294, or email [fmlc-gcpres@embarqmail.com](mailto:fmlc-gcpres@embarqmail.com).\*



## Free Organic Urban Farming Workshop

On Saturday, November 14, local grower and master gardener Millisa Bell will take the stage at the Alliance for the Arts GreenMarket to present a free Organic Gardening workshop beginning at 10:30 a.m. The market presents these Urban Farming workshops on the second Saturday of every month year round.

Born in Florida, and with many years of local growing experience, Bell will discuss proven crops and varieties that are well suited to Southwest Florida, important knowledge for any organic grower. She is well-versed in local conditions and aspiring gardeners can learn about

specific challenges and opportunities our area affords.

Bell is a through and through farmer, so she can provide valuable guidance in areas as diverse healthy soil, organic pest control, and plant propagation. The Alliance GreenMarket hopes residents interested in a more sustainable approach to life will take advantage of this free opportunity. A Q&A will follow the presentation, so specific questions can be addressed.

The Urban Farming workshops on the second Saturday of every month are free, but small contributions are welcome. Visit [ArtInLee.org](http://ArtInLee.org) or call 939-2787 to learn more. Now in its fifth year, the Alliance GreenMarket works to support local growers, bakers and artisans. It hosts a variety of sustainability oriented activities and runs year round on Saturdays from 9 a.m. to 1 p.m.



**Local grower Millisa Bell at the Alliance GreenMarket**



**Local and organic carrots grown at Green Paradise Eco Farm, another GreenMarket vendor**

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

Our email address is [press@riverweekly.com](mailto:press@riverweekly.com)



**Urban Farming workshops at the Alliance GreenMarket are free and no registration is required**

From page 1

## Golfers Join Festival For Kids

Fan Favorite. She competed in five full seasons on the LPGA Symetra Tour with a T2 best finish.

Talley has been on the Symetra Tour since 2013, when she finished in 19th. She has earned more than \$60,000 on the tour.

The festival will take place from 10 a.m. to 10 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 five.

Sponsored by Alliance Financial Group and Alico Family Golf, the festival 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 in Southwest Florida. The First Tee Lee County is also a sponsor.

The festival was moved this year from Centennial Park to Alico Family Golf in order to provide more activities for families.

For more information, contact Kathy Bongiorno at Alliance Financial Group at 561-2900 or [info@kidshelpingkidsswfl.org](mailto:info@kidshelpingkidsswfl.org).✱



Carlo and Patricia Cicero

## Gala Raises \$75,000

The Uncommon Friends Foundation's annual Uncommon Evening fundraiser raised \$75,000 for its mission to promote character education in local schools, business ethics in the workplace and historic preservation of the Burroughs Home and James Newton Archives. More than 350 people attended the 1920s themed



Max Dean and Angela Pruitt

event which was chaired by Uncommon Friends Foundation board member Marilyn Stout.

The gala was held for the first time in the new Gale McBride Pavilion at the historic Burroughs Home & Gardens estate on the riverfront in downtown Fort Myers. During the evening, 19 students were recognized as winners of scholarships, Pinewoods Elementary School teacher Pat Cicero was honored as the Uncommon Friends Champion teacher, and CRS Technology Consultants was awarded the 2015 Business Ethics Award.✱



Mike and Karen Flanders



Nina and Don Paight

## Conservancy Presents 2nd Annual Water Works Luncheon January 20



Joel Bourne, journalist for *National Geographic* and keynote speaker for the 2014 Water Works Luncheon, with Jeannie Meg Smith and Christopher Smith at last year's event

The Conservancy of Southwest Florida will host its 2nd annual Water Works Luncheon, an event which advocates for Southwest Florida's most valuable natural resource, water. The fundraising event will be held on Wednesday, January 20 at 11:30 a.m. at Naples Yacht Club, located at 700 14th Avenue South in Naples. The event will feature a meet and greet with the featured speaker and organization staff, served lunch and keynote presentation by Sandra Postel, National Geographic Freshwater Fellow and founder of the Global Water Policy Project. Proceeds from the luncheon will support the Conservancy of Southwest Florida's efforts to protect water quality, fisheries and estuaries in Southwest Florida.

With more than 25 years of experience working to resolve water challenges, Postel is an expert on international freshwater issues and related ecosystems. An award-winning author, Postel has developed books, scholarly articles and popular writings on fresh



Dolph and Sharon von Arx were among the 250 people in attendance at the inaugural Water Works Luncheon event in 2014



Sandra Postel, National Geographic Freshwater Fellow and founder of the Global Water Policy Project, will speak at this year's luncheon on January 20

water, and also serves as Freshwater Fellow for the National Geographic Society. Postel founded the Global Water Policy Project in 1994, dedicating the organization to advocating for the protection and sustainable consumption of the world's freshwater supply.

"Clean water is essential to all life, and is truly the foundation of Southwest Florida and its economy. Our annual Water Works Luncheon offers an engaging environment that provides participants with the opportunity to learn more about the Conservancy's efforts, converse with like-minded individuals and to get involved in protecting the clean water supply in Southwest Florida," said Rob Moher, president and CEO of the Conservancy of Southwest Florida. "It is up to our community to protect this natural resource and preserve it for future generations. We look forward to encouraging our community to make a difference in Southwest Florida."

The presenting sponsor of the Water Works event is The Naples Trust Company, and supporting sponsors are Naples Yacht Club, Prestige Printing and Waller Financial Planning Group. For more information, or to purchase your seat at the upcoming Water Works Luncheon, visit [www.conservancy.org/water-works](http://www.conservancy.org/water-works) or call 430-2466.✱

## Symphony Welcomes New Staff

The Southwest Florida Symphony, Lee County's only professional orchestra and one of the oldest symphony orchestras on Florida's Gulf Coast, welcomes several new administrative staff members this season. As its performance schedule continues to grow and its artistic footprint expands into other markets throughout Florida, the need arose for additional administrative support for the orchestra.

"At the end of last season, we felt some growing pains as a result of lengthening our season and putting more musicians onstage in more places," said Amy Ginsburg Padilla, the symphony's executive director. "Having overflowing plates is a very good problem to have, but we felt that because of the orchestra's financial health and our desire to continue to grow, the time was right to bring the appropriate staff on board." Even with the addition of these new staff members, the symphony managed to keep its payroll level with last year. The following positions were filled within the past 12 months:

### Artistic Administrator, Ernie Toplis

Ernie Toplis has a Bachelor's Degree in Music Education from the University of Cincinnati College-Conservatory of Music. After graduating, Toplis enlisted in the United States Air Force (USAF) where he served for 20 years performing in the Air Force Band Program ending his career as Chief of Operations for the USAF Band in Washington DC. Upon retirement he went to work for the Cincinnati Symphony Orchestra (CSO). There, in addition to General Manager of Music Hall, he worked for Erich Kunzel and the Cincinnati Pops Orchestra as Pops Manager. In addition, Toplis spent several years as director of operations for the Aspen Music Festival and School as well as working in different capacities with orchestras such as the Lansing Symphony and the Philadelphia Orchestra.

### Personnel Manager, Shane Wedel

Shane Wedel plays second oboe and English horn with the Southwest Florida Symphony and has recently accepted its personnel manager position. Born in Montana and raised in Spokane, Washington, Wedel has a Bachelor of Music degree in oboe performance from the University of Cincinnati-College Conservatory of Music and a Master of Music degree from the prestigious Shepherd School of Music at Rice University in Houston. Music has taken Wedel all over the world; in addition to North America, he has performed in Asia, Europe and Central America. Wedel has been living on Florida's Gulf coast since 2013. He is an active freelancer, having played with such ensembles as Sarasota Opera, Florida Grand Opera, Naples Philharmonic, Sarasota Orchestra and the Florida Orchestra.

### Scott Osler, Finance Director

A Connecticut native, Osler attended Babson College in Massachusetts. He



Ernie Toplis



Shane Wedel

married his wife of 41 years, and they raised a family outside of Boston. Osler joined Polaroid Corporation after earning an MBA and fulfilled a variety of financial roles during his 32-year career. He continues as the treasurer of the Polaroid Retirees Association. Osler has been with the symphony for 18 months. His favorite classical composer is Jimmy Buffett.

### Dr. David Cole, Principal Librarian

Dr. David C. Cole serves as the Youth Symphony conductor for the Southwest Florida Symphony Youth Orchestra program and as Principal Librarian for the Southwest Florida Symphony. In 2014, he led the Youth Symphony in their first appearance at Carnegie Hall, and in 2016 he will conduct the ensemble at the Capital Orchestra Festival at the Kennedy Center in Washington, D.C. His recent guest conducting appearances include concerts with the Marquette Symphony (Michigan), the Colombian National Conservatory Orchestra, the Pleven Philharmonic (Bulgaria), the Orquestra de Camera de Bellas Artes (Mexico City), the Baylor Symphony Orchestra, the El Alto Municipal Youth Orchestra (Bolivia) and the Cincinnati Metropolitan Orchestra.

Cole has previously led the orchestra programs at universities in Florida, Texas, Utah, Kentucky and Michigan and taught orchestra and strings in the Waco, Texas public schools. He holds music degrees from West Virginia University, The University of Iowa, Baylor University and The University of Arizona. In 2001, he was selected as one of four conductors to record the national anthems heard during the Medals Ceremonies at the 2002 Salt Lake City Winter Olympics. Cole has assisted in the training of young conductors through lessons and master classes in Colombia, Mexico, Bolivia and Texas. He appears frequently as guest conductor and orchestra clinician with youth orchestras and high school groups throughout the United States.

### Cheryle Naberhaus, Associate Librarian

Cheryle F. Naberhaus, a graduate of East Carolina and Southern Methodist Universities, has been a highly respected French horn player from a young age. She has been a guest soloist, featured artist and guest lecturer/clinician on many occasions. Her musical travels have allowed her the privilege of working with some of the world's best hornists such as Greg Hustis, Barry Tuckwell, Eric Ruske, and Dale Clevenger. She has performed with numerous orchestras and may be heard on recordings with the Dallas Symphony, Bee Gees, Ray Charles, and award-winning independent films.



Scott Osler



Dr. David Cole

Naberhaus currently plays with several area orchestras and the rock band No Outlet. She is very happy to be returning to the Southwest Florida Symphony where she previously held positions as principal horn and music librarian.

### Joanna Lindsey, Box Office Manager

Joanna Lindsey has a BA in Music Education from Campbellsville University in Kentucky. Rather than teaching, she found herself an arts administrator as House Manager at Clowes Memorial Hall at Butler University in Indianapolis, Indiana followed by a move to Fort Myers where she secured a Box Office Reservationist position at Broadway Palm Dinner Theatre and shortly thereafter became the Group Sales Manager. Taking a 10-year hiatus from Florida's heat, she headed back to Kentucky for family concerns and worked as Box Office Manager for LexArts at the Downtown Arts Center in downtown Lexington. While there she orchestrated a summer program for children featuring puppet shows, musicians and other kid-friendly performers. She also developed working relationships with a variety of theatre, music and dance groups in the Lexington community. Upon her return to Southwest Florida, she now is glad to be Box Office Manager at Southwest Florida Symphony.

### Southwest Florida Symphony General Information

The Southwest Florida Symphony is the only professional orchestra in Lee County and the one of the oldest on Florida's Gulf Coast. It enters its 55th season this year, having made its debut as a community orchestra on April 15, 1961. Conducted by Arlo Deibler, the Symphony began its life as a community orchestra and its original roster consisted of 24 musicians. It performed in community centers and schools throughout Lee and Collier Counties. It has since grown to become Lee County's only professional symphony orchestra, filling Barbara B. Mann Performing Arts Hall with symphonic music enthusiasts and a roster consisting of more than 65 world-class musicians. The Southwest Florida Symphony's 55th year promises to be a season of continued enthusiasm as internationally acclaimed Maestro Nir Kabaretti leads the symphony into another season of blockbuster performances. Maestro Kabaretti is the fifth music director in the organization's history. His presence and caliber of musicality garnered record-setting attendance at many of the symphony's 2014-15 Masterworks Concerts. The Southwest Florida Symphony's mission is to celebrate the joy of music and to inspire audiences with



Cheryle Naberhaus



Joanna Lindsey

a variety of quality concerts performed by professional musicians that are accessible to all.

This season features the Southwest Florida Symphony's signature Masterworks Classical Concert Series, entitled *A Symphonic Storybook* (November 21, Carmina Burana; January 23, One Thousand and One Nights; February 13, Love Triangle; March 5, A Night at the Opera; and April 2 and 3, The Shakespeare Experience), a special Holiday Pops concert entitled *The Holidays in Paradise* on December 16 and 17 at Flagler College in St. Augustine, December 19 at Barbara B. Mann Performing Arts Hall, December 20 at BIG ARTS on Sanibel and December 21 at The Village Church at Shell Point; its Pops Series (*Rodgers & Hammerstein Celebration* on January 8 and 9; *A Night at the Oscars* on February 5 and 6; and *My Sinatra* on April 2 and 3), a chamber series called Small Stage Symphonies, performed at BIG ARTS on Sanibel Island (January 13, February 3 and March 23), Faith Presbyterian Church in Cape Coral (January 15 and March 22), The Village Church at Shell Point (January 14 and February 4), and at the Sidney & Berne Davis Arts Center (March 23).\*

### Lake Kennedy Senior Center

## Turkey Bingo November 22

It's time for some Turkey Bingo fun at Lake Kennedy Senior Center on November 22. Doors open at 3 p.m. and Bingo Starts at 3:30 p.m.

This event offers a unique twist to this ever popular pastime. For \$10, each person receives sheets for 10 Bingo games. The prizes include Publix turkey dinners that serve six to eight persons, traditional trimmings baskets and traditional pies. Each person could win only one of each prize.

Participating community partners include D. Gates Wealth Management, Right at Home, Griswold Homecare, Choices in Living Adult Daycare, and Medical Claim Services. Snacks and beverages will be served.

Contact Lake Kennedy Center 574-0575 for further information. The center is at 400 Santa Barbara Boulevard.\*

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# Shell Point Hosts Healthcare Speaker Series

Modern medicine is constantly evolving, and it can be challenging to keep track of leading-edge techniques in research and healthcare practice. With this in mind, Shell Point Retirement Community has launched an annual community healthcare speaker series – called Medical Breakthroughs & Discoveries – as a resource for residents in the greater Fort Myers area.

Hosted by the Shell Point Health Connection program, in conjunction with The Legacy Foundation at Shell Point, this educational series features prominent local and national experts who will address recent advances in the fields of cardiology, healthcare developments in Southwest Florida, oncology and Alzheimer’s research.

All four Medical Breakthroughs & Discoveries presentations are free to the public, and will be held in The Village Church Auditorium at Shell Point, located at 15100 Shell Point Boulevard in Fort Myers. Sign up is required by calling 433-7936.

The Medical Breakthroughs & Discoveries series will kick off with Minimally Invasive Heart Surgery on November 18 at 2:15 p.m. Hear from Paul DiGiorgi, MD, FACS, a leading cardiothoracic surgeon from Lee Memorial Health System. DiGiorgi will describe



Dr. Paul DiGiorgi photo courtesy Shell Point

the latest in minimally invasive heart procedures, including the Maze Procedure for the treatment of atrial fibrillation. Following the speaker’s presentation, a panel of experts will provide additional information about heart health. This event is free, but reservations are required by calling 433-7936.

Dr. DiGiorgi’s vision for the local Shipley Cardiothoracic Center of Innovation, Education, and Research is designed to transform the delivery of healthcare to cardiothoracic patients in Southwest Florida. He is part of an internationally recognized group of physicians

awarded the highest quality rating from the Society of Thoracic Surgeons for coronary artery bypass surgery in 2014.

Additional Speaker Series lectures will be held on:

- Wednesday, January 13, 10:15 a.m. – The State of Healthcare in Southwest Florida
- Thursday, February 25, 2:15 p.m. – Skin Cancer: Emerging Targeted Therapies for Melanoma
- Thursday, March 17, 2:15 p.m. –

Alzheimer’s Disease: Quest for a Cure – Treatment & Research Advances

The 2015-16 season of Medical Breakthroughs & Discoveries presentations is sponsored in part by Lee Memorial Health Foundation; The News-Press Media Group; Henderson, Franklin, Starnes & Holt, P.A.; and UBS Genesis Wealth Management.

To learn more about Shell Point, visit [www.shellpoint.org](http://www.shellpoint.org) or call 1-800-780-1131.\*



The Symphonic Corale of Southwest Florida

## Symphony Opens Season With Chorale And Mastersingers

The Southwest Florida Symphony opens its 55th anniversary season in collaboration with two of Lee County’s largest choral organizations; the Symphonic Chorale of Southwest Florida and the Fort Myers Symphonic Mastersingers. This performance boasts more than 220 musicians and singers combined onstage for a breathtaking performance of *Carmina Burana*. “Collaborative performances, particularly with other music organizations, are the ultimate way to share a love of great music,” said the symphony’s acting executive director, Amy Ginsburg Padilla. “Plus, it gives us all an opportunity to grow; exposing our respective audiences to

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# Community Foundation's Women's Legacy Fund Holds Fall Luncheon



Barbara Bacon and Diana Willis



Barbara Yeomans



Genelle Grant, Karen Benson, Christina Harris Schwinn, Nina Paight, Marta Matias, Jane de Lisser, Aline Flynn and Tina Parker

The Women's Legacy Fund hosted its fall luncheon on October 22 at Miromar Lakes Beach & Golf Club. Yajaida Vasquez, ARNP, served as the keynote speaker and shared her journey from experiencing homelessness to opening a healthcare clinic that serves women and families in Southwest Florida. A Community Foundation scholarship recipient, Vasquez is a first-generation college graduate and community change-maker.

The luncheon also featured the 2015 WLF grant check presentation and an Angels Tribute.

The WLF presented \$22,675.92 to Dr. Genelle Grant of the Happehatchee Center, which will be used for Happehatchee Center's Working to Improve with Self Employment (WISE) Women program, a program that focuses on women in the San Carlos Park neighborhood of South Fort Myers and the Covered Wagon Trailer Park in Estero. Instructors from Happehatchee and the GRACE Project, as well as invited teachers and planned field trips, will provide programs on personal health, self-exams for cancer detection, infectious diseases information, agencies that provide screening, cake making and decorating (including field trips to bakeries and supply stores), sewing and clothing alteration skills (including visits to tailors), reproductive health, family planning; yoga, meditation, visualization and acupressure for self-healing; financial literacy, budgets, income/expense planning for self-employment, use of public transportation, nutrition and food shopping, and more.

Three angel tributes were also announced. Gloria Whitesman, Honey Costa and



Gloria Whitesman and Ava Rader



Honey and Lucy Costa



Carolyn Conant and Lucy Costa



Chris Rahmings and Marie Ackford



Elaine Hawkins and Melissa Cofta



Dawn Marie Driscoll, Julie Ben-Susan and Rusty Brown



Kathryn Kelly and Debra Mathinos



Robbie Roepstorff and Lynn Schneider

posthumously Jean and John Hawker are the Legacy Fund's newest angels. The Angel honorary designation is for mothers, sisters, aunts, daughters, grandchildren, friends, loved ones and community leaders, either living or deceased, who have had a special impact on the lives of those around them. WLF members can make the special women in their lives a WLF Angel with a minimum contribution of \$1,000 in their name.



Sarah Owen, Yajaida and Ambar Vasquez and Jackie Pino

A fund of the Southwest Florida Community Foundation, the Women's Legacy Fund is a group of women who foster the immersion of women in philanthropy and develop the region's next philanthropic leaders. In eight years of existence, the WLF has been able to provide \$100,000 in grants to benefit people and communities in Southwest Florida. Currently, the Fund has nearly \$400,000 in endowment that will continue to help fund local issues now and in the future.

Contributors to the WLF give a minimum of \$250 each year (\$100 for women younger than 25). The first half of contributions is pooled for the purpose of immediate annual grants, while the second half is pooled into the WLF's endowment fund, which provides additional grants to be made both now and in years to come. Prima Donors are local women who have contributed \$10,000 or more to the WLF endowment and are committed to making an impact in their community through charitable giving.

For more information about the Southwest Florida Community Foundation, call 274-5900 or visit [www.floridacommunity.com](http://www.floridacommunity.com).\*

# Stellar Lineup Of Top Golf Pros To Compete Next Month In Greg Norman's 27th Shark Shootout

by Ed Frank



The longest running post-season golf tournament in PGA history, Greg Norman's Franklin Templeton Shootout, returns to Naples next month featuring seven of the top players in the world, including two current reigning Major champions, Zach Johnson and Jason Day.

The December 7 to 12 Shark Shootout will mark its 27th year running, the 15th consecutive at the Tiburon Golf Club in Naples.

Norman recently announced the 12 two-man teams that will compete for the \$3.1 million purse. Returning to defend their 2014 title are Jason Day, the current PGA champion, and partner Cameron Triangle.

Sure to challenge Day and Triangle is the team of Zach Johnson, this year's U.S. Open winner, and his partner Patrick Rogers.

In total, the field includes seven of the top 30 ranked professional golfers in the world; eight players who collectively won 12 tournaments this year, two past FedEx Cup champions and seven participants in the 2015 President's Cup.

Day and Triangle's wire-to-wire win a year ago of 32 under par was just a single stroke better than the 2013 winning team of Matt Kuchar and Harris English.

This year's winning team will split the first-place prize of \$770,000.

The shootout has a different format each day starting with Thursday's scramble, Friday's alternate shot and Saturday's final round of better ball competition. FOX will televise Saturday's play with the Golf Channel carrying the first two rounds.

As was the case last year, the three-day competition will conclude on Saturday instead of Sunday due to FOX's NFL commitment on Sunday.

In the long history of this popular event, Norman has raised more than \$10 million for CureSearch for Children's Cancer. This nationwide organization works to accelerate the cure for the disease, to fund clinical trials and to provide resources for cancer research.

The following are the two-man teams that will compete here next month in the popular tournament:

Jason Day and Cameron Triangle; Harris English and Matt Kucher; Zack Johnson and Patrick Rodgers; Graeme McDowell and Gary Woodland; Daniel Berger and Charley Hoffman; Billy Horschel and Hunter Mahan; Sean O'Hair and Mike Weir; J.B. Holmes and Patrick Reed; Retief Goosen and Danny Lee; Kenny Perry and Steve Stricker; Charles Howell III and Rory Sabbatini; Jason Dufner and Brandt Snedeker.

## First-Place Everblades Begin Five-Game Homestand

With an 8-4 season record starting this week, the Florida Everblades begin a five-game homestand tonight at Germain Arena in Estero when they face Idaho at 7:30 p.m. The same two teams meet again Saturday with a 7 p.m. start.

The early season success of the Everblades has them in first-place in the ECHL South Division.

Following the weekend series against Idaho, the Everblades will be home for three games next week, Wednesday, Friday and Saturday against Wheeling.✪

# Rotary All-Star Football Classic Next Month Features North Vs South

Rotary Club of Fort Myers South will hold its 27th annual Rotary South All-Star Classic from December 7 to 9. The 3-day event kicks off at 6 p.m. on Monday, December 7 at Broadway Palm Dinner Theatre in Fort Myers, with the recognition and awards banquet honoring Lee County's top senior football players and cheerleaders.

On Tuesday, December 8, area youth, ages six to 14, are invited to a free Miami Dolphins Youth Football Clinic at Fort Myers High School at 6 p.m. On Wednesday, December 9, the popular football game between North and South high school all-star players will take place at Fort Myers High School's Sam Sirianni Field in Edison Stadium.

The annual All-Star Classic football game showcases the best senior players from across Lee County's public and private high school football teams. Participating players and cheerleaders are nominated by their head coaches and become eligible to receive recognition as an MVP or scholar-athlete. The players come together on teams, competing against each other as North vs. South, representing one of the final challenges these players will face in their high school football careers. Each of the players and cheerleaders are presented with a customized commemorative ring or charm.

Sanibel resident and football enthusiast John Carrigan founded the Rotary South All-Star Classic in 1989. This event was the first countywide organized football game in the state of Florida. Carrigan's vision of football paired with fundraising has continued since then under the continued leadership of Rotary South. Proceeds from the event are used to support college scholarships as well as grants for local community organizations.

"Every year this fun event is well attended by the Southwest Florida community, helping to raise funds for scholarships and give talented local players a chance to shine," says Gerry Poppe, president-elect of Rotary Club of Fort Myers South.

The club is currently seeking donations and sponsors to help cover the cost of this annual event. Area businesses or individuals can sponsor the event, a team, a player or a cheerleader. There are also opportunities to advertise in the event program featuring the student athletes who are being honored.

For more information on sponsorship or ticket sales, contact Poppe at gerry.poppe@water.net or call 939-6222.✪

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# Symphony Opens Season

what we each have to offer as individual organizations. Everyone wins." The Santa Barbara Symphony, also led by Maestro Kabaretti, collaborated in much the same way with the Santa Barbara Choral Society and the State Street Ballet Theater in mid-October of this year for its season opener and sold out two performances.

*Carmina Burana* with the Symphonic Chorale of Southwest Florida and the Fort Myers Symphonic Mastersingers will be on Saturday, November 21 at Barbara B. Mann Performing Arts Hall at 8 p.m. Prior to the performance, at 7 p.m., patrons are invited to attend a conductor led pre-concert lecture. These lectures are offered in order to better educate audiences about the pieces being performed. Tickets are between \$24 and \$84 per person and may be purchased online at [www.swflso.org](http://www.swflso.org), by visiting the Southwest Florida Symphony Box Office located at 8290 College Parkway, Suite 103 in Fort Myers, by calling the symphony box office at 418-1500 or at the door, prior to the concert. Barbara B. Mann Performing Arts Hall is located at 13350 FSW Parkway in Fort Myers.✪

# City Of Palms Classic Tickets On Sale

The wait is almost over for basketball fans watching the 43rd annual Culligan City of Palms Classic's online countdown, but the time is now to get tickets for the preeminent high school tournament, to be held at Bishop Verot Catholic High School in Fort Myers Friday through Wednesday, December 18 to 23.

As the top high school basketball tournament in the United States, the Culligan City of Palms Classic brings teams from as far away as Oregon (West Linn High), Missouri (Chaminade College Prep and Father Tolton Catholic), Ohio (Westerville South High) and Ontario (Athlete Institute). These outstanding athletes will take to the hardwood alongside teams from the Sunshine State: Montverde Academy, Bartow High and Southwest Florida's own Lehigh Senior High and Charlotte High.

The crowd will be treated to the on-court prowess of players such as Class of 2016 Hoop Scoop #1 player Thon Maker (The Athlete Institute, Ontario); Class of 2016 ESPN #2 player Jayson Tatum (Chaminade, St. Louis, Missouri); Class of 2016 ESPN #6 player Edryce "Bam" Adebayo (High Point Christian, High Point, North Carolina); Class of

2016 ESPN #11 player Lonzo Ball (Chino Hills, Chino Hills, California); Class of 2016 Hoop Scoop #10 player Udoka Azubuike (Potter's House Christian, Jacksonville, Florida); and Class of 2017 ESPN #3 player Michael Porter (Father Tolton, Columbia, Missouri).

Culligan returns for its third year as Title Sponsor, and Enterprise Rent-A-Car is Presenting Sponsor for the second year.

No fees are collected from players and teams, and Classic Basketball Inc., a 501(c)3 not-for-profit corporation that acts as a foundation for the tournament, covers all expenses for the players. For many of the players, the tournament represents their first opportunity to travel outside their own city.

More than 530 Culligan City of Palms players have advanced to NCAA Division I competition, with more than 60 advancing to play professionally in the NBA. Hundreds of coaches and scouts at every level use this venue for recruiting.

For more information, including a complete lineup of the teams scheduled to play in this year's tournament and to purchase tickets, visit [www.cityofpalmsclassic.com](http://www.cityofpalmsclassic.com).✪

# Family Math Night At FSW

The Florida SouthWestern State College (FSW) School of Education presents Family Math Night on Tuesday, November 17, from 5:45 to 7:30 p.m., in Building U at the FSW Thomas Edison Campus, 8099 College Parkway, Fort Myers.

Students in Kindergarten through the fifth grade are encouraged to attend this free family-oriented event centered on fun math games.

The purpose of the event is to show students and parents that math is fun. Attending families will play games created by FSW School of Education teacher candidates. This event is open to the public. Students are encouraged to register at [familymathnight@fsw.edu](mailto:familymathnight@fsw.edu).

"Learning mathematics successfully requires a joint effort between home and school," said Mary Robertson, FSW professor of mathematics education. "College research shows students that work cooperatively with their parents have higher academic achievement."

For more information about Family Math Night at FSW, contact Robertson at 432-5212 or [mary.robertson@fsw.edu](mailto:mary.robertson@fsw.edu).✪

Send your  
editorial copy to:  
[press@riverweekly.com](mailto:press@riverweekly.com)

# Heights Foundation Hosts Altitude Adjustment Party



Linda and Wayne Boyd, Mike and Debbie Burns, Dede and Bro D'Arcy

The Heights Foundation hosted an Altitude Adjustment Party to kick off the Over The Edge Rappelling event at The Hyatt Regency Coconut Point on October 23. Guests enjoyed "liquid courage" cocktails, hors d'oeuvres, music, live and silent auction items and had the opportunity to watch local celebrities rappel 17 stories down the Hyatt. The Over The Edge event raised \$90,000 to benefit School Success programs for at-risk kids in the Harlem Heights community.

The Heights Foundation works to build self-sufficient families in the Harlem Heights neighborhood. The mission is to support education and wellness, promote family and community development, and provide the benefits of enrichment and the arts. The Heights Center, supported by The Heights Foundation, is a place for education, opportunity and enrichment.

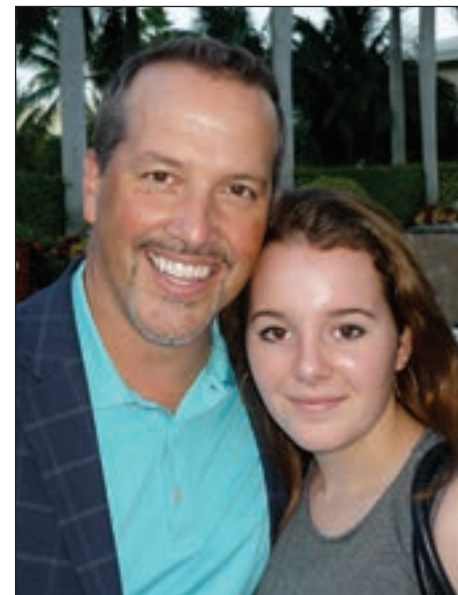
For more information, visit [www.heightsfoundation.org](http://www.heightsfoundation.org) or call 482-7706.\*



Celebrity rappellers Ryan Love, Ron Agypt, Gary Tasman, Dede D'Arcy, Mark Loren, Mike Jung and Jason Gunter



Celebrity rappeller Mark Loren with Marc Collins



Charlie and Naomi Ingram

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## MOAA Meeting

prepared remarks.

The cost for the buffet breakfast is \$10, payable at the door. Reservations are requested and may be made by contacting Dixie Buick, 945-5030.

MOAA is a national organization representing the interests of the military. Florida is the third largest state of membership.

Information about the Calusa Chapter of MOAA may be obtained by contacting the Calusa Chapter President, Nick Hubbell, 240-381-3975. Membership information may be obtained by contacting Tim Cook, 945-6155.\*

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## Religion And The Common Good

Baroque Era. A freewill offering will be taken. A reception will immediately follow the concert.

Peace Lutheran Church is at 15840 McGregor Boulevard, Fort Myers, phone 437-2599 or email [www.peaceftmyers.com](http://www.peaceftmyers.com).\*



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Keith Durling, Elly Hagen, Jason Gunter, Mary Kerr and Kathryn Kelly

## School Smart



by Shelley M. Greggs, NCSP

**D**ear Shelley, My 3½ year old daughter has just started preschool and seems much more active compared to her classmates there.

Her attention for group activities is a lot lower than that of other children and when we try to redirect her from something she wants to do like staying in centers instead of coming to the rug for group, she will often throw herself onto the ground in tears. The teachers are handling it okay but have commented at the suddenness and intensity of her outbursts. She is healthy and seems pretty much like the other kids, but I have noticed that her language is not as advanced as some other children her age. Is my daughter's behavior out-of-control? Should I be worried?

Eliza R., Cape Coral, Florida

### 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.

Younger children often use temper tantrums to express frustration, for example, when trying to use a toy that requires fine motor skills beyond their current level of development, to demand attention, to obtain a tangible item or to escape or avoid an undesirable activity like going to bed or moving from art center to reading center. As children mature and begin to develop verbal skills, they may have the necessary language to clearly express their needs and wants. For example, "I need help taking off my shoes." But, they still tantrum because they have learned that tantrums are effective and efficient ways to obtain help or attention, or to delay or avoid something unpleasant like putting away their toys.

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 can be very confusing to them. 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.

Since you mentioned that her language might be less developed than her peers, ask the teachers for some vocabulary words to work on at home. Helping her understand and using the specific

vocabulary from school may be one way to help her better understand her new world at preschool. Reading with her everyday though 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 and 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.

There are effective treatments that can help parents and children communicate better as well as increase compliance and pro-social behaviors. For more in-depth information and guidelines on preschool behavioral issues visit [www.nasponline.org/resources-and-publications/families-and-educators](http://www.nasponline.org/resources-and-publications/families-and-educators).

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

## Local Resident Receives Scholarship

**S**arah Domonte of Fort Myers has been named one of 10 inaugural scholarship recipients selected by the Vidal Sassoon Professional Beauty Education Scholarship Program in a national scholarship



Sarah Domonte

competition. The scholarship, funded by Wella, the Salon Division of P&G and administered by the Beauty Changes Lives Foundation, a non-profit created by the American Association of Cosmetology Schools, honors the late Vidal Sassoon's legacy of craftsmanship, creativity and professional drive.

Domonte's scholarship application was evaluated by an industry panel of judges including Sassoon's son, Elan Sassoon of Sojourn. Nearly 600 applications were submitted for the inaugural competition launched in June. Applicants were asked to express in a written essay or video submission how they intended to carry on Vidal Sassoon's commitment to creativity, craftsmanship, professional

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### Financial Focus

## Get Your Affairs In Order For An Orderly Estate



by Jennifer Basey

**Y**ou may be quite willing to plan an investment strategy for your retirement years. After all, it can be enjoyable to think about traveling the world, pursuing your hobbies or participating in

any of the activities you've associated with an active retirement. However, once you do retire, you'll need to "shift gears" somewhat to focus on your legacy. Specifically, to protect your loved ones and ensure your intentions are clear and carried out, you'll need to do some more planning – and you'll need to share your thoughts with your family.

Here are some moves to consider:

- List your assets and debts. Your family needs to be aware of your assets and debts, so share this information with them while you are alive and well.
- Create a durable power of attorney. Give a trusted friend or family member a durable power of attorney to pay bills and make financial choices on your behalf if

you are unable to do so.

- Choose an executor. An executor is the person or entity you name in your will to carry out your wishes. An executor has a variety of responsibilities, so pick someone who is honest and capable of dealing with legal and financial matters. Talk with an attorney about how best to name your executor.

- Update your will. You might have written a will many years ago, but, over time, many aspects of your life may have changed. Review your will with your attorney to ensure it reflects your current wishes.

- Review benefits of a living trust. A simple will may not be enough to accommodate your estate-planning needs. You might want to consider establishing a living trust, which provides you with significant flexibility in distributing your assets and can help you avoid the time-consuming, expensive and public process of probate. To create a trust or other estate-planning documents, you will need to work with a qualified legal professional.

- Review your beneficiary designations. The beneficiary designations on your financial accounts (401(k), IRA, etc.) and your insurance policies can even supersede the directions on your will, so it's essential that you update these designations to reflect events such as divorce and remarriage. And, make sure your beneficiaries have the facts they need to claim their benefits.

- Share location of your legal documents. Your loved ones should know

where you keep documents, such as your birth certificate, will and living trust. If you keep these items in a safe deposit box, tell your family where you keep the key.

- Encourage two-way communication. It is obviously necessary to communicate your final wishes to your family members – but listen to their wishes and concerns, too. For example, ask your children to agree on who gets those objects of special concern to them, such as furniture, mementos and heirlooms.

As you can see, you'll need to take several steps to fulfill your intentions – and the above list is certainly not exhaustive. So plan carefully, engage the appropriate team – financial advisor, attorney, tax professional – and put your plans in motion. By being proactive, you can greatly ease the burden on your loved ones in the future.

*Jennifer Basey is a financial advisor in Fort Myers. She can be reached at [jennifer.basey@edwardjones.com](mailto:jennifer.basey@edwardjones.com).✳*

## It's All About You Workshop Seeks Volunteer Leaders

**W**ould you like to learn how to better manage chronic health conditions such as arthritis, diabetes, COPD, heart disease, high blood pressure and facilitate groups to teach individuals these self-management skills?

Lee Memorial Health System, in partnership with the East County Regional Library, is pleased to announce a free six-week workshop that will be offered in April 2016 entitled It's All About You, a research-based chronic disease self-management program developed by Dr. Kate Lorig of Stanford University.

Volunteer leaders are needed to facilitate the workshops in the Lehigh Acres community. If you have a chronic health condition or care for someone with a chronic health condition, this rewarding opportunity is for you. Leader qualifications include:

- Outgoing, comfortable speaking in front of people
- Prefer nonmedical people, but healthcare professionals are welcome
- Able to read, write and speak English clearly
- Model healthy behaviors for workshop participants

Information presented during the leaders training can help you become empowered to improve your quality of life. Learn how to more easily manage your medications; understand the benefits of exercise; manage symptoms of stress, pain and fatigue; and make smarter decisions related to health eating.

Call Sharon Krispinsky, RN, BSN, CDE, Lee Memorial Health System at 424-3129 to learn more about this wonderful volunteer opportunity.

Visit [www.leememorial.org](http://www.leememorial.org) for more information.✳

## Community Foundation Seeking Nominations

In honor of National Philanthropy Day (NPD), and in the spirit of philanthropy this November, the Southwest Florida Community Foundation and Brian Tietz Photography are seeking nominations for outstanding philanthropists in the region to honor as part of Southwest Florida Faces of Philanthropy.

Selected nominees will be photographed by Tietz, an award-winning commercial, editorial and corporate photographer, and will be featured in the Southwest Florida Community Foundation's photo art exhibit titled Faces of Philanthropy next spring.

"Faces of Philanthropy is a celebration of the giving spirit in Southwest Florida," said Sarah Owen, president and CEO of the Southwest Florida Community Foundation. "It all started when photographer Brian Tietz offered the gift of his talent to capture the essence of Southwest Florida philanthropists through his portraits. The foundation knew we had to share this generous act with the whole community. I can't think of a more fitting way of celebrating our 40-year history and honoring the legacy of our founders than by capturing the faces of those who are making a difference in our community now."

Special receptions will be held during the foundation's 40th anniversary celebration on April 14 and 15. Nominees and those who nominated them will receive invitations.

Nominees must be passionate about the community and/or giving back to the community through their time, talent and/or treasure. They must live within the five-county area of Lee, Collier, Charlotte, Hendry and Glades counties.

Deadline for nominations is midnight on Wednesday, November 25.

To nominate a change-maker for the Faces of Philanthropy, visit [www.floridacomunity.com/faces-of-philanthropy](http://www.floridacomunity.com/faces-of-philanthropy).

National Philanthropy Day is Nov. 15, the day that thousands of people celebrate "the love of humankind," and come together to both put that word into action and recognize the change that word has brought to our communities. National Philanthropy Day is both an official day and a grassroots movement. Every year, since 1986 when President Ronald Reagan first proclaimed November 15 as National Philanthropy Day, communities across the globe have celebrated by hosting events to recognize activities of donors, volunteers, foundations, leaders, corporations and others engaged in philanthropy.\*



Brian Tietz

## FSU Director To Address Group

The Fort Myers/Lee County Branch AAUW will meet on Saturday, November 21 with a luncheon at The Landings in Fort Myers. The program will feature Dr. Joseph Kramp, director of development and institutional advancement



Dr. Joseph Kramp

at FSW. His program will address The Case for Women's Support at Florida SouthWestern State College. Women faculty/staff employees as well as female students represent a 60/40 percentage employment/enrollment split at FSW. In regard to this positive female/male overall population, Kramp will explain the importance of support for FSW as it applies to women's careers, education prospect, philanthropy and job placement.

Kramp's work life has been spent almost exclusively in higher education and 501(c)3 organizations. Prior to starting work at FSW in 2012, he taught at John Jay College of Criminal Justice in Manhattan. His PhD is in religion and the human sciences from Drew University.

AAUW is a national membership organization of women who have college degrees, and friends who support the AAUW work toward equity for women and girls through advocacy, education, philanthropy and research. The local branch has members from its wide geographic area and provides many opportunities for enrichment and enjoyment in addition to its monthly luncheons. It supports several local scholarships for women each year through its endowed funds.

Non-members are invited to attend this program, which begins at 11:30 p.m. Reservations are required, no later than Monday, November 16. Cost is \$20 for lunch. For more information and reservations, contact AAUW by email at [aauwleecounty@gmail.com](mailto:aauwleecounty@gmail.com) or call 941-505-8483. More information about the AAUW Fort Myers/Lee County Branch, and the national AAUW organization can be found at [www.fmlc-fl.aauw.net](http://www.fmlc-fl.aauw.net).\*

## New Grieving Center Holding Open House

Valerie's House for Grieving Families ([www.valereshouseswfl.org](http://www.valereshouseswfl.org)), a new not-for-profit organization devoted to helping children and their families work through grief following the death of a loved one, is inviting families to visit their new location in downtown Fort Myers. The open house coincides with November, which is National Children's Grief Awareness Month and will be held at 1618 Avalon Place in historic Dean Park, Fort Myers from 1 to 4 p.m. on Sunday, November 15 and from 6 to 8 p.m. on Tuesday, November 17. The new location for Valerie's House was made possible by a generous gift from Stephen Bienko, CEO of College Hunks Moving.

Valerie's House founder Angela Melvin hopes to draw attention to the number of families who today are suffering loss in Southwest Florida, often alone and in silence. One in seven Americans suffers the loss of a parent or sibling before the age of 20. In Lee and Collier counties alone, nearly 1,000 families each year are touched by the death of a loved one from birth to age 54 – the time when children have siblings and many adults have children.

"Valerie's House is here for those grieving families," Melvin said. "Children will get to know other children like them, heal together and learn their loss doesn't have to limit their dreams."

Grieving families and members of the public are invited to tour the home, learn about its programs, and meet its leaders to become more familiar with this new, vital community service that's cropping up in communities across the nation, but had not been available before now in Southwest Florida. Slated to officially open its doors in January 2016, Valerie's House will provide families with ongoing, community-based grief support as they interact with others who have experienced similar kinds of losses.

Valerie's House is named after Melvin's mother, Valerie Melvin, a 31-year-old nurse, wife and mother of two daughters who was killed in a car accident in 1987 in Fort Myers as she was driving to pick her daughters up from summer camp. Valerie's oldest daughter, Angela, was just 10 years old at the time.



Angela Melvin

Melvin returned to her hometown in 2013 and, following her heart, founded Valerie's House in 2015 to address this unmet need locally.

Valerie's House is a 501(c)3 non-profit. Its mission is to help children and families work through the loss of a loved one together and go on to live fulfilling lives so that no child should grieve alone. For more information or to get involved, go to [www.valereshouseswfl.org](http://www.valereshouseswfl.org), visit them on Facebook at [www.facebook.com/ValereshouseSWFL](http://www.facebook.com/ValereshouseSWFL) or contact Angela Melvin at 478-6734 or [angela@valereshouseswfl.org](mailto:angela@valereshouseswfl.org).\*

From page 4

## Mentoring Program

the East Zone of the Lee County School District.

- Deva for Good is the community service arm of Deva Industries, with focus on developing collaborations that provide practical experience to enhance education and opportunities for youth.

The Uncommon Friends Foundation, a not-for-profit 501(c)3 organization established in 1993, is dedicated to lifelong character building among today's youth and business leaders. Its mission is to promote character education in schools, business ethics in the workplace, and historic preservation of the Burroughs Home and James Newton Archives. For more information on this and Uncommon Friends Foundation's character education programs, contact Angela Melvin at [angela@uncommonfriends.org](mailto:angela@uncommonfriends.org).\*

## Free Childbirth Class

The Florida Department of Health in Lee County will be hosting a free childbirth class for women who are six months or further in their pregnancy.

The class will be held on Tuesday, November 17 from 8:30 a.m. to 12:30 p.m. at 83 Pondella Road in North Fort Myers.

Participants may bring a labor coach. Registration is one week prior to the class. To register or for more information call 461-6100.\*

## Mom And Me



by Lizzie and Pryce

**L**izzie 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,

My husband is obese, and I hate it. When we married in our early 20s we were considered a very attractive pair.

He was successful in his very stressful and demanding job, but ignored his health and continues to smoke.

Since he retired five years ago, he just sits on the sofa, drinks beer, smokes and watches TV. I am fed up.

I have only gained five pounds. I am anxious to travel, have fun and enjoy myself. I am embarrassed at his appearance and am thinking of divorcing the slob. Do you have any suggestions?

Tara

### Dear Tara,

Your husband has decided how he wants to live his life, and you should have the same right.

It is impossible for anyone to change another. We can only change ourselves and sometimes that is impossible.

You must ask yourself, what do I want and what is best for me?

While you are deciding on a course of action, go on as many daily and weekly trips as you can. These are available through art societies, senior centers and college outreach programs.

Go out and have fun and when your husband sees you enjoying yourself, he may decide that maybe it would be better if he changed his own behavior. You have tried and done your best to make your situation better and then you will be in a better position to make long term plans.

Lizzie

### Dear Tara,

I cannot add too much to Mom's comments.

If your husband is unwilling to have fun with you, go out and create a good life for yourself. Many women I see have developed strong support friends with others in a similar situation and are now traveling, becoming involved with community affairs, attending seminars and pursuing other interests.

If your husband wants to retire from life, that is his decision but you don't have to do it also.

Pryce

Lizzie and Pryce's email address is momandmeaging@hotmail.com.\*

## Doctor and Dietitian

# Can The Food You Eat Ease Your Pain?



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

**F**ood affects every aspect of the human body, because it is literally the body's fuel. Every process and function depends on a healthy diet. So when it comes to chronic pain, food plays an integral role. There are certain foods that can play a specific role in decreasing chronic pain, and particularly by decreasing systemic or "bad" inflammation.

Salmon, for example, is a well-known source of omega-3 fatty acids. These essential fats are often labeled as "anti-inflammatory" in that they decrease systemic inflammation. The fatty acids, eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), can improve functional ability and diminish pain in myriad diseases, including psoriasis, psoriatic arthritis, gout, lupus, osteoarthritis and rheumatoid arthritis.

Onions and garlic both possess anti-inflammatory agents that are known to help with chronic pain. Onions also have the antioxidant quercetin that aids in inflammation. What a great added bonus, since both onions and garlic are the basis of so many recipes.

Berries are excellent sources of antioxidants. The popular blueberry contains a strong antioxidant called anthocyanin. They are delicious as a snack or as toppings to oatmeal, plain yogurt and salads.

The beautiful orange color of sweet potatoes indicates they contain high amounts of carotenoids, powerful antioxidants that fight systemic inflammation.

Great cooking relies heavily on spices to create delicious flavor. Ginger and turmeric are fun spices that act both as pain relievers and as blood thinners. Ginger is used in many Asian dishes and turmeric is a staple in Thai food. Both of these spices make great additions to any spice cabinet.

These foods are not only a wonderful addition to your daily recipes, but can also aid in pain relief.

*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@car-ingmedical.com.\**

## dearRPharmacist

# Collagen For Healthy Joints

by Suzy Cohen, RPh



### Dear Readers:

When we think of joint pain, we often assume glucosamine to be the star. But not everyone gets better on that. Some people can't tolerate it because it is usually fish-derived. Natural collagen is available today, and it's finely ground up in particle sizes that are small enough to get absorbed by your system, and incorporated well. It's not new, there's a lot of solid research.

Undenatured Type II Collagen, sometimes seen as UC-II or UCII is a natural source of collagen that comes from chicken sternal cartilage. That's the cartilage attached to the breast bone where we get "white meat" in chicken. Once purified and encapsulated, you can buy it as a supplement.

Several studies point to its benefit for joint health. In a human clinical trial, researchers compared UCII to a combination of glucosamine and chondroitin. After 90 days, the UCII (collagen) treated group had significantly better outcomes than the group taking the chondroitin/glucosamine combo. Pain diminished among both groups. The collagen treated

group had a 40 percent pain reduction compared to a 15 percent reduction in the other group. So both groups felt better, but the collagen group fared out dramatically better.

In a more recent study in the *Journal of International Society of Sports Nutrition*, researchers wanted to see how UCII collagen would work in a preventive manner if you exercised too. This randomized, double-blind, placebo-controlled study in healthy individuals also proved the merits of collagen. The scientists chose 55 adults who had no arthritis at rest, but experienced joint discomfort with exercise or physical activity. Only half of the participants received the collagen, the other group served as the placebo.

The doctors measured knee movements and pain scores after a "stepmill" test, which is like walking an endless flight of stairs. After 120 days, they found that the collagen-treated group showed significant improvement in knee range of motion and/or extension of their knee. In addition, the collagen treated group could walk that "endless flight of stairs" longer than they could originally! The placebo group did not enjoy these types of improvement.

By the end of the research, about 20 percent of the collagen treated participants reported zero pain (yes ZERO), during or after the stepmill testing. There were no adverse effects reported. Think about that the next time you pop a drug that is known to harm your heart or stomach!

Natural UCII can be taken with, or instead of other joint health supplements. Side effects are not common, and in fact,

continued on page 24

## ANOTHER REASON TO LOVE FLORIDA JOINT REGENERATION THERAPY

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## United Way Launches 2015-16 Campaign

The largest crowd in the history of the United Way of Lee, Hendry, Glades, and Okeechobee celebrated its 58th annual Campaign Kick-off at the Harborside Event Center on October 28. Over 950 community leaders and volunteers attended the festivities. David Fry, United Way Campaign Chair from Vantage Construction Services, said, "It is a great day to Live United!"

"We live in a very generous community and our United Way has met its fundraising goals year after year, even during the most difficult economic times. The economy is improving, but many of our friends, neighbors and co-workers are still struggling having been left behind. Many individuals and families who have never asked for help in the past are coming to United Way partner agencies or calling United Way 211 due to loss of jobs, and other overwhelming financial or medical issues," said Fry.

"I am truly passionate about the United Way and the local United Way network of 85 local agencies that help hundreds of thousands of people right here in our community! I am very positive about a successful campaign, but we must have your help to meet our campaign goal. With your help, we can change lives and truly make a difference," Fry concluded.

United Way Board Chair Robert Wilson of Enterprise Holdings said that United Way of Lee, Hendry, Glades, and Okeechobee uses gifts very carefully, making sure that the programs United Way funds are truly what the community needs. "I am very proud to announce that our United Way has received a four-star rating by Charity Navigator for two years in a row," said Wilson. Charity Navigator is one of the most utilized evaluators of charities used to guide intelligent giving.



United Way Campaign Chair David Fry announcing the Pacesetter total



New Horizons Super Kids Choir singing the *National Anthem*

Publix again broke the \$1 million mark by raising the most of any of the Pacesetter Companies with \$1,726,249.

The top 10 Pacesetter companies include:

1. Publix Supermarkets	\$1,726,249
2. Bonita Bay Group	\$ 400,000
3. Chico's FAS	\$ 332,000
4. LCEC	\$ 195,000
5. ENTERPRISE Holdings	\$ 174,274
6. Lee Memorial Health System	\$ 131,988
7. Turbine Generator Maintenance, Inc.	\$ 122,986
8. FineMark National Bank and Trust	\$ 105,000
9. BB&T - Oswald Trippe & Company	\$ 104,000
10. Lee County Government	\$ 60,000

All money raised in the United Way campaign stays in the local community to help support the local human service network of partner agencies. United Way partner agencies like Harry Chapin Food Bank, Literacy Council Gulf Coast, Alvin A. Dubin Alzheimer's Resource Center, Children's Advocacy Center, Friendship Centers, and LARC serve a diverse range of needs in our community. The United Way advances the common good by creating opportunities for a better life for everyone in our community, focusing on education, income, and health, as they are the building blocks for a better quality of life.

In addition to raising funds for human service organizations in our community, the United Way promotes partnerships and collaborations among agencies, helping them to work together focusing on issues and solutions that continue to improve lives. For more information, call 433-2000 or visit [www.UnitedWayLee.org](http://www.UnitedWayLee.org).✧



Joe Catti and Jim Nathan during the lip-synch battle as Sonny and Cher singing *I've Got You Babe*

The breakfast rocked with entertainment from a lip-synch battle among *News-Press* President Mike Jung, President and CEO of FineMark National Bank & Trust Joe Catti, President of Lee Memorial Health System Jim Nathan, and United Way Partner Agency Boys & Girls Clubs of Lee County. NBC-2 morning anchors Rachel Pierce and Clay Miller emceed the breakfast. Members of the local Boy Scouts and Girl Scouts carried the flags and led the *Pledge of Allegiance*. Bob Poff of The Salvation Army did the invocation, and the New Horizons Children's Super Choir sang the *National Anthem* and *God Bless The USA* to an enthusiastic crowd.

United Way Pacesetter co-chairs Steve Pontius and John Clinger announced that the Pacesetter Companies - those who run their campaigns early to demonstrate United Way support and to encourage others - along with early leadership gifts, have already raised a total of \$5,630,222. This represents 60 percent of the goal, the highest dollar amount ever reported at kick-off and is a 4 percent increase over last year.

"These results show that our community does Live United," said United Way President Cliff Smith. "This community has a long tradition of supporting our United Way because it's the one of the most effective ways to help our neighbors and strengthen our community."

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## Resident Scholarship

drive and love of learning in their own careers.

The scholarship will cover 50 percent of Domonte's tuition (up to \$10,000) in a cosmetology program at an American Association of Cosmetology Schools member school.

The Vidal Sassoon Professional Beauty Education Scholarship Program is funded by a \$1.5 million grant established by Wella, the Salon Division of P&G, to award scholarships to beginning cosmetologists and working hairdressers seeking advanced training. "Three years after his passing, Wella's Hairdressers at Heart is pleased to see Vidal's commitment to education live on through the Vidal Sassoon Professional Beauty Education Scholarship," Wella North America CEO, Sal Mauceri said. "Vidal transformed not just the art and science of hairstyling, but the world's perception of hairstyling as a career. Many of the applicants in the scholarship competition shared how his artistic, entrepreneurial and social vision inspired them to pursue a career in beauty."

The second wave of scholarship competition begins February 2 with an April 13 deadline. More information is available at [www.beautychangeslives.org/scholarships](http://www.beautychangeslives.org/scholarships).✧

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## Collagen For Healthy Joints

one nice side effect is how it affects your skin. It's usually easier on the tummy compared to chondroitin and glucosamine. It's sold at health food stores and online, but I'd still ask your doctor if he/she minds you taking it. One more thing, the unique molecular characteristics of UCII help prevent your immune system from attacking proteins that wind up in your cartilage and joint tissue. Simply put, this means it could help reduce an autoimmune reaction that would otherwise lead to more pain and stiffness associated with osteoarthritis and rheumatoid arthritis.

*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](http://www.SuzyCohen.com).*✧



# DID YOU KNOW

## TRIVIA TEST

1. TELEVISION: In what 1990s television series did the character of The Log Lady appear?
2. ANATOMY: What organ in the human body produces bile?
3. SCIENCE: What is the science of classifying things called?
4. U.S. PRESIDENTS: Who was the first U.S. president to lose a re-election bid?
5. HISTORY: Who was the first African-American to be elected to Congress from Georgia since Reconstruction and later appointed ambassador to the United Nations?
6. GEOGRAPHY: What country's capital is Addis Ababa?
7. MATH: In geometry, what is a perfectly round ball called?
8. AD SLOGANS: What product was claimed in advertisements to be "good to the last drop"?
9. MOVIES: Who was the oldest performer to receive an Oscar for Best Actor?
10. FAMOUS QUOTES: What 20th-century humorist once said, "All you need in this life is ignorance and confidence, and then success is sure."

## ANSWERS

1. "Twin Peaks" 2. Liver 3. Taxonomy 4. John Adams 5. Andrew Young 6. Ethiopia 7. A sphere 8. Maxwell House coffee 9. Henry Ford 10. Mark Twain.

## SPORTS QUIZ

1. How many consecutive major-league seasons has Toronto Blue Jays pitcher Mark Buehrle recorded 30 or more starts?
2. During the 1990s, four men managed the Kansas City Royals. Name them.
3. In 2014, the SEC became the first conference to have four teams in the top five of The Associated Press Top 25 college football poll. Name the teams.
4. Name the last NBA team to start a season with four No. 1 overall draft picks on its roster.
5. When was the last time before 2015 that the Chicago Blackhawks won the Stanley Cup championship at home?
6. Name the last cyclist before England's Chris Froome in 2015 to win both the Tour de France mountain classification and the overall title.
7. Who was the last golfer before Bernhard Langer in 2014-15 to notch back-to-back wins at the Senior Players Championship?

## ANSWERS

1. Fifteen. 2. John Wathan, Hal McRae, Bob Boone and Tony Muser. 3. Mississippi State, Mississippi, Alabama and Auburn. 4. The Los Angeles Lakers (Kareem Abdul-Jabbar, Magic Johnson, Mychal Thompson and James Worthy). 5. It was 1938. 6. Belgium's Eddy Merckx, in 1970. 7. Arnold Palmer, in 1984-85.

## My Stars ★★★★★

FOR WEEK OF NOVEMBER 16, 2015

**ARIES** (March 21 to April 19) Your ruling planet, Mars, allows you to assume a sense of command that can help you turn a chaotic workplace situation into one that's orderly, productive and, yes, even friendly.

**TAURUS** (April 20 to May 20) Getting a relationship that's been stuck in a rut up and running again depends on how far you want to run with it. Be honest with yourself as you consider which decision to make.

**GEMINI** (May 21 to June 20) Be wary of rumors that seem to be coming from everywhere this week. Waiting for the facts before you act means never having to say you're sorry you followed the wrong lead.

**CANCER** (June 21 to July 22) A difficult personal matter might prompt you to turn to a trusted friend to help you sort through a maze of emotional conflicts. The weekend should bring some welcome news.

**LEO** (July 23 to August 22) Some of the new people coming into the Lion's life could play pivotal roles in future personal and professional matters. Meanwhile, an old friend might have an important message.

**VIRGO** (August 23 to September 22) A delay in getting things moving on schedule can be a blessing in disguise. Use this extra time to do more research so you can buttress any of the weaker points with solid facts.

**LIBRA** (September 23 to October 22) You might need to get involved in a personal matter before it becomes a serious problem. Also, be wary of someone offering to mediate, unless you can be sure of his or her motives.

**SCORPIO** (October 23 to November 21) Taking sides in a workplace or domestic dispute could prolong the problem. Stay out and stay cool. Then you can be friends with both parties when things settle down.

**SAGITTARIUS** (November 22 to December 21) A friendship has the potential to become something more, and with this week's aspects favoring romance, you might feel that this possibility is worth exploring.

**CAPRICORN** (December 22 to January 19) The new job you want might require you to relocate. If so, keep an open mind and weigh all the positives and negatives before making your decision.

**AQUARIUS** (January 20 to February 18) A new relationship seems to be everything

you could have hoped for. Congratulations. Meanwhile, it's not too early to get some feedback on that new project you're working on.

**PISCES** (February 19 to March 20) You might have decided to get out of the fast-moving current and just float around hither and yon for a while. But you might find that the new opportunity is too tempting to turn down.

**BORN THIS WEEK:** You believe in bringing out the best in people with kind deeds, loving words and recognition of their "special" selves.

## THIS WEEK IN HISTORY

- On Nov. 22, 1718, Edward Teach, also known as Blackbeard, is killed off North Carolina's Outer Banks during a battle with a British navy force. Believed to be a native of England, Teach likely began his pirating career in 1713 on the Queen Anne's Revenge.

- On Nov. 20, 1923, the U.S. Patent Office grants Patent No. 1,475,074 to inventor and newspaperman Garrett Morgan for his three-position traffic signal. By having a third position besides just "Stop" and "Go," it better regulated crossing vehicles.

- On Nov. 21, 1916, the Britannic, sister ship to the Titanic, sinks in the Aegean Sea, killing 30 people. In the wake of the Titanic disaster in 1912, the White Star Line made modifications in the construction of the Britannic, but an explosion caused catastrophic damage.

- On Nov. 19, 1969, Brazilian soccer great Pele scores his 1,000th professional goal in a game in Rio de Janeiro. It was a major milestone in a legendary career that included three World Cup championships.

- On Nov. 18, 1978, Peoples Temple founder Jim Jones leads hundreds of his followers in a mass murder-suicide at their commune in a remote part of Guyana. Many of Jones' followers willingly ingested a poison-laced punch, while others were forced to do so at gunpoint. The final death toll at Jonestown that day was 909; a third of those were children.

- On Nov. 16, 1988, in Pakistan, citizens vote in their first open election in more than a decade, choosing as prime minister the populist candidate Benazir Bhutto, daughter of former Pakistani leader Zulfikar Ali Bhutto. She was the first woman leader of a

Muslim country in modern history.

- On Nov. 17, 1998, DaimlerChrysler begins trading its shares on the New York Stock Exchange. The company had formed five days earlier, when the American Chrysler Corporation merged with the German conglomerate Daimler-Benz AG.

## STRANGE BUT TRUE

- It was beloved British crime novelist Agatha Christie who made the following sage observation: "It is a curious thought, but it is only when you see people looking ridiculous that you realize just how much you love them."

- If you've ever yelled out a warning in panic -- "Stop!," "Run!," "Don't!" -- you've used a monopic sentence, one that is complete with just a single word. Of course, at the time you probably weren't concerned about the grammatical nature of your utterance.

- When in New Jersey, you'd best mind your manners at the table. In that state, it's illegal to slurp your soup.

- If you're a sky-watcher, you may already know that the center star of the constellation Orion's sword isn't actually a star; it's a nebula -- the only one visible from Earth with the naked eye. In fact, the Orion Nebula is so large that if the distance between the Earth and the sun were 1 inch, the relative size of the nebula would be 12 miles.

- If you were to create a rope out of one full head of human hair, that rope would be able to support 12 tons.

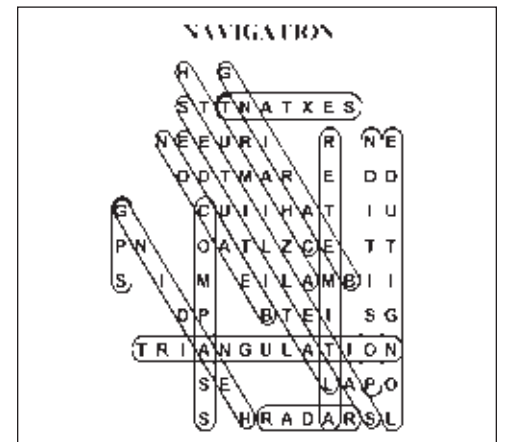
- It's a well-worn trope that men refuse to stop and ask for directions when they're lost. That point of view might seem to be supported by the results of a survey conducted by the American Automobile Association, which found that 34 percent of male drivers admit to stopping to ask for directions. However, the same survey found that only 37 percent of women did the same.

- By the time he was 5 years old, 19th-century French composer Camille Saint-Saens was already composing waltzes.

## THOUGHT FOR THE DAY

"Wise sayings often fall on barren ground, but a kind word is never thrown away." -- Arthur Hays Sulzberger

## PUZZLE ANSWERS





**Sunshine Sweet Potatoes**

- 2 pounds sweet potatoes, peeled and cut into 1-inch cubes
  - 1/3 cup honey
  - 1/4 cup orange juice
  - 1 tablespoon grated orange zest
  - 1 tablespoon grated lemon zest
  - 1/2 teaspoon nutmeg
  - 1/4 teaspoon kosher salt, or to taste
  - 1/8 teaspoon white pepper
  - Streusel Topping**
  - 1 cup all-purpose flour
  - 2/3 cup, packed brown sugar
  - 1/4 cup pecans, toasted and chopped
  - 1/4 cup margarine, melted
  - 1/2 teaspoon ground cinnamon
- Combine the topping ingredients in a small bowl, stirring to form a streusel. Set aside.

Place sweet potatoes in a large saucepan and add enough water to cover. Bring to a boil over high heat. Reduce heat to medium, cover and cook until tender, about 10 minutes. Drain sweet potatoes and cool. Pre-heat oven to 350 degrees F. Transfer sweet potatoes to a large bowl. Using a potato masher or a fork, mash sweet potatoes until smooth.

In a small saucepan, combine honey, orange juice, orange zest, lemon zest, nutmeg, salt and pepper. Bring mixture to a boil over medium heat, stirring to melt the honey.



**Sunshine Sweet Potatoes**

Remove from heat. Stir honey mixture into sweet potatoes. Spoon mixture into a 1-quart casserole and smooth down the top. Sprinkle the streusel mixture evenly over the casserole. Bake until heated through, about 20 to 25 minutes.\*

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\*NS 4/24 CC TFN

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\*NS 10/9 CC 11/27

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\*RS 11/06 BM TFN

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\*NS 11/13 CC 11/13

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\*RS 1/4 BM TFN

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\*RS 1/23 BM TFN

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dock, pool, garage, beautifully furnished,  
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\*NS 11/06 CC 11/13

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many island conveniences & easy bike ride  
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773-507-8095  
\*NS 2/27 CC TFN

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\*NS 1/23 CC TFN

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\*NS 9/18 CC 11/20

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\*NS 1/4 PC TFN

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Joe Scarnato (239) 849-6163  
scarnatolawn@aol.com  
\*RS 1/25 BM TFN

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Caregiver CNA lic., 16 years experience.  
F.I.S.H. background check/referral.  
Sanibel references. Shop, pet care, meal  
prep., med. mgt., housekeeping, etc.  
Sheila - 239-850-7082.  
\*NS 10/16 CC TFN

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Dorado Property Management  
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\*RS 3/21 CC TFN

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\*NS 11/06 CC 11/13

**SAFE HAVEN PRIVATE CARE**

Care giver looking for private home care  
case in Lee and Collier County  
Are you looking for "not just anyone" who  
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Safe Haven Private Care, LLC may be a  
perfect fit. I am an insured and bonded  
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my services that I provide:  
Medication reminder, light house keeping,  
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preparation, shopping, appointment setting  
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Please email me at customerservice@  
safehavenllc.com or call me for more  
information at 239-848-7764  
\*NS 11/06 CC 11/20

**HELP WANTED**

**HOUSING ADMINISTRATOR**

Community Housing and Resources, Inc.  
(CHR) is seeking applicants for a  
full-time, fully benefitted  
Housing Administrator position.  
**Major duties include:**  
Management of 74 rental units and main  
contact with CHR residents including  
duties such as: Processing applications for  
new and renewing tenants; Managing  
complaints and investigating nuisances;  
Dealing with breaches of tenancy and  
leasehold agreements; Supervision of  
the maintenance worker position and  
coordination of routine repairs and  
maintenance; Development of policies  
to ensure equitable and efficient housing  
management; Ensure program compliance  
with local state and federal policies

**Qualifications:**

Minimum experience  
Five years in an office setting; Ability to  
critically read and understand rules that  
govern fair housing; Strong writing skills;  
Demonstrated knowledge of Microsoft  
Office software including Word and Excel  
(short basic skills test during interview);  
Demonstrated experience working with a  
database; A level of life experience  
and maturity to handle  
landlord/resident relations  
Preferred experience:  
Quickbooks software; Property  
management and/or knowledge of HUD  
rules; Housing database; College degree;  
Send resume and cover letter to:  
CHR Hiring Committee  
2401 Library Way, Sanibel, FL 33957  
by Monday, November 23, 2015 by 3 p.m.  
Sanibelchr.org.  
EOE  
\*NS 11/13 CC 11/20

**JERRY'S FOODS  
WAITRESSES OR WAITERS**

Looking for experienced Waitresses or  
Waiters with open availability Monday  
through Sunday. If interested call  
and ask for Kim 472-9300.  
\*NS 5/29 CC TFN

**VOLUNTEERS NEEDED**

Volunteers needed for light general  
maintenance. Call (CHR) Community  
Housing & Resources, Inc. 472-1189.  
\*NS 11/1 NC TFN

**VOLUNTEERS NEEDED**

The Bailey-Matthews National Shell  
Museum needs Education and Great Hall  
volunteers. No experience necessary, will  
train. Please contact Melanie at  
(239) 395-2233 ext 11.  
\*NS 7/11 NC TFN

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## HELP WANTED

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Part Time Flexible 5-15 hrs a week Sanibel Sunglass Company is an emerging force in the sunglass retail industry with 14 stores nationwide and growing quickly! Our corporate office and flagship store are located on Sanibel Island. Our tagline, Live Outside... not only depicts the active, outdoor products we sell, but also represents our culture and team of talented and positive individuals. We are looking for that dynamic Financial brain that has the time to fit in overseeing a very small accounting team and offer higher level accounting/financial guidance to the owners. Perfect for a retired Sanibel Island snowbird or local resident. If you are interested please call Birgit Peck 406.579.0503 cell or email birgit@sanibelsunglasscompany.com.  
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## BOATS - CANOES - KAYAKS

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10 Ft. Dingy w/2½ HP MERC.  
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### BRITISH SPORTS CAR 1980 TRIUMPH TR7

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### DESIGNER FURNITURE

Like new, Robb & Stucky Living Room and Den furniture currently used in 2,800 square feet luxury condominium. Owners moving off-island using different decor. Items include sectional sofa, chair and ottoman, wrought iron & glass cocktail table, 4-piece entertainment unit, and sleeper sofa. Photos and pricing furnished on request. (239) 472-2696.  
\*NS 11/13 CC 11/20

## FICTITIOUS NAME

### FICTITIOUS NAME NOTICE

Notice is hereby given that Kevin Richards, desiring to engage in business under the fictitious name of Kevin Richards Island Valet, located in Lee County, Florida, intends to register the said name with the Division of Corporations, Florida Department of State, pursuant to section 865.09 of the Florida statutes.  
\*NS 11/13 CC 11/13

CAUTION

**GARAGE •  
MOVING • YARD  
SALES**

### YARD SALE

Saturday  
8 a.m. - 1 p.m.  
1734 Bunting Lane, Sanibel  
\*NS 11/13 CC 11/13

### MULTI FAMILY GARAGE SALE

Saturday, November 14  
from 8 a.m. to 1 p.m.  
1095 Sandcastle Road  
Furniture, antiques. Lots more.  
You won't be disappointed.  
\*NS 11/06 CC 11/13

### 3rd ANNUAL ZONTA CLUB GARAGE SALE

Friday 11/20 8 am-3 pm  
Saturday 11/21 8 am-?  
1046 Sand Castle (Dunes)  
Please obey parking guides  
Tons of Great Stuff  
www.ZontaSanCap.com  
\*NS 11/13 NC 11/20

### MULTI FAMILY GARAGE SALE

Neighborhood multi family Garage sales  
Saturday Nov. 21st at 9 AM  
Roseate Lane Sanibel Off Purdy Look  
for signs Balloons Small freezer many  
household Kitchen items captain chairs  
costume jewelry lighting fixtures too much  
to mention Must come and take a peek.  
Rain date Nov 28th NO EARLY BIRDS  
\*NS 11/13 CC 11/20

To those who are hungry, \$20 is a fortune.

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Or donate online at:  
[www.harrychapinfoodbank.org](http://www.harrychapinfoodbank.org)



**THE RIVER**  
News for Southwest Florida

## 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.

TO PLACE A CLASSIFIED LOG ONTO: **IslandSunNews.com**

CLICK ON PLACE CLASSIFIED

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

# SUDOKU

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

answer on page 27

## Pets Of The Week

Hello, my name is Ralph. I'm a 6-year-old neutered male Pit Bull Terrier with red and white colors. If you think my head is big, you should see my heart; it's as big as the sky. I'm an easy going gentle hunk of a guy with a lower energy level. I'm not too young and not too old; I'm just right. I haven't met anyone I don't like, and I'm super affectionate. I'm the perfect dog friend.

My adoption fee is \$25 as it is for all pets 6 years and over.

Hello, my name is Jackie. I'm a 2-year-old female tortie domestic short hair. I am a very affectionate and beautiful kitty. I'm a little shy but will warm up to you quickly. I would love to be your one and only.

My adoption fee is \$20 (regularly \$75) during Animal Services' "Pet'acular Thanksgiving" Adoption promo. Cats & kittens are also two for one adoption fee.

For information about this week's pets, call 533-7387 (LEE-PETS) or log on to Animal Services' website at [www.LeeLostPets.com](http://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.\*



Ralph ID# 634217



Jackie ID# 638581



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

### ARTS

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

### CLUBS & ORGANIZATIONS

Angel Flight	1-877-4AN-ANGEL
Animal Refuge Center	731-3535
American Business Women Association	357-6755
Audubon of SWFL	339-8046
Audubon Society	472-3156
Caloosahatchee Chapter DAR	482-1366
Caloosahatchee Folk Society	321-4620
Cape Chorale Barbershop Chorus	1-855-425-3631
Cape Coral Stamp Club	542-9153
duPont Company Retirees	454-1083
Edison Porcelain Artists	415-2484
Embroiderers Guild of America - Sea Grape Chapter	239-267-1990
FM UDC Chapter 2614 - United Daughters of the Confederacy	728-3743
Friendship Force Of SW FL	561-9164
Garden Club of Cape Coral	239-257-2654
Horticulture and Tea Society	472-8334
Horticultural Society	472-6940
Lee County Genealogical Society	549-9625
Lee Trust for Historic Preservation	939-7278
NARFE (National Active & Retired Federal Employees)	482-6713
Navy Seabees Veterans of America	731-1901
Paradise Iowa Club of SWFL	667-1354
Sons of Confederate Veterans	332-2408
Southwest Florida Fencing Academy	939-1338
Southwest Florida Music Association	561-2118

### Kiwanis Clubs:

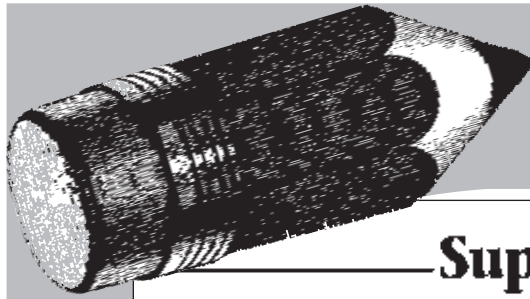
Fort Myers Beach	765-4254 or 454-8090
Fort Myers Edison	694-1056
Fort Myers South	691-1405
Gateway to the Islands	218-5768
Iona-McGregor	482-0869

### Lions Clubs:

Fort Myers Beach	463-9738
Fort Myers High Noon	466-4228
Estero/South Fort Myers	898-1921
Notre Dame Club of Lee County	768-0417
POLO Club of Lee County	477-4906
Rotary Club of Fort Myers	332-8158
Sanibel-Captiva Orchid Society	472-6940
United Way of Lee County	433-2000
United Way 211 Helpline (24 hour)	211 or 433-3900

### AREA ATTRACTIONS

To be listed in calling card email your information to: [press@riverweekly.com](mailto:press@riverweekly.com)



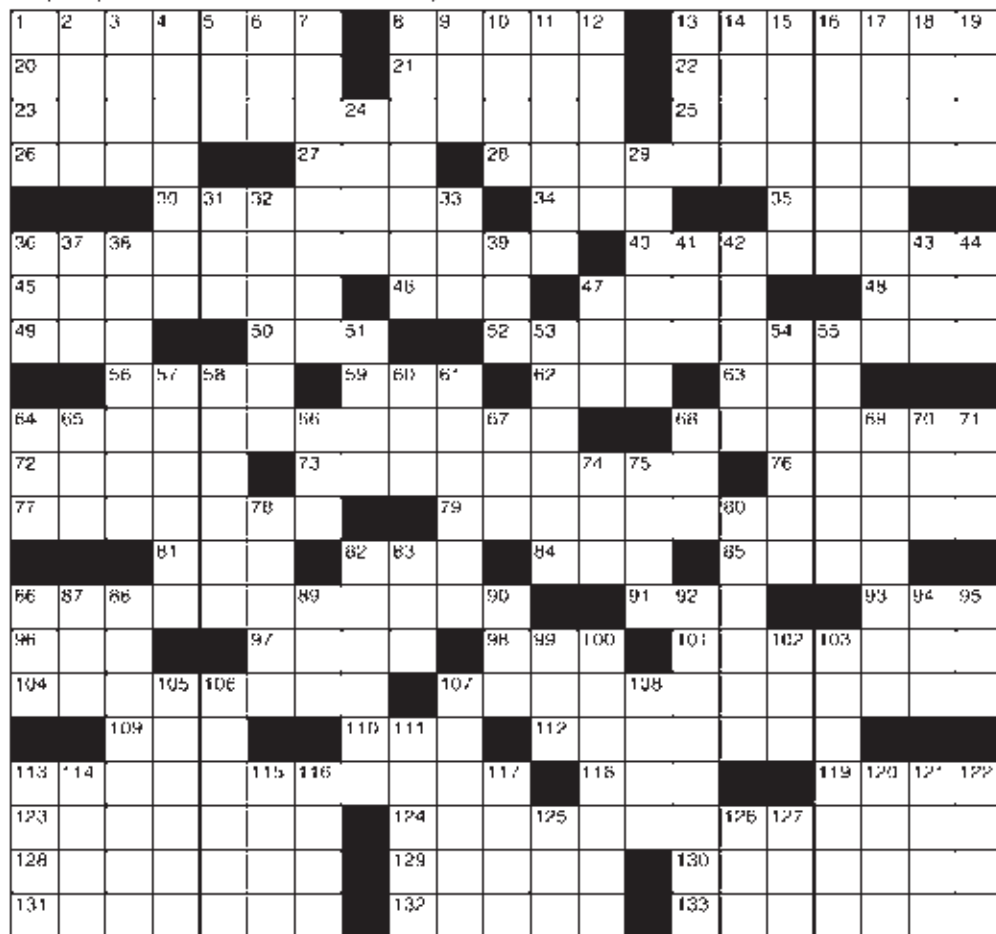
# BEACH CHAIR PASTIME

answers on page 25

## Super Crossword

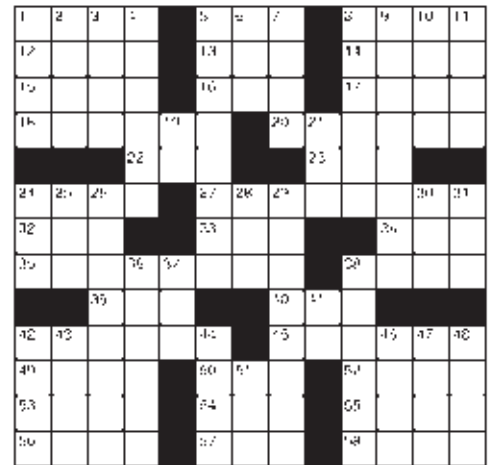
### GINGER ROOTS

- ACROSS**
- 1 Like a game ending sooner
  - 8 Fireplace residue
  - 13 Armani of fashion
  - 20 Raw metal for smelting
  - 21 Davis who played The man
  - 22 Caligula, c.g.
  - 23 She was one of the Spice Girls
  - 25 Arranged, as articles for display
  - 26 "Milk" director Gus Van —
  - 27 Kid in diapers
  - 28 "CSI: Miami" star
  - 30 Sea fed by the Volga
  - 34 Jail cell resident
  - 35 Perfect diving score
  - 36 "Turn On the Radio" singer
  - 40 More cagey
  - 45 Oil-catching receptacle
  - 46 Mileage rating org
  - 47 — gras (goose-iver paste)
  - 48 Eon subunit
  - 49 "Oh yeah? who?"
  - 50 O-U queue
  - 52 Grandson of Elizabeth II
  - 56 Actress Jess ca
  - 59 Kennel cry
  - 62 Her product "Red" or "White" learn
  - 64 Comic known for her Tarzan yell
  - 68 Advanced study group
  - 72 George Jelson's son
  - 73 Items needed to make something
  - 76 Take flight to unite
  - 77 Record label since 1950
  - 79 "Always on My Mind" singer
  - 81 Mc. in Marne
  - 82 Pres. on a 1970s dollar
  - 84 Suffix with Senegal
  - 85 As curious as —
  - 86 Big name in late-night talk
  - 91 It aired "Maestra"
  - 93 — Nabisco (old corpora lion)
  - 96 Band of two
  - 97 Pleasures
  - 98 Most mo.
  - 101 Impersonate
  - 104 Writer Upton
  - 107 Grammy-winning diva
  - 109 Greek offering, briefly
  - 110 Draw upon for her Tarzan yell
  - 112 Flies of Botswana
  - 113 Scatology founder
  - 118 Goller's goal
  - 119 Fanniur, e.g.
  - 123 Make passé needed
  - 124 Bolshevism founder
  - 128 "Sweet" lady of song
  - 129 Duck variety
  - 130 Visual acuity exam
  - 131 Workers going to blazes
  - 132 Animal trap in Marne
  - 133 Trail shared by 10 people featured in this puzzle
  - 4 Ski mask or tuque
  - 5 Partner of "ash"
  - 6 Italian monk's title
  - 7 Sharpie and Flair products
  - 8 File up
  - 9 Use stitches
  - 10 Obey
  - 11 Interweave
  - 12 Loud salute
  - 13 Neuter, as a horse
  - 14 Apple choice
  - 15 Codomo, c.g.
  - 16 Sketched again
  - 17 Alternative to a fly ball
  - 18 Debt slips
  - 19 " — put it another way ..."
  - 24 Pork —
  - 29 Lush way to celebrate something
  - 31 Current unit
  - 32 Beetle type
  - 33 Itsy-bitsy bite
  - 36 Lines on city maps: Abov.
  - 37 Sooner than, poetically
  - 38 Grotesque
  - 39 Jay-Z music
  - 41 Sound from a lute
  - 42 See 61-Down
  - 43 Act humanly
  - 44 Light shaft
  - 47 Source of Eve's leaves
  - 51 Banks on a runway
  - 53 Fix a mosaic on, e.g.
  - 54 Class using a fridge
  - 55 Ampl., anatomically
  - 57 "No hands!" preeder
  - 58 Kids' author Eric
  - 60 Cupboard pest
  - 61 With 42-Down, Hall-of-Fame Dodgers shortstop
  - 64 Middle mark
  - 65 100 percent
  - 66 Thurman of films
  - 67 More than b
  - 68 Writ dir.
  - 69 Akin target
  - 70 Mt. address
  - 71 Nutty TV duo
  - 74 Two racing Unsers
  - 75 In — of
  - 78 Spanish table wine
  - 80 Keranga and Sinatra
  - 82 Marinade alternative
  - 83 Bad-mouth
  - 86 PC inserts
  - 87 Yves' "yos"
  - 88 Election abstainer
  - 89 "Sk8er —" (avique h l)
  - 90 No. to Burns
  - 92 More trifling
  - 94 I-M link
  - 95 Lo- screen
  - 99 GI rank
  - 100 Breathe
  - 102 China's Lao-
  - 103 "Millennium" series heroine Salander
  - 105 Vigil light
  - 106 "To life!" toast
  - 107 City divided until 1990
  - 108 Staples unit
  - 111 Socks away
  - 113 Loll around
  - 114 Designer Gernreich
  - 115 Reader (magazine)
  - 116 "I've — had!"
  - 117 Baby's pop
  - 120 Most draft-eligible
  - 121 Not yet final, at law
  - 122 —acle
  - 125 — Spiegel
  - 126 Seedy bread
  - 127 Steered



## King Crossword

- ACROSS**
- 1 Opposed
  - 5 "Humbug."
  - 8 Duel tool
  - 12 Leeway
  - 13 — out a living
  - 14 Ointment-yielding plant
  - 15 Handle
  - 16 Paving material
  - 17 Puzzle diagram
  - 18 Floor
  - 20 Le Carré hero George
  - 22 Support system?
  - 23 Literary collection
  - 24 Disappear gradually
  - 27 "Close and I'll kiss you ..."
  - 32 Greek X
  - 33 Sea eagle
  - 34 Geologic period
  - 35 Waterfalls
  - 38 Nervous
  - 39 — de mer
  - 40 Victory
  - 42 Power ass
  - 45 Have an impact on
  - 49 Protein bean
  - 50 Parched
  - 52 Norway's capital
  - 53 "ad
  - 54 Favorable vote
  - 55 Den
  - 56 App's genre
  - 57 Club —
  - 58 Cat's-paw
  - 6 Alias abbr.
  - 7 His and —
  - 8 Motor
  - 9 Exploded successfully
  - 10 Pennsylvania port
  - 11 Vortex
  - 19 On the other hand
  - 21 Scratch
  - 24 TV watch-dog org.
  - 25 "Eureka!"
  - 26 Unnerved
  - 28 Raw rock
  - 29 Still in need of convincing
  - 30 Work unit
  - 31 Put into words
  - 36 Poolside structure
  - 37 The whole enchilada
  - 38 Hug
  - 41 Kipling poem
  - 42 Worked with
  - 43 PBS science show
  - 44 Cheese choice
  - 46 Birthright
  - 47 Firm sample
  - 48 Rent
  - 51 Deli loaf
- DOWN**
- 1 Clumsy boats
  - 2 Filch
  - 3 Animated character
  - 4 Drink
  - 5 Sold out



## MAGIC MAZE ● NAVIGATION

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

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

- Altimeter
- Chart
- Latitude
- Satellites
- Azimuth
- Compass
- Longitude
- Sextant
- Beacon
- GPS
- Position
- Triangulation
- Bearing
- Heading
- Radar

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