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THE RIVER WEEKLY NEWS

Happy
Thanksgiving

VOL. 10, No. 46

From the Beaches to the River District downtown Fort Myers

NOVEMBER 25, 2011



GreenMarket at Alliance for the Arts is on Saturdays

Lee County Farmers Markets

Eating locally grown and produced foods is good for the area economy and great for your health. Lee County boasts several farmers markets that offer chemical-free and organic produce, along with fresh baked goods, native plants and all-natural products. Support area farmers and practice good eating habits at these locations:

Thursday: The River District Farmers Market under the U.S. 41 Caloosahatchee bridge, 7 a.m. to 1 p.m. Fruit, vegetables, local honey, bread, seafood, BBQ, flowers and plants. Call 321-7100 or go to cityftmyers.com.

Friday: Fort Myers Beach Farmers Market under the Sky Bridge between Second and Third Streets, 7:30 to 11:30 a.m. November to April, rain or shine. Fruits and vegetables, flowers, seafood, baked goods, snack foods and plants. Call 765-0202 or go to fortmyersbeachfl.gov.

Lakes Park, 7330 Gladiolus Drive, Fort Myers, 9 a.m. to 1 p.m. November to May. Fruits, vegetables, breads, honey, soaps, jams and seafood. Call 533-7275.

Saturday: GreenMarket at Alliance for the Arts, 10091 McGregor Boulevard near the Colonial intersection, 9 a.m. to 1 p.m. An exclusive selection of locally grown,

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The Latest News On The Kanzius Cancer Project

by Jim George

Recent headlines in national publications have had particular focus on various cancer research projects around the country. Researchers are approaching the disease from all angles in an effort to stem the tide of mortality from this killer. But locally all eyes are focused on the technology developed by islander John Kanzius where research has been intense for the past six years both at MD Anderson Cancer Research Center in Houston and the University of Pittsburgh Medical Center.

Kanzius died in February 2009 of a rare leukemia. His wife Marianne now leads the project. Kanzius invented a radio frequency (RF) device which when used with targeted nanoparticles (injectable

microscopic metal particles combined with a targeting molecule) could be an effective treatment to kill cancer cells without damaging non-cancerous cells. The device generates external non-invasive radio waves. The nanoparticles are so small and targeted that they can be absorbed directly into the tumor and/or attach to the cancer cells and then be heated by the radio waves, killing the cancer cells and leaving healthy cells untouched. Unlike current methods of treatment, the Kanzius procedure has no side effects based on the research to date.

In a telephone interview, lead researcher Dr. Steve Curley of MD Anderson said they are in high gear with 15 researchers dedicated to the project, six papers scheduled to come out soon in medical journals for peer review and the human-sized RF device expected to be completed sometime in early 2012. The focus of the papers is on both liver and pancreatic cancer, the two most deadly types.

"The goal is still the same," Curley

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Edison & Ford Annual Event, Program And Class Calendar



Edison & Ford Holiday Nights

The Edison and Ford Winter Estates is open year-round, seven days a week, offering traditional tours and creative programs to expand the usage by visitors and community members. The interpretation of the site honors the

legacy of the Thomas Edison and Henry Ford families through science, history, arts and education programs, lectures, special events and activities. Edison and Ford changed the world with their

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Believe is the theme for this year's Holiday House

Tickets On Sale For Holiday House

Advance tickets are on sale for the Fort Myers Woman's Community Club's 55th annual Holiday House.

"Holiday House has something for everyone," said co-chair Beth Schultz. "In addition to walking through these two festively decorated homes and grounds, children can visit Santa each evening at the Langford-Kingston home." A variety of local music and dance groups will provide entertainment each evening. The 15-night schedule includes performances by local dance troupes, school choruses, jazz and brass bands, orchestras and more. The holiday favorite Singing Christmas Tree is also scheduled for four nights in its new location on the corner of First and Fowler Streets.

According to Holiday House Co-Chair Linda Burkey, tickets are available at

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Historic Downtown Fort Myers, Then And Now

Lazy Bar 11 Savings Club

by Gerri Reaves



In the late 1950s, the First National Bank at First and Hendry took children's banking seriously by appointing a special Saturday-morning teller for the Lazy Bar 11 Savings Club.

Genevieve Smith Bowen was the first – and perhaps the only – teller to have the distinction.

She remembers sitting in a big wooden booth with a sign over it. Kids brought their pockets full of change to her, and she collected the money and updated the bank books.

The special teller service gave young savers a taste of the adult banking experience. It was also good business strategy, to educate children in the philosophy of saving and to cultivate future customers.

What Bowen recalls most vividly about her teller duties was the follow-up. She had to hand count and roll up the profusion of change, a bit of a chore in those days before coin-counting and coin-rolling machines.

Children who participated in the savings club received a membership card and pin. The ones in the photo belonged to Bowen's daughter, Beverly Ann, who was such a young member that now she cannot recall anything about the club.

The still-bright membership button affirms that the bearer is a full-fledged "cow puncher" in good standing of the Lazy Bar 11. A note at the bottom of the card refers to the members-only secret codes on the back.

The savings club was promoted on the bank-sponsored "Lazy Bar 11" show on WINK-TV, hosted by Vernon Lundquist.

Dressed in cowboy regalia on the set of the Lazy Bar 11 Ranch, Lundquist introduced movies featuring Roy Rogers, Gene Autry, Johnny Mack Brown, and other big western stars. He also talked to his after-school audience about the savings club.



Cow puncher Beverly Ann Bowen was one of many children to be issued a membership card and button for the Lazy Bar 11 Savings Club photo by Gerri Reaves



In this 1950s photo, the First National Bank at First and Hendry is visible behind the Wimberly's Drug Store sign on the right. The bank sponsored the "Lazy Bar 11" children's show on WINK-TV to promote its savings club.

courtesy of the Florida State photo archives

It was a hometown, personal type of commercial.

WINK had been on the air only a few years, having debuted in March 1954 as Southwest Florida's first television station.

Before becoming a full-time bank employee, Genevieve Bowen had watched that television show when she was in high school.

Although she was older than the show's intended audience, she watched because TV was such a novelty that it didn't matter what was on.

Watching anything at all, even boxing matches with her father, was thrilling because the technology was new.

Walk down to the historic First National Bank building and imagine the Saturday morning rush as children lined up with their pennies, nickels, and bank books at the First National Bank.

Then take a short walk to the Southwest Florida Museum of History at 2031 Jackson Street to learn more about downtown banking and local television shows in the 1950s and 1960s.

Be sure to ask about the schedule of exciting Escorted Day Trips and see the exhibit, Learning from Modernism: A Celebration of Mid-Century Design, co-hosted by the American Institute of Architects, FLASW.

For information, call 321-7430 or go to swflmuseumofhistory.com. Museum hours are 10 a.m. to 5 p.m., Tuesday through Saturday.

Continue your adventure with a visit to one of the area's best historical research centers, the Southwest Florida Historical Society at 10091 McGregor Boulevard, located on the campus of the Lee County Alliance for the Arts. Contact the all-volunteer nonprofit organization at 939-4044. Or drop by on Wednesday or Saturday between 9 a.m. and noon to peruse the fascinating archives.

Sources: The archives of the Southwest Florida Historical Society and <http://www.enotes.com/topic/WINK-TV#History>.



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Estates Events

inventions, pioneering the automobile industry, movies and film, lighting and electricity, sound and communications. They were lovers of the arts, devoted naturalists and futurists in their vision. Following the legacy of the two world-renowned entrepreneurs, there are vast opportunities to explore their life interests and work.

The following calendar of activities is also updated regularly on the website:

December

December 1: Edison and Ford Holiday Nights Opening Party

December 1 and 15: Emerging Inventors Early Learning Class

December 2 to 31: Edison and Ford Holiday Nights, open nightly until 9 p.m.

December 10: Edison Ford Garden Talk, Holiday Container Gardening

December 13: Volunteer Program Meeting and New Volunteer Orientation

December 14 and 16: Homeschool Class, first through sixth grade

December 18: Culinary Arts, Authors and Artists Night

December 27 through 30: Holiday Science Camp, first through sixth grade

Contact the Edison Ford at 334-7419 to confirm schedule or visit www.edisonfordwinterestates.org for the latest news and information. All dates and times are subject to change.

The Estates is open daily from 9 a.m. to 5:30 p.m. The Estates is the winner of the 2009 National Stewardship Award from the National Trust for Historic

Preservation and is an official project of Save America's Treasures at the National Trust for Historic Preservation, a Florida Historic Landmark and a National Register Historic Site. For additional information call 334-7419 or visit www.edisonfordwinterestates.org.*

From page 1

Holiday House

Southwest Capital Bank at 1520 Broadway, Vincent's Salon & Tan USA off Sumerlin Road, FineMark Bank at Riverwalk, and at The Franklin Shops on First in Downtown Fort Myers.

"Tickets to Holiday House make the perfect holiday gift for teachers, friends or anyone on your shopping list," said Burkey. "We are so excited to be back at the Burroughs and Langford-Kingston homes for the fourth year with a full schedule of events for attendees of all ages."

Burkey said this year's theme of "Believe" captures the tradition and beauty of the holiday season. "We consider Holiday House to be our gift to the community each year," said Co-Chair Beth Schultz. Hundreds of members and volunteers of the Fort Myers Woman's Community Club spend hours embellishing the interior and exteriors of the Burroughs and Langford-Kingston homes, lawns and grounds with holiday decor.

Holiday House will run from December 9 through 23. The hours are nightly from 5 to 9 p.m. Tickets are \$5 for adults, and children 10 and younger

are free. Help the Children's Advocacy Center by bringing an unwrapped gift or gift card for a child.

Holiday House is located in the Burroughs and Langford Kingston homes at the corner of First and Fowler in downtown Fort Myers' historic River District. Free parking is available at First United Methodist, 2466 First Street, on the corner of Fowler. For more information, call 738-3710 or visit fmwcc.com.*

Holiday Hours At Southwest Florida History Museum

The Southwest Florida Museum of History will be closed Thursday, November 24 (Thanksgiving Day) and Friday, November 25, resuming business hours on Saturday, November 26. The museum will be closed on December 24 (Christmas Eve) and December 25 (Christmas Day), resuming normal operating hours Tuesday, December 27. The museum will be open December 31 (New Year's Eve) until 3 pm.

As a special holiday treat, enjoy the museum's exhibition, Mid-Century Modern in Southwest Florida, through January 14, in addition to the popular permanent collection that chronicles the area's rich history from prehistoric to present-day. A bilingual audio tour is available at no extra charge.

The museum is open Tuesdays to Saturdays from 10 a.m. to 5 p.m. and closed Sundays and Mondays. Regular admission is \$9.50 for adults, with a \$1 discount for senior citizens ages 55 and up or a \$4.50 discount for students with valid ID. Museum members and children under age three are always admitted free. For information call 321-7430 or visit www.swflmuseumofhistory.com.*

Holiday Hours For The Imaginarium

The Imaginarium Science Center will be closed November 24 (Thanksgiving Day) and December 25 (Christmas Day). The Imaginarium will be open for family fun on Friday, November 25 (day after Thanksgiving), December 24 (Christmas Eve) until 3 p.m., and all day on both December 31 (New Year's Eve) and January 1 (New Year's Day).

The Imaginarium is open from 10 a.m. to 5 p.m. on Mondays through Saturdays, and from noon to 5 p.m. on Sundays. Museum admission is \$8 for children (age three and up), \$10 for seniors (age 55 and up), and \$12 for adults. Imaginarium members and children under the age of three are always admitted free.

For information call 321-7420 or visit www.imaginariumfortmyers.com.*



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Girl Scouts In Need Of Volunteers

This year, Girl Scouts is celebrating 100 years of leadership. As the scouts celebrate this milestone, more adult volunteers are needed to start new troops and share the Girl Scout Leadership Experience with more girls in the community. Anyone interested in inspiring girls to do great things through becoming a troop leader or volunteering in another capacity, contact Amanda Jacob, director of Volunteer Management at 800-232-4475 ext. 406 or amandaj@gsgcf.org.

Girl Scouting builds girls of courage, confidence and character who make the world a better place. Girl Scouts of Gulfcoast Florida Inc. is chartered by Girl Scouts of the USA and serves over 10,500 girls in 10 counties including Manatee, Hardee, Highlands, Sarasota, DeSoto, Charlotte, Glades, Lee, Hendry, and Collier. For more information about the Girl Scouts of Gulfcoast Florida, visit www.gsgcf.org.

Greeters Club

Looking to make new friends and join in monthly activities? Attend the next luncheon meeting of The Greeters Club of Greater Fort Myers on December 15 at Colonial

County Club on 9181 Independence Way in Fort Myers. This will be a festive Christmas Luncheon and social gathering. Call today to join this group of Lee County women. Luncheon cost is \$18, with reservations required. Contacts: Janet Gambuzza 454-5750, or Linda Fitzpatrick 437-5653; or email Greeters.Lunch@comcast.net.

Lee Republican Women Federated

The December dinner meeting of Lee Republican Women Federated will take place on Monday, December 12. Social hour begins at 5:15 p.m. with dinner and program to follow. The meeting will be at the Hilton Garden Inn-Fort Myers, 12601 University Drive; price is \$20 all inclusive.

For reservations, call 432-9389 or email cindyignelli222@gmail.com

The speaker will be Victor Dotres, candidate for Florida House of Representatives. Installation of 2012 officers will also take place.

Christmas Craft Fair

There will be a Christmas Craft Fair on Saturday, December 3, from 9 a.m. to 2 p.m. at the Tropicana Co-op Clubhouse, 16711 McGregor Boulevard, Fort Myers near the intersection with John Morris Road. Handcrafted items only: decorative paintings; canvas paintings; handcrafted cards; art glass; wood works including toys, quilts and fiber art; shellcraft and a raffle. Proceeds from raffle benefit Ronald McDonald House, Fort Myers. For information call 482-7530.

Santa Fest

Wa-Ke Hatchee Recreation Center is hosting the 5th Annual Santa Fest, Saturday December 10, from 10 a.m. to noon.

Join them for a fun-filled morning of holiday cheer, including holiday crafts, cookie decorating, snacks and a chance to see the jolly ol' man himself. Bring a camera for great photo opportunities. Admission is \$5 per child.

For more information, contact Doreen Baranski at 432-2154. Wa-Ke Hatchee Recreation Center is located at 16760 Bass Road in Fort Myers.

Wine And Dine Benefit

A Lunch Time Wine & Dine, benefiting Ronald McDonald House Charities of Southwest Florida is coming to Bonefish Grill in Cape Coral on Friday, December 2 at noon.

Bonefish Grill in Cape Coral is partnering with Ronald McDonald House Charities to create an unforgettable lunch excursion. Join them for a tour through a four-course meal that will include the "Pairing Plate" featuring salmon, sea bass, grouper, shrimp and scallop skewer, each with a distinct signature sauce. Guests will also be served the perfect pairing of wine at each stop on this mid-day expedition as Southern Wine & Spirits guides the journey with expert advice on seamless pairing. The cost is \$50 per person.

Seating is limited. Call Ronald McDonald House at 437-0202 to register. Most major credit cards accepted.

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Sunshine Seafood Cafe has a new home...Right next door!

In November we will move into the remodeled *Arizona Pizza* location along with a slightly new name, **Sunshine Grille**. Chef Tao and Chef Migel will continue to tempt you with their favorite daily specials. We'll see you there!





Serving 11:00 am - 10 pm seven days a week.
Happy hour daily with a special bar menu and Live music
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The greeting signs and members of the Friendship club in Southwest Florida

Explore Cultures And Connect Across Barriers

submitted by Wendy Hanko

Friendship Force of Southwest Florida, www.friendshipforceswfl.org attended an event hosted by the Friendship Force club from Korolev, Russia, home of the Russian space program, from November 1 through 8.

Ambassadors, as guests are called, all stayed in a different host's home. Their cameras were constantly clicking when our club took them to the Edison-Ford homes, Babcock Ranch and Ding-Darling

and everywhere in between. We had picnics at Bowditch Park and Bowman Beach and right after lunch many quickly went swimming in the gulf exclaiming, "It's not cold."

Galina Selyanina, an ambassador who teaches English and translates, was thrilled when she saw the sign She Sells Sea Shells because she teaches that tongue twister. A stop was made and again many pictures were taken and items were purchased.

Selyanina loved learning new idioms. She enjoyed hearing, "I need to put the pedal to the metal." She also wondered why people weren't out strolling. When she saw the sign for a Florida Correctional Institution she said, "Prison in Florida or Siberia" and laughed.

Once again FFSWFL made new friends from another county and that is what the club is all about. To learn more about the International Friendship Force go to www.thefriendshipforce.org. To

become involved in FFSWFL call our membership director Cecilia Bridge at 652-0145 or 822-4122 or the president Lou Rizk 561-9164, 370-0390.*

Woman's Club Holds Annual Fashion Show



Margaret Carter, Oana Moore and Mary Royal



Parker Gilmore and Taylor Gilmore



Beth Schultz, Benjamin Burkey and Linda Burkey



Chelsea Carter and Madison Brant

The Fort Myers Woman's Community Club recently hosted its annual Fashion Show social in the lobby of the Barbara B. Mann Performing Arts Hall for its November meeting.

The club's next event is Holiday House, held at the Langford Kingston

and Burroughs homes in downtown Fort Myers, December 9 to 23 from 5 to 9 p.m. To learn more, visit fmwcc.com.*



CLASSICAL ACCESS CONCERTS



Sunday, December 4th, 7:30pm BIGArts on Sanibel Island

Special: Solo Piano Recital • Tickets \$10. Friday, 12/2/12 at 8pm, location TBD

Beethoven Piano Concerto No. 3 Tchaikovsky Symphony No. 1

Featuring fourteen year-old pianist, *Tristan Teo*, winner of the Virginia Warring International Piano Competition.

Sponsored in part by: Musical Legacy Society & Drs. Peter & Eleanor Blitzer

\$25 for adults, \$10 for students, children under 17 are free.

FOR TICKETS: 239.277.1700 OR WWW.ACCESSCONCERTS.ORG

Peace Lutheran Church Debuts GRACE Project

An Advent choral presentation offering a contemporary look at the Biblical events leading up to the Advent of our Lord will take place on Sunday, December 4 at 3 p.m. at Peace Lutheran Church.

The GRACE Project features the Peace Festival Choir and guest soloist, Mark Sanders as written by Lizz King, a

member of Peace Church, in collaboration with Ric Jaeggi, director of music.

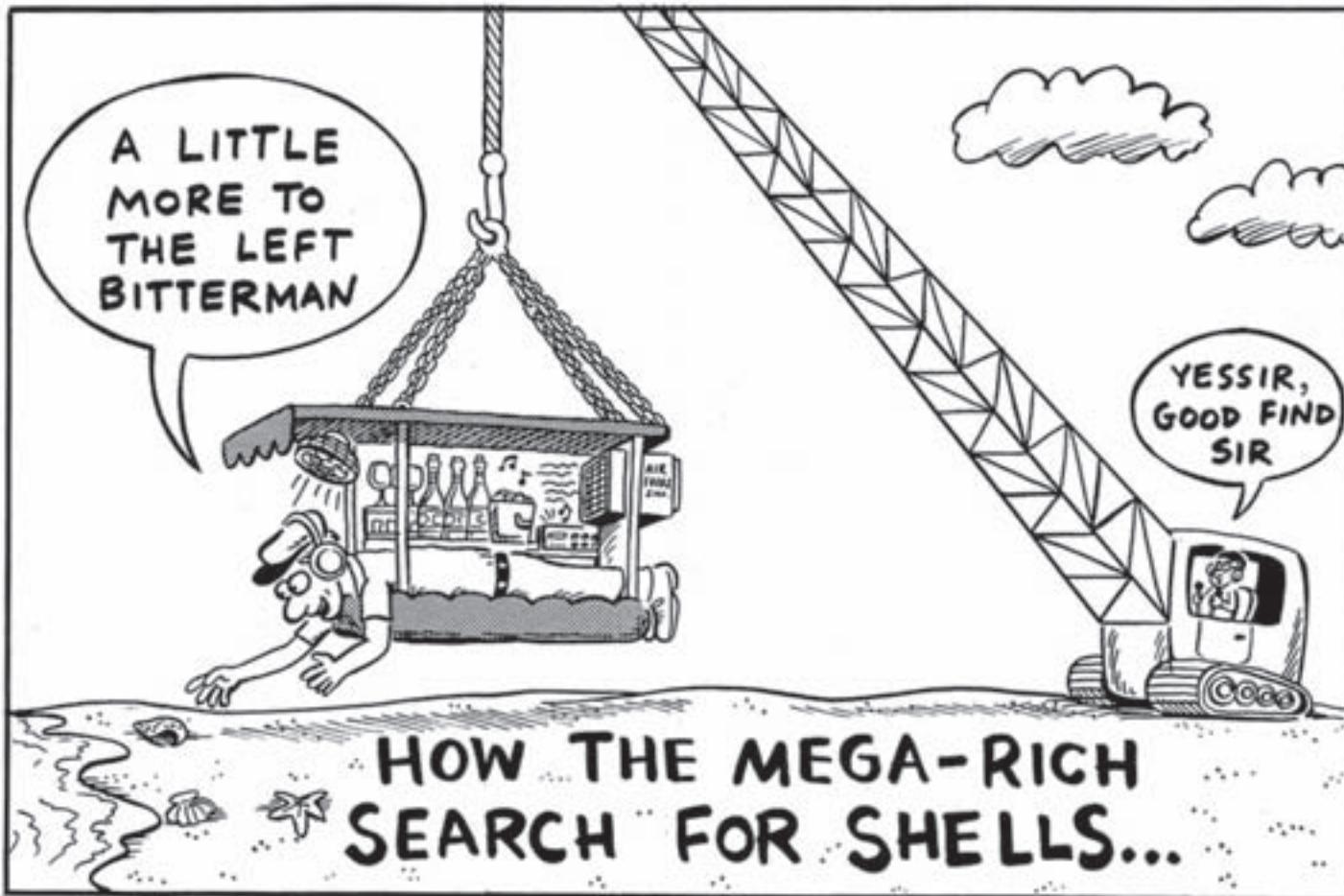
Cayle Thompson, WINK-TV News anchor and Paula Sklodowski, WGCU public media outreach coordinator, will narrate the Biblical events leading to one of the greatest oral traditions ever told.

A free will offering will be taken to benefit the Peace Lutheran Church Music Program.

All are invited to a reception immediately following the presentation.

The church is at 15840 McGregor Boulevard, Fort Myers, phone 437-2599 or log onto www.peaceftmyers.com for more information.*

HORTOONS



Third Annual 'My Town Holiday Pajama Drive' For Children



This holiday season Parvey & Frankel Attorneys PA and their sponsors are asking for help to provide new pajamas, sizes infant to age 17, for the underprivileged children in Southwest Florida. In 2010, with community support, 911 pairs of pajamas were collected, allowing 911 children in the area to wake up in their new comfy pajamas. The goal this year is to double this number and outfit as many children in new pajamas as possible. You can help by purchasing new pajamas and dropping them off to any of the locations listed below:

Parvey & Frankel, 2069 First Street, Suite 100, Fort Myers
 Tan Lines Etc., 505 Pondella Road, North Fort Myers
 Cru Restaurant, 13499 South Cleveland Avenue (Bell Tower Shops)
 Any of the eight branches of Florida Gulf Bank
 Griffin Accounting, 775 Pondella Road, North Fort Myers
 Island Winds Coiffures, 695 Tarpon Bay Road #9
 Sanibel Fame Mane Hair Designs, 923 Del Prado Boulevard, South Cape Coral
 All American Printing, 13720 Jetport Commerce Parkway, Suite 1, Fort Myers
 Lehigh Senior High School Key Club, 801 Gunnery Road North, Lehigh Acres
 All donations must be received by December 15.*

Drum Circle Flourishing

A drum circle is flourishing in Fort Myers. It occurs every Sunday from 5 to 9 p.m. under the pavilion at Centennial Park in downtown Fort Myers. Everyone is welcome. Enjoy an evening of dancing and drumming. If not at the large pavilion, look for the circle by the small one by the Friends fountain. There will be drummers, dancers, poi spinners and those who just enjoy the rhythm experience. Feel free to bring snacks, drinks (non-alcoholic), chairs, and any percussion instrument (there are always extra drums available to play). For more information about this and future meets go to www.fortmyersdrumcircle.com.*

Airport Meeting Canceled

The Lee County Port Authority Airports Special Management Committee meeting scheduled for Tuesday, November 29 has been canceled. The committee's next meeting will be held on Monday, December 19 at 1:30 p.m. at Southwest Florida International Airport's Training and Conference Center. *

City Of Fort Myers Thanksgiving Holiday Schedule

The City of Fort Myers will observe the Thanksgiving holiday on Thursday, November 24. All city government offices, including the Solid Waste and Utility Billing offices, will be closed on Thursday, November 24 and Friday, November 25. There will be no trash, recycling, horticultural and bulk pickup collection on Thursday, November 24. Trash, recycling, horticultural and bulk pickup normally collected on Thursday will be collected on Friday, November 25 and trash, recycling, horticultural and bulk pickup normally collected on Friday will be collected on Saturday, November 26.

If you have any questions concerning your service, call the City of Fort Myers Solid Waste Division at 321-8050.*

Solid Waste Collection Holiday Schedule

The City of Fort Myers Solid Waste Division will observe Thanksgiving Day holiday on Thursday, November 24. The Utility Billing Office will be closed on Thursday, November 24 and Friday, November 25.

There will be no trash, recycling, horticultural and bulk pickup collection on Thursday, November 24. Trash, recycling, horticultural and bulk pickup normally collected on Thursday will be collected on Friday, November 25 and all pickup collection normally collected on Friday will be collected on Saturday, November 26.

If you have any questions concerning your service, call the Solid Waste Division at 321-8050.*

World AIDS Day Service Scheduled

A World AIDS Day community remembrance service will be held at Fort Myers Congregational United Church of Christ, 8210 College Parkway, on Thursday, December 1, at 7 p.m.

Sponsored by the congregation's Open and Affirming Committee, this interdenominational celebration will remember those people lost to AIDS, support those living with AIDS and educate those at risk of AIDS. A free reception will follow.

Rev. Phil White said the service, planned to become an annual event, is intended to help those who have lost family members or friends to AIDS deal with their grief and continue their healing. People of all faiths are welcome.*

Ichiban Is 'Number One'



Keny Chong, Marytez Tano and Meng Chong creating sushi art

The name Ichiban means "number one" in Japanese, and they certainly are when it comes to preparing excellent Japanese and Chinese cuisine. The family-owned restaurant has flourished during turbulent times thanks to the loyal customer base that values Ichiban's balance of great quality and affordable prices.

For a quick and satisfying lunch, try the combination honey garlic chicken served with fried rice and egg roll for \$6.95 or choose from a selection of sushi, lo mein, house specials and vegetarian dishes. Ichiban boasts an extensive dinner menu, including Bento boxes served with shrimp and vegetable tempura and Japanese rice. For late night sustenance on the weekend, order the sweet and smoky BBQ ribs appetizer and wash it down with a cold Kirin Ichiban beer or warm sake.

Ichiban is open all day on Christmas Eve and from 4 to 10 p.m. on Christmas Day. It is also open all day on New Year's Eve and New Year's Day.

There are multiple ways to get to Ichiban: enter through the main Post Office Arcade entrance on Broadway, through the lobby of Hotel Indigo on Main Street or



Sit at a table inside Ichiban or outside in the historic Post Office Arcade

from the First Street courtyard across from the City of Palms parking garage.

Ichiban is located at 1520 Broadway in historic downtown Fort Myers. Hours are Monday through Thursday, 11 a.m. to 10 p.m., Friday and Saturday from 11 a.m. to 11 p.m. and Sunday from noon to 9 p.m. Free delivery is available within the River District. For more information, call 334-6991.*



Tuna Tataki with lightly seared ahi



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Snacks In-between • Live Music! • Outdoor Seating



Live Music

Along The River



The Lazy Flamingo in Fort Myers

Start early and shop locally for the people on your holiday gift list at **ProFiles** in downtown Fort Myers. Between 1 and 6 p.m. on Friday, November 25, owners Peter and Karen Martin are selling gift certificates and packages in front of their upscale salon.

With four convenient locations in Lee county, ProFiles answers the demands of women who do not want a run-of-the mill experience by offering clients unique products and services in a personal, entertaining environment. ProFiles downtown currently focuses its expertise on nails, catering to your inner rock star by offering a selection of over 100 colored acrylics, glitters, Swarovski crystals and confetti to create stunning acrylic and gel nails.

Don't forget the most important person on your list – you! Ladies, treat yourself to the Perfect Pedicure which includes a paraffin dip and soothing foot and leg massage. For the guys that work their fingers to the bone, try the shop's signature Man-i-cure; the exfoliating spa manicure includes massage and having your nails buffed to a high



The famous alligator fountain in front of The Morgan House Restaurant in Patio de Leon shine or matte finish. Party packages are also available.

ProFiles is located at 2232 First Street and 15880 San Carlos Boulevard, Fort Myers. Call 466-6245 or go to profiles.hairnails.com.

As local seafood lovers know, **The Lazy Flamingo** is the place to go for grouper sandwiches, raw oysters, clams and mussels served in a nautical-themed atmosphere. It is also known for giant burgers; best enjoyed with a frosty mug of Foster's on tap.

Don't have time to drive to Sanibel or Bokeelia for a Lazy fix? Stop by the Fort Myers location in the Bridge Plaza near the College Boulevard intersection.

The newest Lazy Flamingo is located at 12951 McGregor Boulevard, Fort Myers. Call 476-9000 or go to lazyflamingo.com.

Take a walking trip with **True Tours** and learn about the exciting history of Fort Myers's River District. The knowledgeable tour guides share the suspenseful true tales of the struggle for dominance by Fort Myers' first families: Edison, Heitman, Langford, Firestone, Ford, and Franklin along with national companies like Standard Oil. Along the route, admire beautifully restored buildings in architectural styles varying from Art Deco to Moorish and Spanish-Mission to Neoclassical.

True Tours' daytime historical walking tours last approximately 60 minutes and wind through the many brick courtyards and colorful tile-floor arcades that make downtown Fort Myers so unique. They are offered on Fridays beginning at 10:30 a.m.

On Wednesdays after dark, take the 90-minute Haunted History Tour and hear chilling stories about the souls that purportedly still walk the streets of the historic district. The costumed tour guides will both educate and entertain groups as they walk and speak about residents who have never left.

For more information about True Tours, call 945-0405 or go to truetours.net.

After a fascinating tour of the River District, have a drink or a bite to eat at **The Morgan House** and enjoy the beautiful view of the courtyard from the downstairs or upstairs patios. The popular eatery offers indoor and outdoor dining in the Patio de Leon, a rooftop bar with 14 beers on tap, happy hour and daily specials.

The original location at the Dean Hotel, on the corner of First and Dean Street, had been a downtown landmark since 1923. When the opportunity arose last year to relocate a mere 150 feet to its current location, owners Michael and Patti Price embraced the idea to purchase and renovate the building. The current location in the Patio de Leon connects the patio's present and past, providing a relaxing atmosphere for dining and new ways to experience "Old Florida hospitality with new Florida flair."

The Morgan House is located at 33 Patio de Leon, Fort Myers. It is open Monday through Saturday for lunch from 11 a.m. to 3 p.m. Dinner downstairs is Monday through Thursday from 5 to 10 p.m. and Friday and Saturday from 5 to 11 p.m. The Terrace menu is served 3 p.m. to close. Call 337-3377 or go to morgan-houserestaurant.com.

Another New Invention...

Edison's Old Fashioned Lunches for \$6.95

Served 11am-4pm Everyday of the Week

All Sandwiches Served with Your Choice of French Fries or Coleslaw

Free Range Chicken Caesar Salad	Marinated Grilled Chicken Breast Sandwich
Moonlight Garden Wedge Salad	The Edison Black Angus Burger
Fresh Seasonal Vegetable Panini	Atlantic Fried Fish Sandwich
Hot Pressed Havana Cuban	Chicken Salad Sandwich
Corned Beef on Rye <small>*Make it a Reuben" add \$2.00</small>	Mina's Homemade Meatloaf
The Chicken Philly	Chicken Pot Pie

Cup of Soup • House Salad • Half Sandwich
Your Choice of Two!

Edison's Famous Happy Hour

Half Price House Brand Cocktails, Domestic Draft Beer and Wine Everyday 11am-8pm

THE EDISON
RESTAURANT • BAR • BANQUETS

Overlooking the Historic Fort Myers Country Club
3583 McGregor Blvd., Fort Myers, FL 33901
Ph: 239.936.9348 - www.edisonfl.com

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Fort Myers Beach Yacht Club Donates Food And Funds



Fort Myers Beach Yacht Club members with \$1,500 for Dolphins in the Pantry program

In October 2010, Dee Vaigl of the Fort Myers Beach Yacht Club, created a charitable committee within the club known as the Dolphins in the Pantry program. The pantry's aim was to collect non-perishable food items, as well as any monetary donations at the club's monthly meetings. The program has been very successful. The food donations – a total of 250 pounds – were delivered to the Harry Chapin Food Bank of Southwest Florida on Fowler Street every month. During this same time, Jimmie Chew, another yacht club member designed, made and donated over 40 fused glass dolphin pendants. They were sold in the pantry and along with these sales, numerous members also donated money.

The total money collected from October 2010 through October 2011 was \$1,500. A check for this amount was presented to Joyce Jacobs, associate director of the Harry Chapin Food Bank of Southwest Florida Inc. during the club's meeting on Wednesday, November 16, at the American Legion Post 274 on San Carlos Island.

Pictured during the presentation from left to right are: Commodore Tom Swanbeck, Jimmie Chew, Joyce Jacobs, Treasurer Len Ebright and Committee Chairperson Dee Vaigl.

The Harry Chapin Food Bank solicits, collects and stores quality food for distribution to families in need through a network of 186 local nonprofit agencies in Lee, Collier, Hendry, Charlotte and Glades counties, who provide food to more than 30,000 people monthly. Over 1 million pounds of food are distributed monthly. For every dollar donated, about \$6 in food value goes back to the community. In the past fiscal year, The Harry Chapin Food Bank distributed 12.5 million pounds of food and other grocery products. This was a 31 percent increase over the previous year. For additional information about, or to contribute financially to the Harry Chapin Food Bank, contact 334-7007 or go to harrychapinfoodbank.org.

CROW Offers Santa Photos At Luminary

CROW, the Clinic for the Rehabilitation of Wildlife, will offer pet (and/or human) photos with Santa on Sanibel Luminary Night, Friday, December 2. Santa will be available for photos from 5 to 7 p.m. at Island Paws in the Olde Sanibel Shoppes at the junction of Periwinkle Way and Tarpon Bay Road.

Photography is provided by Shari Brownie Photography. The donation to CROW is \$35 and will include four photos emailed to you as well as a one-year membership to CROW. Additional printed copies of the photos will be available from Island Graphics.



Bring your pet, human or animal for a photo with Santa

LARGEST SEAFOOD SELECTION IN TOWN, GREAT STEAKS AND MORE...IT MUST BE NERVOUS NELLIES!!

NERVOUS NELLIE'S
CRAZY WATERFRONT EATERY

Lunch • Dinner
Snacks in Between
11am-10pm,
Plus Live Music

With so many delectable dishes...
Everyone finds something they love!
What IS YOUR Favorite!!

TAKE-OUT AVAILABLE
239-463-8077

FREE MARINA DOCKAGE
with Dock Attendant's Assistance

UGLY'S
WHERE EVERYONE GETS PRETTIER

Nellie's Upstairs Waterside Bar
HAPPY HOUR ALL DAY, EVERYDAY
with Live music too!

10% OFF LUNCH 10% OFF LUNCH BILL ONLY.
ONE COUPON PER TABLE Can not be used with any other offer. 18% Gratuity may be added to bill before discount. 11am - 3pm, Expires Dec., 2, 2011

www.nervousnellies.net
1131 1st St., Ft. Myers Beach
GPS COORDINATES: 26°27'23.41" N • 81°57'15.18" W

Churches/Temples

ALL FAITHS UNITARIAN CONGREGATION

Member of UUA
2756 McGregor Boulevard, Fort Myers
Six blocks south of the Edison/Ford
Winter Estates; two miles north of Colonial
Boulevard
Minister: Reverend Dr. Wayne Robinson
Sunday services: 9 and 11 a.m.
Unitarian Summer 2011: 11 a.m. Tapestry
of Faith Programs, child care provided
Adult workshops: 9:30 a.m. Faith Like a
River: Themes from UU History.
Phone: 226-0900
Email: allfaithsuc@embarqmail.com
Website: www.allfaiths-uc.org

ANNUNCIATION GREEK ORTHODOX CHURCH

8210 Cypress Lake Drive, Fort Myers
Reverend Fr. Athanasios Michalos
Orthros Service Sunday 9am
Divine Liturgy Sunday 10am
Fellowship Programs, Greek School,
Sunday School, Community Night
239-481-2099

BETH SHILOH

MESSIANIC SYNAGOGUE

15675 McGregor Boulevard. 437-3171
Rabbi: Judah Hungerman
Friday Service, 8 p.m.
Saturday Service, 11 a.m.
Shabbat School Saturday Morning
Adult Hebrew Classes
Please call for information on full program.

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.
CHAPEL OF CYPRESS COVE
10200 Cypress Cove Circle Fort Myers
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.
Rev. Ted Althouse, Pastor
revtedalthouse@aol.com
239-850-3943

CHRIST THE KING

1188 Lake McGregor Drive, Fort Myers,
432-1724. Reverend N. Everett Keith II
An Old Catholic Community Liturgy
in English Sunday Mass at 9:30 a.m.

CHURCH OF THE CROSS:

13500 Freshman Lane; 768-2188
Pastors: Jeff Moran and Michael Bulter;
A nondenominational church emphasizing
a personal relationship with Jesus Christ.
Sunday Service: 9 a.m. Contemporary
10:45 a.m. Traditional.

COVENANT PRESBYTERIAN CHURCH

2439 McGregor Boulevard, 334-8937
Rev. Dr. Kathleen Weller, Temporary
Supply 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; Clint Cottrell, pastor
Sunday services: 8 and 11 a.m. Traditional;
9:30 a.m. Contemporary; 9:45 a.m.
Children's Church K4J Kids for Jesus
**CYPRESS LAKE UNITED
METHODIST CHURCH**

8570 Cypress Lake Drive,
Fort Myers, 482-1250
Sunday Traditional Service: 8 and 11 a.m.,
Praise Service: 9:30 a.m.
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 for ages 5-12 available
at each service.

FAITH UNITED METHODIST CHURCH

15690 McGregor Boulevard
Fort Myers, 482-2030
Pastor: David Stauffer.
Traditional services 8:45 a.m.;
Contemporary, 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 Morning Service and Sunday
School, 10:30 a.m.; Wednesday Evening
Testimony Meeting, 7:30 p.m. Child care
provided at all services.

Visit our Reading Room for quiet study at:
2281 W. First Street, River District
www.spirituality.com and www.christian-
science.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

in the Downtown Fort Myers River District
2466 First Street, Fort Myers, FL 33901
239-332-1152 www.fumcftmyers.org
Sunday: 9 a.m. Contemporary Worship
9 a.m. and 10 a.m. Sunday School
9:45 a.m. Coffee Fellowship
10:30 a.m. Traditional Worship
5 p.m. Youth Program
7 p.m. Spanish Worship

FORT MYERS CHRISTIAN CHURCH

(DISCIPLES OF CHRIST) A STEPHEN
MINISTRIES CONGREGATION
5916 Winkler Road, Fort Myers, 437-4330
Reverend Mark Condrey, Pastor
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.

HOLY THEOTOKOS MONASTERY

111 Evergreen Road,
North Fort Myers, 997-2846
Eastern Orthodox men's monastery.
Liturgical services conducted in the
English, Greek and Church Slavonic
languages, following the Julian (Old)
Calendar. Liturgical Services: Sundays and
Holy Days: The Third and Sixth Hours at
8:30 a.m.; Divine Liturgy at 9 a.m.

IONA-HOPE EPISCOPAL

CONGREGATION
9650 Gladiolus Drive,
Fort Myers, 454-4778
The Reverend Dr. John S. Adler, pastor
Weekly services:
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 at
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
All are welcome.

LAMB OF GOD

LUTHERAN/EPISCOPAL CHURCH

Corner Cypress View Drive and Koreshan
Boulevard, Three Oaks area,
Fort Myers, 267-3525
Walter Fohs, pastor; Becky Robbins-
Penniman, associate pastor
Sunday worship services:

8 a.m. Early Grace Traditional
9 a.m. Awesome Grace Contemporary
10:30 a.m. Classic Grace Traditional
8:45 & 10 a.m. Sunday School God's Group

MESSIAH REFORMED CHURCH

Worship Gathering - Sunday 10 a.m.
Pastor Alan Bondar
Fort Myers Villas Civic Association Bldg.
2306 Sunrise Blvd. Fort Myers, 33907
Phone text: 220-8519

website: messiahreformed.com

6:30 p.m. Wednesday Bible Study

noon Sunday Fellowship Lunch

Monthly Teen Events

see website for podcasts, special events,
ministries, calendar, blogs, etc.

NEW HOPE BAPTIST CHURCH OF FORT MYERS

16120 San Carlos Boulevard, Unit 10
239-985-8503

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
Pastors: Bill Stephens, Stu Austin and
Howard Biddulph, Associate Pastor
8 & 9:30 a.m. Traditional Worship
11 a.m. Contemporary Worship
8, 9:30 & 11 a.m. Sunday School
Youth and Children's programming runs
concurrent to Sunday services.

Nursery care provided at all services

For more information visit:

www.newhopefortmyers.org

PEACE COMMUNITY CHURCH

Meets at Ft. Myers Beach Masonic Lodge
17625 Pine Ridge Road,
Fort Myers Beach 267-7400.
Pastors Bruce Merton, Gail & RC Fleeman
Traditional Worship 9:45 a.m.
Contemporary Worship 11:15 a.m.
Phone: 267-7400 Fax: 267-7407
Web site: peacecommunitychurch.com
e-mail: peace1265@aol.com

PEACE LUTHERAN CHURCH

15840 McGregor Boulevard, Fort Myers
Walter Still, Senior Pastor,
Sunday Worship: 8 and 9:30 a.m.
¾ mile south from the intersection of
McGregor, San Carlos and Gladiolus.
A congregation of the ELCA.

REDEEMER LUTHERAN CHURCH

3950 Winkler Extension,
Fort Myers, 274-0143
Daily early learning center/day care
8:15 & 10:15 a.m. Sunday Services
SAMUDRABADRA BUDDHIST CENTER
Meditation classes. All are welcome.
Guided meditations offering many meth-
ods for relaxing the body and focusing
the mind on virtuous objects to bring
increasing peace and happiness into
daily activity. For information, class times
and locations call 567-9739 or visit www.
MeditationInFortMyers.org.

SOUTHWEST BAPTIST CHURCH

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

ST. COLUMBKILLE

CATHOLIC CHURCH

12171 Iona Road, Fort Myers, off
McGregor and north of Gladiolus.
489-3973 Father Joseph Clifford.
Weekly masses:

Monday through Saturday 8 a.m.

Weekend masses: Saturday 3 and 5 p.m.;

Sunday: 7, 9,11, and 5:30 p.m.

Reconciliation is available at the church on

Saturdays at noon and by appointment

SAINT JOHN THE APOSTLE

METROPOLITAN COMMUNITY CHURCH

3049 Mgregor Boulevard, Fort Myers,
344-0012 Pastor Reverend Steve Filizzi
An Affirming & Inclusive Congregation
Sunday Services, 10 a.m. and 7 p.m.
Mid-Week Service, Wednesday 6:30 p.m.

ST. MICHAEL LUTHERAN

CHURCH & SCHOOL (LCMS)

3595 Broadway, Fort Myers
239-939-4711, www.smlcs.org
Wednesday Fellowship: 5:30 p.m.
Dinner \$5, 6:15 p.m. bible studies
Worship: Saturday, 5:30 p.m.,
Sunday 8 a.m. and 10:45 a.m. with 9:15
a.m. adult and children's Bible Study, plus
marriage enrichment studies. Divorce Care
on Thursdays from 7 to 8:30 p.m.
During Lent: Wednesday worship
noon and 6:15 p.m.

TEMPLE BETHEL SYNAGOGUE

16225 Winkler Rd. 433-0018.
Rabbi Jeremy Barras
Cantorial Soloists Joseph/Lynn Goldovitz
Shabbat Services, Friday, 7:30 p.m.
Torah Study, Saturday, 9:15 a.m.
Bar/Bat Mitzvah Services, Saturday,
10:30 a.m.

Religious Education Classes, Midweek,

Grades 2-7, Wednesday, 5-6:30 p.m.

Preschool Classes, Monday through Friday

Confirmation Classes, Wednesday,

5:30-6:30 p.m.

Sunday School, 9:30 a.m. to noon

TEMPLE JUDEA (CONSERVATIVE)

14486 A&W Bulb Road, Fort Myers,
433-0201, Lay Leader Diane Seidenstein
and Larry Hershman
Weekly Minyan: Monday and Tuesday
morning at 9 a.m.

Services: Friday night at 7:30 p.m. and

Saturday morning at 9 a.m.

Religious School Sunday morning from

9:30 a.m. to noon and Wednesday

night from 4:30 to 6 p.m.

For Preschool information call 482-1121 or

email templejudeapreschool@gmail.com

THE NEW CHURCH

The New Church of SWFL is located at
10811 Sunset Plaza Circle, by Summerlin
and Pine Ridge Roads, behind Zoomers
and the ponds.

Reverend Nadine

Spiritual Recovery, Wednesdays 10 a.m.

Healing Service, Wednesdays 11 a.m. and

Fridays 6:30 p.m.

Sunday Worship Services, 11 a.m.

Call for information 481-5535.

THOMAS A. EDISON

CONGREGATIONAL CHURCH

1619 Llewellyn Drive Fort Myers
Just off McGregor across from the Edison/
Ford Winter Estates 334-4978
Senior Minister: Douglas Kelchner
Traditional Worship Sunday's 10:15 a.m.
Website: www.edisonchurch.org

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Churches/Temples

UNITARIAN UNIVERSALIST CHURCH FORT MYERS

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

For information on all church events call 561-2700 or visit www.uucfm.org.

UNITY OF BONITA SPRINGS

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.
Service held at 28285 Imperial Street, Bonita Springs. Call 947-3100.

WESTMINSTER PRESBYTERIAN CHURCH

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

WORD OF LIFE CHURCH

2120 Collier Ave, Fort Myers, 274-8881;
Services: Sunday 10 a.m.;
Wednesday 7 p.m.

Bishop Gaspar and Michele Anastasi

ZION LUTHERAN CHURCH:

7401 Winkler Road, Fort Myers,
481-4040, Pastor, Steve Hess
Sunday Services: 8 a.m. traditional;
9:30 a.m. contemporary; 11 a.m. blendings.
Sunday school, 9:30 a.m.*

Congregation Helps Charity Feed The Hungry

For the third year, All Faiths Unitarian Congregation will make it possible for the impoverished individuals and families served by Nations Association Charities, to be treated to a delicious Thanksgiving meal. All Faiths is underwriting the cost of the meal and is coordinating the effort.

More than 300 people are expected to be at Schandler Hall Community Park off Palm Beach Boulevard at 11 a.m. on Thanksgiving Day, Thursday, November 24, for a hot meal. Schandler Hall is located at 419 Royal Palm Park Road (opposite the intersection of Ortiz Avenue and Palm Beach Boulevard).

To cater to the taste buds of the mostly Hispanic population that Nations Association Charities serves, a cuisine of beans, rice, turkey and other trimmings (such as pumpkin pie) is being prepared by EL Caribe Latin Flavor on Palm Beach Boulevard. For the non-Hispanics, there would be the traditional turkey, gravy, mashed potatoes, green beans and the usual add-ons from Gordon's Food Service.

Various groups have pitched in to help make this annual event a success. They include the other Unitarian congregation in Fort Myers (the Unitarian Universalist Church of Fort Myers); Sweet Tomatoes, which is donating around 25 large trays of apple cobbler and dozens of cookies;

and the Southwest Florida Coalition for Change. Individuals have also come on board to help in any way they can. The event is expected to go until 2 p.m. and volunteers are needed to serve and help clean up.

To find out how to volunteer or donate additional food items, such as pumpkin pies and dinner rolls, call All Faiths at 226-0900; or Nations at 332-7575.

Nations Association Charities has been assisting those in need in the community since 1978 and provides for the immediate needs of individuals as well as steers them on the road to self-sufficiency where possible.

All Faiths Unitarian Congregation is located at 2756 McGregor Boulevard, Fort Myers, FL 33901. Dr. Rev. Wayne Robinson is the minister.*

Annual Pottery Sale And Empty Bowls Soup Lunch

Florida Gulf Coast University Art Program will host the annual Pottery Sale and Empty Bowls Soup Lunch events for pottery enthusiasts, holiday gift buyers, and community supporters Friday, December 2 at the Arts Complex courtyard on campus. The sale will be held from 11 a.m. to 6 p.m., and the soup lunch from 11:30 a.m. until the soup and bowls run out.

For 11 years the FGCU Art Program has partnered with the United Arts Council of Collier County (UAC) to pro-

duce a pottery sale featuring potters from across the Southwest Florida region. The pottery sale event provides visitors with an opportunity to purchase beautiful, functional, handmade pottery while also benefiting the UAC's art education programs in Immokalee. A portion of the proceeds from every sale will go toward the purchase of art supplies and equipment, and contribute to funding for teachers in after-school programs. This year's sale features pottery by Annabelle Johnson, Rinny Ryan, Angela Aradia, Barb Darling, Diane Roberts, FGCU alumna Haley Paula, and FGCU faculty member Patricia Fay.

Empty Bowls unites potters, students, restaurants, and food banks to address the needs of the hungry in local communities. The formula for fundraising is simple - potters and students make bowls, area restaurants donate soup and bread, and hunger assistance organizations provide education. For a \$15 donation, visitors to the event will pick out the bowl they like best and fill it with the soup of their choice. After enjoying a "soup kitchen" style meal, the bowl is washed and taken home for use with the knowledge of having assisted needy members of the immediate community. One hundred percent of the proceeds will be given to partner organization, Interfaith Caregivers of South Lee Inc. in Estero.

A wide range of soups for this event is provided by local restaurant partners: Hemingway Island Grill, Hyatt Place Coconut Point, Ted's Montana Grill, Stony's Sports and Lounge, Naples

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Fifth Annual Festival of Trees
Events held at the Sidney & Berne Davis Art Center
2301 First Street - Fort Myers River District

Festival of Trees:
Friday, November 25th
11 am - 9 pm
Saturday, November 26th
11 am - 9 pm
Sunday, November 27th
11 am - 7 pm
Monday, November 28th
11 am - 9 pm
Tuesday, November 29th
11 am - 9 pm

Festival Family Fun Night
Wednesday, November 30th
6 pm - 9 pm
\$10 advance/\$15 door
Dancing, Holiday Photos, Crafts, and more!

Thursday, December 1st
5 pm - 9 pm
Friday, December 2nd
5 pm - 10 pm

Breakfast with Santa:
Saturday, November 26th
8 am - 11 am
Tickets: \$12 advance/\$15 door
Call: (239) 333-1933 or www.sbdac.com



The Home Depot
"Santa's Workshop 2010"

www.tuxandtrees.com



CHILDREN'S HOLIDAY WORKSHOP!
At the Festival of Trees!
Sidney & Berne Davis Art Center
2301 First Street, Fort Myers River District
November 25th - 27th

Friday 11 a.m. - 8 p.m.
Saturday 11:30 a.m. - 8 p.m.
Sunday 11 a.m. - 6 p.m.

\$5.00 per child
Cookie Decorating
Sponsored by: 



Christmas Card Coloring
Arts & Crafts
Letters to Santa
Cookie Decorating
Holiday Games
Story Time
and much more...

www.tuxandtrees.com



Fifth Annual Tux & Trees Gala
Live & Silent Auction
Sidney & Berne Davis Art Center
2301 First Street - Fort Myers River District

Saturday, December 3rd
6:30 p.m. - 10:00 p.m.
Purchase Tickets Online
www.tuxandtrees.com
\$100.00 each
or call: (239) 652-1649

Event Hosts:
Carley Wegner,
"The Morning Blend"
Scott Robertson
Auctioneer



Benefiting:

The Southwest Florida Goodwill Foundation

Hosted by:  SIDNEY & BERNE DAVIS ART CENTER

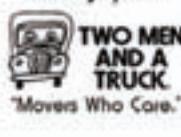
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facebook.com/tuxandtrees

Okeechobee Bass Fishing



by Capt. Matt Mitchell

This week I was lucky enough to get an invitation to fish Lake Okeechobee with a longtime client and the guide he uses to go bass fishing out there.

Even though I have lived in South Florida for more than 30 years, I had only ever been as far as the rim canal on a boat. I had driven by the lake hundreds of times but had never been on Lake O or ever even caught a bass.

Driving out to Clewiston early morning I really had no idea what to expect only images of what I had seen watching bass tournaments on TV. After loading up on the bass boat we idled out of the rim canal right next to Roland Martin Marina and into the massive body of water. The 730-square-mile lake is very impressive; it is like an inland ocean. Lake Okeechobee is the second largest lake in the United States and is referred to for good reason as the bass capital of the world.

Our guide was Capt. Mark Shepard from www.Bassonline.com. Mark lives in Clewiston and has fished the FLW tour and the Bass Masters along with fishing and guiding on the lake for more than 10 years. As with any other body of unfamiliar water, going to fish with someone who really knows the place makes all the

difference in the world. I had Mark out on my boat fishing a few months ago and was excited to see what he had to show me about bass fishing in his backyard

After a short boat ride we pulled up onto a sawgrass edge. I was handed a bait casting rod rigged with #60 braid and a weedless speedcrawl, a crawfish-shaped soft plastic bait on a weedless jig head. Pitching the baits into heavy cover, it was not long before I got my first bass. The four-pound plus fish slammed the bait with an awesome top water explosion. After a few jumps the fish came quickly to the boat. After catching quite a few fish at our first stop we made a longer run to another part of the southern edge of the lake.

This next stop involved Mark finding a tiny narrow trail through the five-foot tall sawgrass jungle. After slowly motoring deep into stuff I never dreamed an outboard motor could run in, we were in what he called ponds and hay fields. These small open areas were filled with big lily pads and grass. There was so much vegetation growing in them I would have thought of them as unfishable.

Mark explained this is where the bass come to bed and spawn. In some areas you could see the bottom where the male fish had cleaned it out and where he sat waiting for a female to show up to mate with.

While working these areas with weedless baits we caught some of our biggest bass of the day with two fish over the seven-pound mark. I had several really big strikes on a "horny toad" that I missed. Getting the hang of setting the hook on these bass was hard for me. This kind of rock the boat hook-set was against everything I know and tell my clients while saltwater fishing.

When a bass strikes a big plastic bait, you have to wait for a few seconds before slamming the hook home. These big soft plastic baits need a really hard hook-set to pull through the body of the bait and into the fish's mouth. Switching back to the smaller weedless jig though, I continued to catch fish.

Capt. Mark had one last area for us to fish. He said he had saved it for us, not fishing it for three days prior. This area was really clear shallow water with lots of limestone flat rock on the bottom and a mess of thick grass and other vegetation. It had lots of bedding fish and was the ideal set-up to sight fish for the bass. There were lots of beds with some having at least a buck (male bass) on them then some with both a buck and a big female on them.

Sight-fishing these bass was the coolest part of the day for me. At one point, Mark would pitch a plastic bait into the bed and let the male fish pick up the bait and swim off with it. You could watch as the male would simply remove the bait from the bed then spit it out. This technique would give us shots at catching the bigger female on the same bed. My biggest fish of the day came on these beds – a respectable five-pound plus fish. By the end of the day we had caught more than 30 bass, all on artificial baits.

While out in the open water of the lake you could look towards Clewiston and Belle Glade and see the huge sugarcane fields being burned. A south wind sent black ash from the burning cane



Capt Matt Mitchell with his first bass

floating through the air. This is awesome wild old Florida country out here with very little boat traffic and just tons of wildlife. I only saw a very small part of the lake during the day's charter but cannot wait to get back out there.

As our saltwater fishing slows during winter cold fronts, fishing on the lake only gets better with the bass spawning for the next few months.

If you have ever felt like going and catching your first bass or even if you have bass-fished before, this is the place. It's just so different than our local waters and the techniques are completely different.

It's only about a 90-minute drive to a whole new watery world for us saltwater anglers. E-mail Capt. Mark and he will show you how it's done.

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

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Scarlet Milkweed



Protect caterpillars like this from pesticides and herbicides and you'll witness the evolutionary miracle of the monarch butterfly. The milkweed will quickly recover.
photos by Gerri Reaves



Brilliant scarlet milkweed is a fast-growing, extremely low-maintenance wildflower

by Gerri Reaves

Scarlet milkweed (*Asclepias curassavica*) is a must-have for butterfly gardeners. This host plant for the monarch and queen butterflies is also a food source for a variety of nectar-sipping insects such as hummingbirds.

Also called bloodflower, silkweed, and Indian root, this perennial wildflower couldn't be prettier or easier to grow.

Although not a native species, it is so Florida-friendly that it is a favorite of native-plant enthusiasts. It has become

naturalized in the state.

Clusters of one-half-inch orange and red flowers top sturdy stalks that when broken exude a milky sap that is poisonous if ingested and irritating to the skin.

The flower's scarlet corolla and

orange corona contrast beautifully with the dark green narrow leaves, which are about five inches long.

The plant can reach up to four feet tall. Once the flowers are spent, it can be pruned just above the base. In no time, this self-seeder will send up new stalks and flowers.

When the spindle-shaped pods split, they release many airborne fluffy seeds.

Scarlet milkweed will grow in almost any soil or moisture conditions, but prefers rich, moist, but well-drained soil. It's perfect for a mass planting in a natural garden or as a border.

Plant it in full sun or partial shade and don't worry about watering it. Just enjoy the beauty and the butterflies. It also grows well as a pot plant.

Avoid using herbicides or pesticides in the landscape. The chemicals will poison the caterpillars that evolve into butterflies, as well as the butterflies that visit the flowers.

Tolerate the brief feeding period of the caterpillars and you'll be rewarded with hours of butterfly-watching.

Propagate this wildflower with cuttings or seeds. It is available in a yellow cultivar too.

Sources: floridata.com, floridagardener.com, and nababutterfly.com.

Plant Smart explores sustainable gardening practices that will help you create an environmentally responsible, low-maintenance South Florida landscape. ❄️



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CROW Case Of The Week:

Another Virginia Opossum

by Emilie Alfino



October was a bad month for local opossums, a species that has never had an easy time living with people – and people’s BB guns and automobiles. Two days after an opossum arrived



Virginia opossum

at CROW full of BB pellets (last week’s case), another came in from Fort Myers where he had been hit by a car. The person who found him thought his back leg was broken, but that turned out not to be the case. The animal obviously had severe head trauma, as he had blood coming from his nose and mouth and severe facial swelling. There was also a laceration on his lower lip.

“Because there was obviously head trauma, we took X-rays and we didn’t see any major fractures, but there could have been a hairline fracture we didn’t see,” said Robin Bast, CROW wildlife rehabilitator.

The staff administered pain and anti-inflammatory medications as well as antibiotics because of the opossum’s open wounds. He received subcutaneous fluids and was put on a normal opossum diet of soaked kitten chow, mouse bits and fruit bits.

By the next day he hadn’t touched any of his food. “We decided maybe he couldn’t eat because his jaw hurt too badly so we made a slurry that’s pretty high in calories that you can force-feed,” Bast said. “He lapped that up very well from a syringe – he could lick but he really couldn’t chew. We fed him that way for quite a while.”

“The opossum was also suffering from congestion and sneezed frequently, most likely because his sinuses were swollen and inflamed from the trauma,” Bast explained. A symptom of great concern to staff was that he was turning more to the right, probably as a result of his head trauma. “This is what we call a ‘right head tilt and circling issues,’” she said. This indicated the animal had some neurological

issues and needed to be monitored closely to make sure the issue resolved itself over time.

Four days later, the opossum started eating the slurry on his own when it was put in his cage, and after about a week he no longer had the head tilt. He was walking normally by that time, too, and had started to eat solid food on his own. The laceration on his lip was healing quite well and he finished 10 days of antibiotics on October 16. The swelling had gone down and he was no longer congested.



Virginia opossum

“He was also hissing, which is good because it’s part of normal defensive opossum behavior,” Bast said. “When he first came in, he was so dull that he didn’t care what you did to him.”

Bast said this was one of CROW’s more successful car accident cases. “Car accident injuries vary from minor to very serious, so this opossum was lucky not to have any major internal injuries,” Bast added. “What he had was like a concussion but more severe, and its effects lasted longer.”

Sometimes the symptoms brought on by these injuries never go away and CROW staff has to reassess the case. “An animal injured like this who doesn’t recover can’t survive in the wild and, sadly, it could be a case for euthanasia,” Bast said.

Once this opossum was finished with his antibiotics, he was ready to be released and now lives somewhere on Sanibel, hopefully away from any roads.

CROW (Clinic for the Rehabilitation of Wildlife, Inc.) is a nonprofit wildlife hospital providing veterinary care for native and migratory wildlife from the Gulf Coast of Florida. 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. Visit www.crowclinic.org or call 472-3644.*

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DDWS Awards Nearly \$5,000 In Conservation Education Grants

Ding Darling Wildlife Society-Friends of the Refuge (DDWS) last week awarded \$4,964.29 in grants to 10 conservation education-related projects at eight Lee County Schools.

Teachers submitted 11 grant applications to the DDWS Environmental Education Committee this fall. The committee chose 10 awards based on need and relevance to local conservation.

Schools to which DDWS awarded grants include J. Colin English Elementary for its "Butterflies Are Free?" project, Lexington Middle for its "Lexington Habitat Restoration Project and Butterfly Garden," Dr. Carrie D. Robinson Littleton Elementary for its "'Ding' Treasures: Earth Cache" project, Manatee Elementary for its "The Student Becomes the Teacher" project, Pelican Elementary for "Probing Science with Science Probes," Trafalgar Elementary for its "Vermicomposting in the Classroom" project, Villas Elementary for its "Cycle of Life" project, and Colonial Elementary for three projects - "What's the Weather Today?" "Conservation and Character Count," and "Something Old is New Again!"

"This is the sixth year the society has awarded these conservation teacher grants," said Doris Hardy, education committee chair. "The student projects get more interesting and exciting each year, it seems. We are happy to be able to fulfill our education mission in such a meaningful, well-appreciated manner."

Grant recipients report back on their projects to the society and refuge, sending pictures and thank-yous from the students, upon completion in May 2012.

The teacher grants are funded by DDWS monies received from the "Ding" Darling Foundation earmarked specifically for education. For information on next year's grants, contact Refuge Education Specialist Becky Wolff at 472-1100 ext. 236 or Hardy at hardydd@comcast.net, or visit www.dingdarlingsociety.org.

As a non-profit 501(c)3 organization, DDWS works to support JN "Ding" Darling



Front: Cheryl Darbyshire, Lexington Middle; Kathy Eva, Trafalgar Elementary; Colleen Taylor, Pelican Elementary; Susie Hassett, Dr. Carrie D. Robinson Littleton Elementary; Becky Wolff, refuge education specialist. **Back:** Wendy Schnapp, DDWS education committee; Doris Hardy, DDWS education committee chair; Yolanda Figueroa, J. Colin English Elementary; Heidi Brennan, Manatee Elementary; Jim Scott, current DDWS president; John McCabe, 2012 DDWS president. (Not pictured: Bambi Fischer, Dr. Kimberly Clements, and Donna Cooper, Colonial Elementary; and Laurie Blackwell, Villas Elementary.)

National Wildlife Refuge's mission of conservation, wildlife and habitat protection, research, and public education through charitable donations and Refuge Nature Shop proceeds.

To support DDWS and the refuge with a tax-deductible gift, visit www.dingdarling-society.org or contact Birgie Vertesch at 292-0566, 472-1100 ext. 4, or dingdarling-society@gmail.com.*

Six Mile Cypress Slough Programs

Immerse yourself in nature this fall at the Six Mile Cypress Slough Preserve. Staff and volunteers will offer a wide variety of programs for the public. Opportunities to explore nature on the boardwalk include daily guided walks, monthly moon walks, a native plant uses walk, and an introduction to birding walk. Other activities include a photo contest, a tracking club and an alligator detectives program. Here are more details:

Alligator Detectives Program

Saturday, December 3, 11 a.m. to noon. Learn fun facts about Florida's favorite reptile in this one-hour program. Meet in the Interpretive Center at 11 a.m. on Saturday, December 3. Reservations are not necessary. All ages are welcome and the program is free with your paid parking fee of \$1 per hour per vehicle.

Native Plant Uses (New)

Tuesday, December 13, 10 a.m. to noon. Discover the many uses of Florida's native plants during this hands-on program. The fee is \$3 per person (adults only). Reservations are required by calling 533-7440 or online at www.leeparks.org

The Six Mile Cypress Slough Preserve is a Lee County Parks and Recreation wetland preserve with a raised boardwalk open to the public seven days a week from dawn until dusk. The trail is fully accessible and consists of a 3/4-mile lower loop; the entire trail is 1.2 miles long. Visitors to this site will see examples of old Florida in the plants and animals that live there. This natural setting provides the perfect backdrop for Florida wildlife such as wading birds, turtles, alligators, otters, squirrels, woodpeckers, butterflies, dragonflies and more. Opportunities to see wildlife are plenti-

ful whether walking on the trail or sitting at a pond overlook.

*For more information, visit www.leeparks.org or contact Heather Gienapp at 533-7556.**

Florida Yards And Neighborhoods Introductory Class

Take part in a Florida Yards and Neighborhoods Introductory Class and learn the nine principles that guide Florida-friendly landscaping in Lee County. Taught by Lee County Extension Master Gardeners, each principle is explored in class, so you can apply what you learn to your own yard. Plant selection and placement, efficient irrigation, proper mulching, and techniques to obtain a beautiful and healthy yard will be discussed!

The class is Wednesday, December 14, from 9 to noon at the Eco-Living Center at Rutenberg Park, 6490 South Pointe Boulevard, Fort Myers. The cost is \$8 per household

To register go to <http://lee.ifas.ufl.edu> and scroll down and click on icon WebTRAC.

For more information call 533-7514 Sponsored by Lee County Extension and the Florida Yards & Neighborhoods Program.*

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Betsy Ventura and Jean Baer host the Lakes Park Farmers Market on Fridays

Farmers Market

From page 1
caught and cultivated foods and other products available to sample and purchase. Enjoy live entertainment by local musicians and fun activities for kids. Call 939-2787 or go to artinlee.org.

Cape Coral Chamber Farmers Market in Club Square, downtown Cape Coral, 8 a.m. to 1 p.m. mid-October to May.

Locally grown produce, native plants, fresh gulf seafood, live music/entertainment and informative community presentations. Call 549-6900 or go to capecoralfarmersmarket.com.

Sunday: Sanibel Island Farmers Market, 800 Dunlop Road (City Hall grounds, next to the Sanibel Library), 8 a.m. to 1 p.m., November to May. Call Crystal Mansell at 472-3700.*

Florida Rep Hosts Winter Arts Camp At Alliance



Youngsters perform at the 2010 winter camp

Wild Winter Arts Camp is the perfect opportunity for K-12 students to act, sing, dance and create during the upcoming holiday break. This five-day award-winning camp runs from December 26 to 30. It's presented by Florida Rep and hosted by the Alliance for the Arts.

Professional performing and visual artists Rachael Endrizzi, Claire Guy and Ray Hernandez will instruct K through 12 students in adapting classic stories and fairy tales, culminating with a performance for family and friends at 3 p.m. on December

continued on page 21

'Monday Morning Artists' Display And Sell Paintings At Alliance For The Arts

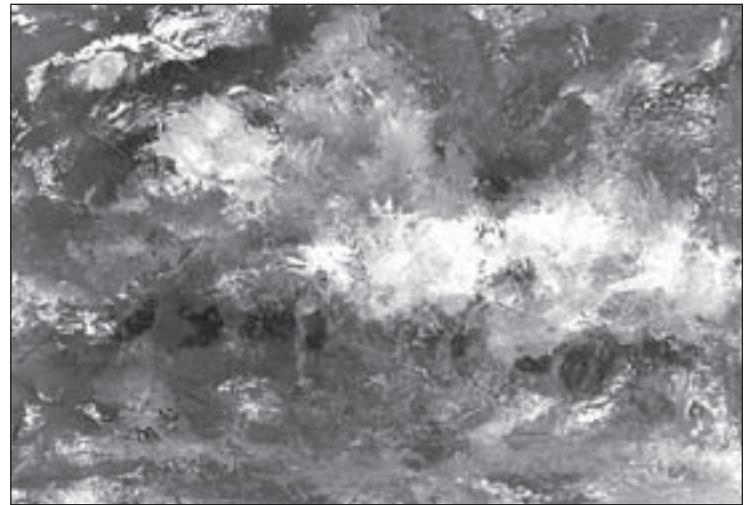
Works representing a variety of styles by a group of artists, many of whom have been painting together at the Alliance for the Arts on Monday mornings for more than a decade, are now available for sale in the Alliance lobby. These self-described Monday Morning Artists first came together through the class of longtime Alliance instructor Lucie Macherowski, who has taught at the arts facility since 1996. The group includes Martin Freling, Marilyn Hellund, David G. Robinson and Gordon Warren, who said he feels fortunate to be able to study and work among friends. He describes their Monday morning meetings as "vast opportunities for self-expression providing a world of creativity for everyone."

Macherowski's class sessions run year-round, and there are always plenty of other learning opportunities for artists and aspiring artists of all ages at the Alliance. Go to www.artinlee.org or call 939-2787 for more information, or to find out more about the paintings by the Monday Morning Artists, which range in price from \$60 to \$145.

The Alliance for the Arts supports artists and arts organizations in the area as the state-designated Local Arts Agency for Lee County. The Alliance for the Arts galleries are open to the public 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 in Fort Myers.*



Tee Shot by Gordon Warren



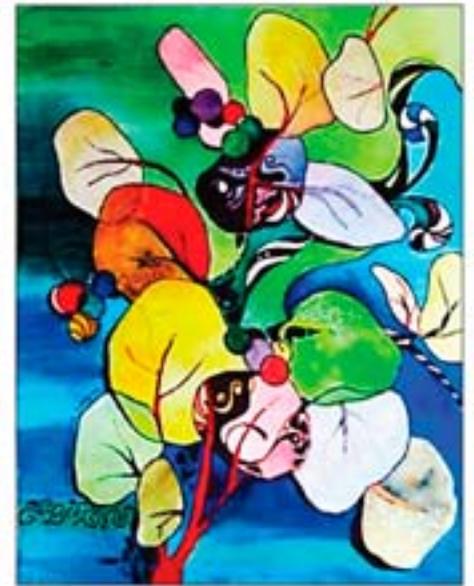
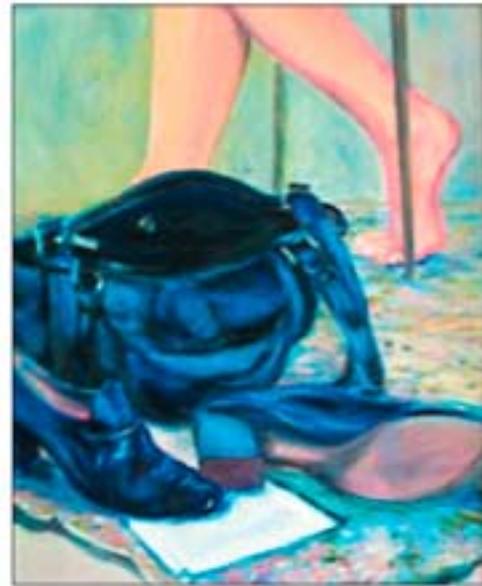
Magical Woods by David Robinson



Rendezvous by Martin Freling



After the Storm by Marilyn Hedlund



Art League Small Packages Show

Art League of Fort Myers, 1451 Monroe Street (between First and Bay streets at the west end of the River District downtown) consists of a gallery and gift shop, and offers classes and workshops. The December show Small Packages offers surprise artist-created small gifts for sale. And don't forget Art Walk December 2 and throughout December with original artworks for all tastes!

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Alliance Opens New Retrospective

Cape Coral artist Alicia Schmidt's collection, Alicia Schmidt: 40 Years A Retrospective, will be on display at the Alliance for the Arts from November 21 through December 31 during normal business hours. An opening reception is scheduled for Friday, December 2 from 5 to 7:30 p.m.

Alicia Schmidt: 40 Years A Retrospective contains work dating back to 1971, including paintings, drawings and watercolors. The collection begins with traditional academic work in figures, landscapes and portraits but also represents various turning points in Schmidt's life and career as her work developed.

Schmidt is known today primarily as a minimalist abstract painter. She works in deep saturations of color and creates sparsely designed compositions. However, she has explored various subjects through the years. The human figure has been used most frequently, interpreted through different techniques and always incorporating simplicity of form. She said this exhibition should be quite nostalgic for the many people who have seen her artwork on display throughout the years but that she hopes everyone will enjoy the diversity of her work.

Schmidt will lead a Gallery Walk and Talk from 10 to 11 a.m. on Saturday, December 3. During the duration of Schmidt's show, Barbara Fewster will be on display in the Alliance Member Gallery and Lydia Fogaras will be on display in the Theater Lobby.

The Alliance for the Arts galleries are open to the public from 9 a.m. to 5 p.m. Monday through Friday and from 9 a.m. to noon on Saturdays, located at 10091 McGregor Boulevard just south of Colonial Boulevard in Fort Myers. Call 939-2787 or go to artinlee.org.



The artwork of Alicia Schmidt is on display at Alliance for the Arts through December

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Proceeds from this event benefit the programs at the Sanibel Community House and the Herb Strauss Schoolhouse Theater. The Community House, located in the heart of Sanibel Island, is the meeting place for island civic and social events. The Schoolhouse Theater is Sanibel Island's only professional musical theater and offers Broadway caliber talent in an intimate atmosphere.

To continue a marvelous tradition The BIG Arts Chorus will perform a preview of their holiday concert.

Please join us for one of Sanibel's finest community art events.



Elbert Wu

Canterbury Musicians Honored

Last week, the Florida Bandmasters Association honored three Canterbury students for their exceptional musical abilities.

Elbert Wu, grade seven, was selected as a second violinist for the All-State Middle School Orchestra, which is comprised of the best seventh and eighth grade string students in the state. Wu



John Peller

also received a "superior" at the Florida Orchestra Association Solo and Ensemble Music Performance Assessments on November 12.

"Elbert plays percussion in our Concert Band," explained Dana Williams, Canterbury band director, "but he is a fabulous violinist outside of school. He is a first violinist in the Southwest Florida Youth Symphony, which is a huge accomplishment as a seventh grader." Wu is the son of Zhiping Liu and Jiaqlang Wu of Fort Myers.

Ninth grader John Peller plays clarinet and was selected for the High School Honor Band. Peller also plays in the



John Gamba

Southwest Florida Youth Symphony, and he is the son of Egle and George Peller of Cape Coral.

John Gamba, grade seven, was selected as a trombonist for the Middle School Honor Band. He is the son of John and Melissa Gamba of Fort Myers.

All three students will travel to Tampa to perform at the Florida Music Educators Association annual conference on Saturday, January 14.*

Community Band Presents A Very Merry Christmas

The Lee County Community Band will present A Very Merry Christmas at Cape Coral High School on Sunday, December 11 at 3 p.m.

This annual free concert features carols, old favorites, and light classical pieces topped off by a sing-along and a special appearance by Santa Claus.

The program includes *Sleigh Ride* by Leroy Anderson, *March of the Toys* from Victor Herbert's *Babes in Toyland*, a portion of Handel's *Messiah* and *O Holy Night*.

Additional concerts this season are set for January 15, February 12, March 11, and April 1.

The band is directed by Richard Bradstreet; emcee and vocalist is Norman Jones.

For more information, visit www.leecountyband.org or phone Norman Jones at 995-2097.

Cape Coral High School is at 2300 Santa Barbara Boulevard.*

Email your editorial copy to: press@riverweekly.com

FGCU Art Gallery Presents Senior Project Exhibitions

The Galleries at Florida Gulf Coast University presents Finals: Fall Senior Project Exhibitions, with an opening reception from 5 p.m. to 7 p.m. on Tuesday, November 29 at the gallery. Each student will give a brief presentation on their exhibition beginning at 6 p.m. The show runs through December 18.

At the end of their studies, each art major must complete a senior project in which he or she successfully plans, creates and executes a body of work that

is conceptually strong and technically proficient. The completed projects are presented in a campus exhibition open to the university community and the general public. Following is a list of each graduating artist and the title of their exhibition. Professional artist and assistant professor of art Mary Voytek is the faculty mentor for this group of graduates.

Linda Barone – *Adrift*
William Bradley – *Parallel Growth*
Mr. Revrac – *Terminal Transmissions*
Matt L. Engel – *Clean Cut White Boy*
Alina Eydal – *Holy Pop!*
Kellie Felt – *Motion and Emotion*
Nicole Figley – *Reconsolidation: A Progressive Affair*
Jennifer Foster – *Out of My Mind*
Kristen Hamilton – *Inheriting Antiquity: The Parker Metamorphosis*

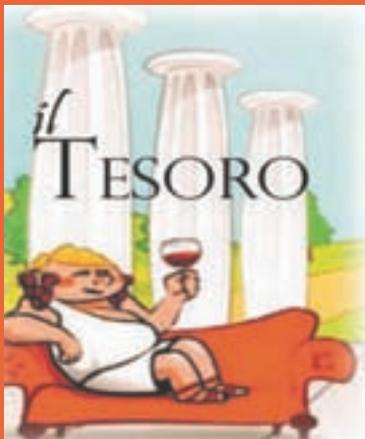
Ashley Hubbard – *Trouble in Paradise*
Dawn Ingram – *Reminiscence*
Kris Kasten – *Man and Nature: Merging Two Worlds*
Jonathan Krichbaum – *Trees of Valinor*
Amber Pry – *We the People*
The art gallery is located inside the arts complex on FGCU's main campus. The university is located off Ben Hill Griffin

Parkway, east of I-75 between exits 123 and 128. Parking is available in Lot 7 for gallery visitors; parking passes are available at the parking kiosk located at the university's entrance.

For further information on this exhibition and others, visit the website: artgallery.fgcu.edu, or contact interim director Anica Sturdivant at 590-7199.*

Christmas Hymn Sing Scheduled

St. Peter Lutheran Church will host its 3d Annual Christmas Hymn Sing at 7 p.m. on Tuesday, November 29. Sing those favorite, loved Christmas carols you grew up with. Free-will offering, refreshments served. St. Peter Lutheran Church is located at 3751 Estero Boulevard, Fort Myers Beach, 463-4251.*



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Shrimp Fettuccine With Zucchini

- 1½ pounds shrimp, peeled and deveined
- 2 tablespoons olive oil
- 2 cups zucchini, sliced
- 2 cups yellow squash, chopped
- 4 cups fettuccine, cooked
- 2 tablespoons butter
- 1 tablespoon oregano, dried
- ½ cup Parmesan cheese, grated

In a large skillet, sauté shrimp in olive oil over medium high heat for 3 to 4 minutes on each side until opaque. Remove shrimp to a platter and keep warm. Add zucchini and yellow squash to the pan and sauté until tender and lightly browned. Add the shrimp, fettuccine, butter and oregano to the squash and mix well. Heat through. Add parmesan cheese and serve immediately.

Yield four servings

Nutritional Value Per Serving

Calories 417, Calories From Fat 169, Total Fat 19g, Saturated Fat 8g, Trans Fatty Acid 0, Cholesterol 232mg, Total Carbohydrates 28g, Protein 35g, Omega 3 Fatty Acid 0.07g

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Festival Of Trees Opens Friday

The holiday season in the Fort Myers River District officially kicks off on the day after Thanksgiving (November 25), when the Festival of Trees opens at the Sidney & Berne Davis Art Center in the Fort Myers River District. Last year, nearly 5,000 visitors attended the free showcase of 27 beautifully decorated trees.

The festival is open November 25 through 29 and December 1 and 2. Hours vary and are listed on the official Festival of Trees website at www.tuxandtrees.com

Visitors to the festival will be invited to vote for their favorite trees to win several awards, including most creative and best all-around.

The opening weekend will feature a children's holiday workshop, where kids can create holiday crafts, decorate cookies, and enjoy story time. A \$5 admission fee applies to the children's workshop.

Other festival happenings include family fun night on the evening of December 30. Family fun night tickets are \$10 in advance and \$15 at the door.

On Friday, December 2, the festival is open during the River District Holiday Stroll and December Art Walk. That evening, the Southwest Florida Handbell Ensemble will perform.

The Festival closes with the 5th Annual Tux & Trees Gala, a black-tie optional charity auction. In four years,



A gingerbread man themed display at last year's festival

the festival and gala have raised nearly \$215,000 to support Goodwill's mission of helping people with disabilities and other disadvantages overcome their barriers to employment and independence.

The Festival of Trees and Tux & Trees Gala are presented with the assistance of sponsorships from The Home Depot, the Fort Myers News-Press,

D'Latinos Magazine, Azteca America SWFL and Sunny 106.3. Other sponsors include Two Men and a Truck, Gulfcoast Consulting Group, Inc. and Westco Builders of Florida, Inc.

For more information, including festival times, dates, and tickets to special events, visit www.tuxandtrees.com or call 652-1649.✪

From page 16

Winter Arts Camp

30 in the Foulds Theatre at the Alliance.

Classes include visual art, acting, storytelling and improvisation. Campers will get a taste of the professional art world and have plenty of time for fun.

Wild Winter Arts Camp is \$175 for children in grades K to 6th. Stars-In-Training for grades 7 to 12 is \$150.

The camp runs from 9 a.m. to 4 p.m. Monday through Thursday and 9a.m. to 5 p.m. on Friday. Drop-off begins at 8:30 a.m. and pick-up is between 4 and 4:15 p.m. Post-camp care is available until 5 p.m. for an additional \$25 per week.

Contact Rachael Endrizzi at 332-4665 for more information or go to www.floridarepeducation.org.

The Alliance for the Arts supports artists and arts organizations in our area as the state designated Local Arts Agency for Lee County.

The Alliance for the Arts 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.✪

Our email address is
press@riverweekly.com



The work of instructor Kathryn A. McMahon

Pastel Painting Workshop

A one-day pastel painting workshop offering quick tips on how to paint with all type of pastels is being offered Saturday, December 3, from 9 a.m. to 4 p.m. The instructor is Kathryn A. McMahon. Cost for members of the Fort Myers Art League is \$60.

This class is for everyone from beginners to advanced levels. A still life will be set up and photos will be provided for artists to paint with pastels. Learn how to clean pastels, pastel painting techniques, what papers to use, and what colors are important. Discuss hard pastels, soft pastels and oil pastels, what fixative to use, and more.

Students should bring pastel paper or watercolor paper (at least three sheets, colored optional); pastels, some hard and some soft, primary colors and others; gloves; wet wipes; and eraser. Blending stumps, razor blades or craft knives are optional.

Contact Tracy Owen Cullimore at artsytracy@hotmail.com or 822-8838.✪

Goodwill Festival of Trees Presents...

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SFCA Celebrates Homecoming

Southwest Florida Christian Academy (SFCA) celebrated its first homecoming on the football field. This year's queen and king are SAS Stouder and Meridith Doerstling; prince and princess from the 11th grade are Kenny Hawley and Mikayla Hetherington; prince and princess from the 10th grade are David Faux and JoJo Scoggins; and prince and princess from the ninth grade are Jack Seravello and Nicole Nicely.

The Kings scored a 38-0 victory that night over Boca

Christian. The following night a dinner dance was held at the Renaissance Country Club to end the homecoming celebration.*



SFCA Homecoming Court



SFCA Homecoming Court King and Queen, SAS Stouder and Meridith Doerstling



SFCA football team

Local Alva Teen Finishes His First NASCAR Season

Ross Chastain, a determined 18-year-old Alva native who is taking the NASCAR circuit by storm on the Turn One Racing Team, was a driver to watch as he headed to the final season race Friday, November 18. The race was at the Miami-Homestead Speedway. Chastain has been driving truck No. 66 all season, but was in truck No. 20 for this final race of the season.

"I'm living my dream, something I've worked for since I started racing," said Chastain, a recent Riverdale High School graduate and Florida Gulf Coast University student. With the Miami-Homestead race, Chastain will complete his first season as a NASCAR driver in the Camping World Truck Series. "I'm running with the guys I've watched on TV my whole life. It's incredible!" he said.

Chastain, who grew up on an Alva watermelon farm and started racing at age 12, turned heads at his NASCAR debut race July 29 in Indianapolis, where he finished 10th in a field of 36. Chastain had qualified 15th the afternoon before the race, and ran in the top 20 throughout the 200-lap event. He even managed to navigate around a first-lap wreck that caught up several other drivers.

He earned applause not only from the fans in the stands but also from



Ross Chastain

NASCAR officials who witnessed his successful inaugural race, and from the National Watermelon Board, Melon 1 and JDI Farms. The trio, which had sponsored that first race, offered to sponsor Chastain for the remainder of the season after his remarkable performance in Indianapolis.

Chastain earned his spot on the NASCAR circuit after winning three of eight races at the World Series of Racing at New Smyrna Speedway, more than any other driver in the series. After that, Turn One signed him to the team.

In his November 4 race at Texas Motor Speedway, Chastain won the



Ross in the cab of the truck

O'Reilly Auto Parts award, which is presented to the eligible driver who improves the most positions from their starting position to their finishing position. Chastain started 33rd and finished 16th. He was 37th in the point standings going into the Miami race. He also satisfied the criteria set by NASCAR to earn his open license, which means he can now race on every track in the NASCAR Camping World Truck Series.

Between his debut NASCAR race in Indianapolis and the recent one in Texas, Chastain raced at Bristol Motor Speedway in Tennessee, where he started 34th and finished 19th; and at Kentucky

Speedway, where he started 23rd and finished 22nd. That was his first race on a track longer than a mile, and the track was rough. While going through a corner, he went into a spin. He recovered, but lost significant ground.

Chastain recognizes that avoiding errors is as critical as good driving.

Chastain already is looking ahead to the 2012 season. He needs a major sponsor so he can enter all 25 races next year.

About Ross Chastain
Ross Chastain, 18, is a native of Alva, Florida and has been racing in the

continued on page 33

Boston Red Sox Looking To Hire Part-Time

With JetBlue Park set to open in just a few months, the Boston Red Sox are looking to hire individuals to work during the 2012 Spring Training Season and beyond. The game-day staff positions include customer service, food service, security, ticket office staff, tour guides and ushers.

Those interested in applying should fill out an employment questionnaire at www.redsox.com/JetBlueParkjobs. Full-time Southwest Florida residents are preferred. The deadline to apply is December 10.

"The Red Sox have a commitment to providing exceptional customer service to our fans," said Katie Haas, director of Florida business operations. "We are looking for dedicated, enthusiastic individuals who want to be a part of the Red Sox team for this season's home games and other events held at JetBlue Park."

JetBlue Park sits within Fenway South, the Red Sox's new 106-acre Spring Training and Player Development Complex in Lee County located off of Daniels Parkway. JetBlue Park will have a capacity of approximately 11,000 (including standing room and reserved lawn), and will provide a single, state-of-the-art, year-round site where both the Red Sox Major and Minor League teams can train together. The new ballpark includes improved features and amenities such as new food options, an HD video board as well as interactive family areas. The Yawkey Way experience at Fenway Park will be recreated on the road positioned immediately south of JetBlue Park during Spring Training and will add to the ballpark's concourse with a street festival feel including entertainment, concessions and other activities.*

From page 11

Pottery Sale

Flatbread, Waterside Seafood and Grill, and Angelina's Italian Restaurant. In addition, the FGCU Science of Cooking class will contribute a vegan spicy bean soup developed as a class project. Bread will be donated by The Artisan Bread Company.

For more information contact Patricia Fay at 590-7229 or pfay@fgcu.edu.*



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Canterbury Students Big Winners At Annual District Thespian Festival



Xylo Smith, Ryan Foor and Chris Maddox after receiving awards at District Thespian Festival

Canterbury thespians participated at the District Thespian Festival and came away with accolades. For the one-act *Seussical the Musical*, the troupe received two excellent ratings, two superiors and awards for best costumes. Sophomore Aaron Frank also won the best lighting technician award.

"Canterbury was one of 23 schools competing," explained Jamie Hutteman, the school's thespian advisor and theater director. "There were nearly 900 students involved. Our students not only performed beautifully, they reflected model behavior as well."

Overall, the troupe received nine superior ratings and 10 excellent ratings. Events and actors receiving superior were: Ryan Foor, Chris Maddox and Xylo Smith – acting ensemble from *The Boys Next Door*; Amy Alexander and Talia Moorey – duet act-



Anastasia Snetkova, Samantha Dalesio, Megan Dunn and Abbie Lewis in a scene from *Seussical the Musical*

ing from *The Nerd*; Samantha Dalesio and Kate Lewis – duet acting from *The Role of Della*; Gabriela Pickett, Kyle Tague and Anastasia Snetkova – ensemble acting from *Hope and Mercy*; Chris Maddox and Xylo Smith – duet acting from *Pvt. Wars*; Jessica Toricelli – costume design for *Lend Me a Tenor*; Savannah Bonnette – costume design for *Chess*; Anastasia Snetkova – costume design for *The Importance of Being Earnest*; and Shelby Delans – costume design for *The Importance of Being Earnest*.

At the end of the day of competition, judges gave awards for the best pieces they saw in their assigned room. Canterbury had three events mentioned: Christine Orlando – set design for *The Importance of Being Earnest*; Anastasia Snetkova – costume design for *The Importance of Being Earnest*; and Chris Maddox, Ryan Foor and Xylo Smith for ensemble acting in *The Boys Next Door*.

Canterbury School, founded in 1964, is an accredited independent, college-preparatory school. With students from intermediate kindergarten (age three) through grade 12, Canterbury's enrollment is about 600. The school is located at 8141 College Parkway in Fort Myers. Canterbury School admits students of any race, color, and national or ethnic origin.*

School Smart



by Shelley M. Greggs, NCSP

Dear Shelley,
My daughter's elementary school has just started an extra program that includes yoga. She is very eager to participate in it but

I am not sure. I know that it is supposed to be good for adults but what about for kids? Why are they offering it at a school?

Donna P., Naples, FL

Donna,

Yoga has become highly accepted and a very popular activity in the past few years and there are definitely good reasons to include yoga in the school setting. Many schools are beginning to offer yoga as an elective for Physical Education. Some schools build a yoga class into their before- and after-school programs.

Studies suggest that yoga may benefit children who have various mental and physical disabilities and as an intervention for children who have Attention Deficit Disorder, but there has been little formal research on many of these benefits. Recently, a new study has yielded some positive results as reported in the *School Psychology Review*. This study examined yoga instruction in an elementary school to increase student's attention to

task. Initial results indicated that the yoga instruction was beneficial and increased the students' attention. More research must be conducted before a causal relationship can be established between yoga and attention to task, but it is very promising.

Anecdotal reports about the benefits that yoga brings to children indicate that yoga can calm children, reduce obesity, enhance concentration, and help children manage certain health conditions, such as headaches and irritable bowel syndrome. Yoga can be a gentle method for your child to get more physical activity and enhance his or her well-being. Allyson Lobo, 15, said in a recent *New York Times* article about yoga for children, "I love yoga," adding: "It's relaxing. It makes me feel calm and takes me to a happy place."

Kris Brown, a highly regarded certified Yoga instructor on Sanibel who has experience in designing and working with children in after-school programs has observed many benefits from yoga programs for children. From her work with children, Brown has observed that, "Children today are under stress. Yoga helps counter these pressures by promoting self-esteem and confidence with a physical activity that's non-competitive, fostering respect and cooperation to others, stimulating their imagination and increasing their concentration and sense of relaxation.

Yoga for children engages the heart, mind and body through a blend of physical yoga, mindfulness activities and social

skills games, by integrating storytelling, music, playing instruments, drawing, animal adaptations and behavior, nature, anatomy, and life's lessons. This helps children develop emotional intelligence, communication skills, trust, and empathy. It nurtures teamwork and leadership. It provides for a calmer and more productive school environment. Breathing and visualization techniques teach kids how to focus, relax, and develop self-control, by dealing with emotions and managing impulses.

A yoga program engages a child's mind and body by weaving together an interdisciplinary approach to learning and the principles of independence and individualism. Most of all, the child has fun!"

I would encourage you to allow your daughter to participate in the yoga class. You and she may also want to take a class together; it's a wonderful activity for parents and children to share.

Ms. Greggs is adjunct faculty at Edison State College where she teaches psychology and education courses. She is also Nationally Certified School Psychologist and consultant for School Consultation Services, a private educational consulting company. Questions for publication may be addressed to smgreggs@gmail.com. Not all questions submitted can be addressed through this publication.*

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Financial Focus

Talk To Your Children (And Parents) About Shared Financial Picture



by Jennifer Basey

It's Thanksgiving week. And if you're fortunate, you can look around your Thanksgiving table and see several generations of your family. Of course, as you know, many types of cohesive-

ness are involved in knitting a family together. But one connection that frequently gets ignored, at least in terms of family dialogue, is the financial linkage between parents and their children on one hand, and these same parents and their parents on the other. So if you find yourself in this "sandwich" group, it may be worth considering your financial position.

If your children are very young, you might want to start by emphasizing the importance of three separate concepts: saving, spending and sharing. If you give them an allowance, or if you pay them to do some minor tasks around the household, you can encourage them to put the money in three separate containers. The "spending" jar is for them to use as they choose, the "saving" jar is to be put in some type of savings or investment account, and the "sharing" jar is to be used for contributions to charitable causes. You can extend the spending, saving and sharing themes by encouraging your kids to spend wisely, watch how their savings grow and feel pride in the work done by the charitable groups their dollars support.

Later, when your kids are older and can earn money by babysitting, mowing lawns or working part-time, you can further encourage good financial habits by

offering to match their contributions to a Roth IRA. And be sure to discuss the different types of investments available; they may enjoy learning about the ways in which they can participate in the financial markets.

Above all else, talk to them about the importance of developing good financial skills and how these skills will play a part in your family's overall well-being.

Now, let's turn to your parents. If they're elderly, you may find that talking to them about financial issues may be considerably more challenging than talking about these issues with your children. It's unfortunate, but true: People are sensitive about money and often don't want to talk about it.

You may find that you need to be persistent, especially if your parents are getting on in years. Perhaps you encourage them to consider their current position and what planning might need to be considered. Do they have accounts in a local bank? Where are their investments held?

Do they have a financial advisor? Have they worked with legal professionals on any arrangements?

If your parents have expressed interest in leaving a legacy or passing assets to family members, you might consider encouraging them to seek assistance from the appropriate professionals. After all, if something were to happen to your parents without them having made the proper arrangements, their wishes may not be carried out.

So this Thanksgiving, as you think about the value of your family, you might take some time to consider issues that need to be addressed. It may take time and diligence – but when it comes to your loved one's wishes and well-being, it's probably worth the effort.

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

Junior League To Host Information Socials For Two New Members

The Junior League of Fort Myers (JLFM) announces upcoming Membership Recruitment New Member Informational Sessions. Women over the age of 21 who are interested in learning more about the league can select from the following date and locations:

The New Member Informational Session will be held Thursday, November 17, from 6:30 to 8 p.m. at Bell Tower Shops (between Williams-Sonoma and Banana Republic), Fort Myers.

The next New Member Informational Session will be held Thursday, December 8 from 6:30 to 8 p.m. at the home of a Junior League member/

RSVP at www.jlfm.org, or by emailing newmember@jlfm.org or calling the office at 277-1197.

Members of JLFM will greet attendees and provide detailed information about the league and membership requirements, including the organization's charitable initiatives which promote voluntarism, develop the potential of women and improve the community.

Since the JLFM's founding in 1966, the league has contributed more than 1,000,000 volunteer hours and over \$1 million to community projects and programs. JLFM's members are career women, working mothers, stay-at-home moms, and full-time and part-time volunteers of all ages who represent a variety of races, religions and ethnic origins, each committed to making a difference in the local community.

About The Junior League of Fort Myers

The Junior League of Fort Myers Inc., a member of the Association of Junior Leagues International Inc., is an organization of women committed to promoting voluntarism, developing the potential of women and improving the community through the effective action and leadership of trained volunteers. Its purpose is exclusively educational and charitable. For more information about the Junior League, call 277-1197 or visit online at www.jlfm.org. ✪

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The Calendar Girls Florida



Calendar Girls Florida kicking up a storm to provide Christmas gifts for children

The Calendar Girls Florida dance team pinwheels through the parking lot of the Ragged Ass Saloon in Saint James City at a benefit for Oma's Heart to help provide Christmas gifts for children whose parents are having financial difficulty. ✪

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Dream Big Raises \$263,000+ For PACE



Anna 'Boots' Tolles and Gail Markham

Over 350 community leaders and guests attended the Dream BIG Luncheon benefiting PACE Center for Girls of Lee County on November 1 at the Broadway Palm Dinner Theatre. Under the leadership of co-chairs Heather Fitzhagen DeBoest and Margaret Depew, two initiatives were presented to attendees resulting in donations and pledges totaling \$64,000 for annual operations and \$199,000 towards a capital campaign to open a new school. The funds raised for capital will be applied towards a \$250,000 challenge gift from the Kleist Family Foundation.

"Eleanore Kleist and her family have pledged a very generous lead gift of \$250,000, but they've called on our community to match their support," explained Gail Markham, PACE Lee board chair, "It was thrilling to have so many friends step-up so we can meet the challenge and move forward with getting our PACE girls into a new building. The girls deserve it!"

"The luncheon was an inspiring launch of our capital campaign, yet we still have a long way to go," said Depew. The capital campaign goal to open a new PACE Center in Lee County is \$3 million.

The event, emceed by Kellie Burns of NBC-2, also featured a visionary speech by Judge James Seals, Circuit Court Juvenile Dependency Judge, testimonials from a PACE graduate and current students, a surprise video message for the PACE girls from American Idol



Cora Molloy, Vicki Collins, Alice Brunner

finalist Vonzell Solomon, recognition of major contributors and the unveiling of PACE's new logo.

Dream BIG sponsors included Lee Memorial Health System, Condo & HOA Law Group, LLC, Broadway Palm Dinner Theatre, Palm Printing, CDM, Lykes Insurance Inc., Ruth Messmer Florist, Caloosa Tent & Rental and Irresistible Confections.

PACE Center for Girls is a non-residential juvenile delinquency prevention and intervention program tar-



Dream Girls Cora Molloy, Michaela Vattimo, Amy Hogan, Karina Borgia and Sonya Sawyer

getting the unique needs of girls ages 12 to 18 facing challenges such as physical and sexual abuse, domestic violence, substance abuse, foster care, neglect, death of a parent, family history of incarceration and declining grades. PACE Lee is funded by the Department of Juvenile Justice, School District of Lee County, Lee County Human Services, United Way of Lee County, grants and corporate and private donations. To help, visit www.pacecenter.org/lee or call 425-2366.*



Jamie Stuart, Heather Fitzhagen DeBoest, Melissa Simontis, Margaret Depew, Alice Brunner



Kellie Burns, Kim Nealon, Peter and Debbie Irberseder



Heather Fitzhagen DeBoest, Melissa Simontis, Margaret Depew



Kim Darrow and Roger Mercado



Kaitey and Betsy Allen, Patricia Bell



Karen Johnson Crowther and Marshall Bower



Michele Eddy, Lisa Hart, Gail Markham



Rena Romano, Amy Hogan, Elise Thornley

From page 1

Kanzius Project

said, "to get to human trials as soon as possible." Lee Memorial Health Systems is one of five human trial sites but Curley said initial human trials will take place in Houston. "Over the past months we've learned a great deal more about better techniques with the RF (radio frequency) field," Curley said. Curley said he is awaiting the FDA application submittal by Thermed, the company established by John Kanzius. Thermed owns the intellectual property patents of the process and will make the submittal using the data developed by Curley. The FDA must approve all clinical human trials.

Earlier this month the Kanzius Cancer Research Foundation awarded a \$182,000 grant to MD Anderson in support of Curley's research. Dr. Curley applied for the grant, citing the need for new analytical equipment to produce data that he declared "critical" to an FDA application. The foundation was established to fund the project and raise awareness about the new technology. According to its website, cancer has claimed the lives of almost 24 million Americans since 1971.

While initial clinical trials to validate effectiveness, consistency, and safety continue, work is also under way on the human-sized RF device.

Marianne Kanzius was effusive in her comments about the progress of the project. "John's vision continues as strong as ever," She said. "We're making excellent



The late John Kanzius with HTI

progress in developing the human-sized machine. There has been much work going on in melding computer technology into the process so that the machine will determine proper cycling automatically regardless of the size of the individual."

Projections were that testing would begin on the larger device by the end of 2011 but that has been pushed into 2012. She went on to say that "our focus with this technology has always been on the cancer patient; offering an alternative treatment and working toward relieving the side effects of the current treatment."

Once in operation, the research teams will need to demonstrate at least

two years of successful clinical trials to seek FDA approval to begin the Phase I Human Trials.

Southwest Florida and in particular Sanibel and Captiva, has been a major source of funding for Curley's research.

In late October Dr. Dana Flavin, executive director of Collmed, a foundation for collaborative medicine and research, gave a lecture at the Community House on research she has been directing toward the pioneering treatments in nanotechnology which, she said, "will change the face of cancer therapies throughout the world."

Unlike the Kanzius non-invasive radio

wave technology that uses target molecules and gold nanoparticles in locating a specific cancer and then bombarding the tumor with radio waves, Dr. Flavin's treatment combines nanotechnology with biotechnology and introduces compounds into the body that move into a tumor, reversing the growth and literally self-destructing the cancer cells without harm to healthy cells. Unlike the Kanzius technology Dr. Flavin's is a homeopathic approach which she said can take many forms depending on the individual case.

The knowledge base continues to expand in cancer research worldwide. As the deadly disease continues its assault on the human race, scientists are racing against time in their quest to find, if not a cure, a treatment regimen that gives patients quality of life. Both Curley and Marianne Kanzius acknowledged that it's difficult to be patient when the research shows promise but the process of approval is established by FDA guidelines and there are no shortcuts.*

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Dr. Dave

Exaggerate, Me?



by Dr. Dave Hepburn

Helping my son with his grade 12 math. Having a science degree it should be easy for me to fix these number problems, sort of like fixing my tax calculations and golf scores.

Son (starting off the conversation as he does every discussion):

"Don't ever put me in one of your stupid columns."

Dr D: "As if, whatever."

Son: "OK dad, according to this quadratic equation the average wing speed of the swallow is what?"

Dr D: "Is that an African or European swallow?" (Thank you, Monty.) "Now quad means four, right?"

Son: "Good night dad."

Dr D: "Good night Stewart."

Knowing the tendency that humans have to exaggerate (Me? Harvard, *summa cum laude* and about \$650,000 per year), doctors have been trained to perform integral calculus equations on any answer you give us that requires a number.

"Do you drink?"

"Socially."

"And how social are you?"

"That's a personal question."

"They are all going to be personal questions. That's why you are sitting there naked as a rat embryo. So how much do you drink?"

"Six or seven a week"

"Beers?"

"Days."

"And how much do you consume per week?"

"About 12 beers. Less if there is no football, including arena football, soccer and foosball."

Translated: 24 beers.

"And what is your weight?"

"About an hour and 45 minutes but, hey, for your office that was quick."

"Okay, when you step on the scales what do they say?"

"Get off! But I think I weigh about

240 pounds."

"Oh wait, I see the nurse has already weighed you. 255 pounds."

"Well these socks are extra thick and I had a bunch of lint in my navel and it's that time of the month and..."

"Mr. Bloggins, you have..."

"The time of the month when Piggly Wiggly has the sale of frosted cupcakes with the sprinkles but at home, naked and with the all lights off I give myself 240 give or take a few ... cupcakes."

"How often are you up in the night to go to the bathroom, Bloggins?"

"I'd say seven."

"Well, we'd better check that prostate then."

"Errrr, ummmm, seven AM. I ... I get up at seven o'clock. Other than that I sleep like a senator."

"Bloggins do you realize that gum disease has been associated with heart disease?"

"I don't chew gum no more. Can't without my teeth."

"How often do you floss?"

"Floss?"

"Forget it."

"I've been coughing for a month doc."

"Do you smoke?"

"Nope, quit."

"When?"

"Can't remember exactly."

"Try."

"Okay. Maybe 2, 2:30."

(You'd be surprised how often we actually hear this one.)

"Do you exercise?"

"You bet, I get a real sweat going and my heart rate gets right up there for about 30 minutes every day."

"Doing what?"

"Watching *Desperate Housewives*."

"That's hardly a cardiovascular work out."

"Well I have to find the remote first and lifting three couches is not as easy at it sounds."

"Are they heavy?"

"Depends."

"On what?"

"If it's the African or the European couch."

*Like the column? You'll LOVE the book the Doctor is In(sane), available at Sanibel Island Bookshop. Contact Dr. Dave or read more at www.wisequacks.org.**

Mom And Me



by Lizzie and Pryce

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

Dear Mom & Me,

I woke up Christmas morning and felt a little better, and now in the New Year I am fine.

The Christmas season always depresses me and I don't know why. As soon as I see the first decorated tree I get into a blue funk, and this year it started in early November; but it has been like this for almost 60 years.

I have gone to doctors for help and they all say, "What do you have to be blue about? Get over it." And I always do.

A few days after the season ends I am back to my self again. Do you have any suggestions for another year?

Lena

Dear Lena,

Christmas season sadness can be a very real debilitating condition for many reasons, and for many very different reasons. Death of a family member, death of a relationship, and this year death of financial stability in these stressful eco-

nomie times.

Many people feel left out of the pleasure because they have few relatives and fewer friends and feel isolated and lonely.

The medical profession has been very slow to realize these seasonal blues and if a patient is better in January they think that nothing needs to be done.

I would suggest you seek the counsel of a caring mental health professional and schedule an appointment for early next September.

Lizzie

Dear Lena,

Christmas is difficult for many people for many of the reasons that Lizzie pointed out. While we live with our losses all year, Christmas with all the movies, cards, commercials of happy, healthy and intact families makes us feel our losses more.

So, what do we know? We know Christmas comes around every year at the same time. We also know your reaction to Christmas. You do not have any control over Christmas so we cannot change that. You do have control over your reaction to the season. Christmas is not all bad. So, what do you like to do? What don't you like to do? Your challenge is to do more of the things that give you joy and expose yourself less to things that make you sad, or that you do not like to do.

Volunteering at a non-profit or cultural organization is a great way to create a positive experience for yourself during this time period. You must take an active role in changing your seasonal experience. Figure out now what you would like to do. If there is any training or orientation needed you can get it done before next Christmas.

Pryce

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

dearPharmacist

Thanksgiving Recipes From A Healthy Heart



by Suzy Cohen, RPh

Dear Readers

Everyone knows I'm a health nerd, so it may come as a surprise that I love to cook. I confess my kitchen looks a bit like a high-school science lab, complete with the

mortar and pestle, juicers, funnels and beakers. Seeds of all sorts. Yeah, I'm a freak, I know. This week, I'm giving you something new to chew on, literally. And it's not bone soup again. It's an "Apple Crisp" desert and my famous cranberry sauce. Flavor is not compromised, even though my recipes are gluten-free, dairy-free and vegan. Don't let this scare you, because if I didn't tell you, you wouldn't even know. These are mouth-watering.

The ingredients I use give you much more than a five-minute taste sensation. For example, grape seed oil is helpful with cholesterol management, almond flour has dramatically fewer carbs compared to all-purpose flour, maple syrup contains manganese, needed to help another compound called "superoxide dismutase" disarm free radicals. Cranberries support urinary tract health and contain compounds which stimulate "quinone reductase" enzymes and cause apoptosis, two things that are good for people worried about cancer. Fresh ginger can help with arthritis, coconut water has fungus-fighting activity, pineapples contain bromelain, a natural digestive enzyme that helps reduce pain and inflammation. The key to unlocking the flavor in my recipes

is by using a real zester, and grating the orange rind, and the ginger, and so forth. Don't use dry spice, except for cinnamon. Speaking of which, hunt down true "Ceylon" cinnamon at a spice shop, not "cassia." Eat like I do; it's guilt-free, good for you, and yummy!

Suzy's Famous Cranberry Sauce

1 cup of coconut water
Fresh cranberries (approx 12-oz. bag)
1/2 cup crushed pineapple
1 tsp. grated fresh ginger (to taste)
1 tsp. grated fresh orange rind
1/4 tsp. cinnamon powder
1/4 cup maple syrup

Directions: Gently boil all the ingredients together until it is the texture you like. I prefer mine a bit chunky, but if you don't, you can blend it smooth.

Suzy's Apple Crisp

5 green apples, peeled and sliced (or chopped)

1/3 cup grape seed oil
1/4 cup maple syrup
1 tsp. vanilla extract
1 Tbsp. grated fresh ginger (to taste)
2 1/2 cups blanched almond flour
1/4 cup gluten-free granola
1/2 tsp. sea salt
1 tsp. cinnamon
1/2 tsp. nutmeg

Directions: Place apples in 10-inch baking dish. Mix the wet ingredients and then the dry ingredients, separately. Then, combine the wet ingredients with the dry ones and spread this mixture over the the apples. It will be a little thick. Cover and bake at 350 degrees for about one hour. When the apples are juicy and bubbling, remove the cover, and bake another five or 10 minutes longer until the top is crisp brown. This recipe could easily be made with peaches instead of apples.

*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.dearpharmacist.com.**



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- Is it difficult to see beside you without turning your head left or right?
- Do your eyelids close while you are reading?
- When you play tennis, do you have trouble serving?
- Do your eyelids feel heavy?



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After



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Fall Festival Raised Money For Good Cause

The Omni Club in Fort Myers recently held a fall festival on site to raise funds for St. Jude Children's Research Hospital. The festival included a petting zoo, hayrides, a bounce house, and face painting. It netted nearly \$750 for St. Jude's.

The mission of St. Jude Children's Research Hospital is to advance cures and means of prevention for pediatric catastrophic diseases through research and treatment. St. Jude's seeks to cure and enhance the quality of life for an increasing proportion of children who come to the hospital for treatment. By expanding and sharing knowledge, St. Jude's hopes to advance treatment of children with catastrophic diseases worldwide, while developing strategies to prevent catastrophic diseases in children. No child is denied treatment based on race, religion or a family's ability to pay.

The Omni Club is proud to offer a state-of-the-art gym along with the largest talented personal training staff and classes around. They are located at 1755 Boy Scout Drive in Fort Myers and can be reached by calling 931-6664 or online at <http://www.TheOmniClub.com>.✱



Children and attendees enjoying one of the many hayrides of the day



Attendees lined up at the event



Kim Anderson of St. Jude and Carrie Strongin of The Omni Club

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Walk For Kidney Disease

The NephCure Foundation will be holding Fort Myers' 2nd Annual NephCure Walk on Saturday, December 3, at 10 a.m. (9 a.m. registration) at Lakes Regional Park, Shelters D-1 and A-1, 7330 Gladiolus Drive, Fort Myers. NephCure Walks are held around the country to raise awareness and crucial funds for research for the NephCure Foundation.

The Fort Myers walk is being sponsored locally by Dr. Amy Dosoretz Fox whose daughter suffers from nephrotic syndrome, one of two diseases for which NephCure is seeking a cure. Nephrotic syndrome and Focal Segmental Glomerulosclerosis, or FSGS, affect people's kidneys and can lead to complete kidney failure. Nephrotic Syndrome occurs when kidney filters malfunction

and protein needed by the body is lost through the urine. Swelling occurs in the body, especially around the eyes and limbs and cholesterol soars. Long-term Nephrotic Syndrome can cause FSGS, which results in kidney scarring and often leads to kidney failure. When treatment with steroids and other drugs fails, dialysis or transplants are often the last resort for a patient's hope of survival.

With a cure unknown and the number of newly diagnosed children and adults constantly on the rise, the NephCure Foundation is determined to increase public awareness and bring hope to those who are greatly suffering. The NephCure Walk is a fun way for patients, friends and families to come together to raise crucial funds for research and to raise awareness for the NephCure Foundation. In addition to the walk, there will be fun activities for the whole family including bounce houses, a "critter" show, and face painting.

Free registration for the walk will begin at 9 a.m. and the walk will start at 10 a.m. Walkers who collect more than \$100 will receive a free T-shirt. People can also register or make a donation online at www.thenephcurewalk.org, then click on Fort Myers.

For more information about the NephCure Foundation log on to www.nephcure.org or call 1-866-NEPHCURE (1-866-637-4287).

About the NephCure Foundation
The NephCure Foundation is a 501(c)3 nonprofit organization dedicated to bringing hope to patients and their families affected by Nephrotic Syndrome and FSGS. It is the only organization solely committed to seeking a cause and cure for these two potentially devastating kidney conditions.✱

Attention All Family Caregivers

In collaboration with Lee Memorial Health System's Older Adult Services and the Alvin A. Dubin Alzheimer's Resources, the Florida Department of Elder Affairs and Senior Choices of Southwest Florida is sponsoring an education session for caregivers.

Caregivers will learn:

- how to protect assets and get legal affairs in order
- about help available in the community and how to access it
- more about fall prevention

Anyone caring for a loved one is invited to attend a free Caregiver Community Resource & Education Day with lunch provided by Right at Home. It takes place November 29 from 12:30 to 5 p.m. at the Peace Lutheran Church, 15840 McGregor Boulevard, Fort Myers.

Space is limited and registration is necessary. For more information, call 343-2751.

Fund Raiser At Lani Kai

The Pete Renner Foundation will hold its 9th Annual Fund Raiser on Sunday, March 11, at the Lani Kai Resort on Fort Myers Beach. It will be an all-day event with hog roast and entertainment second to none. Appearing are the legendary Cincinnati Fire Fighters with their first day of a two-week engagement at the Lani Kai with daily shows at 1:30 p.m. Also appearing will be A-200, DVS and from Atlanta, Georgia, The Bastard Suns with all original music that will keep you hoping all night, ending with a fireworks show. The Pete Renner Foundation is still looking for a child in the Lee/Collier county area, to benefit. If you know of a child with a life-threatening illness, call Tim Renner at 994-0299.✱

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Red Cross Poll: People To Give Meaningful Gifts

Even as the nation weathers an economic downturn for a third straight holiday season, the majority of Americans are more committed than ever to charitable giving, according to a new American Red Cross poll.

A telephone survey of 1,020 adults conducted earlier this fall found that even though 67 percent of Americans didn't think the economic downturn would last this long, they still want to give to charities, with more than seven out of 10 saying they expect to donate more or about the same this holiday season as they did last year.

"No matter their personal financial hardships, Americans still want to give," said Heidi Ruster, CEO for Florida's Southern Gulf Coast Region. "Rather than giving a gift someone won't use, people want to give meaningfully and know their gift is making a difference."

Other key findings include:

- Four in five (80 percent) of respondents felt their finances are either the same or worse than they were last year.
- Sixty-eight percent of Americans believe that because of the economy, it's important to give something to charity. That's a 10-point increase over the 58 percent who felt that way last year.
- More than half (55 percent) of Americans say they feel bad about spend-

ing money on gifts people might not use.

- Four in five (79 percent) agreed that they would rather have a charitable donation in their honor than get a gift they wouldn't use.

- About one in five (19 percent) of respondents plan on giving blood this holiday season.

Despite the tough economy, the survey shows that Americans still feel very charitable during the holidays. Nearly six in 10 (57 percent) plan to give to charity between Thanksgiving and Christmas. In addition, four in five Americans agree that helping someone less fortunate is an important part of their holiday tradition.

However, of those who would not be donating to charity, most say they either can't afford to do it or they have already given their charitable gifts for the year. More than a third (36 percent) of people say they are not planning to make a financial donation this holiday season, and nearly half of them (49 percent) say it's because they can't spare the money right now.

This is the third year the Red Cross has conducted a holiday giving national survey, and this new survey shows that people continue to cut back on their holiday spending in a number of areas. The 2011 survey found that 45 percent were planning to cut back on spending for travel and for holiday decorations, 40 percent were reducing spending on parties, and more than a third (35 percent) were cutting back on gifts. The area seeing the smallest reduction was charitable donations, at about a quarter (26 percent)

said they were planning to cut back in this area.

However, this cost cutting comes with some guilt: 43 percent of Americans reported feeling badly about spending less on gifts for friends and family.

Men and Women Take Different View on Charity and Gift Giving

The survey found men and women varied significantly on their views regarding charity and gift giving during the holidays. Women tended to be more concerned about giving meaningful and practical gifts, with 61 percent of women feeling bad about spending money on gifts people might not use – 13 points higher than the 48 percent of men who responded that way.

While more women than men (70 percent to 61 percent, respectively) say charity helps them get into the holiday spirit, men are more likely to spend more on donations. About a third of men (32 percent) plan to donate more than \$100, compared to a fifth (20 percent) of women who plan to donate that much.

Men and women also differ on the effects of the economic downturn. Nearly two-thirds of women (66 percent) say the economy has helped them focus on what's important during the holidays, 17 points higher than the 49 percent of men. In addition, more than seven in 10 women (71 percent) say they feel badly they can't give more to charity this year, compared to 51 percent of men.

American Red Cross Holiday Catalog Offers Meaningful Gifts

As Americans look for more meaning-

ful ways to give this holiday season, the Red Cross is offering its 2011 Holiday Giving Catalog, which includes a variety of symbolic gifts, donations that support Red Cross programs.

Donors can help vaccinate an entire village, provide food and shelter to a disaster victim, help purchase items like phone cards and supplies for members of the armed forces or help supply basic necessities to families in desperate need in countries across the world. Catalog purchases also come with greeting cards to show others your support during the holidays. The purchase of each gift item is a tax-deductible contribution and provides support to the mission of the Red Cross.

"The Red Cross giving catalog is a way for Americans to give something that means something," Ruster said. "Rather than giving a gift that could be easily forgotten, we hope Americans think of the Red Cross for gifts that could make a lifetime of difference."

For more information, visit www.redcross.org.

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DID YOU KNOW

TRIVIA TEST

1. **MUSIC:** Who had a hit single in 1972 with a song called "First Time Ever I Saw Your Face"?
2. **ADVERTISEMENTS:** What was the name of the pudgy Michelin tire character?
3. **ANATOMY:** What's the more common name for the patella?
4. **LITERATURE:** What was the name of Tom Sawyer's aunt in the Mark Twain novel?
5. **RELIGION:** When does Ramadan take place?
6. **ANCIENT WORLD:** What animal was once worshipped by the ancient Egyptians?
7. **THEATER:** How many years did the show "A Chorus Line" run on Broadway?
8. **TELEVISION:** Which state was the main setting for the series "Knot's Landing"?
9. **MATH:** What is the Arabic equivalent of the Roman numerals DIV?
10. **HISTORY:** When was Prohibition imposed in the United States?

SPORTS QUIZ

1. In how many of his 17 major-league seasons has New York Yankees shortstop Derek Jeter hit at least .300 or better?
2. Who had the biggest single-season jump in home runs in major-league history before Toronto's Jose Bautista went from 13 in 2009 to 54 in 2010?
3. Name the last player before Detroit's Jahvid Best in 2010 to score his team's first five TDs in a season.
4. Who has had more Final Four men's basketball appearances -- North Carolina or UCLA?
5. In the 1980-81 season, the New York Islanders' Mike Bossy became the second player in NHL history to tally 50 goals in the first 50 games of the season. Who was the first?
6. In 2011, David Toms tied a PGA record for lowest score after two rounds (124). Whose mark did he tie?
7. In what year did the U.S. win its first men's Olympic Alpine skiing medals?

ANSWERS

1. Roberta Flack 2. Bibendum, or the Michelin Man 3. Kneecap 4. Polly 5. Ninth month of the Islamic calendar 6. Kaffir cat 7. 15 years (1975-90 for 6, 137 shows) 8. California 9. 504 10. 1920.

ANSWERS

1. Eleven. 2. Davey Johnson went from five home runs for Baltimore in 1972 to 43 for Atlanta in 1973 -- a gain of 38. 3. Dutch Sternaman of the Decatur Staleys (later the Chicago Bears) did it in 1920. 4. They are tied with 18 appearances apiece. 5. Montreal's Maurice Richard did it in the 1944-45 season. 6. Pat Perez did it in 2009. 7. In 1964, Billy Kidd won a silver medal and James Henuga a bronze.

My Stars ★★★

FOR WEEK OF NOVEMBER 28, 2011

ARIES (March 21 to April 19) Keep those sharp Sheep eyes focused on a hazy situation. As things begin to clear up, you'll find a sharper picture emerging, showing something you will need to know.

TAURUS (April 20 to May 20) Watch your expenses through the end of the month. Later, you'll be glad to have extra money to pay for something that will make an acquisitive Bovine's heart beat faster.

GEMINI (May 21 to June 20) You're now ready to make that oft-deferred commitment, if you still believe it's what you want. Don't be afraid to change your mind if you feel you should go in another direction.

CANCER (June 21 to July 22) Now that you are moving on with your life after that recent disappointment, how about reactivating your travel plans and taking someone special along with you.

LEO (July 23 to August 22) Many new friends come into your personal life, which suits all of you social Lions just fine. However, one new friend might make demands that you could find difficult to deal with.

VIRGO (August 23 to September 22) Communication doesn't exist unless it's two-way. So if you're getting no replies to the signals you're sending, it could be time to look for someone more receptive.

LIBRA (September 23 to October 22) A workplace complication that you thought was ironed out develops new wrinkles that need attention. Meanwhile, expect continuing improvement in your home life.

SCORPIO (October 23 to November 21) A tense personal problem needs to be talked out before someone decides to walk out. Resist making decisions until full explanations are offered from both sides.

SAGITTARIUS (November 22 to December 21) A technological glitch that caused problems recently will soon be repaired, and life can return to normal. A colleague has a surprising message to deliver.

CAPRICORN (December 22 to January 19) Your partner might feel that you haven't been as open with him or her as you should be. Deal with this now, before it turns into something more difficult to handle.

AQUARIUS (January 20 to February 18) Good news: Many of the stumbling blocks that affected the progress of some of

your career projects are fading away. Things also start to look up on the home front.

PISCES (February 19 to March 20) You'll need that strong Piscean pluck to get through waters that will be turbulent for a while. A more positive aspect soon emerges, along with some welcome news.

BORN THIS WEEK: You are zealous in the pursuit of truth. You would make an excellent research scientist.

THIS WEEK IN HISTORY

- On Nov. 28, 1582, William Shakespeare, 18, and Anne Hathaway, 26, pay a 40-pound bond for their marriage license in Stratford-upon-Avon. Six months later, Anne gave birth to their daughter, Susanna, and two years later, to twins. Shakespeare's plays were not published until after his death, when two members of his troupe collected copies of his plays and printed the First Folio (1623).

- On Dec. 4, 1928, "Dapper Dan" Hogan, a St. Paul, Minn., saloonkeeper and mob boss, is killed when someone plants a car bomb under the floorboards of his new Paige coupe. The first car bomb was a horse-drawn-wagon bomb that exploded in 1920 outside the J.P. Morgan Company's offices in New York City.

- On Nov. 29, 1942, coffee joins the list of items rationed in the United States. Rationing was generally employed to guarantee a fair distribution to all citizens and to give priority to military use in World War II.

- On Dec. 2, 1959, the Malpasset Dam in France collapses after a week-long rain storm, and the resulting flood kills more than 400 people. The city of Frejus, built by Roman Emperor Julius Caesar as a port city on the French Riviera, was devastated by the massive flood.

- On Dec. 3, 1979, 11 people are killed in a stampede outside a Who concert in Cincinnati when a crowd of general-admission ticket-holders surges forward through shattered doors in an attempt to secure prime unreserved seats inside. After the crowd cleared, 11 concert-goers were found on the ground, dead from asphyxiation.

- On Nov. 30, 1989, Aileen Wuornos, America's first female serial killer, picks up her first victim in Palm Harbor, Fla. She would kill a total of seven men in the next year. When caught, Wuornos confessed but claimed that they had all been killed in self-defense.

- On Dec. 1, 1990, workers 132 feet below the English Channel drill through a final wall of rock, opening the "Chunnel" and connecting the two ends of an underwater tunnel linking Folkestone, England, and Calais, France.

STRANGE BUT TRUE

- It was 18th-century German scientist Georg Christoph Lichtenberg who made the following sage observation: Everyone is a genius at least once a year. The real geniuses simply have their bright ideas closer together.

- The Battle Hymn of the Republic (popularly known by a line from the chorus, Glory, glory hallelujah) was written by Julia Ward Howe in November of 1861 after the author made a trip to Washington, D.C., and reviewed Union troops near the city. The song was published the following February in The Atlantic Monthly magazine, earning Howe a grand total of \$4 for what was destined to become one of the most popular songs of the Civil War and a perennial American classic.

- When cartoon icon Bugs Bunny first appeared, in 1935, he was called Happy Rabbit.

- If you're a cat owner, it probably will come as no surprise that cats spend approximately 80 percent of their time sleeping.

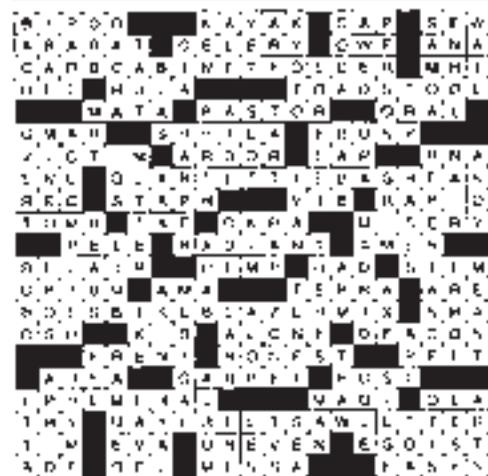
- Becoming a sports star is the dream of many young people, so you might think that someone who is signed to a professional baseball contract has it made. You'd be wrong, though; only one out of every 10 athletes who sign such a contract ever becomes a major-league ballplayer.

- You've certainly heard the old adage lightning never strikes twice but, strictly speaking, it's not true. Technically, lightning *always* strikes twice. Each lightning bolt is made up of multiple bolts that travel the same path and strike the same spot in swift succession.

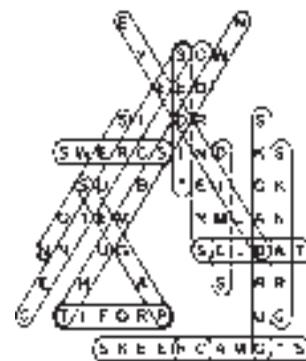
THOUGHT FOR THE DAY

I've noticed that men generally leave married women alone and treat them with respect. It's too bad for married women. Men are always ready to respect someone who bores them. And if most married women, even the pretty ones, look so dull, it's because they're getting too much respect. -- Marilyn Monroe

PUZZLE ANSWERS



THINGS WE TURN





Dr. Thomas McCool, president and CEO of Eden Autism Services, with Barbara Lindner, Eden Autism Services Florida's advocate of the month

Eden Autism Services Florida Honors Advocate

Eden Autism Services Florida has recognized Barbara Lindner as recipient of the Autism Advocate of the Month award. The award recognizes people who are advocates for autism by increasing awareness, raising funds or providing leadership in support of autism.

Lindner, an occupational therapist with a master of special education degree specializing in severe disabilities, has been working with children in Southwest Florida since 1989. Lindner's passion for working with individuals with autism has helped hundreds of Southwest Florida children develop appropriate social, play, and learning skills.

Lindner is known for her innovative methods and ongoing mission to learn new approaches to help families. She has advanced training in sensory integration, auditory integration training, therapeutic listening and interactive metronome. Lindner has shared her knowledge by teaching sensory integration at the University of Scranton, presenting to nursing students at Edison State College and physical therapy students at Florida Gulf Coast University and at autism and sensory integration conferences.

"Barb has never lost her enthusiasm for working with children with autism," said MerryLee Kandel, the mother of an adult child with autism. "She keeps on top of the latest research and is constantly trying new therapies to help children on the autism spectrum. She assists families by proving information and guiding them to other helpful resources."

Eden's Advocate of the Month receives a certificate of appreciation and will be invited to an annual reception.

To nominate an advocate for autism who exemplifies Action in Autism, submit your nomination including person's

name, contact information, and 50-word summary of why he or she should be selected to Taire.Malloy@edenautism.org or call 992-4680.

Eden Autism Services Florida was founded in 1996 to address the state's growing need for specialized services for children and adults with autism and their families. Eden Autism Services' mission is to improve the lives of children and adults with autism and provide support to their families by providing a range of community based services to meet specific needs throughout the lifespan. These services include kindergarten through 12 schools in Fort Myers and Naples, clinical services, consultations and community training, and adult residential, vocational training and employment services. For more information, contact Susan Suarez at 992-4680, ext. 5010 or Eden.florida@edenautism.org.

About Autism

Autism is a complex neurobiological disorder that inhibits a person's ability to communicate and develop social relationships, and is often accompanied by behavioral challenges. Autism spectrum disorders are diagnosed in one in 110 children in the United States, and one in 70 boys. The prevalence of autism has increased 600 percent in the past two decades. The Centers for Disease Control and Prevention have called autism a national public health crisis whose cause and cure remain unknown.✱

From page 22

NASCAR

Camping World Truck Series on the NASCAR circuit since July 2011. He has his open license, making him qualified to run on every track in the NASCAR Camping World Truck Series. Ross will have completed five NASCAR races by the end of the 2011 season, and is seeking a major sponsor to compete in all 25 races in 2012. More information about Chastain is available online at www.rosschastain.com or by calling 633-6239.✱

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See photos of 2011 event at www.tastesanibelcaptive.com

Pets Of The Week

Hello! My name is Frank, and I'm a one-year-old, tri-colored treeing walker coonhound.

I'm a handsome, alert, sociable, and intelligent fellow who would love to be part of an active family. If you like to stay active and enjoy regular exercise, I'm the perfect breed for you. I've been at the shelter since August so it sure would be nice to find my forever home soon!

Adoption Fee: \$30 during November or free to a military veteran.

If you're looking for kittens, though, look no more! We are Apache (a boy) and Pocahontas (a girl), domestic medium hair kittens just two months old. Pocahontas is a black tiger, and Apache is a gray tiger.

We are two very cute babies who would really "jazz up your life!" Kittens are two-for-one so you don't even have to decide which one of us is the cutest!

Adoption Fee: \$20 during November's "Jazz Up Your Life" adoption promotion or free to a military veteran.

For information about this week's pets, call 533-7387 (LEE-PETS) or log on to Animal Services' website at www.LeeLostPets.com. When calling, refer to the animal's ID number. The website updates every hour so you will be able to see if these or any other pets are still available.

The shelter is open for adoptions from 11:30 a.m. to 3:30 p.m. Monday through Saturday.



Frank, ID #514381

photos by squaredogphoto.com



Apache and Pocahontas, IDs #521359 and 521360 respectively

The shelter is located at 5600 Banner Drive, 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.

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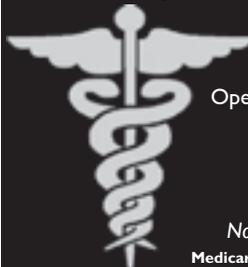
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 at the River Weekly News

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SUDOKU

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

SCRAMBLERS

solution

1. Advise; 2. Sundry;
3. Proper; 4. Accept

Today's Word:

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*NR 11/18 NC 12/9

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*NS 11/25 CC 12/30

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

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 35

HOCUS-FOCUS

BY HENRY BOLTINGOFF



Find at least six differences in details between panels.

Answers: 1. Lunches different 2. flower different 3. hat is different 4. who is holding glass 5. man is sitting 6. man is standing

SCRAMBLERS

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



"Come, dear ... we mustn't

our welcome."

Inform
EVAIDS

Various
SNYDUR

Right
ROPPER

Area
CAPCET

TODAY'S WORD

answer on page 35



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
Ft. 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
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ARTS

Alliance for the Arts.....	939-2787
Arts For ACT Gallery & Studio.....	337-5050
Art League Of Fort Myers.....	275-3970
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Florida Repertory Theatre at the Arcade.....	332-4488
Florida West Arts.....	948-4427
Fort Myers Symphonic Mastersingers.....	472-0168
Gulf Coast Symphony.....	489-1800
Harmony Chorus, Charles Sutter, Pres.....	481-8059
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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 Folk Society.....	321-4620
Cape Coral Stamp Club.....	542-9153
duPont Company Retirees.....	454-1083
Edison Porcelain Artists.....	415-2484
Ft Myers UDC Chapter 2614 (United Daughters of the Confederacy ®)....	728-3743
Friendship Force Of SW FL.....	561-9164
The 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 Employ- ees).....	482-6713
Navy Seabees Veterans of America.....	731-1901
Paradise Iowa Club of SWFL.....	667-1354
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.....	415-3100
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

Bailey-Matthews Shell Museum.....	395-2233
Burrough's Home.....	337-9505
Calusa Nature Center & Planetarium.....	275-3435
Edison & Ford Winter Estates.....	334-3614
Fort Myers Skate Park.....	321-7558
Imaginarium Hands-On Museum & Aquarium.....	321-7420
JN "Ding" Darling National Wildlife Refuge.....	472-1100
Koreshan State Historic Site.....	239-992-0311
Ostego Bay Foundation Marine Science Center.....	765-8101
Skatium.....	321-7510
Southwest Florida Museum of History.....	321-7430
True Tours.....	945-0405

If you would like your club/organization listed in The River Calling Card, phone 415-7732

★ ★ ★ Read us online at islandsunnews.com ★ ★ ★



BEACH CHAIR PASTIME

Answers on page 32

Super Crossword ADD-ONS

- ACROSS**
- 1 Two-legged stand
 - 8 Melancholic progno
 - 11 Multibeard
 - 14 Make a moumou
 - 17 Games peak
 - 19 Salad veggie
 - 20 Be obfuscated
 - 21 Literary collector
 - 22 Fill F FFF
 - 25 Diagnostic ing
 - 26 Day beginning
 - 27 Laid out on summer I
 - 28 Kind of mushroom
 - 30 — Han
 - 31 Ecclesiastic
 - 35 Evangelist: Hobbis
 - 38 Maltreatment
 - 39 Knayyar
 - 39 62 formly: Hoo h I
 - 41 Hand wheat
 - 44 nurse: early
 - 47 Zeal
 - 48 Drink like a Demos
 - 49 Dimple
 - 49 Heredity: 30%
 - 52 SASL: e.g. STRING
 - 58 Antique auto
 - 59 Disinclined target
 - 60 Complete
 - 61 Quick-lashed
 - 62 Pyramid: u.g.
 - 64 — kwon do
 - 65 Gumbo: imitant
 - 68 Stephen King hook
 - 69 Drazhan kicker
 - 71 Gowing
 - 74 Congra: heta
 - 77 Hope Mer
 - 78 Possessed
 - 80 Gasket part
 - 83 Soporific substance
 - 84 "I Rock" (56 song)
 - 86 — culta
 - 88 Exist
 - 89 THAIL
 - 94 New Deal ager
 - 95 City: n: Kyoto; Stan
 - 96 Baby butter
 - 97 Solitary
 - 88 Priest-for-be
 - 100 Mista of the Mal
 - 102 Trustworthy
 - 104 Hide
 - 105 Geometric calculation
 - 107 Ren —
 - 109 Throw a party
 - 112 Fudging
 - 115 Christmas: visits
 - 116 Slangy: suffix
 - 119 Yesterday's year
 - 120 CHAIN CHAIN
 - 126 Draught kid
 - 127 Barlox: or: Peron
 - 128 Irregular
 - 129 I spec: a st
 - 130 Humoral: Georgu
 - 131 Costa —
 - 132 The Beany Bunch?
 - 133 Greases the wheels
 - 6 hunk of Cin
 - 7 Ginger
 - 8 Sil
 - 9 Word form A
 - 10 Former: Weimarnet
 - 11 Japanese capital
 - 11 Musical: finale
 - 12 Blow away
 - 13 Non-sweet suffix
 - 14 Pacific slurs
 - 15 Register
 - 16 Keen
 - 18 Live some: novel
 - 19 Security: grp.
 - 20 Lasaga's "GI —"
 - 24 Pine: sion
 - 29 Alle: not
 - 30 Clubber: Lany's: do: hayer
 - 31 — Amazy: NJ
 - 32 General's: haur
 - 33 Job opening
 - 34 Being
 - 35 Public
 - 37 Salad: "Lion"
 - 38 Pull: ol
 - 40 Novel's: Lee
 - 42 Bunyan's: or
 - 43 — Locks: FL
 - 45 '32 Across: slabs
 - 46 Grumpy
 - 49 Gortiben
 - 50 Director: Mia
 - 51 He's Divine
 - 54 Battery: sun
 - 55 A Karamazov: brother
 - 56 Dire
 - 57 Diamond: features
 - 63 Bhagas and Brummel
 - 65 Lyric poem
 - 66 Kipping: novel
 - 67 Knock: campaign
 - 68 Domingo's: workplace
 - 70 Wing of: "uppr"
 - 72 Mohic: mono
 - 73 — a Kind of Hush: 167 h I
 - 75 '67 Peter Sellers film, with "The"
 - 76 Homer's: hind
 - 79 Prestige: lar: combat
 - 81 Comic: Leer
 - 82 Had: n: ynd
 - 84 Related
 - 85 Curative
 - 88 Article of: Iain
 - 87 Bunyan's: wanderer
 - 90 Tina's: ox
 - 91 Actor: Bert
 - 92 Crooked
 - 93 Tard: or: Figid
 - 99 Franc
 - 100 Charge
 - 101 Pounded a: portul: 88
 - 103 Defeat
 - 105 Plant: dual
 - 106 Versify
 - 108 It may be: platinum
 - 110 Inspector: too: closely?
 - 111 Easte: campaign
 - 112 Singer: James
 - 118 Roof: edge
 - 114 100 drive
 - 115 Staff
 - 116 Young of: "The Last: Deer"
 - 117 — majesty
 - 118 Part of: M.A
 - 121 Criminal: ending
 - 122 Ford of: Scotland
 - 123 Cowman's: appliances
 - 124 Swe: pizza?
 - 125 — degree

King Crossword

ACROSS

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MAGIC MAZE • THINGS WE TURN

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

How do these words fit into the maze? Can you find them all?

Bird eye	Cranks	Pages	Tables
Centures	Dimes	Profit	Thumbs down
Cheeks	Notes	Screws	Ides
Coners	Our backs	Stomach	



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*We are thankful for your loyalty
and support for the last 35 years*



John Naumann



Ray Ochester



Bob Berning



Ken Colter



Nancy Finch



Cathy & Ralph Galletti



Loretta Geiger



Larry Hahn



George Kohlbrenner



Marianne Stewart



Kelly Palmer



Steve Palmer



Sharon Wise



Connie Walters



Tracy Walters



Amber Turner

Happy Thanksgiving

Wonderful 3 Bedroom 3 Bath Tradewinds, Near Beach Home



Offered for \$659,000.
Contact George Kohlbrenner
239/565-8805

Copacetic Estate



Offered for \$4,399,000.
Contact George Kohlbrenner
239/565-8805

2621 San Cap Rd.



Offered for \$284,900
Contact Nancy Finch
239/822-7825

Sea Oats



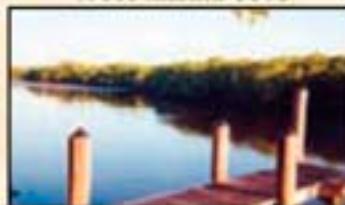
Vacant Lot Offered for \$325,000
Contact Kelly Palmer 239/634-7629 or
Steve Palmer 239/707-7293

NEW LISTING:
4 Bedroom/3 Bath



Offered for \$649,900
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Steve Palmer 239/707-7293

17059 Marina Cove



Offered for \$625,000
Contact Ralph or Cathy Galletti
239/826-5897

14841 & 14851
Jonathan Harbor Dr.



Offered for \$750,000 each
Contact Ralph or Cathy Galletti
239/826-5897

Calusa Palms
3 BEDROOM/ 2 BATH LAKEFRONT



Offered for \$219,900.
Contact Bob Berning 239/699-9597 or
Ken Colter 239/851-1357

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