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THE RIVER WEEKLY NEWS

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Vol. 11, No. 50

From the Beaches to the River District downtown Fort Myers

DECEMBER 21, 2012



Merry Christmas



Jazz Jam Session At Music Walk

On Friday, December 21, the Sidney & Berne Davis Art Center will host a Jazz Jam Session with bass player Kevin Mauldin, drummer Richie Iannuzzi, and pianist Danny Sinoff. The performance will take place during Music Walk from 7 to 10 p.m. After the creative energy and swinging sound of this trio of celebrated musicians, stay for the party – the Dancing at the Davis/Hollywood Glamor Party, from 10 p.m. to 1 a.m. The Art Center is located in the River District in downtown Fort Myers, at 2301 First Street.

Mauldin began playing bass at 13, in the Memphis City Schools system. He got his bachelor's of music from Memphis State University and then a master's of music degree in instrumental performance from Cincinnati College Conservatory of Music. He then won the position of principal bass in the Chattanooga Symphony and Opera Association, keeping his improvisational skills by mixing with the local jazz scene there. After Chattanooga, Mauldin began his career in Naples playing in the Naples Philharmonic Orchestra (1990 to now) and the University of Miami (2000 to 2010). He has kept in touch with the local jazz scene, playing with artists from Naples and Southwest Florida.

Iannuzzi is one of Southwest Florida's most reliably swinging and in-demand drummers. He hails from Toronto, where he started his first road band at the age of 18. He toured the Eastern Provinces until a move to Boston to attend the Berklee College



Danny Sinoff Quintet

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Attendees mingle during the 6th annual Tux & Trees Gala on December 1

Festival Of Trees Breaks Event Fundraising Record

Goodwill Industries' 6th annual Festival of Trees and Tux & Trees Gala, presented by FineMark National Bank & Trust, was another successful fundraiser. The combined events raised a record \$95,000 to support the Southwest Florida Goodwill Foundation. By comparison, last year's Festival and Gala raised \$56,000.

The Festival of Trees is a week-long showcase of holiday trees, each beautifully decorated by Southwest Florida businesses, organizations, and individuals. More than 6,000

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Meghan Madden, Tracey Galloway and Joe Mallon

CCMI Receives 25 Pounds Of Tilapia From Island Coast High School

Community Cooperative Ministries, Inc. (CCMI) received 25 pounds of filleted tilapia from the recent harvest of Island Coast High School's Academy of Natural Resources.

"Here at the academy, we teach the students the importance of conserving and creating as much food as we can with as little resources as we have," said Joe Mallon, Island Coast High School teacher. "And if we're doing well in our learning and conserving, why not share with the rest of the community, especially those in need? We plan to

continue sharing with CCMI and the community as we prepare our next harvest in six weeks.

Island Coast High School partnered with the University of Florida to create a one-of-a-kind academy in Lee County, the Academy of Natural Resources. The academy enrolls 150 students from Lee County who learn about aquaculture, aquaponics, aeroponics, alternative energies, ecological restoration and environmental stewardship. The Academy of Natural Resources provides a foundation for students planning to pursue a career in the environmental job market.

"Our goal is to create an ongoing partnership between Island Coast High School and CCMI," said Cherrie Sukovich, Academy of Natural Resources advisor who helped develop the program. "This recent harvest donation benefits everyone involved, as the students learn the importance of giving back while CCMI is able to provide fresh food products to the population it serves."

The academy plans to continue donating to CCMI with its next harvest of prawns and vegetables.

In addition to the academy's tilapia fillets, Mallon's students donated hydroponically grown herbs and sprouts from their aquaculture classroom, while the Educational Concerns for Hunger Organizations (ECHO) donated crates of mangos and papayas

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Adam Ceresa and Tracey Galloway

Historic Downtown Fort Myers, Then And Now:

Frierson House on Riverside



by Gerri Reaves

Pictured in this undated early twentieth-century photo is the home that Taylor and Anna Dagenhardt Frierson built in East Fort Myers on the Caloosahatchee River not far from the mouth of Billy's Creek.

The couple had come to Fort Myers from Tampa in 1879 after marrying the previous year. Many family members, including Taylor's parents, Major Aaron and Mary Wall Frierson, had already settled in town.

Taylor was enterprising in a variety of endeavors, including real estate investments, orange groves on Twelve Mile Creek, and the cattle business.

For a time, he ran the Frierson House, a successful boardinghouse-hotel established by his parents on the southeast corner of First and Jackson Streets around 1876.

He also served as a Fort Myers town councilman in 1887, only two years after the town voted to incorporate.

His considerable knowledge of the Seminole language, which he gained in his youth, enabled him to serve as an interpreter.

Eventually, like many in the pioneer Hendry family, he and Anna settled by the river in the "east end," which would eventually be called East Fort Myers. First, the family lived close to the river in a house with a veranda around two sides and a dock on the river.

However, a family tragedy in August 1895 prompted the construction of another house closer to the street – or more accurately, farther from the river. The Frierson's oldest daughter, 16-year-old Mary Louise, drowned in the Caloosahatchee River near Beautiful Island after she accidentally fell from the deck of the steamer City of Athens. Her father jumped in and struggled to save her, eventually sinking below the water. himself. Captain Fred Menge rowed a boat to the rescue and saved the father, but



The Frierson house, probably in the early 1990s, prior to the construction of Oasis Condominiums

courtesy of Southwest Florida Historical Society

Mary was lost, her body later recovered later by heartbroken citizens who dragged the river bottom.

After that, Anna Frierson did not want to live by the river. According to local lore, the grief-stricken mother even covered windows to block the view of the river. So the second home was built near the corner of East Riverside Drive and Frierson Street.

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This photo of the Taylor and Anna Frierson house at East Riverside Drive and Frierson Street is undated

courtesy of Southwest Florida Historical Society



The remodeled and relocated structure is now used for events

photo by Gerri Reaves



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Fort Myers Public Art:

Sun Gate



by Tom Hall

Standing 12 foot tall and 10 feet across, the circular granite sculpture named *Sun Gate* greets commuters entering and departing the River District via Main Street. Located half

a block west of Main's intersection with Monroe Street, *Sun Gate* is framed on either side by concrete park benches and nestled between the Lee County Community Development building to the north and the Lee County Justice Center to the south. Its creator is Robert Sindorf, who states that it is his ongoing quest to "carve large granite sculptures for public places ... [that] express universal and timeless themes."

Virtually all of Sindorf's sculptures incorporate a circle as their primary geometrical shape. "It is perfect geometry and has no beginning or end," states Sindorf. "It is a peaceful, restful form that transcends time and becomes eternal. It is a symbol of the sun, heaven, perfection and, especially, the cycle of life." Which explains why *Sun Gate* also goes by the name *Wheel of Life*.

The sculpture's location is problematic. First, Sindorf intended *Sun Gate* to

be viewed from the north, meaning that commuters and pedestrians passing by on Main Street are actually looking at the sculpture's backside.

Secondly, Sindorf wanted people to be able to pass through the hole in *Sun Gate* both visually and physically. "The void allows you to move through the sculpture," observes Sindorf. "You are not blocked physically or figuratively if there is a 'hole' through it. You can physically 'enter' the work. This geometry helps you move through the sculpture. We are all accustomed to moving through geometrical shapes like houses and larger buildings. Big sculptures with voids seem architectural and make you feel that you are part of them and not just a spectator."

Sindorf has a Bachelor of Arts degree in art history and philosophy from Columbia University, where he also obtained a Masters of Architecture in 1977. Although Sindorf worked eight years in the field as a project designer, his true love was monumental sculpture.

Not surprisingly, the sculptor describes his style as minimal and abstract. "I endeavor to reduce an overall image to its most essential form. My style is suggestive rather than overt. I work with what nature has imbued the stone. There is no forced manipulation, but rather a flow, like a river."

An arts advocate, Tom Hall guides weekly walking tours of the River District's public art collection in Fort Myers. For more information, go to www.truetours.net.



Sun Gate, the Robert Sindorf piece located on Main Street in downtown Fort Myers' River District. It also goes by the name *Wheel of Life*.

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Reports Indicate Tourism Upswing

by Anne Mitchell

Several recent reports indicate that things have been looking up for the local hospitality industry. The Lee County Visitor & Convention Bureau (VCB) reports a second consecutive year of record-breaking tax collections, finishing with \$26.5 million in tourist tax on paid accommodations for fiscal year 2011-12. The new record is a 9.2 percent increase over last year's record-breaking \$24.2 million in collections and a 21.2 percent rise from fiscal year 2008-09 collections of \$21.8 million.

During October, The Beaches of Fort Myers & Sanibel reported a 48.7 percent

occupancy rate, compared to 44.5 percent in October 2011. Year-to-date, occupancy rates have been at 57.7 percent, up 4.8 percent from the same period last year. The average daily room rate for the month was \$98.47, which was flat compared to \$98.90 last October, and up 2 percent year-to-date. Revenue per average room (RevPar) is up 9.1 percent for the month and 6.9 percent for the year, according to Smith Travel Research.

Airport passengers also rose in October. Some 484,768 passengers traveled through Southwest Florida International Airport, an increase of 3.3 percent compared to October 2011. However, year-to-date passenger traffic is down 3.9 percent from the same period last year.

In other news, Fort Myers placed in the top 10 lists for Christmas and New Year's destinations for 2012, according to the Orbitz Holiday Travel Insider Index, which analyzed hotel and flight booking data from its website to determine destination rankings. The study evaluates the average airfare and daily hotel rates in each of the most popular markets from December 23 to 27 and December 30 to January 2.

Future bookings likely will get a boost when The Travel Channel airs a segment on the Captiva Golf Cart Parade earlier this month. The decorated cart parade is part of Captiva Island's three-week-long Captiva Holiday Village celebration. No air date has yet been announced.✪

Impact Of Health Care Reform To Be Discussed

The next meeting of the League of Women Voters of Lee County, to be held on Saturday, January 5 from 8:30 to 11:30 a.m. at the Hilton Garden Inn, will feature guest speaker Jim Nathan, president and CEO of Lee Memorial Health System. He will talk

about the issue of Health Care Reform. Open to League members and the interested public, cost to attend the meeting is \$15, which includes breakfast. Student rates are available.

Hilton Garden Inn is located at 12601 University Drive in Fort Myers. To make reservations, call 462-3444 or e-mail carolfb@centurylink.net by December 31.

For more information, contact Sandy Frank, League of Women Voters, at 415-7654.✪

Parks And Recreation Improvements To Bring Temporary Holiday Closures

Lee County Parks & Recreation will improve its recreation centers' floors and upgrade its registration system during the holidays. Due to the nature of the work, the centers will be closed temporarily and the registration system will be down briefly.

"Our visitor numbers typically are down between Christmas and New Years at Parks and Recreation, and we expect these improvements will minimally impact the communities we serve," said Dave Harner, director.

Crews will strip and resurface gymnasium floors at Estero Recreation Center, Veterans Recreation Center in Lehigh Acres and Wa-Ke Hatchee Recreation Center in South Fort Myers. Closures will begin on Monday, December 24. Veterans is expected to reopen on Wednesday, January 2; the other two rec centers have a tentative reopening date of Saturday, January 5.

WebTrac – the department's online registration system – will have its software upgraded to create a more user-friendly experience. The public will not be able to sign up for programs, events or picnic shelters on Wednesday or Thursday, January 2 or 3. Normal online registration is expected to resume on Friday, January 4.

For more information, visit www.leeparks.org. Questions can be directed to 533-7275 or leeparks@leegov.com.✪

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Kevin Mauldin

The Salvation Army Needs A Christmas Miracle

The Salvation Army announced on Monday that it is only 54 percent of the way toward its goal for the red kettle campaign this year. With only a few days left to ring, this means the charity will need to raise \$55,000 per day to meet their stated goal.

For the past three years, The Salvation Army has averaged a goal \$600,000 for its traditional Christmas fundraising campaign. This year's target of \$720,000 represents a 20 percent increase in the goal. Funds raised in this drive are used to share the joy of Christmas with thousands of needy children and to support The Salvation Army's other programs throughout the year. Increased need in

one of these programs is making the Army's fundraising success more crucial than ever before.

The Salvation Army operates the only emergency shelter for homeless families in Lee County, and is overwhelmed with parents and children needing a safe place to stay. Rather than turn these families away, The Salvation Army is stretching every dollar to feed and shelter them – but without additional funds, it won't be able to keep up for much longer.

"The increased number of families we're serving – over and above those we've budgeted for – will cost The Salvation Army in excess of \$100,000 this year," said Major Tom Loudon, Area Commander for The Salvation Army. "The red kettle effort is absolutely critical in raising the money to provide this essential service for the most vulnerable in our community. If ever we needed a Christmas miracle, the time is now." ❄️

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From page 1

Jazz Jam Session

of Music. From 1979 to 1989, he co-owned a recording studio where he composed and produced music for radio and television, produced recordings for bands and solo artists, and toured with live bands. After making his move to Southwest Florida in 1990, Richie put together four of the area's most popular bands playing in the jazz/blues genre.

Over the years, Ianuzzi has appeared live with Livingston Taylor, Harry Belafonte, Buckwheat Zydeco, Tower of Power, Ziggy Marley and the Wailers, Gatemouth Brown and fellow Southwest Floridian Chuck Mangione.

Since the founding of the Roadhouse Cafe in Fort Myers in 2009, Richie has played drums with many of the jazz groups appearing there including the Lou Colombo Orchestra and the Danny Sinoff Trio. Also at the Roadhouse, he enjoys hosting and being the "air traffic controller" for the lively Jazz Jam every Sunday night beginning at 7 p.m.

Danny Sinoff has been a musician since the age of two. Starting with classical piano study in Newton, Massachusetts, he performed with various ensembles until he joined his first jazz band in high school. At that point he began to develop his own vocal styling. His inspiration came from listening to Frank Sinatra, Mel Torme and Harry Connick, Jr. After studying at Berklee College, Sinoff dedicated his life to jazz music and began playing professionally,

entertaining audiences all over the globe with top jazz artists including the Brubeck Brothers Quartet, David "Fathead" Newman, Jimmy McGriff, Sweet Georgia Brown and Jimmy Norman. Mr. Sinoff's debut album, *Live at Ellington's Volume 1*, was recorded in front of a live audience at Ellington's Jazz Bar and Restaurant on Sanibel, where he regularly performed.

The Dancing at the Davis themed dance parties are new this season. Get dressed up and come to the Davis Art Center for music, dancing and fun after Music Walk. December's theme is Hollywood Glamour. Come dressed as your favorite movie character and dance to the hottest hits.

Dancing at the Davis tickets are \$10 at the door or \$5 in advance, through the Wednesday before Music Walk. ❄️

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Noodleman To Perform

Laugh out loud with comedian Homer Noodleman, who will be performing at the Lake Kennedy Center in Cape Coral on January 18. Come experience the zany antics of this seasoned veteran of comedy. Noodleman's timeless humor will make you laugh 'til it hurts! Be prepared for an unforgettable evening of comedy that will have you laughing out loud. Admission includes the show, a fabulous dinner with dessert and a beverage. Get together with friends for a night of fun, fine food and fabulous comedy. Doors open at 6:30 p.m., dinner will be served at 7 p.m. and showtime is at 8 p.m. Reservations are required. BYOB. Cost is \$18 for members and \$23 for non-members. For more information, contact the Lake Kennedy Center at 574-0575.*

Annual Craft Show

Alva Community Center is looking for craft vendors for our upcoming Craft Show that will be held on Saturday, February 2. The show will be held from 10:00 a.m. to 4:00 p.m. at the Alva Community Park, 21471 North River Road, Alva, Florida, 33920. Spaces are available for a nominal fee of \$10.00 (10 x 10). Tables, tents, chairs, etc. are not provided. Please call 239-728-2882 to pay and reserve your tables or spots. Credit cards or debit cards are the only method of payment accepted. There is no rain date for the Annual Craft Show. Public admission will be free. Call Sandra Bates at 239-728-2882 for more information.*

NFM Flea Market

The North Fort Myers Community Center, located behind the North Fort Myers Library at 2021 North Tamiami Trail, will be hosting the Annual Flea Market held outdoors under two pavilions and on the football field. This Flea Market will take place on Saturday, January 12 from 8 a.m. to 1 p.m. Clean out your closets and turn your old stuff into cash. Six foot tables are available for \$10 each under the pavilions. Six foot spots are available for \$5 each on the football field (you must provide your own tables). Take advantage of the crowds a community flea market can generate. Register early to guarantee your tables or spots. Call 652-4512 to pay and reserve your tables or spots. Credit cards or debit cards are the only method of payment accepted. Table/spot rentals are non-refundable and non-transferable. There is no rain date for the flea market. Call Jenniffer or James at 652-4512 for more information.*

From page 2

Frierson House

Today the Oasis Condominiums dominate the Frierson home site. The condos' construction involved moving the historic structure, which is now remodeled and used for events. Visitors can ride the new free River District Trolley to the scenic "east end," where historic structures are silhouetted against modern condo towers on the river. Upon returning to the business district, visit the Southwest Florida Museum of History to learn more about the early settlers of East Fort Myers. For information, call 321-7430 or go to museumofhistory.org. Hours are 10 a.m. to 5 p.m. Tuesday through Saturday. Drop by the Southwest Florida Historical Society, one of the area's best research centers, to find out more about the Hendry family's role in local history. The all-volunteer non-profit organization is located at 10091 McGregor Boulevard on the campus of the Lee County Alliance for the Arts. Contact the society at 939-4044, or visit on Wednesday or Saturday between 9 a.m. and noon. Sources and acknowledgements: The archives of the Southwest Florida Historical Society and *The Story of Fort Myers* by Karl H. Grismer.*

City Of Fort Myers Holiday Closings

The City of Fort Myers will observe Christmas Day on Tuesday, December 25 and New Year's Day on Tuesday, January 1. City Hall and all city offices will be closed on those days. If you have any questions call 321-7000.*

Bus Trip To HardRock Casino

Presented by the Lake Kennedy Senior Center in Cape Coral, a bus trip to the HardRock Hotel & Casino in Hollywood has been scheduled for February 7. Join the Kennedy Cruisers and experience the excitement of this 130,000-square-foot facility with over 2,100 of the hottest gaming machines and 50 live action tables. Take your chance with "Lady Luck" and play Seven Card Stud, Texas 'Hold'em, Black Jack, slots and much more.

Take a break from the action to peruse the plethora of fine shops or go to the Marketplace Food Court offering American, Mexican, Asian and Italian cuisine for an epicurean experience to please most every palate. The cost is \$35 per member, \$40 per non-member and includes \$20 free play and a \$5 food voucher. Pre-registration is required by February 1. For more information, contact the Lake Kennedy Senior Center at 574-0575.*

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Tree designers Lisa Yelitz Gutierrez and Russell Benzing

From page 1
Fundraising Record

people visited this year's free holiday showcase at the Sidney & Berne Davis Art Center.

The Festival concluded on December 1 with the Tux & Trees Gala, a black-tie charity auction which serves as the Southwest Florida Goodwill Foundation's primary fundraiser. Auctioneer Mike Joyce and hostess Stacey Adams of WINK News sold 23 trees at the Gala's live auction.

"This year's festival exceeded every-

one's expectations," explained Goodwill Vice President of Communications and Development Carolyn Johnson, who served as the event chair. "In the past, we've averaged about \$1000 per tree at the auction. This year, we had three trees sell for more than \$5,000."

Nearly 250 people attended the Tux & Trees Gala, another event record.

"There was definitely a different energy in the room this year," said Kirsten O'Donnell, Goodwill's director of public relations. "This was my fifth Tux & Trees Gala, and I'd never experienced one like this. The room was buzzing all night."

The Southwest Florida Goodwill



Goodwill's Festival Of Trees Committee members

Foundation provides long-term financial support to the programs and services of Goodwill Industries of Southwest Florida. In 2011, Goodwill helped 23,000 Southwest Floridians with disabilities and other disadvantages become more independent, through programs such as Job-Link centers, the SWFL MicroEnterprise program, disability-accessible housing and the Goodwill L.I.F.E. Academy charter school.

The Festival of Trees and Tux & Trees



Mike Joyce and Stacey Adams

Gala were made possible by event sponsors FineMark National Bank & Trust, The Home Depot, Gulf Coast Consulting

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One of the rooms from this year's Holiday House, a River District tradition

Along The River

Gift the gift of life in the raw with a holiday gift certificate from **The Lazy Flamingo**. Buy \$50 in gift cards and receive an additional \$10. Buy \$100 in gift cards and receive an extra \$25. Walk-in only.

With four great locations, the restaurant and bar has the Big Ten Network and \$12 domestic buckets of beer. Happy hour is served daily from 3 to 5 p.m. and 9:30 p.m. to midnight. Enjoy live music from with Robb Brooks on Tuesdays on the patio.

As local seafood lovers know, The

Lazy is a great place for grouper sandwiches, raw oysters on the half-shell, conch chowder and mussels marinara served in a nautical-themed atmosphere. The restaurant is also known for its secret recipe Flamingo garlic bread, buffalo wings and giant burgers... and during the season, fresh stone crab claws!

The Lazy Flamingo 4 is located at 12951 McGregor Boulevard, Fort Myers. It is open daily from 11 a.m. to midnight. Call 476-9000 or go to www.lazyflamingo.com.

Holiday House is officially under way. This year's theme is Christmas Around The World.

"Holiday House is more beautiful than



The *Indian Princess* was chosen as the People's Choice boat for the 23rd annual Fort Myers Beach Boat Parade, held on December 1

ever!" said Linda Burkey, co-chair of the event. "Our members have truly embellished the theme this year to create a colorful display of 'Christmas Around the World.'"

According to Burkey, each room will represent the decorating flair of a different country.

This year's calendar calls for nightly hours of operation from 5 to 9 p.m. through December 23. Admission tickets, available at the entrance to the Langford-Kingston house, are \$5 for adults.

Children under 10 are free. Free parking is available off Fowler Street behind First United Methodist Church.

Each year, hundreds of members and volunteers of Fort Myers Woman's Community Club spend hours embellishing the interior and exteriors of the Burroughs and Langford-Kinston homes, lawns and grounds with holiday décor. In addition to walking through the two festively decorated homes and grounds, children can visit Santa each evening at the Langford-Kingston home. There is truly something for everyone to enjoy!

The Burroughs Home and Gardens is located on 2.45 acres in downtown Fort Myers and is bounded on the north by the Caloosahatchee and on the south by First Street directly across First St lies the Langford-Kingston Home. Call 239-738-3710 or visit www.fmwcc.com.

Celebrate the holidays at **The Morgan House's Top of the Town** bar. Gather your friends, family and/or co-workers and meet at Top of the Town for the River District's best happy hour

happening every weekday from 4 to 7 p.m. Half-priced appetizers and fabulous drink specials including \$1.50 domestic drafts, \$3.25 wells and \$3.50 house wines.

Fridays are extra special with a free appetizer buffet, while supply lasts. It's a great excuse to cut out early!

Top of the Town is the Morgan House's neighborhood bar upstairs from the main dining room. It offers two large bars, 12 draft beers, a full liquor bar, an exciting gourmet menu, live music four nights a week plus a late-night DJ. Seating is available inside in air-conditioned comfort or outside under the starry evening sky. Happy hour specials run weekdays along with a late night happy hour. Top of the Town serves its Terrace Bar Menu on Monday through Saturday from 3 p.m. to close.

The Morgan House is located at 33 Patio de Leon, downtown Fort Myers. Call 337-3377 or go to www.morgan-houserestaurant.com.

Karaoke will take on a whole new twist aboard the **Indian Princess** authentic double-deck paddleboat in December. Every Sunday from 2 to 6 p.m., karaoke crooners and spectators can enjoy a fun-filled musical contest aboard a 60-foot paddleboat launching from Fort Myers Beach. Boarding begins at 2 p.m. and begins cruising at 3 p.m.

Karaoke with Jim will lead the contest on the first deck's Princess Room as the boat cruises Estero Bay. Prizes will be given to the best singers and crowd favorites. The first 40 people to book their reservation receive a free drink ticket, so don't wait to make your reservation!

The *Indian Princess* is located before the sky bridge next to the Key West Express at 2080 Main Street on Fort Myers Beach. Call 765-8919 or visit www.indianprincessfortmyers.com. ✨



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Joann Eadson and Joan Grindley contribute to the Sharing Basket

Continental Women Helping Others

by Di Saggau

Continental Women's Club of Fort Myers is helping the less fortunate this holiday season in a variety of ways. They provided a Thanksgiving turkey with all the trimmings to a needy family. This included more than \$200 worth of canned goods from the Dollar General store on Pine Island.

Members have also donated well over \$600 to spend on the family. This will provide clothes, food and gifts for a mother and her three children this Christmas. There will also be enough left over to buy the children new shoes for Easter.

In addition, numerous children's books are being donated to youngsters attending Brightest Horizons in Fort Myers. They are a child development center that provides educational and developmental child care for children of low income working families.

The club also collects various items at their monthly meetings in a Sharing Basket. So far this year, more than 95 pounds of toiletries and cosmetics have been donated to The Salvation Army, and nine cell phones to the Police Department. Two shopping bags full of soda can tabs were also donated to Ronald McDonald House.

On January 28, the club holds their biggest fundraiser, a game day, which raises money for college scholarships to deserving senior high school girls. Continental Women's Club meets the first Thursday of every month at Colonial Country Club in Fort Myers. For more information, call 561-0965 or 561-9946.*

Love Your Neighbor Event

Love Your Neighbor, an annual event benefiting the Heights Foundation, will be held on Wednesday, January 16 from 6:30 to 9:30 p.m. at the Gulf Harbour home of Daun and Peter Dessak.

Guests will enjoy an assortment of culinary creations from local restaurants along with a selection of fine wine and spirits. Live and silent auction items will be offered and all proceeds will benefit the School Success programs for at-risk children in the Harlem Heights Neighborhood. Nearly \$300,000 was raised at last year's event including \$150,000 toward the annual fund and \$150,000 to complete the capital campaign.

"The residents of Harlem Heights are our neighbors," said Daun Dessak. "We believe it is important to support the Heights Foundation in their mission to build strong, self-sufficient families and education is the key to their success."

"Our School Success program includes academic tutoring, after school and summer camp programs, scholarship and college access assistance, school supplies, and tuition support", said Kathryn Kelly, president and CEO of The Heights Foundation. "Each program is geared to meet the specific needs of children and young adults who seek to further their education."

Tickets are now on sale for \$150 each and space is limited. Purchase tickets online at www.heightsfoundation.org or call Laurie at 482-7706.*

Email editorial copy to: press@riverweekly.com

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Sam Galloway, Jr., right, Holiday Carol Sing founder and sponsor, confers with Song Leader Doug Molloy

Holiday Carol Sing Raises Food, Money For CCMI's Soup Kitchen

Residents who attended the Holiday Carol Sing at First Presbyterian Church of Fort Myers on December 11 contributed plenty of canned goods and cash to help the Everyday Marketplace & Café (formerly known as The Soup Kitchen) of CCMI feed the hungry in Southwest Florida.

About 2,500 pounds of food was donated at the 22nd Annual Holiday Carol Sing, which was sponsored and organized by the Galloway Family of Dealerships. The canned goods will be distributed immediately to families in need, according to event organizers.

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

About 2,000 people attended the three performances, which featured a sing-a-long with the First Presbyterian Church Choir, special guest soloists and a visit from Santa and Mrs. Claus.

The Holiday Carol Sing is the third of three annual community sing-a-longs presented by First Presbyterian Church and sponsored by the Galloway Family of Dealerships. The other two are Mrs. Edison's Hymn Sing in February (planned next for February 5 as part of the Edison Festival of Light) and A Midsummer Night's Sing in July. All



Vonceil Franklin, Roseanne Constantinople and James Franklin enjoy the Holiday Carol Sing



Santa listens to the Christmas wish list of Aileen Diaz of Fort Myers



Rev. Paul deJong of First Presbyterian Church welcomes everyone to the 22nd Annual Holiday Carol Sing



Soloist Beth Winger sings *O Holy Night*

three events benefit the Everyday Marketplace & Café of CCMI, which was founded as The Soup Kitchen by First Presbyterian Church of Fort Myers in 1984.

The Holiday Carol Sing and two hymn sings are major sources of support for CCMI, which is an innovative nonprofit 501(c)3 organization made up of social service entrepreneurs fighting to end homelessness and hunger in our community. The agency provides more than 14,000 meals each month through their Everyday Café and Marketplace and Home Delivered Meals programs. CCMI also educates 40 children in their Community Montessori, offers homeless and comprehensive case management services through the Cape Coral United Way Resource House, oversees an emergency mobile food pantry and supplies weekend backpacks full of food to more than 1,500 children each school year.

For more information about CCMI, call 332-SOUP or visit www.ccmileecounty.com. For more information about First Presbyterian Church, call 334-2261 or visit www.fpcfortmyers.org.✽



Brian Tidwell, Christin Tidwell and Madison Tidwell of South Fort Myers



CCMI CEO Tracey Galloway with her family - Will Galloway, Olivia Galloway and Sam Galloway, III



Bob Gibson of Fort Myers and Louise Itfner of North Fort Myers welcome everyone at the entrance to First Presbyterian Church

Pint For A Pint Blood Drive

Lee Memorial Blood Center has partnered with Rita's Ice, located at 4666 S. Cleveland Avenue in Fort Myers, to hold a blood drive on Saturday, December 22 from noon until 5 p.m. Those who donate a pint of blood will be rewarded with a pint of Rita's Ice.

All blood collected remains in the Lee Memorial Health System to serve your community. Lee Memorial Health System uses 800-plus units of blood each week. With both Golisano Children's Hospital and the only trauma center within a five-county area, the need for blood locally remains constant, and needs to be replenished daily. All blood types are currently needed.

The requirements to give blood are:

Age - At least 17 years old (16 with written parental consent) and in good general health. There is no upper age limit.

Weight - Minimum of 115 pounds.

Identification - Must provide photo I.D. with date of birth.

Food - Eat a good meal before giving and drink plenty of fluids.

Medications - Many medications such as insulin, blood pressure, thyroid, cholesterol, aspirin, antidepressants and hormone replacement do not necessarily prevent someone from giving blood.

For more donor and age requirement information, visit www.leememorial.org.*

Covenant With Israel Celebration

Southwest Florida's 4th annual Covenant With Israel Celebration to honor Israel will take place on Monday, January 7 at the Broadway Palm Dinner Theatre, 1380 Colonial Blvd. in Fort Myers. Doors open at 6 p.m. for registration and seating. The program begins at 7 p.m.

The event is hosted by Gaspar Anastasi of Unlocking Kingdom Destiny. Scheduled speakers include Rabbi Gerald Meister; Mayor Moshe Goldsmith, Itamar, Israel; Robert Stearns with Eagles Wings; Rabbi Jeremy Barras of Temple Beth El, Fort Myers; and emcee Paul Lodato from WRXY CTN TV.

This very special evening is a tribute to the nation of Israel and Jewish people around the world. It is an opportunity for the Christian and Jewish communities of Southwest Florida to unite and demonstrate their love and support for Israel and her children. Its purpose is to promote esteem and understanding between Christians and Jews and to emphasize the things we hold in common as believers in the God of Abraham, Isaac and Jacob. The Covenant with Israel Celebration will be an evening packed with outstanding speakers, music and complimentary kosher refreshments.

Tickets are \$30 per person and can be purchased online at www.covenantwithisrael.com or by calling 244-3912.*

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Call 415-7732, Fax: 415-7702
or email press@riverweekly.com

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Churches/ Temples

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Starting November 4,
two Services: 9 am and 11 am.
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Reverend Dr. Wayne Robinson, Minister
(final year) 239-266-0900.
www.allfaiths-uc.org

ALL SAINTS BYZANTINE RITE CATHOLIC CHURCH

10291 Bayshore Rd., N. Fort Myers
Divine Liturgy is on Sun. at 10:30 a.m.;
Rosary begins at 10 a.m.
Lenten services (Presanctified Liturgy)
will be on Wed. evenings at 6 p.m. start-
ing on Feb. 22. Administrator is Very Rev.
Peter Lickman, ph. 305-651-0991. We
are a Church of the Eastern Catholic or
Byzantine Rite, 1.5 mi. east of Int. 75.

ANNUNCIATION GREEK ORTHODOX CHURCH

8210 Cypress Lake Drive, Fort Myers
Reverend Fr. George P. Savas
Orthros Service Sunday 9 a.m.
Divine Liturgy Sunday 10 a.m.
www.annunciation.fl.goarch.org
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.
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
239-850-3943, Located at Cypress Cove
Retirement Center on HealthPark Campus
An ecumenical non-denominational com-
munity of believers.

Sunday Worship Service, 10 a.m.

Wednesday Bible Study, 7 p.m.

Reverend Ted Althouse, Pastor

revtedalthouse@aol.com

CHURCH OF THE CROSS:

13500 Freshman Lane; 768-2188
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. Jeffrey DeYoe, Senior Pastor
Reverend David Dietzel, Pastor Emeritus.
Traditional Sunday service 10 a.m. Nursery
available

CYPRESS LAKE BAPTIST CHURCH

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

CYPRESS LAKE

PRESBYTERIAN CHURCH

8260 Cypress Lake Drive, Fort Myers,
481-3233; 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

8 and 11 a.m. Sunday Traditional Service

9:30 a.m. Praise Service

Sunday School all times

FAITH FELLOWSHIP WORLD OUTREACH MINISTRIES

6111 South Pointe Boulevard, Fort Myers,
278-3638. Sunday Worship, 10:30 a.m.;
Voice of Faith, WCRN 13.50 AM Radio,
Sunday, 1:30 p.m.; Thursday Service, 7:30
p.m.; Friday Youth Service, 7:30 p.m.
Nursery care for pre-school children and
Children's Church 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 First Street,
River District. www.time4thinkers.com,
www.christiansciencefortmyers.com,
www.christianscience.com

FIRST CHURCH OF THE NAZARENE

13545 American Colony Boulevard

off Daniels Parkway in the Colony,

Fort Myers, 936-2511

Pastor: Reverend Joey Brummett

Sunday School: 9:30 a.m.; Morning

Worship, 10:30 a.m.; Sunday Evening, 6

p.m.; Wednesday Family Night, 7 p.m.

FIRST UNITED METHODIST CHURCH

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

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 mon-
astery. 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, 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 BEGINNINGS CENTER

New Home Church, 8505 Jenny Cae Lane,

North Fort Myers, 239-656-0416

Weekly Friday Meeting Meet & Greet: 6:30

p.m. Kingdom Teaching: 7 p.m. Fellowship

and refreshments after service. nbcm-
istry@embarqmail.com, www.facebook.

com/nbcministry. Alex & Patricia Wiggins,
Ministers

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: Stu Austin and Howard Biddulph

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

274-1230. 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

Adult Discussion Classes: 9-10 AM

Countdown to Worship (praise music):

10:10 AM

Amazing Grace Worship: 10:30 AM

Phone 267-7400 Fax 267-7407

Web site: peacecommunitychurch.com

e-mail: peace1265@aol.com

PEACE LUTHERAN CHURCH

Saturday, Worship 5 p.m.

Sunday, Worship- 8 and 9:30 a.m.

Wednesdays during Lent soup dinner at

5:30 p.m., Compline Service at 7 p.m.

Peace is a member of the ELCA. We cel-
ebrate weekly communion with traditional

liturgy, organ and choir. 15840 McGregor

Blvd, Fort Myers, 437-2599, www.peaceft-
myers.com, peace@peaceftmyers.com

REDEEMER LUTHERAN CHURCH

3950 Winkler Ext., Fort Myers, 274-0143

8:15 and 10:15 a.m. Sunday Services

Daily early learning center/day care

RIVER OF LIFE ASSEMBLY OF GOD

21580 River Ranch Rd, Estero

239-495-0400

Senior Pastor: Todd Weston

8 and 9:45 a.m. Services;

11:30 a.m. Legacy Service, multi-genera-
tional

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.

Wednesday Service 6 p.m.

SAINT 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 MCGregor 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.

SAINT 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.

SAINT PETER LUTHERAN CHURCH

3751 Estero Boulevard, Fort

Myers Beach, 463-4251.

St. Peter Lutheran Church of Fort Myers

Beach (Evangelical Lutheran Church of
America) welcomes all to worship Sundays

at 8:30 and 10:30 a.m.

TEMPLE BETHEL SYNAGOGUE

16225 Winkler Rd. 433-0018.

Rabbi Jeremy Barras

E-mail: rabbi.barras@templebethel.com

Cantorial soloist: Lawrence Dermer

Temple educator: Dale Cohen, MaEd, RJE

Shabbat Services, Friday, 7:

From page 12

Churches/Temples

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

THE NEW CHURCH

The New Church of SWFL is located 10811 Sunset Plaza Circ. #401, behind Zoomers. Rev. Gabriella Cahaley officiates worship services on Sundays at 11 a.m. during the season. Other worship events are held on the beach in Fort Myers Beach. See our webpage <http://www.newchurchflorida.com/> or call for more information 239-481-5535.

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.taecc.com

UNITARIAN UNIVERSALIST CHURCH FORT MYERS

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

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.

UNITY OF FORT MYERS

11120 Ranchette Road, Fort Myers
Summer services & Children's Hour 10 a.m. Sundays. Reverend Jim Rosemergy, minister. Our God is Love; our Race is Human; our Religion is Oneness.

www.unityoffortmyers.org or 239-278-1511
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, Interim Pastor Jim Eggert
Pastor Peter Weeks
Sunday Services: 8:30 a.m. Traditional; 10 a.m. Blended Traditional and Contemporary; 11:30 a.m. Contemporary.
Children's Sunday School, Adult /Teen Bible Classes, 10 a.m.*

Christmas Worship Schedule

All are welcome to special candlelight worship services at 7:30 and 10:30 p.m. on Christmas Eve at St. Peter Evangelical Lutheran Church (ELCA). On Christmas Day, December 25, there will be a worship service at 10:30 a.m.

During the month of December, St. Peter will hold Sunday worship services at 8:30 and 10:30 a.m., with one single service on December 30 at 9:30 a.m.

A friendly church that warmly welcomes all visitors as family, St. Peter Lutheran Church is located at 3751 Estero Blvd. in Fort Myers Beach. For more information, call the church office anytime at 463-4251.*

Homeless Persons Memorial Day

In 2012, at least 18 homeless individuals lost their lives while living on the streets or in shelters in Lee County. The Lee County Homeless Coalition's 16th annual Candlelight Vigil will be held on Friday, December 21 at 6 p.m. on the steps of the Old Lee County Courthouse, located at 2120 Main Street in Fort Myers.

The Candlelight Vigil mourns those who have died while living on the streets or in shelters, and it educates communities that the lack of affordable housing, shelter, living wages, and accessible health care is a problem that must be addressed.

The vigil will include opening remarks by Janet Bartos, executive director of the Lee County Homeless Coalition, and Fred Schilffarth, Coalition board member. The opening prayer will be presented by Reverend Allison Far-num from Unitarian Universalist Church. Music will be provided by Lee Community Youth Chorus and Taps will be performed by Jay Caruthers.

For more information, call the Lee County Homeless Coalition at 322-6600 Phone or visit www.leehomeless.org.*

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Fundraising Record

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For more information or to become part of the 2013 Festival of Trees, visit www.tuxandtrees.com or call 995-2106 ext. 2213.*

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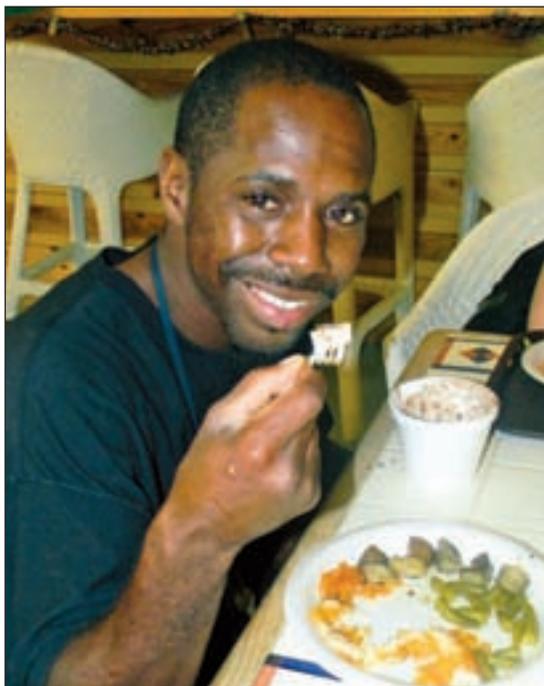
From page 1

Tilapia Donation

and Lakes Regional Park donated stems of rosemary from its garden. With these added ingredients, CCMi's Food Program Manager Shelly Oprea created a trio of sauces to bake the fresh tilapia with including spicy mango-papaya, raspberry-ginger-mandarin and rosemary-lemon.

"We so thrilled to be on the receiving end of such an innovative and collaborative project," said Tracey Galloway, CCMi's CEO. "Joe and Cherrie, as well as the leaders of our other partner groups, understand the bigger picture of bringing full circle the education of global sustainability with the need of our hungry neighbors. It truly is a win-win for everyone!"

For more information, call 332-7687 or visit www.ccmileecounty.com.*



Gary Koonce

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Great Weather, Great Opportunities?



by Capt. Matt Mitchell

It's amazing how much the weather and water temperature controls our fishing. We are currently experiencing unseasonably warm December weather after what was a much cooler than

usual November. These warm temperatures quickly snapped our fishing back into a the fast action fall pattern. With water temperatures warmer than we have seen for more than a month, we suddenly have back the huge schools of small whitebait which we have not seen since late October when things first cooled off. Along with the huge amount of bait fish are all the predators, which are taking advantage of an easy meal.

Spanish mackerel, ladyfish, jacks, trout and bluefish were all found in good num-

bers feeding in and around the schools of bait fish. Small jigs, spoons, flies and live shrimp made for non-stop action on these species on the deeper grass flats throughout the sound. Simply locate the feeding birds and as you get closer, you will see fish crashing the surface under the birds

During the slick calm conditions we had for a few days, I spent some time sight fishing pot holes around Blind Pass Rocks and Red Light Shoal. With the sun up high and clear water conditions, some of these bigger sand holes up close to the sandbars held snook, trout and redfish. Our biggest trout all week a respectable 24-incher came from these shallow sand holes while bouncing hand picked shrimp on a jig head through them. The trout that are laid up in the shallow sandholes where much larger than the ones caught out on the open grass flats.

Black drum still seem to be just about every place I target redfish on the low water. Live shrimp fished on the bottom caught black drum up to 28 inches this week. Although we did catch lots of redfish too, most were on the small side of the slot. The rat reds of winter are certainly here, but with a little work, getting a limit of lower 20-inch or better redfish has been very consistent.

Sheepshead fishing is still a little hit and miss with the warm weather not being good for this species. This week after a very small front passed through, it did seem like there was a lot of smaller sheepshead around. We did catch a few better than the average 3 to 4 pounders though while fishing the Chino Channel and Gault Island Channel. With smaller sheepshead starting to show up in better numbers, the larger ones are not far behind.

Out along the beaches, fall-like fishing was also going on with lots of mackerel and even some small schools of bonita crashing baits a few miles out from shore. Running crab buoys for tripletail one day this week resulted in lots of smaller than usual tripletail being sighted. Once I got further out in the 30- to 35-foot range, where the pots had not been picked over

by other anglers, I did catch a couple of bigger tripletail in the five- to 10-pound range. One bonus though, while running crab pots this week, was a 25-pound, 43-inch cobia. With only light tackle for tripletail fishing on board, the cobia put up a about a 20 minute battle with a few jumps before coming aboard.

The variety of species that you can catch while fishing one spot right now is amazing. One cast will be a gag grouper, then a snook, followed by a sheepshead and who know's what will be next. These super low minus morning tides really have all the fish bunched up tight together. Once you locate a low tide honey hole, expect the unexpected. One of my anglers this week can vouch for that - after catching just about everything that swims in our



Capt. Matt Mitchell with a 25-pound cobia caught this week

waters while fishing one such honey hole, he hooked a huge snook which after a impressive jump made quick work of the light tackle.

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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Introduction To Using GPS Class

The San Carlos Bay Sail & Power Squadron, a unit of the United States Power Squadrons, will be offering a class in basic GPS operation on Saturday, January 19 from 1:30 to 4:30 p.m. This class will be offered again in March.

The class is designed to introduce new users to GPS. The class will include discussions of marine navigation, how a GPS works, and GPS limitations. There

will be an extensive presentation on what a GPS can do and what a boater can do with GPS. For those interested in purchasing a GPS, you will understand what a GPS can do for you and some of the key features to look for as you shop for a GPS.

The cost of the class is \$30. The class is being taught at the San Carlos Bay Sail & Power Squadron Classroom, located at 16048 San Carlos Blvd at the corner of Kelly Road (across from ACE Hardware) in Fort Myers.

Students can register online at www.scbps.com or call 466-4040.*



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Dave Doane



DDWS hopes to make up visitation losses due to the 2010 oil spill using BP grant monies

BP Awards 'Ding' Wildlife Society \$60,000 Grant

The "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS) received confirmation last week that it will receive a \$60,000 market-

ing grant established through the BP Amoco settlement.

"We are the only Sanibel and one of two Lee County organizations to receive a grant from the Gulf Tourism and Seafood Promotional Fund, which is to be used to promote tourism and seafood," said DDWS Executive Director Birgie Vertesch.

DDWS plans to use the funding over

Conservation Model For 60 Species

To achieve long-term survival for 60 imperiled wildlife species, the Florida Fish and Wildlife Conservation Commission (FWC) discussed a new conservation model at its December 6 meeting in Apalachicola.

Creating the Imperiled Species Management Plan will define measurable objectives and actions to manage and conserve these animals to keep them part of Florida's wildlife forever.

Staff updated Commissioners on how they will integrate broad conservation strategies with specific actions for each wildlife species. The Imperiled Species Management Plan will include habitat conservation; wildlife management; measurable objectives (including timeframes); possible incentives, potential rule recommendations; and consideration of economic, ecological and social impacts.

"This approach is smart thinking," said FWC chairman Kenneth Wright.

Typically, the FWC has developed and implemented separate management plans for individual species such as the bald eagle, Florida black bear, gopher tortoise and Florida manatee.

With the Imperiled Species Management Plan, the FWC will retain that focus while recognizing the efficiency of developing integrated strategies that positively affect multiple species, for example those sharing a seaside marsh or upland scrub habitat.

Opportunities for input from stakeholders and the public will be sought as components of the Imperiled Species Management Plan begin to be rolled out in draft form in 2013.

"By identifying both the common elements and specific actions needed to promote survival of 60 species, Florida can achieve broad long-term conservation success for wildlife such as the little blue heron, Eastern chipmunk and Florida sandhill crane," said Laura Barrett, the FWC's Imperiled Species Management Plan Coordinator.

"The Imperiled Species Management Plan will give stakeholders and the public a broad conservation vision of what the FWC plans to achieve for 60 species that have been listed as state-threatened or species of special concern," Barrett said.

The FWC adopted a new conservation model in September 2010 to evaluate the status of species listed as state-threatened or species of special concern. The Commission-approved process first called for developing a Biological Status Review (BSR) for each species. The BSRs, independently reviewed by outside scientists and the public, reported on what was happening to each species, and made a recommendation on whether the species met criteria to:

- 1) Remain or become listed as threatened;
- 2) Remain a species of special concern until further data could be gathered; or
- 3) Be removed from the list of state-threatened species.

The BSRs and their listing recommendations are available at www.MyFWC.com/ImperiledSpecies.✱

two years' allotments to promote the JN "Ding" Darling National Wildlife Refuge on Sanibel Island as an ecotourism destination in markets across the nation.

"We are looking at a multitude of advertising and marketing ideas and looking to maximize the dollars spent by working cooperatively with others as well as on our own," said Vertesch. "From magazines to newspapers to stepping up our social media coverage, You Tube videos, and creating an animated video, we aim to educate the public about our

wonderful refuge and its wildlife."

As a non-profit 501(c)3 organization, DDWS works to support JN "Ding" Darling 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.dingdarlingsociety.org or contact Birgie Vertesch at 292-0566 or director@dingdarlingsociety.org.✱

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ence necessary. www.laughteryogawithmegscott.com. For more information, visit www.laughteryoga.org or call 533-7444.

Matanzas Pass Preserve

Holiday Mangrove Walk – Now through January 3

Take an educational and inspirational walk through Matanzas Pass Preserve. Learn about the diverse plant community including a maritime oak hammock, transitional wetlands, and a mangrove forest. Walks are held each Thursday from 9:30 to 11 a.m. This is a free walk and parking is free, but space is limited so come early. Meet at the entrance of Matanzas Pass Preserve, 199 Bay Road in Fort Myers Beach. Visit www.leeparks.org or call 533-7444 for more information.

Bowditch Point Park

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continued on page 25



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FWC Recognizes Lawmakers For Their Efforts To Enhance Outdoor Opportunities

At its meeting in Apalachicola on December 5, the Florida Fish & Wildlife Conservation Commission (FWC) recognized state Sen. Charles Dean and former Rep. Leonard Bemby for their efforts to pass a bill earlier in the year making it easier for landowners to accommodate the public and still have liability protection.

The bill, signed into law by Gov. Rick Scott, amends Florida Statute s. 375.251.

"I want to take the lead in saluting Sen. Dean and former Rep. Bemby for carrying the ball across the goal line," said Commissioner Brian Yablonski. "They are warriors

for our youth hunting and fishing efforts."

The changes, which went into effect July 1, provide limited liability protection to landowners who enter into a written agreement with the state to make their land available for outdoor recreation.

Another component protects landowners from liability when they open their property up to any person, at no charge, primarily for hunting, fishing and wildlife-viewing activities. The landowner must provide written or posted notice of the liability protection.

These enhancements make it easier for landowners to host events such as a day-long youth hunt or a weekend fishing derby. That makes it more enticing for kids – and adults – to enjoy Florida's great outdoors.

Sen. Dean and former Rep. Bemby presented the Commission with copies of the original signed bills.

For more information about youth opportunities, contact Rae Waddell at Rae.Waddell@MyFWC.com.*

Value Of Wetlands As Buffers Could Alter Ecological Management

New research by a Florida Gulf Coast University eminent scholar proves that natural and manmade wetlands have a potential to mitigate climate change that far outweighs the negative effects of a greenhouse gas they emit.

Dr. William J. Mitsch, a prize-winning wetland scientist with an international reputation in ecological engineering and wetland ecology, conducted studies at wetlands around the world to measure carbon dioxide accumulated from the atmosphere and stored in the soil – a natural process known as carbon sequestration. Scientists compared the data to levels of methane gas naturally released by these "carbon sinks" and found that sequestration more than offsets the detrimental emissions even when the emissions are given a much higher weight toward global warming than the carbon dioxide sequestered.

"We have shown that wetlands are much more significant in accumulating carbon than has ever been published before," said Mitsch, who holds the Juliet C. Sproul Chair for Southwest Florida Habitat Restoration and Management at FGCU and is director of its Everglades Wetland Research Park in Naples. "We want people to recognize that wetlands are gigantic carbon sinks. If there is less carbon dioxide in the atmosphere, there will be less global warming and climate change."

Mitsch's findings, published in the journal *Landscape Ecology* (Springer Science+Business Media), could have far-reaching ramifications in the study, creation, restoration and management of wetlands. The paper is coauthored by seven other scientists from the United States, Denmark and Estonia.

Greenhouse-gas emission has long been considered by some scientists as a serious roadblock to restoring wetlands and constructing new ones in spite of their environmental benefits. It's estimated that wetlands release 20 to 25 percent of current global methane emissions, but the gas eventually breaks down in the atmosphere.

"It is short-sighted to suggest that wetlands should not be created or restored because of greenhouse-gas emissions," Mitsch writes in his paper, *Wetlands, carbon, and climate change*. "If we consider the savings that wetlands give us from fossil-fuel consumption for the ecosystem services of water-quality improvement, flood mitigation and coastal and storm protection, their service as carbon sinks is even more impressive."

Dr. Robert Costanza, a senior fellow at the National Council on Science and the

Environment, a scholar at the Australian National University in Canberra and founder of the sustainability journal *Solutions*, says Mitsch's study refutes commonly held conceptions.

"Understanding the role of wetlands in regulating greenhouse gases is extremely important," Costanza said. "The results will affect how we manage wetlands worldwide."

Dr. Blanca Bernal, a post-doctoral researcher at Everglades Wetland Research Park contributed to the study and paper. She believes it is the first published account that compares carbon accumulation rates and methane emission rates using the same methodology in a range of freshwater wetlands around the world. Measurements were taken at seven locations in Ohio, Costa Rica and Botswana and modeled with 14 other wetland studies by others.

"Taking into account carbon inputs and outputs to the system, the wetlands are actually functioning as net carbon sinks," Bernal said. "They have a positive effect in abating greenhouse-gas emissions, which means under the right conditions they can be used as a tool to mitigate climate change. Wetlands are not the key to fix years of unsustainable carbon emissions, but they can help significantly."

Public awareness of the importance of carbon dioxide sinks has spread since passage of the Kyoto Protocol, part of an international environmental treaty that promotes their use as a form of carbon offset and encourages greenhouse-gas reduction worldwide. Some member countries seek to buy or trade emissions rights in carbon-emission markets, creating an additional economic value to wetlands.

Carbon in the Earth's atmosphere comes partly from burning fossil fuels in cars and factories. Oceans, which comprise about 70 percent of the planet, are the biggest collectors of carbon. Wetlands, which absorb about 14 percent of atmospheric carbon, make up 5 to 8 percent of terrestrial Earth but are dwindling due to development.

"I think we have found the lost carbon sink," said Mitsch, the co-author of *Wetlands*, widely considered the definitive textbook on the subject. "Tropical wetlands are where it's happening. The temperate zone would be big for sequestration, but we've drained all the wetlands there. Florida could be a hot spot for carbon sinks."

Mitsch joined FGCU in October after 27 years at The Ohio State University in Columbus, where he was Distinguished Professor of Environment, Natural Resources and Ecological Engineering. The co-winner of the 2004 Stockholm Water Prize for lifetime achievements in the management and conservation of lakes and wetlands, he oversees research at the Everglades Wetland Research Park at the Naples Botanical Garden.*

Plant Smart

Caesarweed

by Gerri Reaves

Caesarweed (*Urena lobata*) is one of many species belonging to the mallow family, which includes hibiscus.

Thought to originate in eastern India, this shrub with pretty pink “mini-hibiscus” flowers is listed as a category-1 invasive plant by the Florida Exotic Pest Plant Council.

The council reserves this category for species that are “altering native plant communities by displacing native species, changing community structures or ecological functions, or hybridizing with natives.”

Like many invasive species, it flourishes in sunny disturbed sites, undeveloped fields, and along roadsides. An aggressive shrub, it can grow several feet high in just the first year, ultimately reaching up to 10 feet tall. Typically two to four feet high, however, it is single-stalked, multi-branched and bushy.

The five-petaled flowers are produced throughout the year. Only about a half-inch across, they appear singly or in clusters in the leaf axils.

The shallow-lobed alternate leaves are gray-green, hairy and memorable for their shape, which can vary. Generally egg-shaped (broader base than tip), they are typically wider than they are long, with three to five shallow lobes.

The small round five-lobed seed capsules sport hooked barbed spines that



Caesarweed, a category-1 invasive pest, produces pink flowers and barbed seed capsules throughout the year

photo by Gerri Reaves

attach to animal fur or to clothing, thus another common name, bur mallow.

Those clinging seeds are produced all year, adding to the plant's dispersal and damage.

Although a pest in the U.S.,

Caesarweed is used for fiber and jute in Brazil and Africa, as a medicinal plant in various countries, and as a famine food in Africa.

Sources: The Guide to Florida Wildflowers by Walter Kingsley Taylor,

ifas.ufl.edu, fleppc.org, Everglades Wildflowers by Roger L. Hammer, and freshfromflorida.com.

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

Canning Classes

Canning classes, presented by the UF/IFAS Lee County Extension, Family & Consumer Sciences, will be offered at the Terry Park Complex, located at 3406 Palm Beach Blvd. in Fort Myers. Cost is \$10 per person. You must be registered and paid in advance to attend the class (No walk-ins). Class is limited to nine participants.

Participants will learn the current science in USDA home food preservation recommendations through lecture and a hands-on pressure canning experience.

Class instructors will also have available for purchase the *So Easy To Preserve* canning book from the University of Georgia. The cost is \$18 per book.

Three classes will be offered:

- Thursday, January 10 from 9:30 a.m. to 2:30 p.m.
- Tuesday, January 29 from 9:30 a.m. to 2:30 p.m.
- Tuesday, February 26 from 9:30 a.m. to 2:30 p.m.

For more information or to register for a class, contact Celia Hill at hillcb@leegov.com or 533-7510.*

Caring For Your Plants

Border Grass – Which To Use

By Justen Dobbs



Through some advancement in landscaping technology, new plants have recently come out that are more drought-tolerant, more cold hardy, more robust and more inexpensive

to maintain. A common plant that is used in landscaping – sometimes well and sometimes irresponsibly – is the ornamental grass. There are a few types of grasses that are used in landscaping here in Southwest Florida. Some of these grasses include Fountain Grass, Chord Grass, Mondo Grass, Loriape and Variegated Flax Lily. This is in addition to the three types of sod that are typically used here – Bahia, Floritam and Zoysia.

Sometimes, it is ideal to create a planter along your walkways or edges that contains a row of grasses with mulch in between. Again, these grasses range from Fountain Grass to Loriape, and serve to add to the ornamental appeal of the yard. In some cases, though, yards can be overdone with strips of planter beds that would be better off as grass. This is



Flax Lily make a gorgeous border grass

up to your own preference and your landscaper's eye for design.

I prefer to see Variegated Flax Lily (*Dianella tasmanica*) over Variegated Loriape because it is a tougher, better plant. This falls in line with my “advancement in landscaping technology” theme. Also, Fountain Grass requires maintenance and doesn't always look very good, so you are better off sticking with Chord Grass. Although these grasses look tough and are notoriously low-maintenance, they would benefit from some additional water and fertilizer if you want them to do well. All ornamental grasses and types of sod prefer full sun and lots of water.

They can be drought-tolerant in the winter, but their growth will slow and they may not look as good.

With regard to sod, I prefer Seville Sod (not listed above), which is a hybrid that doesn't mind shady conditions and doesn't mind drought. It grows slightly sideways as well, reducing the frequency with which it needs to be mowed. Again, this is a recent advancement in technology that all homeowners could benefit from if they knew about it.

While grass is not a focal point in any landscape, it does have its place as a counterpart to the broad-leaf plants, palms, trees and hedges. I believe that



Sometimes, it is best to plant sod all the way up to your walkways

sod should only be planted as a small area for recreation, not in huge expanses of space where the only person to touch it is the lawn maintenance crew. Ornamental grasses should be used sparingly and only to compliment other native or exotic trees in the yard. If you want a more colorful plant, look for Paintbrush Crotons, Dioon Cycads and Aechmea bromeliads. All of these will add to your tropical look without racking up your maintenance bill.

*Dobbs is a landscape architect in south Florida specializing in custom, upscale landscapes. He can be reached at seabreezenurseries@gmail.com.**

CROW Case Of The Week

Green Sea Turtle Rescue



by Patricia Molloy

One month ago, a Green sea turtle was admitted to CROW from Fort Myers. "It arrived in the worst possible condition. It was found under a good samaritan's dock and the man

stayed up with the turtle all night long," said Tim Eberhart, assistant wildlife rehabilitator. After staging the all-night vigil to protect the helpless turtle from predator attack, the man called CROW for advice on how to safely transport it to the Sanibel clinic.

"When it arrived, it couldn't even hold up its head. We filled up the tub enough that if it was laying normally, its head would not be completely submerged so it didn't have to lift its head to breathe," noted Eberhart.

Green sea turtles (*Chelonia mydas*) are the largest of the hard-shelled sea turtles. Weighing up to 700 pounds (317.5 kilograms) as adults, the life span of these reptiles is approximately 80 years. Remarkably, the ancestors of Green sea turtles evolved on land and took to the sea approximately 150 million years

ago. They are one of the few species on Earth so ancient that they watched the dinosaurs evolve and become extinct.

"We think brevetoxin caused by red tide exposure was affecting the smooth muscle in its throat and it wasn't able to swallow on its own. It would bite the food we fed it, but it couldn't get it into its mouth and down its throat. Now it's eating 300 grams of squid per day plus greens. It's a major improvement," said Eberhart.

The necessary pump system for CROW's three sea turtle tanks is costly to operate. Water must circulate regularly in order to filter properly and maintain a clean environment for the patients. Eberhart drains each tank almost daily, which takes approximately two hours. During the process, he carefully places each turtle in a kiddie pool filled with a little water and a soft towel; when sea turtles are taken out of the weightless environment of salt water, their heavy shells bare down on their plastrons, or undershells. "The kiddie pools aren't smooth on the bottom and the towels help take some of the pressure



This juvenile Green sea turtle was found by a local man under his dock. The good samaritan refused to leave its side and stayed on the dock all night to protect the sick youngster from potential predators

of the turtles," he said. "I want them to be as comfortable as possible."

CROW's patients do not have health insurance to cover their treatment. You can help by going to the clinic's website and making a donation toward the care of this extraordinary young turtle.

CROW (Clinic for the Rehabilitation

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



Doug Smith and "friend" in the field at Yellowstone National Park

Lecture On Wolves Kicks Off Winter Series

The eagerly awaited Refuge Nature Store Lecture Series kicks off at the JN "Ding" Darling National Wildlife Refuge on Sanibel with a special presentation on Thursday, December 27

by Dr. Douglas W. Smith, senior wildlife biologist for the Yellowstone Center for Resources in Yellowstone National Park.

Smith, who has appeared numerous times in television interviews and shows, will present his program "The Wolves of Yellowstone: The First 15 Years" in the "Ding" Darling Education Center Auditorium beginning at 11 a.m.

"Started in 1994, the Wolf Project has taken advantage of the visibility of

Yellowstone's wolves to explore wolf population dynamics," according to a PBS Nature documentary description. "Of particular interest is how wolves interact with prey and scavenger populations in the park. Smith hopes that Wolf Project research can help replace common misconceptions about wolves with factual information."

The study, which Smith calls "cutting-edge research," uses radio collaring on local packs to track their lifestyles and importance to the ecosystem.

"We want to put real facts and real answers into place of where people like to put myths and tall tales of what they think wolves are like and what they believe them to be like," said Smith. "Yellowstone is the best place to go to see wolves in the wild."

Admission is free to the lecture, which is sponsored by Shell Point Retirement Community of Fort Myers and "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS), as part of its 2012-13 Lecture Series. Seating is limited and available on a first-come basis.

The regular Friday Lecture Series resumes on Friday, January 18 with Frank Mazzotti, a University of Florida biologist, speaking about alligators and crocodiles as part of the refuge's Living with Dinosaurs Week and the unveiling of the eponymous exhibit featuring the skeleton of the refuge crocodile that died three years ago.

For a complete list of lectures in 2013, visit www.dingdarlingsociety.org/lectures. For more information, call 472-1100.*

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Southwest Florida Community Foundation Kicks Off Art Auction

The Southwest Florida Community Foundation kicked off a sealed-bid auction for an original Gale Bennett painting which began on Friday, December 7.

The auction is part of the Community Foundation's juried art exhibit located in the public spaces at its office at 8771 College Parkway, Building 2, Suite 201 in Fort Myers. The piece, called Bouquet de Printemps, was painted by the late Bennett and is featured on a 2006 French exhibition poster.

The piece was donated to the foundation by Bennett's widow Cello Bennett with proceeds going to the foundation's arts fund.

Sealed bids will be accepted until 5:00 p.m. on December 23 either in person at the Community Foundation offices or by calling 274-5900. The minimum bid is \$2,500.

"Other pieces by Gale Bennett hanging in private homes and galleries are worth upwards of \$10,000," said Sarah Owen, president and CEO of the SWFLCF. "We are so delighted that Cello has donated one of the last originals by Gale in her collection toward the foundation's arts fund."

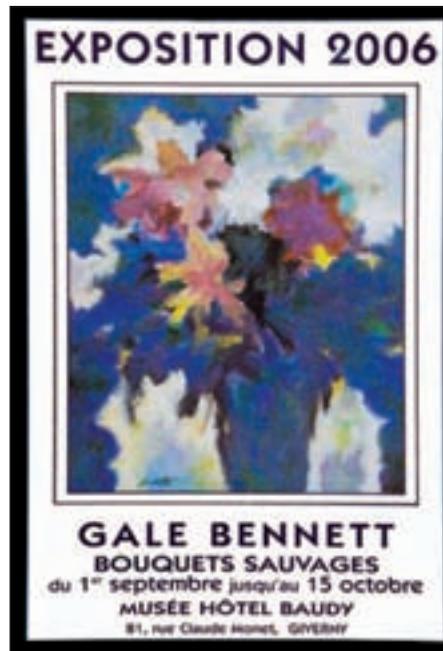
Bouquet de Printemps (Spring

Bouquet) is an iconic piece for its unique image and bold use of color. Its strong graphic image entices the eye to look at it again and again. Gale Bennett chose this piece as the poster painting for his 2006 French exhibition, Bouquets Sauvages (Wild Bouquets).

"I wanted to donate a piece that had a special significance," said Cello Bennett. "Many of Gale's students in Southwest Florida came to study in Giverny one or more times, and they can especially relate to this painting. Gale used a lot of ultramarine blue, his favorite color, in both of these paintings."

A native of Southwest Florida, Gale Bennett (1939-2008) was an internationally known painter whose work can be found in collections throughout the U.S., as well as in Canada, Europe, Japan and Australia. His modern eclectic painting style included references to Abstract Expressionism, Impressionism, Cubism and even Renaissance art. Gale Bennett was the founder and director of ArtStudy Giverny in Giverny, France, a school for artists and photographers. He studied at the School of Visual Arts in New York City.

Cello Bennett operates Cello Bennett Artists, LLC, an artists' portal for select visual and performing artists. She served as hospitality director of the ArtStudy Giverny and has more than 20 years experience in Europe and the U.S. as an opera and concert singer and vocal



Poster Musee Hotel Baudy 2006



Bouquet de Printemps 2006

coach.

"Gale would be very proud," added Cello Bennett. "While he was never wealthy in monetary terms, he was always willing to contribute his paintings and teaching."

The SWFLCF is celebrating its 36th year of supporting the communities of Lee, Charlotte, Collier, Glades and Hendry Counties by connecting donors and their philanthropic aspirations with evolving community needs. With assets of more than \$64 million, the Community

Foundation has provided more than \$52 million in grants and scholarships to the communities it serves. During its 2012 fiscal year, the SWFLCF granted more than \$3 million to over 100 different organizations supporting education, animal welfare, arts and human services.

For more information, call 274-5900 or visit www.floridacommunity.com.

Distinguished Entrepreneur Awards At SBDC

The Small Business Development Center at Florida Gulf Coast University announced the 2013 Distinguished Entrepreneur Award to recognize a small to mid-sized Southwest Florida business for the local business community to celebrate its achievements.

The 2013 event builds on the success of the inaugural Distinguished Entrepreneur Award. The sold-out inaugural event was held in May and honored entrepreneur and chocolatier Norman Love of Norman Love Confections as the first Distinguished Entrepreneur Award recipient.

The 2013 Distinguished Entrepreneur Award will be presented at the 2nd annual Awards Dinner on Wednesday, May 22 in the ballroom at the Cohen Center at FGCU.

The SBDC will begin accepting applications for the award on February 1, and the application process will end on March 15.

"Southwest Florida has shown that it loves to come together and recognize the business community for its achievements," said Dan Regelski, director of the Small Business Development Center. "With the 2013 Distinguished Entrepreneur Award, we continue this exciting new tradition and showcase the

many successes of our local entrepreneurs."

Keynote speaker for the event is Jerry Ross, executive director of the National Entrepreneur Center in Orlando. Known to be a dynamic and entertaining presenter, Ross will speak on the topic of the state of entrepreneurship and small business in Florida and nationally.

Community members are encouraged to nominate a local business from the five-county area (Collier, Lee, Glades, Hendry and Charlotte) for consideration as the 2013 Distinguished Entrepreneur Award. Candidates must be in business for three or more years; display a high level of overall success; and be able to demonstrate their innovations, achievements and local impact. Full nomination rules and eligibility can be found at www.sbdcawards.com. Entries will be judged by an expert panel of community business leaders.

Presenting sponsor for the Award is Markham Norton Mosteller Wright & Co. The dessert sponsor will be Norman Love Confections. Additional event sponsors to date include Guerilla Media, Photo Magic Events, Relevanza, Slink Ink ALL MEDIA, Gator Press and Third Eye Management. The event's magazine media sponsor is *Gulfshore Business* magazine.

Tickets for the Distinguished Entrepreneur Award and Dinner are \$100 per person. To learn more about exclusive sponsorship opportunities, visit www.sbdcawards.com or contact Dan Regelski at 745-3705.



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Keep The Faith: Tribute to Bon Jovi

Events And Activities At The Davis Art Center

Upcoming events and activities coming to the Sidney & Berne Davis Art Center, 2301 First Street in Fort Myers:

- Monday, December 31
New Year's Eve Party
Ball drop, champagne toast, games, dancing and entertainment
9 p.m. to 1 a.m.
Tickets are \$15 each, or \$60 for VIP access
- Friday, January 4
Art Walk: The Art of Dennis Church

- 6 to 10 p.m.
Free
Mondays, January 7, 14, 21 and 28
Fort Myers Film Festival Mixers
Intellectualization: Come watch and discuss short films that are in consideration for the Fort Myers Film Festival.
7 to 9 p.m.; doors open at 6:30 p.m., films start at 7 p.m.
Admission is \$5
- Thursday, January 10
Connect Networking Mixer
Expand your business and personal relationships. Get to know each other and connect in your community.
Appetizers, raffle prizes, music, drinks and mingling
5:30 to 7:30 p.m.
Admission is \$5



Debra Dean

- Saturday, January 12
Keep The Faith: Tribute to Bon Jovi
7 p.m.
Tickets are \$10 in advance or \$15 on the day of show
- Friday, January 18
Music Walk: Open Mic Night, outside on the loggia
7 to 10 p.m.
Free
Dancing at the Davis: Glow Party, inside in the Grand Atrium
Come dressed all in white and glow under our black lights.
8 p.m. to midnight

- Tickets are \$5 for earlybirds (purchased through December 19); then \$10
- Sunday, January 20
Cotillion Winter Dances
2 to 9 p.m.
- Monday, January 21
Berne Davis Lecture Series: Debra Dean, New York Times Bestselling Author
10:30 a.m. to 2:30 p.m.
- Thursday, January 24
Art & Poetry Networking Mixer
8 to 11 p.m.
Admission \$5
- Saturday, January 26
Screaming Orphans!
7 to 10pm
Tickets are \$60
- Sunday, January 27
Cotillion Country Dances
2 to 9 p.m.
Mondays and Wednesdays (ongoing)
Yoga & Tai Chi
9:30 a.m.
\$12 per class for members; \$15 per class for non-members
\$100 for 10 classes, members; \$120 for 10 classes, non-members.*

To advertise in the
Island Sun
Call 395-1213



Indian Princess

Ring In The New Year Aboard The Indian Princess

Southwest Florida residents are invited to celebrate New Year's Eve aboard the *Indian Princess* authentic double-deck paddleboat on Monday, December 31 at 10 p.m.

From 10 p.m. to 12:30 a.m., passengers can enjoy an adult-only cruise while watching the Fort Myers Beach fireworks display at the pier. The return time may vary, depending on the length of the fireworks display and how far the boat has the go out in order to view it.

Heavy hors d'oeuvres and a free

champagne toast will be served, while a cash bar will be available throughout the night.

Adult tickets for the cruise will be \$55 plus tax per person or \$100 plus tax for couples. Boarding will begin at 9 p.m. Capacity will be limited to 120 people. Reservations are required and can be made by calling 765-8919.

The *Indian Princess* paddleboat is air-conditioned and includes restrooms, a sound system and a state-of-the-art 48-inch flatscreen TV capable of monitoring several areas of the boat and waterway. On the exterior top deck, guests can enjoy spectacular views of the back bays of Fort Myers Beach.

Unless reserved for a private charter, the *Indian Princess* offers afternoon

sightseeing cruises as well as sunset cruises. Tickets start at \$20 for adults and \$10 for children for a two-hour cruise along the back bay of Fort Myers Beach and Ostego Bay. These cruises are popular for their wildlife sightseeing environment.

Located before the sky bridge next to the Key West Express at 2080 Main Street on Fort Myers Beach, the *Indian Princess* is also available for private rental for sightseeing and sunset cruises as well as weddings, corporate events and private parties.

For more information, call 765-8919 or visit www.indianprincessfortmyers.com.*

English Country Dancing

Learn the social dances of the 17th, 18th and 19th centuries on Tuesdays, from 6:30 to 8:30 p.m., year round at Wa-ke Hatchee Recreation Center, 16760 Bass Road in Fort Myers.

Dress is casual, and flat shoes with non-slip soles are recommended. Partners are not necessary and beginners are welcomed. The atmosphere is family friendly, with live music provided.

Lessons are free after a one-time payment of \$10, which covers lifetime membership to Wa-Ke Hatchee Recreation Center.

For more information, contact Gillian Carney at 603-9828 or email fortmyersdancers@hotmail.com.*

Edison State College Closed For Winter Break

Edison State College will be closed beginning on Wednesday, December 19 through Tuesday, January 1 in observance of the holidays.

Regular classes and hours will resume on Wednesday, January 9.

For more information about Edison State College, visit www.edison.edu.*



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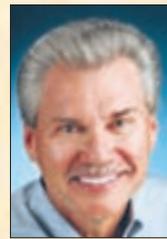
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Dwight Icenhower

Broadway Palm's Concert Series Begins Soon

Broadway Palm's 9th Annual Concert Series begins in January. This season Broadway Palm is featuring six concerts, some returning favorites and some all new to the theatre. All Sunday concerts begin with dinner at 5:30 p.m. and concert at 7:00 p.m., Monday concerts begin with dinner at 5:30 p.m. and show at 7:30 p.m., and the matinee concert begins with lunch at 11:45 a.m. and concert at 1:15 p.m. All concert tickets are \$55 for dinner and the show and \$35 for the show only.

On Sunday, January 27 and Monday, January 28 is Dwight Icenhower's Tribute to the King. A natural on stage, Dwight prides himself on keeping the King of Rock and Roll in our hearts forever.

Coming to Broadway Palm on Sunday, February 10 and Monday, February 11 is The Great American Songbook featuring Paul Todd, Jr. Join us for a musical journey from the 1940s to the present.



Paul Todd Jr.

The Sounds of Harry James and the Andrews Sisters will grace the Broadway Palm stage for a matinee and evening performance Monday, February 25. Come see Charly Raymond and the Apple Blossoms restore the look, style and harmonies of the original bands' spectacular sounds.

Hitting the stage on Sunday, March 3 and Monday, March 4 will be The Belmonts. Enjoy a night of Doo Wop from the 50s and 60s.

From Broadway's Tony Award-winning musical *Moving Out* comes Henry Haid with his Tribute to Billy Joel on Sunday, March 17 and Monday, March 18. This concert features music of the piano man, Billy Joel.

The final concert is Bobby Valli and his musical tribute to The Jersey Boys on Sunday, March 24 and Monday, March 25. Bobby recreates the magnificent sound of the American icon Rock and Roll Hall of Famer, his brother, Frankie Valli.

Tickets for all concerts are on sale now and going fast! Make reservations by calling 278-4422, online at www.BroadwayPalm.com or by stopping by the box office located at 1380 Colonial Boulevard in Fort Myers.✱

Community Band Concert At CCHS

The Lee County Community Band will present a program of light, bright, toe-tapping music at 3 p.m. on Sunday, January 13 at Cape Coral High School.

Richard Bradstreet will direct the 60-member ensemble as they play songs including *A Bit of Broadway*, *Clarinet Candy*, *King Cotton*, *Florentiner March*, *Salute The Duke*, *Good Old Days Sing-A-Long* and more. Additional concert dates are February 10, March 10 and April 7. All programs will be held at Cape Coral High School starting at 3 p.m. The events are free of charge, though donations are accepted.

Band members are musicians from all walks of life – career musicians, amateurs and folks renewing skills from years

past – who reside in Lee, Collier and Charlotte Counties. The group rehearses on Thursdays from 7 to 9 p.m. at St. Michael's Lutheran School in Fort Myers; new members are always welcome.

Emcee and vocalist is Norman Jones. For more information, visit www.leecountyband.org or call Norman Jones at 995-2097.

Cape Coral High School is located at 2300 Santa Barbara Boulevard, just north of Veterans Parkway.✱

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IslandSunNews.com

Hits From Broadway And The Silver Screen

The Fort Myers Beach Friends of the Arts are proud to present the first in a series of concerts on January 24. Richard Cooper will sing *Hits from Broadway and the Silver Screen* under the stars at Fish Tale Marina, 7225 Estero Boulevard, Fort Myers Beach from 7 to 9:00 p.m.

Richard Cooper has performed on Fort Myers Beach many times. He is at home on stage, having a powerful voice and an easy manner that has earned him the title of "Mister Personality." Richard has shared the stage with such greats as The Platters, The Drifters, Peter Noone, Charo and Joan Rivers.

Richard Cooper performs from coast to coast. He studied music at the prestigious Goldsmiths College in London and has toured throughout Europe with a chart-topping band.

Tickets will be available at Fish Tale Marina or at the door for \$25. Skippers'



Richard Cooper to perform hit stage songs

Liquors will provide a wine tasting starting at 6:30 p.m. and continuing during the concert. Please call Georgia Reinmuth 239-463-3600 X242 or email georgia@thefishtalemarina.com.✱

'Twas The Night Before Christmas At Foulds Theatre

Theatre Conspiracy will have audiences ho-ho-ho-ing and ha-ha-ha-ing with its festive family comedy

'Twas The Night Before Christmas. Performances will be held at 6:30 and 7:30 p.m. on Friday and Saturday, December 21 and 22 in the Foulds Theatre at the Alliance of the Arts, 10091 McGregor Blvd. in Fort Myers. Admission to the production is "pay what you will."

This original piece, written by Jamie Carmichael and Bill Taylor, is a hilarious take on the classic holiday poem by Clement Moore, that is such a cherished element of so many families' holiday traditions.

After its premiere during the holiday season last year and the overwhelmingly warm and appreciative response from audiences, Theatre Conspiracy has decided to bring their *'Twas The Night Before Christmas* back this Christmas for area audiences to enjoy.

This one-act play is full of broad high-energy, family-friendly comedy that is tailor-made for a festive holiday outing. Children and adults alike will be in stitches as the pages of the beloved story take on a life of their own, complete with classic comedic shtick and lots of cartoon inspired silliness!

The cast features a merry band of Conspiracy favorites back to spread some holiday cheer. Tiffany Allen, Todd Fleck, Tera Nicole Miller and Lisa Marie will bring the zany characters to life on stage. The show is directed by Jamie Carmichael.

Theatre Conspiracy's *'Twas The Night Before Christmas* is the perfect way for families to spend some time together and enjoy the holiday spirit. The show is fun

and appropriate for all ages. For more information on the show and to reserve tickets, call Theatre Conspiracy at 936-3239.✱

Holiday Pops Concert At Mann

The Southwest Florida Symphony will present Holiday Pops on Saturday, December 22 starting at 8 p.m. at Barbara B. Mann Performing Arts Hall in Fort Myers.

Back by popular demand, Jim Stephenson and Sara Dell'Omo return to Southwest Florida. Bring the entire family as the Symphony celebrates the joyous music of the season with guest conductor Jim Stephenson in a performance of selections from *The Nutcracker* and other traditional holiday favorites, along with several of Jim's own arrangements. Vocalist Sara Dell'Omo from the U.S. Marine Band will return as the featured soloist.

Dell'Omo will be featured in popular holiday favorites to include *Mele Kalikimaka*, *Hot Santa* and *Santa Baby* as well as Stephenson's touching original composition, *Timeless Treasures*. Dell'Omo will be joined by vocalist Deborah Polkinghorn in *When You Believe*.

The Southwest Florida Symphony Orchestra will perform *Holiday Overture*, *We Three Strings*, *Here Comes Santa* and Jim's wildly popular arrangement of *Rudolph*. Also on the program are selections from Tchaikovsky's *Nutcracker Suite* and *Holly-Jolly Sing-Along*.

For tickets to Holiday Pops, call the Box Office at 418-1500 or visit the Southwest Florida Symphony's website at www.swfso.org. Single ticket prices start at \$18 while Student Rush tickets are sold for \$5 each.✱



Fancy Florida Seafood Gumbo

12 ounces oysters, drained
 8 ounces blue crab claw meat
 1/2 cup chopped onion
 1/2 cup chopped celery
 1 garlic clove, minced
 1 tablespoon butter
 1 teaspoon anise seeds
 1 teaspoon salt
 1/2 teaspoon sugar
 1 teaspoon crushed red peppers
 1 10-ounce package frozen okra
 2 20-ounce cans diced tomatoes

Remove remaining shell or cartilage from oysters and crab and set aside. Cook onion, celery and garlic in butter until tender. Add anise, salt, sugar, peppers, okra and tomatoes. Cover and simmer for 15 minutes. Add oysters and simmer an additional 15 minutes. Add crab and heat thoroughly. Serve over rice.

Yields eight to 10 servings.*



Fancy Florida Seafood Gumbo

Holiday Sale And Classes At Art Association

The Fort Myers Beach Art Association gallery walls are chock full of original artwork created by members and no piece is priced higher than \$150. The sale runs through January 10. Included in the hundreds of pieces are both framed and unframed works done in various media.

The Mini Masters are also hung and ready for purchase. These small works of art, donated by FMBAA members, have become collectors items. For \$10, you can buy a small painting and help support the art association as well. The gallery will be open during regular hours.

Jamie Cordero will be teaching a watercolor workshop January 28 through 31 on the pouring and layering process. She will lead participants through every aspect of planning, composition, stretching paper, masking, pouring, glazing, color layering, value lessons, use of darks, finishing and critique. The workshop is \$295 for members and \$335 for non-members plus a \$15 materials fee. For more information, call Gretchen Johnson at 464-0278 or emailing gretjohn@embarqmail.com. Sign up early to secure your space. There will be a demonstration by Cordero on January 27 from 4 to 6 p.m. There is a \$10 fee. Guests are welcome.

February's workshop will be Eydi Lampasona teaching mixed media collage/ assemblage and paper making. Her workshop is \$310 for members and \$350 for non-members. More information on workshops can be found on the web at www.fortmyersbeachart.com or by calling the gallery at 463-3909.

An open house will be held at the Fort Myers Beach Art Association on January 4 from 9 a.m. to noon. Visit with the artists and learn more about the group and see the Creative Expressions Display of additional forms of art done by members. Refreshments will be served, guests are welcome and there is no charge to attend.

Penny Fox will teach acrylic painting classes on January 3, 10, 17 and 24. Call 463-3909 for more information and fees.

Patty Kane will hold watercolor classes January 7 through February 18. Call 463-3909 for more information and fees.

The working gallery on Donora and Shellmound, Fort Myers Beach, is open 10 a.m. to 3 p.m. Monday through Saturday and noon to 3 p.m. on Sunday. The gallery will be closed December 24, 25 and 31, and January 1.*

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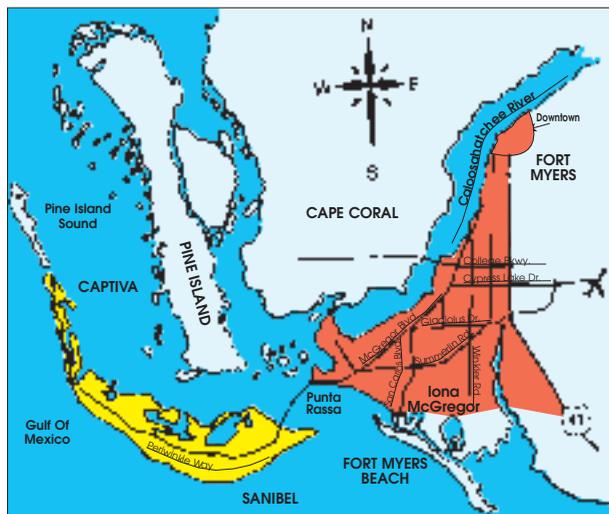
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A College Basketball Game Last Weekend Recalled A 1963 Game That Dramatically Altered The Sport



by Ed Frank

In the wake of last week's horrific school tragedy in Connecticut, this week's column will dwell on the positive – an historic event in sports that took place nearly half a century ago and was relived just this past week.

Too often, the sports pages are filled with the foibles, criminal activities and questionable antics of athletes, amateur and professional. This week, however, we will report about basketball game on March 15, 1963, a game that altered the course of college basketball – “The Game of Change.”

The game was between the Mississippi State Bulldogs and Loyola Ramblers in the NCAA Midwest Regional semifinal at

Michigan State's Jenison Fieldhouse. But the drama leading up to that game, a game won by Loyola, the eventual NCAA champion, had a profound effect on college basketball.

In 1963, an unwritten Mississippi law prohibited teams in that state to compete against integrated teams. But the Mississippi State players were determined to play that game, defying an order from Governor Ross Barnett.

Before an injunction could be served prohibiting the team from playing, Mississippi coach Babe McCarthy sneaked his all-white team on a flight in the middle of the night to Michigan State. There, they faced a Loyola team that started four black players that included All-American Jerry Harkness, the captain.

In an interview last week in the *Chicago Tribune*, Bobby Shows, the center on that Mississippi State Team, was quoted, “We had two men – Dean Colvard, our president, and Babe McCarthy, our coach – who had enough guts to stand up against the status quo and the political machine in Mississippi to say, ‘This is right, and these boys are going to play.’”

Loyola defeated Mississippi State, 61-51, enroute to their 1963 NCAA Championship, but more important was the fact that the game opened the doors of basketball integration, particularly in the South.

This “Game of Change” was recalled last weekend when Mississippi State played Loyola in Chicago with the same result, a 59-51 victory by Loyola, with members of both 1963 teams in the stands.

“We sure didn't know at that time the game was that important. I don't think anyone on our team gave any thought (in 1963) to the social issues,” said former Mississippi State guard Larry Lee.

It certainly did, however, as 1963 was the start of the civil rights movement that swept the country. And now, 50 years later, we recall one basketball game that is one important chapter in the history of civil rights in our country.

Rebuilding Red Sox Add Two Key Players

The Boston Red Sox added two key players last week in the rebuilding effort after last season's dismal results.

Veteran right-hander Ryan Dempster signed a two-year \$26.5 million contract and outfielder Shane Victorino inked a three-year, \$39 million deal.

Boston, which has lacked durable pitching of late, hopes to improve with the 35-year-old Dempster, who is considered a 200-innings-per-season hurler. Last season, with the Chicago Cubs and the Texas Rangers, he compiled 173 innings, but had reached 200 innings in the four previous seasons.

Victorino, 32, had played for the Philadelphia Phillies for 7-1/2 seasons before being traded to the Los Angeles Dodgers in the middle of last year. He hit a combined .255 for both teams in 2012.

Twins Continue To Add Pitchers

Probably no team in the Major Leagues has signed as many new pitchers in this off-season as the Minnesota Twins. But that didn't stop them from signing one more last week – Kevin Correia, a right-hander.

The 32-year-old former Pittsburgh Pirate agreed to a two-year, \$10 million contract that will pay him \$4.5 million in 2013 and \$5.5 million in 2015.

He was 12-11 with a 4.21 ERA last season with the Pirates and it marked the fourth straight season that he won 10 or more games. He has a career record of 60-65.*

Tennis Players Invited To Participate In 5th Annual Vivante Tournament

Tennis enthusiasts throughout Southwest Florida are invited to participate in the 5th annual New Year's Doubles Challenge at Vivante on Charlotte Harbor. The popular event, which will benefit the Harry Chapin Food Bank, will be held Friday, Saturday and Sunday, January 4 to 6. USTA rules and regulations apply.

Both men's and women's doubles 6.5, 7.5, 8.5 and open classifications are available. The entry fee is \$40 per person and includes balls, T-shirt, party on Friday night, and brunch on Saturday and Sunday. Players must be prepared to play from 8 a.m. to 6 p.m. both Saturday and Sunday. The entry deadline is Monday, December 31 at 5 p.m.

Matches will be regular scoring – two out of three sets. In place of a third set, a USTA league tie-breaker will be used. There will be one event per player with a feed into a consolation round for first-round losers.

The first-round starting times will be available at the Player's Party on Friday evening at Sandra's Restaurant, 6 to 8 p.m., 111 West Olympia Avenue in Punta Gorda, or by calling Darin Schultz at 941-400-3219 beginning on Thursday, January 3.

Tournament sponsorships are still being sought – champion, ace, match point, set point, game point and wildcard. Additional information, registration and sponsorships may be obtained by contacting Darin Schultz at 941-400-3219 or dschultz@oasisadvantage.com.*

From page 15

Winter Walks

the mainland. Explore the beach front tropical hardwoods, coastal scrub and wetland plant communities. Our weekly walks take place each Tuesday from 9:30 to 11 a.m. and Friday from 1 to 2:30 p.m. and continue each week through April 2013 (no walks on Christmas or New Year's Day). Parking is \$1 per hour or free with a valid Lee County Parks & Recreation parking sticker. Meet on the upper patio for this free walk. Bowditch Point Park is located at the north tip of Estero Island, 50 Estero Boulevard in Fort Myers Beach. Visit www.leeparks.org or call 533-7444 for more information.

Bunche Beach

Low Tide Loafing at Sunset – A Guided Exploration

Join a naturalist guide as you leisurely explore the mud flats to see what mysteries the low tide uncovers while enjoying a beautiful Florida sunset. Bunche Beach is a wonderful place to explore and learn about the amazing variety of shore birds, shells and possibly spot a manatee or dolphin playing along the shore! Bring a camera, shoes that can get wet, bug spray and drinking water. The next walk is scheduled for Thursday, December 27 from 5 to 6 pm. Bunche Beach Preserve is located at 18201 John Morris Road in Fort Myers Beach. Walks meet at the picnic tables on the beach. The walk is free. Parking is \$1 per hour or free with a valid Lee County Parks & Recreation parking sticker. Visit www.leeparks.org or call 533-7444 for more information.*

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Students from Goodwill's L.I.F.E. Academy volunteering at the Harry Chapin Food Bank

Special Needs Students Volunteer At Harry Chapin Food Bank



Volunteers sorting food at the Harry Chapin Food Bank

Students from the Goodwill L.I.F.E. Academy gave back to the community in October and November by volunteering at the Harry Chapin Food Bank. The Goodwill L.I.F.E. Academy is a charter school for middle and high school students (ages 11 to 22) with developmental disabilities.

Two groups of eight students worked at the Food Bank's fast-paced warehouse, sorting breads for shipping. The activity was part of the school's community-based learning curriculum.

"Harry Chapin Food Bank has organized areas that allow students to work in an assembly line to sort food products," explains L.I.F.E. Academy instructor Sheena Paivandy. "Our students practiced math, vocational and social skills on the job. They learned one-to-one correspondence in marking off bar codes, and practiced math sorting as they placed products into categories."

The L.I.F.E. Academy students also learned about hunger issues in our community while volunteering at the Food Bank.

"The Food Bank has been very warm in extending days and times for students to volunteer," continues Paivandy.

"Some of our students have even gone back to volunteer outside of school!"

L.I.F.E. Academy students also recently learned more vocational skills while volunteering at BJ's Wholesale Club in Cape Coral.

"Volunteering and shadowing experiences are important for our students because they receive the opportunity to observe different types of vocations," says Paivandy. "At the same time, they receive support from experts and veterans in that field. Having support from career personnel is important because students have a model to



Goodwill L.I.F.E. Academy student volunteering at Harry Chapin Food Bank



Volunteers pack donated goods at the Harry Chapin Food Bank

imitate and provide guidance."

The Goodwill L.I.F.E. Academy is a tuition-free, open-enrollment Lee County charter school for middle and high school students with developmental disabilities. The school's curriculum is designed to promote self-advocacy, and develop life skills for independent living, by focusing on academic skills, daily life skills and vocational/workforce skills.

The L.I.F.E. Academy is currently accepting students for 2013 enrollment. For more information about the Goodwill L.I.F.E. Academy, visit the school's website at www.GoodwillLIFEAcademy.org.*

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Big Brothers Big Sisters Adds New County Director



Angela Melvin

Angela Melvin has joined the Lee County team of Big Brothers Big Sisters of the Sun Coast as community resource director. She will be responsible for development of community resources and relationships.

Melvin is a third generation Lee County native, who spent the past 15

years working in media, political communications and fundraising across the country. She comes to Big Brothers Big Sisters from Washington, DC, where she worked as the communications director for a member of the U.S. Congress. Prior to that, Melvin spent more than a decade working as a television news anchor and reporter at various television stations across the country. It was while working as morning anchor in Panama City, Fla. that Melvin led the efforts to launch the charter chapter of Big Brothers Big Sisters, raising money, building awareness, recruiting the founding board members, and planning and implementing the first major fundraising events.

Melvin notes that she is looking forward to returning to her hometown to lead the efforts to build the Lee County chapter of the Big Brothers Big Sisters program.

Big Brothers Big Sisters of the Sun Coast provides one-to-one mentoring relationships to children ages 6 to 18 years old throughout the Gulf Coast of Florida in Sarasota, Manatee, DeSoto, Highlands, Hardee, Charlotte, Lee, Collier, Glades and Hendry counties. With a solid foundation of 44 years, proven methods and the support of a dedicated group of funders and supporters, BBBSSC has been able to give promising futures to young people in our community.

For more information, visit www.bbbssun.org.*

High School Students Receive Laptops

Having a computer is something many people may take for granted. Answering emails, working on spreadsheets, and downloading music have all become routine tasks thanks to desktops, laptops, tablets and an array of other devices. Students often have to fill out their college applications, check the status of an internship, or apply for a job totally online. However, not all students across Southwest Florida have access to a computer. That is where The Able Trust, the Florida Alliance for Assistive Services and Technology (FAAST) and Goodwill Industries of Southwest Florida stepped in.

On December 11, Joey D'Souza of The Able Trust presented five laptop computers to selected students from Goodwill Industries of Southwest Florida's High School High-Tech (HSHT) program. The laptop distribution program is a partnership between FAAST and The Able Trust.

"Out of the 80 applications we received, these five students really stood out," says D'Souza. "The laptops are tools for achieving their goals in life. These will be resources for getting into college, for getting through a vocational program, and for helping them graduate



HSHT group

high school."

The students selected from Charlotte County are Dennis Mathurin, Willy Starling, and Heaven Buffington. Students from Hendry and Glades Counties are Maxra Valadez and Yesenia Errequin.

"The students who received these laptops have focused career-training goals," says Goodwill's Port Charlotte HSHT Coordinator, Angela Hemstreet. "Heaven told us that having her own computer will mean having unlimited access to online training videos. Removing the barrier of time constraints on studying is a pretty big deal."

The HSHT program is designed to help students determine their interests and aptitudes, offer job-shadowing and internships, and provide leadership opportunities. HSHT has been shown to reduce high school dropout rates and increase the overall self-esteem of participating students.

Goodwill, The Able Trust, and FAAST all share a mission of assisting those with disabilities overcome various barriers to employment and independence.

For more information about The Able Trust visit www.abletrust.org.

For information regarding FAAST visit www.FAAST.org.

Goodwill Industries of Southwest Florida, Inc. serves Lee, Collier, Charlotte, Hendry, and Glades Counties by providing programs and services to help people with disabilities and other disadvantages. Primary funding for Goodwill's programs is provided through the sale of donated and new goods at the agency's 26 Retail & Donation Centers. For more information about Goodwill visit www.goodwillswfl.org.

School Smart



by Shelley M. Greggs, NCSLP

Dear Shelley, My preschool son was just evaluated for expressive language problems. I guess he's OK because they aren't going to work with him and

said he just had a few articulation problems. I would like to do things at home to help him and I need some ideas.

Tiffany L., Fort Myers

Tiffany,

There is a set of learning problems – often called preschool language disorders – that refer to a preschool child's difficulty with either understanding spoken language (receptive language) and/or difficulty with talking (expressive language). Children may have problems in one or both of these areas, meaning that they have difficulty with both understanding spoken language and speaking.

A simple definition of articulation – the ability to make and use sounds correctly – is more complex than this, however, and involves four distinct processes. Articulation is an evolving skill with complete mastery appearing at about age 7 or 8. There are certain sounds that may develop later, such as the R, S, L sounds which a preschool child is not expected to make properly at his age. You may

want to look at a chart to gain a further understanding of speech development.

Early intervention guidelines and information suggests that a 3-year-old should be using at least 200 words, 3 to 5 word phrases and be understood at least 80 percent of the time. By age 4, a child should be 90 to 100 percent intelligible even if they continue to have some articulation errors.

According to the American Hearing-Speech Association (asha.org), here are some things you can do at home with your child to improve communication:

- Model grammatically correct language in your home
- Explain words that are new for your child
- Describe your activities as you are doing them
- Turn off the television
- Give support but let them try to express themselves
- Read books with your children
- Talk with your child even if they cannot respond
- Model speech sounds for your child if he says them incorrectly
- Give your child time to formulate his answers to your questions
- Accept signs and gestures as well as vocalizations for minimally verbal communicators. This will make your child less frustrated
- Expand on what your child says to increase expressive language
- Build your child's esteem by providing positive reinforcement

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Carrie and Lucy Perk, Alma McClure, Sherri Matthews and Chief Scott Tuttle

Grateful Patients Meet Life-Saving EMS Crews At Phoenix Awards

Ranging in age from baby to senior citizen, grateful patients and their families hugged Lee County EMS crew members and choked back tears last Wednesday afternoon as common stories were shared of being brought

back to life at the ball field, tennis court, parking lot and office.

About 75 people came to the 2012 Phoenix Awards Ceremony to honor nearly 30 Lee County EMTs, paramedics and dispatchers for successfully resuscitating 11 clinically dead patients, enabling those individuals to return to productive lives.

The Phoenix Award-Winning Crews:

- Stanley Ball, Daniel Blandon and Melissa Dettloff
- Michelle Desjardin and Ron Hinkle
- Mark Hansen, Lindsey Wiggin,



Carrie and Lucy Perk

Bennie Baxter-Richards and Chad Wilcoxson

- Melissa Middleton, Jared Formosa and Anne Brown
- Sherri Matthews and Alma McClure
- Chris Wicburg, Amy Folcarelli and Guillermo Ramos
- Aaron Morris, Ellen Mahoney and Nancy Pogue
- Frederick Jenner and Gary Russell
- Mitchell Price and Heather Proud-Funk
- Henry Hamilton, Ian Black and



Sherri Matthews and Lucy Perk

Lindsey Wiggin

- Melissa Middleton
- Letter of Appreciation Winner: Dispatcher Joeleen Jeffrey
- "This really defines why we do what we do," said Scott Tuttle, Lee County Public Safety's interim deputy director and EMS operations manager. "These are very rare occurrences. A paramedic will only see these three or four times in a career. This really reminds us of why we come to work every day." ✨

Child Care Of SWF Is Awarded \$33,000 From Foulds Foundation

The Claiborne and Ned Foulds Foundation has awarded a \$33,000 grant to Child Care of Southwest Florida to renovate the playground at one of its six child care centers. The grant will be used to replace the drainage system and rebuild the infant/toddler playground at the P.A. Geraci Child Development Center, located at 3713 Canal Street in Fort Myers.

"This grant will allow us to make improvements to the courtyard infant/toddler playground, which hasn't been renovated since the building was built. This grant from the Claiborne and Ned Foulds Foundation is greatly appreciated and much needed," said Executive Director Beth Lobdell. "Our children will have a solid rubber ground cover on which to play and a new drainage system will prevent rainwater from accumulating on the playground."

The center, which was built in 1987 with a \$100,000 grant from the Gannett Foundation, is highlighted by a courtyard playground. Because the playground is completely surrounded by the center's walls, children can play outside in fresh air while remaining within the safe confines of the center.

The P.A. Geraci Child Development Center currently cares for 80 children from infancy through age 5, many of whom are from low-income families. Hours of operation are 6:30 a.m. to 5:30 p.m. Monday through Friday.

Child Care of Southwest Florida, Inc. is a private non-profit organization dedicated to providing high quality child care services throughout Southwest Florida. The agency provides child care for children from infancy through age eight at its six child care centers in Lee and Hendry counties. In addition, it offers training for early childhood professionals, and administers the federal food program for eligible centers and family child care homes in 14 Florida counties. The agency must rely on generous donations and volunteer efforts from members of the community, corporations and foundations



Kiana, 3, plays at the P.A. Geraci Child Development Center

to build and maintain programs that make a difference to low-income children. Child Care of Southwest Florida, Inc., is a United Way agency.

The Claiborne and Ned Foulds Foundation was established in 1981 by the late Ned and Claiborne Foster Foulds, who moved to Fort Myers in 1958. Ned Foulds was a graduate of Harvard University and retired as a Junior Executive of the Airtemp Division of the Chrysler Corporation. Mrs. Foulds was a Broadway star during the 1930s known under her maiden name of Claiborne Foster and starred in more than 20 plays.

In recognition of their achievements, Mr. and Mrs. Foulds left their estate in trust to be administered by U.S. Trust, as a 501(c)(3) Foundation in perpetuity to benefit charitable causes.

To learn more about Child Care of Southwest Florida or to make a donation, visit www.ccsfwf.org or call 278-1002. ✨

JLFM Mini-Grant Applications Now Available

The Junior League Fort Myers will be providing mini-grants to their community partners. Throughout its 46-year history, JLFM has given out thousands of dollars in mini-grants. Since 1966, JLFM has been committed to promoting volunteerism, developing the potential of women and improving the community through the effective action and leadership of trained volunteers. JLFM supports local nonprofit organizations having 501 (c) (3) status, in the process of obtaining 501 (c) (3) status, or be under the umbrella of an agency with 501 (c) (3) status by awarding mini-grant funding projects consistent with JLFM's focus on women and children within the local community, including Lee, Collier, Charlotte, Hendry and Glades counties. Nonprofit organi-

zations that meet the above guidelines and who agree to the grant agreement included in the application packet are invited to submit applications. JLFM will review the applications and award grants of up to \$3,000.

Applications are due no later than 5 p.m. on February 1, 2013. Visit www.jlffm.org/?nd+minigrants to print out applications.

Grants will be awarded approximately 60 days after the application due date. Electronic applications will not be accepted. Verification of delivery is the responsibility of the applicant. JLFM will not notify applicants of receipt of applications.

For more information about applying for a Junior League of Fort Myers Community Mini Grant, email mini-grants@jlffm.org. ✨

Financial Focus

Lower Debt Levels Mean Greater Investment Opportunities



by Jennifer Basey

In the past few years, Americans have done a pretty good job of whittling down their debt load. If you're in this group, you may now have a chance to use your lower level of indebtedness to your advantage – by investing for the future.

Consider the numbers: In 2007, just before the financial crisis, the country's household debt service ratio was about 14 percent. (The debt service ratio is the ratio of debt payments, including mortgages and consumer debt, to disposable personal income.) But by 2012, this figure had dipped below 11 percent, the lowest level since 1994.

These figures are national averages, but they do translate into real-life savings for many of us. If you're in this group – that is, if you've lowered your debt payments noticeably – what should you do with this “found” money?

Of course, you could spend it on material objects, which, in some cases,

may make your life more pleasant today. But you'd probably be better off by devoting your financial resources to your goals for tomorrow, such as college for your children and, eventually, a comfortable retirement lifestyle for yourself.

Consequently, you may want to consider these suggestions:

- Increase your contributions to your retirement plan. Try to put more money into your employer-sponsored retirement plan, such as a 401(k), 403(b) or 457(b). Your contributions are typically made with pretax dollars, so the more you invest, the lower your taxable income. Plus, your earnings can grow on a tax-deferred basis.

- Fully fund your IRA. You can put in up to \$5,000 per year (as of 2012) to a traditional or Roth IRA, or \$6,000 if you're 50 or older. A traditional IRA grows tax-deferred, while a Roth IRA can grow tax-free, provided you meet certain conditions.

- Fill in “gaps” in your financial strategy. With a little extra money each month, can you find ways to fill in the “gaps” in your financial strategy? For example, do you have sufficient life insurance and disability income insurance? Or can you add

some investments that can help diversify your overall portfolio? While diversification can't guarantee profits or protect against loss, it can help reduce the effects of volatility on your holdings.

- Build an emergency fund. It's a good idea to build an emergency fund containing six to 12 months' worth of living expenses. Without such a fund, you may be forced to dip into long-term investments to pay for unexpected costs, such as a large bill from the doctor or a major car repair. Keep the money in a liquid, low-risk account.

- Establish a 529 plan. If you have children or grandchildren whom you would like to help get through college, you might want to contribute to a 529 plan. Your earnings grow tax-free, provided withdrawals are used for qualified higher education expenses. Plus, your contributions may be deductible from your state taxes. (Be aware, though, that withdrawals used for purposes other than qualified education expenses may be subject to federal and state taxes, plus a 10 percent penalty.)

Reducing your debt level can remove some stress from your life. And you'll gain even more benefits from debt reduction by using your savings to speed your progress toward your important financial goals.

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

From page 27

School Smart

- Play games that help your child categorize
- Involve your child in cooking or baking activities. Talk out-loud about each of the steps
- Spend five minutes a day practicing sounds, words and sentence

These are great suggestions for language development that all parents should consider. Remember that strong language skills are extremely important for successful reading.

Ms. Gregg 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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Charmaine O'Neill accepting the AHA Lifestyle Change Award

O'Neill Accepts AHA Lifestyle Change Award

Charmaine O'Neill, a legal secretary for Goldstein, Buckley, Cechman, Rice & Purtz, P.A., has received the 2012 American Heart Association Lifestyle Change Award. This award recognizes an individual who has made changes that will impact their quality of life and improve their health.

O'Neill was diagnosed with cardiomyopathy, a heart muscle disease which often leaves those with the condition at high risk for irregular heart beat and sudden cardiac arrest. The disease is hereditary and has taken the life of both her

mother and brother at the age of 45.

O'Neill has lost 25 pounds in the last six months, and inspired many at the law firm to become more health conscious and physically active.

"I'm honored the American Heart Association selected me for the Lifestyle Change Award," said O'Neill. "It gives me motivation to continue the path I'm on, and confirms I'm doing the right thing. It's a lifestyle change, it's not a diet – you start and end diets. This is a never-ending change."

The American Heart Association's mission is to build healthier lives, free of cardiovascular diseases and stroke. For more information about the AHA, visit www.heart.org.

Lee County Tourist Development Council Welcomes New Chair

The Lee County Board of County Commissioners (BOCC) has appointed Commissioner Larry Kiker as chairman of the Tourist Development Council (TDC) effective today.

Commissioner Kiker brings more than 35 years of business experience to his position. He and his wife own and operate Lahaina Realty. They are residents of Fort Myers Beach.

Kiker served on the Fort Myers Beach Local Planning Agency and was elected to the Fort Myers Beach Town Council in March 2007. He became vice-mayor in 2007 and mayor from 2008 until October 2012.

As a member of the town council, he represented Fort Myers Beach on committees including the Southwest Florida Planning Council and the Human Resources Council. In 2006, he received the Citizen of the Year award from the Fort Myers Beach Chamber of Commerce.

Commissioner Kiker has an MBA from Northeastern University in Boston, Massachusetts. He worked for major corporations throughout the United States for 20 years before moving to southwest Florida in 1995. He located to the area to pursue his passion for fishing and boating. He became a United States Coast Guard licensed captain and has charted offshore fishing and diving excursions for more than 10 years.

He replaces TDC Chairman John Manning.

The nine-member TDC was established by the BOCC in 1983 to increase tourism to Lee County.

Lee County Visitor & Convention Bureau Announces New Member

The Lee County Visitor & Convention Bureau (VCB) welcomes a new member to its staff: Thomas Grissom, senior account clerk.

Grissom will work with the VCB to provide additional expertise to its operations. Some of his responsibilities will include monitoring contracts, processing purchase order requests and verifying invoices.

Most recently, Grissom held a position as owner/procurement analyst for TNC Holdings, Inc. in Cutler Bay, Florida. His duties included performing audits, coordinating and completing purchase requisition packages, generating statistical reports and monitoring accounts.

Grissom, a U.S. Air Force veteran, holds a bachelor's degree in aeronautics management from Embry-Riddle Aeronautical University and a master's degree in administration from Florida International University.

dearPharmacist

Shocking Cholesterol News



by Suzy Cohen, RPh

Dear Pharmacist:

I saw Dr. Oz interview a doctor on television about cholesterol. The guest said your total cholesterol doesn't matter and I read that in your book six years ago. Suzy,

I take a statin, and do a "Lipid Profile" annually. Is this okay?

MD, Austin, Texas

No, it's not okay, and I'm about to shock everyone, unless you've read my books, then this will be review.

Recently I wrote a column about LDL and that we should not necessarily strive to lower it. We need to know the type and number of LDL particles. For example, Lipoprotein A or "Lp(a)" and another called apolipoprotein B or "Apo B" are two subtypes of LDL particles. These particular scores directly affect your cardiovascular risk. Do you have those numbers on your lab test? I bet you don't.

In my first book, *The 24-Hour Pharmacist* from 2007 and many syndicated columns, I've explained that statins are not very effective in reducing LDL particle number or Apo B and usually do not increase the size of your LDL particles, so that's why I don't encourage them.

It's confusing for consumers (and phy-

sicians who unwittingly accept drug propaganda) because studies conclude statins reduce total LDL. And yes, they do reduce "total" LDL, they are also excellent anti-inflammatories, so they are not completely without merit. But I'm bent on you reducing Lp(a) and Apo B, the dangerous subtypes of LDL known to raise risk for heart attack and stroke. One day I'll tell you which vitamin reduces those bad boys, since drugs can't, but now, back to this testing dilemma.

I'll never submit myself for a routine "Lipid Profile" because it would waste my money. Half the people who have heart attacks have normal total cholesterol. If your results show a low LDL (considered the bad particle), then you may assume you're okay, but you see, a low total LDL score doesn't say much. Your triglycerides might be through the roof! You may have a huge concentration of dangerous Lp(a) and Apo B, subtypes of LDL that are never measured in that basic lipid profile.

Likewise, you may be happy with your high HDL cholesterol score, (HDL is considered a good cholesterol), but what if you have the wrong kind of HDL particles? Yeah, some HDL is bad, you didn't know that?! You're still at very high risk. These basic "Lipid Profiles" don't provide the crucial details. It's like a car mechanic who you hire to fix your engine, but you only let him look at the hood of your car, he can't open the hood to see inside!

The better tests, sometimes covered by insurance, measure particle size, type and sometimes the actual number of LDL and HDL particles. I urge you to ask your physician to order tests from Berkeley HeartLab, a leader in this field. There's also another one called the "VAP Test" by Atherotek Diagnostics, and finally, the

"NMR Lipoprofile" by LipoScience.

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.✽

Weight Management Clinic Offered

Losing weight is difficult for most anyone, but for those 65 and older who may be dealing with multiple health issues, weight loss can be quite a challenge. Obesity, especially in older adults, has risen to epidemic proportions and is placing them at greater risk for cardiovascular disease, diabetes and musculoskeletal conditions, such as worsening arthritis. Medicare now covers the cost of some weight management programs, but many patients are unaware of this benefit.

Lee Physician Group has implemented a new behavior modification weight management clinic to address this issue through intense behavioral counseling and nutritional assessments. Nurse practitioners meet with patients on a regular basis and provide them with the guidance and tools necessary to lose weight and ultimately improve coexisting conditions. Patients enrolled in Medicare Part B pay no copays or deductibles for these visits provided they take place in a primary care setting.

"Receiving individualized support helps keep patients focused and on track to living a healthier lifestyle. This program allows us to work in partnership with the patient to keep them motivated and provide support," said Arlene Wright, a nurse practitioner at Lee Memorial Health System.

To qualify, you must have a Body Mass Index (BMI) of 30 or higher in order for your doctor to refer you to the program. According to Medicare, this figure applies to more than a third of its beneficiaries. (BMI is an estimate of body fat based on a person's height and weight. Free calculators are available online, or a doctor can assist in calculating the number).

Losing weight and keeping it off is not an easy task. Before beginning, participants should understand that lifestyle changes will have to be made in order to be successful. It is better to maintain small amounts of weight loss than to lose large amounts quickly, only to regain it later. This is a lifestyle change program for learning to make healthier choices. There are no fad diets or contracts involved, and scheduling is flexible to meet patient's needs.

With the help of compassionate medical professionals, successful weight loss is possible for Medicare recipients facing multiple obstacles on their path to better health.

For more information, contact Arlene Wright, MSN, ARNP, FNP-BC, a nurse practitioner with the Florida State University College of Medicine Family Medicine Residency Program at Lee Memorial Health System in Fort Myers. She can be reached at 343-3831.✽

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 was surfing the Internet tonight, looking for help getting my adult daughter and two grandkids out on their own and found your article. I love your advice!

My daughter is divorced and she lost her job and moved back home in August 2003. She started a new job three months ago and doesn't say anything about moving. We are retired and want our house back, but can't afford to move

to a condo in Florida.

How much time should we give her and how do we get them out? Help!!!

Thanks.

Margaret

Dear Margaret:

Unfortunately, this is a dilemma many retirees face. You have helped your daughter and grandkids at a time of crisis, but that crisis is now over. It is time for an exit plan for all involved as soon as possible.

I feel our retirement years should be as enjoyable as possible. Most of us want to live in our own space in a quiet environment. We want privacy to watch TV, eat, sleep, go where we want, when we want to and to be able to leave our medicines on our own bedside table. These are the payback years free from the normal noise, stresses and confusion of raising children.

You and your husband need your home back to yourselves. Your daughter also needs to get on her own, to make a new life for herself and her children. In a quiet, relaxed time, tell her you are happy she has found a new job and you know she must be thinking of moving out. Tell her you would be happy to assist her with her budgeting, finding a place for herself because you know it is best for her to be on her own as soon as possible. Exercise a little tough love and later she will thank you for it!

Lizzie

Dear Margaret:

I think it was great for you and your husband to help your daughter out the way you did. Divorced women with young children struggle a great deal to get by. On top of that, poor economic conditions make a difficult situation even more difficult. As old as we adult children are, as independent as we think we are, we will always need our parents.

With embarrassment, I will admit when around my parents, I behave more like a kid than a grown responsible adult – always the kid. I do not think my behavior is much different from others, and therein is your situation.

Continue your discussion with your daughter about her future plans and goals. Generally, when someone starts a new job, the first 60 to 90 days are probationary. In some companies, benefits will not begin until after this period. Your daughter is close to, if not past, her probationary period. It is time she plans for the future. Four to six months is a reasonable time for your daughter to find a place to live, and get her life into an independent setting. Simplify your discussion; explain your needs... to have your home back. You love her, want her to be happy and successful and will be there for her and she needs to be out on her own.

Pryce

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

Rehab Hospital Named Center Of Excellence

Lee Memorial Health System announced that The Rehabilitation Hospital has been designated the first Center of Excellence in the U.S. by the Neuro-Developmental Therapy Association (NDTA), demonstrating a continuing commitment to quality care for adults with central nervous dysfunction. This center of excellence offers individuals with multi-system impairments NDTA Certified and trained professionals in an environment that advances clinical education and clinical excellence.

"What a great time to recognize this achievement as we celebrate our 25th anniversary," said Walter Ittenbach, Vice President of The Rehabilitation Hospital. "The Center of Excellence designation is evidence of our continuing commitment to provide the most comprehensive, effective and outcome oriented medical rehabilitation services to our community."

Achieving designation as a center of excellence means The Rehabilitation Hospital (TRH) demonstrates substantial conformance to all Association standards related to clinical excellence, therapist and team approaches to treatment,

continued on page 33

Dr. Dave

Healthy Role (Or Roll) Models?



by Dr. Dave Hepburn

Should we as doctors be healthy role models to our youth? If we aren't, should we lose our jobs?

Recently, a raft of rather rotund doctors in Austria's state-run clinics with a BMI (body mass index) over 25 received letters telling them to shape up or they're fired! Fired for being fat. Fired for being a roll model.

One in three kids in North America are overweight while a Big Whoppering nine million kids are classified as obese. Pediatric obesity is the greatest health threat facing our children. Some, unfortunately, are primed to be large as a genetic battle between hormones like ghrelin and leptin is waged in the internal milieu.

But many others, the corpulent computer-keystered Kripsy Kremed kids, are also developing a host of co-morbid conditions associated with obesity that, up until now, have never been heard of in children.

A life sentence of misery secondary to Type 2 diabetes is showing up in younger and younger kids. More recently, NASH (non alcoholic hepatitis), previously a purview of plump, portly or puffy parents is now showing up in obese youth and damaging their livers. Twelve-year-old livers are looking like they've been abused in the Navy (Motto: "We Sail Wet") for 20 years.

A few tips on how to prevent your young 'un from becoming a big 'un:

1. Best thing to do for an obese child is to give him a prescription for a new set of parents. Studies indicate that many parents with obese kids, especially overweight boys, see their child through rose-colored glasses and don't see the "big" problem. "Porky's not obese, doctor, he's just big boned. Now you've upset him. There there now, you're mommy's little Piglet. Have another Oreo."

2. "Breast is best." Another Navy motto, but also refers to the fact that the GUTS (Growing Up Today Study) found that children who had been breastfed were 34 percent less likely to become obese regardless of how chubby or diabetic their mother is. Of course, if your big baby is 27 years old, then perhaps he's just best left fat.

3. Role Model vs. Roll Model. "OK, kid, go out and do some push ups or something just leave me alone and keep away from my remote!" Kids born to overweight moms are 15 times likely to be obese by age 6 and in fact start to pack on the Gerbers by age 3.

4. Remove words like "fat," "exercise" and "diet" and replace with more fun euphemisms like "play," "great nutrition" and "kumquat." (Kumquat has nothing to do with this article... I just think it's a hilarious word.)

5. Don't eat in front of TV. In fact,

get rid of your TV. Go ahead. In fact, if you have a 172-inch LCD, then as a caring medical professional, it would be in your best interest for me to remove that from your home. Trust me. I am only thinking of you, your children and the playoffs.

6. Eat as a family.

7. Eat like the French, Slowly all day, lunches with excessive amounts of wine. I believe this works because the diners pass out and don't wake up in time to eat supper. Make the meal a marathon, not a sprint. Try to stretch out the meal or you'll stretch out your Lulu Lemons.

8. Start meals with salad or soup. Stuff 'em early, stuff em hard! (They won't be able to wolf down dessert.)

9. Fridge full of healthy snacks like carrot sticks, celery sticks and Snickers

sticks. Obesity comes not only from eating the wrong things, it also comes from not eating the right things. Undernourished kids gain weight as they get hungry and end up eating cardboard-like products.

10. No junk food in the house. Changing eating habits as a child is easier than treating obesity as an adult. I might add that nowhere on the Snickers wrapper does it actually refer to itself as a junk food, per se.

11. Be active in promoting active lifestyle options for kids in your community.

12. Let them get their sleep. Leptin,

a good guy hormone, is released during sleep.

12. Move to Vienna.

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.

Dr. Dave's book The Doctor is In(sane) is now available for those with a sense of humor and half a sense of health. Pick up a copy at Sanibel Island Bookshop. Contact Dr. Dave or read more at www.wisequacks.org.*

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- Have you hit your head on a cabinet door while open?
- 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?



Natasha, COA

If you answered "yes" to one or more of these questions, you qualify for a **FREE**, no obligation eyelid screening performed by Natasha, COA.

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Before



After



WE OFFER

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- Catered, accommodating care, tailored to your needs

NO DOCTOR REFERRAL NEEDED

Before



After



Animal Assisted Therapy Symposium

In collaboration with Florida Gulf Coast University Office of Continuing Education and Off-Campus Programs, The Brody Project in Naples, offers "The Impact of Animal Companionship on Human & Animal Health," a symposium for veterinarians, vet technicians, health professionals and the general public from 8:30 a.m. to 12:30 p.m. on Saturday, February 16 at The Moorings, 120 Moorings Park Drive in Naples.

The keynote speaker is Dr. Alan M. Beck of the Center for the Human-Animal Bond, School of Veterinary Medicine at Purdue University. Presenters also include Karen Lasker, executive director for The Brody Project; and Celeste Lynch, director for Wellness at Moorings Park.

Participants will discuss the benefits of human and animal interaction; learn about research related to health benefits of companion animals; and hear details about the emerging field of animal assisted therapy.

Cost for general admission is \$35. In addition, 2.5 contact hours have been approved by the Florida Boards Clinical Social Work, Marriage and Family Therapy and Mental Health Counseling, and Nursing through FGCU's Continuing Education and Off-Campus Programs, Provider #50-10604. Pending approval by Florida's DBPR Board of Veterinary Medicine, 2.5 contact hours will be available for veterinarians through FGCU's Continuing Education & Off-Campus Programs, Provider #5590487, PVD#149.

To register for the symposium, call 768-7010 or email susannabrennan@comcast.net.

Gulf Coast Humane Society's Home For The Holidays Party A Success

The Gulf Coast Humane Society's 3rd annual Home For The Holiday Party on December 8 raised \$80,905. All monies raised via the live and silent auctions go directly to benefit the pets in the Gulf Coast Humane Society's care.

The Home For The Holidays Party was sponsored by Jacoby and Nealon Wealth Management Group and hosted by Coconut Point Ford. The Gulf Coast Humane Society is a private 501(c)3 not-for-profit animal welfare organization that receives no federal, state or county funding and no funding from the Humane Society of the United States, and relies solely on donations, grants, bequests and fundraising events to further its mission of caring for the unwanted, neglected and abandoned animals of southwest Florida.

For more information about the Gulf Coast Humane Society or how to donate, contact 332-0364 or info@gulfcoasthumanesociety.org.

Initiative At Cape Coral Hospital To Encourage Bonding After Birth

Rather than endure the hustle and bustle that typically occurs in maternity centers, the Family Birth Suites of Cape Coral Hospital is allowing mothers and their newborn babies skin to skin contact for the first hour immediately following birth. This new practice, called the Golden Hour, helps baby transition from the womb to the world and is a great opportunity for breastfeeding and bonding.

"The skin-to-skin contact – especially during that first hour after delivery – is an amazing time for mom and baby," explains Nancy Travis, RN, labor and delivery nursing director. "This natural method has been done for ages; it's an evidence-based practice, endorsed by our physicians and the American Academy of Pediatrics. We are thrilled to offer this experience to our new moms and babies."

Now, immediately following delivery, baby is placed skin-to-skin with mom to help encourage tactile comfort and bonding as medical care is done bedside. This golden hour of contact after delivery reduces the infant's pain responses of crying and grimacing, and reduces incidence of increased heart rate. During a painful procedure, like a heel stick, the majority of babies who are placed skin-to-skin and are breastfeeding demonstrate little or no response to the needle prick. If a baby requires immediate medical attention, he or she will receive that care, and once stabilized will be placed skin-to-skin with mom. This contact also helps to keep baby warm, as mother is the best heat source for newborns, rather than swaddling or warming tables.

The golden hour provides a number of benefits for mothers, too. Mothers who choose not to breastfeed will still be placed skin-to-skin with their baby while feeding. This time helps to calm and relax, as well as decrease anxiety and postpartum pain. The skin to skin contact can also stimulate the release of hormones that support breastfeeding and mothering, and help to curb bleeding after birth. More than the physiological effects, the golden hour also provides a sense of control and empowerment. Nationwide, throughout the medical community, mothers who spend the first hour skin-to-skin after delivery report more maternal satisfaction and confidence.

Dads or other caregivers also should practice holding the baby skin-to-skin while mom rests, showers or sleeps. And, the skin-to-skin contact should continue even after discharge from the hospital. Parents can employ this comforting technique to warm

Humane Society Receives Grant From SWFL Community Foundation

Gulf Coast Humane Society received a grant from the Southwest Florida Community Foundation to repair and replace aging and broken gates in Canine Cove. The grant monies were received in October and construction is being completed by CRB Contracting Inc. in late December.

The existing back kennel gates are more than 20 years old and are either broken or beyond repair. The retrofit gates will be safer for the pets and easier to use for volunteer and staff.

For more information, contact Gulf Coast Humane Society at 332-0364 or info@gulfcoasthumanesociety.org.

From page 30

Rehab Hospital

education and training. It is a reflection of the capabilities of The Rehabilitation Hospital team. A Neuro-Developmental Treatment (NDT) Trained or NDT Certified therapist's education in neurology, physiology and current research is translated into daily practice. They work collaboratively with patients, families, caregivers, and other healthcare professionals to develop individualized comprehensive treatment programs based on NDT theory and philosophy.

The NDT approach is used for management and treatment of individuals with central nervous system impairments. The individual's strengths and impairments are identified and addressed in relation to an individual patient's assessed needs and stamina. NDT is a hands-on, problem solving approach that continues to evolve with the emergence of new theories, models, research, and information in the movement sciences. Intervention involves direct handling and guidance to optimize function. The approach is guided by the

client's reactions throughout every treatment session.

NDTA, Inc. is a non-profit organization that strives to promote the unique qualities of the Neuro-Developmental Treatment (DT) approach by: providing specialized clinical training to health care professionals; supporting clinical research; and supporting clients and families with education, resources and information.

For more information about the Neuro-Developmental Treatment Association, Inc., visit www.ndta.org.

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baby after baths, during feedings or when the baby is fussy or has been through a painful procedure.

To implement the golden hour, the staff at the Family Birth Suites at Cape Coral Hospital are working together to ensure that all providers – obstetricians, nurses and midwives – are educated in this method of delivery. Information also will be included in prenatal classes so parents-to-be understand the process, reasons and benefits of this initiative.

Cape Coral Hospital and the Family Birth Suites have been developing initiatives and creating an environment that serves as an optimal healing environment focused on health, prevention, healing and connectivity. The Golden Hour is one more way that Cape Coral Hospital and the Family Birth Suites are able to provide the best care to patients and their families.

Visit www.leememorial.org for more information.

Eden Autism Services Florida Names Liz Quinter Advocate Of The Month

Award recognizes people and organizations who are advocates for autism by increasing awareness, raising funds or providing leadership in support of autism

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

Quinter, the mother of a child with Asperger's Syndrome, has worked diligently to keep the Garden at Eden operations going since the garden's manager, John Puig, took a leave of absence. The goal of the garden is to provide improved nutritional and vocational training for the students of Eden Autism Services' schools, as well as other interested youth and community groups. Quinter works with volunteers to maintain the farm, composting and Rent-a-Bed operations.

"Liz saw the positive effect that the garden had on her son and is working to ensure that others receive the same benefits," said Taire Malloy, Director of Development for Eden Autism Services Florida. "Working in the garden provides opportunities for increased communication as well as valuable work skills that our students need."

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, please 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 ext. 5014.

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 K-12 schools in Fort Myers and Naples, clinical services, consultations and community training, and adult residential, vocational training and employment services.

Autism is a complex neurobiological disorder that inhibits a person's ability to com-



Liz Quinter and her son, Mike, work in the Garden at Eden Autism Services Florida

municate and develop social relationships, and is often accompanied by behavioral challenges. Autism spectrum disorders are diagnosed in one in 88 children in the United States, and one in 54 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.*

More Than \$16K Raised For Charities

Good deeds can come from golf. Recently, 120 businessmen from around Southwest Florida joined together for the 16th Annual Paul Sands Memorial Slaw Dog Invitational and raised more than \$16,000 for four local charities.

Held at the Cypress Lake Country Club, 30 teams competed in the event founded originally by the late realtor Paul Sands of VIP Commercial TCN Worldwide and motorsports entrepreneur Scott Fischer of Scott Fischer Enterprises.

This year, the tournament raised funds for four needy organizations in the area:

- Blessings In A Backpack, which feeds children on the weekend who are on the federally funded free or reduced meal program in select local public schools
- The Paul Sands Scholarship Fund, which was created to support individuals interested in pursuing a career in real estate
- Stockings 4 Kids, which was created by children to help other children have a happy holiday season by providing stockings and gifts
- Hope Hospice Adopt A Family, providing special holiday assistance for children and younger families either by making a financial gift or by purchasing and wrapping presents from someone's wish list

Major sponsors for the 16th Annual Paul Sands Memorial Slaw Dog Invitational included Pool Pros, Tween Waters Inn, Bartholomew Realty, Dan Kraft, Entech Computers, Risk Management Insurance and VIP Commercial. Live auction items were provided by Cru, Boston Red Sox, Scott Fischer, Nick Sands and David Grant.

Scott Fischer Charities, Inc. is a non-profit charity organization. For more information, contact Cia Sherman at 690-4648.*

From page 30

Rehab Hospital

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Top 10 Real Estate Sales

Development	City	Year Built	Square Footage	Listing Price	Selling Price	Days on Market
Richardsons O L	Sanibel	2003	4,358	4,495,000	4,275,000	23
Bonita Beach	Bonita Springs	1973	3,124	1,999,999	2,600,000	21
Bonita Bay	Bonita Springs	1998	5,266	2,475,000	2,375,000	5
Metes and Bounds	Captiva	1983	1,148	1,750,000	1,500,000	246
Hermitage	Cape Coral	2001	4,742	1,290,000	1,160,000	92
Deerwood	Bonita Springs	1995	3,363	1,080,000	1,080,000	38
Addison Place	Bonita Springs	2006	3,024	1,199,000	1,000,000	118
West Bay Club	Estero	2007	4,896	950,000	925,000	7
Cape Harbour	Cape Coral	1998	3,667	975,000	900,000	155
Cape Coral	Cape Coral	1985	3,461	899,900	825,000	47

Courtesy of Royal Shell Real Estate

DID YOU KNOW

TRIVIA TEST

1. **PSYCHOLOGY:** If you had choreophobia, what would you be afraid of?
2. **COMICS:** What comic hero has a nemesis named Ming the Merciless?
3. **TELEVISION:** Where were the characters of "Laverne and Shirley" employed in Milwaukee?
4. **ARCHITECTURE:** Who invented the geodesic dome?
5. **LITERATURE:** What were the names of "The Three Musketeers" by Alexandre Dumas?
6. **MOVIES:** What male actor starred in the 1981 film "Arthur," and who was his leading lady?
7. **GEOGRAPHY:** Where is the island country of Sri Lanka located?
8. **CHEMISTRY:** What is the Periodic Table symbol for zinc?
9. **GENERAL KNOWLEDGE:** What nickname did author Tom Wolfe give the 1970s?
10. **LANGUAGE:** What are corsairs?

ANSWERS

1. Dancing 2. Flash Gordon 3. Short Brewery 4. Richard Buckminster Fuller 5. Aaramis, Athos and Porthos 6. Dudley Moore and Liza Minelli 7. Off the coast of India 8. Zn 9. The "Me" Decade 10. Privately owned warships

SPORTS QUIZ

1. When was the last time the Chicago White Sox finished last in their division?
2. True or false: In his only season as manager of the Minnesota Twins, Billy Martin led the team to the playoffs.
3. Who led the NFL in rushing the one year that Cleveland's Jim Brown didn't during his nine-year NFL career?
4. How many times has Brigham Young's men's basketball team made the NCAA Tournament without ever reaching the Final Four?
5. Name the first eighth-seeded NHL team to eliminate a No. 1 and a No. 2 seed in the same season.
6. In 2012, Kamron Doyle (14 years, 218 days old) became the youngest bowler to finish in the top three in a PBA event. Who had been the youngest?
7. Who was the youngest U.S. boxer to win an Olympic gold medal?

ANSWERS

1. It was 1989, when they were 69-92. 2. True. The Twins won the A.L. West in 1969. 3. Green Bay's Jim Taylor rushed for 1,474 yards in 1962. 4. The Cougars have been to 27 NCAA Tournaments. 5. The Los Angeles Kings, in 2012. 6. Wesley Low, at 14 years, 344 days old, finished third in a PBA event earlier in 2012. 7. Jackie Fields was 16 when won a gold medal in the featherweight division in 1924.

My Stars ★★★★★

FOR WEEK OF DECEMBER 24, 2012

ARIES (March 21 to April 19) An old adversary wants to make amends over the holidays. The decision is yours. But wouldn't it be nice to share the upcoming new year with another friend?

TAURUS (April 20 to May 20) As news of your work gets around, expect to receive a special holiday "gift" from influential contacts who could help you launch your new projects in the new year.

GEMINI (May 21 to June 20) Instead of fussing over what you didn't do to prepare for the holidays, relax and enjoy the kudos for a job truly well done. A happy surprise awaits you early next year.

CANCER (June 21 to July 22) The best way to shake off lingering holiday blues is to join loved ones in the fun and festivities of this special time. A confusing situation starts to make sense in upcoming weeks.

LEO (July 23 to August 22) Special emotional rewards mark this holiday time for Leos and Leonas who are able to open up to new relationships and the possibilities they offer in the upcoming year.

VIRGO (August 23 to September 22) Your efforts to make the holidays especially memorable for some people will be rewarded in some unexpected (but very welcome) ways in the upcoming year.

LIBRA (September 23 to October 22) Be assured that your efforts to make this holiday special for everyone won't go unnoticed by those who could make some important changes in your life.

SCORPIO (October 23 to November 21) Lots of folks want you to light up their holiday parties. But try to take some quiet time 'twixt those glittering galas to spend with some very special people.

SAGITTARIUS (November 22 to December 21) While the current round of holiday revels has your social life on the fast track, someone special might want to keep pace with you next year, as well.

CAPRICORN (December 22 to January 19) Enjoy all the fun you deserve at this holiday time. However, don't lose sight of the need to check out some of the changes the new year is expected to bring.

AQUARIUS (January 20 to February 18) What happens during this holiday time can help clear up some of the confusion

jeopardizing a once-stable relationship. Follow your instincts on what to do next.

PISCES (February 19 to March 20) Your holidays are brightened by new friends eager to become part of your life. But don't forget to spend time with that one special person. (You know who!)

BORN THIS WEEK: You have the ability to encourage people to reach their potential by setting an example with your own efforts.

THIS WEEK IN HISTORY

- On Dec. 30, 1853, the United States acquires 30,000 square miles of land in what is now southern New Mexico and Arizona for \$15 million. The purchase settled the dispute over the location of the Mexican border west of El Paso, Texas, and established the final boundaries of the southern United States.

- On Dec. 28, 1869, the Knights of Labor, a labor union of tailors in Philadelphia, holds the first Labor Day ceremonies in American history. In 1894, Congress designated the first Monday in September a legal holiday for all federal employees and the residents of the District of Columbia.

- On Dec. 29, 1878, the first game is played between two teams of the first professional baseball league in Cuba. Baseball was introduced in Cuba around 1864, when some students returned home from studying in the United States and introduced their fellow islanders to the bat and ball.

- On Dec. 25, 1880, Layne Hall is born in Mississippi. When he died in 1990, Hall was the oldest licensed driver in the United States. In his nearly 75 years on the road, Hall never got a speeding ticket or citation of any kind.

- On Dec. 26, 1917, during World War I, President Woodrow Wilson announces the nationalization of many of the country's railroads. The Railroad Control Act stated that within 21 months of a peace treaty, the railroads would be returned to their owners. In March 1920, the railroads became private property once again.

- On Dec. 27, 1932, at the height of the Great Depression, thousands of people turn out for the opening of Radio City Music Hall in New York City. Radio City Music Hall was designed as a palace for the people -- a place of beauty where ordinary folks could

see high-quality entertainment. It remains the largest indoor theater in the world.

- On Dec. 24, 1979, the Soviet Union invades Afghanistan under the pretext of upholding the Soviet-Afghan Friendship Treaty of 1978. Within days, the Soviets had secured the capital of Kabul after overcoming fierce but brief resistance from the Afghan army.

STRANGE BUT TRUE

- It was beloved American film star Katharine Hepburn who made the following sage observation: "Love has nothing to do with what you are expecting to get, only with what you are expecting to give -- which is everything."

- You might be surprised to learn that one out of every 18 people has a third nipple.

- The epic 1939 film "Gone With the Wind" was awarded 10 Academy Awards and is a beloved classic to this day. Given the astounding success of the movie, it's shocking that one of the stars, Vivien Leigh, was paid only \$15,000 for her role as Scarlett O'Hara.

- The world's smallest spider is about the size of the period at the end of this sentence.

- You may not realize it, but not all "light" beers have fewer calories than brews without that label. A beer simply has to be lighter in color to be called "light."

- The African ostrich lays an egg that weighs a whopping 30 pounds. It's so sturdy that a grown man can stand on it without causing it any harm.

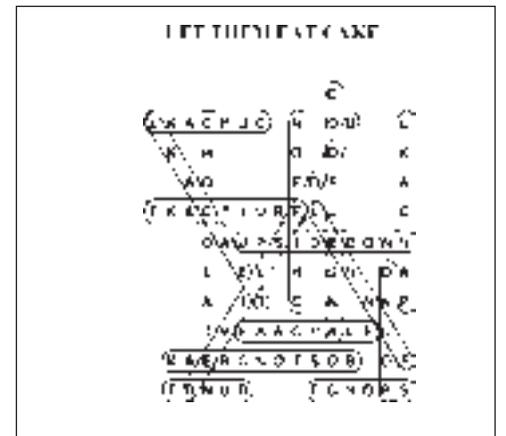
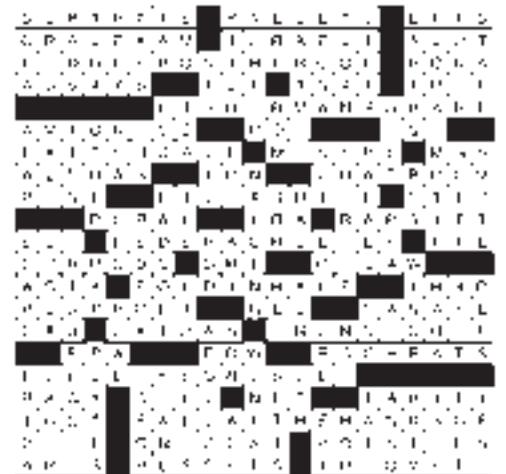
- When the Titanic sank in 1912, many passengers perished in the frigid waters because no ship came to their aid until the Carpathia arrived more than two hours after the disaster. However, there was another ship nearby as the liner sank: a freighter, the California, was only 10 miles away. The crew even saw emergency flares fired from the liner, but they thought it was part of a celebration rather than a signal of distress.

- Although a normal human infant is born with 350 bones, the normal human adult has only 206 bones.

THOUGHT FOR THE DAY

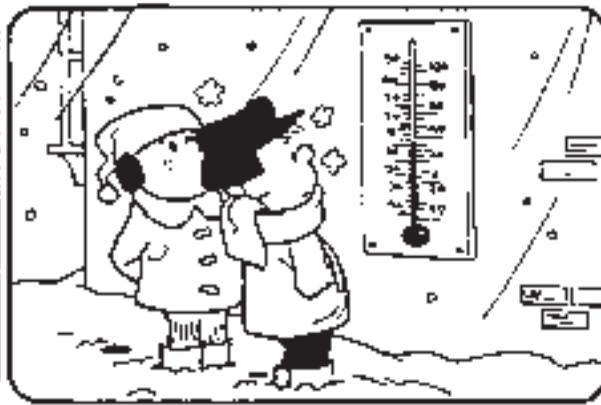
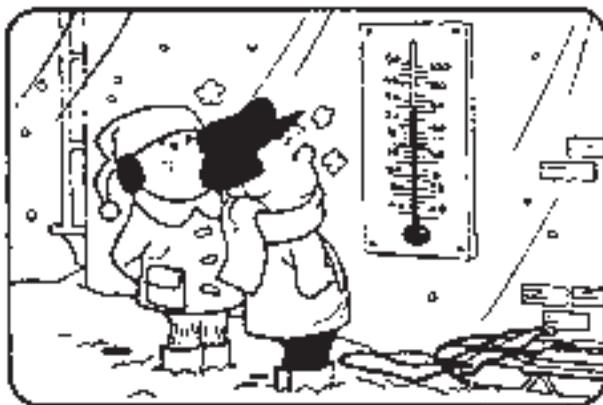
"I'm an excellent housekeeper. Every time I get a divorce, I keep the house." -- Zsa Zsa Gabor

PUZZLE ANSWERS



HOCUS - FOCUS

BY
HENRY GOLTINOFF



FIND AT LEAST 6 DIFFERENCES BETWEEN PANELS.

DIFFERENCES: 1. Man's hat has a pom-pom; 2. Woman's hat has a pom-pom; 3. Man's coat has a pocket; 4. Woman's coat has a pocket; 5. Man's boots have laces; 6. Woman's boots have laces.

PUZZLE ANSWERS

SUDOKU

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

SCRAMBLERS

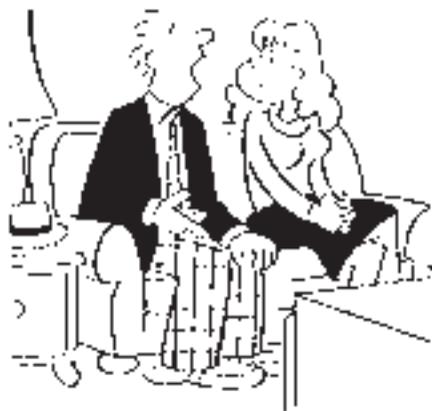
solution

1. Expand; 2. Short;
3. Grouse; 4. Action

Today's Word:
CHANGE

SCRAMBLERS

Unscramble the letters within each rectangle to form familiar words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!



"Tell me, Joyce, if I was on TV right now, would you channels?"

Grow

PAXDEN

Bird

THORS

White

ROGUES

Motion

NICOTA

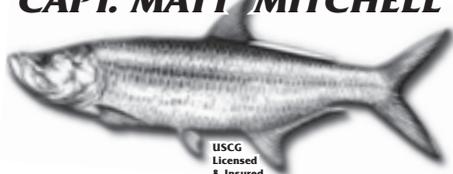
TODAY'S WORD

answer on page 35

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★ ★ CLASSIFIEDS ★ CLASSIFIEDS ★ ★

HELP WANTED

RECEPTIONIST

Seasonal help needed starting last week of December in busy Physical Therapy Clinic. Scheduling, filing, chart management. Full Time hours 8:30-5pm. Salary depends on experience. Stop by office for application. No phone calls. 4301 Sanibel-Captiva Rd.

*NS 12/14 CC 12/21

HOUSE KEEPING SERVICES WANTED

House Keeping services wanted for Sanibel Island home. Contact Mary at 410-1004

*RS 12/21 CC TFN

**MASSAGE THERAPIST
HAIR STYLIST
NAIL TECHNICIAN**

3 Years Experience. New Waterfront Luxury Salon/Spa opening on Sanibel Island. Send resume to: gpailes@mac.com

*NS 12/14 CC 12/21

**EXPERIENCED
HOUSEKEEPER / BABY
SITTER WANTED!**

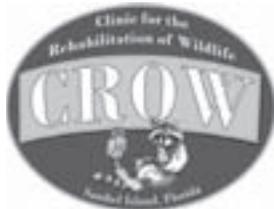
My house and two small boys are waiting for you - 1/26 - 3/6/13 in Sanibel. Mo-Sa 7-11am, some afternoons & evenings upon request. Contact: pres@princessday.de

*NS 12/21 CC 12/21

**LOVING PEOPLE NEEDED
FOR IN-HOME CARE**

Provide one on one Care to the elderly Over-Nights and Weekend Shifts All other shifts available too HOME INSTEAD SENIOR CARE Call Michele at 239-433-4025

*NS 12/7 CC 12/14



3883 Sanibel Captiva Road, Sanibel, Fl
Phone: 239-472-3644, ext 1
Fax: 239-472-2334
www.crowclinic.org

HELP US PLEASE!!

We need volunteers for: Clinic emergency patient admissions desk and baby animal feeders Visitor education center greeters and gift shop cashiers
CROW - (239) 472-3644, ext. 231 or volunteers@crowclinic.org

*RS 10/28 NC TFN

HELP WANTED

**PART TIME
GUEST ASSOCIATE**

Part Time, Sanibel Condo Resort Guest Associate needed. Sat & Sun hours, 8 to 10 hrs per week. Duties include: Guest check-ins/check-outs, phones, reservations, bike rentals, guest services. Tolls provided. Please respond to sanibel@gate.net or call 239-472-4634.

*NS 12/21 CC 12/28

VOLUNTEERS NEEDED

At The Sanibel School
Call Michelle Wesley
239-910-8000

*RS 4/6 NC TFN

VOLUNTEERS NEEDED

Volunteers needed for the After School Program which runs Mon.-Th, 2:30 - 3:15 pm call Linda Reynolds 472-1617

*NS 12/14 NC TFN

SERVICES OFFERED

**PUESTA DEL SOL
CLEANING SERVICE**

Residential * Commercial * Medical * Banks Local/seasonal references/free estimate Low prices with free laundry!! Puestadelsolcleaning.com 239-770-4008 Juliasalazar3@hotmail.com 239-878-4472

*RS 10/12 CC TFN

SANIBEL HOME WATCH

Retired Police Captain Lives on Sanibel Will Check Your Home Weekly Very Reasonable Rates (239) 728-1971

*RS 11/30 BM TFN

HELLE'S CLEANING SERVICES

Residential Cleaning to Satisfaction Sanibel & Captiva • 239-565-0471 Sanibel Lic. #11412 Lee Co. Lic. #051047

*NS 10/26 PC TFN

COMMERCIAL REAL ESTATE

**LIME TREE CENTER
CONDO UNIT FOR SALE**

FOR SALE - Commercial condo in 5-unit complex centrally located on Periwinkle Way. Can be used for office or retail. Motivated to sell. \$225,000. Call Janie Howland, Realtor, VIP Realty. 239-850-6419.

*RS 11/30 CC TFN

REAL ESTATE

COMPANION SERVICE

Sanibel-Captiva Care and Companion Service, LLC Medical appointments, general transportation, shopping, light meal preparations, and light cleaning. Our services are customized to meet our clients needs. Call 239-395-3591, or for an emergency call 239-472-0556.

*RS 10/12 BM TFN

HOME WATCH SANIBEL

Property Management-Bookkeeping Call Bob or Sally Island Residents 239-565-7438, sanisal186@gmail.com WWW.HOMEWATCHSANIBEL.COM

*NS 12/14 CCTFN

**HOME/CONDO WATCH
CONCIERGE SERVICES**

Dorado Property Management Full Range of Services * Island Resident * Licensed & Insured * 24/7 Call Lisa or Bruce at 239-472-8875

*RS 10/12 BM TFN

REAL ESTATE



**ISABELLA RASI
HAPPY TO HELP YOU
WITH ALL OF YOUR
REAL ESTATE NEEDS!**

- International Client Base
- 600 Shops Worldwide
- Multi-Lingual Staff



**ISABELLA RASI
(239) 246-4716**

EMAIL

ISABELLARASI@AOL.COM



ENGEL & VÖLKERS

**1101 Periwinkle Way #105
Sanibel, FL 33957**

*RS 12/7 NC TFN

REAL ESTATE

**FOR SALE BY OWNER
2008 MOBILE HOME
AT PERIWINKLE PARK**

1 Bed room new queen bed. LR with sofa bed, kitchen, refrigerator ice maker, dining area, Bosch washer dryer, dishwasher, garbage disposal. Trane A/C with Pro 4000 programmable thermostat. Tile floors. Full vinyl deck. Pavers. Oodles of space. Hurricane sun & window protection film. Much more, too numerous to mention. Price reduced to \$65,000 OBO. Ground rental \$541.66/mo. Key at office. Dorisdavenport@hotmail.com 239-209-1869

*RS 11/30 CC TFN

PERIWINKLE PARK

This charming 2 bedroom unit is as neat as a pin. Completely updated, most desirable lot and close to all extra amenities. 2nd bedroom could be used as studio or office. Listen to the birds while you sit on your deck and realize you own a slice of Sanibel. \$22,000. Call 239.233.7060 to preview

*NS 12/21 CC 12/28

VACATION RENTAL

ATRIUM CONDO RENTAL

2 bedroom/2 bath updated condo. Gulf Front, pool & tennis. Call on this rare offering Rentals Bi-weekly, monthly or Seasonal 239-633-9396 or DSears2007@aol.com

*RS 12/14 CC 2/1

LIGHTHOUSE REALTY

Paul J. Morris, Broker VACATION RENTALS & SALES 359 Periwinkle Way, Sanibel Island 239-579-0511

*RR 7/20 CC TFN

**NEAR BEACH PRIVATE HOME
3 BEDROOM, 2 BATH**

3 bedroom, 2 bath Home with heated pool, in quiet Sanibel neighborhood. Seasonal and monthly rentals. 239-472-0692 or www.4sanibel.com.

*RS 10/14 CC TFN

Island Vacations

Of Sanibel & Captiva Million \$ Views Await You!
• Cottages • Condos • Homes • Miles of Beaches & Bike Paths
239-472-7277
1-888-451-7277

*RS 10/9 BM TFN



**GULFSIDE PLACE
PENTHOUSE!**

2/2 plus den top floor condominium with panoramic views of the gulf. Over 1800 sq' of living space and nearly 2000 total. \$949,000 furnished Just listed! Go to www.GulfsidePlaceSanibel.com

Glenn Carretta
Broker Associate
Now With VIP Realtors
glenn@coconet.com
239-850-9296
www.TeamSanibel.com



*RS 12/14 CC 12/28

**SANIBEL
OPEN HOUSES
POSTED DAILY**



VISIT:

SanibelOpenHouses.com

**Pfeifer Realty Group
Sanibel Island, FL
239-472-0004**

*RS 11/9 BM TFN

★ ★ CLASSIFIEDS ★ CLASSIFIEDS ★ ★

VACATION RENTAL

DUNES TOWNHOUSE



Dunes; spacious townhouse with 3+bdms./3 baths avail. btwn. Dec 1st - March 1st; Vaulted ceilings, screened in porches, gracious living area and 2 car garage. View is of property's swim pool and tennis court. Steps to Bay & moments to beach. Cable TV, Wifi internet, tel. and central AC. avail. for a 1-3 month rental. Rates based on \$800. - \$1,400. wkly. rates Call owners directly at 508-965-3751 or e-mail: murray.camp@rcn.com
*RS 10/19 CC TFN

PRIVATE BEACH ACCESS

GULF PINES 3BDR/2BTH, Screened Lanai, Wi/Fi Pool & Tennis Seasonal & Monthly Rates Owner 786-877-5330 miamiblocks@bellsouth.net
*NS 10/19 CC TFN

ANNUAL RENTAL

ANNUAL RENTAL

2/2 UF condo with den. On canal. East End of Sanibel. W/D, boat dock, deeded beach access, covered parking. \$1,500/month. Call 239-728-1920.
*RS 12/7 CC TFN

FOR RENT

Home to Share. Large outside deck, carport, laundry room. Furnished \$500. + utilities, female. N/P, N/S. Call 239-699-5320
*NS 11/23 CC TFN

ANNUAL RENTAL

Apartment for lease on Sanibel, Mid Island, Furnished, 1B/1B \$895. per month. Call 734-761-7600 ext. 231.
*NS 11/23 CC TFN

ROOM FOR RENT

Room Private Bath, Beach Access, \$500. per month. Call 239-851-5237.
*NS 12/21 CC 12/21

ANNUAL RENTAL

ANNUAL RENTALS SANIBEL

CONDOMINIUM
★ Across from Beach, 2/2 F. Pool/tennis @ \$1,400/mo
472-6747
Gulf Beach Properties, Inc.
Paul H. Zimmerman, Broker/Owner
Serving The Islands Rental Needs Since 1975
*RS 12/07 BM TFN

RE/MAX OF THE ISLANDS

Putting owners and tenants together Call Dustyn Corace www.remax-oftheislands.com 239-472-2311
*RS 3/30 BM TFN

ROOMMATE WANTED

Roommate to share beautiful home in the Dunes. Annual or Seasonal. \$700 plus half utilities. 239-321-1084.
*NS 11/30 CC TFN

ANNUAL RENTAL

SANIBEL, Beach Access Annual rental, 2BR, 1 BA, 1/2 Duplex, near beach. Private laundry, dishwasher, unfurnished. No pets, non-smoker. PH 708-557-1083
*NS 12/21 CC 12/28

CAR FOR SALE

1991 CORVETTE CONVERTIBLE

69,000 miles. Good condition, New Tires. \$6,500. or best offer. Call Ken at 239-472-3757.
*NS 11/2 CC TFN

WANTED TO BUY

CASH PAID FOR MILITARY ITEMS

Cash Paid For Old Military Items. Medals, Swords, Uniforms, helmets, old guns, awards & more. Local Toll Free 1-866-440-3280
*RS 11/23 CC 1/11

BOATS - CANOES - KAYAKS

DOCKAGE

Hourly, Daily, Weekly and Monthly. Captiva Island 472-5800
*RS 1/30 NC TFN

TAXES & FINANCE

Tax Deduction

Deduction Deadline 12/31/12
Need a \$9,750 Tax Deduction
Invest in Secured Valuable Income Producing Assets
100% Tax Deduction up to \$139K
Minimum Investment \$9,750
Earn Immediate Fixed High Income
800-588-4143
americansynergycapital.com
*RS 12/21 CC 12/28

FOR SALE

HUGE ESTATE/JEWELRY SALE

Merry Christmas Season Clearance 30% off all old consignments!
NEW WEEK NEW SALES!
Large OLD indoor lighting fixtures Remington Bronzes Whitehead Prints Rauschenberg Memorabilia SeaShells Tiny Italian Mosaics Chinese Snoofs Taxco Mexican Southwester & Peruvian OLDER 925 Sterling Silver Jewelry Earrings Rings Bracelets Necklaces Vast array ONE OF A KIND unqiuties! Sanibel Consignments 2431 Periwinkle Way 472-5222, www.sanibelauktion.com
*RS 12/14 CC TFN

FICTITIOUS NAME

FICTITIOUS NAME

FICTITIOUS NAME NOTICE IS HEREBY GIVEN that the undersigned, desiring to engage in business under The fictitious name of Sanibel Health Club, located in Lee County, Florida, with an address of 975 Rabbit Road, Unit 1, Sanibel, Florida 33957 has registered said name with The Division of Corporations of the Department of State, Tallahassee, Florida. Dated the 13th day of December, 2012. Sanibel-Captiva Health Club, LLC.
*NS 12/21 CC 12/21



GARAGE • MOVING • YARD SALES

GARAGE/YARD SALES
Fri. & Sat. Dec. 21-22, 8am to 3 pm. 1290 Sandcastle Road, Sanibel. Many Unique items!
*NS 12/21 CC 12/21

YARD SALE
Sat. Dec. 22, 9-3 3009 Singing Wind Drive Sanibel
*NS 12/21 CC 12/21

Kawai Grand Piano
Model KG2 PE
Serial #: 1916294
Production Year: 1989
Length: 5'10"
Finish: Gloss Ebony
Bench: Included

Interested parties please contact Bruce at **239.472.5555**

Also for sale:
Home Decor Items
Art, Sculpture, Furniture

\$8,500 Asking Price

★ ★ ★ Read us online at islandnews.com ★ ★ ★

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

Pets Of The Week

Hello, my name is Athena and I am a 2-year-old spayed female black Labrador Retriever mix. I'm a joyful, tail-wagging girl. If you are looking for a good family pet, I'm the one for you. Whether we take long walks or go to the beach (Dog Beach would be ideal), I'll be your best buddy!



Athena ID# 532351

photos by squaredogphoto.com

My adoption fee is \$38 (regularly \$75) during Animal Services' Home 4 The Holidays Adoption Promotion.

Hello, my name is Sax and I'm a 4-year-old neutered male domestic short hair. I may look like your average orange tabby, but I have one of the best personalities of all the cats at the shelter. Animal Services was awarded custody of me because I didn't come from a very good home. My Christmas wish is that a nice family would give me the home I've always wanted where I'll be safe and loved. I will be happy playing with your other pets or just showering you with all my attention.



Sax ID# 419018

My adoption fee is \$10 (regularly \$50) during Animal Services' Home 4 The Holidays Adoption Promotion.

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. The shelter is located at 5600 Banner Drive in Fort Myers, next to the Lee County Sheriff's Office off Six Mile Cypress Parkway.

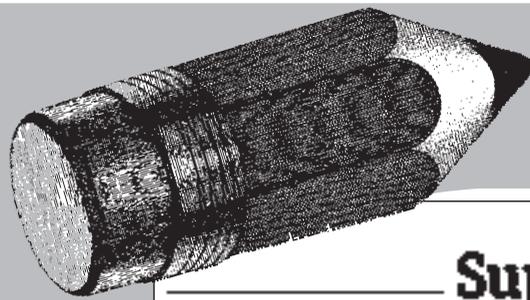
All adoptions include spay/neuter surgery, age-appropriate vaccinations, rabies vaccination and county license if three months or older, flea treatment, worming, heartworm test for dogs six months and over, feline AIDS and leukemia test for cats, training DVD, 10-day health guarantee and a bag of Science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

The adoption package is valued at \$500.*



- 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
- Post Office..... 1-800-275-8777
- Visitor & Convention Bureau.....338-3500
- ARTS**
- Alliance for the Arts.....939-2787
- Art of the Olympians Museum & Gallery.....332-5055
- Arts For ACT Gallery & Studio.....337-5050
- Art League Of Fort Myers.....275-3970
- Barbara B. Mann Performing Arts Hall.....481-4849
- BIG ARTS.....395-0900
- Broadway Palm Dinner Theatre.....278-4422
- Cultural Park Theatre.....772-5862
- Edison Festival of Light.....334-2999
- Florida Repertory Theatre at the Arcade.....332-4488
- Florida West Arts.....948-4427
- Fort Myers Symphonic Mastersingers.....472-0168
- Gulf Coast Symphony.....489-1800
- Harmony Chorus, Charles Sutter, Pres.....481-8059
- Naples Philharmonic.....239-597-1111
- The Schoolhouse Theater.....472-6862
- S.W. Florida Symphony.....418-0996
- Theatre Conspiracy.....936-3239
- Young Artists Awards.....574-9321
- CLUBS & ORGANIZATIONS**
- Angel Flight.....1-877-4AN-ANGEL
- Animal Refuge Center.....731-3535
- American Business Women Association.....357-6755
- Audubon of SWFL.....339-8046
- Audubon Society.....472-3156
- Caloosahatchee Chapter DAR.....482-1366
- Caloosahatchee Folk Society.....321-4620
- Cape Chorale Barbershop Chorus.....1-855-425-3631
- Cape Coral Stamp Club.....542-9153
- duPont Company Retirees.....454-1083
- Edison Porcelain Artists.....415-2484
- 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 Employees.....482-6713
- Navy Seabees Veterans of America.....731-1901
- Paradise Iowa Club of SWFL.....667-1354
- Sons of Confederate Veterans.....332-2408
- Southwest Florida Fencing Academy.....939-1338
- Southwest Florida Music Association.....561-2118
- Kiwanis Clubs:**
- Fort Myers Beach.....765-4254 or 454-8090
- Fort Myers Edison.....694-1056
- Fort Myers South.....691-1405
- Gateway to the Islands.....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



BEACH CHAIR PASTIME

Answers on page 34

Super Crossword

GETTING EFF-ENDED

- ACROSS**
- 1 Disposed
 - 9 Spinach recipes
 - 16 Little hearts
 - 20 Spoken best
 - 21 Stalest
 - 22 Breadstuffs
 - 23 The Watergate Man
 - 25 Dishwashing
 - 26 Apparent
 - 27 Heroin
 - 28 Musical school study
 - 29 Unkissed
 - 30 Sam
 - 34 Field of light technology
 - 40 King in Nio
 - 41 J.S. multiparts suite
 - 42 Tied to the prodigal son
 - 45 Goodmen
 - 49 Bunch of s
 - 52 Latin letters
 - 53 The charged
 - 55 Online
 - 57 Hacker's
- DOWN**
- 2 Diner
 - 3 Mashed
 - 4 Aardvark
 - 5 Have to
 - 6 Tree letters
 - 7 La Hoo
 - 8 Fanny
 - 9 Toss
 - 10 More pale
 - 11 Summit
 - 12 Widespread
 - 13 Shrimp
 - 14 Take out
 - 15 This through
 - 16 Fosse
 - 17 Wallpaper
 - 18 Praline
 - 19 Walking
 - 24 "The
 - 29 Tiring
 - 31 "The
 - 32 C.I. — P.C.
 - 33 W.H. "The
 - 34 Way
 - 35 "The
 - 36 Take —
 - 37 Alternate
 - 38 Casey
 - 39 August
 - 43 "The
 - 44 Adversary
 - 46 "The
 - 47 County
 - 48 National
 - 50 Measles
 - 51 Black
 - 52 Blatant
 - 54 Gaping
 - 56 Bungle
 - 58 Dis-
 - 59 "The
 - 60 "The
 - 61 Address
 - 64 F.T.
 - 65 Captain
 - 68 Ant-
 - 69 Dig-
 - 70 "The
 - 71 Game
 - 73 Lightning
 - 74 James
 - 75 Cyber-
 - 78 (The
 - 81 Cando
 - 84 P.C.
 - 85 Playboy
 - 88 "The
 - 89 Ad-
 - 90 Denis
 - 92 Koolhaas
 - 94 Gwyneth
 - 95 Spa
 - 98 Thanks
 - 99 "The
 - 101 S-
 - 102 Rubber
 - 104 Grand
 - 105 Ascribed
 - 108 Actor
 - 109 Raging
 - 110 "The
 - 111 Reeves
 - 112 "The
 - 113 Silver
 - 114 Tending
 - 118 "The
 - 119 A.D.
 - 120 "The
 - 121 "The
 - 122 Local
 - 123 "Assuming
 - 126 Pink
 - 127 Fresh
 - 128 "The

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King Crossword

ACROSS

- 1 Soft, moody
- 2 Swabian
- 6 Confrontation
- 7 Acrylic
- 13 Apple
- 14 Output
- 15 Inadequate
- 16 Support
- 18 Jean of Arc
- 20 Sanderling
- 21 Cantata
- 23 The Cox
- 24 "The
- 26 Soda
- 31 Organist
- 32 "Down
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MAGIC MAZE • LET THEM EAT CAKE

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

- Angel food
- Chocolate
- Fruitcake
- Sponge
- Boston Cream
- Cupcake
- Fennel
- Teacake
- Bundt
- Devil's food
- Pancake
- Upside-down
- Chiffon
- Flapcake
- Pound

Fun, Music & Delicious Delights... Otter Style!



Award winning RC Otter's Island Eats is a place for the whole family! Serving the finest seafood dishes, voodoo steak and chops, creative pasta, and the largest vegetarian and kid's menu anywhere.

Over 100 menu items. Happy hour daily. Take-out available. Call-ahead seating available.

Play the ring game and listen to the island sounds of our talented local musicians.

You ought to eat at Otter's!

MONDAY - SUNDAY, 8am - 10pm



Located in the Heart of Old Captiva Village
11508 Andy Rosse Lane, Captiva Island, FL 33924
(239) 395-1142



Come and find out why Sunshine Seafood Café & Wine Bar of Captiva was voted 1st Place in Gulfshore Life Magazine as Best Kept Secret. This casual and lovely café specializes in fine dining with a very respectable wine list. You have your choice of dining inside or outdoors

Reservations are suggested and children are welcome.

Open Daily, 11:30am - 9:00pm



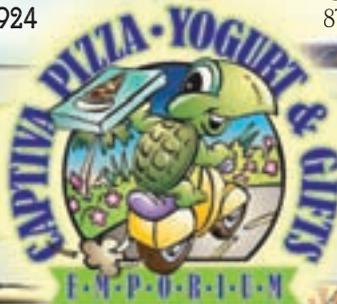
Sunshine Seafood
CAFÉ AND WINE BAR

14900 Captiva Drive, Captiva Island 239.472.6200

or Visit our Sister Restaurant

Sunshine Grille Wood Fired Steaks & Seafood
8700 Gladiolus Drive at Winkler, Fort Myers 239.489.2233

**Fresh gourmet pizza
salads special treats delectable
yogurts and fun gifts**



**11513 Andy Rosse Lane,
Captiva Island, FL 33924
239.395.0823**

An Island paradise atmosphere for every special occasion.



Aside from offering an eclectic, innovative and contemporary menu, the Keylime Bistro boasts a less formal ambience with an uncompromising level of cuisine.

Voted Best Island Dining by the News Press Readers Poll, First Place at the Junior League's 2002 Taste of the Town, First Place People's Choice at the Chef's Auction, the Bistro continues to be a popular destination.

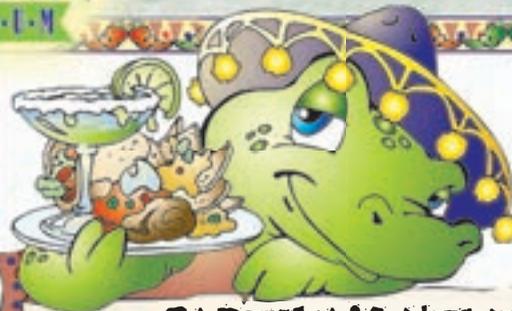
We feature live music daily during lunch and dinner with a Sunday Jazz Brunch.

**Monday - Sunday
8:00am - 10pm**

Breakfast, Lunch, Dinner & Sunday Jazz Brunch
Late night bar

239.395.4000

11509 Andy Rosse Lane, Captiva Island



CAPTIVA'S NEWEST RESTAURANT IS NOW OPEN!

**Lunch and Dinner
Seven Days a Week
11:30am - 10:00pm**

Enjoy unique and spicy atmosphere while savoring the fine Mexican and Southwestern cuisine. To complement the evening choose from an array of imported and domestic beers and wines, not to mention refreshing margaritas. Dine inside or out. Take out available for those on the run.



14970 Captiva Drive, Captiva Island • 239-472-0248