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THE RIVER WEEKLY NEWS

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Vol. 12, No. 50

From the Beaches to the River District downtown Fort Myers

DECEMBER 20, 2013



American bald eagle

Southwest Florida Eagle Cam Prepares For Holiday Hatchlings

The Southwest Florida Eagle Cam (SWFEC) announced that the area's most beloved pair of bald eagles are expecting. Harriet's two eggs, laid November 17 and November 20, are in the homestretch of the average 35-day incubation period.

The veteran eagle parents, Harriet and Ozzie, have diligently taken turns incubating their young by maintaining the necessary 105 degrees F temperature the embryos need for proper development. Harriet and Ozzie will continue to nurture their eggs until a few days before Christmas when the eggs are expected to hatch.

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Wolanin Films Music Video At Christmas Movie Landmark

by Jeff Lysiak

When singer/songwriter Whitney Wolanin, long-time resident of Sanibel Island and a Billboard chart-making musician, was trying to come up with ideas for the music video to accompany her holiday single *Run, Run Rudolph*, the notion of filming it at one of the most memorable movie locations actually happened by accident.

"I was in Cleveland, attending an Indians game, and I thought about visiting the house where they filmed *A Christmas Story*, because I heard that they had restored it," recalled Vince Wolanin, Whitney's father.

"Then, after I came back to the island, I

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For the filming of Whitney Wolanin's music video *Run, Run Rudolph*, members of her family - including father Vince, mother Illona, sister Victoria and future brother-in-law Michael - portray characters from the movie *A Christmas Story*. Whitney, dressed in the pink bunny suit, portrays Ralphie.

River District Saturday Art Fair



Fork elephant on a cord necklace

The sidewalks of First Street will be full of art and craft vendors on Saturday, December 21 from 11 a.m. to 5 p.m. More than 35 local art vendors that are selling their original art, jewelry, photography, stained glass, fused glass, upcycled art, pottery and blown



Sandhill Crane by Michelle Rothacker

glass in downtown Fort Myers. Visit the galleries, shops and the Saturday Art Fair at a slower and less crowded pace. Pick up some last minute gifts for the holiday season and stop for lunch at one of the quaint downtown restaurants.

The Saturday Art Fair is held on the sidewalks of First Street in the Fort Myers River District. The fair is the third Saturday of each month. Support the local

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Trail host station at Six Mile Cypress Slough Preserve

New Guided Walk Procedures At Six Mile Cypress Slough Preserve

Visitors planning to join the daily and twice daily guided walks at the Six Mile Cypress Slough Preserve will need to arrive early. To enhance the visitors' experience, procedures are in effect that will limit the guided walks to the first 20 people to check in, first come, first served (no groups of six or more).

In December, guided walks are offered daily at 9:30 a.m. January through March,

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Historic Downtown Fort Myers, Then And Now:

JF Prince Electric Shop, Christmas 1914



by Gerri Reaves, PhD

In 1914, if you were stumped for a Christmas gift idea, a flashlight from JF Prince Electric Shop on Main Street might be just the thing.

The diminutive shop across from the entrance to Patio de Leon had a rather enticing holiday display that year.

It included not only standard holiday items such as a Santa Claus, garland, a string of lights, tiny tinsel Christmas trees, and artful posters, but a variety of Eveready flashlights too.

Today a flashlight couldn't be more commonplace, but 99 years ago, it was a pretty amazing thing.

The electric hand torch, as it was called originally, had been invented only about 20 years before this historic photo was taken.

The first patent for the new-fangled invention was in 1898, the same year that downtown Fort Myers got its first public electric lights – on New Year's Day. The Eveready Battery Company was organized eight years later.

By the 19-teens the tungsten filament bulb made the flashlight reliable. Ads of the time touted it as a “personal” light “controlled instantly by finger pressure” and unaffected by wind and weather, according to the Eveready website.

It was “the light everyone needs,” read ads like the ones in Prince’s shop window.



The tiny shop was located on the south side of Main Street, across from the Patio de Leon entrance. Today the site is part of a city parking lot. In the left background are the Richards and Robb & Stucky Buildings on Hendry Street.

photo by Gerri Reaves



At Christmastime 1914, JF Prince’s Electric Shop advertised one of the hottest new items, the reliable personal Eveready flashlight. Within the shop, rocking chairs and a counter-top electric fan welcome shoppers.

courtesy of the Southwest Florida Museum of History

As the posters indicate, flashlights were specifically marketed to women, presumably as an item ensuring personal safety and independence.

One can't help but wonder how flashlight sales went that holiday season.

In any case, the cozy shop pictured here was destroyed by fire several years after this photo was taken.

This was at least the third location where Prince had set up business since coming to Fort Myers in 1909. After the fire, he simply established a shop at a new location.

He had been in the electric business for 24 years when he died in 1933.

Walk down to Main Street and imagine it's Christmastime 1914. Prince's Electric Shop beckons with that perfect last-minute gift: the wondrous “personal” flashlight.

Then walk a few blocks to the Southwest Florida Museum of History at 2031 Jackson Street to see exhibits about the business district of the early twentieth century.

For information, call 321-7430 or go to museumofhistory.org. Hours are 10 a.m. to 5 p.m., Tuesday through Saturday.

For more adventures in local history, visit the Southwest Florida Historical Society's research center, where you can learn more about the many business that have built historic downtown.

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: The archives of the Southwest Florida Historical Society, *The Story of Fort Myers* by Karl H. Grismer, eveready.com, and rootsweb.com.*



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Graphic Arts/Production

Ann Ziehl
Sarah Crooks
Kristy See

Photographer

Michael Heider

Writers

Gerri Reaves, Ph D
Anne Mitchell
Jeff Lysiak

Contributing Writers

Jennifer Basey	Shelley Greggs
Kimberley Berisford	Tom Hall
Suzy Cohen	Dr. Dave Hepburn
Justen Dobbs	Audrey Krienen
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Fort Myers Public Art

Davis Art Center Building Turns 80



by Tom Hall

The stately neoclassic revival building that serves as home today to the Sidney & Berne Davis Art Center celebrated its 80th anniversary last week. The former Whitehurst Federal

Building was dedicated on December 9, 1933.

The building stands on the most historic site in town. The historical marker on the northeast corner of Jackson and First says that before Ponce de Leon ever landed in Florida, the site served as a Calusa Indian settlement. In 1841, the spot was chosen by Captain H. McKavitt for the location of Fort Harvie, an outpost built in Indian territory during the Second Seminole War. When Fort Harvie was replaced in 1850 by Fort Myers, it became the site of the commanding officer's quarters.

If legend is correct, that's where Fort Myers' first daughter was born – to Captain and Mrs. Winfield Scott Hancock. After the fort was abandoned in June 1965, Manuel A. Gonzalez made the commanding officer's quarters home for he, his wife Evalina and their eight children. The home was subsequently remodeled and occupied by the families of Louis Lanier, James E. Hendry, Sr. and R.I.O Travers before being purchased by Harvie Heitman.

The Gonzalez-Lanier-Hendry-Travers-Heitman home was moved to the back of the lot around 1926 to make room for a 10-story, 250-room hotel. But the estate of Harvie Heitman abandoned plans to build the mammoth hotel when the "Big Boom" abruptly ended that fall, and the site was subsequently purchased by the federal government as the location for its new post office.

Although some sources state that the post office was a WPA project, the building's design and erection actually pre-date the WPA. There are conflicting reports about how Fort Myers got such an incredibly beautiful post office.

Historian Karl H. Grismer wrote

in 1948 that the project was secured largely through the efforts of B.C. Foxworthy, who had been active for years in Republican politics. During the Hoover administration, he bombarded Washington with requests for a post office in Fort Myers until Congress finally gave in and approved the necessary appropriation. But Berne Davis, among others, believes that Thomas Edison played a role. He invited President Hoover to Fort Myers in 1929 to help him celebrate his 82nd birthday, and after Hoover returned from Edison's party at the Pleasure Palace, Congress suddenly found the money needed to build the new post office.

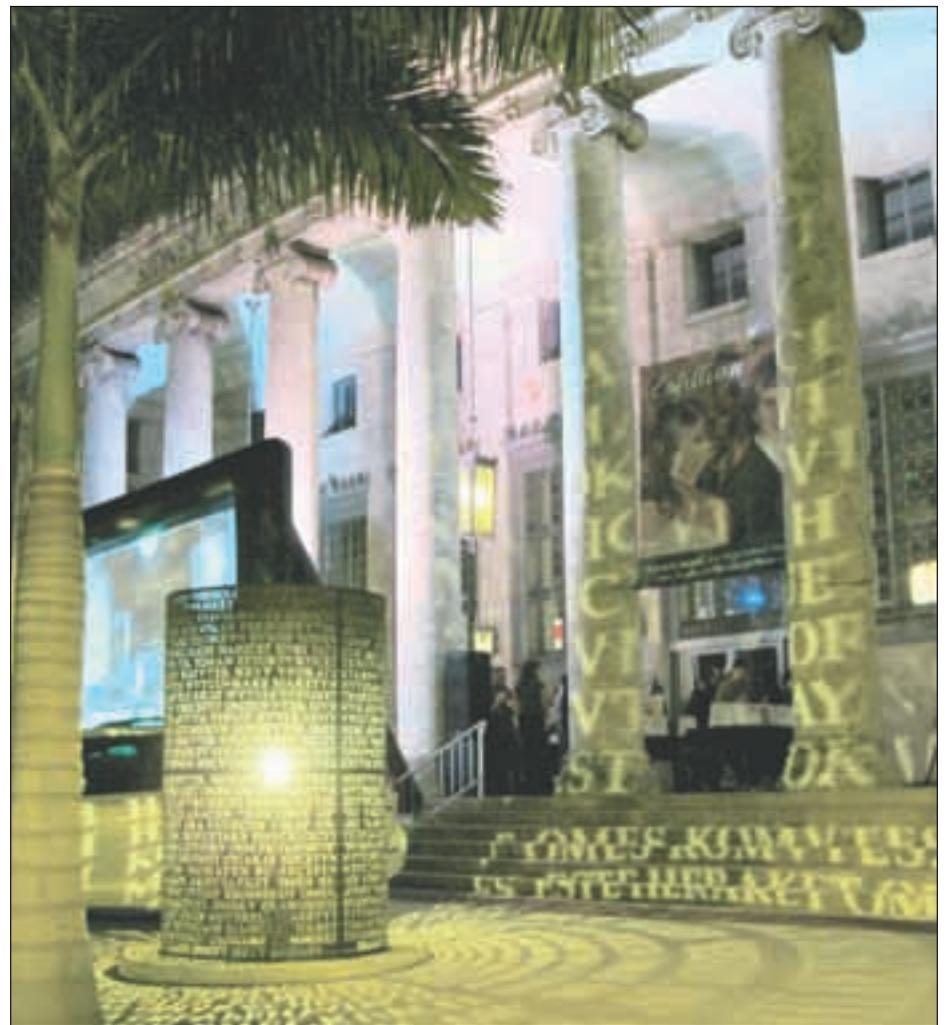
In any case, the federal government commissioned prominent Florida architect Nat Gaillard Walker to design the facility. Walker was a fan of neoclassical architecture. He especially admired 19th Century British architect Sir John Sloan and Thomas Jefferson, who took time away from his duties as our third president to design not only his neoclassical residence at Monticello, but the trademark columns and south portico of the White House.

By the 1920s, the elegant, if not flamboyant, architecture of Sloan and Jefferson had been replaced by the spare, functional style of Frank Lloyd Wright and the German Bauhaus. Both roundly rejected the use of embellishments like columns, false mouldings, scrolls and pilasters. But when their new post office was completed in 1933, Fort Myers residents were delighted to find that were recipients of the first neoclassical revival structure in the country.

Civic pride was buoyed four years later when Walker's design was borrowed by John Russell Pope for the most famous example of neoclassic revival architecture in the world, the Jefferson Memorial.

The building is unique for its use of Florida Key Limestone (also known as Key West coquina rock), which is now protected. Coral formations and a variety of seashells can still be seen embedded in the building's walls and Ionic columns. It was constructed as an outdoor post office with 24-hour access and completed at a cost of \$200,000 (or \$3.5 million in today's money). It was said at the time to be "the most attractive post office in a city of this size in America."

continued on page 4



Caloosahatchee Manuscripts, by sculptor Jim Sanborn, illuminates the entrance of the Sidney & Berne Davis Art Center. The building was dedicated on December 9, 1933.



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Davis Art Center

The post office actually opened on October 30, 1933. Sidney Ellison purchased the first stamp. Ella Biglow mailed the first letter. Interestingly, the architect who designed the neoclassic revival edifice became the building's postmaster 10 days later.

The federal government built a new post office on Monroe Street in 1965 and the building was converted into a federal courthouse upon its completion in 1967. In the process, many of the unique architectural features that Nat Gaillard Walker had included in the interior were covered over or removed in an effort to provide the building with central cooling and heating. And when the federal judiciary also moved to another location in 1998, Restored Ceiling – the people in charge of the building – turned off the power and locked the doors. Water found its way inside and dripped down the walls. Woodwork split. Plaster fell. Drop ceilings sagged. Mold grew unchecked in the non-ventilated interior. And Nat Gaillard Walker's stately building fell into seemingly hopeless disrepair.

The City of Fort Myers purchased the building in 2000 from the federal government for \$186,000 (\$14,000

less than what the building cost in 1933) and leased it in late 2003 for 99 years to Florida Arts, Inc. with a mandate that Florida Arts restore the building and convert it into a cultural arts center. "When the federal courthouse building became available, it just said 'art center' all over it," recalled SBDAC Chairman and CEO Jim Griffith. "I paid the rent for the entire 99-year term in advance."

With a big assist from Berne Davis, who donated \$1 million in 2007 in exchange for the building's naming rights, Jim Griffith has so far raised nearly \$5 million and has completed the renovations on the ground floor of the 23,000 square foot structure. When he's done, the building will have an elevator, second floor studios and classrooms and a rooftop sculpture garden. Of course, Griffith and Florida Arts have lots of work left to do before that's accomplished, including bringing electrical, plumbing and fire safety systems in the building up to code without compromising the historical integrity of the building's exterior.

The historic restoration and adaptive reuse of the structure has not only been funded by private individuals and corporate sponsors, but through grants from the Division of Historical Resources, Department of Cultural Affairs, and City of Fort Myers. When done, the Art

Center will be one of the largest multi-disciplinary cultural arts facilities in southwest Florida.

Happy 80th, post office turned federal courthouse turned arts and cultural center. You look mahvalous, darling!

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.trueetours.net.

Calendar Girls To Perform At Library Grand Opening



The Calendar Girls surrounded by kids during a recent performance

The Calendar Girls will perform at the grand opening of the Fort Myers Regional Library at noon on Saturday, January 11. The library is located at 2450 First Street in Fort Myers.

For more information on The Calendar Girls and to see their performance calendar, visit www.calendargirlsflorida.com.

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Solid Waste Christmas And New Year's Day Collection Schedules

The City of Fort Myers Solid Waste Division will observe the Christmas holiday on Wednesday, December 25 and the New Year's Day holiday on Wednesday, January 1. The solid waste and utility billing offices will be closed on both days and there will be no garbage collection for both days.

Residential collection will remain as regularly scheduled.

All commercial collection will be running one day behind both scheduled holidays, and will resume as normal on both Mondays. The regular scheduled collection will resume on Monday, January 6.

Disposal of Christmas trees will be available from December 26 up to and including January 31. Please remove all tree stands and decorations.

Flocked trees can also be recycled. Christmas paper is also a recyclable material and may be placed in your recycling container. Plastic ribbons and bows are not recyclable and must be disposed of in your regular trash receptacle.

If you have any questions concerning your collection during the holidays, call the City of Fort Myers Solid Waste Division at 321-8100.

Email your editorial copy to:

press@riverweekly.com



The Burroughs Home, located in the Fort Myers River District

Tour Guides Needed At Burroughs Home

Are you a history buff? Would you like to share your knowledge about Fort Myers? The Burroughs Home, located in the River District at 2505 First Street, is looking for tour guides. The Burroughs Home is managed by the Uncommon Friends Foundation.

The Georgian Revival home is open for one-hour tours on weekdays. Volunteers are needed to guide tourists through the home and gardens. Openings are available for both permanent positions and substitutes. Tour guides are provided with a thorough docent manual. Both permanent and seasonal residents are invited to become guides.

Additional volunteer opportunities are available at the Burroughs Home. They

include clerical work, special events and tasks behind the scenes. Individuals with all kinds of interests are welcome, especially those who enjoy meeting new people and with an interest in history and historic preservation.

Call Arlene Roth at 337-9505 or Healy Yoa at 337-0706 for more information about becoming a volunteer.*



Becky Sandbek and friends offer a variety of jewelry for sale

From page 1

Saturday Art Fair

artists and buy hand-made.

Organizers welcome new artists to join the fair. Contact Claudia at cgoode@actabuse.com or call Arts for ACT Gallery at 337-5050 to reserve your spot.*

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Republican Women To Meet

Lee Republican Women Federated's next luncheon meeting will be on Monday, January 13 from 11:15 a.m. to 1:15 p.m.

Social time is from 11:15 to 11:45 and lunch will be served from noon to 12:30 p.m., followed by the speaker, Carmen Rey-Gomez, director of the Hispanic Institute at Hodges University.

The meeting is at the Hilton Garden Inn, 12601 University Drive, Fort Myers. Cost is \$18 all inclusive.

For reservations call Mary Ann at 432-9389 or email cindyignelli222@gmail.com.*

Lake Kennedy To Put On A Show

Lake Kennedy Senior Center in Cape Coral will present its own show on January 22 at 2 p.m.

Performances, by the members, will include stand-up comedy throughout the show by Betty Dentzau followed by a variety of performances including the Turner Talents Hula Dancers, Betty Dentzau's Dance and Acting Team, Aida Pineda's Line Dancers, the Turner Tappers, Jeanne Esposito's Ballroom Dancers, Tap Dancing with Anita, The Heart & Soles Dance Team, the Sounds of Lake Kennedy, Square Dancing with Wes Morris.

Assorted hors d'oeuvres courtesy of Amber with All Pro Home Health, will be served, and there will be raffle prizes courtesy of Mark Combs with ADT.

Preregistration is required. Tickets are \$7. Contact the center 574-0575.

The center is at 400 Santa Barbara Boulevard, Cape Coral.*

'Ding' Darling Trip

The Kennedy Cruisers are off to commune with nature at the "Ding" Darling Wildlife Refuge on January 29. The trip includes an hour and a half tram tour of one of the largest undeveloped mangrove ecosystems in the United States along with its spectacular migratory bird population.

JN "Ding" Darling is one of over 550 refuges in the national wildlife refuge system administered by the U.S. Fish & Wildlife Service. Lunch will be at Doc Fords. Preregistration is required. Contact Lake Kennedy Center at 574-0575.

Cost is \$43 for members, \$48 for non-members.*

Miss Cape Coral Pageant

The 6th annual Miss Cape Coral Pageant will be held on Thursday, January 16 and is open to contestants of all ages, from babies through Mrs. divisions.

The pageant will be held during the St. Andrew Festival in Cape Coral. No experience is necessary and no talent is required. However, there will be an optional talent division.

The current Mrs. Cape Coral, Michaela Poole, won the title of Mrs. Florida American Beauty at the state pageant in November. She will be an emcee at the event.

For more information or to receive an entry form, contact the pageant offices

of Envy Pageant Productions Inc., Suzi Hosfeld, at 822-4661.

There will be prizes, crowns and banners for contestants.*

Greeters Club January Lunch

The Greeters Club will be welcoming the New Year at its first luncheon of 2014, on Thursday, January 16, with song and dance provided by the Calendar Girls, who strive to be role models for women of all ages, showing that age is a state of mind not a number. The group has supported Paws for Patriots since 2006, a program that provides guide dogs to armed forces veterans.

Lunch is \$20. To make a reservation or find out about membership, email greetersclub@gmail.com with your name, email address and phone number.

The luncheons are held on the third Thursday of the month at 11:30 a.m. at the Colonial Country Club, 9181 Independence Way, Fort Myers.*

Lee Republican Women's Club

The Lee Republican Women's Club (Chartered) will hold its monthly meeting on Tuesday, January 14, at the Crowne Plaza Holiday Inn, 13051 Bell Tower Drive, Fort. Myers.

Social hour begins at 11:30 a.m. and the lunch and program start at noon. Featured speaker is Lee County Commissioner Brian Hamman.

The public and guests are welcome to

attend. The cost of the lunch is \$18. For reservations, call 573-6913.*

New Year's Eve At Cape Harbour

Cape Harbour will host its 8th annual New Year's Party on Tuesday, December 31 featuring a gala midnight fireworks display and ball drop from high above the promenade overlooking the marina.

The 170-foot ball drop from atop the Marina South condominium complex has become a popular tradition and is one of the most anticipated celebrations in the city. Each year the ball is enhanced with new technology and more brilliance.

The event is being hosted by Rumrunners, The Joint and Realmart Development. Soapy Tuna will be performing at The Joint at 8 p.m..

Restaurants and stores at Cape Harbour will be open for business.

Banana Bay Tour Company will make its year end sunset cruise, a two-hour cruise beginning one hour before sunset, dockside at Rumrunners.

For more information go to www.capeharbour.com and click on "Events."*

Kennedy Cruisers

The Kennedy Cruisers are off to Zoo Miami, rated one of the top 10 zoos in the United States by Tripadvisor.com and by *Travel and Leisure Magazine*.

Zoo Miami houses more than 2,000 wild animals in an environment that closely approximates the animals' natural habitat and gives observers the feeling of embarking on an international safari or delving into the Amazon rain forests.

The bus leaves at 8 a.m. on January 17 and returns at about 6:30 p.m.

Presented by the Lake Kennedy Center, cost is \$50 per member and \$55 per non-member. Lunch will be a Dutch treat. Preregistration is required.

To sign up or for more information, contact the center at 574-0575.*

Continental Women's Club

The next meeting of Continental Women's Club is Thursday, January 2 at Colonial Country Club in Fort Myers.

The program will be about the experience of writing memoirs. Di Saggau will discuss the process and share a few memoirs she has written that are guaranteed to bring some laughs as well as trips down memory lane.

If you are interested in joining other women in various group activities, both social and philanthropic, consider joining the Continental Women's Club. Numerous activities are offered including lunch bunch, dining out, bridge and book club. Luncheon meetings are held the first Thursday of every month at 11:30 a.m.

For additional information about becoming a member, call Margie Connor at 561-8973.*

HORTOONS





Exterior of the filming location of *A Christmas Story*, complete with the famous leg lamp in the front picture window

From page 1

Wolanin Music Video

was working out at the Sanibel Rec Center when the thought occurred to me, "Could we shoot the video at the house?"

After rejecting more than 100 ideas for the video, it seemed that "the old man" had come up with the perfect suggestion, one that's worthy of – pardon the pun – a "major award."

The parody music film for *Run, Run Rudolph* was shot on location at the iconic landmark, located at 3159 West 11th Street in Cleveland, Ohio. According to the 23-year-old recording artist, she was thrilled by the opportunity to film her music video in the same house where *A Christmas Story* was shot three decades ago.

"It was so cool," said Wolanin, speaking at The Sanibel School following her mini-concert on November 26. "I watch that movie every year... I must've seen it 50 times in my life. It was a really amazing experience, probably the highlight of my year."

Wolanin also said that it was her idea to include members of her own family – father Vince, mother Illona, sister Victoria and future brother-in-law Michael – to portray characters from the movie *A Christmas Story*, as well as a costumed Rudolph the Red-Nosed Reindeer, in the video.

"I told them about it at the last minute, so there wouldn't be enough time to hire any actors," she added with a playful laugh. As for portraying a 9-year-old boy in the video, Whitney added, "It was a little weird but a lot of fun. I love acting,

and I just love the Ralphie character."

The three-minute music video for *Run, Run Rudolph* includes recreations of several of the original film's most memorable scenes, including a very messy dinner at the Parker's kitchen table, delivery of the mysterious major award crate marked "FRAGILE," stuffing Randy into his winter coat whose arms won't stay down, ripping open presents on Christmas morning and, of course, Ralphie trying out his new Red Ryder 200-shot carbine action air rifle.

Vince noted that because the plot of the original film was so familiar to everyone, no rehearsal was needed. In fact, the video was shot in mid-October with a cast and crew of only seven people in less than 10 hours.

"Nobody could even believe that we did what we did," he added. "We also rented a snow machine. It was 92 degrees out and pouring rain when we filmed it."

The most memorable scene, at least for Whitney, was watching her sister "go for it" when eating a plate full of meatloaf and mashed potatoes. However, being able to recreate perhaps the most talked-about moment in holiday movie history – when Ralphie comes down the stairs dressed in a pink bunny suit – was one of Wolanin's favorites.

And she is looking forward to a cold winter evening when she can wear the costume again.

"It's really comfy," said Wolanin. "And I'm not gonna lie, I'm probably gonna wear it around the house a little bit."

To view Whitney Wolanin's music video for *Run, Run Rudolph*, visit www.youtube.com/embed/cAeL67vfM8Y. ✨



Whitney Wolanin, pictured with her parents Illona and Vince at The Sanibel School, where she performed a mini-concert on November 26
photo by Jeff Lysick

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Along The River



Family-owned and operated Ichiban is open Christmas Eve and Christmas Day. Pictured are Keny Chong, Marytez Tano and Meng Chong creating sushi art

For some people, their favorite thing to make for Christmas dinner is... reservations. There are numerous options to answer their collective call.

At **Bratta's Ristorante**, "wine, dine and relax" is the motto. The restaurant serves casual fine dining with classic seafood, steaks and pasta dishes at affordable prices. House specialties include the Taylor Street baked ziti, the Chicago favorite chicken vesuvio and blackened salmon salad.

Guests are entertained seven nights per week by talented local musicians. Happy hour is served 4 to 6:30 p.m. nightly, with half-price drinks on all brands to satisfy the customers that drink a certain selection.



Fresh banana cake with Foster sauce and dulce de leche gelato from Sanibel's Il Cielo

For early birds, choose from Bratta's Two For \$20 Menu from 4 to 5:30 p.m. daily, a time when diners may buy two entrées for \$20. After dinner, satisfy your pallet with the Grand Finale, a baby chocolate piano filled with homemade espresso sauvignon mousse, homemade cheesecakes or tiramisu enjoyed with Lemon Cello, espresso or cappuccino. Reservations are accepted for dinner and for parties of six or more.

Bratta's is open on Christmas Eve and closed on Christmas Day. Bratta's Ristorante is located on U.S. 41, south of College Parkway and across from Bell Tower. Call 433-4449 or go to www.brattaristorante.com.

Nervous Nellie's in Fort Myers Beach is neurotic about good food and drink. The casual restaurant with the fun-loving staff boasts a large selection of appetizers, fresh seafood, sandwiches and entrées. While relaxing on the deck, swing to the beats of live reggae, rock and island music from the area's premier musical talent.

Just upstairs from Nellie's is **Ugly's Waterside Bar**, the place where everyone gets prettier. Happy hour specials are served all day, every day at Ugly's. The bar also features live music nightly. On Christmas Eve, Lori Starr performs 1 to 5 p.m. followed by Just Jeff from 6 to 10 p.m. On Christmas Day, Mike Glean performs from 1 to 10 p.m. Go to Nellie's website for a complete schedule of live entertainment.

Whether you arrive by land or sea, parking for patrons of Nellie's and Ugly's is free. If you are traveling by boat, dockage is available at the its marina with dock attendant's assistance. The GPS coordinates are 26°27'23.41" N • 81°57'15.18" W.

Nervous Nellie's Crazy Waterfront Eatery is located at 1131 First Street at the historic Fort Myers Beach Seaport. Call 463-8077 or go to www.nervousnellies.net.

Prefer a non-traditional holiday celebration? Drop in at **Ichiban**, located in the historic River District, for great Chinese and Japanese cuisine. Ichiban is open all day Christmas Eve and 4 to 10 p.m. on Christmas Day.

The downtown hot spot has maintained a loyal following among River District diners for 10 years. Family-owned and operated, it offers friendly service, great lunch and dinner specials along with artfully crafted sushi rolls and sashimi, best enjoyed with hot sake or an ice-cold Kirin Ichiban beer.

Ichiban is located at 1520 Broadway, downtown Fort Myers, in the mosaic-tiled Post Office Arcade. Hours are Monday through Thursday from 11 a.m. to 10 p.m., Friday and Saturday from 11 a.m. to 11 p.m. and Sunday from noon to 9 p.m. Free delivery is available within the River District. For more information, call 334-6991 or go to www.ichiban-sushi-chinese.com.

Il Cielo on Sanibel features eclectic fare, and if you're in the mood for a more casual dining experience, your table awaits you in their **Cloud Nine Grille**.

Whether the kids are game for the best Kobe beef sliders ever, grandma is looking forward to a gourmet meal, dad's too tired to change out of his golf clothes, or mom could use a fancy cocktail, the restaurant's new casual dining grille puts your entire group on the same page.

Il Cielo now offers a three-course prix fixe menu from 5 to 6 p.m. The price is \$35 per person and includes one bottle of house wine per couple. Additionally, Executive Chef Neil Griffin has added several delicious options to the winter menu, including pan-seared black grouper with sweet chile garlic butter and his famous warm spice-roasted lamb ribs with apple mint chutney.

For a tasteful holiday, gift cards are available in any amount and offered indefinitely. They are perfect for a holiday or birthday gift, or special way to say "thank you" to a loved one. All menus are available in the fine dining area, the more casual Cloud Nine Grille or outdoors on the veranda.

Il Cielo is located at 1244 Periwinkle Way, Sanibel. It is open Tuesday through Saturday. Call 472-5555 or go to www.ilcielosanibel.com.✪

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BRATTA'S RISTORANTE

Bratta's serves fresh, made-to-order food in an inviting atmosphere featuring live music nightly.

The two for \$20 menu is served all day Sunday to Thursday. Happy Hour is daily from 4 to 6:30 p.m. with drink and appetizer specials. Filet Napoleon, Taylor Street baked ziti and fresh bruschetta are a few favorites on the restaurant's daily menu. Lobster tail and Chilean sea bass is served on the weekends.

Bratta's is open Christmas Eve and closed Christmas Day.

12984 S. Cleveland Ave., Fort Myers. Call 433-4449.

DOC FORD'S RUM BAR & GRILLE

Doc Ford's Rum Bar & Grille is named for the Doc Ford character in local author Randy Wayne White's best-selling mystery novels.

It's a well known gathering place and tropical theme sports bar with indoor and outdoor patio seating. The combined menu offers all the lunch and dinner items from 11 a.m. until closing. It includes cedar plank salmon topped with a mango chipotle glaze or a marinated grilled chicken sandwich. The fish tacos are a local favorite and there's a well provisioned raw bar. Tropical drinks are a specialty, notably the signature rum drink, Island Mojito.

Doc Ford's is open Christmas Eve and closed Christmas Day.

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

ICHIBAN

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

Ichiban is open all day Christmas Eve and 4 to 10 p.m. on Christmas Day.

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

COURTNEY'S CONTINENTAL CUISINE

Courtney's is a family business run by Executive Chef Dale, his wife, Betty and their son, Courtney.

The warm and welcoming bar is great for lunch, libations and lots of laughter. Relax in comfort with friends and enjoy



Prefer something non-traditional for the holidays? Stop by Ichiban for Chinese and Japanese cuisine

discounted drinks and appetizers during happy hour, served 4 to 7 p.m. daily.

The dining room offers a wonderful dinner variety; if you're an early diner, be sure to check out the Sunset Dining Specials. "Eggsceptional" entrées highlight the restaurant's Sunday brunch from 10 a.m. to 2 p.m. Sunday dinner is served 4 to 8 p.m.

Courtney's is open Christmas Eve and noon to 5 p.m. on Christmas Day. Call for reservations.

20351 Summerlin Road, Units #111 and 112, Fort Myers. Call 466-4646.

MORGAN HOUSE

With casual dining and live music in a charming atmosphere, The Morgan House has been a Fort Myers institution since 1923.

Nightly Specials: Monday, \$20 prime rib and half-price select bottles of wine; Tuesday, \$6 Morgan House burger and half-off craft beer; Wednesday, half off appetizers and house wine; Thursday, \$4 martinis and half-off select shots; Friday, complimentary buffet upstairs with two drink minimum and half-off house wine and select domestic drafts; and Saturday, half-off select margaritas and tequila shots.

The Morgan House is closed December 24 through 26 for the holidays.

33 Patio De Leon, Fort Myers. Call 337-3377.

NERVOUS NELLIE'S CRAZY WATERFRONT EATERY

Nellie's offers the perfect backdrop for mixing business and pleasure at your office holiday party. Reserve space in air-conditioned comfort or outside on the expansive waterfront patio. Nellie's staff will magically satisfy everyone on your guest list with the very best food and drink without breaking the bank.

While relaxing on the deck, swing to the beats of live reggae, rock and island music from the area's premier musical talent. Just upstairs from Nellie's is Ugly's Waterside Bar, the place where everyone gets prettier, and happy hour is all day, every day.

Whether you arrive by land or sea, parking for patrons of Nellie's and Ugly's is free. The GPS coordinates are 26°27'23.41" N • 81°57'15.18" W.

Nervous Nellie's is open all day Christmas Eve and Christmas Day.

1131 First Street, Fort Myers Beach at the historic Fort Myers Beach Seaport. Call 463-8077.✪



The Calendar Girls performed at Shell Point's Kings Crown

photo by Bill Floyd

Calendar Girls Perform Christmas Extravaganza

It may be cold up north, but The Calendar Girls turned up the heat as they performed their Christmas Extravaganza: Peace, Love & Puppies for the residents of Kings Crown at Shell Point Retirement Community on December 14.

Since 2006, The Calendar Girls have been paying it forward through song and dance to raise money for guide dogs for veterans through the Paws For Patriots program. If you would like to add a little sizzle to your next event, contact Katherine at 850-6010 or visit www.calendargirlsflorida.com.✪

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Bank Of America Charitable Foundation Presents Grant To CCMI

John Clinger, senior vice president of wealth management at Merrill Lynch, Bank of America Corporation, and the Bank of America Charitable Foundation presented Community Cooperative Ministries, Inc. with a \$7,500 grant for the agency's efforts in fighting local hunger and homelessness.

In support of increasing access to fresh food and produce to low-income individuals and families, the grant will be used to purchase fresh food for CCMI's Meals On Wheels program, Everyday Cafés and Marketplaces and Mobile Pantries as well as the Bonita School Pantry.

"We are so appreciative for Bank of America's generosity and support in our local community," said Tracey Galloway, CEO of CCMI. "This grant will help us in providing the freshest food possible to our hungry residents, particularly during the busy holiday season."

CCMI is an innovative nonprofit 501(c)(3) organization made up of social service entrepreneurs fighting to end homelessness and hunger in our community. CCMI serves Fort Myers and the greater Lee County area, including Bonita Springs, Cape Coral and Lehigh Acres.

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

Share your community news with us.

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

2014 Jewish Film Festival Returns To Regal Cinema Bell Tower

The Jewish Federation of Lee & Charlotte Counties presents its much anticipated 2014 Jewish Film Festival from Thursday, January 16 through Tuesday, February 11. All films will be shown at 7:15 p.m. at Regal Cinema Bell Tower, located at 13499 Bell Tower Drive in Fort Myers. Festival subscriptions cost \$68 for eight of the films; individual film tickets cost \$10. An additional family film, for children ages 9 and older, is being shown on Sunday, January 26 at 10 a.m. Children are admitted free and adult tickets will cost \$5. Seating is open at all films. Tickets may be purchased online at www.jewishfederationlcc.org or by calling 481-4449 ext. 3.

The Jewish Film Festival of Southwest Florida is held annually in early winter and runs for four weeks. It offers a rare opportunity to view high caliber independent movies created by Jewish filmmakers, featuring Israeli or Jewish themes. The Jewish Film Festival of Southwest Florida historically plays to sold out audiences. Prior to the films being shown on Thursday, January 16 and Tuesday, February 11, pre-film cocktail hours will be held at Crü in the Bell Tower from 5:45 to 6:45 p.m., featuring light appetizers and a cash bar. The pre-film cocktail hours are hosted by the Jewish Federation of Lee & Charlotte Counties.

The show dates, film titles and descriptions are as follows:

Thursday, January 16 – *Hava Nagila: The Movie*

The history of the eponymous Jewish celebratory song *Hava Nagila* is explored in this documentary featuring interviews with an entire host of renowned celebrities and musicians, including Leonard Nimoy, Regina Spektor, Harry Belafonte and Glen Campbell. A ubiquitous tune, it is played at bar mitzvahs, weddings and virtually anywhere people are having a good time. Where does it come from, and what role does it play in illuminating Jewish history? Filmmakers Grossman and Kauffman seek the answers to those questions and more as interview subjects share vivid memories of the joyous song.

Tuesday, January 21 – *The Other Son*

As he prepares to join the Israeli army, Joseph discovers he is not his parents' biological son, but that he was inadvertently switched at birth with the son of a Palestinian family in the West Bank. The revelation turns the lives of these two families upside down, forcing them to reassess their respective identities, their values and their beliefs.

Thursday, January 23 – *The Price of Kings: Shimon Peres*

On Friday, May 14, 1948, Shimon Peres was with the first Prime Minister of Israel, David Ben-Gurion, as he declared Israeli independence. Watching the celebrations afterwards, Ben-Gurion turned to the young Peres, future Prime Minister and current President of Israel, and predicted the Middle East conflict that followed. Shimon Peres has quite literally spent a lifetime at the seat of power since that very day. The film reveals the price he paid for being a leader.

Tuesday, January 28 – *Dorfman In Love*

This film tells the story of a young single suburbanite unknowingly trapped in her

African American History In Florida

African American History in Florida is the topic of the League of Women Voters breakfast meeting on Saturday, January 4, at 9 a.m. at The Landings – Helm Dining Room, 4420 Flagship Drive, Fort Myers.

Dr. Martha Bireda executive director, Blanchard House Museum of African-American History & Culture in Punta Gorda, is the featured speaker. Dr. Bireda will present *Hidden History: The Role of Women in Changing the Outcome of the Civil War*. She will highlight African-American women in Florida and the role they played in the Civil War. She will address the belief system of women and how they acted upon their beliefs, and the courage and bravery it took.

Her 30 years of experience as an educator includes specialization in issues related to racial disparity in school discipline, poverty and achievement, cultural diversity, and empowerment. Dr. Bireda is the author of seven books related to a diversity of issues including inequality in education, cultural preservation, and personal empowerment.

Dr. Bireda presents on a variety of



Dr. Martha Bireda

topics including "untold and untaught history," social issues, personal empowerment, and one of her favorites, *Upstairs Downstairs Psychology*, which explores the world of *Downton Abbey*. Dr. Bireda has most recently been named by the United States Secretary of the Interior as a Florida representative to the Gullah Geechee Cultural Heritage Corridor Commission.

For reservations, call 278-1032 or e-mail lwwlee@yahoo.com by December 31. Cost is \$15. The public is welcome.✱

role as caretaker of her unappreciative family, who desperately needs to get her own life. When she volunteers to cat sit at her unrequited love's downtown L.A. loft, her world, as she knows it, changes forever. In several days, she meets another man who appreciates her and she not only transforms the mess of a loft but also transforms the mess of herself. Her journey of self-discovery leads to her find of true love.

Thursday, January 30 – *The Jewish Cardinal*

Jean-Marie Lustiger is the son of Polish-Jewish immigrants, who maintained his cultural identity as a Jew even after converting to Catholicism and later joining the priesthood. Quickly rising within the ranks of the Church, Lustiger was appointed Archbishop of Paris – and found a new platform to celebrate his dual identity as a Catholic Jew, earning him friends and enemies from either group. When Carmelite nuns settle down to build a convent within the walls of Auschwitz, Lustiger becomes a mediator between the two communities.

Tuesday, February 4 – *Arranged*

Two women whose people are often at odds find they're more alike than anyone expects. Rochel and Nasira are two women who have begun teaching at a public grade school in Brooklyn, New York. Rochel is an Orthodox Jew and Nasira is a Muslim of Pakistani descent, and the students and the administrators at the school are concerned there might be friction between the two teachers. Over the course of their first year of teaching, Rochel and Nasira discover they have far more in common than they imagined, including upcoming arranged marriages. They are trying to live within the traditions of their faith while struggling with their own feelings.

Thursday, February 6 – *Hannah Arendt*

The film centers on Arendt's response to the 1961 trial of ex-Nazi Adolf Eichmann, which she covered for *The New Yorker*. Her writing on the trial became controversial for its depiction of both Eichmann and the Jewish councils, and for its introduction of Arendt's now-famous concept of "the banality of evil." The film, which captures Arendt at one of the most pivotal moments of her life and career, also features portrayals of other prominent intellectuals, including philosopher Martin Heidegger, novelist Mary McCarthy and *New Yorker* editor William Shawn.

Tuesday, February 11 – *Paris Manhattan*

In Paris, pharmacist Alice has been an obsessed Woody Allen fan since she was 15 and has seen all his movies and talks to him alone in her room. When she meets Pierre in a nightclub, she believes he is Prince Charming. But Pierre falls in love with and marries Alice's sister. Years later, Alice is a spinster and she believes that movies can heal many diseases. When she meets Victor, the alarm technician, she thinks there is no future with him. But one day, Victor brings Alice to meet Woody Allen in Paris and the director gives her advice.

Sunday, January 26 – *Foreign Letters* (Family film for children ages 9 and older)

Set in the pre-email era of the 1980s, young Ellie, newly arrived to the U.S. from Israel, anxiously waits for letters from her best friend back home. Suffering from homesickness, language difficulties and rejection at school, life brightens when she meets Thuy, a Vietnamese refugee her age. As the two bond and become inseparable, they eventually hurt each other, and Ellie must find a way to restore their trust. This is a film about poverty, prejudice, sharing and the healing power of friendship.✱



Gilberto at one of his therapy sessions accompanied by Special Equestrian staff member

United Way Helps Autistic Boy And His Mother

submitted by Tom Uhler

The United Way of Lee, Hendry, Glades and Okeechobee helps hundreds of thousands of our neighbors each year. I've heard many heartwarming stories, but the story of Gilberto and his mother, Olga, truly

touched me.

Special Equestrians is a United Way agency which provides therapeutic horse-back riding activities to children and adults with disabilities. Years ago, I chaired the allocations team which recommended Special Equestrians for admission to United Way.

While I thought of therapeutic riding as primarily helping improve the physical abilities of an adult or child, I didn't expect how it could improve a child's communication skills. In Gilberto's case, it did.

Gilberto was not speaking when he started the Special Equestrians program. What words does a mother or father want most to hear from their child? Here is a portion of a letter from Olga to Special Equestrians:

"My name is Olga and I'm Gilberto's mom. Gilberto is an 11-year-old with autism. He started this amazing program three years ago. Before that, he showed the typical symptoms of autism: lack of eye contact, no speech, sensory issues, low muscle tone and behavior problems.

"When he started, the first improvement I saw was eye contact. Then after several weeks, he started to enjoy being with people and in another couple of weeks, his first words – that I would never forget – "I love you, mommy."

"Gilberto continued his progress, but he's a completely different child since then; a set of programs and changes in his diet have helped too, but this therapy was the most helpful of all. Now my son

is not just able to communicate with us, he can do simple things like dress himself and go to the bathroom without any help. There's still a long way to go with him, but my plans for the future are to continue with this amazing program and be a volunteer for Special Equestrians."

Our United Way supports a local human service network of 70 agencies and over 170 programs. We do this with overhead of less than 10 cents on each dollar contributed, and our money stays right here. Your contribution to the United Way helps all of those agencies and programs, and is the easiest and most powerful way to help people right here in our community to lead better lives.

Please join Linda and me in giving to the United Way today.*

Law Firm Donates To Food Bank

Goldstein, Buckley, Cechman, Rice & Purtz, P.A., presented a check to the Harry Chapin Food Bank of Southwest Florida to help families in need during the holiday season.

"We supported the Harry Chapin Food Bank last year and felt it was appropriate to thank them once again for their efforts in our community," said Managing Partner J. Jeffrey Rice. "Every dollar donated helps distribute \$6 worth of food. We wanted to help make a difference for families this holiday season."

Donations can be made at www.harrychapinfoodbank.org or call 334-7007.*

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tional church emphasizing a personal rela-
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10:30 a.m. Traditional Worship
5 p.m. Youth Program

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482-3133. Philip White, pastor
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Church School: 10:15 a.m.
Adult Forum: 11:30 a.m.

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Tuesday 9:30 a.m., Morning Prayer (in
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Churches/Temples

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TEMPLE JUDEA (CONSERVATIVE)

14486 A&W Bulb Road, Fort Myers, 433-0201, Rabbi: Rabbi Marc Sack Minyan: Monday at 9 a.m. Religious Education: Sunday mornings and Wednesday evenings Services: Friday night at 7:30 p.m. and Saturday morning at 9 a.m. Web site: www.tjswfl.org

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.new-churchflorida.com/> or call for more information 239-481-5535.

UNITARIAN UNIVERSALIST

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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

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UNITY OF FORT MYERS

11120 Ranchette Rd, Fort Myers Winter Service: Sundays at 11 a.m.

Children's Sunday School at 11 a.m. Reverend Jim Rosemary, Minister Our God is Love, Our Race is Human Our religion is ONENESS. www.unityoffortmyers.org. 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.✳

Holiday Church Services

St. Peter Lutheran Church on Fort Myers Beach will hold services on Sunday, December 22 at 8:30 and 10:30 a.m.; Christmas Eve at 7:30 and 10:30 p.m.; and Sunday, December 29 at 9:30 a.m. The church is located at 3751 Estero Boulevard. For more information, call 463-4251 or visit www.stpeterfmb.com.✳

outreach involves a brief orientation via telephone, email or in person, 30-minute classroom training and completion of a ride-along shift with experienced team members. Volunteer drivers are required to submit a copy of a valid driver's license, proof of insurance and signature of waiver as a volunteer driver.

Volunteers will be asked to meet at one of CCMI Everyday Café locations either in Cape Coral at 1005 Cultural Park Boulevard, or in Fort Myers at 3429 Dr. Martin Luther King Jr. Boulevard before and after each shift for preparation and cleanup.

For more information or to become a volunteer, contact Roger Mercado at 332-7687 or roger@ccmileecounty.com.✳

Indian Creek Craft Show

Indian Creek Resort, located at 17340 San Carlos Blvd. in Fort Myers Beach, will host a Craft Show on Thursday, January 9 at Iroquis Hall from 8 a.m. to noon.

According to event organizers, participating vendors will have wonderful handmade items for sale. All are welcomed to come out and spend the morning, enjoy a donut and cup of coffee, and make new friend and see old friends.

For more information, call Shirley at Indian Creek Resort at 466-7277.✳

Christmas Eve Services

The Village Church at Shell Point Retirement Community welcomes the community to attend Christmas Eve candlelight services on Tuesday, December 24 at 4:15 p.m. and 7:15 p.m.

All are welcome to gather with family and friends for a special service including caroling, holiday music and an inspirational message from Senior Pastor Andy Hawkins.

"We welcome visitors all year, but we are especially happy to share the joy of the Christmas season with new friends," said Pastor Randy Woods, minister of worship and music for The Village Church.

The Village Church at Shell Point is a ministry of The Christian and Missionary Alliance and serves a congregation of more than 600. The church is located near the entrance to the Island at Shell Point and seats 1,000 people.✳

ENGAGEMENT ANNOUNCEMENT



Trevor Lee Gant and Deena Maria Banta

MaryAnne and Joseph Banta announce the engagement of their daughter Deena Maria Banta to Trevor Lee Gant.✳

From page 1

New Guided Walk Procedures

the walks run twice daily at 9:30 a.m. and 1:30 p.m. (no guided walk on Christmas Day). Check-in for guided walks begins 30 minutes prior to the start time at the entrance to the boardwalk. The entire party must be present at the Trail Host Station to sign up. Each guided walk lasts about 90 minutes and will cover three-quarters of a mile on a raised, fully-accessible boardwalk trail. There is a \$1 per hour per vehicle parking fee, with a maximum of \$5 for the entire day.

Wear comfortable walking shoes and bring binoculars. Groups of six or more should contact Heather Gienapp at 533-7556 or by email at HGienapp@LeeGov.com

Six Mile Cypress Slough Preserve is a Lee County Parks & Recreation site. Visit www.leeparks.org for additional information.✳

ferent countries worldwide.

History Of The Eagles

Harriet and Ozzie have been calling North Fort Myers their winter home for over 20 years and typically reside in the nest between the months of October and April. This active pair of birds has been laying eggs and raising fledgling eagles for the past several years.

During season one of the SWFEC, the eagle couple – who mate for life – hatched two eaglets. Facebook followers of SWFEC voted on the names of the eaglets and then faithfully tuned in as they developed, fledged the nest March 25 and left the area in late May.✳

Cold Weather Outreach Plan Needs Volunteers

With Southwest Florida temperatures expected to fall in the coming months, Community Cooperative Ministries, in partnership with Lee County Human Services, the Lee County Homeless Coalition and the Salvation Army, requests volunteers and donations for its Cold Weather Street Outreach, a program created to provide those living without shelter some additional comfort during the evening hours of Southwest Florida's colder months.

The Cold Weather Street Outreach is activated when Southwest Florida temperatures drop below 40 degrees and is scheduled Monday through Friday from 6 to 8 p.m. from October through March. During this time, CCMI staff and on-call volunteers, who complete the outreach training program, will prepare and distribute coffee, hot chocolate, blankets, jackets and winter caps to the homeless in the Fort Myers and Cape Coral areas.

CCMI is also asking for donated to-go cups with lids, Cambro beverage containers, cooler dispensers and coffee-pump thermoses.

CCMI will recruit volunteers and use its current volunteer application as well as conduct background checks to ensure those interested are eligible to volunteer. The process to become certified for street

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From page 1

Eagle Cam

Viewers can watch and track all the action of Hatch Watch 2013 by following SWFEC's countdown clock online at www.dickpritchettrealestate.com/eagle-feed.html. This year's Hatch Watch has been enhanced with two high-definition camera angles of the nesting tree. The first camera is positioned in the same location as last year and the second camera is positioned in a tree thirty yards north.

Since its inception in September 2012, the SWFEC has received more than 19 million views from over 190 dif-

Little Boat Traffic, Great Weather – No Complaints



by Capt.
Matt Mitchell

Another week of near-perfect weather and little to no boat traffic on the sound – what more could anglers ask for in mid-December?

This time each year between

Thanksgiving and Christmas is always some of the least congested time on the water as a lot of our seasonal visitors and residents do not arrive until after the New Year. While fishing all week it was great to have whole shorelines and creek systems to ourselves.

For the next few weeks net fishing for roe mullet is in full swing with the price of mullet currently high and right around \$2 a pound. This week I saw more mullet boats on the sound than mullet. Until we get another cold snap it does not look like the annual event of the mullet leaving the estuaries in huge numbers and heading into the gulf to spawn will happen. When this does kick into high gear, be ready for some crazy sight fishing action for big sharks around these mullet schools. A chunk of fresh cut mullet or ladyfish pitched out in front of a shark in shallow water will get a hook-up almost every time.

Catch-and-release snook fishing action was on fire again this week. Live shiners had snook of all sizes feeding well. Most wind-blown mangrove shorelines with good tide movement held good numbers of snook. Oyster bars in the middle sound were a good bet too, on the higher periods of water during the morning tides. Chumming live shiners quickly let you know if you were in the right place as snook would explode on them. Many of these same areas held a few redfish too but all in all I have really struggled to get on consistently bigger redfish action the last few weeks.

The average size of trout in the sound keeps getting bigger as our water gets clearer. This week we caught many trout over the 20-inch maximum size with even a few pushing close to 27 inches. These big gator trout were caught shiner fishing in deep mangrove creeks on the low incoming tides. The faster the incoming tide the better the trout bite was. As with snook fishing, chumming live shiners in these creeks did not hurt a bit.

Out on the flats, trout were a little smaller all though mostly all over the 15-inch minimum size. A popping cork

with a shiner made for non-stop action on all kinds of fish. Mixed in with trout on the deeper flats in the four- to six-foot range were lots of Spanish mackerel, jacks, bluefish and ladyfish. This was fast-paced action and easy fishing. Some of the more productive flats this week included the Foster's Point area of North Captiva, grass flats west of Demere Key and the Red Light Shoal area in the southern sound. If you could find feeding birds in these areas, the action was a sure thing.

Sheepshead fishing is still a little hit and miss and seems late to get going this year. The warm weather is not good for this species to move into the sound to spawn. This week after the warm-up it seemed like all the bigger sheepshead I have been seeing on docks and in deeper mangrove creeks just about vanished. If you're looking for tasty food fish, mangrove snapper are in all the places the sheepshead should be and are running much larger than usual for this time of year. Simply fish with shiners instead of shrimp.

Summing up the week, I'd say great catch and release snook fishing on live shiners in December – gotta love it!

*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.**



An angler holds a 30-inch snook he caught and released while fishing with Capt. Matt Mitchell

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Dave Doane

CROW Case Of The Week:

CROW Takes Part In National Red Tide Study



by Patricia Molloy

On October 31, Dr. Heather Barron, hospital director, spoke at the Harmful Algal Bloom Symposium in Sarasota, hosted this year by Mote Marine Laboratory.

The annual international conference was attended by 100 scientists who are actively studying the many toxins produced by harmful algal blooms. Experts shared their research on how to detect potential outbreaks and how to treat illness caused by exposure to them.

“Algal blooms are a natural event. Harmful algal blooms were probably around long before humans. But what we see is that they are getting worse,” explained Dr. Heather. “Some years are really bad and some years are better. But there is a general upward trend.”

CROW’s participation in the symposium came after a cooperative study with the Sanibel-Captiva Conservation Foundation and the University of Miami Clinical Pathology Lab focusing on brevetoxin (BTX), the disease caused by red

tide exposure. “It is a really good example of how conservation medicine works. Conservation medicine is that inter-related area of environmental health, animal health and human health, and brevetoxicosis is a perfect example.”

Of the 23 different species that tested positive for BTX last year at CROW, 70 percent were double-crested cormorants. Seabirds contract brevetoxin from ingesting infected fish, and in a lesser degree, by breathing the toxin in. Cormorants are particularly sensitive to exposure.

To Dr. Heather’s surprise, there was little knowledge in conservation medicine about how to treat the disease in individual animals.

The release rate reported at other wildlife rehabilitation facilities is 27 to 46 percent. At CROW, more than 50 percent of patients admitted with brevetoxicosis are successfully treated and released. The reason for the significant gap is directly correlated to how the patients are treated.

The standard treatment at most wildlife hospitals is supportive care – fluids and food high in nutrients – in the hope that the patients will process the disease on their own. While many patients do recover with supportive care alone, at CROW, Dr. Heather targets the most serious of symptoms.

“If they are in kidney failure, we treat them for kidney failure. If they have acute liver issues, we treat them for that. If they are anemic, we give them a blood transfusion. If you target your therapy and are very specific, you can have a much better survival rate.”

continued on page 18



Nearly 70 percent of patients admitted to CROW with brevetoxicosis are double-crested cormorants. Dr. Heather refers to the species as “the poster child of the disease.”

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Native pineland paw paw is the host plant for the Zebra swallowtail butterfly

Plant Smart

Pineland Paw Paw

by Gerri Reaves

Pineland paw paw (*Asimina reticulata*) is a many-branched low-maintenance shrub that deserves more space in residential and commercial landscapes.

It is well-suited to natural gardens, and as the host plant of the Zebra swal-



Pineland paw paw's large flowers have three inner and three outer petals

photos by Gerri Reaves

lowtail butterfly, it's a good addition to butterfly gardens, too.

It is one of several paw paw species native to Florida, all of which are in the same family as the custard apple.

Pineland paw paw typically grows in moist sandy soil in sunny spots and reaches between two and six feet high.

Because it often grows in flatwoods, it is also called flatwoods paw paw.

It tolerates periodic flooding and nutrient-poor soil, but not salt winds or water.

The creamy white three-lobed flowers appear in the cooler months when the branches are almost bare of leaves.

The large drooping flowers are made up of three inner and three outer petals, with purplish markings at the bases of the inner ones.

The leathery elliptical or oblong leaves are one and one-half to three and one-half inches long. They sometimes have rolled-under edges.

A network of veins in the leaves earns the species another common name, netted paw paw.

Edible oblong fruits measure one to three inches long and matures in spring to summer.

Propagate pineland paw paw with seeds.

Sources: *A Gardener's Guide to Florida's Native Plants* by Rufino Osorio, *The Shrubs and Woody Vines of Florida* by Gil Nelson, and www.nsis.org.

Plant Smart explores the plant life of South Florida and sustainable landscape practices.*

Parks Volunteer Training Program

Lee County Beach Parks & Preserves, including Bowditch Point Regional Park, Matanzas Pass Preserve and Bunche Beach Preserve, needs volunteer interpretive naturalists to provide observation guidance and interpretive answers to visitors' questions.

A three-session training program provides the necessary resources, information, hands-on experiences and educational guidance essential for volunteers.

The first session is to familiarize volunteers with the layout of the three beach parks and preserves, program goals and objectives, and the various opportunities for volunteering. This will take place at the Wa-Ke Hatchee Recreation Center.

Session B is an introduction to the

importance of barrier islands and their unique ecosystem of plants/animals native to Southwest Florida through a hands-on exploration beach and back bay walk. It will be presented by Terry Cain, land stewardship coordinator for Bunche Beach Preserve, Matanzas Pass Preserve and Bowditch Point Regional Park.

Session C explores the role of a volunteer, how to respond to visitor questions and concerns, tips and tricks of interpretation, and the responsibilities of a volunteer interpretive naturalist. This will be presented by John Kiseda, beach volunteer coordinator, and will take place at the Wa-Ke Hatchee Recreation Center.

The three training sessions will be held Saturdays from 9 a.m. to noon on January 11, January 18 and January 25 consecutively.

Contact John Kiseda at 229-0553, kisedajb@leegov.com for more information and registration.*

Caring For Your Plants

Pigmy Date Palm: The Most Cultivated Palm

by Justen Dobbs



You see them everywhere – neat little mounds of dark green leaves that gracefully arch toward the ground and sway in the wind. Pigmy date palms (*Phoenix roebellinii*) have

exploded in popularity in the past 20 years as a superior landscape plant for tropical, sub-tropical and Mediterranean climates. The palm is native to Laos, where it grows in low mountainous scrub forest. It is a slow-growing palm to about 10 feet and sports a light brown fibrous trunk and dark green leaves to about four feet long. They are typically planted in doubles or triples which adds to their overall affect and appeal in the landscape.

Pigmy dates are, as you guessed, in the date palm family of Phoenix species. However, their dates are small and insipid to the palate. Inside the date is a small nut that looks like a shriveled coffee bean.



Pigmy date palm in the landscape

Plant this nut about half an inch deep in standard potting soil and keep moist. The seedling should sprout within four to six weeks and subsequent growth is slow.

There are a few different types of pigmy date palms. There is one cultivar called *Reasoneri*, which is a naturally clustering (clumping) palm. All of the double and triple trunked specimens you

see in Southwest Florida are comprised of two to three individual trees that have grown together. But the *Reasoneri* cultivar constantly produces more stems from its base and is popular solely with collectors. There is also a variegated variety that is very rare; this one has yellow and green striped leaves and is very ornamental. I recently acquired some

seed off a variegated specimen and out of 1,000 seeds planted, only 400 sprouted and only one was variegated.

Contrary to what some people think, pigmy dates do not grow indoors. They require filtered sun to full sun and good constant airflow in order to stay healthy. When grown indoors, they are susceptible to spider mites, scale, and weakened fronds. Pigmy dates are very drought tolerant and typically require no fertilizer.

In the landscape, it is good to start with a four- to six-foot tall plant. Use doubles and triples in small planter beds or where space is limited. You can expect about four to six inches of overall growth per year so they will not quickly overpower your landscape or outgrow small, tight spaces. Water in the palms good and then soak the roots every day or two for the first 45 to 60 days.

Pigmy dates are used often as potted palms, but typically become sickly and anemic looking over time. Some good alternatives to pigmy dates include bottle palms, spindle palms, paurotis palms and native thatch palms as each of these look good when planted in groups and are not fast growing.

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

Free Workshop At The Alliance GreenMarket

The Alliance for the Arts GreenMarket continues its free Growing Season Gardening Series on Saturday, December 21 at 10:30 a.m. with Vegetable Families. Gain a deeper understanding of the vegetables and herbs growing in your garden during this one hour workshop on What's In A Name?

Did you know that pumpkins are related to cucumbers, and that tomatoes are related to potatoes? Many common vegetables grown in Southwest Florida are related to one another in form and function, and having a basic understanding of these relationships will help you



Millissa Bell leads a free gardening workshop at the Alliance for the Arts GreenMarket

plan a better gardening system. The session will explore plant families and species, their similarities and differences, why this all matters, and most importantly

how you can put this knowledge to work in your garden.

The workshop is presented by Millissa Bell, an Environmental Studies graduate

and Master Gardener who operates an organic vegetables nursery and urban farm in Fort Myers. The workshop is free, but a \$5 donation is appreciated and helps the Alliance continue to bring educational programming to the public. After the workshop, be sure to stop in the Alliance to see the Rejectamenta exhibition in the Main Gallery, and while you're at it be sure to stop in the Gift Shop to find unique, hand-crafted last minute gifts.

The GreenMarket's Fall & Winter Growing Season Workshop Series continues every first and third Saturday of the month through March. The series hopes to inspire people to adopt more sustainable practices. Visit www.ArtInLee.org or find the Alliance for the Arts GreenMarket page on Facebook for more information.*

Rachel Carson Distinguished Lecture Series

submitted by Kevin Bedson

Next year will mark 50 years since Rachel Carson's passing in 1964, and her legacy continues to inspire the Center for Environmental and Sustainability Education and Florida Gulf Coast University. To honor Carson's legacy, the Center has invited actress Kaiulani Lee to perform her one-woman show, *A Sense Of Wonder*, for our 2014 Rachel Carson Distinguished Lecture. The lecture will take place on Friday, February 21 in the Schein Hall Theater at BIG ARTS on Sanibel Island. Lee will also perform for students and the public on campus on Thursday, February 20 at 7 p.m. at the TheatreLab in the FGCU Arts Complex.

Rachel Carson was an author, marine biologist and conservationist whose book *Silent Spring* drew the world's attention to the dangers of unregulated pesticide use in the mid-20th century. *Silent Spring* has been called the most important book of the 20th century – it is considered by many to have launched the American environmental movement. Although a majority within the scientific community supported Carson's research, she spent the final days of her life defending *Silent Spring* from attacks by the chemical industry. Carson testified before President Kennedy's Science Advisory Committee while undergoing radiation therapy for cancer. Her book and public appearances helped catalyze conservation movements and persuaded the wider American public to use pesticides and other chemicals more responsibly.

While she is most often remembered for her book *Silent Spring* (1962), Carson also wrote extensively about the ocean. Carson studied English before switching to biology, and in her books *Under The Sea Wind* (1941), *The Sea Around Us* (1951) and *The Edge Of The Sea* (1955), she artfully combines scientific wonder with literary sensibility. Her 1956 essay *A Sense Of Wonder*

examines how the natural world excites our curiosity and astonishment.

In the one woman show, *A Sense Of Wonder*, Kaiulani Lee takes on the role of Rachel Carson in order to showcase Carson's love of the natural world and her fight to defend it. The play takes place in Carson's cottage on the Maine coast shortly after the publication of *Silent Spring*, where she is simultaneously battling the chemical industry, the government, and the press to get her message to the American people. Lee brings more than 35 years of experience in theatre, film and television to her portrayal of Carson. We are delighted to have Ms. Lee evoke Carson's spirit as a way of commemorating her legacy and the lecture's 10-year history.

At the Center for Environmental and Sustainability Education, we honor Carson's life and work as it illustrates the importance of public policy based on sound science and ethics, the active participation of an ecologically-literate citizenry, and the appreciation of the natural world through environmental education and the literary arts.

The Center for Environmental and Sustainability Education is a scholarly center located at Florida Gulf Coast University. The Center works toward realizing the dream of a sustainable and peaceful future for Earth. For additional information, visit www.fgcu.edu/cese.

To be added to our mailing list or to reserve seating, contact the Center at cese@fgcu.edu or 590-7444.*

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Local Waters/Local Charts Class

The San Carlos Bay Sail & Power Squadron, a unit of the United States Power Squadrons, will be offering the popular Local Waters/Local Charts class. The class will be held on Saturday, January 18 from 8:15 a.m. to 12:30 p.m.

The class is directed towards new boaters and boaters new to the area as well as those wishing to learn chart reading. It will provide the boater with some of the basics of navigation, oriented to the Fort Myers area. Students will be using chart #11427, and they must bring this chart to class. Optional On-The-Water training is also offered at a later date; check with the class instructor for details.

The cost of the class is \$45 per person.

The class is being taught at the San Carlos Bay Sail & Power Squadron classroom, located at 16048 San Carlos Boulevard at the corner of Kelly Road (across from ACE Hardware).

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

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 18 from 1:15 to 4:30 p.m. This class will be offered again in February.

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, they will understand what a GPS can do along with some of the key features to look for.

The cost of the class is \$45 per person.

The class is being taught at the San Carlos Bay Sail & Power Squadron classroom, located at 16048 San Carlos Boulevard at the corner of Kelly Road (across from ACE Hardware).

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

Partner In Command Class

The San Carlos Bay Sail & Power Squadron, a unit of the United States Power Squadrons, will be offering the popular Partner In Command class. The class will be held on Thursday, January 23 from 1:45 to 4 p.m.

The class provides an introduction to boating for crew members who need basic information and who may or may not have taken a boating class. It's designed to provide essential information one may require to assist a skipper in the safe operation of a recreational boat. Included in the class are actions in response to emergencies that may occur while boating.

The class is being taught at the Fort Myers Beach Library, located at 2755 Estero Boulevard.

Students must pre-register either online at www.scbps.com or call 466-4040.

The cost of the class is \$45 and must be paid in advance of attending the class. The library will not permit the Power Squadron to collect money on their premises.

Checks should be made payable to SCBPS and sent to San Carlos Bay Power Squadron, P.O. Box 5026, Fort Myers Beach, FL 33932-5026.*

Bird Patrol Walk

The next Morning Meander at Lakes Park Nature Walk with a bird patrol guide is slated for Saturday, January 4, at 8:30 a.m.

This easy walk along clear paths offers an opportunity to see birds in native vegetation with experienced guides pointing out the many species in Lakes Park, a Lee County birding hot spot and crucial nesting area for many birds. Arrive a few minutes after 8 am for a brief introduction and to sign waivers. Tours start promptly at 8:30. Wear comfortable shoes and dress to be outside. Bring water, sunscreen and binoculars. (

Lakes Regional Park is at 7330 Gladiolus Drive, Fort Myers. Meet at Shelter A7, located near the Train Station.

For more information, call 533-7580 or 533-7576.

This tour is provided in cooperation with Lee County Parks and Recreation and is free with paid parking (\$1 an hour or \$5 all day).✱



Eastern phoebe

photo by Meg Rousher

From page 15

CROW Red Tide Survey

When humans are exposed to red tide, they tend to experience little more than respiratory discomfort; or if they swim during a harmful algal bloom outbreak, a tingling sensation on the skin. Seabirds, however, feed on fish that have ingested the toxins and develop BTX. Signs of the illness include neurological signs (weaving, weakness, depression), GI distress and anemia.

One of the greatest concerns about BTX in animals is that the symptoms of the disease are nearly identical to Newcastle disease, a highly contagious virus that affects birds. An outbreak could decimate the country's poultry population.

"We were told by the state of Florida that if you get any cormorants in with these clinical signs – neuro signs, GI signs, respiratory signs – you need to euthanize them and call us right away.

Well, the problem is that all of our birds have brevetoxicosis. We did a cooperative study with U.S. Fish & Wildlife where we tested 25 different birds, and they were all negative for Newcastle, but they had the same signs and were positive for brevetoxicosis. Obviously, it is really important that we know the difference."

Under Dr. Heather's guidance and with cooperation from local, state and federal agencies, CROW has been focusing more heavily on conservation medicine. By documenting and disclosing what diseases are currently being seen at the wildlife hospital – and more significantly, how they are treated – experts are better prepared to tackle trends affecting human health.

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.✱

New Lehigh Acres Trailhead Park Set To Open

Lehigh Acres Trailhead Park, Lee County Parks & Recreation's newest site, hosted a ribbon-cutting ceremony on December 12. The park, located at 213 David Avenue in Lehigh Acres, features 11 acres of open space on a site that once was part of an 18-hole golf resort called Admiral Lehigh Golf Resort, which fell into disrepair during the recession.

What neighbors once called an eyesore has become an eco-park. Its main feature is a half-mile paved multi-use trail encircling a three-acre replicated prairie with more than 18,000 native grasses and wildflowers.

The park also features picnic pavilions, a boardwalk and observation area with interpretive signs, an outdoor fitness area, restrooms and free parking. Leashed dog walking is permitted on the trail.

"The fact that the site reuses part of an old golf course illustrates Lee County's commitment to preservation," said Lee County Parks & Recreation Director

Dave Harner, who noted that 90 percent of the site's existing trees such as pines and sabal palms were preserved and most of the invasive exotic plant species were eliminated.

The park retains much of the site's original topography, integrating various berms, greens and sand traps of the old golf course into its design, so fewer nonrenewable resources were expended by on-site construction equipment to grade the site. The park also contains a series of manmade rain gardens – planted depressions – that help to improve water quality by capturing and filtering runoff prior to discharge into Able Canal.

The project was partially funded by a \$126,300 grant through the Recreational Trails Program administered by the Florida Department of Environmental Protection. The lead design consultant was EnSite and the general contractor was Casey Construction.

Park hours are dawn to dusk daily. A LeeTran bus stop is located across the street from the park's entrance, providing people with the opportunity to reduce greenhouse gas emissions by ride-sharing.

For more information, visit www.leeparks.org or call 533-7275.✱

Parks Volunteer Training Program

Lee County Beach Parks & Preserves, including Bowditch Point Regional Park, Matanzas Pass Preserve and Bunche Beach Preserve, needs volunteer interpretive naturalists to provide observation guidance and interpretive answers to visitors' questions.

A three-session training program provides the necessary resources, information, hands-on experiences and educational guidance essential for volunteers.

The first session is to familiarize volunteers with the layout of the three beach parks and preserves, program goals and objectives, and the various opportunities for volunteering. This will take place at the Wa-Ke Hatchee Recreation Center.

Session B is an introduction to the

importance of barrier islands and their unique ecosystem of plants/animals native to Southwest Florida through a hands-on exploration beach and back bay walk. It will be presented by Terry Cain, land stewardship coordinator for Bunche Beach Preserve, Matanzas Pass Preserve and Bowditch Point Regional Park.

Session C explores the role of a volunteer, how to respond to visitor questions and concerns, tips and tricks of interpretation, and the responsibilities of a volunteer interpretive naturalist. This will be presented by John Kiseda, beach volunteer coordinator, and will take place at the Wa-Ke Hatchee Recreation Center.

The three training sessions will be held Saturdays from 9 a.m. to noon on January 11, January 18 and January 25 consecutively.

Contact John Kiseda at 229-0553, kisedajb@leegov.com for more information and registration.✱

America's Boating Course

submitted by Cdr. Mary Smelter, San Carlos Bay Sail & Power Squadron

The San Carlos Bay Sail & Power Squadron, a unit of the United States Power Squadrons, will be offering America's Boating Course on Saturday, January 4 from 8:15 a.m. to 12:30 p.m. The course is recognized by the National Association of State Boating Law Administrators.

The state of Florida recently passed legislation requiring anyone born after January 1, 1988 to have passed a safe boating course and obtain a Boating Safety Education ID card, which is valid for life, in order to operate a boat with more than 10 hp.

Each student will receive a card/certificate from the Florida Fish and Wildlife

Commission upon completion of the class. The course consists of two sessions on consecutive Saturdays. The second session will be on Saturday, January 11, also from 8:15 a.m. to 12:30 p.m.

Topics include hull design, docking, anchoring, handling boating emergencies, reading channel markers and other topics to make each boating experience safer and more enjoyable. Successful completion of this course entitles the boater to six months free membership in a United States Power Squadron.

The cost of the course is \$45 with a \$20 cost for a second person sharing the instruction materials.

The course is being taught at the San Carlos Bay Sail & Power Squadron Classroom located at 16048 San Carlos Boulevard at the corner of Kelly Road (across from ACE Hardware).

Register online at www.scbps.com or call the office at 466-4040.✱

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or email press@riverweekly.com



Reddish egret, one of many species that can be seen on the nature walks

Conservancy February Nature Experiences

The Conservancy of Southwest Florida offers the following nature experiences in February (unless otherwise noted, there are fees for these activities):

February 1, free Clam Pass guided walks, through April 30, Monday-Saturday 9 a.m. Learn importance of mangrove trees, some Florida history, and meet fascinating creatures and plants that share this unique habitat. Wear sun protection. Clam Pass Park is located west of Waldorf Astoria on Seagate Drive, west of US 41. Free parking with beach sticker.

February 1, *Good Fortune II Nature Cruises*, through late April. Coast Guard-certified captains and trained Conservancy of Southwest Florida volunteer guides steer through mangrove-lined channels of Rookery Bay, home to some of the most spectacular wading birds and wildlife. Call 403-4236.

February 2, Cinema Sundays –

Born to be Wild, Sunday, 1:30 p.m. Features two extraordinary women who have dedicated their lives to rescuing orphaned baby animals. In Africa, Dame Daphne Sheldrick protects baby elephants that have lost their parents to poachers. Across the world, Birute Galdikas rescues baby orangutans when their jungle homes are cut down and turned into “palm oil fields.” Call 262.0304 ext. 266, or email CherylL@conservancy.org, or go to www.conservancy.org/cinema.

February 3, Free Briggs Boardwalk, Rookery Bay Walk, through March 31, Monday-Friday, 9 a.m. to noon, self-guided. Conservancy volunteer guides available most mornings. View five eco-communities from scrub to brackish ponds. Boardwalk is a Great Florida Birding Trail site. For details, go to www.conservancy.org/nature-center/nature-walks.

February 3, Free Tiger Tail Beach Walks through April 25, Monday to Friday 8:30 a.m. Shore birds, wading birds, fiddler crabs, mangroves and live shells.

February 4, Hidden History Sunset Cruise, Tuesday, (times vary). Rookery



Born to be Wild poster. A new nature-inspired movie is shown the first Sunday of each month, followed by a children's craft.

Bay area is rich with history – archaeological, anthropological and ecological. Conservancy Education Director David Webb explains many surprising facts and long-forgotten stories of its colorful past. Call 403-4236. Visit www.conservancy.org/goodfortune for directions.

February 6, 11, 25, Briggs Boardwalk Nature Walk and *Good Fortune II* cruise, 8 a.m. to 1 p.m. with volunteer naturalist to explore five unique eco-communities all in one location. Call 403-4236.

February 6, 13, 20, 27, Nature Photo Workshops by Dennis Goodman, Thursdays, 9 to 10 a.m. Register at www.dennis-goodmanphotography.com, or call 825-4677.

February 7, 14, 21, 28, Sweet Liberty Sailing Adventure, Friday Mornings, through April 25. A three-hour Naples Bay tour accompanied by volunteers. Includes one hour of shelling and swimming at Keewaydin Island. Call 793-525. \$40 per person.

February 8, 22, Fossil Dig with Dr. Gary Schmelz, Saturday, 7:30 a.m. to 3:30 p.m. at a fossil site in Charlotte County. Specimens include giant apple murex, cowries, miters and vase shells. Call 262.0304, ext. 266 or email CherylL@conservancy.org.

February 11, Mangroves & More Sunset Cruise, Tuesday, (times vary). This cruise into Rookery Bay explores the importance of mangroves and the hidden lives that depend

on them for survival. Call 403-4236.

February 11, Evenings at the Conservancy with Jennifer Hecker, Water, Water Everywhere, Tuesday, 6:30 to 7:30 p.m. The series features a variety of presenters, eco-programs, panel members from the Conservancy, and local and regional environmental experts. Go to www.conservancy.org/evenings.

February 18, Secrets of Sea Turtles Sunset Cruise, Tuesday, (times vary). (Dr. Jeff Schmid will explain the unique features of the Rookery Bay sea turtle habitat, his research and why this area made such a great interim home for rehabilitated sea turtles from the gulf oil spill. Call 403-4236.

February 21, Swamp Walk in the Fakahatchee, Friday. Wild Florida at its best! Conservancy Biologist Ian Bartoszek will lead exploration through the swamps – home to alligators, birds and rare wildlife. Call 262-0304 ext. 266, or email CherylL@conservancy.org.

February 25, Wildlife Photography Sunset Cruise, Tuesday (times vary). Award winning photographer Dennis Goodman will be aboard this *Good Fortune II* sunset cruise to give tips, secrets and techniques for capturing spectacular wildlife and sunset photography. Call 403-4236 to register.

The Conservancy of Southwest Florida Nature Center is located in Naples, at 1495 Smith Preserve Way, south of Naples Zoo off Goodlette-Frank Road.

For information about the Conservancy of Southwest Florida, call 262-0304 or visit www.conservancy.org.✱



Mangroves at Sunset: Conservancy science co-director Kathy Worley will speak about the importance of mangroves on the *Good Fortune II* cruise



Dr. Jeff Schmid teaches about the Rookery Bay sea turtle habitat on the *Good Fortune II* sunset cruise

photo by Conservancy of Southwest Florida



The Music of The Rat Pack - featuring The Copa Boys - will be presented on January 17 and 18 at Barbara B. Mann Performing Arts Hall

Symphony Presents Music Of The Rat Pack

The Southwest Florida Symphony presents a musical walk through the era of martinis, tuxedos and the American standard with *The Music of The Rat Pack*, featuring guest vocal group The Copa Boys and international jazz conductor Michael Berkowitz. Performances take place on Friday, January 17 and Saturday, January 18 at Barbara B. Mann Performing Arts Hall at 8 p.m. The *The Music of The Rat Pack* concert features an evening of laughs, cama-

radie and beloved tunes like *That's Life*, *That Old Black Magic*, *Luck Be A Lady* and so much more. Tickets cost \$20, \$27, \$38, \$44, \$62 and \$82 and may be purchased in person at the Symphony Box Office, by calling 418-1500, online at www.swflso.org or at the door one and a half hours prior to each concert. Subscriptions to the Southwest Florida Symphony's Pops Series may still be purchased as well and cost \$49, \$66, \$92, \$102, \$108, \$150 or \$198.

The Copa Boys is a three-part harmony vocal group comprised of jazz vocalists Jimmy Cargill, Tony Apicaella and Sonny Black. Together, they embody the humor and musical styling of the original Rat Pack - Frank Sinatra, Dean Martin, Sammy Davis Jr., Peter Lawford



Michael Berkowitz

and Joey Bishop.

Michael Berkowitz brings his professional experience and personal charisma to concert stages in what reviewers call "a model of high quality conducting technique." They've also written "Berkowitz provided the sparkle of the evening with his witty banter and self-assured conducting." Johnny Green, the great composer-conductor, called Berkowitz a "Drummer Conductor Extraordinaire." He has performed as a drummer for Henry Mancini, Liza Minnelli, Michael Crawford, Billy Joel, Sting, Elton John and Bette Midler; conducted for Marvin Hamlisch, Roberta Flack, Maureen McGovern, Michael Feinstein and Sarah Brightman; led numerous orchestras including the Boston Pops, The London Symphony,

The Cincinnati Pops, The Pittsburgh Symphony and The National Symphony; and is featured on recordings with Steve Lawrence, Placido Domingo, Linda Eder and countless original cast albums, movies, jingles and television performances.

Berkowitz began performing as a drummer at the age of 11 in his hometown of Indianapolis, Indiana. After studying music at Indiana University, he began touring with Johnny Mathis, Andy Williams and Henry Mancini. Mancini persuaded him to move to Los Angeles, where he became one of the city's busiest studio musicians, working with stars such as Gloria Estefan, Linda Ronstadt, Ringo Starr and Helen Reddy. He has performed on many television programs, including *The Academy Awards*, *The Tonight Show*, *The Tony Awards*, *The Today Show*, *A Capitol Fourth*, *Live From Lincoln Center* and concerts at the White House.

The Southwest Florida Symphony's 2013-14 sponsors include The Southwest Florida Community Foundation, The City of Fort Myers, The State of Florida Division of Cultural Affairs, The Florida Council on Arts & Culture, The Southwest Florida Symphony Endowment Foundation, The Southwest Florida Symphony Society, The L.A.T. Foundation, Uhler & Vertich Financial Planning, Advanced Pain Management & Spine Specialists, The Neil Goldberg Dream Foundation, Rev. Gary and Mrs. Christine LaCroix, Mr. and Mrs. Charles B. Munsch, Mr. Don Fjellin, 'Tween Waters Inn, Bailey's General Store, Crowne Plaza, Davis and Patricia Thurber, Virginia Fleming, LCEC, The Cape Coral Community Foundation and Ada's Natural Foods.*

Shell Point Welcomes The Four Freshmen

Masters of harmony, The Four Freshmen will present a variety of traditional hits and holiday favorites on Thursday, December 19 at 7:30 p.m. in The Village Church Auditorium on the Island at Shell Point Retirement Community.

Sharing the sounds that have enamored listeners worldwide for 65 years, The Four Freshmen have gained recognition as one of the most influential vocal groups of all time. The group has been inspired by the likes of The Beach Boys, Kenny Rogers, The Mamas and The Papas, Frankie Valli, The Manhattan Transfer and countless others.

As freshmen in college, four young men crafted a unique style of vocal harmony that soon caught the ear of the great bandleader Stan Kenton. The group has toured the country since their inception, receiving six Grammy nominations along the way and continuing to perform to sold-out audiences around the globe. Although the faces have changed through the years, the



The Four Freshmen

integrity of the sound created by the original four members has been meticulously maintained by its current lineup: Bob Ferreira, Brian Eichenberger, Curtis Calderon and Stein Malvey.

Individual tickets are available for \$35 each. Or, save on the Pick Three

ticket option by purchasing your choice of tickets to three of the remaining four concerts in the Fine & Performing Arts Series for \$90, a \$15 savings. Tickets can be purchased online at www.shell-point.org/concerts or by calling 454-2067.*

Dickens At Lab Theater

by Di Saggau

Ever wonder what it would be like to sit in the living room of Charles Dickens and listen to him recite his timeless holiday story to you? Well, that's sort of what is taking place at Laboratory Theater in their version of *A Christmas Carol*. Ken Bryant plays Dickens in this special version, which he also adapted for the presentation.

With the help of some pre-recorded dialogue representing the ghosts of Christmas Past and others, the audience is able to envision the famous tale, through Dicken's words, as it might have been for his own public readings.

The 90-minute performance takes place in Dicken's living room. Reading from a large antique looking book, Bryant, as Dickens, revisits his past and talks about his old partner Jacob Marley, his old friend Fezziwig, the Cratchets and, of course, Tiny Tim. It's a story that never grows old.

A Christmas Carol runs through December 21 at Laboratory Theater of Florida, so you will have to hurry to see it. For tickets, call 218-0481. The theater is located at 1634 Woodford Avenue in the Fort Myers River District.*



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Andrew Corke with his Best in Show piece *Death Owl*

Rejectamenta Juried Exhibit Winners

More than 200 people turned out on December 6 for the opening of the Rejectamenta exhibit at the Alliance for the Arts. Artists were challenged to create new works out of discarded materials or trash. The juried exhibition featured works by nearly 70 artists in a wide variety of mediums. The juror, Mary Voytek, selected winners which were announced during the reception.

Andrew Corke won \$100 for his piece *Death Owl*, which was created from bicycle tires. Lily Hatchett's *Pole* won second place and Lindsey Wollard English took third place for her piece *Biography of a Tree II*. Four honorable mentions were awarded to Kellen Beck Mills, Leo Johnson, Dale Weber and J. Wolfgang Fry. Covanta Energy was the Rejectamenta exhibition sponsor.

The exhibit remains on display until December 28. Artwork by Dr. Kyra Belan is on display in the Member Gallery.

The Alliance's next exhibit, FLAG 7, opens on Friday, January 10. It will feature work by artists who are members of the Florida Artists Group, a collection of accomplished artists that has been organizing exhibitions around the state since 1949.

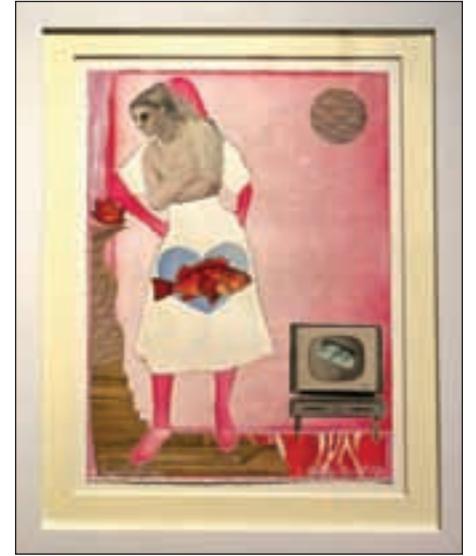
The Alliance for the Arts is located at 10091 McGregor Boulevard, just south of Colonial Boulevard in Fort Myers.*



Second place *Pole* by Lily Hatchett



Third place *Biography of a Tree II* by Lindsey Wollard English



Honorable Mention *Salome the Student* by Kellen Beck Mills



Honorable mention *Nefridonna* by Leo Johnson



Honorable mention *Essence* by Dale Weber



Honorable mention *Behold!* by J. Wolfgang Fry

Homeless And Abused Animals Helped By Creative Tennis Player

Active tennis player and athlete Ann Kremer knows very well the adversity and struggles that abused and neglected animals have been through. Kremer and her husband, Steve, have adopted two abandoned dogs and made them part of their family.

To help ensure that other animals have the same chance, Kremer has kicked off Flip Flops For Charity, a seasonal initiative to make a limited number of customized flip flop sandals, the net proceeds of which will be donated to Lee County Domestic Animal Services. The flip flops sell for \$10 per pair.

Kremer has been making and gifting the flip flops to tennis teams and friends for several years.

"Almost everyone who has received them has asked me if I will make them another pair, or if I plan to sell them. It got me thinking that I could take my creative craft and apply it to a cause I am passionate about," said Kremer. "We have a responsibility to care for all creatures and I am pleased to support Animal Services through their Animal Care Trust Fund."

"The flip flops that Ann customizes are adorable," said Ria Brown,

continued on page 28



Ann Kremer makes flip flops to benefit Lee County Domestic Animal Services Animal Care Trust Fund. Her adopted dogs Tex and Toby admire her handiwork.

Pets Need Homes For The Holidays

Lee County Domestic Animal Services will join thousands of pet shelters and adoption centers across the U.S., Canada, Mexico, and Puerto Rico during Home 4 the Holidays 2013, a national event organized to raise awareness of the joys of owning shelter-adopted pets.

Organizers hope to match more than 1.5 million dogs, cats, puppies and kittens with loving, adoptive families. During December Lee County Animal Services hopes to place 300 pets from its facility into lifelong homes.

Adopters will receive \$20 to \$50 off the regular pet adoption fees when they draw a coupon from one of Animal Services' big stockings and are eligible for weekly gift drawings. All black and mostly black cats are already discounted to \$10 and cats and kittens have a two for one adoption fee.

The adoption fee for all pets includes spay/neuter surgery, age-appropriate vaccinations, flea treatment, de-worming, heartworm test for dogs six months or

older, feline aids and leukemia test for cats, a Lee County license for pets three months or older, training DVD, Behavior Help Line, Microchip Pet ID, a \$3 discount coupon off Blue Buffalo dog or cat food, and a 10-day health guarantee. The total adoption package is valued at more than \$500.

In the past some shelters have discouraged families from adopting pets during the holidays, said Ria Brown, spokeswoman for Lee County Animal Services. "Historically, however, this did not stop them from getting new pets during this time. It just took away the adoption option and forced them to support the puppy mill industry," Brown added.

Animal Services works to match the needs of the pets with the lifestyles of the families regardless of the time of year.

Adoption hours at Lee County Domestic Animal Services are 11:30 a.m. to 3:30 p.m. Monday through Saturday. For more information call 533-7387 (LEE-PETS). Pictures of pets available for adoption can be viewed at www.LeeLostPets.com. The website updates hourly.*

Humane Society And CCMI Give Abused Dog A Second Chance

The Gulf Coast Humane Society (GCHS) and Community Cooperative Ministries, Inc. (CCMI) worked together to rescue a four-and-a-half-month-old retriever mix named Gracie. Gracie belonged to one of CCMI's homeless clients who found her abandoned in a field as a young puppy. Early this week, Gracie was brought to CCMI injured and lethargic.

A CCMI staff member rushed Gracie to Eastside Animal Hospital, where she had previously been seen for her immunizations. It turned out Gracie had been hit by a car and needed surgery. CCMI immediately contacted GCHS Executive Director Jennifer Galloway to assist. With Gracie's owners already having agreed to surrender her to the GCHS, Eastside Animal Hospital performed the surgery at a discounted rate of \$800.

Gracie has a midshaft femur fracture and a pin was placed in her leg. She has a splint and bandaging over her back left leg to stabilize and protect both the incision and pin. She is on pain medication and antibiotics and her recovery time is approximately six weeks. Gracie's situation and need for surgery make her a Second Chance Fund candidate.

"We cannot discount the fact that pets are very important to the families we work with and we can't often help one without the other so it's a blessing to have great partners like the Eastside Animal Hospital and GCHS that always go above and beyond to help those in need," said Tracey Galloway, CEO of CCMI.

The Second Chance Fund directly offsets the medical costs for those pets with needs beyond routine medical care and allows people to donate directly to the care of the Gulf Coast Humane Society's sick and special needs animals.

For more information about Gracie or the Gulf Coast Humane Society's Second Chance Fund, call 332-0364 or email Jennifer@gulfcoasthumanesociety.org.*



Gracie, a four-and-a-half-month-old retriever mix

Merry Christmas

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ENGEL & VÖLKERS



Financial Focus

Check Your Progress Toward Retirement Goals

by Jennifer Basey



Now that another year is ending, it's a good time to take stock of where you are on your journey toward financial security. Of course, you could find many different "measuring

sticks" to assess your progress, but you can certainly gain considerable information just by asking yourself some basic questions.

Here are a few to consider:

- How close am I to my retirement goals? Your comprehensive investment strategy should include a reasonably good estimate of how much money you will eventually need to sustain the retirement lifestyle you've envisioned. At least once a year, you should evaluate how much closer you've gotten to your goals than the year before.

- Am I making sufficient progress toward my goals? When assessing your progress, try to determine if your portfolio is properly allocated between stocks, stock-based vehicles, bonds, government securities, certificates of deposit and other investments. If you're "overweighted" in a particular asset class, such as cash, you may be impeding your ability to move toward your goals.

- Am I adhering to my investment strategy? To stick with your investment strategy, you need to invest at regular intervals and meet regularly with your financial professional to review your progress and make adjustments – such as rebalancing your portfolio – when necessary. Of course, even with regular progress reviews and portfolio rebalancing, it can be challenging, psychologically and emotionally, to stick with a strategy. For example, during any given year the financial markets could be down, and your results might be disappointing. Nonetheless, if you have built a diversified portfolio containing quality investments, and your portfolio is well suited to your own risk tolerance and time horizon, you don't necessarily need to make changes following a down year in the markets.

- What aspects of my life have changed in the past year? Your investment strategy should be based entirely on your individual needs and circumstances,

so if these have changed during the past year, you may also have to adjust the way you invest. Consider any and all changes in your life – marriage, new children, divorce, remarriage, new job, new home, etc. – and then try to determine what impact these changes might have on your long-term financial strategy and if you need to adjust that strategy in response.

- Have I changed my thinking on my retirement goals? Over time, you might undergo some changes in your thinking about retirement. For example, perhaps you've decided that you no longer want to retire early and travel the world; instead, you've discovered a growing desire to open a small business or do some consulting. Any significant changes you make to your retirement plans will likely have a big effect on your savings and investment strategies, so you'll want to incorporate these changes into your planning as soon as possible.

By asking, and answering, these questions at the end of each year, you should always have a good sense of where you are in pursuit of your long-term goals – and what you need to do to bring the realization of those goals closer to reality.

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

Aboard The USS Ronald Reagan



Aviation Ordnanceman 3rd Class Jarod Coleman, from Fort Myers, performs maintenance on a machine gun aboard the aircraft carrier USS Ronald Reagan, which is currently under way conducting engineering exercises.

photo by Charles D. Gaddis, U.S. Navy

Business Climate Survey Report

The results from the fourth quarter 2013 Horizon Council FGCU Lee County Executive Business Climate Survey have been released. This survey is completed each quarter and provides insight into the Lee County economy and expected economic trends. The online survey was sent to 592 business executives in Lee County and the results are based on responses from 84 executives resulting in a 14 percent response rate.

This survey provides a key economic indicator for Lee County, the Executive Business Climate Index. The fourth quarter survey (end of October 2013) value

for the climate index was 71.3, up from 69.1 in the third quarter. This index value is computed each quarter and released to the public as a way to provide an established economic indicator on the state of the local economy. The index is computed using the two questions concerning the current and future economic conditions and a third question concerning the expected industry economic conditions. The index is an average of the responses with substantially better equal to 100, moderately better equal to 75, same equal to 50, moderately worse equal to 25 and substantially worse equal to 0 to 100.

The key findings of the survey are:

- The Lee County Business Climate

Index was 71.3 for the fourth quarter survey (end of October 2013), up from 69.1 for the third quarter survey (end of July 2013);

- 79 percent of executives stated that the current economic conditions have improved over last year;

- 77 percent of the executives expect the economy to improve over the next year;

- 64 percent of the executives stated that the current economic conditions for their industry have improved over last year but 28 percent stated that economic conditions remained approximately the same;

- 75 percent of executives expect economic conditions for their industry to improve over the next year;

- 45 percent of executives had increased employment over the last year, while 9 percent had reduced employment;

- 51 percent of executives expect to increase employment at their companies during the next year and only 4 percent of executives expect to reduce employment;

- 52 percent of companies expect to increase investment next year and only 2 percent expect to reduce their investment levels;

- 39 percent of executives surveyed indicated reduced productivity resulting from health issues lowered profitability of their business over the past 12 months.

continued on page 31

Top 10 Real Estate Sales

Development	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Grande Estates	Estero	2006	3,359	\$1,029,000	\$925,000	93
McPhie Park	Fort Myers Beach	1973	2,812	\$849,000	\$790,000	209
Edgewater At Gulf Harbour	Fort Myers	1998	3,050	\$800,000	\$760,000	2
Catalpa Cove	Fort Myers	2001	2,366	\$729,000	\$675,000	101
Brantly Oaks	Fort Myers	2012	3,193	\$619,000	\$605,000	265
Somerset	Fort Myers	2011	2,548	\$549,000	\$540,000	362
Foley	Sanibel	1984	1,431	\$549,000	\$509,500	156
River Forest	Fort Myers	2004	3,157	\$459,900	\$450,000	12
Fairview Isles	Fort Myers Beach	1973	1,930	\$428,000	\$415,000	167
Palmetto Grove	Fort Myers	2013	2,395	\$413,000	\$413,000	29

Courtesy of Royal Shell Real Estate

School Smart



by Shelley M. Greggs, NCSP

Dear Shelley, My 7-year-old son gets special education services because of a language and sensory disorder. His teachers want to use sensory stories with

that we use when we learn, the greater our brain involvement in our learning is, thus creating better opportunities for understanding and remembering. In sensory stories, meaning is conveyed through language and sensory stimuli so if someone struggles with this, the stimuli will offer extra support to comprehension.

Sensory stories are stories told through a combination of text and sensory stimuli and offer children the opportunity to practice interacting with stimuli in the safety of a story. A child who needs practice at interacting with sensory stimuli may feel more able to do so within the context of a story. For example, a drop of water can be trickled down a student's face to give meaning to a piece of text that talks about someone crying.

By repeating the story, you build security says Joanna Grace a special education teacher who uses sensory stories with her students. She suggests that for children with significant sensory difficulties to adjust the stimuli and increase the challenge when you re-tell the story. One of her examples of this is if a child finds a sticky-touch experience challenging, you can begin with touching water, then gradually make the substance stickier each time you tell the story. By repeating the story and increasing the sensory challenge each time you re-tell the story, you can increase the student's self-confidence and security.

This type of story format takes time to develop and implement but the results are encouraging. For more information on the benefits of sensory stories and how to

write one, visit www.sensorystories.com/About.aspx.

Ms. Greggs is adjunct faculty at Edison State College where she teaches psychology and education courses. She is also Nationally Certified School Psychologist and consultant for School

Consultation Services, a private educational consulting company. Questions for publication may be addressed to smgreggs@gmail.com. Not all questions submitted can be addressed through this publication.*

him to help him learn and reduce some of his sensory sensitivity. I am a little confused about this technique and don't know if it will be helpful for him. What do you think?

Nina F., Estero

Nina,

First, let me define a sensory disorder. According to the Sensory Processing Disorder Foundation, a Sensory Processing Disorder (SPD) is "a condition that exists when sensory signals don't get organized into appropriate responses. A person with SPD finds it difficult to process and act upon information received through the senses, which creates challenges in performing countless everyday tasks. Motor clumsiness, behavioral problems, anxiety, depression, school failure and other impacts may result if the disorder is not treated effectively."

Sensory stimulation is an essential part of our cognitive development, not just a useful aspect. The more of our senses

Local Student Achieves Top ACT Score

Kathryn Flaharty, daughter of Drs. Patrick and Kristen Flaharty and a senior at The Canterbury School, earned a top composite score of 36 on a recent ACT test.

Nationally, while the actual number of students earning a composite score of 36 varies from year to year, on average, less than one-tenth of one percent of students who take the ACT earns the top score. Among test takers in the high-school graduating class of 2013, only 1,162 of 1.8 million students earned a composite score of 36.

In a letter recognizing this exceptional achievement, ACT CEO Jon Whitmore said, "While test scores are just one of the many criteria that most colleges consider when making admission decisions, your exceptional ACT composite score should prove helpful as you pursue your education and career goals."

Still considering her college options for



Kathryn Flaharty

next fall, Flaharty plans to study biomedical engineering and mathematics with a pre-medical curriculum.

For more information about the ACT, visit www.act.org.*

Purvis To Speak At Toastmasters Club

Humor in public speaking is not important, unless you want to get paid.

Naples Toastmasters Academy will present Shawn Purvis, a Triple District winner of Toastmasters International Speech Contest, who will present a workshop on humor at the Academy's January meeting.

Purvis has a passion for standup comedy and has performed at numerous comedy clubs in Tampa Bay. He runs a comedy show at Finley's Irish Pub and Eatery in Largo, Florida. His workshop is entitled Humor: The Art of Survival. He gave this workshop at the District 48 2013 Fall Conference in November to great acclaim.

He tells the story of his life and how he learned to use humor to survive. He believes that anyone can learn to be funny in their own way and in their own style. Anyone who has ever laughed has a sense of humor. Reproducing the humor is what takes learning. Performing comedy is a learned art.

The workshop is on Wednesday, January 15 from 7 to 8:30 p.m. (doors open at 6:30 p.m.) at the Bonita Fire Station, 27701 Bonita Grande Drive in Bonita Springs. The workshop is free for Toastmaster Academy members; the fee for guests is \$10. Seating is limited. For information and reservations, call Marianne Oehser at 216-3030 or send an email to mtoehser@gmail.com.*



Shawn Purvis

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Red Sox Spring Training Ticket Will Be A Tough Ticket To Get Based On Early Sales Figures

by Ed Frank



It's no surprise that the World Champion Boston Red Sox shattered first weekend sales records when 2014 spring training tickets went on sale earlier this month.

For years, Red Sox fans have lined up days before tickets go on sale here, just to make certain they secure their order.

These fans purchased 35,211 tickets that first weekend, selling out six games – including standing room – and almost assuring that the remaining 10 will also be sold out soon. The previous first weekend sales record was 34,705, set in 2011 prior to the opening JetBlue at Fenway South in 2012.

In the 2012 regular season, the Red Sox finished last in the American League Eastern Division. But that dismal performance sure didn't deter their attendance the next spring. Last year, the Red Sox established a new spring training record, drawing 164,840 fans to JetBlue Park, an average of 9,696 per game.

That mark even topped the New York Yankees attendance by 44 fans.

The Minnesota Twins were one of eight teams in the 15-team Grapefruit League to top 100,000 in attendance. The Twins drew 113,845 last spring.

As has been well documented, Florida's 15-team Grapefruit League provides enormous economic benefits to the state. Those teams attracted a record 1,638,457 fans in 2013. And every year since 2000, more than 1.5 million – a large portion from out-of-state – have attended spring training.

The World Series Champion Red Sox continue to receive accolades as a result of their last-to-first triumph.

At the recently-concluded Major League Baseball Winter Meetings, Boston won in four categories in the annual Greatness in Baseball Yearly Awards, known as GIBBY Awards.

Red Sox manager John Farrell was selected Manager of the Year and General Manager Ben Cherington was named Executive of the Year.

David Ortiz, who gave an emotional speech at Fenway Park following the Boston Marathon bombings, was elected as Moment of the Year, along with winning the Postseason MVP.

More than 10 million votes were cast by the media, front-office personnel, fans and the Society for American Baseball Research in the GIBBY Awards.

23rd Annual Tour De Cape At Cape Harbour

The 23rd annual Tour De Cape at Cape Harbour begins with a pre-event packet pick-up celebration on Friday, January 17. Participants can pick up packets, maps and T-shirts 5 to 8 p.m. Enjoy a great start to the weekend with music, food and fun. Activities are located near The JOINT restaurant.

On Saturday, January 18, the 2014 5K Run will be held. The run/walk is designed for advanced and novice runners. Check-in begins at 6:30 a.m. and race time is 8 a.m. A continental breakfast will be available for participants. Awards ceremony will be held in the pavilion tent around 2 p.m.

Also on Saturday, the Kids/Family Fun Mini Tour De Cape will take place. Registration is \$5, day of the event only. The family ride begins at 10 a.m. The course is well supported by the Cape Coral Police Department and is designed to be flat and safe. Bicycling helmets are required for this event. All participants will receive a T-shirt, hot dog, chips and a drink. Lunch will be served in the Pavilion tent.

On Sunday, January 19, Tour De Cape Bike Rides will be offered. Sunday's

bike tours offer varied routes from 15, 30, 60 and 100 mile courses in the west and north sections of Cape Coral. The event provides a continental breakfast, lunch, on route rest stations with snacks and beverages, SAG vehicles, police support and route maps.

There are three ways to register for the 2014 Tour De Cape:

- 1) Mail in registration form with payment
- 2) Go online to www.active.com
- 3) Register at the pre-event on Friday, January 17

All participants who register prior to January 6 are guaranteed to receive a T-shirt. Make checks payable to: City of Cape Coral. A driver's license number is required. If the registrant is under 18, the form must be co-signed by a parent or legal guardian. Participants under 13 years of age must be accompanied by a parent or legal guardian.

A CPSC approved helmet is mandatory, no exceptions. In Florida, a bicycle is a vehicle and must obey all traffic laws. The Tour De Cape is not a race and is not a closed course.

Mail registration forms to:

City of Cape Coral
Attn: Special Events Division
P.O. Box 150027
Cape Coral, FL 33915

For additional details, contact the City of Cape Coral at 573-3125 or visit www.capeparks.com.

The popular 37-year-old Ortiz also was honored as the unanimous choice for the Edgar Martinez Outstanding Designated Hitter Award. It was the seventh time he received the award.

In the regular season, Ortiz hit .309 with 30 homers and 103 RBIs in 137 games. And few will forget his World Series performance, when he batted a phenomenal .688 with two doubles, two homers, six RBIs and eight walks. He also hit a game-tying grand slam in Game 2 of the American League Championship Series.

The year 2013 was a Year for the Ages for Red Sox fans. You can bet that excitement will spill over when the team arrives here in February for spring training.✪

Home Spring Training Schedule

Minnesota Twins, Hammond Stadium – Lee County Sports Complex

March 1 – Boston Red; 1:05 p.m.
March 3 – Toronto; 1:05 p.m. (split squad)
March 5 – Baltimore; 7:05 p.m.
March 6 – St. Louis; 1:05 p.m.
March 9 – Philadelphia; 1:05 p.m.
March 12 – Pittsburgh; 1:05 p.m.
March 13 – Boston; 1:05 p.m.
March 14 – Baltimore; 1:05 p.m. (split squad)
March 16 – Miami; 1:05 p.m.
March 18 – Tampa Bay; 7:05 p.m.
March 21 – New York Mets; 1:05 p.m.
March 22 – New York Yankees; 1:05 p.m.
March 24 – Tampa Bay; 1:05 p.m.
March 25 – Baltimore; 1:05 p.m.
March 26 – Pittsburgh; 1:05 p.m.
March 28 – Boston; 1:05 p.m.

Boston Red Sox, Jetblue Park at Fenway South

February 27 – Northeastern and Boston College; 1:05 p.m. (doubleheader)
March 2 – Baltimore; 1:05 p.m.
March 4 – Tampa Bay; 1:05 p.m.
March 7 – Atlanta; 1:05 p.m.
March 8 – Baltimore; 7:05 p.m.
March 10 – Tampa Bay; 1:05 p.m.
March 11 – Miami; 1:05 p.m.
March 15 – Philadelphia; 7:05 p.m.
March 17 – St. Louis; 1:05 p.m.
March 19 – Pittsburgh; 7:05 p.m.
March 20 – New York Yankees; 7:05 p.m.
March 23 – Tampa Bay; 1:05 p.m.
March 26 – Baltimore; 1:05 p.m.
March 27 – Minnesota; 1:05 p.m.
March 29 – Minnesota; 7:05 p.m.✪

Planning Under Way For 2014 Komen Florida Race For The Cure

Planning for the eighth annual Susan G. Komen Southwest Florida Race for the Cure is well under way with more activities and ways to be involved than ever before in Southwest Florida. The race takes place on March 8 at Coconut Point Mall in Estero, kicking off with a celebratory Pre-Pink Out Party the night before the race.

An enthusiastic group of volunteers and race chair Ann Simon are responsible for keeping the race fresh and filled with new activities. For the first time, a Kids for the Cure will feature children's activities, games and prizes. A Man Cave will be set up for men to relax and with games and refreshments.

Live bands called Bands for the Cure will donate their time by playing along the route. Entertainment and ceremonies will be concentrated behind Hollywood Theaters on the Via Coconut side of the mall to create a friendlier environment. And back by popular demand, the Flowers of Hope display will once again feature pink tulips planted along the running course in honor of or in memory of a person who battled cancer.

At the Pre-Pink Out Party, there will be live musical entertainment, refreshments and race registration. Breast cancer survivors can have beauty makeovers by the Survivor Glam Squad including hair, makeup and glamor photos.

New volunteers are welcome. The committee meets once a month at the offices of Susan G. Komen Southwest Florida at 26800 S. Tamiami Trail, Suite 210 in Bonita Springs. Additional meetings may be scheduled more frequently in the two weeks leading up to the Race.

For more information, to register for the Race for the Cure or to volunteer or sponsor the race, call 498-0016 or visit www.Komenswfl.org.✪

Coalition Urges Community To Get Involved

The Early Learning Coalition of Southwest Florida (ELC) is supporting the Annie E. Casey Foundation's latest KIDS COUNT policy report. Labeled, The First Eight Years: Giving Kids a Foundation for Lifetime Success, ELC wants to ensure that the Southwest Florida community has the knowledge and research supported by this report, in an act to raise awareness on the issue of Kindergarten is Too Late (to start early childhood education).

The extensive report stresses the importance of children's development of all aspects from social, emotional and physical development to competencies necessary for success in life, within their early years. Early childhood programs, care and education in combination with family support have lasting impacts on children's progress through adulthood; preparing children for success and leading to higher levels of educational attainment, career advancement and earnings. The report sets forth three broad policy recommendations involving the effort of parents, childcare providers and the state government:

- Support parents so they can effectively care and provide for their children.
- Increase access to high-quality birth through age 8 programs, beginning with investments that target low-income children.
- Develop comprehensive, integrated programs and data systems to address all aspects of children's development and support their transition to elementary school and related programs for school-age children.

"Our current programs including School Readiness, Voluntary Pre-K and Head Start are promising, however, more can be done to address these issues, ensuring opportunity and success for all children in our community," said Susan Block, CEO of the Early Learning Coalition of Southwest Florida. "These efforts need support from policymakers who, with research and evidence presented in reports such as these, are well positioned to advance legislative efforts."

For more information on The First Eight Years: Giving Kids a Foundation for Lifetime Success, visit <http://www.floridakidscount.org>.

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Art Association Bushnell And Holiday Exhibits

Currently displayed in the main gallery are Fort Myers Beach Art Association member paintings with a special holiday theme. These may be painted especially for their original Christmas cards or depicting the northern winter scenes and display a different side of the local painters body of art. The exhibit runs until December 27, when the theme changes to Abstract Expressionism to show a completely different style of painting. Both of these shows are open during regular gallery hours.

Studio II is currently hosting a retrospective exhibit of paintings by local artist Fred Bushnell. Bushnell began to paint seriously when he retired in 1988. Lee Ackert was teaching at the FMBAA Gallery and he began to take lessons. From that excellent beginning, his passion grew. His current retrospective exhibit shows how his style has developed and his awareness of color that has become his signature. Works featured include those done while traveling as a volunteer for USAID, his personal travels, his agricultural background in Illinois and his love for Southwest Florida



Wolf Creek by Fred Bushnell

scenes. Bushnell is an award-winning artist who most recently won second place in the FMBAA Fall Judged Show.

The Bushnell exhibit will show until December 27, when the Portrait & Figure Painter group will hang their work in Studio II. Each Tuesday, the artists paint from a live model so you may recognize someone you know while enjoying their skillfully done works. All of these exhibits are free and welcome to the public.

If you are interested in learning to paint, several short workshops are

being taught at the Fort Myers Beach Art Association this season as well as Patty Kane's watercolor classes on Monday; Brian Christensen: Brush & Knife Painting, and Penny Fox: Acrylic Painting.

The gallery will be closed on December 24, 25 and 31 as well as January 1. FMBAA Gallery hours are 10 a.m. to 3 p.m. Monday to Saturday and noon to 3 p.m. on Sunday. For more information on shows or classes, call 463-3909 or visit www.fortmyersbeachart.com.

Gifts For A Needy Family

Continental Women's Club adopted a family from Community Cooperative Ministries, Inc. (CCMI) for the holidays. Members donated enough funds to cover a complete Thanksgiving meal along with a Christmas tree and all the decorations. Last week, gifts were delivered to the three children and mother along with another complete meal for Christmas day. This is the fourth year the club has adopted a family for the holidays.



Linda Brown, Gina Wheeler and Ruth Sills



Rich Dad Education employees volunteered at the Harry Chapin Food Bank

Housing Authority Celebrates Holiday Giving

The Housing Authority of the City of Fort Myers celebrates the spirit of giving and community with upcoming holiday events to take place through December 25.

In partnership with local businesses and organizations, the HACFM will present the following events:

Holiday in the Park
Saturday, December 14
10 a.m. to 2 p.m.

Clemente Park, 3265 Dr. Martin Luther King Jr. Blvd. in Fort Myers
The Lee County Black History Society, Inc. will be hosting its annual Holiday in the Park in partnership with the HACFM, First Assembly Cornerstone, Salvation Army and Walmart Stores. The day will be filled with stage performances, music, food, games and kid-friendly activities. Walmart will be donating 1,500 turkeys, which will be fried and served to attendees. There is no cost to attend the event.

Family Self Sufficiency (FSS) Christmas Party
Thursday, December 19
4 to 6 p.m.

Dr. Carrie D. Robinson Community Center, 2990 Edison Avenue in Fort Myers

In partnership with the City of Fort Myers and Florida Gulf Coast University's Phi Alpha Omicron Honor Society, the HACFM will provide children, newborn to 15 years old, with gifts for the Christmas holiday. Parents participating in the HACFM's Family Self Sufficiency (FSS) and Community Supportive Services (CSS) programs strive to improve their quality of life and advance toward economic self-sufficiency. The HACFM will also be providing gifts to some of its seniors and elderly clients residing in public housing as well. There

will be food, music and other entertainment during the party.

10th Annual Christmas Dinner Giveaway

Saturday, December 21
8 a.m. to noon
First Assembly Cornerstone, 3220 Dr. Martin Luther King Jr. Blvd. in Fort Myers

The HACFM will provide hundreds of disadvantaged and low-income families with bagged Thanksgiving dinners including a frozen turkey, canned goods, vegetables, yam, bread, dessert and more. Case managers, school social workers and housing-property managers identify Lee County families in need and provide each of them with a food voucher to obtain a bagged dinner. The holiday food comes from the Harry Chapin Food Bank, the Salvation Army, Walmart and community donations. Children 12 years old and younger will also receive a donated Christmas gift.

CCMI's Christmas Meal Delivery
Wednesday, December 25
9 a.m.

CCMI, 3429 Dr. Martin Luther King Jr. Blvd. in Fort Myers

In partnership with First Assembly Cornerstone and the HACFM, CCMI will provide needy seniors residing in public housing with a cooked holiday meal delivered on Christmas Day.

"Many of the families we serve have no means to prepare a holiday meal during Thanksgiving or Christmas due to medical or economic challenges," said Twaski Jackson, director of client services at the HACFM. "It is with the generosity and support of local businesses and faith-based organizations that the Housing Authority is able to help these families gain access to a traditional holiday meal. They express their gratefulness to the community that continues to help them in a time of need."

Local businesses and organizations that partner together to make these events and programs possible include CCMI, First Assembly Cornerstone, the Harry Chapin Food Bank, the

Harry Chapin Thanksgiving Volunteers

For the second consecutive year, employees of Rich Dad Education volunteered their time to provide assistance to the Harry Chapin Food Bank of Southwest Florida during the Thanksgiving season.

Employees from the company's Cape Coral office worked at the Harry Chapin Food Bank warehouse on 3760 Fowler Street in Fort Myers on November 19 and 20. The volunteers worked a three-hour shift in the busy warehouse, helping to sort and bag various food items for distribution to those in need throughout Southwest Florida.

To encourage participation, the company compensated employees with their regular wages while they were volunteering at the food bank so they wouldn't need to use any of their personal time off.

In all, 21 members of Rich Dad Education's staff took part in the project, volunteering 63 total hours at the food bank warehouse.

"We know that the ongoing recovery from the recession of 2008 has been uneven, leaving many children, working poor, elderly, and other disadvantaged families here in Southwest Florida still struggling to make ends meet," said James May, Rich Dad Education's Chief Administration Officer. "We're glad so many of our employees and their supervisors volunteered their time to help their less fortunate neighbors."

"Our employees loved working at the food bank last year and were also involved in donating more than one thousand items of food to their warehouse this past summer," added Anthony Humpage, Rich Dad Education CEO. "We are grateful to have another opportunity this year to give back to our home community."

Humpage stressed that Rich Dad Education is constantly seeking new ways it can be of service to others.*

Lee County Black History Society, the Lee County Housing Authority, Lee Memorial Health System, McCabe's Fleet Maintenance, Inc., Publix Supermarkets, Inc., the Salvation Army, the School District of Lee County, Suncoast Contractors Supply, Inc. Walmart and more.

For more information on the HACFM or for assistance, call 332-3825.*

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Food Drive Held For CCMI Soup Kitchen



Volunteers taking part in the third annual CAN IT! food drive

In an effort to help end hunger in Southwest Florida, Pushing The Envelope, Inc. recently hosted its third annual CAN IT! food drive and collected more than 1,000 non-perishable food items for Community Cooperative Ministries, Inc. (CCMI), for the soup kitchen and emergency food supplies.

With support from many community members and businesses, the goal was exceeded in just four weeks with a total weight of more than 600 pounds. To date, Pushing The Envelope, Inc. has donated more than 3,000 pounds of food to CCMI.

Pushing The Envelope, Inc. thanked participating drop off locations that joined the campaign this year, including Anthony's on the Boulevard, Judy D & Co. Hair Styling Salon, Profiles Hair Skin Nails and Salon Adrian.*

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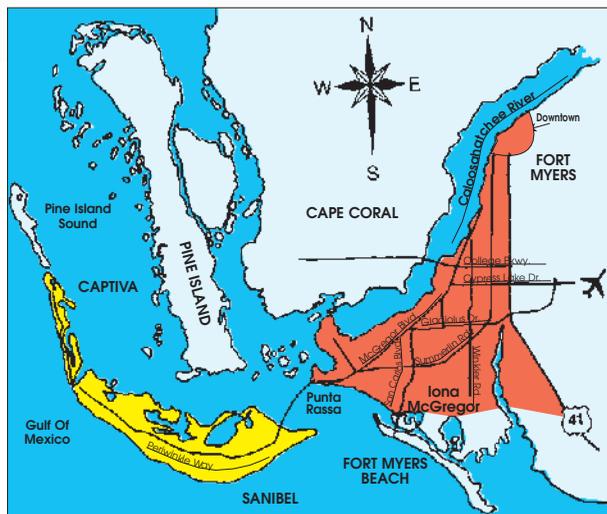
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A procession of several hundred people stops at the closed door of Redlands Christian Migrant Association, in the traditional Latino Posada staged by RCMA last week in Immokalee

A Latino Tradition Is Restored With 2,000 Tamales

Hundreds of people paraded through the darkness, and door after door remained closed.

Finally, one door was flung wide open, and wonderful things waited inside. The Posada, a beloved holiday tradition throughout Latin America, was revived in Immokalee. A new generation of American Hispanics was introduced to a cultural treasure of their parents. And 2,000 tasty tamales waited, steaming in huge metal pots.

The Posada, staged by Redlands Christian Migrant Association, drew some 300 people on December 10 to Immokalee Community School, RCMA's K-6 charter school. For many, the tamales were a familiar favorite, but the festival was a first.

Angelina Velasquez, who immigrated from Guatemala in 2003, had wanted



Angelina Velasquez prepares to cook Guatemalan-style tamales, wrapped in plantain leaves. Growing up in Guatemala, Velasquez longed to participate in Posadas, and their associated "tamaladas," for cooking tamales. Two of her four children attend Immokalee Community School.

to join Posadas as a child, but her parents objected on religious grounds. So she spent two days with a team of other women preparing tamales at ICS.

"I like collaborating with the other women at the school," Velasquez said.

Even the tamales reflected diversity. Velasquez and other Guatemalans wrapped their tamales in plantain leaves. The Mexican moms wrapped theirs in damp corn husks, and featured flavors from three Mexican regions.

The Posada was part of RCMA's extensive outreach to families it serves at ICS and its eight area child care centers. Parents who immigrated recently were the experts and taught the second generation how to prepare the traditional holiday treat.

In far too many immigrant families, children rapidly absorb American culture and language while their parents lack the time and resources to become multicultural themselves. English-speaking children grow up unable to communicate meaningfully with their Spanish-speaking parents. RCMA, which serves thousands of Latino families across Florida, works to preserve the parent-child bonds. It teaches children respect for their parents' cultures. It involves parents in their children's educations and school activities. And it encourages the children to learn Spanish.

"Parents are their children's first teachers," said Barbara Mainster, RCMA's executive director. "They are the most influential people in their children's lives. Multiculturalism ought to enhance those relationships, not get in the way."

The tamalada traditionally involves all family members in preparing tamales. Spices are ground from fresh chiles, pumpkin seeds and sesame seeds. Chicken and pork are boiled. The tamale



Mothers of RCMA children assemble tamales in a traditional Latino "tamalada" last week



A child swings at a piñata following last week's Posada at Immokalee Community School

dough is mixed from corn meal.

The traditional Mexican Posada is a representation of the Biblical Joseph and Mary seeking shelter in Bethlehem. Latino Posada-goers are turned away at several locations until being accepted,

when the celebration begins.

Because RCMA receives government funding, it cannot conduct religious observances. So its version of the Posada contained stations where immigration experiences were described.*

The Salvation Army Participated In VIVA Florida 500

The Salvation Army (TSA) of Lee, Hendry and Glades Counties participated in the VIVA Florida 500 – Hendry County Heritage Festival on Saturday, November 9 at the Labelle Rodeo Arena. The event was held to celebrate the heritage, culture and history of Hendry County by showcasing many different community organizations, local food vendors, music, games and exhibits, ending with a rodeo.

At the festival, The Salvation Army had a booth featuring The Salvation Army Doughnut Girls. The costumed ladies paid homage to the historical Salvation Army Doughnut Girls from WWI and WWII by giving away free doughnuts. The Doughnut Girls were brave Salvation Army members who traveled overseas during WWI to offer small comforts to the young men who were fighting in the war. The booth also included historical photographs of past Salvation Army work.

At noon, The Salvation Army held a ceremony on the main stage to kick off the 2013 Hendry County Red Kettle Campaign. The kettles were not placed in the community until Friday, November 15, but the ceremony was held to garner excitement and support for the campaign in the Hendry community. VIVA Florida 500 also accepted donations of canned goods at the festival to benefit The Salvation Army food pantry in LaBelle.*

dearPharmacist

Natural Cures For Holiday Headaches



by Suzy Cohen, RPh

Dear Pharmacist:

I'm prone to tension headaches, but during the holidays, they're constant. I take ibuprofen and sometimes hydrocodone. Can you help me?

JR, San Jose, California

Tension headaches are the most common type of headache. Millions of people get them. The trigger could be an argument, poor posture, lack of sleep, overworking yourself, chronic pain, tight muscles, eyestrain, skipping a meal or grinding your teeth. One main reason is muscle tightness.

An occasional tension headache is no big deal, but if they're "chronic," defined by more than 15 a month for three months solid, I can see why you take that medicine!

Termed CTTH, short for chronic tension-type headaches, these can cause depression, even if you are a happy-go-lucky person. While painful, these headaches differ from migraines because they

don't have the nausea, halo or any type of aura. This makes them much easier to manage as compared to migraines where you have to discover the "migrnade" and eliminate it.

The term "migrnade" is my word for a trigger that you eat, inhale or create that goes off in your body like a grenade, causing your migraine. There are no real "migrnades" in CTTH so you can usually eliminate or at least manage these much quicker. The reduction of stress or ending an unhappy relationship can help. Here are some supplements that may help you become headache-free:

Rhodiola: Perfect for people with a lot of mental stress, emotional conflict or anxiety. As you know, that can cause tension headaches. Because rhodiola removes ammonia and lactic acid from your blood, it could help with muscle fatigue. Shoot for about 100mg per day, taken anytime before lunch as it may be slightly stimulating.

Magnesium: Simple solution for tight muscles. Magnesium relaxes your muscles. If you read my *Drug Mugger* book, over 200 prescription medications mug it from your body leaving you at risk for muscle aches, migraines, depression, high blood pressure and cardiac arrhythmias. Some forms of magnesium will give you diarrhea. Choose high-quality brands.

Arnica Cream: You can buy this at health food stores, it helps soothe muscle aches and relax tight muscles. When the ingredients found in this beautiful flower extract get into your cells, they temporarily shut down a metabolic pathway

called NF Kappa B, (NFκB) which spills nasty pain-causing chemicals (termed cytokines). You can have your massage therapist rub it on too.

Hops: Known also as *Humulus lupulus*, this herb can reduce histamine levels, a compound (better termed a cytokine) that is associated with headaches. Hops also helps you to fall asleep, and we know insomnia is a trigger for CTTH (and migraines).

When I say hops, I mean the supplement form or tea, not beer! Hops is known as a flavoring agent in beer. I offer natural and pharmaceutical treatment options for dozens of types of headaches in my new book, *Headache Free*, available in January. See my website for details: www.DearPharmacist.com

This information is not intended to treat, cure or diagnose your condition. Suzy Cohen is the author of The 24-Hour Pharmacist and is a registered pharmacist. To contact her, visit www.dearpharmacist.com.

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The River Weekly News
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Four Free Fitness Classes Offered

In honor of another new year, local fitness professional Becky Lang will be offering free fitness classes on Saturday, January 11 from 9 to 11 a.m. at the Skatium in Downtown Fort Myers.

Southwest Florida residents will be invited to try Zumba 101: Learn The Basics at 9 a.m., Zumba at 9:30 a.m., Fit Club (strength training and abs) at 10 a.m. and Yoga Basics at 10:30 a.m. A yoga mat is required for Yoga Basics and an exercise/yoga mat and a set of hand-weights (5-pounds suggested) are required for Fit Club. Everyone is welcome to attend one, two or all four of the classes.

In addition to the free sampler fitness classes, drawings will be held for prizes and healthy food samples will be available courtesy of The Lean Box. This is a great event to attend to kick-start another new year and start working towards your health and wellness resolutions. The Skatium is located at 2250 Broadway.

Regular Zumba, Yoga and Fit Club classes are held weekly at the Skatium at a cost of \$5 per class; no contracts required. The classes are open to the public. For a complete class schedule, visit www.zumbawithbecky.com.

For more information, contact Becky Lang at 791-6538 or beckyzumba@comcast.net. To learn more about Becky's fitness and health coaching services, visit www.beckylang.com.

Mom And Me



by Lizzie and Pryce

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

Dear Mom & Me,

I am told that I am a very well functioning senior woman. Every two years for the past 25 years, my husband and I have gone to a well-known hospital as part of a research study. This year it was not convenient for us to go together, so I decided to go alone and fly up rather than drive. I was told by the facility that I would be met at the airport.

When I arrived, no one was there so I waited and waited and finally went up to the airport information. Three women were at the counter and I asked if I was

in the proper area, and they said, "Yes." I waited some more as I had no contact number with me. Finally, I went up again to get information and inquired if anyone had called. They said, "No."

The three women looked at me and asked if I knew where I was, because I was probably in the wrong city. The facility I was going to did not exist and since no one had called, I was so furious I asked for their phone book and telephone and they very reluctantly gave them to me.

Of course, I was in the right city. The name of the facility I was going to had been changed and the women did not know the new name. I was definitely in the right place, the driver had gone to the wrong place and he had been too involved talking to his friends.

I was furious. All of these people had immediately assumed, because I was older, I was confused, disoriented and impaired. There was never a thought that the driver could be confused or the three people at the airport information desk lacked knowledge.

Before you make hasty conclusions about a person's mental abilities, be sure you know exactly what you are talking about and the information you have is correct.

I would like you to share my experience with your readers.

Josie

Dear Josie,

Ageism, like so many other "isms," are still very much a part of our everyday experience.

Younger people are always very quick to evaluate the mental functioning of anyone over 50, frequently making the wrong conclusions.

What you experienced is common and is resented by the victims. Some older people are impaired, but with better health we hope it will become less of a problem.

Lizzie and Pryce

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

From page 24

Business Climate

- 40 percent of executive surveyed cited their primary reason for not offering a wellness program was due to a lack of personnel to develop and/or oversee such a program.

- 58 percent of executives stated the single most important goal of a wellness program at their company would be to improve the health of their employees.

- The geographic client market had 24 percent of firms serving international markets and 26 percent serving the U.S. market.

For more information, visit www.FortMyersRegionalPartnership.com.

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DiPlacido Joins Hope HealthCare Services' Board Of Directors

Hope HealthCare Services announced Noreen DiPlacido as the newest member of the organization's board of directors.

DiPlacido is a Florida licensed health care risk manager with nearly 25 years of experience in the medical field. She previously served on the board of directors for the American Cancer Society of Lee County and is a past president of the American Cancer Society Sword of Hope Guild. In 2002, DiPlacido co-founded New Faces For Honduras and coordinates maxillofacial surgery mission projects in Honduras.

Board members serve three-year terms and contribute their expertise, time, talent and resources to advancing Hope's mission of providing exceptional care and support to every individual and their loved ones as they fulfill life's journey.

For more information, call 855-454-3100 or visit www.HopeHCS.org.



Toast To Hope Committee with Hope HealthCare Services President and CEO Samira K. Beckwith

Toast To Hope Event Raises More Than \$30,000 For Hope HealthCare

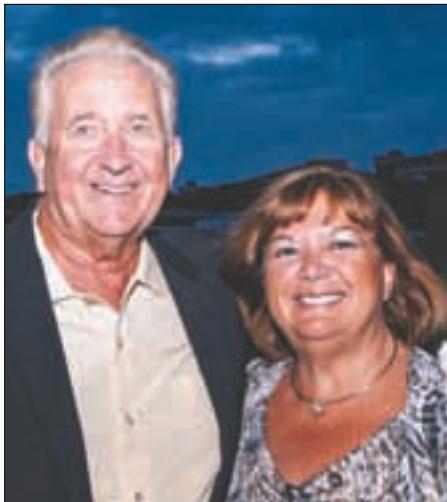
Friends, family and supporters of Hope HealthCare Services recently gathered for the 3rd annual Toast To Hope event at the Tarpon Landings at Tarpon Point Marina.

The event, hosted by Marianne Dodge and the Toast To Hope Committee, raised more than \$30,000 to benefit Hope Hospice of Cape Coral and the Tribute Gardens.

The gardens offer the chance for families to take their loved one out of their hospice room and enjoy the solace and beauty of the outdoors. One of the newest additions to the Tribute Gardens, the Hope Labyrinth, features a stone path and waist-high plantings that lead visitors into the center and back out again. The labyrinth – which is often visited by churches, schools and other community groups – provides a gently meandering pathway and serene setting for quiet reflection and meditation.

In addition to Dodge, the Toast To Hope Committee includes Cape Coral community leaders Judi Brink, Joann Elardo, Diane Everhart, Therese Everly, Marilyn Kistler, Cheryl Komnick, Leslie Koon, Jacque Miloff, Barbara Rosen, Stephen Slosburg, Judy Sowers, Gloria Tate, Barbara Vesey and Jacque Wier.

To get involved with the Toast To Hope Committee or to learn more about the many programs offered by Hope HealthCare Services, call 855-454-3100 or visit www.HopeHCS.org.



Alen and Georgeanne Andre



From left, Marianne Dodge, Scott Hansen, Amy Hale and Hope HealthCare Services President Samira K. Beckwith



Brenda Smith with Don and Lucretia Bagley



Neil Fountaine and Bruce McCaughey presenting the check to food bank president and CEO Al Brislain

AmVets Give To Food Bank

More than 200 people donated 392 pounds of food and \$1,300 to the Harry Chapin Food Bank during November to Remember, an event created and hosted by AmVets Post 81 on November 17. The financial contributions translate into \$7,800 worth of food and grocery items the food bank can purchase for its partner agencies.

Cape Coral AmVets representatives Neil Fountaine, Provost Marshal and November to Remember chairman, and Bruce McCaughey, 1st Vice Commander of AmVets Post 81, presented food bank President and CEO Al Brislain with a check.

The Harry Chapin Food Bank is an affiliate of Feeding America, the nation's food bank network.



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

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BY
HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS

Differences: 1. Chair back is lower; 2. Mustache is smaller; 3. Hand is moved; 4. Exit sign is missing; 5. Ribbon is missing; 6. Beads are missing.

PUZZLE ANSWERS

SUDOKU

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

SCRAMBLERS

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



"Lucky girl — he's loaded since he gave up _____ arcades."

Berate
CLODS _____

Raise
LATEEVE _____

Involve
TENIAL _____

Below
DRUNE _____

TODAY'S WORD

answer on page 35

SCRAMBLERS

solution

1. Scold; 2. Elevate;
3. Entail; 4. Under

Today's Word:

VIDEO

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*RS 10/25 CC TFN



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ANNUAL RENTALS

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*NS 11/8 CC TFN

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Sanibel Congregational United Church of Christ seeks paid part-time Sunday Nursery Attendant for year round on Sunday mornings for infant-4 year olds. Background check and references required. 2-3 years teaching experience preferred. We are a theologically diverse congregation. For more information contact 472-0497.
*NS 10/11 CC TFN

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HELP WANTED

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*NS 12/13 CC 12/20

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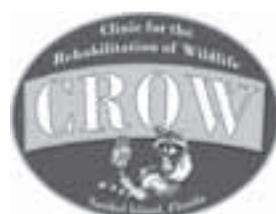
*NS 11/1 NC TFN

VOLUNTEERS NEEDED

Volunteers needed for the
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HELP WANTED

VOLUNTEERS NEEDED

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*RS 12/6 CC 2/28

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*NS 12/13 CC 12/27

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*NS 11/1 CC TFN

LOST AND FOUND

TOOL BOX WASHES UP ON SANIBEL



This tool box with motor parts
washed up on shore Saturday morning,
May 8 about 8:30 on the beach
at Sundial Resort on Sanibel Island.
To claim call Sundial Resort Security
239-472-4151.

*NS 6/14 CC TFN

FOUND

Prescription sunglasses found in parking
lot of Limetree Center on Wednesday,
February 27. Claim at Island Sun
newspaper, suite 2 in Limetree Center,
or call 395-1213.

*NS 3/8 NC TFN

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

SUDOKU

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

answer on page 35

Pets Of The Week

Hello, my name is Gus and I'm a one-year-old gray and black male Australian cattle dog .

I'm a quiet, calm, handsome, leash-trained guy who knows my basic commads. I'll make a great addition to your family so do both of , which is \$50 off the regular adoption fee of \$75 when you draw a discount coupon from Animal Services Holiday Stocking!

My name is Tinker and I am a domestic short hair female black tabby age 1½ years.

I guess they call me Tinker because I remind everyone of a little fairy named Tinkerbelle. I'm beautiful and can add some magic to your life.

Adoption fee: \$10 during Animal Services Black Tie Affair 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, 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.*



Gus ID# 579457

photos by squaredogphoto.com



Tinker ID# 576936



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

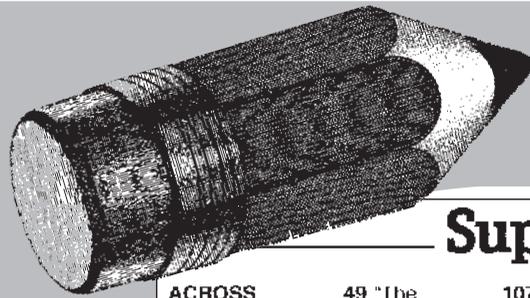
Lions Clubs:

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 Historical Society.....	939-4044
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

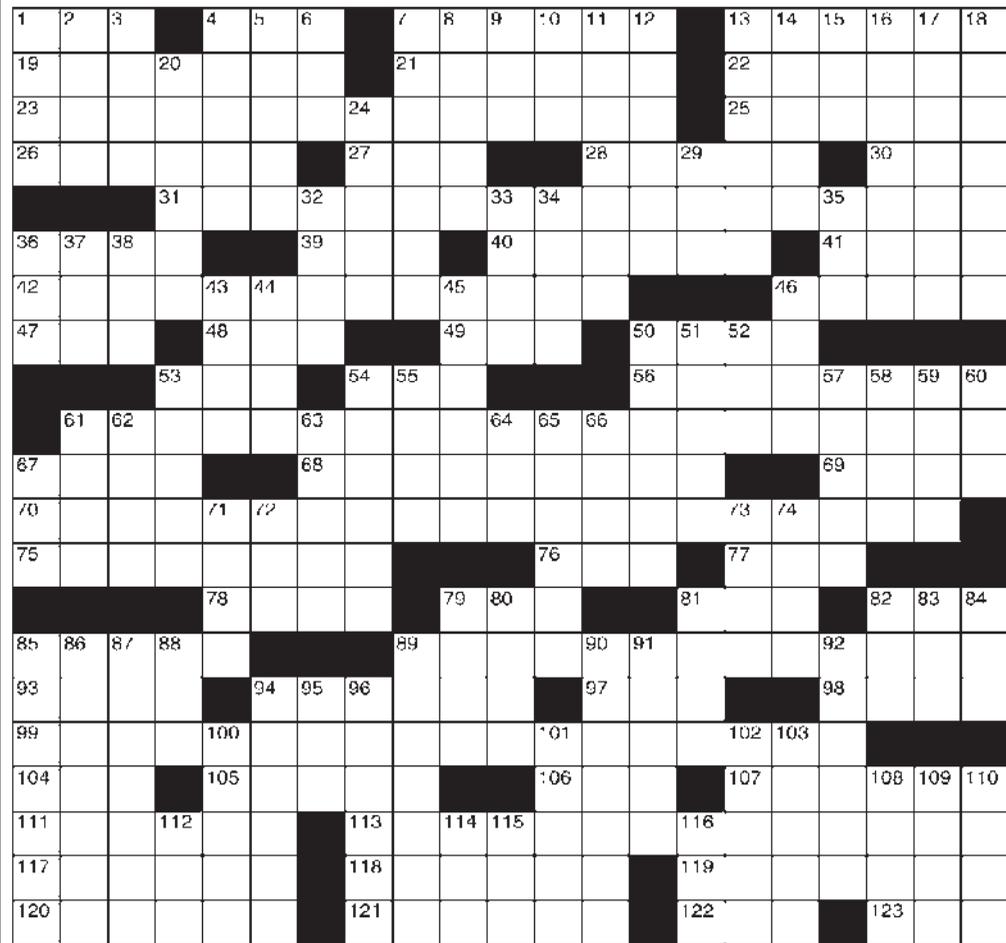


BEACH CHAIR PASTIME

answers on page 33

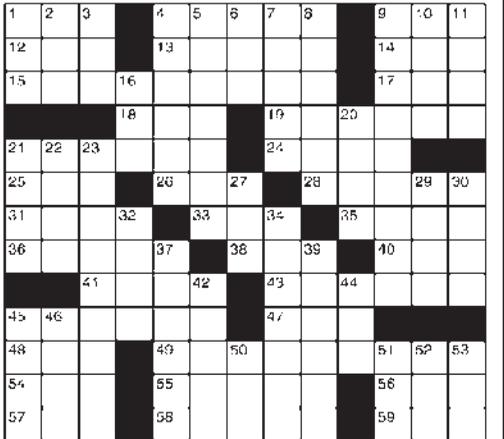
Super Crossword V 8

- ACROSS**
- 1 Beseech
 - 4 Weeding implement
 - 7 White rat, e.g.
 - 13 Puccini's "— Butterfly"
 - 19 Cream-filled pastries
 - 21 Kill, as pain
 - 22 Beloved
 - 23 V
 - 25 Holiday Inn alternative
 - 26 Agee of the Miracle Mets
 - 27 Be shown on TV
 - 28 "A Simple Plan" director Sam
 - 30 Vagrant
 - 31 V
 - 36 As a result
 - 39 Singer Brenda
 - 40 Borgnine of the screen
 - 41 "— hardly believe it!"
 - 42 V
 - 46 Bread baker's buy
 - 47 Lousy review
 - 48 "That's more than I needed to know," briefly
 - 49 "The Stepford Wives" author Levin
 - 50 Tilox target
 - 53 Syllable after "Mao"
 - 54 Quick AOL exchanges
 - 56 Mother Teresa's city
 - 61 V
 - 67 Thundrpeal
 - 68 Seat of Fayette County, Iowa
 - 69 Truckloads
 - 70 V
 - 75 Almost-new
 - 76 Library array: Abbr.
 - 77 Very long time period
 - 78 Banned thing
 - 79 — Marj
 - 81 Geraint's title
 - 82 Big Mac part
 - 85 Rene of "Tin Cup"
 - 89 V
 - 93 iPad extras
 - 94 Big name in pizza crust
 - 97 Stylist's goop
 - 98 Major fair
 - 99 V
 - 104 Leisure top
 - 105 Made lighter
 - 106 Maj.'s superior
 - 107 Erupted
 - 111 Angle measure in math
 - 113 V
 - 117 Reluctant
 - 118 It's often left in a will
 - 119 Study of verse writing
 - 120 Buoyed (up)
 - 121 Pianists' dexterity
 - 122 Misstep exercises
 - 123 Maui neckwear
 - 13 Bushy-tailed rodent
 - 14 Oil well firefighter
 - 15 DeLuise of film
 - 16 Coffee type
 - 17 Free-swimming jellyfishes
 - 18 Unbudgeting
 - 20 In the — Morpheus (asleep)
 - 24 Yard tools
 - 29 Stipulations
 - 32 156, to Livy
 - 33 Golda of Israel
 - 34 California's La — Tar Pits
 - 35 Contend
 - 36 Seer's "gift"
 - 37 Rival of JVC
 - 38 Vodka alternative
 - 43 Response to "Who's there?"
 - 44 IRS enforcers
 - 45 Meet, as a challenge
 - 46 Urban rec facility
 - 50 Ice cream portions
 - 51 "Step right up!" shouter
 - 52 New —, Minnesota
 - 53 Blood bank technician
 - 54 "By the Time — Phoenix"
 - 55 Fit together, as gears
 - 57 Provo native
 - 58 One of the Jackson 5
 - 59 Bugs, Dalfy, or Emer
 - 60 Sothern of movies
 - 61 Arctic chunk
 - 62 Rolling rock
 - 63 Baseball Hall-of-Famer Tony
 - 64 Adding result
 - 65 Provide with the means
 - 66 Baseball Hall-of-Famer Carlton
 - 67 Wolf Blitzer's channel
 - 71 K followers
 - 72 Life leader?
 - 73 Sedaka of song
 - 74 Umbilical —
 - 79 Basketballer Chamberlain
 - 80 Tel —, Israel
 - 81 Retailer (for)
 - 82 Re pugilistic
 - 83 Game official
 - 84 Prefix with realism
 - 85 Dilapidated digs
 - 86 Lift from seismic action
 - 87 Driver doing 90, say
 - 88 Dir. from Reno to L.A.
 - 89 Most affectionate
 - 90 Disregards
 - 91 Greasy of football
 - 92 Convene again
 - 94 Bopped on the noggin
 - 95 Syllables of meditation
 - 96 Any "Stayin' Alive" singer
 - 100 Flat contract
 - 101 Intense
 - 102 "That's What Love —" (1991 Amy Grant hit)
 - 103 Stiff — lip
 - 108 Cry loudly
 - 109 "— homol"
 - 110 Actor Amaz
 - 112 Bug greatly
 - 114 Beattie buddy Sutcliffe
 - 115 Just a —
 - 116 Unlock, to bards



King Crossword

- ACROSS**
- 1 Use the couch
 - 4 Fidel Castro, e.g.
 - 9 Picks out of a lineup, briefly
 - 12 Japanese pond carp
 - 13 Last Greek letter
 - 14 Ultramodernist
 - 15 Office-holder
 - 17 Pitcher's topper
 - 18 Apiece
 - 19 Memman and Mertz
 - 21 Label founded by Clive Davis
 - 24 Gets a gander at
 - 25 Fellow perhaps
 - 26 Pvt.'s superior
 - 28 Takes five
 - 31 Snapshots
 - 33 Finish
 - 35 Willy Wonka's creator
 - 36 Narrow cuts
 - 38 Sleuth, for short
 - 40 Born moss
 - 43 Fed well, as a Biblical call
 - 45 Twist in pain
 - 6 Mrs. McKinley
 - 48 Coloration
 - 49 Rainy.
 - 54 Hostel
 - 55 Surround
 - 56 Sticky stuff
 - 57 Encountered
 - 58 Uses a swizzle stick
 - 59 Rhyming phrase
 - 6 Spelling contest
 - 7 Actress Moorehead
 - 8 Talk on and on
 - 9 Nonstop
 - 10 Transaction
 - 11 Bribes
 - 16 — and downs
 - 20 Pay attention
 - 21 Rock band's gear
 - 22 Bar
 - 23 Just beginning
 - 27 Explosive letters
 - 29 You
 - 30 Coaster
 - 32 Undo a delete
 - 34 Graffiti writer, e.g.
 - 37 Masters, in old India
 - 39 West Pointers
 - 42 Doctrine
 - 44 Scol's chapeau
 - 45 Capricious
 - 46 Mysterious character
 - 50 Vegas-based crime show
 - 51 Swelled head
 - 52 Agree silently
 - 53 Part of the foot
- DOWN**
- 1 Schluss
 - 2 Charged particle
 - 3 Twitch
 - 4 Hailey's et al.
 - 5 Resentment



MAGIC MAZE ● ALL FLY A RED, WHITE AND BLUE FLAG

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

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

- Cambodia
- France
- Panama
- Thailand
- Chile
- Iceland
- Russia
- U.S.A.
- Croatia
- Laos
- Samoa
- United Kingdom
- Cuba
- Norway
- Taiwan



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Sunshine Seafood

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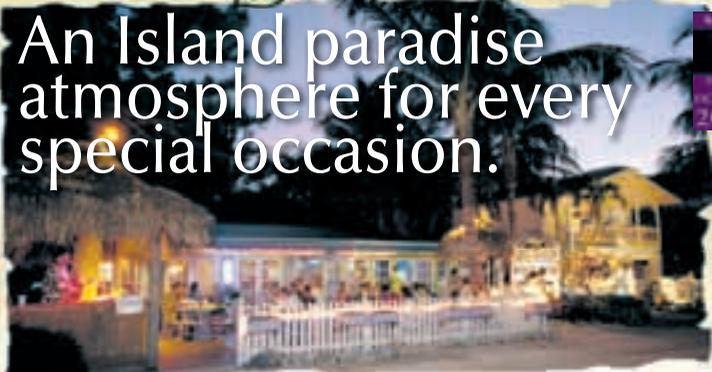
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