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SECTION D



SUBMITTED PHOTO

This work is from contemporary artist Deena Gu, who will lead two workshops on using sumi brushes and ink for watercolor and calligraphy.

A turn for the verse

MAY FESTIVAL WILL GO IN A NEW DIRECTION



SUBMITTED PHOTO

The Depue Brothers call their music "classical 'grass.'"



ARTITUDE
HARRIET HEITHAUS

The Stay in May Festival, going into its sixth year, has folded a calligraphy workshop into a mix of events that is much more eclectic and intergenerational — even, at times, winking at the audience. For instance, the Tokens appear in concert, doubtlessly performing their famous hit, "The Lion Sleeps Tonight" — at the Naples Zoo May 12. Violinist Lara St. John promises her Czardashian Rhapsody, a filtering of Liszt's Hungarian Rhapsody No. 2 through Hungarian czarda (dance) style, with the Kardashian suffix to suggest what light fun it is for the listener.

There's a meditation workshop, Dick Hyman galloping through piano

See **FESTIVAL**, Page 2D



SUBMITTED PHOTO

Lara St. John performs the Mozart Violin Concerto No. 3 at Stay in May Festival.

Herbs: Great plants, little effort



THE BUTTERFLY GUY
MIKE MALLOY

If you're the type of person who doesn't like the full-time job of having an elaborate tropical garden, you might want to try your hand at an

herb garden. It will consume only a small part of your well-manicured landscape or even less when the growing is done in pots.

If you're anything like me, you probably will dig up the whole side yard and start an herb farm. Large garden, small garden in pots, in the ground or raised beds (at least 6 inches high) it's all fun. Some herbs can be very aggressive, like mint. To control the growth better, grow these in pots but watch that they don't sneak out of the drain holes in the bottom of the pot.

To begin, I will pick some easy herbs to grow that really do well here in south Florida. They also probably are herbs that we use most of the time fresh in our cooking. You will not only save



MIKE MALLOY

Basil is an often-used herb. It grows well indoors or out. Just don't over-water it.

money — herbs can be pricey if you buy those little pots in the supermarket every time you want a little fresh basil in your salad — let's face it, food really does taste a lot better with fresh herbs. Plus the fragrance is outstanding.

When you're ready to begin, seeds are easy to start. I need instant gratification so I buy my pots already started. Make sure they have good drainage and are not over-watered. Like most plants, herbs haven't learned how to swim.



MIKE MALLOY

Dill grows well in a garden, or indoors in a pot.

Unlike up North, where we grow herbs in sun, here in Florida I found dappled sun better — where they get some sun, but not the full all-day, plants-on-fire sun. Actually, mine are in pots on my screened lanai facing west. Hot sun, right? Not really. The screen cuts out enough of the sun's rays to be perfect light for herbs. I water a little every day, which seems to be working out well, and they are close to the kitch-

See **HERBS**, Page 3D



Card DIY-ers:

Do you break out the glue gun and stamps each holiday season? Reporter Shelby Reynolds would like to hear from you for a story on DIY card techniques. Reach Shelby at 239-263-4829 or Shelby.reynolds@naplesnews.com.

Festival

Continued from Page 1D

hits from the 1930s, Chinese art, a cooking slam among the culinary programs of Naples' high schools, bluegrass, watercolor classes and, of course, Chopin.

"We're calling it the best of all worlds," explained William Noll, who has been the festival's artistic director for its six-year history. "We felt it was time to shake things up a bit." He and board members saw the opportunities in some fields it has not embraced before: short films, wellness class and meditation sessions, a high school chef competition, ballroom dance. There are nearly 60 events in all (for a full schedule see the accompanying information box.)

Classics, classical

They aren't deserting the classical music and art components that gave birth to the festival. There are some new facets to it. Violinist St. John loves genre bending, as do the DePue Brothers, who have a pair of Philadelphia Orchestra violinists among their five and who call their blend "classical grass." "But you can count on Beethoven, Ravel, Schubert and Rachmaninoff piano works from Turkey-born Gülsin Onay and returning Russia native Ilya Itin.

Steffanie Pearce reprises her November concert of American music — Copland, Barber and more — with help from Gulfshore Opera singers and William Dawson, a Southwest Florida composer. There is a concert of the Mozart Violin Concerto No. 3 and his Symphony No. 25.

"This year I wanted new and stellar performances of everything we offered," Noll said. He feels he got it. There's actually a pipe organ "crawl," a tour of six of the city's grandest pipe organs, hosted by public radio star



Brian Roland, left, chats with Golden Gate High School senior Marieth Benitez while she and Matt Thivierge compete as a pair in a cooking competition during a American Culinary Federation show at the Hyatt Regency Coconut Point in Bonita Springs in 2014. Culinary students will star in their own competition at the festival.

SCOTT MCINTYRE

2017 Stay in May Festival

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Michael Barone, of the weekly nationwide program, "Pipe Dreams."

For jazz lovers, there's a rare treat. Among several jazz and rock concerts is one in May 9 in which trumpet virtuoso Arturo Sandoval moves to the piano to show off his keyboard prowess.

"He is amazing and, boy, am I excited about that, because people rarely see that side of him," Noll said.

Even film lovers have their days: two days of international award-winning short films April 29 and May 3.

For hands, head, health

Art education will be a critical element of the festival this year. Deena Gu is a contemporary artist whose works will be in exhibition in the Watson Gallery of the Naples Art Association at the von Liebig Center, and she is also leading classes in watercolor and calligraphy with sumi ink and brushes April 27 and 29. It dovetails into the food-and-art synergy: Gu will work with participants in a Chinese cooking lesson at Sur la Table April 28, with the feast prepared for all its students to enjoy.

Possibly to help you enjoy the performances more, some present-moment awareness is on the schedule in one of three wellness workshops

April 26: On the practice of mindfulness. Participants will learn meditation techniques and present moment aware-

ness.

May 6: Understanding the power of positive emotions to improve resilience, curiosity, problem solving, creativity and longevity

May 10: Adding music to the first two concepts, mindfulness and a positive mindset, to boost working memory, improve concentration and focus, increase joy and creativity and enhance mood and well-being

The workshops have a dual mission, according to Trey Farmer, president of the board of directors for the Stay in May Festival. Because Naples is considered a Blue Zone city emphasizing health, the workshops offer ways to live more healthfully. But just as important, they feed into the final workshop that emphasizes music's

part in health.

"We really wanted to look at inter-action music brings to well-being, how it works in enhancing our health," Farmer said. And that sequesters into an evening during which he hopes to see all the seats in the house empty because people are up dancing.

"Music and movement are very integral to this positive state of being," he said. So Susan Clayton of Gold Coast Dance is leading both demonstrations and some encouragement to join the crowd and dance at the Jewish Families and Childrens Services community room at 5025 Costello Drive the evening of May 8.

"Susan is very good at encouraging people to join in. This is a 'Dancing with the Stars' but also a night of dance for everyone. Leave the stilettos at home," he said. "Unless you can dance in them."

FEATURES SECTION EDITORIAL STAFF

Interim features editor
Dave Osborn
239-263-4896
dave.osborn@naplesnews.com

Tim Aten
Restaurant business
and development
239-263-4857
tim.aten@naplesnews.com
@NDN_TAten

Sebastian Gonzalez
Calendars, arts news,
FYI food
and benefits and galas
239-435-3432
sebastian.gonzalez@naplesnews.com

Harriet Howard Heithaus
Classical music, opera, dance
and visual arts
239-213-6091
harriet.heithaus@naplesnews.com
@NDN_HarrietHeit

Shelby Reynolds
Wellness and trends
239-263-4829
shelby.reynolds@naplesnews.com
@NDN_SReynolds

Send us an email at: features@naplesnews.com

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