

Kyoto Station by Mark Wlaz

images provided

Alliance To Open All Florida Exhibit

The Alliance for the Arts' March exhibition, the 32nd annual Juried All Florida, will be on view from Friday, March 9 to Thursday, March 29, including an opening reception on March 9 from 5 to 7 p.m. The exhibition features pieces created by artists working in a wide variety of media from all over the state of Florida.

"It's exciting to host artists from across



Fantasia by Beverly Yankwitt

all the pockets of Florida," said exhibitions coordinator Krista Johnson. "The submissions truly showcase the breadth and creative talent of Florida's independent artists."

This year's juror is Mark Ormond, curator for exhibitions from Ringling College of Art & Design. He has organized and coordinated over 300 exhibitions.



Blue Bay Windows by Susan Ritter

From 531 entries, 50 artists and 57 pieces were selected by the juror. The artists include Kaitlyn Handley, Hilda Champion, Beverly Yankwitt, Paul Dengler, Alane Enyart, David Belling, Betsy DJamoos,

Susan Rienzo, Roxanne Hanney, Carolyn Steele, Ellen Miller, JT Phillippe, Elisabeth Arena, Imani Gibbs, Sherri Hubby, Maggie DeMarco, Tammra Sigler, Grayson Stoff,

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Ford Mustangs will be on display on Henry Ford's lawn at the estates

photo provided

Mustang Show This Saturday

Edison & Ford Winter Estates will host its annual Mustang Car Exhibition as a tribute to Henry Ford, the pioneer of the automobile industry, on Saturday, March 3 from 10 a.m. to 2 p.m. Owners of Ford Mustangs will be exhibiting their cars on Henry Ford's lawn along the Caloosahatchee. The Mustang has been popular ever since it debuted in 1964; in two years, more than one million were sold.

Along with the exhibition, there will be music, food available for purchase, and visitors can see the historic homes, gardens, museum and laboratory.

This family event is free for Edison Ford members and \$20 for future members, which includes admission to the site. Ticket price is good for the day of the car show only; audio wands and site historian-led guided tours are additional. A portion of the proceeds will benefit the restoration of the antique car collection at Edison Ford.

For more information, call 334-7419 or visit www.edisonfordwinterestates.org.*

Whodunnit Opens Next Week At Lab Theater



From left, Kayleigh O'Connell, Patricia Clopton, Mark King and Maddy Hayes

photo provided

Beginning Friday, March 9, the Laboratory Theater of Florida will present the zany whodunnit *The Musical Comedy Murders of the 1940s* by John Bishop.

The creative team responsible for a recent Broadway flop – in which three chorus girls were murdered by

the mysterious "Stage Door Slasher" – assemble for a backer's audition of their new show at the Westchester estate of a wealthy "angel." The house is replete with sliding panels, secret passageways and a German maid who is apparently four different people, all of which figure

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Historic Downtown Fort Myers, Then And Now:

Lounging At The Bradford



by Gerri Reaves, PhD

This historic photo takes places in a tropically chic scene in 1933: the second-floor lounge and rotunda of the Bradford Hotel.

The wicker chairs and writing desk, potted palms and cozy arched alcoves capture a hotel atmosphere of yesteryear.

In fact, with the almost ethereal light and shadows – especially the dramatic shadow of the stairway bannisters (left) –this could almost be a vintage noir movie set.

By 1933, the Bradford had expanded greatly from the 41-room first phase that opened in November 1905 with only 105 feet along First Street.

By the early 1930s, it had undergone three additions and, in the mid-1920s, a major remodel.

Harvie E. Heitman had built the second brick building in downtown Fort Myers with the financial backing of Tootie (Mrs. Ambrose M.) McGregor, and it was named for her recently deceased son, Bradford. It would be the second brick structure in town, and he was just getting into gear.

Heitman had also built the first brick building only seven years before on the Jackson Street end of the block. In his relatively short life of only 49 years, he would be one the most important forces that transformed the town into a fledgling 20 century city.

The Chattanooga-pressed brick structure was originally planned to be two stories, but once construction started, Heitman decided to make it three.

In the pre-air-conditioning days, all but four of the rooms were “outside” rooms with access to the open air and river breezes. The earliest photos of the hotel show balconies running the width of the hotel.

The hotel catered not only to tourists but to business people, offering modern conveniences such as steam heat and electric lights and bells.



In 1933, the Bradford Hotel’s lounge and rotunda offered wicker furniture, sunlight and river breezes. The lounge was located on the second floor in the center of the original section built in 1905.

photo courtesy IMAG History & Science Center



Today, the upper floors of the former Bradford Hotel have been converted into apartments

photo by Gerri Reaves

That might not seem like such an impressive set of amenities, but electric lights had lit downtown only in 1898.

Others hotel features included a dining room, rotunda, ladies’ sitting room and carpeting throughout the hotel.

Heitman didn’t allow his establishment to go stale.

In 1907, publicity touted the new dining room that opened onto a front veranda.

In 1914, the “completely renovated and re-equipped” hotel advertised cuisine and rooms of “a high standard.”

In 1926, the hotel underwent a significant expansion, adding 40 new rooms.

The Bradford Hotel on the northeast corner of First and Hendry no longer exists as such. The hotel closed in 1978 but was later redeveloped.

Today, businesses and offices are at street level and apartments on the upper floors, where decades ago, guests lazed in wicker chairs and felt the river breeze waft through the open windows.

Walk to First and Hendry to see one of downtown’s first modern hotels. Then visit the following two research centers to learn more about where tourists lounged in early Fort Myers.

The Southwest Florida Historical Society is an all-volunteer, non-profit organization open Wednesday and Saturday between 9 a.m. and noon and Wednesday 4 to 7 p.m. It is located at 10091 McGregor Boulevard on the campus of the Lee County Alliance for the Arts. Call 939-4044 or visit www.swflhistoricalsociety.org for more information.

The Lee County Black History Society is located at 1936 Henderson Avenue, adjacent to the Williams Academy Museum at Roberto Clemente Park. Hours for the all-volunteer, non-profit organization are Wednesday through Friday from 11 a.m. to 4 p.m. and on Saturday by appointment only. For information, call 332-8778 or visit www.leeountyblackhistorysociety.org.

Sources: Archives of the Southwest Florida Historical Society and *The Story of Fort Myers* by Karl H. Grismer.✪

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Humane Society Run/Walk Benefit Kicks Off March 2

One of Gulf Coast Humane Society's biggest fundraising events of the year, The Fast and the Furriest, is gaining some big momentum after a record-setting race last year.

The upcoming 5K Run/1-Mile Walk fundraiser held at Hammond Stadium on Saturday, April 7 is on pace for another big day, with plenty of festivities planned. GCHS will be hosting a Kick-Off Party on Friday, March 2, from 6 to 8 p.m., at the shelter's campus, located at 2010 Arcadia Street in Fort Myers.

"We had over 400 participants last year, which was an all-time high in the seven years we've had 'The Fast and the Furriest,'" said GCHS Executive Director Jennifer Galloway. "This event is so fun for the family and their pets, since they get to run or walk with their dogs if they so choose to. The planning committee has been working hard spreading the word about the event, and we are hoping to eclipse last year's number of participants."

The run/walk event is dog-friendly, and many participants do bring their furry friends along for the jaunt.

The Fast and the Furriest is also an excellent event for sponsors and vendors to jump aboard. Each sponsor/vendor gets an opportunity to display their services/product to a growing pet and health demographic. Sponsors will receive recognition on GCHS' website and social



Participants from a previous 5K Run/1-Mile Walk fundraiser media.

"Most of all, though, they will get the satisfaction of knowing they played an important role in aiding all the GCHS' shelter animals, which ultimately all the proceeds will end up going to," said Fast and the Furriest committee chair person Jill McKee.

Even non-runners/walkers can lend a big helping hand by starting their own

photo provided

fundraiser. Visit www.crowdrise.com/fastandfurriest2018 to set up your personal fundraiser. Let friends and family know you are raising money for GCHS and its shelter animals through various social media and word of mouth.

"It's a great way to get involved, even if you can't attend the event April 7," McKee added.

The March 2 Kick-Off Party will help

promote starting your own fundraiser. Snacks and refreshments will be served, as well as a quick how-to by GCHS events coordinator Paul Howell on how to start your own fundraiser.

This year for the first time, the first 500 5K runners and 1-mile walkers will earn a finisher medal, with the top fundraiser receiving a trophy. Traditional age group medals will be awarded to top chipped runners and to the fastest dogs in three weight categories. Other awards will be for the Triple Crown Award Winners, as well.

"Come out for one of the best dog-friendly events around, while leaving knowing you helped the many shelter animals at GCHS," Galloway said.

To register or become a vendor or sponsor, visit www.gulfcoasthumane.org/the-fast-the-furriest.html or email Howell at events@gulfcoasthumane.org.

Church Garage Sale

Gulf Coast Church of Christ will host its annual garage sale on Friday, March 2 from 7 a.m. 5 p.m. and Saturday March 3 from 7 a.m. to 1 p.m.

Vendors will be selling furniture, housewares, clothes, purses, jewelry, and more. A concession stand will be open for the purchase of beverages and food. Bake sale desserts will also be available.

Gulf Coast Church of Christ is located at 9550 Six Mile Cypress Parkway in Fort Myers. For more information, call 936-4554.

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SoCo Second Saturday To Offer Artist Reception

DAAS Co-op Art Gallery & Gifts will showcase the art of guest artist David Hammel in March with an opening reception during the monthly SoCo Second Saturday on Saturday, March 10 from 6 to 10 p.m. The exhibition, entitled Material Goods, is a collection of folkloric pottery and mixed media compositions in the artist's well-known style.

"As an artist, I am more interested in utilizing a variety of materials to discover images often hidden within, than creating a 'style,'" said Hammel. "I find raw materials extremely fascinating, and I enjoy taking something very ordinary and often overlooked and turning it into a piece of artwork that people may enjoy viewing."

Hammel was born in Southwest Florida, and his family has been in the area for six generations. He is a 1988 graduate from the Ringling College of Art and Design in Sarasota, Florida. He also completed advanced studies in the Arrowmont School of Arts and Crafts in Gatlinburg, Tennessee in 2000.

SoCo Second Saturday will be held within the SoCo Cultural District, which encompasses the block south of Colonial Boulevard, from the corner of McGregor Blvd to Summerlin Road, to Royal Palm Square Blvd and back to McGregor Boulevard. There



Artwork by David Hammel photo provided will be interactive events, exhibitions, demonstrations and an area map pointing to all of the night's attractions and showing details on how to win a prize by one of the participating SoCo cultural venues by collecting the golden tickets from each location. The winner will be announced one week after the event in

the SoCo SWFL Facebook page. Besides DAAS Co-op Art Gallery & Gifts, this month's participating SoCo cultural venues are Alliance for the Arts, Ocasiocasa, The Union Artist Studios and Crafted, City of Palms

Studio, DM Paper Designs, A Swedish Affair, Broadway Palm Dinner Theater, Suzanne's Dance Fitness and Studio Os Urbanos. For more information, visit www.socoswfl.com.✧

Award-Winning Actress And Son To Exhibit Artwork



Jane Seymour

photos provided

An impressive new collection of original artwork by Emmy and Golden Globe award-winning actress Jane Seymour will be on exhibition and available for acquisition at the Road Show Pop-Up Gallery at the Mercato in Naples.

Meet Seymour in person during two artist appearances; Saturday, March 10 from 7 to 9 p.m. and Sunday, March 11 from 1 to 3 p.m.

In addition, works from the collection of fine art photography by Sean M. Flynn will be on exhibition and available for acquisition in a Mother & Son dual exhibition. Exhibit previews begin March 7. To RSVP, call 866-900-6699 or visit www.naples@roadshowcompany.com.

The Road Show Company Pop-Up Art Exhibition within the Mercato is located at 9115 Strada Place in Naples. Visit www.roadshowcompany.com for more information.✧



Sparkling Koi by Jane Seymore

Voices Of Naples Music Audition

Voices of Naples Community Chorus is offering up to \$3,000 in vocal music scholarship awards to graduation seniors from Collier and Lee counties planning to pursue a college

major associated with vocal music. Voices of Naples is a community chorus with performance venues at local churches and repertoire ranging from classical to jazz to Broadway. Applications must be received by March 19. Auditions will be held on Monday, April 2 at 7 p.m. For more information and application, visit www.voicesofnaples.org or call June Ricks at 948-2865.✧

Author To Visit Library

The Friends of Lakes Regional Library will welcome author Suzi Weinert to its meeting at the library on Friday, March 9 at 1 p.m.

Weinert is the author of the *Garage Sale Mystery* series. Several Hallmark movie channel movies have been based on her work. A book signing will follow the discussion. The program requires no registration and is free to the public. Lakes Regional Library is located at 15290 Bass Road in Fort Myers.✧

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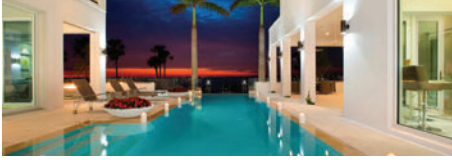
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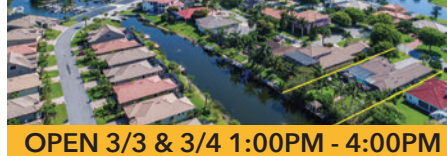
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Fort Myers Art:

Theater Brings Classic Play To The Stage



by Tom Hall

Theatre Conspiracy is bringing Henrik Ibsen's classic play, *A Doll's House*, to the Foulds Theatre at the Alliance for the Arts in March.

A woman cannot be herself in modern society with laws

made by men and with prosecutors and judges who assess female conduct from a male standpoint. This comment did not evolve out of the "Me Too" or "Time's Up" movements. It did not come from this year's or last year's women's marches. It was penned by author Henrik Ibsen at the time he began writing *A Doll's House* in September of 1878. Now, Theatre Conspiracy brings this prescient play to the Foulds Theatre stage beginning March 1.

A Doll's House is typically referred to as a tome about love gone awry. To those on the outside, Torvald and Nora Helmer seem to be living the dream. Happily married with three children and security, they appear to have it all. But as Ibsen begins to pull back the curtain on their relationship, it becomes manifest pretty quickly that the health and vitality of their



Dena Galyean and Brendan Powers star in *A Doll's House* at the Foulds Theatre

photo courtesy www.artswfl.com

nine-year marriage is predicated on Nora's willingness to embrace the childlike role defined by her husband.

Torvald, it turns out, views marriage as a sacred trust in which the man rules benevolently. "To lie in a family home," he pontificates, "diseases it, contaminates it." And so it is that Torvald's feelings and concept of love are put to the test when Nora risks her reputation to save his life. Does he truly love Nora or is it the image of the ideal wife he has created in his own mind with which he is actually in love?

In spite of its age, *A Doll's House* has come to be considered a contemporary feminist drama. However, Ibsen resisted

that characterization. In fact, the playwright insisted that the theme of his play is "the need of every individual to find out the kind of person he or she really is and to strive to become that person." From that standpoint, *A Doll's House* is not feminist, but humanist, which explains why it remains so relevant at a time when women are so stridently demanding that

men relate to them as people rather than sexual beings, chattels and objects to be controlled and possessed by their husbands, boyfriends and fathers – and pushing back so vociferously when men fail in this regard.

A play of this caliber demands a special director and actors. That is why Theatre Conspiracy has entrusted *A Doll's House* to Anne Dodd to direct. It has also assembled a gifted cast that includes professional equity actor Brendan Powers as Torvald, the very talented Dena Galyean as Nora, and Patrick Day, Karen Goldberg, James Robinson, Eren Sisk and Paula Sisk in supporting roles.

Performances for *A Doll's House* will be on stage from March 1 to 3 and March 8 to 10 at 8 p.m. and March 4 and March 11 at 2 p.m. Reserve your seats early as performances are sure to sell out.

Foulds Theatre at the Alliance for the Arts is located at 10091 McGregor Boulevard in Fort Myers.

Tickets are \$25 each or \$22 for Alliance members and \$11 for students with ID. Call 939-2787 or visit www.ArtInLee.org/Theatre for tickets.

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

Soup Kitchen Benefit March 8

The 15th annual Sam Galloway Jr. & Friends annual Soup Kitchen Benefit will be held at Sam Galloway Ford on Thursday, March 8 at 6 p.m.

The fundraiser will include fine wine and spirits and a variety southern-style delights from local chefs and restaurants including Norman Love Confections, Mastello Ristorante and A Touch of Italy Market, Nevermind Awesome Bar & Eatery, Broadway Palm Dinner Theatre, Jonesez BBQ, the Hansen Family, Three Fishermen Restaurant, The Farmer's Market Restaurant, Uncle Charlie's Cookie Ministry, The Alva Diner, Three Little Bird's Breakfast Truck, The Thomas Family, Artisan Eatery and The Soup Kitchen at Community Cooperative. Beverage sponsors include Suncoast Beverage, Mast Family Culligan, Narrative Coffee Roasters, Stilwell Enterprises and The Ranch Concert Hall & Saloon.

Tickets are \$150 each, with sponsorship tables starting at \$2,500. Tickets and tables can be purchased by calling Sarah Jacobs 332-7687 ext. 101, or purchased online at www.communitycooperative.com/events.

"Hunger and food insecurity continues to be an issue here in Southwest Florida, especially post Hurricane Irma," said Tracey Galloway, CEO of Community Cooperative. "We have seen significant increases in the number of children, families and elderly that benefit from our programs, and we need the community's support now more than ever."

All proceeds will benefit Community Cooperative and its Community Cafés and Market, the Soup Kitchen, Meals on Wheels, Healthy School Pantry and Food Literacy in Pre-School (FLIP) programs,

Mobile Food Pantries, and Social and Education Resource Centers for our hungry and homeless residents in need.✴

ACT Awareness And Funds To Be Raised At Concert

The Rock Out Against Domestic Violence concert, featuring Razing Cape, will be held at Cape Coral Yacht Club on Friday, March 9 from 7 to 11 p.m. All proceeds will benefit Abuse Counseling and Treatment, Inc. (ACT), which operates a 22-bed safe shelter, as well as a number of safe, free and confidential services for survivors of abuse.

Razing Cape, a professional band comprised of City of Cape Coral residents, specializes in playing classic rock song covers including Journey, Foreigner, Guns N Roses, Boston, KISS, Van Halen and The Cars.

"We are incredibly excited by the generosity afforded to us by Razing Cape and the City of Cape Coral," shared Jennifer Benton, chief executive officer with ACT. "Raising awareness to support services for victims of domestic violence in Cape Coral is a priority. We could not accomplish this work without such meaningful partnerships."

Tickets are \$8 pre-sale, \$10 at the door, and can be purchased by visiting www.actabuse.com.

The event will not only feature live music, but also more than \$500 worth of raffle prizes, food and more.

Cape Coral Yacht Club is located at 5819 Driftwood Parkway in Cape Coral. For more information, visit www.actabuse.com/event/rock-out-against-domestic-violence-concert-featuring-razing-cape.✴

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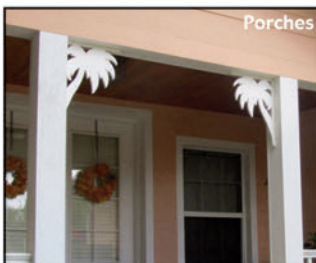
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National Symphony of Cuba

photo provided

Cuban Orchestra To Make Historic Performance

The National Symphony Orchestra of Cuba will make a historic first appearance ever in Southwest Florida on Saturday, March 10 when it performs at the Barbara B. Mann Performing Arts Hall.

Tickets are now on sale for the 7:30 p.m. performance, presented by the Fort Myers Community Concert Association. Cost is \$45 for orchestra seats, \$35 for lower balcony seats and \$25 for upper balcony seats.

"We are delighted that the National Symphony Orchestra of Cuba is performing in Southwest Florida for the first time ever. Their performance will give local residents an appreciation of the culture and music of Cuba and Latin America," said Community Concert Association President Mary Lee Mann.

Since its inception in 1960, The National Symphony Orchestra of Cuba has been instrumental in developing and introducing Cuban and Latin American music to the international classical music community, in addition to covering a vast symphonic and chamber repertoire

ranging from baroque to contemporary music.

Tours have taken the orchestra to Russia, Yugoslavia, Mexico, Nicaragua, Spain, Peru and Argentina. The orchestra also takes part in record productions and events in Cuba, such as the international festivals of Guitar, the festival of Contemporary Music and the international festival of ballet of Havana.

The Fort Myers Community Concert Association, now in its 69th concert season, is an all-volunteer, not-for-profit organization founded by the legendary Barbara B. Mann in 1949 to bring world-class entertainment to Southwest Florida at affordable prices. The association consists of more than 1,700 members, underwriters and sponsors. Performers brought to Fort Myers in the past by the association include The Israel Ballet, The Boston Brass, Minnesota Orchestra, Cleveland Orchestra, Vienna Boys Choir, Flutist James Galway, Pianist Andre Watts, Violinist Joshua Bell with the Academy of St. Martin in the Fields and many others.

Barbara B. Mann Performing Arts Hall is located at 13350 FSW Parkway in Fort Myers. Tickets may be purchased at the hall's box office or by calling 481-4849.*

Science Center Seeks Volunteers

The Ostego Bay Foundation Inc. is now recruiting adults, age 18 or older, who are interested in volunteering to help communicate the mission of conservation through education.

Fascinated by the Florida's flora and fauna? Interested in working in marine biology? Enjoy working with visitors, children and school groups? A background in marine biology is not required to volunteer, just a passion to help preserve the natural beauty. Many volunteers began with little knowledge of marine biology. As individuals become more familiar with the Ostego Bay Marine Science Center's varied and frequent programs, many volunteers take on additional responsibilities, such as conducting research, becoming a docent

or giving talks to community organizations. Volunteer opportunities include:

Front Desk – greet visitors and answer the phones

Gift Shop – merchandise and organize Center Tour Guides - showcase exhibits

Life Sciences – aquarium maintenance and specimen feeding

Members Services – help build foundation membership

Exhibit Curators – collections management and display development

The foundation's volunteer training program represents a serious commitment to its volunteers. A commitment of at least three volunteer hours weekly is being sought, but the hours are flexible, and the rewards can be tremendous.

The Ostego Bay Foundation Inc. is located at 718 Fishermans Wharf on San Carlos Island, near Fort Myers Beach. Visit www.ostegobay.org or contact Daniel Eaton, volunteer coordinator, at 425-7914 to learn more.*

Theater Auditions For Children



Annie with Sandy and Daddy Warbucks

photo provided

Broadway Palm Dinner Theatre will be holding auditions for children between age 7 and age 14 on Sunday, March 18 from 10 a.m. to 2 p.m. The casting call is for the role of Annie and the eight orphan girls in the production of Annie, which will be playing from June 28 through August 11. All roles

will be double cast.

All auditions are by appointment only and can be made by calling Melissa Vogt at 278-4422 ext. 111 or emailing melissa@broadwaypalm.com.

All auditioning children will be required to bring a current picture (non-returnable) continued on page 20

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Along The River

The River District Alliance will host **Art Walk in downtown Fort Myers** this Friday, March 2 from 6 to 10 p.m. and Saturday, March 3 from 11 a.m. to 4 p.m.

Fourteen galleries invite visitors and residents to meet the artists and enjoy live art demonstrations and exhibitions along the river district. For more information, visit www.fortmyersriverdistrictalliance.com.

During the Friday portion of Art Walk, **Arts for ACT Gallery** will host an **opening reception and meet-the-artists session** with fine art artist Jan Ellen Atkielski and local artist Rachel Moorman. Atkielski will show original oil paintings from her Island Dreaming series in the main gallery, while Moorman will display a Japanese paper cutting exhibit in the white gallery. Co-op artists will also show new works.

Down the street at the **Sidney & Berne Davis Art Center**, photographer London Amara will hold an **opening reception** for her exhibit Ethos. The exhibit explores themes of convergence, context and perspective through a series of immersive photos created by the alternative photographic process known as collodion photography and an assemblage of both hand-made, silver gelatin prints created from film negatives.

Arts for ACT Gallery is located at 2265 First Street in downtown Fort Myers. The Sidney & Berne Davis Art Center is located at 2301 First Street. For more information, visit www.artsforactgallery.com and www.sbdac.com, respectively.



Memory by Donna Chase, who is one of seven local female artists participating in the Alliance for the Arts studio tour on Saturday, March 3 image provided

Edison & Ford Winter Estates will host its monthly **Rhythm on the River music celebration** with the Danny

Morgan Band in the river pavilion this Friday, March 2 at 5:30 p.m.

Cost is \$20 or \$15 for Edison Ford members. A limited number of seats will be provided; guests are encouraged to bring a folding chair.

Edison Ford River Pavilion is located at 2350 McGregor Boulevard in Fort Myers. For more information, visit www.edisonfordestates.org or call 334-7419.

On Saturday, March 3, experience the beautiful birds of **Bunche Beach** with a **bird patrol** guide.

Provided in cooperation with Lee County Parks and Recreation, the Bunche Beach beachfront walk begins at 7:30 a.m. and is free with paid parking. Participants meet on the beach located in South Fort Myers, off Summerlin Road. Drive south of John Morris Road until it dead ends.

Bring binoculars, sun protection, shoes that can get wet, a bottle of drinking water, your curiosity and love of nature.

For more information, call 707-3015 or visit www.birdpatrol.org.

Lakes Regional Park will be the site of a nature walk with a Lee County **Bird Patrol** guide this Saturday, March 3 at 8 a.m. It is free with paid parking.

Provided in cooperation with Lee County Parks and Recreation, the stroll is along clear paths that offer an opportunity to see birds in native vegetation with experienced guides pointing out the many species in the park, a Lee County birding hot spot and crucial nesting area for many birds.

Those interested are asked to wear comfortable shoes and dress to be outside. Bring water, sunscreen and binoculars.

For more information, call 533-7580 or 533-7576 or visit www.birdpatrol.org.

To celebrate Women's History Month, the **Alliance for the Arts** opens doors to seven local female artists' studios in Fort Myers and Cape Coral this Saturday, March 3. Through a **self-guided tour**, visitors get the rare opportunity of experiencing the sanctuaries where art is created and gain a close-up view of the materials each artist employs.

The self-guided tour begins at 10 a.m. at the Alliance. A closing reception will be held at DAAS Co-Op at 4 p.m.

Tickets for Alliance members are \$25 or \$35 for non-members and can be purchased online at www.artinlee.org/studiotour or by calling 939-2787.

Ghostbird Theatre Company will present the **11th annual 24-Hour Festival** at the **Sidney & Berne Davis Art Center** this Saturday and Sunday, March 3 and 4. Visual artists, filmmakers, theatre artists, dancers, musicians and poets race against a 24-hour clock to create unique works based on prompts given by Barry Cavin, artistic director of Ghostbird Theatre Company. Doors will open for the free event at 6:30 p.m. on Sunday, March 4, and the performances begin at 7 p.m.

This event is supported by grants from the City of Fort Myers and the Lee County Tourist Development Council.

The Sidney & Berne Davis Art Center is located at 2301 First Street in downtown Fort Myers. For more information, visit www.ghostbirdtheatrecompany.org.

The Ostego Bay Foundation annual **Tea by the Sea and Fashion Show Waterfront Café** this Saturday, March 3 from 11 a.m. to 1 p.m.

The vintage high tea menu includes tea, buffet lunch, savory dishes and

continued on page 32



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Animal Shelter 1960s Fundraiser

The annual fundraiser for the Cape Coral Animal Shelter will take place at Wicked Dolphin Distillery on March 10 from 7 to 11 p.m. The 1960s themed event will be a night of costumes, cocktails, food, music, dancing, contests and auctions creating fun for all attendees.

Participants are encouraged to wear attire fitting to the era or a personality from the decade to join in the fun. Cost is \$75 per person. Tickets include an

evening of hors d'oeuvres and desserts from well-known area restaurants, music, entertainment, cash bar, contest to win prizes, dancing, auctions and more.

"Each year we have more to offer and enjoy by all but the end result is to raise funds for the Cape Coral Animal Shelter in order to save more lives and give the city a service that is desperately needed," said Cape Coral Animal Shelter President and Wicked Dolphin Distillery owner JoAnn Elardo.

Wicked Dolphin Distillery is located at 131 SW 3rd Street in Cape Coral. For more information and tickets, visit www.capecoralanimalshelter.com/#party.



The new bikers and those who made it possible. Front row from left, Angeles Escobedo, Zara Patel, Joshua Ortiz, Karolay Chiniros and Jeremiah Rivas-Cano. Back row from left, Jose Escobedo, Dan Cronin, Jim Castle, Aman Patel, Lana Hollier, Lee Golden, Debbie Norris, Roberto Ortiz, Maythe Garcés, Jack Johannemann, Claire Le Boulange and Miriam Cano.

photo provided

Charity, Bank, Freedom Program Provide Tricycles

Thanks to support from Grampy's Charities and Sanibel Captiva Community Bank, Robbie's Riders presented five adaptive tricycles, worth nearly \$6,000, to Naples children through its Freedom Program at the bank's McGregor branch in Fort Myers.

"With special adaptive tricycles, these children get to experience a sense of independence and social freedom," said Jack Johannemann, director of Robbie's Riders. "We are so happy to be able to bring smiles to these children's faces with the pure joy of riding a tricycle, something many of them have never done before."

Angeles Escobedo, an 8-year-old girl with hemiparesis, neurologic complications and severe epilepsy, has decreased strength, motor control and coordination that cause decreased balance and delayed gross motor skills.

Zara Patel, a 4-year-old girl with Angelman syndrome and autism, has muscle weakness and global hypotonia.

Six-year-old Jeremiah Rivas has a complex medical history, including severe autism, tuberous sclerosis and active seizure disorder.

Karolay Chiniros is a 16-year-old girl with brain injury, triplegic cerebral palsy affecting her right arm and both legs, and neuromuscular scoliosis.

Joshua Ortiz, a 7-year-old boy with autism, has not been able to engage in any physical activities due to lack of safe equipment that can accommodate his needs.

When riding these tricycles, these children will benefit from general strengthening, new proprioceptive sensory input and improved reciprocal coordination of the legs. They can now participate in activities with their families and peers, and enjoy the normal childhood experience of riding a bike.

Robbie's Riders' program provides special adaptive bicycles and tricycles to children with disabilities, according to their individual capacities and needs. The charity works to donate special needs cycles as quickly as they can raise funds to purchase them. Working with Claire Le Boulange, a pediatric physical therapist with Golisano Children's Hospital who donates her services to assist, each child is evaluated and fitted for his or her own special adaptive cycle.

Grampy's Charities has supported Robbie's Riders, opening up new avenues to fundraise and continue delivering adaptive bicycles to children with disabilities. Sanibel Captiva Community Bank first partnered with Grampy's Charities for fundraising in 2017, making it possible for Robbie's Riders to present its first two adaptive bicycles in Southwest Florida last year.

A small, all-volunteer organization, Robbie's Riders has provided 32 custom-made, adaptive cycles to children in the past year. The organization is dedicated to bettering the lives of children. Learn more at www.savethekid.org.

Grampy's Charities is a volunteer organization with no paid staff. For a quarter century, they have donated more than \$3 million to children's charities. Learn more at www.grampyscharities.org.✱

Youth Orchestra Spring Concert Set For March 11

The Southwest Florida Symphony's Youth Orchestra spring concert, aptly titled Spring Fling, will be held at the Cypress Lake High School Center for the Arts Auditorium on Sunday, March 11 at 2:30 p.m. Admission is \$10 for adults, \$5 for children and Discovery Club members.

The concert features the symphony's three primary orchestras: the Sinfonietta, Concert Orchestra and Youth Symphony. In addition, several chamber music ensembles will perform a range of music from the Baroque period to the 20th century.

The Youth Orchestra programs of the Southwest Florida Symphony (SWFLSO) provide opportunities for talented young musicians from across Lee County to enjoy musical enrichment beyond their curricular studies in school. The SWFLSO is committed to supporting and encouraging arts education in Lee County and is dedicated to providing the very best in educational opportunities for our audience of the future.

The Southwest Florida Symphony Youth Symphony is an auditioned group comprised of some of the finest young musicians in our area. An important educational program of the Southwest



Kyle Szabo photo provided

Florida Symphony, it provides quality symphonic training and performance experience for young musicians. Members of the group are coached by professional Symphony musicians, rehearse weekly and perform in their own concert series. Advanced students have the opportunity to participate in chamber ensembles. The Youth Symphony is an advanced orchestra conducted by Dr. Kyle Szabo.✱

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Students show their artwork from the HTAP program

photo provided

Art Program Strong For HTAP Cause

Since 2010, Human Trafficking Awareness Partnerships (HTAP) has been working with kids between the ages of 8 and 18 to create large canvases of art which teach the

viewer an important fact, story or feeling about human trafficking. The goal is to not only educate the participants, but all those who view the paintings.

Each ARTREACH program extends over five sessions and lasts 10 hours. Fifty-three programs have been conducted throughout Lee and Collier counties and Train the Trainer classes have been held in three states so others could learn about them as well. The

paintings have been exhibited in art galleries, in tents at art shows, such as ArtFest, at banks, schools and theaters. They have been reproduced on post-cards, websites, banners and in a book dedicated to the first seven years of artwork.

February through March of this year, HTAP has been holding ARTREACH classes at Resurrection of Our Lord Church and the Success Academy, both in Fort Myers. In compiling data about the programs, it was found that one of the 25 participants experiencing the programs now is the 1,000th kid to have participated in the program since 2010.

All the students in the program have been important and worthy of thanks for the impact they have made on the community about human trafficking.

For more information or to schedule a summer program, contact, HTAP at 415-2635 or at info@humantraffickingawareness.org.✱

Kidney Walk Set For March 11

The 7th annual Fort Myers Kidney Walk will be held at Lakes Regional Park on Sunday, March 11 at 10 a.m. Join kidney donors, recipients, caregivers and their families for this important National Kidney Foundation benefit. Onsite registration will take place at 8:30 a.m. Walkers, runners and even scooters are invited to take part in the three-mile, non-competitive walk.

Participants can take part as individuals or form teams with family, friends or colleagues. The fundraiser is free and open to the public, but donations are welcome. Refreshments will be served before the event. The event will also feature live music, awards for top fundraisers, special performances, health-focused education and other activities for the whole family including health-focused educational activities.

This year, the goal of the National Kidney Foundation is to raise \$50,000. Funds from the walk will go to support the foundation's programs, which include public and professional education, free kidney health screenings and direct patient aid. The foundation is dedicated in the prevention of kidney disease, improving the health and well-being of patients and families affected and increasing the availability of all organs for transplantation. The goal of the event is to reach out to the community with awareness and prevention and advocacy and treatment.

Last year, the Kidney Walk raised nearly \$50,000 and included more than 400 people in attendance. The funds raised at this event will make a big impact on the lives of kidney patients and their families.

Walk to make a lasting impact. Walk for kidney patients, families and people at risk.

For more information, to register or to support a walk participant, visit www.kidney.org. For any questions, contact Savanna Lanza at slanza@kidneyfla.org or 407-894-7325.✱

Churches/Temples

ALL FAITHS UNITARIAN CONGREGATION

Sunday 10:30 a.m., 2756 McGregor Boulevard, allfaiths-uc.org, 226-0900.

ALL SAINTS BYZANTINE RITE CATHOLIC

Sunday 10:30 a.m. 10291 Bayshore Road, 305-651-0991.

ANNUNCIATION GREEK ORTHODOX

Sunday 9 and 10 a.m. 8210 Cypress Lake Drive, annunciation.fl.goarch.org, 481-2099.

BETH SHILOH MESSIANIC SYNAGOGUE

Friday 8 p.m., Saturday 11 a.m. 15675 McGregor Boulevard, 437-3171.

BIBLESHARE

10 a.m. Sunday and 7 p.m. Tuesday, 7050 Winkler Rd, Suite 121, www.simplysimpleworship.com, 437-8835.

BREAD OF LIFE MINISTRIES

Sunday 10:30 a.m. 16581 McGregor Boulevard, 267-3166.

CHABAD LUBAVITCH ORTHODOX

Friday 6:30 p.m. 5620 Winkler Road, chabadswf.org, 433-7708.

CHAPEL OF CYPRESS COVE

Sunday 10 a.m. 10200 Cypress Cove Circle, revtedalhouse@aol.com, 850-3943.

CHURCH OF THE CROSS

Sunday 9:15 and 10:45 a.m. 13500 Freshman Lane, 768-2188.

CONGREGATIONAL

Sunday 10:30 a.m. 1619 Llewellyn Drive, taecc.com, 334-4978.

COVENANT PRESBYTERIAN

Sunday 10 a.m. 2439 McGregor Boulevard, 334-8937.

CYPRESS LAKE BAPTIST

Sunday 9:45 and 11 a.m., 7 p.m.; Wednesday 6:30 p.m. 8400 Cypress Lake Drive, 481-5442.

CYPRESS LAKE PRESBYTERIAN

Sunday 8, 9, 10 and 11 a.m. 8260 Cypress Lake Drive, www.clpc.us, 481-3233.

CYPRESS LAKE UNITED METHODIST

Sunday 8, 9:30 and 11 a.m. 8570 Cypress Lake Drive, 482-1250.

FAITH FELLOWSHIP WORLD OUTREACH

Sunday 10:30 a.m., Thursday 7:30 p.m., Friday 7:30 p.m. 6111 South Pointe Boulevard, 278-3638.

FAITH UNITED METHODIST

Sunday 8:45 and 10:30 a.m. 15690 McGregor Boulevard, 482-2030.

FIRST CHURCH OF CHRIST, SCIENTIST

Wednesday 12 noon Testimony Service, Sunday 10:30 a.m. 2390 West First Street, christiansciencefortmyers.net, christianscience.com.

FIRST CHURCH OF THE NAZARENE

Sunday 10:30 a.m. and 6 p.m. 13545 American Colony Boulevard, 936-2511.

FIRST UNITED METHODIST CHURCH

Sunday 9:30 a.m. and 5:30 p.m. 2466 First Street, www.fumcftmyers.org, 332-1152.

FORT MYERS CHRISTIAN

Sunday 10:30 a.m., 5916 Winkler Road, 437-4330.

FORT MYERS CONGREGATIONAL UNITED CHURCH OF CHRIST;

Sunday 10 a.m., 8210 College Parkway, 482-3133.

IONA-HOPE EPISCOPAL CONGREGATION

Saturday 5 p.m.; Sunday 8 a.m. and 9:30 a.m.; Tuesday 9:30 a.m.; Wednesday 9:30 a.m. 9650 Gladiolus Drive, 454-4778.

JESUS THE WORKER CATHOLIC

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

KINGDOM LIFE

Sunday 10:30 a.m. 2154 McGregor Boulevard, 218-8343.

LAMB OF GOD

Sunday 7:45 and 10 a.m. 19691 Cypress

View Drive, lambogodchurch.net, 267-3525.

NEW BEGINNINGS CENTER

Friday 6:30 and 7 p.m. 8505 Jenny Cae Lane, nbcministry@embarqmail.com, facebook.com/nbcministry, 656-0416.

NEW COVENANT EYES

Monthly 9 a.m. 1900 Park Meadows Drive, newcovenanteyes.com, 220-8519.

NEW HOPE BAPTIST

Sunday 11 a.m.; Wednesday 7 p.m. 16120 San Carlos Boulevard, Unit 10, 985-8503.

NEW HOPE PRESBYTERIAN

Sunday 8, 9:30 and 11 a.m. 10051 Plantation Road, www.newhopefortmyers.org, 274-1230.

PEACE COMMUNITY

Sunday 10:30 a.m. www.17671PineRidgeRoad.com, 267-7400.

PEACE LUTHERAN

Sunday 9:30 a.m. 15840 McGregor Boulevard, www.peaceftmyers.com, peace@peaceftmyers.com, 437-2599.

REDEEMER LUTHERAN

Sunday 8:15 and 10:15 a.m. 3950 Winkler Ext., 274-0143.

RIVER OF LIFE ASSEMBLY OF GOD

8, 9:45 and 11:30 a.m. 21580 River Ranch Road, 495-0400.

SAMUDRABADRA BUDDHIST CENTER

Meditation classes. MeditationInFortMyers.org, 567-9739.

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SAINT JOHN THE APOSTLE

METROPOLITAN

Sunday 10 a.m. 3049 McGregor Boulevard, 344-0012.

SAINT MICHAEL LUTHERAN

Saturday 5:30 p.m.; Sunday 8 and 10:45 a.m. 3595 Broadway, 939-1218.

SAINT NICHOLAS MONASTERY

Sunday 9:30 a.m. 111 Evergreen Road, saintnicholasmonastery.org, 997-2847.

ST. VINCENT DE PAUL CATHOLIC

Tuesday through Friday 9 a.m.; Saturday 4 p.m.; Sunday 9 and 11 a.m. 13031 Palm Beach Boulevard, 693-0818.

SOUTHWEST BAPTIST

Sunday 11 a.m.; Wednesday 6 p.m. 16940 McGregor Boulevard, 454-3336.

TEMPLE BETHEL SYNAGOGUE

Friday Shabbat 7:30 p.m.; Torah Saturday 9 a.m.; Religious School Wednesday 5:30 p.m. and Sunday 9:30 a.m. 16225 Winkler Road, templebethel.com, 433-0018.

TEMPLE JUDEA (CONSERVATIVE)

Friday 6:30 p.m. and Saturday 9 a.m. tjswfl.org, 14486 A&W Bulb Road, 433-0201.

THE NEW CHURCH

Sunday 11 a.m. 10811 Sunset Plaza Circle #401, newchurchflorida.com, 481-5535.

UNITARIAN UNIVERSALIST

Sunday 10:30 a.m. 13411 Shire Lane, uucfm.org, 561-2700.

UNITY OF FORT MYERS

Sunday 10 a.m. 11120 Ranchette Road, unityoffortmyers.org, 278-1511.

WESTMINSTER PRESBYTERIAN

CHURCH Sunday 9:30 and 10:45 a.m. 9065 Ligon Court, 481-2125.

WORD OF LIFE

Sunday 10 a.m., Wednesday 7 p.m. 2120 Collier Avenue, 274-8881.

ZION LUTHERAN

Sunday 8, 9:30 and 10:45 a.m. 7401 Winkler Road, zionfm.org, 481-4040.✱

Community Band To Perform



Richard Bradstreet and the Lee County Community Band

photo provided

The Lee County Community Band will present *The Music is Something Grand*, its fifth concert of the season, at Cape Coral High School on Sunday, March 11 at 3 p.m. The program is free (donations accepted) and open to the public.

The concert features the *A Night on Bald Mountain* by Moussorgsky; *The 1812 Overture* by Tchaikovsky; and everyone's favorite Irish tune, *MacNamara's Band*. Under the baton of Richard Bradstreet, the band also will play *Dixieland Festival*, a tribute to Louis Armstrong; and two pieces by Leroy

Anderson – *The Girl I Left Behind Me* and *The Typewriter*.

An institution in Southwest Florida, the Lee County Community Band plays to a large, loyal, enthusiastic audience. The last concert of the season is set for April 8, also at Cape Coral High School, located at 2300 Santa Barbara Boulevard in Cape Coral.

The band is comprised of professional and amateur musicians from all walks of life who reside in Lee, Collier, and Charlotte Counties. For more information, phone Norman Jones at 995-2097 or visit www.leecountyband.org.

Sax Player Featured At Jazz On The Green

Saxophonist extraordinaire Jeff Rupert, a prolific artist who's performed at the Kennedy Center and as a featured soloist for Mel Tormé, among many others, will headline Jazz on the Green at Six Bends Harley-Davidson at Top Rocker Field on Saturday, March 10 from 5 to 9 p.m. He will be joined by his quintet in the fundraising event.

Presented by Cushman & Wakefield Commercial Property Southwest Florida, Jazz on the Green will raise money for Make-a-Wish Foundation. Rupert, who played on Benny Carter's Grammy-winning *Harlem Renaissance* album and on dozens of recordings alongside such leading lights as Sam Rivers, Diane Schuur and Maynard Ferguson, is the leader of The Jazz Professors, a group with top JazzWeek charting hit albums. He is the director of jazz studies at the University of Central Florida and founder of Flying Horse Records.

Joining him on the bill is upright/electric bassist Brandon Robertson, who performed at the inaugural ceremony for Gov. Rick Scott and at the legendary Dizzy's Coca Cola Club in New York City, and Greenwave Jazz Band, a local Fort Myers group.

Tickets are now on sale at www.jazzonthegreenatsixbends.eventbrite.com. Ticket purchasers will automatically be entered to win one of



Jeff Rupert

photo provided

two one-week rentals of either a Jaguar or a Land Rover.

Heavy hors d'oeuvres from Artichoke & Company, Gather, Metro Diner, Sweet Melissa's Café and Simply Southern Catering, local craft beers from Rollin' Taps, domestic beers from Budweiser and wine provided by Artichoke & Company will be available at the outdoor event. American Barrels is supplying complimentary bourbon tastings to VIP ticketholders.

Top Rocker Field is located at 9510 Thunder Road in Fort Myers. For more information on sponsorship availability, call Taylor Loethen at 284-0301 or email TaylorL@sfe-us.com.

SANIBEL Music FESTIVAL

Save March For Music 2018

Concerts are held at the Sanibel Congregational U.C.C.
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Boston Trio

Founding pianist Heng-Jin Park is joined by cellist Allison Eldredge and violinist Irina Muresanu to form an outstanding Trio hailed by the Boston Globe as quoted: "Whenever this Trio plays, drop everything and go hear them."

Saturday, March 3 • \$50



Yekwon Sunwoo,

2017 Cliburn Gold Medalist

This 28-year-old South Korean pianist has been acclaimed for "his total command over the instrument and its expressiveness."

Tuesday, March 6 • \$50



Jasper/Jupiter String Octet

Two outstanding award-winning string quartets join together to present octet repertoire for the first time at SMF.

Saturday, March 10 • \$50



Olga Kern & Vladik Kern, Piano

Critics have praised Cliburn Gold Medalist Olga for her "superhuman power, endurance, and incredible stage presence." She is joined by her gifted son who became a young Steinway Artist in 2016.

Tuesday, March 13 • \$50



The Gems of Broadway's Golden Age, with a Tribute to Leonard Bernstein

Showcasing the works of Comden and Green, Lerner and Lowe, Cole Porter, Rodgers and Hammerstein with a special salute to Leonard Bernstein in honor of his 100th birthday celebration by artists of Opera Theater of Connecticut.

Tuesday, March 20 • \$50



Love, Passion and Revenge in Opera and Operetta

Opera Theater of Connecticut presents best-loved arias from works of Verdi, Bizet, Puccini, Lehar, Romberg, Strauss and others that illustrate the evening's themes.

Saturday, March 24 • \$50



St. Lawrence String Quartet

Known for the quality of their music-making as well as the joy they take in performing, the exalted Canadian quartet will present a new project in the program's first half called *Haydn Discovery*.

Tuesday, March 27 • \$50

Tickets available on-line at

www.sanibelmusicfestival.org

or by phone at 239-344-7025

Ticket order forms are available at

Bank of the Islands, 1699 Periwinkle Way or
Sanibel Captiva Community Bank, 2475 Library Way.

CELEBRATING OUR 32nd YEAR • An Island Tradition



Sanibel Music Festival is grateful for the support of Lee County Tourist Development Council



Winnie Stone of the Fort Myers-Lee County Garden Council stands next to her floral design and paired artwork photo provided

Art In Bloom Show At Estates

On Sunday, March 4 from 1 to 4 p.m., Edison & Ford Winter Estates will host its Art in Bloom Art Show in partnership with the Fort Myers-Lee County Garden Council. In its fifth year, this unique art show features floral designs paired with paintings and other works of art.

This event is a symbol of springtime at Edison Ford and is unlike any other art show. Participating Garden Council members select a painting or work of art

from the options provided by Edison Ford and then create a floral design based on the subject matter and color scheme.

Held in many cities across the country, Art in Bloom is a nationally sanctioned event through the National Garden Clubs and the Florida Federation of Garden Clubs. The local Fort Myers-Lee County Garden Council was organized in 1957 and is affiliated with both organizations. Edison Ford has a long history with garden clubs, as Mina Edison was a founding member of the Periwinkle Garden Club – the first garden club in Fort Myers. Today, the Periwinkle Garden Club is a member of the Garden Council.

This year, approximately 20 floral designs will be on display in the Edison Caretaker's House, which is an original "Cracker House" and one of the oldest standing structures in Lee County. Visitors may vote for their favorite floral design; winners will be announced at 4 p.m. Gift certificates for the Edison Garden Shoppe at the Estates will be handed out to 1st

through 3rd places.

The art show is included with Edison Ford admission, or tickets for the art show only may be purchased for \$5 (does not include tours of the homes, lab or museum). Lemonade and cookies will be served. For more information, visit www.edisonfordwinterstates.org or call 334-7419.✱

Lab Theater Class

The new education building at The Laboratory Theater of Florida is open for class.

The first class is Re-Minding: A Seminar of Looking with Dr. Rose Thorn. The weekly class is \$90 per student for a six-week session, starting Sunday, March 4 and ending Sunday, April 8. The 90-minute sessions will begin at 6:30 p.m. There is a maximum of 15 students per class.

Dr. Thorn is a clinical psychologist in private practice. She is also a teacher of meditation and psychology, and is a certified spiritual director. The seminar will begin with the questions and concerns that the participants bring about their own life journeys and will look at the experience emerging from these wondering observations.

Lab Theater is located at 1634 Woodford Avenue in Fort Myers. For more information, call 218-0481 or visit www.laboratorytheaterflorida.com.✱



Rose Thorn photo provided

Fundraising Garage Sale On March 10

The more bargains shoppers find, the more food will go to hungry local children. Blessings in a Backpack of Southwest Florida is partnering with Verandah golf community on its 10th annual fundraising garage sale, scheduled to be held at the St. Vincent de Paul Catholic Church social center on Saturday, March 10 from 8 a.m. to 1 p.m.

The sale has raised more than \$100,000 since it began in 2009. Blessings in a Backpack can feed a child every weekend during an entire school year for just \$100, meaning the sale is poised to have a dramatic impact on curbing childhood hunger.

"An estimated one in five children go home from school each Friday not knowing when their next meal will be. This sale represents a powerful opportunity for everyone in the community to help children in dire need," said Blessings in a Backpack Executive Director Cecilia St. Arnold. "Whether they have items to donate or just want to shop, people can really make a difference for their neighbors."

Donations are being accepted Monday through Friday from 9 a.m. to noon through Friday, March 9 at the social center. Items likely to sell include furniture and rugs; linens; bikes; skates; sporting equipment; gently used clothing and shoes; jewelry; glassware and dishes; flowers, vases and decorative pots; clocks; working electronics; tools; gardening equipment;

appliances; toys and games; CDs and DVDs; and books.

Donations of non-flat-screen televisions, broken or chipped items, car seats or torn clothing will not be accepted.

St. Vincent de Paul Catholic Church is located at 13031 Palm Beach Boulevard in Fort Myers. For more information, email Sharon Coburn at sharoncoburn@comcast.net or Edna Higgins at ednahiggins@live.com.✱

Shredding Event At Outlets

The Pilot Club of Fort Myers and the Lee County Sheriff's Office are partnering to hold a shredding event in the northwest corner parking lot of Miromar Outlets on Saturday, March 10 between 10 a.m. and 1 p.m.

Donations of \$5 per box to be shredded are suggested. There should be no binder clips or paper clips attached to paper being shredded. Commercial boxes will not be accepted. All proceeds of the event will be donated to the sheriff's Project Lifesaver program.

Individuals will be on hand to help drivers unload their boxes to be shredded; the boxes can be returned if desired. Shredding will occur on site.

The Project Lifesaver began as a partnership of the Lee County Sheriff's Office and the Pilot Club of Fort Myers in 2006.

Miromar Outlets is located at 10801 Corkscrew Road in Estero. For more information about the Pilot Club, contact the president, Fran D'Alessandro, at 332-1140.✱

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Artists To Compete At Shell Festival

The word "seashells" is synonymous with Sanibel. This is the week of the 81st annual Sanibel Shell Festival and the most prestigious competitive shell show in the country, the Sanibel Shell Show. Winning an award at this show means you have "reached the top."

What can you expect to see at the Shell Festival? Shells, of course, but not only those you might find on the beach. Shells that come from around the world can be seen in over 450 linear feet of fascinating exhibits. Over 200 exquisite works of art have been entered in the Shell Show. You can buy shells and art on the festival grounds and inside at the Shell Show.

What kind of exhibits can be found inside The Community House? One includes 165 venomous snails (at least one of them deadly to humans) and images of the poisonous harpoons that they shoot at their prey.

Another exhibit features sea-silk, a rare fabric whose history dates back to antiquity and is found only in museums and private collections. Until now, sea-silk was produced only in countries bordering the Mediterranean Sea. This exhibit allows you to touch sea-silk spun from the silky hairs of local pen shells. This is the first time in history that sea-silk has been created anywhere outside the Mediterranean.

The Shell Show is open to competitors of all ages from anywhere in the world. This year, those ages range from a 6-year



Grace Horn

photos provided

old to a soon-to-be 100-year-old Sanibel resident.

Grace Horn will celebrate her 100th birthday in June. She has been collecting shells on Sanibel since 1956. This year, she has entered three outstanding shells that were collected here on Sanibel during her early years on the island.

Six-year old Hayden Osborn from Naples is the show's youngest competitor. He entered a decorative shell box in the Student Artistic Division.

Hatsue Iimuro is a professional artist, author and shell art instructor who has traveled from Japan the last five years to compete in the Shell Show. Each year,



Hayden Osborn

she brings promising students with her to experience the ultimate in the world of shell art. Both Iimuro and her students have won ribbons and special awards. This year, five members of her group have entered seven exhibits in the Artistic Division of the show.

While there is no entrance fee to the Shell Festival grounds, a \$5 donation is requested to attend the inside Shell Show. Anyone who gives the requested donation will also be granted free admission to the Bailey-Matthews National Shell Museum during the Shell Festival, a \$15 value.

All the funds raised by the Sanibel-Captiva Shell Club are given in the form



Hatsue Iimuro

of grants to several local marine education and conservation organizations and for scholarship funds at the University of South Florida and Florida Gulf Coast University Departments of Marine & Ecological Science. All the funds raised by the outdoor activities go to the maintenance of The Community House.

The Shell Festival will be held on March 1, 2 and 3 at The Community House, located at 2173 Periwinkle Way on Sanibel. Hours for the festival grounds are 9 a.m. to 5 p.m. except Saturday, open 9 a.m. to 4 p.m. For more information, call 472-2155 or go to <https://sites.google.com/site/sanibelshellfestival>.*

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Aloe's spiny thick leaves contain gel said to have healing properties
photos by Gerri Reaves

Plant Smart

Aloe: Rock Garden To First Aid Kit

by Gerri Reaves

The name “aloe” typically congers up thoughts of home remedies and cosmetics rather than low-maintenance gardening or showy flower spikes. Aloe vera (*Aloe vera*), a native of Africa, has long been considered a Florida-friendly groundcover. Even native plant enthusiasts might keep a potted aloe for medicinal use. Aloe’s supposed healing and soothing properties are well known, especially as a treatment for burns, whether caused by sunbathing or careless cooking. Users break off a piece of the succulent’s thick leaves and apply the clear gel inside to a burn, scrape, or irritated skin. In fact, some people keep a fresh leaf in the refrigerator as a first-aid treatment.



In the early part of the year, aloe produces dense spikes of tubular flowers

Cosmetic uses for aloe abound, and some people attest to the benefit of drinking concoctions made with the gel. From the gardening perspective, aloe is a sun-loving succulent that requires no irrigation, fertilizer, or maintenance. However, it does require well-drained soil and should never be over-watered. This relative of lilies and asparagus can grow in dry, even rocky, areas, thus it’s planted in rock- or sand-gardens. It tolerates salt and can grow on dunes. Daunting spines line the edges of the leaves, so groups of older specimens can function as security barriers. They grow up to 3 feet tall. The inflorescences appear in the first part of the year, emerging from a tight rosette of fleshy leaves. Grayish green and often mottled, they are wide at the base and taper to a sharp point. Numerous dangling tubular flower are about an inch long and range from red, to orange, to yellow. Volunteer “pups” will probably spring

up once a plant establishes itself in your yard, so you can let it spread or transplant the offsets. The fruit is a three-angled capsule. Several aloe species are grown in Florida. Caution: Carefully research aloe before deciding whether to use it medicinally or cosmetically, even though it is widely used in commercial products. It should be noted aloe causes skin

irritation or allergic reactions in some people. Sources: *Five Hundred Plants of South Florida* by Julia F. Morton, *Florida Landscape Plants* by John V. Watkins and Thomas J. Sheehan, *National Audubon Society Field Guide to Florida* by Peter Alden et al., www.floridata.com, and www.gardeningsolutions.ifas.ufl.edu. *Plant Smart* explores the diverse flora of South Florida.✧

Calusa Blueway Speaker Series

Paddling Cuba will be presented by Tommy Thompson as the fourth talk in a series of free Calusa Blueway-related programs at the Wa-Ke Hatchee Recreation Center on Tuesday, March 6 at 6:30 p.m. Thompson has organized and led international kayaking, cycling, climbing and trekking trips on four continents and currently leads tours on the pristine Cuban waters through Florida Kayak School and Tours. He serves as the Florida state director of Florida’s America Canoe Association, trailkeeper for the Florida Paddle Trails Association and on

the Apalachicola RiverKeeper Board of Directors. “The photos that paddlers are taking in Cuba are amazing,” said Mike Hammond, Lee County Parks & Recreation’s Calusa Blueway coordinator. “I know a lot of people are waiting for an opportunity to paddle Cuba, and Thompson’s vast experience and passion for sharing all things paddle-related will make this a great program.” After the March 6 talk, Susan Conrad will speak on Inside Passage on Tuesday, March 20. The Wa-Ke Hatchee Recreation Center is located at 16760 Bass Road in Fort Myers. For more information and directions to the program, call 432-2154. Trail information is at www.calusablueway.com or www.leeparks.org/blueway.✧

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CROW Case Of The Week:

Adult Osprey

by Bob Petcher



The osprey (*Pandion haliaetus*) is a common fish-hawk to this region, often seen nesting on manmade pole structures, circling high above or diving into water and striking its next meal. They are known to be expert anglers.

These white-headed, rangy birds are excellent travelers, often logging many miles during lifelong migration. Scientists have tracked ospreys with satellite transmitters attached to their backs, and have discovered these birds fly hundreds and thousands of miles during traveling periods.

At CROW, an adult male osprey was admitted from Bokeelia after being found along the side of the road and attempting to hide underneath a bush. The rescuer reported its mate was flying nearby.

During the intake exam, veterinarians determined the patient had a click at its keel-coracoid joint. The source of the click was later confirmed to be a coracoid fracture during x-rays.

"When the shoulder bones were palpated, an abnormal 'click' or crepitus was felt, which was made by the fractured ends of bone moving against each other," explained Dr. Robin Bast, CROW veterinary intern.

Reports said this particular shoulder assembly bone is most often fractured when an osprey collides with an object. Dr. Bast agreed.

"Yes, it is quite possible that some sort of collision trauma led to this injury," she said. "It is seen often in patients that have been hit by car or window-strikes."

The patient was placed in a body wrap around



Patient #18-0218 was moved to a small outside enclosure on Tuesday morning

photo by Brian Bohlman

both wings and was given pain medications and fluids. Body wraps are a good way to restrict movement in an injured area of a bird, especially one that involves wing movement.

"Studies have shown that conservative management – non-surgical options – result in successful outcomes for coracoid fractures. This means placing the patient in a bandage to immobilize

the wing on the affected side to prevent flapping and activity which could impede healing of the coracoids," said Dr. Bast. "In this patient, the coracoid bone was actually fractured on both sides of the keel – both right and left sides."

Unfortunately, with the wrap around both wings, the patient was reportedly declining to eat on its own, so another method was utilized.

"Since the bird held both wings in a normal position against his body without bandaging and was not overly active (and) remained calmly on his perch when not being handled for treatments, we elected to try strict cage rest instead of continuing the bandaging," said Dr. Bast. "The bird tolerated this much better."

After more than two weeks at the clinic, the medical forecast for the osprey has improved.

"Radiographs taken last week show the fracture is healing as expected, and the bird will be moved to a small outside enclosure so it can start gradually doing its own physical therapy by stretching/flapping its wings," added Dr. Bast. "After a week or so, it will be moved to a larger enclosure so it can practice flying and building up endurance."

"As with any fracture, there is the chance that it will heal in such a way that the bird is unable to regain flight function required to survive in the wild. However, based on the latest exam and radiographs, this patient is headed in the right direction. Once in an outdoor enclosure, we will monitor its flight quality closely with the help of video-monitoring. Typically, patients with this type of fracture do well with rehabilitation."

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.

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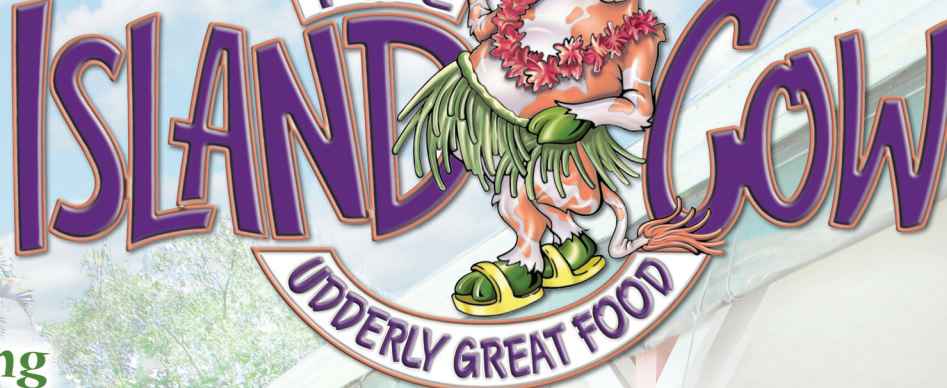
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Fish Don't Have A Calendar



by Capt. Matt Mitchell
With the month of February coming to a end, it's hard to believe the difference we have experienced in weather conditions between January and February.

January was one of the coldest we have ever dealt with. Extreme low water temperatures flirted on the edge of us having a cold-water fish kill. Then, from this extreme cold, we went right into only what can be described as a February heat wave with temperatures in the mid-80s for almost the entire month. It pushed our water temperatures to the mid-70s and tricking the fish into a springtime pattern.

After spending most of my life on our local waters fishing, I cannot remember a winter that has played out quite like this year. With our fish not carrying a pocket calendar around with them and only going on what the water temperature does for a timeline, they have kicked into what I can only describe as an April-like pattern. Watching boats set up cut bait fishing for early season tarpon while other anglers target sheepshead is just baffling. So far this year, it feels like we have just skipped right over February and March. Although this pattern could

quickly change with a few strong March cold fronts, it just feels like this warming trend will only continue.

Finding shiners with any kind of consistency has been tough the past few weeks. Warming water has pushed the bait from the deeper water around the bridges and out onto the flats and along the beaches. During calm periods or periods of east wind, bait has been caught along the beaches. Chumming out on the grass flats has also been an option for shiners, although they have not been easy to come by in the huge numbers we like to see. This pattern is typical of April and not February. Catching these shiners has been the key to a good day of snook or trout fishing, so its been worth grinding it out to give my clients a chance at a good fish.

Once you have enough shiners to go fishing, it's been all about catching snook. Mangrove creek mouths with strong moving current have been a good choice. Look for a creek mouth where the wind and tide are moving in the same direction. Deep in these creek systems along with any deeper shoreline in between has also been a good place to search out that snook. Most years past the March opening of snook season is really no big deal as water temperatures are just too cold, and it's generally not a good snook bite until April. This year, it's going to be a little different with the unusually warm water temperatures. The snook are hungry and feeding. As temperatures stay warm, start looking for snook to show up in and around the passes too.

The sheepshead bite continues to be good with bigger fish being caught under



Ray Salassa, left, with a sheepshead caught while fishing with Capt. Matt Mitchell
 photo provided

docks and pilings around the passes and in the larger bays. During periods of slow to no tide movement, these sheepshead kept the rods bent when no other species would feed. Even as we have had strong midday winds, it's been relatively easy to get tucked away and catch these sheepshead. Having so many fishing options in February is

never a bad thing.
 Capt. Matt Mitchell has been fishing local waters since he moved to Sanibel in 1980. He now lives in St. James City and works as a back country fishing guide. If you have comments or questions, email captmattmitchell@aol.com.✪

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Star Gala To Raise Funds For Disabled Group

The Foundation for the Developmentally Disabled Inc. extends a warm invitation to its black-tie-optional 2018 Star Gala in the Grand Lawn Pavilion at the Ritz Carlton Golf Resort Naples. on March 10 at 5:30 p.m. The gala begins with a cocktail reception featuring a silent auction with luxurious items including weekend getaways, spa retreats, tickets to professional sporting events, wine, boating excursions and more. Dinner and a live auction follow.

The Dancing Under the Stars theme is designed to inspire giving to benefit the foundation's life-changing programs and the more than 250 people it serves. Pzazz Productions dancers dressed in period costumes will perform choreographed classic dances from the 1920s, in the style of the Ziegfeld Zolies, the 1940s, evoking memories of Fred Astaire and Ginger Rogers, the 1970s, when disco was king, as well as today's hits. The numbers are designed not only to entertain but to encourage guests to get on their feet and dance, too, amid sparkling decorations of rich blue and silver.

"Our intent was to create a fun and beautiful evening for guests," said Carrie & John Cooney, 2018 Star Gala event chairs, "but most importantly

to inspire and educate them on the amazing work of the foundation and its unique and innovative programs that are changing lives every day. The Star Gala is our most important fundraising event and we hope to raise much-needed funds in order to address the unmet needs in our community."

Back by popular demand is the Diamond Drop, where guests can purchase glasses of champagne for a chance to win a stunning diamond necklace donated by Carlson's Fine Jewelry of Naples.

Live auction packages include: A Napa Valley Harvest Weekend for two couples, hosted by Gargiulo Vineyards.

A personal guided tour through Tuscany with all transportation provided, wine and food tastings, a welcome wine dinner, luxurious accommodations and more. Tickets to the Broadway premiere of *Mean Girls*, a behind-the-scenes tour of *30 Rock* and a hotel stay in New York City.

Celebrity master of ceremonies Stacey Deffenbaugh of NBC-2 will keep the evening going and introduce an inspiring Fund-A-Need video that features some of the people the foundation serves and ways the foundation works to change their lives for the better. None of it would be possible without the generosity of the event's sponsors:

For more information or to purchase tickets, visit www.fddswfl.org/gala.✱

From page 1

All Florida Exhibit

Buck Ward, Stephen Staack, Barbara Groenteman, Gregory Presley, Katrina Parker, Paula Rucket, Julio Pacheco Delgado, Deborah LaFogg Docherty, Megan Kissinger, Jeff and Dale Ocasio, Taylor Scalzo, Susan Ritter, Gay Germain, Christine Di Staola, Diane Schultz, Carol Stream, Vae Hamilton, Sharon Rodgers, Dirce Kennedy, Jolie Black, Mariapia Malerba, Luba Drahosz, Dianne GreenWoman Wickes, Peter Zell, Roseline Young, Sherry Rohl, Mark Wlaz, Victoria Milne, Tracy Owen Cullimore, Susan Martin and Deborah Martin.



See America Sing by Peter Zell

image provided

At the opening celebration, Ormond will be on hand to present awards including \$1,000 cash for Best In Show, a second place \$250 gift certificate for Golden Artists Colors, \$100 cash for third place and Jurors Choice Award(s) of Alliance for the Arts membership(s).

Meet and engage with exhibiting artists during a conversational tour through the gallery on Saturday, March 10 at 6 p.m. during SoCo Second Saturday.

Receptions and gallery talks are open to the public and do not require tickets or reservations. While the gallery admission is free, a \$5 suggested donation keeps Alliance programming affordable and accessible.

Juried All Florida is sponsored in part by Elemental Stone and Waterworks.

Alliance for the Arts is located at 10091 McGregor Boulevard in Fort Myers. For more information, call 939-2787 or visit www.artinlee.org.✱

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From left, Shell Point's Martin Schappell, president; Ronette Icsso, vice president of sales; Justin Schiff, project manager; and Joe Bedell, project manager photos provided

Shell Point Hosts Grand Reveal, Afternoon Tea

Shell Point Retirement Community, a resort-style, nonprofit continuing care retirement community in Fort Myers, hosted a guided tour of newly renovated residences within The Arbor on January 29. Residents of the assisted living landmark, located within The Woodlands neighborhood, took in the lovely interiors on the first floor of the newly renovated building.

Friends and neighbors mingled as they sampled a variety of savory and sweet items from the dining room buffet. Live steel drum music played throughout the afternoon as attendees

took in the building's new interior design.

This is The Arbor's first rejuvenation. Originally opening in 2005, the assisted living building now sports a soft grey background highlighted with crisp white trim, which serves as a backdrop to cool shades of blue, accented with pops of bright coral and teal.

"The Arbor has been completely transformed with a luxurious new look that enhances the building's stately architecture," said Martin Schappell, president of Shell Point. "The stunning new interior, inspired by Shell Point's coastal lifestyle, is both elegant and comfortable, and will be enjoyed by The Arbor residents for years to come."

Lori Wegman and Meghan Kolund of Wegman Design Group are responsible for The Arbor's impressive transformation.*



Shell Point recently unveiled renovations to The Arbor



Shell Point's Assisted Living Director McKenzie Millis with resident Janet Bendall



Shell Point's Assisted Living Director Doug Potts with resident Bobbi Brown

Business Leaders Power Program To Fight Hunger

A dozen entrepreneurs, community leaders and experts in their fields have teamed up to fight childhood hunger in Southwest Florida. The 2018 Advisory Board for Blessings in a Backpack carries a wealth of professional and philanthropic experience into the effort to feed the 60,000 local elementary school students who struggle to get the food they need over the weekend.

"This board has moved mountains in order to make sure we can feed the hungriest of children here in Southwest Florida," said Cecilia St. Arnold, executive director for Blessings in a Backpack of Southwest Florida. "They are passionate and committed to the cause."

"The thought of children right here in Lee and Collier counties going hungry is all the motivation we need

to continue powering on to raise the necessary funds to feed even more children each year," said Scott Fischer, founder of Blessings in a Backpack of Southwest Florida and CEO of Scott Fischer Enterprises and Six Bends.

The following advisory board members will help the organization carry out its mission through fundraising, event planning and community outreach:

Nathan Fred Shaw – Realtor, Market America Realty Network. Shaw is acting chairman of the Blessings in a Backpack Advisory Board. He has 25 years of experience in real estate with a background in business and law.

Scott Fischer – Founder and CEO of Scott Fischer Enterprises. Fischer served nine years as chairman of the board of Blessings in a Backpack and has coordinated with the Southwest Florida Community Foundation, the March of Dimes and Junior Achievement.

John Nicholson – Realtor, Royal Shell Real Estate. Nicholson is also a founding member of the organization and has more than 30 years of

experience in Southwest Florida real estate.

Jim Parker – Retired chief operating officer, Global HR. Parker is a retired U.S. Secret Service special agent and worked with Fortune 100 companies, including Raytheon and Lockheed Martin.

Chris Rakos – President and chief operating officer, Colonial Roofing. Rakos is a past president of the SWFL Roofing Contractors Association and remains on the board of that organization.

Craig Albert – President and CEO, Sanibel Captiva Community Bank. Albert is a founder of the bank and served as president and treasurer of the Sanibel-Captiva Kiwanis Club.

Travis Merrick – Fort Myers branch manager, GFA International. Merrick is a member of the Lee County Building Industry Association and the Cape Coral Construction Industry Association.

Lynne Kimmich – Financial representative, Alliance Financial Group. Kimmich organizes the annual Girls Going Places Entrepreneurship

Conference at Florida Gulf Coast University.

Connie Ramos-Williams – President and chief marketing officer, CONRIC PR&Marketing. Ramos-Williams serves on the boards of the Southwest Regional Manufacturers Association, Multicultural Centre of SWFL, Greater Fort Myers Chamber and Above Board Chamber.

Dana Vidussi – Managing partner, Vidussi, Goldsmith, Hull & Co. Vidussi has more than 30 years of experience providing financial guidance and formerly owned a fine wine and gourmet food store.

Taylor Loethen – Director of communications, Scott Fischer Enterprises. Loethen has taken leadership roles for several charity events and served as community director for the March of Dimes.

David Teets – Chief financial officer, Bonness Underground Inc. in Naples. Teets serves on the boards of Junior Achievement of Palm Beach County, the East Coast Chapter of Associated General Contractors and the Gulfstream Council of Boy Scouts of America.*



Russ and Gail Smith photos courtesy
Charlie McDonald Photography

Dementia Care Discussed At Senior Center

CBS News correspondent Barry Petersen recently presented the heart-wrenching story of his late wife Jan's battle with Alzheimer's Disease at the Naples Senior Center at JFCS dementia care event, which was held on February 8.

Petersen, a two-time Emmy Award-winning journalist, was the keynote speaker during this community forum held at the Club at Mediterra. Following his address, Petersen was joined by Dr. Ron Garry, board certified gerontologist, and Dr. Jaclynn Faffer, president and CEO of the Naples Senior Center at JFCS, for a panel discussion on dementia care.

For more information on Dementia Respite Support Program at Naples Senior Center, visit www.jfcswfl.org/programs-services/dementia-support-services.✱



Dr. Jaclynn Faffer and Barry Petersen



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Downtown Development Site Sold For \$7 Million

Fischler Property Company facilitated City Walk Fort Myers, LLC's purchase of a 7.8-acre flagship development parcel in downtown Fort Myers for \$7 million. Formerly known as First Street Village, the vacant land on McGregor Boulevard is entitled for a mix of residential and commercial uses.

Under the existing approvals established in 2006, the site is approved for a mixed-use, multi-story development.

"What a tremendous investment this is in the City of Fort Myers. We are inspired to see yet another big step forward in the burgeoning renaissance of downtown. This project will be a major addition to the River District and will serve as a catalyst for the restoration of a long-underutilized section of town," said Phil Fischler, principal of Fischler Property Company. "Downtown succeeds with people, and this project will lead the way in adding new 24/7 residents, generating new economic investment, increasing public tax revenue and creating new jobs. Furthermore, it will serve the considerable pent-up demand from millennials and baby-boomers who are seeking a variety of residential offerings in the heart of Fort Myers' Historic River District. People want to live, work and have fun in vibrant city centers – it's an exciting time for downtown Fort Myers."

In 2015, 2016 and 2017, the U.S. Census named Fort Myers as one of the Top 15 Fastest Growing Cities in America for both employment and population growth, with a projected population increase of 82.5 percent by 2040.

"This project will have a great impact on downtown and will shift the center of the River District westward," said Fort Myers Mayor Randy Henderson. "It will also help create much-needed new downtown living options, enhance Fort Myers' highly desirable, urban and walkable lifestyle, and bring fresh



Phil Fischler photo provided

commercial services to cater to the neighborhoods along the McGregor corridor and the almost 250,000 visitors that pass through the Edison & Ford Winter Estates each year."

"We are very excited to hear of the sale and the property's future development," said Bob Grissinger, owner of Bennett's Fresh Roast in downtown Fort Myers. "It will be fantastic to have new residential options downtown and, as a small family-owned business, we welcome the added commercial tenants."

"Since the project was originally approved in 2006, we have been eagerly awaiting market conditions to align with our redevelopment efforts downtown," said Fort Myers Community Redevelopment Agency Executive Director Leigh Scrabis. "Fort Myers has come a long way in the last decade. We are excited about the sale of this property and its pending development will benefit our city, our residents and our businesses for decades to come."

For more information, visit www.fischlerco.com, call 895-1060, or email pjf@fischlerco.com.✴

Superior Interiors Selling Your Home? Avoid These Mistakes



by Trinette Nelson

The following are four decorating mistakes to avoid when selling your home:

1. If your home features a vaulted wall, place large pieces of furniture closest to the highest wall. This calls attention to the wall's architectural interest and creates

balance in your room.
2. If your home features smaller rooms, remember less is more. An under-furnished room is preferable to an over-furnished, crowded room.
3. Change your lamp shades. This "quick fix" can give any room an updated appearance – especially if you select lighter or textured shades.
4. If you need a smaller room to seem more expansive, consider purchasing a large wall mirror. Mirrors definitely give the illusion of more space. Just be sure to take special care in placing your mirror. You want to be sure that what it reflects is a pleasing sight.
Trinette Nelson is an interior designer on Sanibel/Captiva Islands and can be reached at linda@coincdecden.com.✴

Lee VCB Wins Six Awards At New York Gala

The Lee County Visitor & Convention Bureau (VCB) received six Adrian Awards, presented by the Hospitality Sales & Marketing Association International (HSMIAI), during its awards gala at the New York Marriott Marquis on February 20.

The annual event recognizes marketing achievements from all segments of the travel, hospitality and tourism industry within three main divisions: advertising, digital marketing and public relations. This year's competition drew more than 1,200 entries from around the world, with honorees being selected by a panel of senior industry and media experts.

The VCB, in partnership with its agency, MMGY Global, received four gold awards for work across public relations, social media, web design and print advertising, and two bronze awards in advertising and digital marketing.

The VCB received a gold for the

robust integrated campaign surrounding National Seashell Day on June 21, which featured a "Choose your Shellcation" trip giveaway (generated 8,000 entries) and an New York City takeover in which the destination's beloved Shell Love Bug, a VW Bug adorned with more than 20,000 sea shells, took to the streets of Manhattan (drove more than 1.3 million media impressions). The VCB also walked away with gold awards for its Islandology campaign, serving as the visitor's guide to island life (garnered more than 630 million impressions); Shellcation print campaign and the FortMyers-Sanibel.com website redesign. Bronze awards included the VCB Meeting Planner Geofencing Campaign and Undertone Page Takeover.

"We are extremely proud of the work the team has accomplished and honored to be recognized once again by HSMIAI," said VCB Executive Director Tamara Pigott. "Each year, we challenge ourselves to think bigger and brighter – finding new ways to showcase all the elements that make our destination one-of-a-kind. These accolades are further proof that our efforts have not gone unnoticed."✴

Mayor To Speak At Real Estate Meeting

Cape Coral Mayor Joe Coviello will speak about initiatives to support growth and commerce at the Real Estate Investment Society's (REIS) luncheon meeting in the Magnolia Room at Pelican Preserve's Town Center on Tuesday, March 13 at 11:45 a.m.

Cost is \$30 for members and \$40 for guests, which includes lunch. Reservations are required by Thursday, March 8.

Coviello will provide updates

on downtown and Bimini Basin redevelopment projects, investment and foreign trade zones, infrastructure expansion and changes to the Land Use Development regulations. Following the presentation, he will respond to questions of specific interest to the real estate investment and development industry.

Coviello is a business consultant, member of the Cape Coral Construction Industry Association and has served as chairman of the Cape Coral Budget Review Committee. He was elected mayor in November 2017.

Pelican Preserve's Town Center is located at 10561 Veneto Drive in Fort Myers. For more information and reservations, visit www.reis-swfl.org.✴

From page 7 Auditions

and a theatrical resume. They will have to sing a small part of two songs from Annie. The music can be downloaded at www.broadwaypalm.com/backstage/ auditions, and the selections will be noted on the pages of music. A pianist will be provided; no recorded accompaniment allowed and no other songs will be permitted at the audition. There are no exceptions.

After the vocal audition, some children will be asked to stay for a dance/movement audition. Allow time for the full audition process.

Broadway Palm is a professional non-equity theatre. Anyone interested in auditioning must be local or have housing

in the Southwest Florida area. They must also be available for a possible callback on Saturday, March 31 at 10 a.m. as well as all day and evening rehearsals from June 14 through 27 and all performances. Performances are Wednesday through Sunday evenings with selected matinees on Wednesday, Thursday, Saturday or Sunday. The exact performance schedule can be found at www.broadwaypalm.com.

Broadway Palm is also looking for a well-behaved and trained golden retriever, labrador retriever or similar mixed-breed dog. Owners interested in having their dog considered should email a picture and information about the dog to melissa@broadwaypalm.com.

Auditions will be held at Broadway Palm, located at 1380 Colonial Boulevard in Fort Myers.✴



Javier Fuller

photo provided

Marketing Firm Acquires Web Company

Connie Ramos-Williams, president of CONRIC PR & Marketing, recently announced the company's recent acquisition of Fuller Online Solutions as part of its strategic plan to expand its comprehensive digital online marketing

and website development services. The founder of Fuller Online Solutions, Javier Fuller, has been appointed CONRIC's Vice President of Web Development.

In his role, Fuller will lead CONRIC's digital marketing team to oversee strategic planning and implementation of all website design, development and coding, search engine optimization, email marketing, blogging and social media for CONRIC's growing clientele.

"After spending nearly 10 years as an entrepreneur, I truly look forward to working alongside CONRIC's larger digital team to better serve clients," Fuller says. "CONRIC's company culture and business ethics made this a perfect match for me."

Fuller wrote his first computer program when he was 12 years old. He received his bachelor's degree in computer science from California State University, Northridge and studied for a master of science degree in computer science from California Polytechnic State University, San Luis Obispo. He's worked for Silicon Valley companies like Apple and Adobe Systems, and he's a certified speaker and business partner with Constant Contact. When he's not working or parenting his newborn baby, he volunteers for nonprofits like the Goodwill SWFL MicroEnterprise Institute. He is a nominee for the 2018 Southwest Florida Distinguished Entrepreneur of the Year Awards and was named one of the 2018 Southwest Florida Most Influential Diversity Achievers by the Cape Coral Community Foundation.✱



Pedego Fort Myers co-owners Skip and Lisa Badolato

photo provided

New Electric Bike Store Opens Downtown

The 116th Pedego Electric Bikes store worldwide is now open in downtown Fort Myers. Co-owned by husband-and-wife team Lisa and Skip Badolato, Pedego Fort Myers offers sales of Pedego electric bikes as well as rentals, tours, service and sales of accessories. The Badolatos will offer free test rides to visitors at the region's first Pedego store. A grand opening will be held at the

store on Friday, March 2 and Saturday, March 3 from 11 a.m. to 3 p.m. A ribbon-cutting ceremony will take place on Friday, March 2 at 11 a.m.

Free raffle tickets for two tickets to a Boston Red Sox spring training game will be handed out to anyone who takes a test ride on Friday or Saturday. There will also be a raffle for Pedego gift basket.

Pedego Fort Myers is located at 2030 West First Street, suite E, in Fort Myers. For more information, visit www.pedegoelectricbikes.com/dealers/fort-myers, call 332-8080 or email at info@pedegofortmyers.com.✱

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From left, Hunter Martin, Shannon Lane and Justin Stockman

New Faces Welcomed At Red Sox Evening

Hundreds of guests attended this year's 13th annual Evening with the Red Sox featuring new Red Sox Manager Alex Cora and CEO Sam Kennedy.

The evening was held at the Crowne Plaza Hotel in Fort Myers and featured an extended cocktail reception with complimentary heavy hors d'oeuvres, beer and wine, autograph signings from Red Sox players, and silent and live auctions that included exciting trips to major cities, sports memorabilia packages, theme park passes, golf outings and more. A raffle for a Red Sox fan experience with a trip for four to Boston was also available. The package includes a two-night hotel stay and tickets for four to two games at Fenway Park including seats on the famed Green Monster, a private VIP tour of the ballpark and on-field access. Only 200 raffle tickets were sold at \$50 each with all proceeds going to support the Boys and Girls Clubs of Lee County.

This year's featured live auction included four VIP tickets to Maroon 5's 2018 Red Pill Blues World Tour and a two-night stay at Doubletree Hollywood

continued on page 23



From left, Holly and Scott Olser with Jackie and Jerry Elliott



Jodi and Matt Hanson



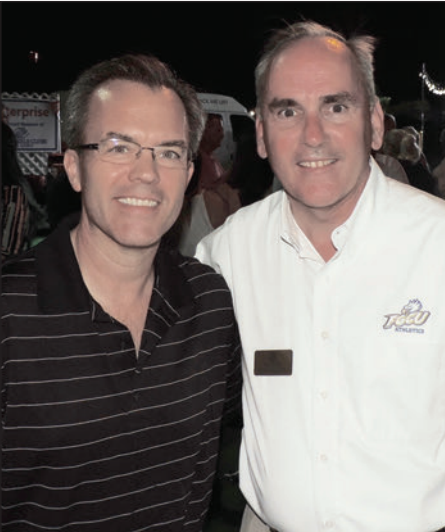
From left, Matt and Logan Thibedeau with Charlie and Patty Todd



From left, Rodney Ford, Melinda Isley and Jim Larkin



From left, Tom Caron, Sam Kennedy, Sarah Narracci, Alex Cora, Pam Kenn and Katie Haas



Tom Caron and Ken Kavanagh



Rodney Ford and Michael Gendron

From page 22

Red Sox Evening

Beach Resort, dinner for 10 at Shula's Steak House paired with wine, and two tickets to Justin Timberlake's The Man of the Woods Tour including a two-night stay in Boston, two round-trip airline tickets on JetBlue, two Boston Red Sox Opening Day tickets plus a rental car from Enterprise for the visit to Boston.

The silent auction featured additional collector-level, hand-signed sports memorabilia, premium sporting event tickets, theme park passes, arts and theater experiences, luxury goods and an abundance of hotel stays at some of Florida's most beautiful hotels in Miami, Orlando, St. Augustine, Tampa, Boca Raton and more.

Benefiting the Boys and Girls Clubs of Lee County, the evening also included autograph signings by current Boston Red Sox players. New Red Sox Manager Alex Cora and CEO and President Sam Kennedy participated in a lively question-and-answer session led by NESN Sportscaster Tom Caron.

Bill Banfield, the voice behind the FGCU Eagles served as the event's



Boys and Girls Club members with Boston Red Sox players

emcee and auctioneer.

This year's presenting sponsor was Ted Todd Insurance.

Celebrating 43 years of providing quality youth programs and brighter futures for young people in the Lee County community, the Boys and Girls Clubs of Lee County work to inspire and enable young people to realize their full potential as productive, responsible

and caring citizens. The BGCLC strives to provide a safe, world-class club experience that assures success is within reach of every young person who walks through its doors. The organization envisions all of its members graduating high school with a plan for the future, demonstrating good character, citizenship while adapting a healthy lifestyle.

The area's five clubs are located in communities with the greatest need where similar services are limited or nonexistent. Membership dues are \$10 per school year so that all children can have access to its programs. The BGCLC relies upon the philanthropic support of individuals, corporations and foundations in order to sustain and grow its services.*

Cape Coral High Hires Football Coach

Dale More has been selected as the new head football coach at Cape Coral High School. Principal Jeff Spiro says More is the perfect fit. "He is an enthusiastic, student-focused leader with infectious motivational abilities," Spiro said.

More is currently the varsity weight lifting coach for the Seahawks. He is also an educator on campus who has taught social studies, as well as students with exceptional needs.

Last season, More led the quarterbacks, wide receivers, special teams, kicking units and the strength and conditioning program for Cape Coral Head Coach Larry Gary. Gary resigned in December and the school started a statewide search for his successor.

Principal Spiro says More brings "a wealth of football experience" to Cape Coral High School. He joined the

Seahawk staff in 2016. He previously served as the head football coach at both Immokalee High School in Collier County and Cypress Lakes High School in Fort Myers.*

East Lee County High Hires Coach

Johnny Brown has been named the head football coach at East Lee County High School, according to Melissa Robery, East Lee County High School Principal.

"Coach Brown played college football at Lees- McCrae (North Carolina) and Alabama A&M. His professional coaching experience dates back to 2001 and includes coaching in multiple organizations. Coach Brown is a proven coach and has been a driving force behind several successful programs in our area, most recently at Lehigh Senior High School and Gateway Charter High School. He has lived and coached in the Southwest Florida area for the past 15 years and is well respected in the Fort Myers and

Lehigh Acres communities. In addition to coaching, Johnny Brown is also a strong advocate for youth mentorship. We look forward to having him lead our football program in the years to come."

Coach Brown's professional experience includes defensive back coach at Lehigh Senior High in 2016; head coach at Gateway Charter High

from 2012 to 2015; co-defensive coordinator, defensive back/quarterback coach at Gateway Charter High in 2011; vice president of All-American Junior Football League in Tampa from 2009 to 2012; and founder/president/head coach of SWFL Junior Bobcat from 2007 to 2012.*

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Winter Olympics Has Ended, But Two Scandals Mar The American Scene



by Ed Frank

Every two years the world appears to set aside its political differences and conflicts as elite athletes from nearly 100 countries (there were 92 in the recently completed 2018 Olympic Winter Games) gather to compete in 102 events in 15 different sports.

But hovering over the beauty of the games are two major scandals here in the United States that threaten the foundation of college basketball and all levels of gymnastics.

Resolving these two issues will be complicated, on-going and controversial – if they can be resolved at all.

First to basketball:

The bombshell dropped last week, when Yahoo and ESPN reported that as many as 25 current and former players from 20 Division I schools, several blue bloods of the sport, received illegal payments ranging from free meals to five and six-figure payments from one sports agency. That's just one agency. How many more could be involved?

The information was gleaned from FBI records and wiretaps.

The ESPN revelation, citing anonymous sources, said an FBI wiretap had Arizona coach Sean Miller discussing a \$100,000 payment to current Wildcat freshman Deandre Ayton to attend Arizona. The school did not allow Miller to coach last Sunday's game.

The latest report follows the arrest last fall of several coaches allegedly involved with agents in the illegal payments to recruits and their families. It cost Louisville coach Rick Pitino his job.

The problem goes far beyond last week's reports.

True, these college athletes receive scholarships valued in the hundreds of thousands of dollars, but little else.

While the schools reap millions from their performances on the field and basketball court, the players are restricted to training tables for their food and not given spending money for other purposes.

Often these players come from poor economic backgrounds. This understandably opens the door for "under the table" payments.

Many argue that the time has come for the NCAA to adopt an Olympic-style compensation structure that permits student-athletes in all sports to be paid what the market bears.

As we wrote at the beginning of this column, solving this dilemma won't be easy.

Gymnastics:

Perhaps this is the most sickening scandal in all of sports. A total of 156 brave women stood before a court in Michigan last month testifying about the horrifying sexual abuse they suffered at the hands of Dr. Larry Nassar, the former USA Gymnastics and Michigan State University physician.

Sentenced to hundreds of years in prison, Dr. Nassar perpetuated a system of sexual abuse that somehow, somehow was allowed to continue for decades.

Reportedly, his evil ways had been disclosed to officials, yet he continued his abusive actions.

The scandal thankfully resulted in action by the U.S. Olympic Committee that demanded that USA Gymnastics quickly implement a series of six reforms, including that the entire 21-member board of directors resign immediately. They did so.

A new CEO was appointed, but doubts remain as to the future of USA Gymnastics. One-by-one major sponsors have dropped their sponsorships.

With the USA Gymnastics virtually paralyzed and unsponsored, hopefuls for the 2020 Olympic Games in Tokyo are wondering where does American gymnastics go?

That's a good question.

Remember it was little more than two years ago, when the U.S. women nearly swept gymnastics in the Rio Olympics, winning gold in the team event and gold in three of five individual events.

Red Sox Get Their Man In JD Martinez

It was an off-season struggle that lasted months, but the Boston Red Sox finally landed their No. 1 prospect in slugger JD Martinez,

The five-year deal gives the Red Sox the badly needed home run power they lacked last season upon the retirement of David Ortiz.

Boston had the fewest home runs in the American League, but Martinez had 45 homers in 489 plate appearances last season.

The addition of Martinez should propel Boston in a competitive position against the New York Yankees in the American League Eastern Division.**

SPORTS QUIZ

1. Who was the last St. Louis Cardinals player before Jedd Gyorko in 2016 to hit 30-plus home runs in a season?
2. New York Yankees catcher Yogi Berra caught three no-hitters -- two by one pitcher. Name that pitcher.
3. In 2015, Saquon Barkley broke the Penn State freshman record for rushing yards (1,076). Who had held it?
4. When was the last time that the Houston Rockets swept a playoff series 4-0?
5. Name the last team before the Pittsburgh Penguins (2016, 2017) to win consecutive Stanley Cups, each time in six games.
6. When was the last time the U.S. men's team lost an individual backstroke final at the Olympics?
7. In 2017, golfer Cristie Kerr set a record for most career points for a U.S. team member at the Solheim Cup (21 points). Who had held the mark?

ANSWERS

1. Carlos Beltran had 32 home runs in 2012. 2. Allie Reynolds tossed both in 1951. 3. D.J. Dozier rushed for 1,002 yards as a freshman in 1983. 4. The Rockets swept Orlando in the 1995 NBA Finals. 5. The Philadelphia Flyers, in 1974 and 1975. 6. It was 1992. 7. Juli Inkster had 18.5 points in her Solheim Cup career. Paula Creamer (19.5 points) also passed Inkster in 2017.

Report Fish And Wildlife Sightings With New App

The Florida Fish and Wildlife Conservation Commission (FWC) invites Florida residents and visitors to take an active role in conservation by reporting fish and wildlife observations with the new FWC Reporter app.

From fish kills to exotic species, to trapped or injured wildlife, FWC Reporter connects citizens to FWC experts directly from their Apple or Android devices.

"This app strengthens our

relationship with the public by engaging people and streamlining communication with our staff," said Gil McRae, director of FWC's Fish and Wildlife Research Institute. "This is a great opportunity to incorporate citizen participation into our research and management efforts."

The FWC often relies on reports from citizens to protect and manage Florida's diverse fish and wildlife. To make a report, users select a category from the menu, provide relevant information and submit photos if available. Download the FWC Reporter app and become a partner in conservation.

You can download the free FWC Reporter app on Apple or Android smartphones or tablets from the App Store and Google Play.**



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For-Hire Industry Data Gathering Draft Approved

The Florida Fish and Wildlife Conservation Commission (FWC) recently approved a draft proposal that would establish data collection improvements for the for-hire industry in Gulf state waters. The proposal would require for-hire operations that target or harvest certain reef fish in Gulf of Mexico state waters (excluding Monroe County) to report their intention to harvest these species.

This proposal is similar to the Gulf Reef Fish Survey, which is currently being used to enhance data collection from recreational anglers fishing from private vessels in Gulf waters.

The Gulf Reef Fish Survey has been highly effective in helping the FWC gather data from this segment of anglers.

Reef fish included in this draft rule are the same as those included in the Gulf Reef Fish Survey: red snapper, vermilion snapper, gag grouper, red grouper, black grouper, gray triggerfish, greater amberjack, lesser amberjack, banded rudderfish and almaco jack.

This draft proposal will come back before the FWC at the April meeting for a final decision.

The FWC also discussed the future of Gulf red snapper management in state and federal waters, including a proposed fishery-management pilot program (also referred to as an Exempted Fishing Permit) that would allow the FWC to manage all recreational red snapper harvest caught in Gulf state and federal waters off Florida in 2018 and 2019. The pilot program is pending approval by NOAA Fisheries and would set the harvest season for recreational anglers fishing from private vessels in state and federal waters of the Gulf, and would also include for-hire operations that do not have a federal reef fish permit and are limited to targeting reef fish in Gulf state waters only.

The FWC discussed a potential 24-day season in Gulf state and federal waters as a jumping off point for a 2018 season proposal. This season length has potential to change.

"This is a challenging issue, but also an unprecedented opportunity," said Chairman Bo Rivard. "At the end of the day, all people want to know is how many days they will get to go fishing. We aren't clear on the answers right now, but I hope that more robust data will allow us to negotiate for more days in the season."

The FWC has submitted their Exempted Fishing Permit proposal to NOAA Fisheries and is awaiting final approval. This Exempted Fishing Permit would not apply to commercial fishermen or for-hire operations with a valid federal reef fish permit.

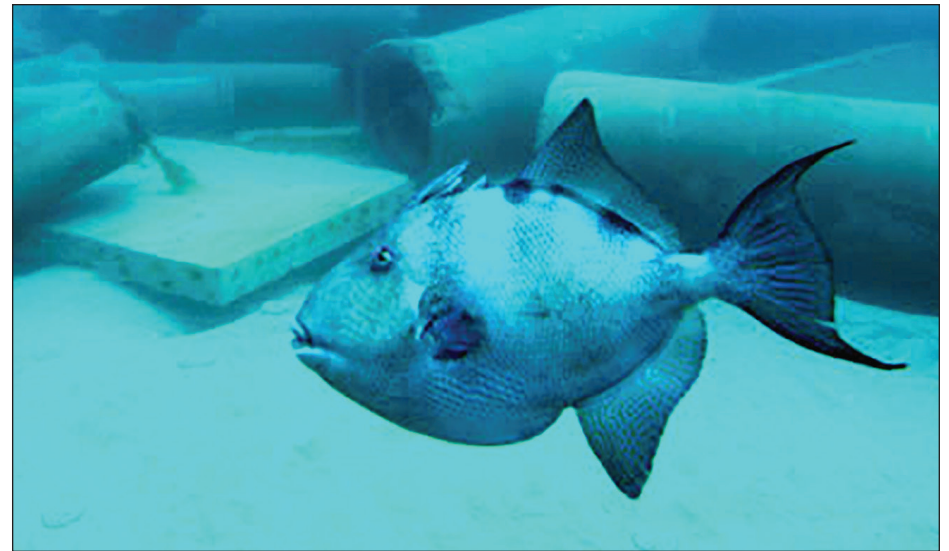
This Exempted Fishing Permit opportunity and 2018 recreational season dates should be finalized sometime in April and discussed at the April Commission meeting.

To share your comments or input on Gulf red snapper, visit www.myfwc.com/SaltwaterComments.



A red snapper underwater

photo courtesy FWC



A gray triggerfish

photo provided

New Limits For Triggerfish Season

The recreational gray triggerfish season has reopened on March 1 to harvest in Gulf state and federal waters. The daily bag limit will be one fish per person (previously two fish per person) and the minimum size limit will be 15 inches fork length (previously 14 inches fork length). These changes were made at the July 2017 Florida Fish and Wildlife Conservation Commission (FWC) meeting and are consistent with changes made in federal waters. The changes also include an annual January through February recreational closure in Gulf state

waters in addition to the annual June and July spawning closure.

These federal consistency measures should help maintain fishing opportunities for gray triggerfish in state and federal waters for 2018 and the future.

If you plan to fish for gray triggerfish in Gulf state or federal waters from a private recreational vessel, you must sign up as a Gulf reef fish angler (annual renewal is required). To learn more, visit www.myfwc.com/fishing and click on "Saltwater Fishing," "Recreational Regulations" and "Gulf Reef Fish Survey" under "Reef Fish." Sign up at www.gooutdoorsflorida.com.

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Regional Workforce Study Results Released

The fifth annual Southwest Florida workforce overview study has been released and provides key information about industries, occupations, employment gaps and projected job growth.

The study is divided into three major sections including historic, current, and projected employment by industry; employment gaps by occupation as of Summer 2017; and projected employment demand by occupation.

Which Southwest Florida occupations have the largest gaps between the number of workers demanded by employers and the available supply in the labor market?

According to this year's study, three of the top 10 occupations (registered nurses, physical therapists and speech language pathologists) are in the health care industry, which compares from two of the top 10 in the previous year's report. Others include retail supervisors and salespersons; supervisors for food preparation and serving; landscaping and groundskeepers; maintenance and repair workers; construction trades supervisors; and workers and office administrative supervisors and workers.

The study is conducted annually by Workforce Now, a research initiative that studies the regional workforce and is comprised of researchers from Florida Gulf Coast University, Hodges University and Florida SouthWestern State College. Workforce Now is a partner in the FutureMakers Coalition, a cross-sector coalition from Hendry, Glades, Collier, Lee and Charlotte counties with the shared goal of closing the higher education gap and, more importantly, retaining those high-skilled Southwest Floridians in jobs within the region.



Aysegul Timur photos provided

The Florida Department of Economic Opportunity study/data identified 5,073 current employment gap positions for Southwest Florida, signifying a 7-percent increase (or 348 positions) compared to the figure reported in the Workforce Overview Study for 2016.

"We have a strong regional economy with unemployment levels well below those of the state and the country," Christopher Westley, director of the Regional Economic Research Center at Florida Gulf Coast University, said. "The issue we face is that drivers of our employment are tied to retirement and tourism, and as a result, our median wages consistently lag those of the state at large. It can make it difficult for many workers to afford living in the region."

The top 10 projected high demand regional growth occupations for 2016 to 2024 are retail salespersons with an average annual demand for 1,436 employees per year. This is followed



Christopher Westley

by waiters and waitresses at 1,079 employees per year, cashiers at 770 employees per year, food preparation and serving workers at 642 employees per year, and landscaping and grounds keeping workers at 489 employees per year. The next five highest occupations in demand are registered nurses, restaurant cooks, customer service representatives, office clerks and stock clerks.

"Southwest Florida has a comparative advantage in weather (sunshine and mild winter temperatures), beaches and recreational activities," said Dr. Aysegul Timur, Dean, Johnson School of Business Hodges University. "These quality of life characteristics are drivers that support the key industries in Southwest Florida, such as retail trade, health care, accommodation and food services, construction and support services."

Additional findings of the study include:

The data show consistency with those of last year, in terms of the positions listed, median wage and minimum education required. There was a small amount of fluidity in the order and type of positions listed. For instance, registered nurses rose from eighth to fourth in terms of short-term employment gaps in the present survey; meanwhile, its median wage rose a mere 49 cents. Half of the positions require some college or higher. Of the 1,850 positions comprising the Top Ten Short-term Employment Gaps, 67 percent require no college at all.

Economic recovery continues with employment and unemployment rates reaching levels closer to normal long-term values;

Southwest Florida has 557,245 employed workers in 2016, compared to 9.36 million employed in Florida and 151.44 million for the nation;

The average annual Southwest Florida wage is \$40,871 compared to \$46,345 for Florida and \$53,503 for the nation;

The largest industries by employment are retail trade (19 percent), accommodation and food services (15 percent), health care and social assistance (14 percent), construction (11 percent), and administrative and waste services (8 percent);

- The largest industries by wage income are health care and social assistance (17 percent), retail trade (13 percent), construction (12 percent), professional and technical services (9 percent), and accommodation and food services (8 percent);

"The goal is to use data like ours and use it to help allocate scarce educational resources in our region to address its workforce needs," Westley said. "But it can be hard in a dynamic market."

The full study can be downloaded from the Regional Economic Research Institute's website at www2.fgcu.edu/cob/reri/wfn.

Financial Focus

What Should You Do With Your Tax Refund?



by Jennifer Basey

You may not get much of a thrill from filing your taxes, but the process becomes much more enjoyable if you're expecting a refund. So, if one is headed your way, what should you do with the money?

The answer depends somewhat on the size of the refund. For the 2017 tax year, the average refund was about \$2,760 – not a fortune, but big enough to make an impact in your life.

Suppose, for example, that you invested this amount in a tax-deferred vehicle, such as a traditional IRA, and then did not add another penny to it for 30 years. At the end of that time, assuming a hypothetical 7 percent annual rate of return, you'd have slightly more than \$21,000 – not enough, by itself, to allow you to move to a Caribbean island, but still a nice addition to your retirement income. (You will need to pay taxes on your withdrawals eventually, unless the money was invested in a Roth IRA, in which case withdrawals are tax-free, provided you meet certain conditions.)

Of course, you don't have to wait 30 years before you see any benefits from your tax refund. If you did decide to put a \$2,760 tax refund toward your IRA for 2018, you'd already have reached just over half the allowable contribution limit of \$5,500. (If you're 50 or older, the limit is \$6,500.) By getting such a strong head start on funding your IRA for the year, you'll give your money

more time to grow. Also, if you're going to "max out" on your IRA, your large initial payment will enable you to put in smaller monthly amounts than you might need to contribute otherwise.

While using your refund to help fund your IRA is a good move, it's not the only one you can make. Here are a few other possibilities:

Pay down some debt. At some time or another, most of us probably feel we're carrying too much debt. If you can use your tax refund to help reduce your monthly debt payments, you'll improve your cash flow and possibly have more money available to invest for the future.

Build an emergency fund. If you needed a new furnace or major car repair, or faced any other large, unexpected expense, how would you pay for it? If you did not have the cash readily available, you might be forced to dip into your long-term investments. To help avoid this problem, you could create an emergency fund containing

three to six months' worth of living expenses, with the money kept in a liquid, low-risk account. Your tax refund could help build your emergency fund.

Look for other investment opportunities. If you have some gaps in your portfolio, or some opportunities to improve your overall diversification, you might want to use your tax refund to add some new investments. The more diversified your portfolio, the stronger your defense against market volatility that might primarily affect one particular asset class. (However, diversification, by itself, can't protect against all losses or guarantee profits.)

Clearly, a tax refund gives you a chance to improve your overall financial picture. So take your time, evaluate your options and use the money wisely.

This article was written by Edward Jones for use by your local Edward Jones financial advisor. Jennifer Basey is a financial advisor in Fort Myers. She can be reached at jennifer.basey@edwardjones.com.

Book Review

Don't Hang My Friend



by Di Saggau

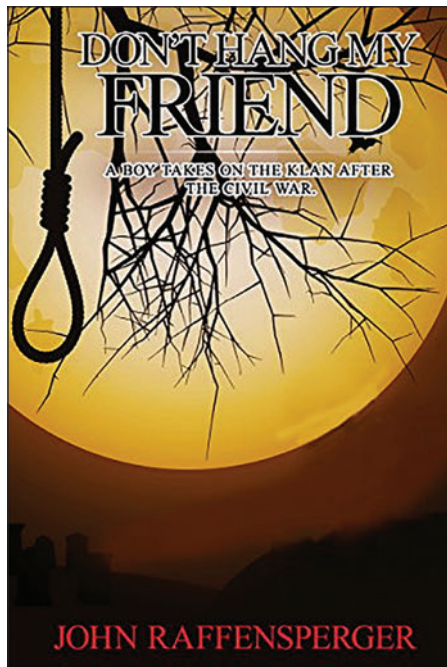
Sanibel author John Raffensperger has recently published a book that some say should be required reading in every classroom. *Don't Hang My Friend* is about a boy who takes on

the Klan after the Civil War. Don Bracken with history publishing company said, "He has given the reader a new American classic, a result of his intellectual depth and literary skill. *Don't Hang My Friend* is written in the tradition of Harper Lee's *To Kill a Mockingbird* and Mark Twain's *Huckleberry Finn*."

The story takes place in a small town on the Illinois river during the era of reconstruction following the Civil War, and it accurately portrays medical practice during the 1870s. This was a time when American doctors ridiculed anyone who thought that germs led to disease. They didn't believe in antiseptic surgery. Doc Steele, a new doctor in town shows them to be wrong. This was also a time when groups such as the KKK were terrorizing and hanging ex-slaves.

The teenage hero of the book is Tom Slocum, who dreams of going west to fight Indians until Doc, an Edinburgh trained doctor, arrives on a steamboat and convinces him that healing is better than killing. Tom is impressed when Doc saves a young girl's leg with a new treatment, when other doctors believe amputation is necessary. He also falls in love with the young girl whose hair is like "corn shucks in October."

The treatment of ex-slaves by a group of men belonging to the KKK is brutal. They aim to run them all out of town even



though they own their own property. Doc Steele makes an enemy of the local Klan leader when he shoots a mad dog and treats an injured ex-slave. He and Tom save an elderly ex-slave from lynching and aid in capturing the Klan leader. When the Klansman is treated for a gunshot wound by Doc, he lives and is eventually hanged for cattle thieving, not for killing an ex-slave.

The reader follows Tom's adventures as he is shuffled to an orphanage for abandoned children. He manages to escape with his copy of *Gray's Anatomy*, which he reads religiously. Then he is on to learn more about medicine and becomes Doc's apprentice. He is a brave young man who goes above and beyond to achieve his dream of becoming a doctor. The book is fictional but is based on the history of surgery and race relations during the 1870s. It's another book from Raffensperger that is well worth reading. He has also written *The Complete Diaries of Young Arthur Conan Doyle*, three books in one and I'll be reviewing that in the near future.✱

them. Give simple examples of school safety like reminding children about exterior doors being locked, child monitoring efforts on the playground and emergency drills practiced during the school day.

Upper elementary and early middle school children will be more vocal in asking questions about whether they truly are safe and what is being done at their school. They may need assistance separating reality from fantasy. Discuss efforts of school and community leaders to provide safe schools.

Upper middle school and high school students will have strong and varying opinions about the causes of violence in schools and society. They will share concrete suggestions about how to make school safer and how to prevent tragedies in society. Emphasize the role that students have in maintaining safe schools by following school safety guidelines (e.g. not providing strangers on campus, reporting threats to the school safety made by students or community members, etc.), communicating any personal safety concerns to school administrators and accessing support for emotional needs.

Review safety procedures. This should include procedures and safeguards at school and at home. Help children identify at least one adult at school and in the community to whom they go if they feel threatened or at risk.

Observe children's emotional state. Some children may not express their concerns verbally. Changes in behavior,

appetite and sleep patterns can also indicate a child's level of anxiety or discomfort. In most children, these symptoms will ease with reassurance and time. However, some children may be at risk for more intense reactions. Children who have had a past traumatic experience or personal loss will suffer from depression or other mental illness, or children with special needs may be at greater risk for severe reactions than others. Seek the help of mental health professional if you are at all concerned.

Limit television viewing of these events. Limit television viewing and be aware if the television is on in common areas. Developmentally inappropriate information can cause anxiety or confusion, particularly in young children. Adults also need to be mindful of the content of conversations that they have with each other in front of children, even teenagers, and limit their exposure to vengeful, hateful and angry comments that might be misunderstood.

Maintain a normal routine. Keeping to a regular schedule can be reassuring and promote physical health. Ensure that children get plenty of sleep, regular meals and exercise. Encourage them to keep up with their schoolwork and extracurricular activities but don't push them if they seem overwhelmed.

Suggested points to emphasize when talking to children include:

Schools are safe places. School staff works with parents and public safety providers (local police and fire departments, emergency responders,

continued on page 32

School Smart



by Shelley M. Greggs, NCSP

Dear Readers, High profile acts of violence, particularly in schools, as in the most recent mass shooting in Parkland, Florida, can confuse and

frighten children who may feel in danger or worry that their friends or loved ones are at risk. They will look to adults for information and guidance on how to react. Parents can help children feel safe by establishing a sense of normalcy and security and talking with them about their fears. Here is some information from the National Association of School Psychologists (NASP) to help you with these difficult conversations.

Reassure children that they are safe.

Emphasize that schools are very safe. Validate their feelings. Explain that all feelings are okay when a tragedy occurs. Let children talk about their feelings, help put them into perspective and assist them in expressing these feelings appropriately.

Make time to talk. Let their questions be your guide as to how much information to provide. Be patient; children and youth do not always talk about their feelings readily. Watch for clues that they may want to talk, such as hovering around while you do the dishes or yard work. Some children prefer writing, playing music, or doing an art project as an outlet. Young children may need concrete activities (such as drawing, looking at picture books, or imaginative play) to help them identify and express their feelings.

Keep your explanations developmentally appropriate:

Early elementary school children need brief, simple information that should be balanced with reassurances that their school and homes are safe and that adults are there to protect

Available at
www.AMAZON.COM
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Female Pioneers of Fort Myers
Women Who Made a Difference in the City's Development
By Robin C. Tuthill and Thomas P. Hall

"Packed with facts and employing an engaging storytelling style, [Female Pioneers of Fort Myers] both teaches and entertains. Local history buffs and newcomers to history will value Tuthill and Hall's research and appreciate the accessible format, too."
Gerri Reaves, PhD, author of *Legendary Locals of Fort Myers* and *Fort Myers, Then & Now*

Parkinson Program Offers Education And Inspiration



Ann and Dominic Pittro

More than 350 health care professionals, therapists, volunteers, caregivers and people living with Parkinson's disease gathered for a morning of education and inspiration at the annual Hope Parkinson Symposium at Broadway Palm Dinner Theatre recently.

The community education event featured keynote speaker Dr. Chauncey Spears, neurologist and senior movement disorders fellow at the University of Florida Center for Movement Disorders and Neurorestoration; Dr. Ramón Rodríguez, movement specialist and professor of neurology at The University of Central Florida; and John Baumann, an internationally renowned motivational speaker who has Parkinson's disease.

Hope Healthcare is a not-for-profit health care organization dedicated to providing care and comfort to every individual and their loved ones as they fulfill life's journey.

For more information, call 482-4673 or visit www.hopehcs.org.



John and Bernadette Baumann



Jerry and Mickey Bramlett



From left, Cathy Dorangrichia, Dr. Ramón Rodríguez and Robert O'Neill



From left, Dr. Ronald and Barbara Lea with Monica Dunkley



Keb and Barb Bell

FSW Presents Education For A New Humanity

Florida SouthWestern State College (FSW) will host the fourth biennial Education for a New Humanity colloquium on the theme Borders/Bordered/Borderless from March 14 to 22 at the FSW Thomas Edison Campus.

Organized by the Department of Humanities and Fine Arts, the colloquium offers a variety of platforms designed to spark dialogue across disciplines about key issues facing humankind in the 21st century. The broad notion of Borders/Bordered/Borderless was chosen as the theme in hopes that its suggestion of inclusion/exclusion, the contained and the contiguous, the native, the neighboring, and the nomadic, would offer creative freedom for presenters and generate meaningful insights. The goal of the colloquium is to encourage and empower students and community members not to shrink from difficult socio-political situations but to engage and counter them with critical thought, civil discourse, a rigorous pursuit of the truth and creative resistance.

Writer, art historian and photographer Teju Cole will deliver the keynote address, *Known Things and Blind Spots: An Evening with Teju Cole*, in the Rush Auditorium, Building J, Room 103 on Thursday, March 15 at 7 p.m. Cole is the Distinguished Writer in Residence at Bard College and photography critic of the New York Times Magazine. His essay collection, *Known and Strange Things*, was shortlisted for both the PEN/Diamonstein-Spielvogel Award for the Art of the Essay and the inaugural PEN/Jean Stein Award for "a book that has broken new ground by reshaping the boundaries of its form and signaling strong potential for lasting influence." *Known and Strange Things* was named a book of the year by the *Guardian*, the *Financial Times*, *Time Magazine*, and many others. His most recent book, *Blind Spot*, a genre-crossing work of photography and texts, was shortlisted for the Aperture/Paris Photo Photobook Award and named one of the best books of the year by *Time Magazine*.

Cole has lectured widely, from the Harvard Graduate School of Design to Twitter Headquarters. He gave the 2014 Kenan Distinguished Lecture in Ethics at Duke University, the 2015 Susan D. Gubar Lecture at Indiana University, and the 2016 Spui25 Lecture at the University of Amsterdam. He was awarded the 2015 Windham Campbell Prize for Fiction and a 2015 US Artists award.

On Saturday, March 17 at 8 p.m.,

performance artists Willie Filkowski and Brita Thorne will present their new work *Camp Denim* – an attempt to pair their experimental two-person playwriting practice with socially-engaged discussions and workshops. *Camp Denim* tells the story of a fake/real radical/queer/feminist summer camp with no campground. Without a space to call home, *Camp Denim* seeks to become the living guidebook for a nomadic generation. The performance will be held in the FSW Black Box Theater in Building L, Room 119.

On Wednesday, March 21 at 3:30 p.m. in the Rush Library Auditorium, Building J, Room 103, Emmy Award-winning World Flutist Kat Epple and World Percussionist Nathan Dyke will take the audience on a musical journey across borders and world cultures with their treasure trove of unique instruments from around the globe.

On Thursday, March 22, Miami Beach Mayor Philip Levine will host a discussion following a screening of the documentary film *Before the Flood*. The documentary follows Leonardo DiCaprio on his journey across the world to expose the reality of climate change and meet with thought leaders who are fighting against inaction. Mayor Levine is featured in the documentary for his pioneering work as an advocate for climate action. The screening begins at 5 p.m. in the Rush Library Auditorium, Building J, Room 103. Mayor Levine will begin his audience discussion at 7 p.m.

In addition to these signature events, there will be two faculty lectures and a panel discussion:

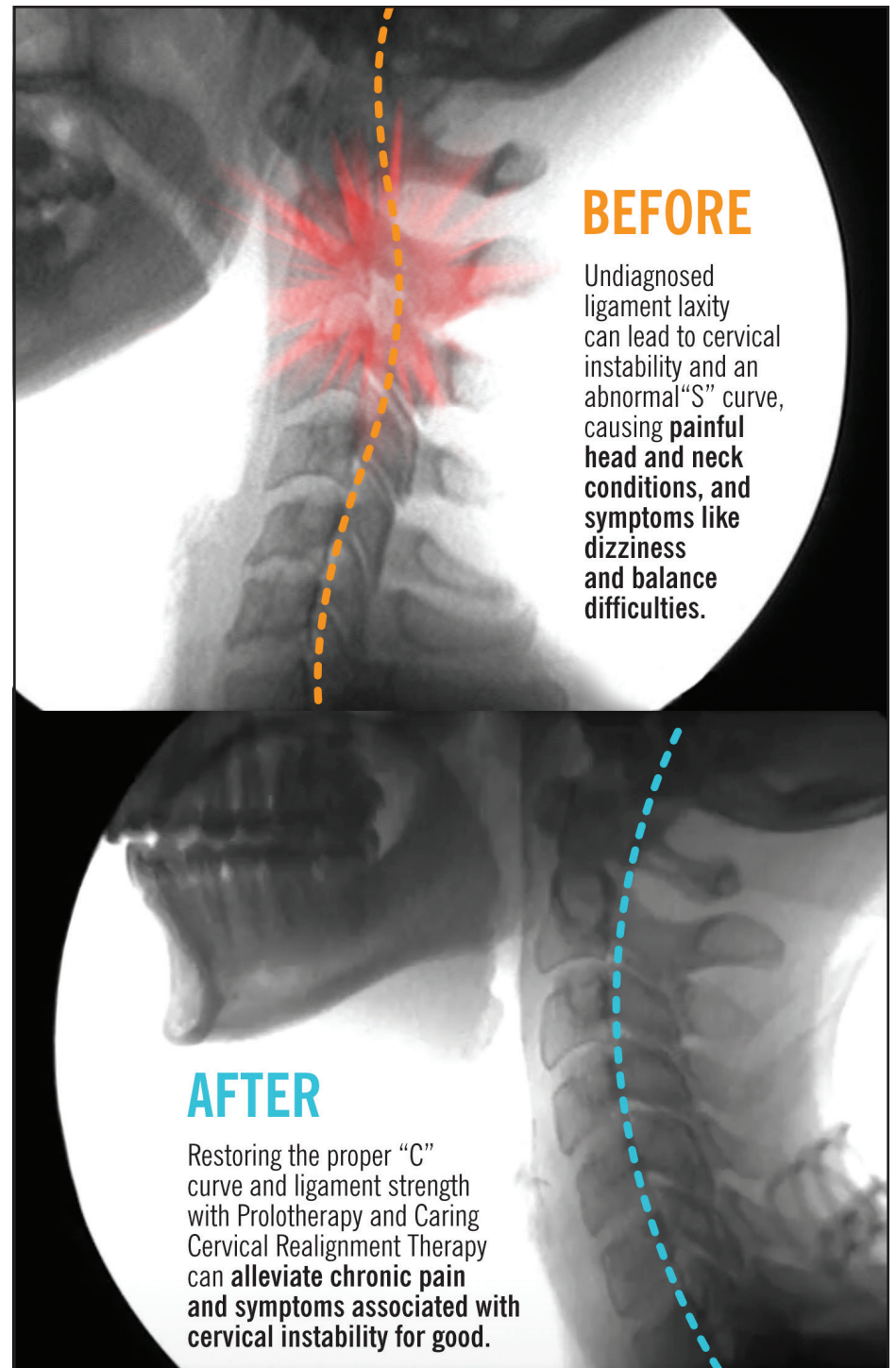
FSW Humanities Professor Dr. Elijah Pritchett presents his lecture, *Rotten, Vicious and Damned: Punk's Subjectivity of Resistance*, in the Rush Auditorium, Building J, Room 103 on Wednesday, March 14 at 12:30 p.m.

FSW's Dr. Bruno Baltodano, Dr. Wendy Chase and Dr. Eileen DeLuca will lead a discussion that crosses the disciplinary divides of linguistic anthropology, political science and art history titled, *Positioning Power: Structured Violence, Insurgency, and the Art of Transgression*, in Building U, Room 102 on Tuesday, March 20 at 11 a.m.

Florida Gulf Coast University Comparative Literature and Cultural Studies Professor Dr. Myra Mendible will present *Borders in the Age of Globalization* in the Rush Auditorium, Building J, Room 103 on Wednesday, March 21 at 2 p.m.

A full schedule of colloquium events can be found at www.fsw.edu/newhumanity. All events are free and open to the public.

FSW Thomas Edison Campus is located at 8099 College Parkway in Fort Myers. For more information, contact Dr. Wendy Chase at 489-9470 or Wendy.Chase@fsw.edu.



BEFORE

Undiagnosed ligament laxity can lead to cervical instability and an abnormal "S" curve, causing **painful head and neck conditions, and symptoms like dizziness and balance difficulties.**

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Foundation Showcases Art Exhibit



Dr. Martin Sherman

photos provided

The Southwest Florida Community Foundation recently launched a new art display at its Community Hub on February 2. The exhibit, Art Doctors, features the art of five local physicians including Dr. Charlie Brown, Dr. Rich Lane, Dr. Ellen Sayet, Dr. Martin Sherman and Dr. Peter Sidell. The exhibit is open to the public and will run through the month of February during regular Community Foundation business hours: Monday through Friday from 9 a.m. to 4 p.m. Some paintings are located in meeting rooms so those interested in seeing the exhibit are asked to call before arriving to make sure all areas are accessible. The Community Hub is located at 8771 College Parkway in Building 2 suite 201 in Fort Myers.✽



From left, Mirinda Williams, Dr. Charlie Brown and Mary Yankaskas



Barbara and Dr. Roger Dunphy



Dr. Larry and Becky Antonucci



Kevin and Dr. Kathleen Shimp



Mary Jo and Ken Walker



Jeff Mudgett and Cynthia Deragon



Stacey Cook-Hawk and Tess LeSage

First Step For Hospital In Estero

Lee Health Board of Directors recently agreed to continue pursuing a Certificate of Need (CON) to build a hospital bed tower at Lee Health – Coconut Point. Lee Health submitted a letter of intent with the Florida Agency for Healthcare Administration (AHCA) to build a hospital at Lee Health – Coconut Point on February 21, the first step required in the CON process. The next steps include the submittal of a preliminary application, which is due in early March, and the submittal of the full application in early April. “Lee Health is committed to expanding and enhancing health care in South Lee County,” said Larry Antonucci, MD, MBA, president and CEO of Lee Health. “We have recognized the need for a hospital in South Lee County for a very long time. This new hospital bed tower will integrate beautifully with Lee Health – Coconut Point, and provide necessary acute care beds to the community.” Lee Health – Coconut Point is a 163,500 square-foot project being developed as a health and wellness destination on 30 acres of land just east of U.S. 41 and south of Coconut Road in Estero. It is scheduled to open in November. The outpatient facility will offer convenient, easily accessible, and integrated medical and preventive health services across the

continuum of care in an attractive campus environment. Services will include a 24-hour emergency department, same-day surgery center, clinical decision unit, diagnostic testing, Healthy Life Center and medical office space for primary care and specialty care physicians. “It is and has been our hope to build a hospital at Lee Health – Coconut Point,” Dr. Antonucci said. “We designed the project to hospital building codes exactly for this purpose. Submitting our letter of intent and now proceeding with the CON process proves to the state and the people of South Lee County that it has been and remains our intent to build a hospital in South Lee County and at Lee Health – Coconut Point.” Lee Health applied for a Certificate of Need (CON) to build a hospital on its property in 2013. The state subsequently denied that application. Following the denial, the health system pivoted its plans and began development of Lee Health – Coconut Point as an outpatient facility, but developed to the exacting standards of hospital building codes. The proposed bed tower would be attached to that facility. “We believe the best option for a hospital in South Lee County is on our land at Coconut Point and in conjunction with the facility we’re already building because the infrastructure will be in place to provide well-rounded, patient-centered care in one convenient location,” Dr. Antonucci said.✽

Beautifulife:

Faith Vs. Fear



by Kay Casperson

Faith is the opposite of fear. You cannot have both at the same time as one will overshadow the other. This is an important truth to grasp and can significantly impact the path to living

your most balanced and beautiful life.

Many of you have a strong faith and understand this message clearly, but it is not always easy to be steadfast in your faith when faced with certain challenges that life tends to throw out there in our paths. I believe that every situation that arises should be dealt with first and foremost with the faith that everything will be alright, and the fear of not knowing the outcome will be overshadowed by that faith.

I have come up with a few suggestions for you to hang on to when life gets tough and things just are not going the way you intended them to be. Or, you may be making some decisions that are life changing and need to stay true to what is in your heart.

Focus on what it is that you are believing in, visualize it and be thankful for it.

Don't allow fear to obstruct the ability to make good decisions in life, trust your heart.

Stay away from worry and doubt which are the clear paths to allowing fear into your life.

When fear starts to creep in, close your eyes and say... "I am faithful and fearless."

Know that you will not fail at anything as long as you have tried your best.

Having faith that everything will be alright, even in the midst of chaos, disappointment and major setbacks is not an easy thing to do, but it is the only answer to moving forward and getting through these crazy times. Faith is not something that you can see and feel, it is believing so deeply and then letting go, knowing that all will be OK even when you don't experience the positive results or see the answers that you are looking for.

Let faith lead and guide you into making the best choices and decisions in your life without fear of what others

think, feel or what the outcome will be. Know that what is in your heart is the best and most trusted source to guide you. Give yourself the opportunity to remain steadfast in your faith by casting out your fear and moving through life with a calm and peaceful feeling that all is good, even if it is not in that moment.

My affirmation for you this week is:

"I am casting all my fears aside and will have faith in my decisions, choices, and plans for my life and the world that I am building around me."

Kay Casperson is a beauty and lifestyle expert, founder and CEO of Beautifulife by Kay Casperson. She owns resort spas on Sanibel and Captiva islands and manufactures beauty and lifestyle products sold across the country. To stay inspired, visit www.kaycasperson.com or follow on social media @kaycasperson.✱✱

Free Autism Screening

Golisano Children's Hospital of Southwest Florida, in partnership with Ronald McDonald House Charities® of Southwest Florida, offers a free monthly autism spectrum disorder screening for toddlers 18 months to age 5.

The next screening on the Ronald McDonald Care Mobile will be held at the McDonald's Gulf Coast Town Center on Friday, March 9 from 9:30 a.m. to 2 p.m.

It is estimated that one in every 68 children is diagnosed with some form of Autism Spectrum Disorder, making it more common than childhood cancer, juvenile diabetes and pediatric AIDS combined.

Medical consultants for the project stress that an early diagnosis can make a vast difference for toddlers and their families. They say early intensive behavioral intervention can make an immense difference not just in the development of the child, but in their families as well.

The ASD screening is conducted by the Golisano Children's Hospital of Southwest Florida. The screenings are administered by an advanced registered nurse practitioner, who has extensive training and experience in typical child development and developmental disorders.

McDonald's Gulf Coast Town Center is located at 17800 Ben Hill Griffin Parkway in Estero. A physician referral is not required. To schedule a screening, call 343-6838.✱✱

From page 1

Lab Theater

diabolically into the comic mayhem that follows when the infamous slasher strikes again.

Directed by Carmen Crussard (*Play On!*, *The Smell of the Kill*), *The Musical Comedy Murders of the 1940s* is packed with twists, turns and more than a few secrets. Audience members will find themselves laughing out loud while trying to riddle out the clues in the von Grossenknueten mansion. The cast can barely get through a rehearsal without rolling on the floor... literally.

Laboratory Theater Artistic Director Annette Trossbach said, "This is one of the funniest scripts I have ever read. It is

a zany, madcap whodunnit with excellent surprising twists. The set is a character in and of itself, adding to the hilarity. You'll laugh your pants off!" The ensemble cast includes Danielle Channell (*Crimes of the Heart*), Kayleigh O'Connell (*Whatever Happened to Baby Jane*; a parody of the horror), Stacy Stauffer (*Scrooge* TV), Mike Edouard (*I and You*), Patricia Clopton (*Sordid Lives*), Maddy Hayes (*Stop Kiss*), Dave Cheseboro (*The Rauschenberg Project Play*), with Mark King and Nathan Ross making Lab Theater debuts.

The Musical Comedy Murders of 1940 will play through March 31.

The Laboratory Theater of Florida is located at 1634 Woodford Avenue in Fort Myers. Tickets are available online at www.brownpapertickets.com or by calling the box office at 218-0481.✱✱

Doctor To Discuss Breakthroughs In Alzheimer's

Shell Point continues its third annual 2018 Medical Breakthroughs and Discoveries Series with a presentation by Dr. Rudolph E. Tanzi of Massachusetts General Hospital and Harvard Medical School in The Village Church Auditorium on Monday, March 12. This educational health care presentation, entitled Reducing Risk for Alzheimer's disease by Building a Resilient Brain, is free and open to the public.

During this presentation, attendees will learn about the latest advances and breakthroughs in Alzheimer's disease. *The New York Times* best-selling author and researcher will also uncover the best methods to building a resilient brain.

Tanzi obtained bachelor's degrees in microbiology and history at the University of Rochester in 1980, and his PhD in neurobiology at Harvard Medical School in 1990. In his research achievements, Tanzi served on the team that was the first to find a disease gene for Huntington's disease using human genetic markers, helping to launch the field of neurogenetics.

Additionally, Tanzi has published more than 500 research papers and has received the highest awards in his field, including the Metropolitan Life



Dr. Rudy Tanzi photo provided

Foundation Award, Potamkin Prize, Ronald Reagan Award, Silver Innovator Award, and the Smithsonian American Ingenuity Award, the top national award for invention and innovation.

This presentation is part of Shell Point's community health care speaker program that serves as a resource for residents in the greater Fort Myers area.

The Village Church Auditorium at Shell Point is located at 15100 Shell Point Boulevard in Fort Myers. To learn more or to register, call 433-7936 or visit www.shellpoint.org/legacy.html.✱✱

Chronic Pain Workshops

Would you like to learn how to better manage chronic pain conditions such as arthritis, fibromyalgia, back pain, headaches and more?

Lee Health is pleased to announce a free six-week workshop at three locations. The sessions will be held at: Trilogy Home Health on Thursdays beginning March 8 from 1 to 3:30 p.m.; The Sanctuary on Fridays beginning March 16 from 9 to 11:30 a.m.; and the Rose Garden of Fort Myers on Tuesdays beginning March 20 from 1 to 3:30 p.m.

Chronic Pain Self-Management, a research-based program developed by

Stanford University, will present information in the workshop to help participants become empowered to improve their quality of life. Learn how to more easily manage your medications; understand the benefits of exercise; manage symptoms of stress, pain and fatigue; and make smarter decisions related to health eating. Participants will also receive a copy of the book *Living a Healthy Life with Chronic Pain*.

Seating is limited and registration is required.

Trilogy Home Health is located at 9401 Corkscrew Palms Circle in Estero. The Sanctuary is located at 8960 Colonial Center Drive in Fort Myers. The Rose Garden of Fort Myers is located at 2117 Earl Road in Fort Myers. Call 343-9264 for more information.✱✱

Prevent Or Delay Type 2 Diabetes

Have you been told that you have Prediabetes? Would you like to learn about a variety of tools that have been proven to prevent or delay the onset of Type 2 Diabetes?

Lee Health will hold a free program series designed to help you make modest lifestyle changes and cut your risk of Type 2 Diabetes by more than half. The programs are held at Lee Health Solutions on Tuesdays, beginning on March 6 from 5 to 6 p.m.

This year-long program with weekly meetings for the first six months, then

once or twice a month for the second six months, is part of the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention (CDC).

Information presented in the workshop can help you become empowered to prevent Type 2 Diabetes. Learn about the benefits of physical activity, manage symptoms of stress, make smarter decisions related to healthy eating, and tips to stay motivated. Participants will receive a participant guide to use as an ongoing reference tool once the classes are completed.

Lee Health Solutions is located at 12550 New Brittany Boulevard suite 200 in Fort Myers. Seating is limited and registration is required. Call 424-3127 for more information.✱✱

dearRPharmacist

Six Cosmetic Secrets To Get Gorgeous Fast



by Suzy Cohen, RPh

Dear Readers: No matter what your age, you always want to look your absolute best. Throughout my life, I've learned all kinds of beauty tips and tricks from reading, talking to friends and getting to know a few make-up

artists when I appeared as a guest on TV shows. I always 'pumped' these girls to get their secret beauty tips while sitting in their chair and getting made-up. I recall one lady who made me look amazing even though I hadn't slept in two nights! She brought me to life with a few tricks, which I'll share today.

- 1. Get Rid of Red
If you put an ice cube into a paper towel and apply it under your eyes for 5 minutes, the red puffiness of 'bedroom eyes' will vanish for a little bit. Then you can apply your eye cream and concealer and look fresh and happy.
- 2. Curl Your Lashes Like the Pros
I don't use eyelash curlers ever, they freak me out, but I know a lot of you do. A make-up artist once told me her secret. She said to warm up your eye lash curler for a few seconds with the hair dryer. It needs to be warm, not hot, or you'll burn yourself, and I feel bad telling you something that is obviously common sense. So anyway, be careful... the point is that a slightly warmed eyelash curler works better. She said its effect is akin to a curling iron on your hair.

- 3. Hide Insomnia
After a 20-something hour flight from South Africa, I had to land, get through customs, get over to the Dr. Oz studio and tape a segment. I looked rough. She made me up and luckily I had my best tool, a white eyeliner pencil. Just be careful putting it on because it goes in an awkward area called the waterline. So, first apply your normal darker eyeliner where it goes, then apply the white eye-liner in the waterline. It's across your top rim on your lower eyelid. Google waterline if necessary.
- 4. Fresh Eyes
Homemade gel under eye masks are one of my favorite treatments for puffy eyes. You make these yourself with gelatin, which is rich in collagen. Here is a DIY recipe for a de-puffing eye mask using green tea that imparts a touch of caffeine and helps remove dark circles: Mix together one tablespoon chilled Manuka honey with one tablespoon prepared green tea. Add unflavored gelatin powder to desired consistency. Spoon onto a cucumber (sliced in half) and apply under your eyes for 10 minutes.

- 5. Shiny Hair
You can take 10 years off your age by making your hair soft and shiny again. Whisk one banana and one egg together and apply to wet hair after shampooing. Leave on for about 3 to 5 minutes then rinse.
- 6. Glowing Skin
Soak a clean face cloth in a cup of cold milk that has three drops of essential oil of lavender. Wring out and drape the cloth over your face. Relax with it for 10 minutes then rinse your face, tone and moisturize like normal. This brightens and moisturizes your skin, giving you a luminous glow and relaxed sensation.
This information is not intended to treat, cure or diagnose your condition. Suzy Cohen is the author of The 24-Hour Pharmacist and is a registered pharmacist. To contact her, visit www.SuzyCohen.com.

Doctor and Dietician

Zucchini Crust Pizza



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

This gluten-free, low-carb pizza is quite easy once you have made it a few times. The keys are to squeeze the zucchini dry after shredding it, and to bake the crust on a baking sheet lined with parchment paper.

- Ingredients
Crust:
2 cups shredded zucchini, squeezed dry
2 large eggs, beaten
¼ cup almond flour (or other flour)
½ tsp oregano
½ tsp basil
1 clove garlic, chopped
¼ tsp salt
½ tsp pepper
½ cup shredded cheese
Topping: (use what you have on hand and mix it up a little)
1 Tbsp olive oil
4 cloves garlic, chopped
½ pint cherry tomatoes, halved

- 1 tsp fresh basil and oregano, chopped (or ½ tsp dried)
4 baby bella mushrooms, sliced
½ onion, chopped
Fresh mozzarella ball, sliced thinly
Preparation:
1. Preheat oven to 425 degrees.
2. In a medium bowl, mix all of the crust ingredients together. The key is to have the least amount of liquid as possible. The crust will seem sort of wet, but that's okay.
3. Press onto baking sheet lined with parchment paper, pressing into a very thin crust, and making sure there are no holes.
4. Bake until golden brown, approximately 13 to 16 minutes. Remove from oven.
5. While crust is baking, heat olive oil in sauce pan. Cook garlic and onion. Add tomatoes to the pan, mashing them slightly. Finally, add mushrooms and seasonings.
6. Spread tomato mixture onto cooked crust. Top with cheese and any additional seasonings that you like.
7. Reduce oven to 400 degrees and bake on the top rack for 10 to 15 minutes until golden brown and the cheese is melted.
8. Cut into slices and finish with your favorite toppings, such as grated parmesan, red chili flakes, or drizzle with balsamic glaze. Enjoy!
This information is not intended to treat, cure or diagnose your condition. Caring Medical Regenerative Medicine Clinics has two locations: one in Oak Park, Illinois, and one in Fort Myers. It was established in 1991 by Ross Hauser, MD, and Marion Hauser, MS, RD. They can be reached at info@caringmedical.com.

From page 27

School Smart

hospitals, etc.) to keep you safe. We all play a role in school safety. Be observant and let an adult know if you see or hear something that makes you feel uncomfortable, nervous or frightened. There is a difference between reporting, tattling or gossiping. You can provide important information that may prevent harm either directly or anonymously by telling a trusted adult what you know or hear. Although there is no absolute guarantee that something bad will never happen, it is important to understand the difference between the possibility of something happening and probability that it will affect you (our school community). Senseless violence is hard for everyone to understand. Doing things that you enjoy, sticking to your normal routine and being with friends and family help make us feel better and keep us from worrying about the event. Sometimes people do bad things that hurt others. They may be unable to handle their anger, are under the

influence of drugs or alcohol, or suffering from mental illness. Adults (parents, teachers, police officers, doctors, faith leaders) work very hard to get those people help and keep them from hurting others. It is important for all of us to know how to get help if we feel really upset or angry and to stay away from drugs and alcohol. Stay away from guns and other weapons. Tell an adult if you know someone has a gun. Access to guns is one of the leading risk factors for deadly violence. NASP has additional information for parents and educators on school safety, violence prevention, children's trauma reactions and crisis response at www.nasponline.org. Shelley Greggs is adjunct faculty at Florida SouthWestern State College, where she teaches psychology and education courses. She is also a nationally certified school psychologist and consultant for School Consultation Services, a private educational consulting company. Questions for publication may be addressed to smgreggs@gmail.com. Not all questions submitted can be addressed through this publication.

From page 8

Along The River

pastries complimented by fashions of the season. Cost is \$25 per person. Reserve seats by calling 765-8101. Don't forget to wear your favorite vintage hat. Proceeds benefit the Ostego Bay Foundation, Inc., which returns the investment to the community in the form of educating and informing community leaders, hosting marine science internships, and inspiring young people in marine sciences." Bonita Bills Waterfront Café is located at 700 Fisherman's Wharf on San Carlos Island. Ostego Bay Marine Science Center is located at 718 Fisherman's Wharf. For more information, visit www.ostegobay.org or call 765-8101. The 14th annual **Irish Festival** will be held at the **German American Social Club** this Saturday, March 3 from noon to 8 p.m. and Sunday, March 4 from 11 a.m. to 8 p.m. The two-day family festival will feature Irish and Celtic music, dance and song, boy scouts and 4th Degree Knights of Columbus participating with the Lee County Pipes & Drums Band, a children's tent for kids age 3 to 12 with free face painting, games as well as arts and crafts. Guinness Stout, Smithwick's Irish Ale and Harp Lager will be on tap.

There will be 50/50 raffles and a chance to win a trip for two to the Emerald Isle. Admission is \$8 for adults; children age 12 and younger are free. The German American Social Club is located at 2101 Southwest Pine Island Road in Cape Coral. For more information, visit www.capecoralirishfest.com. **Southwest Florida Symphony** will perform a **Copland to the Classics concert** at the Village Church at Shell Point this Thursday, March 8 beginning at 7:30 p.m. The performance, which is open to the public, is part of Shell Point Retirement Community's 2017-18 Concert Series. Conducted by Maestro Nir Kabaretti, the Southwest Florida Symphony will perform one of Mozart's better-known early symphonies, No. 29 in A Major. This classical masterpiece is personal in tone and stands alone by combining an intimate chamber music style with a fiery and impulsive delivery. The program will also showcase the symphony's principal trumpet, Kris Marshall, on Copland's Quiet City, as well as 2016 Prescott Award Winner Cassie Drake, who will perform Viola Concerto No. 1 by Carl Stamitz. Shell Point is located at 15100 Shell Point Boulevard in Fort Myers. Tickets are available for \$25 at www.shellpoint.org/concerts or by phone at 454-2067.

PETS OF THE WEEK

Haven on Earth Animal League

Fiji And Java

Hi there! We are Fiji and Java. Aren't we just beautiful? We are both 8-years old and front-declawed. We are brother and sister with Fiji being a male Blue Burmese and me, Java, being a female Sable Burmese. We're up to date on all vaccines, and we are spayed and neutered. We love each other very much and must be adopted together. Our adoption fee is \$350 for both of us. We are very loving and heartbroken that our owner has to give us up. We need someone that will love us forever.

We are being cared for by Haven on Earth Animal League. For more information, call Diane at 860-833-4472 or email havenonearthanimalleague@yahoo.com.*



Fiji and Java

photo provided

PAWS Of Sanibel

Nutmeg

Hello, I'm Nutmeg. I used to live out back and under the porch at CIPs on Sanibel, and the chef there called me Stir Fry. It was a great place to live because the nice people that work there fed me all kinds of wonderful food. I even had shrimp. However, I had a sore eye and a bad skin condition, and it was also very dangerous living in the wild here on the island. The lady from PAWS captured me and took me to the vet. I had to stay a long time, but now I'm all better and I look beautiful. All little girls like to look beautiful. I'm about 3 pounds and 3 to 4 months old. I will sit in someone's lap, as long as they will rub my head. I really like my head scratched and rubbed. Please call the PAWS lady, Pam, at 472-4823 if you can give me a forever home where I'll be much safer.



Nutmeg

photo provided

I wouldn't mind a bit of shrimp now and then, but they tell me it's better for me if most of my food is made especially for cats like me.*

Lee County Domestic Animal Services

Tallulah And Ellena

Hello, my name is Tallulah. I am a 3-year-old female boxer female who has a slim build with a great smile. Scratch my back, and I will be your best friend. I am easy on the leash and easy going overall.



Tallulah ID# A729170 photos provided

My adoption fee is \$75.

Hi, I'm Ellena. I'm a 5-year-old female German shepard mix who is a well behaved 'tween.' I am past all the bad puppy habits and have matured into the beautiful girl you see. I am just patiently waiting for my new family to come for me.

My adoption fee is \$75.

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 10:30 a.m. to 3:30 p.m. Monday through

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

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

The adoption package is valued at \$500.*



Ellena ID# A729167



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

ARTS

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

CLUBS & ORGANIZATIONS

American Legion Post #38	239-332-1853
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
Emison Porcelain Artists	415-2484
Embroiderers Guild of America - Sea Grape Chapter	239-267-1990
FM UDC Chapter 2614 - United Daughters of the Confederacy	728-3743
Friendship Force Of SW FL	561-9164
Garden Club of Cape Coral	239-257-2654
Horticulture and Tea Society	472-8334
Horticultural Society	472-6940
Lee County Genealogical Society	549-9625
Lee Trust for Historic Preservation	939-7278
NARFE(National Active & Retired Federal Employees	482-6713
Navy Seabees Veterans of America	731-1901
Paradise Iowa Club of SWFL	667-1354
Sons of Confederate Veterans	332-2408
Southwest Florida Fencing Academy	939-1338
Southwest Florida Music Association	561-2118
Kiwanis Fort Myers Beach	765-4254 or 454-8090
Kiwanis Fort Myers Edison	694-1056
Kiwanis Fort Myers South	691-1405
Gateway to the Islands	218-5768
Iona-McGregor	482-0869
Lions Club Fort Myers Beach	463-9738
Lions Club Fort Myers High Noon	466-4228
Lions Club Estero/South Fort Myers	898-1921
Notre Dame Club of Lee County	768-0417
Organ Transplant Recipients of SW Florida	247-3073
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 National Shell Museum	395-2233
Burrough's Home	337-9505
Calusa Nature Center & Planetarium	275-3435
Edison & Ford Winter Estates	334-7419
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
Langford Kingston Home	239-334-2550
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

To be listed in calling card email your information to: press@riverweekly.com

PUZZLES

Answers on page 37

Super Crossword

SECRET SCOUTING MISSIONS

- ACROSS**

1 — -Mart (retail giant)

4 Hushed “Hey!”

8 Part of PETA

15 Some snakes

19 Extra refrigerator convenience

21 Pre-euro Greek coin

22 Scrutinize, with “over”

23 Extremely bad weather, e.g.

25 Deep purple

26 Skating great Yamaguchi

27 Canton-born architect I.M.

28 Big cracker brand

30 Drink name suffix

31 Offering at a memorial service

37 Org. for Michelle Wie

40 ‘60s psychedelic

41 Nero’s 1,006

42 Apply an oily liquid to

43 Folding art

46 It glances off the bat and counts as a strike
- 49 A while ago

50 Prevention of a blaze from spreading

53 Madden

54 “Dracula” director Browning

55 “— doin’!” (“Forget it!”)

56 Melt

58 Dunne of movies

60 Slow, tempo-wise

64 Not less than

69 To be, at the Louvre

70 Longtime tech ad slogan (and a hint to this puzzle’s theme)

73 Essence

74 Actress Dawson

76 Hip-hop record label

77 “— suggest that ...?”

78 About

80 African land

83 Some vinyl records

84 Philately item

88 Clash between social groups

93 Beseech

94 Husky-toned
- 95 Ominous

96 “All of Me” director Carl

98 Little hotel

99 Notable time stretch

101 One writing briefs: Abbr.

102 Efforts to protect ecosystems, say

108 Simile middle

109 — avis

110 Existential declaration

111 How very close games are won

115 Mixed breed

117 Calamitous effects

122 Love god

123 Deep green

124 Repeal

125 Desiccated

126 Late-night flights

127 Draws on

128 Here-there linkup
- 5 Yarn bundle

6 Minute div.

7 Recurring themes

8 Murphy of “48 Hrs.”

9 Prefix with glyceride

10 Toque, e.g.

11 Here, in Arles

12 C minor, say

13 Prenatal test, briefly

14 Track racer’s windup

15 iPhone extra

16 Comforting in sorrow

17 Discretion

18 College term

20 Text or email

24 Dweeby sort

29 Buddhism school

32 Film director Eastwood

33 “Hurry up!”

34 Half of a zygote

35 Cairo’s river

36 When morning ends

37 More exalted

38 In advance of

39 Bridge parts

44 Skin ailment

45 Dairy sound
- 46 Conclusion

47 Blowup stuff

48 “— to Be You”

51 “Imagine —!”

52 Helped

53 Saddlery tool

57 Supped

59 School lobby gp.

61 Many a PC image file

62 Bite, break or bruise

63 “August: — County”

65 Mileage rating gp.

66 Send in via helicopter, maybe

67 Diamond-shaping method

68 Abounding in prickly plants

70 Grafton’s “— for Innocent”

71 Saw edge

72 Apple desktop

75 Hip-hop music

77 Stupid

79 “— Day Will Come”

81 Jack Sprat’s dietary rule

82 Genetic cell stuff
- 84 Family appellations

85 Value highly

86 Rabble-rouser

87 Diner list

89 Beef cut

90 Sunbathes

91 — Reader

92 Tilting

94 One walking

97 Flub up

99 Gabor and Mendes

100 French composer Jean-Philippe —

103 Felon’s deed

104 Competed in a regatta

105 Fruit coats

106 “— hope so!”

107 Butter substitutes

112 Thom —

113 “Mr. Nobody” star Jared

114 River of Flanders

116 Mao — -tung

118 In advance of

119 Low coral reef

120 Bullring shout

121 Victims of NFL sacks

1	2	3		4	5	6	7		8	9	10	11	12	13	14		15	16	17	18
19				20					21								22			
23									24								25			
26								27						28			29		30	
				31				32					33	34	35				36	
37	38	39					40				41					42				
43					44	45				46				47	48			49		
50								51	52								53			
54					55									56		57				
58				59				60				61	62	63		64			65	66
69						70	71							72				73		
74					75				76								77			
					78				79				80			81	82			83
84	85	86	87				88			89	90	91						92		
93							94								95					
96							97											98		
102								103	104					105				106	107	
108																				
115					116															
122																				
125																				

King Crossword

- ACROSS**

1 See 12-Across

5 Scoundrel

8 Mine entrance

12 With 1-Across, have trouble

13 Bullring cheer

14 Pianist Peter

15 Fermi’s bit

16 Time on Earth

18 Summer-house

20 Deviating off course

21 Albacore, e.g.

23 — Aviv

24 Help on “... Millionaire”

28 Pealed

31 Commotion

32 Nuptial announcement

34 Dead heat

35 Legal wrong

37 Shipwreck aid

39 Bill and —

41 Sea eagle

42 Cover the cost up front

45 Adjective modifier

49 Organism

51 Concept

52 Finished

53 Regret

54 Whirlpool
- 55 Marries

56 Conclude

57 Back talk

10 Persia, now

11 Chinatown gang

17 Dine

19 Closed-up tulip

22 Sandy’s mistress

24 Long, crosser

25 “What can — for you?”

26 Made to consume

27 Put in a border, as a photo

29 Zero

30 Obtain

33 Remit

36 Drunkards

38 Groups of quail

40 LummoX

42 Winter truck attachment

43 Split

44 Bygone times

46 Icelandic epic

47 Cincinnati team

48 Chesapeake et al.

50 Scoot
- DOWN**

1 Carpet style

2 Silents

3 The gamut

4 Reproductive cell

5 House style

6 Boxer Muhammad

7 Challenge

8 Reply

9 Remove hair

MAGIC MAZE ● MORE OR LESS WORDS

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

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

- Ageless

Baltimore

Careless

Cordless
- Fillmore

Helpless

Lesson

Lessor
- Morello

Moreno

Moreover

Rushmore
- Sycamore

Unless

Wireless



"I hear you're a
— what's the name of your group?"

answer on page 37

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!

Mislead
DUELED

Dubious
CUPSETS

Cause
CUREOS

Murmur
DONER

TODAY'S WORD

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

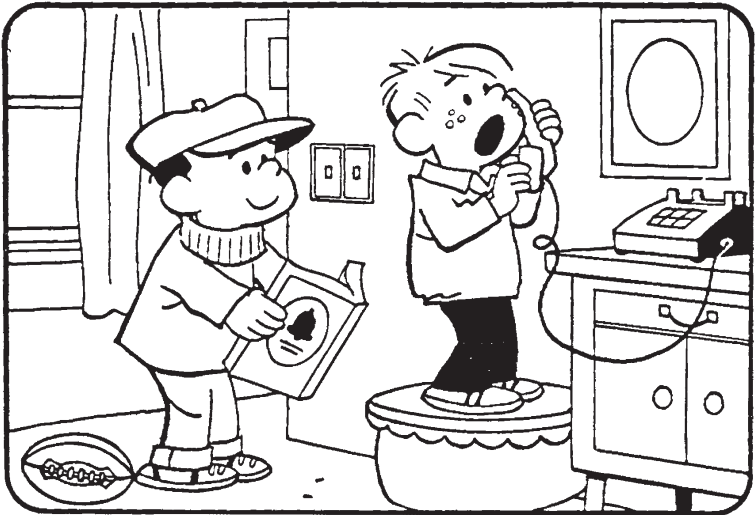
SUDOKU

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.

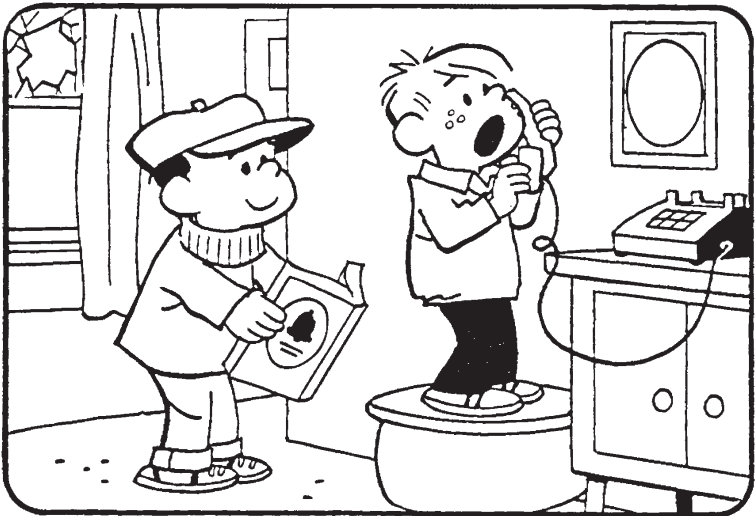
answer on page 37

HOCUS-FOCUS

BY
HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Window is broken. 2. Football is missing. 3. Switch is missing. 4. Ruffie is missing. 5. Picture is smaller. 6. Drawer is missing.



Flatbread with Tomatoes & Sweet Peppers

2 medium or 1 large baked flatbread or pizza crust
2 cups mozzarella cheese, shredded (or your favorite)
¼ cup fresh basil, hand torn
½ cup Parmesan cheese, grated
5 cloves fresh garlic, minced
1 large bell pepper (red, yellow, green or ? of all 3 colors), seeded and sliced thin
2 medium tomatoes, sliced thin
1 tablespoon olive oil
Sea salt and fresh ground pepper to taste
Preheat oven to 375 degrees.
Spread olive oil and garlic evenly over the flatbread.
Evenly distribute three-fourths of the two cheeses over the flatbread.
Evenly distribute the bell pepper and tomato over the cheese.
Add remaining cheese to the top of the flatbread.
Season the flatbread lightly with salt and pepper.
Bake flatbread on a cookie sheet for 7 to 10 minutes until cheese is melted and bubbly.
Remove flatbread from oven and garnish with the hand torn basil.
Cut flatbread into several servings and serve warm.✽



Flatbread with Tomatoes and Sweet Peppers

photo courtesy Fresh From Florida

	FRIDAY Sunny High: 76 Low: 57		SATURDAY Sunny High: 71 Low: 52		SUNDAY Sunny High: 66 Low: 47		MONDAY Sunny High: 67 Low: 48		TUESDAY Sunny High: 65 Low: 46		WEDNESDAY Partly Cloudy High: 62 Low: 43		THURSDAY Sunny High: 64 Low: 41
--	--	---	--	---	--	---	--	---	---	---	---	---	--

Redfish Pass Tides					Point Ybel Tides					Punta Rassa Tides					Cape Coral Bridge Tides				
Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low
Fri	12:43 am	7:21 am	1:59 pm	7:01 pm	Fri	1:04 pm	7:23 am	None	7:03 pm	Fri	12:37 am	7:24 am	1:18 pm	7:27 pm	Fri	2:53 am	10:37 am	4:09 pm	10:17 pm
Sat	1:31 am	7:50 am	2:18 pm	7:49 pm	Sat	12:36 am	7:52 am	1:23 pm	7:51 pm	Sat	1:20 am	8:02 am	1:51 pm	8:16 pm	Sat	3:41 am	11:06 am	4:28 pm	11:05 pm
Sun	2:18 am	8:17 am	2:39 pm	8:38 pm	Sun	1:23 am	8:19 am	1:44 pm	8:40 pm	Sun	2:07 am	8:37 am	2:26 pm	9:02 pm	Sun	4:28 am	11:33 am	4:49 pm	11:54 pm
Mon	3:07 am	8:41 am	3:03 pm	9:30 pm	Mon	2:12 am	8:43 am	2:08 pm	9:32 pm	Mon	3:00 am	9:09 am	3:01 pm	9:47 pm	Mon	5:17 am	11:57 am	5:13 pm	None
Tue	4:00 am	9:05 am	3:32 pm	10:27 pm	Tue	3:05 am	9:07 am	2:37 pm	10:29 pm	Tue	3:55 am	9:37 am	3:35 pm	10:34 pm	Tue	6:10 am	12:46 am	5:42 pm	12:21 pm
Wed	5:07 am	9:29 am	4:04 pm	11:32 pm	Wed	4:12 am	9:31 am	3:09 pm	11:34 pm	Wed	4:51 am	9:59 am	4:07 pm	11:34 pm	Wed	7:17 am	1:43 am	6:14 pm	12:45 pm
Thu	6:45 am	9:51 am	4:44 pm	None	Thu	5:50 am	9:53 am	3:49 pm	None	Thu	5:56 am	10:04 am	4:42 pm	None	Thu	8:55 am	2:48 am	6:54 pm	1:07 pm

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The New Math:
\$1 = \$8

That's right! The Harry Chapin Food Bank can find, rescue, transport and distribute \$8 of nutritious food for every \$1 you donate. This turns your \$20 gift into 80 meals for a family!

Thank you for your generosity!

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3760 Fowler Street, Fort Myers, FL 33901
Call (239) 334-7007 or donate online at:
harrychapinfoodbank.org




PUZZLE ANSWERS

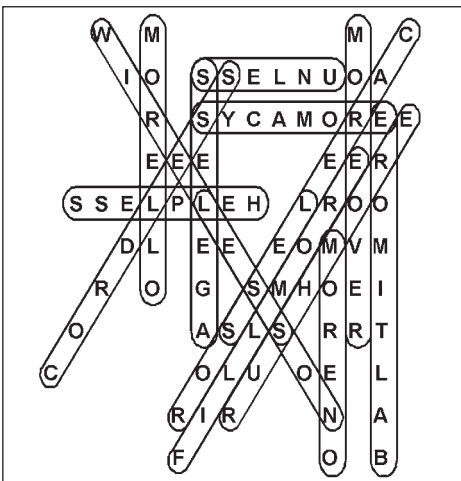
SUPER CROSSWORD

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KING CROSSWORD

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MAGIC MAZE



SUDOKU

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

My Stars ★★★★★

FOR WEEK OF MARCH 5, 2018

ARIES (March 21 to April 19) Your soft-hearted self is drawn to a tempting offer. But your hard-headed half isn't so sure. Best advice: Do it only after every detail is checked out to your liking.

TAURUS (April 20 to May 20) Your inventive mind should help you find a way to get around an apparently impassable barrier and make yourself heard. Your efforts get you noticed by the right people.

GEMINI (May 21 to June 20) You're enjoying this creative period. But by midweek, you'll need to emphasize your more pragmatic talents as you consider a risky but potentially lucrative move.

CANCER (June 21 to July 22) An unexpected rejection could turn into something positive if you pocket your pride and ask for advice on how you can make changes that will make the difference.

LEO (July 23 to August 22) Your Lion's heart gives you the courage to push for answers to a job-related situation. Stay with it. You'll soon find more believers coming out the ranks of the doubters.

VIRGO (August 23 to September 22) Your curiosity pays off this week as you push past the gossip to find the facts. What you ultimately discover could lead you to make some changes in your plans.

LIBRA (September 23 to October 22) A new sense of enthusiasm helps get you out of on-the-job doldrums and back into a productive phase. Family matters also benefit from your more positive attitude.

SCORPIO (October 23 to November 21) A bit of nostalgia is fine. But don't stay back in the past too long or you might miss seeing the signpost up ahead pointing the way to a new opportunity.

SAGITTARIUS (November 22 to December 21) If you feel you need to take more time to study a situation before making a decision, do so. Don't let anyone push you into acting until you're ready.

CAPRICORN (December 22 to January 19) As the Great Advice Giver, the Goat really shines this week as family and friends seek your wisdom. Someone especially close to you might make a surprising request.

AQUARIUS (January 20 to February

18) Spiritual concerns dominate part of the week before more worldly matters demand your attention. An old promise resurfaces with some surprises attached.

PISCES (February 19 to March 20) You're in a highly productive period and are eager to finish all the projects you've taken on. But don't let yourself get swamped. Take a breather now and again.

BORN THIS WEEK: You have a gift for learning new things quickly and applying your knowledge to best advantage where needed.

THIS WEEK IN HISTORY

- On March 6, 1776, Major William Malcolm is ordered to dismantle the Sandy Hook lighthouse in New Jersey to prevent it from helping the British to reach New York City. The British were able to put the lighthouse back into service, but the Patriots brought out cannons to blow away the British equipment.

- On March 9, 1781, the Siege of Pensacola begins as Spanish naval force of more than 40 ships and 3,500 men land at Santa Rosa Island in Florida. The flotilla survived a hurricane before beginning two months of constant artillery and cannon bombardment of British forts.

- On March 11, 1818, "Frankenstein; or, The Modern Prometheus," by 21-year-old Mary Wollstonecraft Shelley, is published. In Shelley's tale, a scientist animates a creature constructed from dismembered corpses.

- On March 10, 1927, engineer Robert Kearns is born. Kearns patented a design for a type of windshield wiper and later won multi-million dollar judgments against Chrysler and Ford for using his concept without permission.

- On March 7, 1950, one week after British physicist Klaus Fuchs was sentenced to 14 years in prison for his role in passing information on the atomic bomb to the Russians, the Soviet Union issues a statement denying any knowledge of him or his activities. Fuchs' arrest and conviction uncovered a network of spies.

- On March 5, 1963, the Hula-Hoop, a hip-swiveling toy that became a huge fad across America, is patented by Arthur "Spud" Melin. The hoop was dubbed "Hula" after the hip-gyrating Hawaiian dance of the same name.

- On March 8, 1993, the Music

Television Network airs the first episode of the animated series "Beavis and Butthead," which would become MTV's highest-rated series to that point. Creator Mike Judge later created the Emmy-winning animated series "King of the Hill."

STRANGE BUT TRUE

- It was English novelist Eric Arthur Blair -- better known by his pen name, George Orwell -- who made the following sage observation: "During times of universal deceit, telling the truth becomes a revolutionary act."

- While his wife, Abigail, was ill, President John Adams stayed with her for seven months at their home in Boston -- that's the longest any president has been away from the capital.

- Are you a cacographer? You may not be, but if you spend any time at all online you've certainly run across a few. A cacographer is someone who can't quite grasp the rules of spelling.

- This might be a good time for a reminder of an obscure New Orleans law: In that city, it is illegal to curse at a firefighter while he or she is engaged in official duties.

- It was in 1943 that Thomas Watson, who was then the chairman of International Business Machines (better known now as IBM), made the following public statement: "I think there is a world market for maybe five computers."

- The English word "velvet" comes from a Latin term that means "shaggy hair."

- You might already know that actor Mel Gibson grew up in Australia, but you might not know how he ended up there. He was actually born in New York, where he lived with his parents. The Vietnam War was going on, though, and his parents were afraid Mel would be drafted. After winning on "Jeopardy," they used the money to move to Australia.

THOUGHT FOR THE DAY

"The simplest questions are the most profound. Where were you born? Where is your home? Where are you going? What are you doing? Think about these once in a while and watch your answers change." -- Richard Bach

SCRAMBLERS

1. Delude; 2. Suspect; 3. Source; 4. Drone

Today's Word
CONDUCTOR

TRIVIA TEST

1. **General Knowledge:** What is the word for "W" in the NATO phonetic alphabet?
2. **Literature:** Who wrote the short story titled "The Monkey's Paw"?
3. **Government:** Which one of the amendments to the U.S. Constitution forbids double jeopardy?
4. **Royals:** Who was the daughter of Anne Boleyn and King Henry VIII of England?
5. **Mythology:** What is the Greek counterpart of the Roman goddess Minerva?
6. **Television:** Which member of the "Our Gang" cast was shot to death in a dispute at age 31?
7. **Language:** What does the Latin phrase "prima facie" mean?
8. **U.S. States:** Which state's official song is "Roll On, Columbia, Roll On"?
9. **Geology:** What kind of gemstone is actually fossilized tree resin?
10. **Geography:** What is the modern name of the country of "Cymru"?

TRIVIA ANSWERS

1. Whiskey 2. W.W. Jacobs 3. Fifth on the first impression 4. Queen Elizabeth I 5. Athena 6. Carl Dean Switzer, who played "Alfalfa" 7. Based 8. Washington 9. Amber 10. Wales

★ ★ ★ ★ ★ CLASSIFIED ★ CLASSIFIED ★ ★ ★ ★ ★

REAL ESTATE

HOME FOR SALE SANIBEL – BY OWNER

2017 Custom 2+den/2bath 1,350 Sqft manufactured home w/15x24 screened IN-GROUND POOL w/solar + heat pump. \$379,000 unfurnished.

1,050 Sqft screened lanai/pool. Outdoor H/C shower. Great Room. Lrg kitchen, custom cabinetry, granite counters, eat-at island. Master en suite bath. New central A/C, wine cooler, refrigerator, disposal, microwave, dishwasher, range. Recirc hot water syst. Double pane windows. Fitted walk-in closets. Tile, carpet & wood laminate floors. Washer & dryer. 1,000 Sqft storage. Double carport w/additional 3-4 parking spaces. Privacy trees around pool/lanai area. Near beach on East End in Periwinkle Park. Cul-de-sac. Pet & smoke free. Shown by appointment; photos & info available: sanibelmerrill@gmail.com

3/2 ★ 3/2

GARCIA REAL ESTATE AND CONSULTING



RICHARD J. GARCIA, GRI, BROKER
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garciaonsanibel.com

Offering Personal, Private, and Professional Real Estate Services on Sanibel and Captiva Islands. 30 Year Resident of Sanibel. Licensed in Florida, New York, Pennsylvania and New Jersey.

★RS 4/29 CC TFN

COMMERCIAL RENTAL

WONDERFUL RENTAL IN POPULAR LOCATION ON SANIBEL



2 Rooms, Bathroom, Approx. 1,000 sq. feet. This was Molnar Electric's old office. Call Judy at 239-851-4073.

★RS 8/5 CC TFN

COMMERCIAL RENTAL

OFFICE FOR RENT

Periwinkle office for lease or sublet! 700 Sq Ft, centrally located w/private bath. Bright and airy. Awesome built-in storage.

\$730/mo.
Contact Jason at
616.951.2166

2/23 ★ 3/30

HOME SHARE

SHARE MY HOME

Year round - bike to beach. \$650. each month for full year. Must be 45 yrs. or older, private to you - furnished: one bedroom, bathroom, living/dining/cooking area, lovely lanai with view of lake, outdoor patio w/ grilling area, swimming pool, library, pool table, shuffle board, fishing in lake. Near Sanibel, Fort Myers Beach. 239-989-4148.

3/2 ★ 3/2

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1/26 ★ TFN

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★RS 1/4 BM TFN

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Monthly Available Now. 1B/1B with sleeping porch, breakfast nook, front porch. Steps to Bay Beach, short walk to Gulf Beach. jeancowper@live.com

3/2 ★ 3/9

ANNUAL RENTAL

ANNUAL RENTAL

Waterfront Home: This peaceful location is true Island Living. Looking over the water with boat dock/lift, access to Bay & Gulf. This beautiful 3 bedroom/2 bath plus den, piling home is offered UF @ \$3,100/mo.

Please call for details

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Helping People Become Islanders for over 35 years!
The Island Experience!

2/23 ★ TFN

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Sanibel & Captiva Islands & South Fort Myers. Exterior & Interior Cleaning. Tire Dressing. No job too big or too small. I come to your Home, Condo, or Hotel. Reasonable Rates. Satisfaction Guaranteed. Call Bryan 239-284-3639.

9/29 ★ TFN

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11/17 ★ TFN

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1/26 ★ TFN

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★NS 1/4 PC TFN

SCARNATO LAWN SERVICE

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★RS 1/25 BM TFN

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Call Roger 239-707-7203.
Aqualink - Motor Controls.
Office & Store Maint.

★RS 6/7 CC TFN

HELP WANTED

LICENSED NAIL TECHNICIAN WANTED

Part time, Tuesdays, Fridays and every other Saturday. Non-smoker preferred for organic spa/salon on Sanibel. Generous service commission, retail commission and toll assistance available. Call Amy at 239-472-8464 for more information or to apply.

2/16 ★ TFN

JERRY'S FOODS SERVERS & BARISTAS

Part Time Evening And Weekend Front End Associates Needed. Looking for energetic, personable, and fun individuals, with open availability Monday through Sunday. If interested call and ask for John, Norm Sarah 472-9300.

1700 Periwinkle Way

★NS 5/6 BM TFN

AUTO FOR SALE

ANTIQUE & CLASSIC 78 CADILLAC ELDORADO BIARRITZ

63,000 original miles.
Excellent condition.
Call Bert 466-8618.

2/23 ★ TFN

AUTO FOR SALE

TOYOTA CAMRY LE 2001 FOR SALE

Good running car. Good condition. A/C, Good tires, Automatic, 4DR \$2,495 or best offer. 239-478-7700

2/23 ★ 3/9

BOATS - CANOES - KAYAKS

FISHING KAYAK

14ft. Native/manta Ray Nice.

Make offer

239-472-3420

2/23 ★ 3/2

DOCKAGE

Hourly, Daily, Weekly
and Monthly.

Captiva Island 472-5800

★RS 1/4 NC TFN

FOR SALE

PORSCHE FS MOUNTAIN BICYCLE

Rare excellent condition.
\$1,250.

Call 239-224-9884

3/2 ★ 3/9

YARD SALE

HUGE ANNUAL PRESCHOOL YARD SALE!

March 10, from 7 to 11 a.m.

350 Casa Ybel Road,

Children's Education Center of the Islands!
No early birds please. 472-4538.

3/2 ★ 3/9

Shore Fishing:



Don't Harm The Fish

by Capt. Matt Mitchell

Landing a big fish from the beach can be hard on the fish. Dragging a fish up onto the sand if you're going to release it is not an option as it usually damages or kills the fish.

• Hold the fish in the water

while you unhook it if you're going to release it.

• The less you can touch a fish before release the better for the fish.

• If you want a picture with the fish, support it as you lift it out of the water – and do it quickly.

• Before releasing, revive the fish while holding it in the water; moving it slowly back and forth so water goes over its gills. The fish will let you know when it's ready to swim off.

• Florida just recently changed the regulations on fishing from shore. Florida residents as well as out of state visitors need a fishing license to fish from shore.

To advertise in the *Island Sun* and *The River Weekly News* Call 395-1213

LCDAS Services Gives Pets Star Treatment

Lee County is rolling out the red carpet for celebrity pets during the month of March. Some famous felines and canines have taken up residence at the Lee County Domestic Animal Services (LCDAS) shelter. Spin the lucky wheel for a chance at a reduction in your adoption fee from \$5 to \$25. With the 90th Academy Awards ceremony set for the first weekend in March, pets at the shelter that are up for adoption will have names of the stars such as Ingrid Bergman, Marlon Brando and Jack Nicholson to name a few.

The reduced adoption fee will include a celebrity gift pack of services consisting of sterilization, age appropriate vaccinations, county license, microchip identification, de-worming, flea treatment, a heartworm test for dogs, feline aids and leukemia test for cats, and a 10-day health guarantee. The adoption package is valued at more than \$500.

Volunteers and staff are available to help you find the pet star that is best suited for you and your lifestyle.

LCDAS is located at 5600 Banner Drive in Fort Myers. Viewing hours are 11:30 a.m. to 3:30 p.m. Monday through Saturday. For more information about pets for adoption, visit www.leelostpets.com or call 533-7387 (LEE-PETS). If you are inquiring about a pet you have seen online, please have the animal ID number ready for faster assistance. Adoption applications may be submitted online before coming to the shelter.

Track The Flu With A Simple App

Want to monitor what illnesses are going around Fort Myers/Cape Coral area? Check out Sickweather, the world's first real-time map of human health. It tracks what is making the rounds and displays results on a local level.

Illnesses currently trending in the local region include common cold, cough and fever.

To track the flu and other illnesses in any location nationwide, download the free Sickweather mobile app at:

iOS - <http://sick.io/ios>

Android: <http://sick.io/android>

A free live map feature for use in on-air TV broadcasts or on station websites is also available at www.sickweather.com

Along with illness tracking reports, Sickweather has added updates to the app including:

A new "Call Doctor" button. Access to board certified physicians through a partnership with tele-health company WellVia Solutions at a 10 percent discount.

Thermometer Connectivity. Bluetooth connectivity with three of the most popular brands of smart ear

thermometers, allowing users to record and track their temperatures and other symptoms directly within the app.

Enriched Illness and Symptom Information. Now partnering with Krames StayWell, greater detail on illnesses and symptoms tracked by Sickweather, including causes, when to see a doctor and treatments are now available.

Calendar Girls Channel Elsa

To beat the heat, the Calendar Girls channeled Elsa from Frozen while performing at Pioneer Village in North Fort Myers and the Crossings in Cape Coral on February 23.

For more information, visit www.calendargirlsflorida.com.



Elsa models with Olaf

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Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Barefoot Beach	Bonita Springs	1999	6,805	\$4,595,000	\$4,300,000	13
Chateaux Sur Mer Unrec	Sanibel	1971	2,627	\$3,295,000	\$3,225,000	10
Gulf Pines	Sanibel	1978	2,500	\$2,995,000	\$2,900,000	112
Bonita Beach	Bonita Springs	1986	2,687	\$2,950,000	\$2,600,000	192
Deerwood	Bonita Springs	1997	5,812	\$1,950,000	\$1,860,000	38
Southport On The Bay	Bonita Springs	1990	2,555	\$1,449,900	\$1,290,000	180
Brantley Oaks	Fort Myers	2007	3,747	\$1,050,000	\$975,000	49
Shell Harbor	Sanibel	1988	4,382	\$899,000	\$810,000	217
Bonita Lakes	Bonita Springs	2013	3,122	\$879,900	\$825,000	24
Palm Gardens	Fort Myers	2016	3,537	\$849,900	\$815,000	53

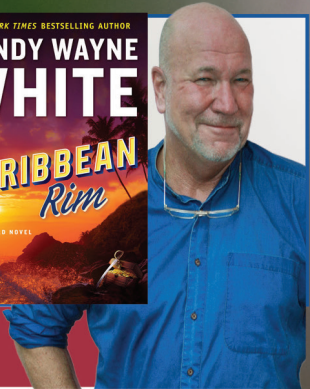
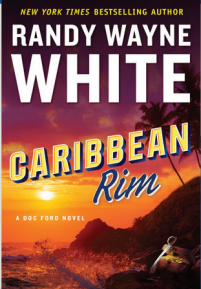


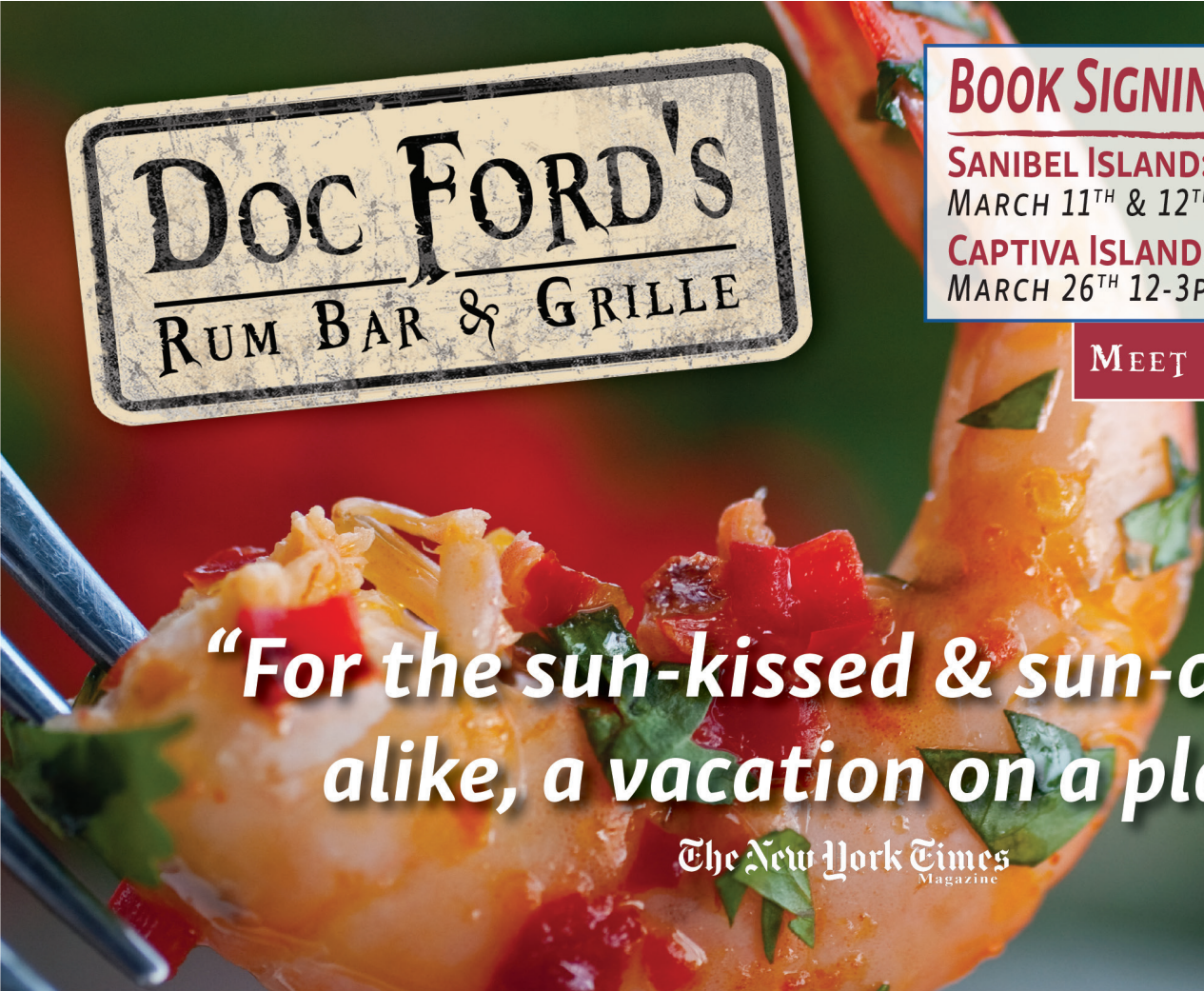
BOOK SIGNING EVENTS!

SANIBEL ISLAND:
MARCH 11TH & 12TH 12-3PM

CAPTIVA ISLAND:
MARCH 26TH 12-3PM

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Yucatan Shrimp

“For the sun-kissed & sun-desirous alike, a vacation on a plate.”

The New York Times Magazine

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