



Beach Art Group Spring Juried Show

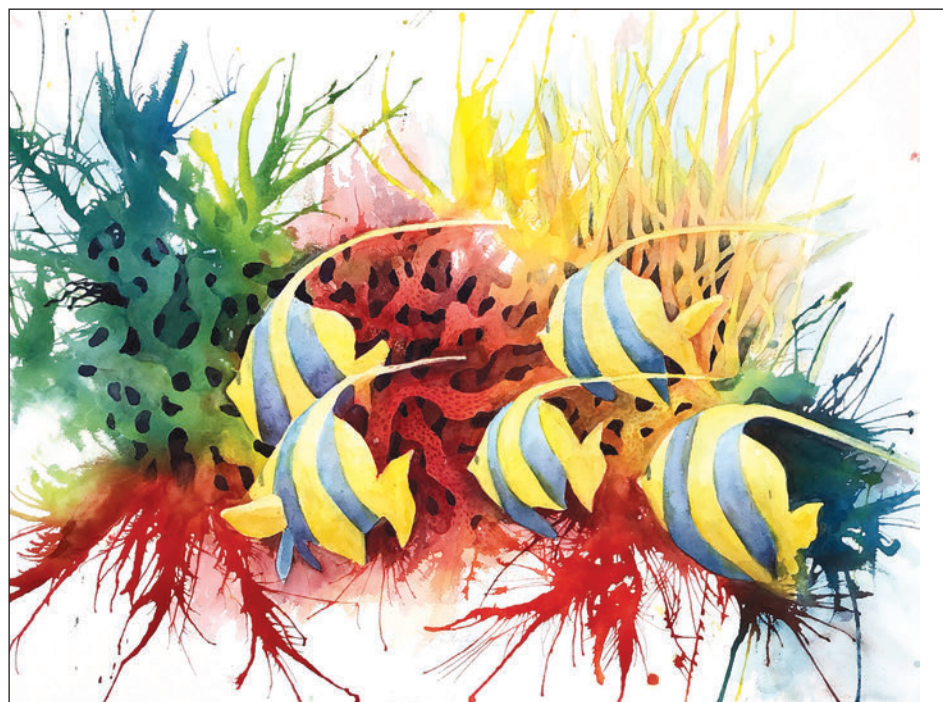


Beautiful Menace by JoAnn LaPadula

images provided

The Fort Myers Beach Art Association (FMBAA) Spring Juried Art Show, Under the Sun, opened February 11 and will run through March 21.

Award winners will be announced at a free reception on Sunday, February 17, which begins at 1 p.m. with a gallery talk by artists Marge Lee and Renee Chastant.



Drifting Along by JoAnn LaPadula

All artwork will be available for viewing and sale until March 21.

The gallery is open Monday through Saturday from 10 a.m. to 3 p.m. For more information on classes and workshops, visit www.fortmyersbeachart.com/workshops.php.

[com/workshops.php](http://www.fortmyersbeachart.com/workshops.php).

The FMBAA gallery is located at 3030 Shell Mound Boulevard on Fort Myers Beach. For more information, email Pam Flaherty at fmbaapublicity@gmail.com, stop by the gallery or call 463-3909.✱



From left, Danielle Channell, Todd Lyman, Dave Yudowitz, TJ Albertson, Michael Andrew and Maddy Hayes
photo by Paula Sisk

Southwest Florida Premiere To Open At Lab Theater

Keeping with the tradition of bringing fresh and edgy theater to the area, Laboratory Theater of Florida is staging the Southwest Florida premiere of Mitch Albom's *And the Winner Is* from

February 22 to March 16.

Tyler Johnes just wants to make it to the Oscars to accept his award for Best Supporting Actor. There's just one problem: he seems to be stuck in a bar where things are not quite... normal. Seamus the bartender isn't helping matters, either. While Tyler continues to try to make it onto the red carpet, he is interrupted by unusual visitors. Filled with

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New Take On Legend Of Robin Hood



From left, Lauren Drexler, Kathy Grey, Shelley Sanders, Patrick Day and June Koc

photo provided

by Di Saggau

What do we really know about Robin Hood? There are many stories and legends about the famous thief who robbed the rich to give to the poor. But much is subject to interpretation. Now playing at Theatre Conspiracy is *Marian, or the True Tale of Robin Hood* by Adam Szymkowicz. It's

a gender-bending, patriarchy-smashing, hilarious new take on the classic tale. In this interpretation, Maid Marian (Shelley Sanders) is Robin Hood in disguise. She leads a motley group of Merry Men (most are women) against the greedy Prince John (Patrick Day.)

It's often said that behind every great

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Historic Downtown Fort Myers, Then And Now:

And Then There Was A Courthouse



by Gerri Reaves, PhD

When this photo was taken on First Street 25 years ago, there was an open sky mid-block between Broadway and Monroe. But that was before the U.S. Courthouse & Federal Building and Hotel Indigo changed the landscape. In 1994, this vacant wing of the Post Office Arcade awaited demolition. If this building reminds you of another one that’s still around the corner on Broadway, there’s a good reason. The First Street and Broadway wings were, in general appearance, twins.

The Broadway wing of the L-shaped arcade had been completed early in 1925 and this second one followed in October of the same year. Despite the prominent sign reading “Restaurant, Good Food Since 1949,” the Snack House, one of downtown’s all-time favorite hangouts, had closed the previous year after 44 years in business.

Why demolish an historic, aesthetically pleasing and useful structure? There were plans to construct the U.S. Courthouse & Federal Building and the wing’s footprint was needed.

The General Services Administration’s (GSA) original plan called for the demolition of the entire arcade, but after protests from local historic preservationists in 1992, it revised the plan and saved one wing. A bus terminal that faced Monroe Street and connected to the arcade was to be demolished too, as well as another one-story building.

The courthouse had been in the planning stages since the early 1990s, but did not officially begin until mid-August 1996. In the 1990s, city officials and business people touted the project as something of an economic savior for downtown. It would keep city, county, state and federal workers all within close proximity to each other and consolidate the locations of federal workers who were then scattered in various buildings. Another advantage would be that attorneys, other court-related professions and



In 1994, the First Street wing of the Post Office (aka Collier) Arcade was vacant in preparation for demolition. Note the “restaurant” signs for the popular Snack House and the one-way sign on First. The Kress Building, still with an exterior staircase, is on the left.
photo by William C. Minarich, Courtesy of the Library of Congress



Today, a courtyard and the edges of the U.S. Courthouse & Federal Building occupy the former arcade wing. Visible through the courthouse columns is the original arcade entrance, now the entrance to the remaining wing. Hotel Indigo, opened in 2009, rises behind the arcade.
photo by Gerri Reaves

citizens would have easy access to all levels of government in one walkable area. In short, it would bring more jobs and workers to a languishing downtown and boost restaurants and other businesses. However, before the project got started, federal politics and funding problems got in the way. The city thought the project was on track, but suddenly funding from the GSA was in doubt. The project was threatened when the U.S. Senate voted to halt the construction of all federal buildings and remove the money from the federal budget. (Fort Myers wasn’t the only city to be distressed over this development.)



There were worries, too, whether the city would recover its nearly \$1 million portion of the total funds should the project not be funded. And in addition to the funding problems, a legal dispute with a private business owner arose. He said the agreement he had signed with the city did not allow for the demolition of his property. Eventually, the federal money came through, the project proceeded and the grand courthouse opened in March 1998.


The formidable structure now fills more than half of the block between Broadway and Monroe and dwarfs the 1920s structures next to it. The eastern edge of the courthouse that’s visible in the “now” photo only hints at its size. An historic structure was lost, but fortunately, a key piece of the demolished arcade wing was saved. The columned entryway with the engraved words “Post Office Arcade” was moved back to frame the new entrance where the wing was sliced off. Also fortunate is the creation of a public courtyard connecting the arcade, courthouse and Kress Building. People often pause there for a quiet moment or to study the giant mural on the courthouse’s eastern wall, *Fort Myers, An Alternative History*, by artist Dr. Barbara Jo Revelle.


Thanks to inventive hotel design, Hotel Indigo, which opened in 2009, made the historic arcade one of its entrances, to beautiful and practical effect. Thus, it can be entered from either First or Broadway, as well as from Main Street. Today, Ichiban, Japanese & Chinese Cuisine is located where the revered Snack House once was, and other shops and restaurants add to the mix. Walk down First Street and imagine the historic arcade when – not so long ago – it

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THE RIVER
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Acrobancers Andrea McCain and Angelina Guarisco photos provided

Symphony To Hold Cirque Show Fundraiser

Tickets are now available for Cirque Enchanté, a festive fundraising event for the Southwest Florida Symphony featuring a show with costumes, light and sound in the grandest international style, at La



Magician Devin J. Stewart Venezia Ballroom on Friday, February 22. It begins at 5:30 p.m. with a complimentary cocktail hour and roving entertainers, followed by a buffet dinner, auctions and music for dancing/listening. The cirque show is presented by the Southwest Florida Symphony Society and produced by Align of Danger!, a performance and entertainment company based in Southwest Florida. The artists have extensive resumes that include European training and performances. They present feats



Contortionist Katarina Danks of physical strength and endurance enhanced by original exotic costumes, light and sound. They were seen in last year's spectacular Transformus show at Broadway Palm Dinner Theater and have been featured throughout the area. According to event co-chair Ellen Schneider, "cirque programs are becoming very popular around the country. Although the traditional circus with elephants and lions, no longer exists, everyone is fascinated by the spectacular physical feats of the acrobats and gymnasts. Music is a big



Stilt walker Matt "Sundance Kid" Wilson part of the show, so we wanted to offer this to our community." Bringing the evening full circle, the Swing Street Band, a popular area jazz/pop ensemble, will be providing a varied playlist of live music for dancing or listening. Cost for the event is \$80 per person, La Venezia Ballroom is located in Club Square District at 4646 SE 10th Place in Cape Coral. Reservations may be made by calling the Southwest Florida Symphony box office at 418-1500.✧



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Student Honored At National Youth Awards

The Hispanic Heritage Foundation (HHF), along with sponsors, community leaders and business leaders, recently honored six high school seniors from across the United States at the 20th annual National Youth Awards at Telemundo Center in Miami, Florida on Thursday, February 7.

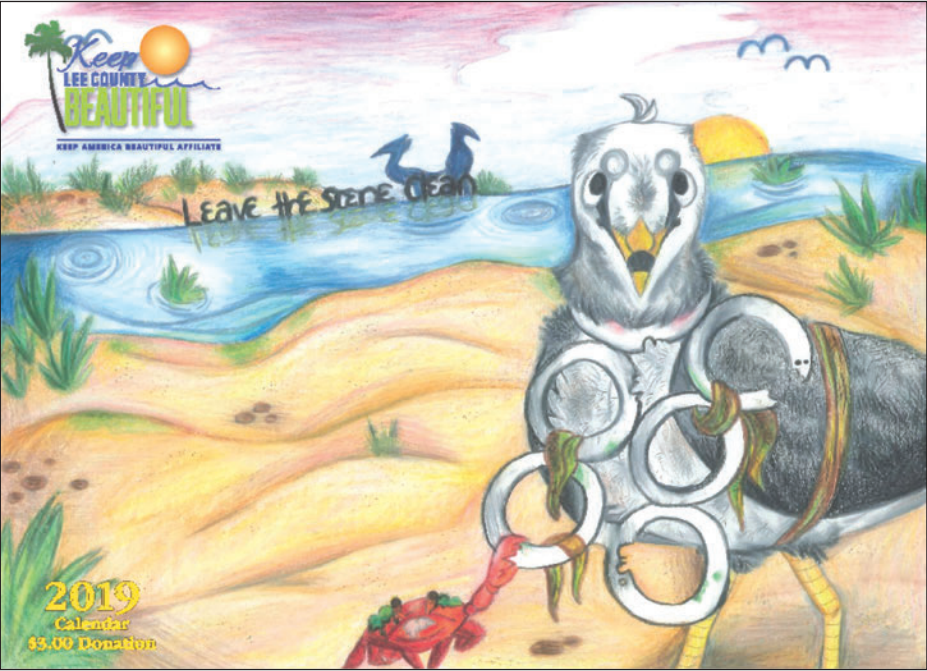
Among the honorees was Alejandra Baptista from Cape Coral. Her parents, who were both journalists back in Venezuela, encouraged her to frequently read and write both in English and Spanish. Thanks to their influence, she discovered her passion for writing and for uncovering truths at a young age.

Baptista recently began a new community-service project, which is to educate adolescents and young adults about anti-money-laundering, counter-financing terrorism and preventing cyber fraud. She plans on creating free short videos in both Spanish and English to teach teenagers how to identify suspicious activities and avoid



Alejandra Baptista photo provided being involved in criminal schemes. With a 4.0 GPA, Baptista hopes to study journalism/media studies and foreign languages at Princeton University, Brown University or Harvard University.✪

Artwork Sought For Calendar Contest



The 2018 cover winner image provided

Keep Lee County Beautiful, Inc. (KLCB) is seeking student artwork for its 30th annual calendar art contest. KLCB's Leave the Scene Clean calendar features environmental artwork by Lee County students. Public, private and home-schooled students are invited to enter.

All school students in Lee County are asked to visualize a correct environmental action and transpose their thoughts into a work of art. Thirteen first place winners – one from each grade 1 through 12 and an overall cover winner – will be selected. Artwork will be judged on artistic execution as well as environmental theme, such as litter prevention, recycling, community cleanup and tree planting.

The winning artwork and student's picture will be featured in the 2020

calendar. There will be an award ceremony where winners will receive prize packages and cash prizes. Each of the first 11 first place winners will receive \$50. The 12th grade and cover winners will receive a \$500 cash scholarship.

The full color calendars are sold in schools and other community outlets. Participating schools keep 100 percent of the proceeds for in-school environmental projects. Since its first print, the calendar has given more than \$500,000 back to local schools.

Deadline for entries is April 22, 2019. For more information on judging criteria, how to enter the contest, or how to raise funds for your school through the calendar project, call 334-3488 or visit www.klcb.org/leave-the-scene-clean-calendar.html.✪

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Theater Auditions For Production Of Play

New Phoenix Theatre will be holding auditions for its upcoming production of *The Shadow Box* by Michael Cristofer on Saturday, February 23 from 3:30 to 6 p.m. and Sunday, February 24 from 3:30 to 6 p.m. Participants will be reading from the script.

The Shadow Box is a compelling dramatic triptych involving three terminal cancer patients that dwell in separate cottages on a hospital's grounds. The three are attended and visited by family and close friends: Agnes and her mother Felicity, estranged further by the latter's dementia; Brian and Beverly, whose marital complications are exacerbated by Brian's new lover, Mark; and Joe and Maggie, unready for the strain of Joe's impending death and its effect on their teenage son.

Casting will be done for all characters as well as an interviewer.

New Phoenix Theatre is located at

13211 McGregor Boulevard, Unit 1 and 2 in Fort Myers. Call 284-5214 for more information.✪

Art And Poetry Networking

Gulf Coast Leisure (GCL) will hold its next Art & Poetry Networking Event at the Sidney & Berne Davis Art Center on Thursday, February 21 from 8 to 11 p.m.

The monthly art, music, and poetry showcase features some of the area's best rising stars. GCL features vibrant, creative expressions of art from individuals representing all walks of life. While the core following is the millennial market, their artistic events and community outreach touches all age groups from teens to baby boomers by creating a movement, culture and lifestyle with their productions and products.

Cost is \$10 at the door.

The Sidney & Berne Davis Art Center is located at 2301 First Street in downtown Fort Myers. Visit www.facebook.com/pg/GulfCoastLeisure for registration and for more information.✪

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Fort Myers Art:

Guerrilla Girls: Rattling Cages At FSW Gallery



by Tom Hall
On view now through March 23 at the Bob Rauschenberg Gallery at Florida SouthWestern State College is Guerrilla Girls: Rattling Cages Since 1985. The exhibition

is a site-specific survey and newly-commissioned, interactive installation.

The Guerrilla Girls is an internationally-renowned feminist advocacy and art collective which assiduously maintains its anonymity while confronting and addressing systemic problems of gender and racial parity in the art world.

Since their formation in 1985, the Guerrilla Girls have done more than 100 street projects, posters and stickers in cities ranging from New York, Los Angeles and Minneapolis to Mexico City, Istanbul, London, Bilbao, Rotterdam and Shanghai. They have also done outrageous projects and exhibitions at museums, attacking them for their bad behavior and discriminatory practices right on their own walls. Of these, their stealth project on the façade of the



People viewing the Guerrilla Girls: Rattling Cages Since 1985 exhibition at the Bob Rauschenberg Gallery photo courtesy www.artswfl.com

Whitney Museum in 2015 stands out as a very public and publicized excoriation of income inequality and the extent to which the super-rich have hijacked art.

In this latter vein, the Guerrilla Girls have designed a participatory chalkboard installation for visitor "complaints" and covered the Bob Rauschenberg Gallery floor-to-ceiling with an immersive selection of the group's most notable public art/protest poster campaigns.

According to a piece in *The Art Story*, the Guerrilla Girls' posters in particular were highly effective in getting their messages out. In the words of one

critic, their posters "were rude; they named names and they printed statistics. They embarrassed people. In other words, they worked."

Today, the posters are highly valued works of art. But their oeuvre is far more expansive, consisting of billboards, performances, protests, lectures installations and limited edition prints.

But who are these intrepid women? "Our anonymity keeps the focus on the issues, and away from who we might be," the Guerrilla Girls pointed out. "We wear gorilla masks in public and use facts, humor and outrageous visuals to expose gender and ethnic bias as well as corruption in politics, art, film, and pop culture. We undermine the idea of a mainstream narrative by revealing the understory, the subtext, the overlooked and the downright unfair. We believe in an intersectional feminism that fights discrimination and supports human rights for all people and all genders."

Their decision to remain anonymous operates as a poignant metaphor for the experience of women in art. At the time of the group's formation, many art history courses taught at colleges and universities around the world failed to include a single female artist.

But wearing the mask is also liberating.

"Wearing this mask gives you a certain kind of freedom to say whatever

you want," added Guerrilla Girl Frida Kahlo, who adopted the late, great Mexican artist's name as a *nom de guerre* in her honor. "[If] you're a little afraid to speak, put a mask on... You won't believe what comes out of your mouth!"

The subject of recent retrospectives in Europe and a traveling United States museum exhibition (*Guerrilla Girls: Not Ready To Make Nice*) and as guests on *The Late Show with Stephen Colbert*, the Guerrilla Girls have been speaking up and speaking out to demand change for more than three decades. And they show no signs of letting up any time soon.

This exhibition and an adjunct billboard project have been made possible by the generous support of the Diamond District and The Beaches of Fort Myers & Sanibel. For more information, call 489-9313 or visit www.rauschenberggallery.com.

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.*

White Elephant Sale Saturday

Palmetto Palms RV Resort will host a Craft and White Elephant Sale on Saturday, February 16 from 8 a.m. to noon.

Coffee and donuts will be available. The public is invited.

Palmetto Palms RV Resort is located at 19681 Summerlin Road in Fort Myers. For more information, call Marge Gregg at 466-5331.*

From page 2 Historic Downtown

had two wings and no room for a courthouse.

Then visit the following two research centers to learn about other historic structures that have fallen in the name of progress.

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 more information, call 332-8778 or visit www.leecountyblackhistorysociety.org.

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

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The Screaming Orphans

Irish Band Of Sisters Returns To Alliance

The Screaming Orphans return for an outdoor concert at the Alliance for the Arts on Saturday, February 23. Gates open at 5:30 p.m., and the music kicks off with MacGilliossa at 6 p.m. The Screaming Orphans take the stage at 7:30 p.m.

Comprised of four sisters from Ireland, The Screaming Orphans are known for their high-energy music that blends pop rock with traditional Irish music. The

concert benefits the Rotary Trust Club of Fort Myers. Food trucks and beverage station will be available. Blankets and lawn chairs are encouraged, but coolers will not be permitted.

Presale tickets are \$25. Tickets at the gate are \$35. Kids younger than age 12 are free with an adult attendee.

The concert is presented in partnership with The Rotary Club of Fort Myers and sponsored by The Dorsey Law Firm. Sponsorship and table opportunities are still available

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

photo provided

Opera Meets Broadway Gala On March 2

The fifth anniversary Opera Meets Broadway Gala will feature current Broadway icon Norm Lewis, star of *Porgy and Bess*, *Les Miserables*, *The Phantom of the Opera* and last year's NBC live televised concert production of *Jesus Christ Superstar*, in the sanctuary of Moorings Presbyterian Church on March 2 at 3 p.m.

The concert is followed by a Gala dinner in the nearby ballroom of the Naples Hilton. Concert-only tickets range from \$28 (sponsored) to \$75 for preferred seats and \$250 for the gala package which includes premium seats and gala dinner. Last year's Phantom Gala sold out a week in advance.

In addition to his singing roles, Lewis joined the cast of ABC political thriller *Scandal* in 2012, portraying Senator Edison Davis. A performer of breathtaking range and power, Lewis will be accompanied by a jazz trio lead by Stu Sheldon. The two part program begins with a semi-staged, 40-minute set of highlights from Donizetti's rare gem, *Lucrezia Borgia*, featuring dramatic soprano Robyn Lamp. Other Gulfshore Opera artists include tenor Sean Christensen, baritone Paul LaRosa and mezzo soprano Lauryn Kay with Neil Campbell at the piano.



Norm Lewis

photo provided

General Director Steffanie Pearce said, "In choosing a famous headliner for our gala, I look first and foremost for beauty and expressiveness of the voice. Mr. Lewis has a velvet-toned baritone that moves easily from an operatically supported *Some Enchanted Evening* classic to an amazing array of styles – jazz, pop, and gospel. He is truly master of his instrument!"

Moorings Presbyterian Church is located at 791 Harbour Drive in Naples. For more information or to purchase tickets, visit www.gulfshoreopera.org or call 529-3925.✱

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Along The River

Downtown Fort Myers will again be the scene for **Music Walk** this Friday, February 15. Restaurants, bars, art galleries and shops will showcase a wide range of music during the evening from 6 to 10 p.m. Expect live jazz and blues to rock, drums and much more. Each month brings new energy to the historic streets of downtown Fort Myers.

For more information, visit www.fortmyersriverdistrictalliance.com.

The 81st annual **Edison Festival of Light Grand Parade** will march along US 41 and throughout the **downtown river district** this Saturday, February 16 from 7 to 10 p.m.

Named as the largest night parade in the Southeast year after year, the grand parade is an extravaganza featuring national participants and local marching bands, floats, local government and law enforcement officials, clowns and much more.

Tommy Bohanon, former North Fort Myers High football star and current starting fullback for the Jacksonville Jaguars, will be honored as the Grand Marshal.

Reserved seats can be purchased from nonprofit groups along the parade route. You can just show up on parade day and your spot and chair will be waiting for you. More than 200,000 people attend the parade and there are more than 200 units participating.

For more information about the route or other Edison Festival of Light activities, visit www.edisonfestival.org.

The annual **Crafts on the River**, a



Marching bands will be part of the Edison Festival of Light Grand Parade on Saturday

photo courtesy www.edisonfestival.org

non-juried event open to local and national artisans and crafters, will take place in **Lee County Second Street parking lot** in downtown Fort Myers this Saturday, February 16 and Sunday, February 17. The two-day Edison Festival event will be held from 10 a.m. to 5 p.m. each day.

Original designs are displayed by artists in an informal atmosphere that encourages visitors to talk with the artists about their work and, in some cases, see them in action. A large variety of mediums include drawings, paintings, graphics, sculpture, crafts, jewelry, photography and edible art will be showcased.

The **Edison Festival 5K Race** will hit the streets this Saturday, February 16 with well over 1,400 participants and thousands of spectators taking over the streets of the

downtown Fort Myers. The race is from 5:45 to 6:45 p.m.

To register your team for this 3.1 mile race for fun and a chance to win cash prizes, visit <https://register.chronotrack.com/r/46728>. This professional event is coordinated from start to finish by the Fort Myers Track Club and includes chip timing and an after-event awards program.

For more information and the 5K route, visit www.edisonfestival.org/events/2019/5k-run2.

Recollections of what it was like to grow up in Fort Myers during World War II will be the focus of the Southwest Florida Historical Society's annual **Cracker Dinner at Broadway Palm Dinner Theatre** this Monday, February 18. Buffet dinner starts at 5:30 p.m., while the program begins at 7:15 p.m.

Genevieve Bowen, who was born in Fort Myers, will recall her childhood memories of servicemen in Fort Myers at Buckingham Air Field (now Lee County Mosquito Control), practices for potential air raids and traffic jams downtown on VJ Day (Victory in Japan) along with other memories of Fort Myers in the 1940s. Her presentation will be accompanied by patriotic music performed by Barbara Peterson at the piano with vocals by Roger Peterson, John Goulet and Beverly Cox.

Tickets are \$35 and available at Barbee & Sons, 1936 Grace Avenue in Fort Myers; Sam Galloway Ford, 1800 Boy Scout Drive in Fort Myers; and the Southwest Florida Historical Society in the Alliance for the Arts, 10091 McGregor Boulevard in Fort Myers. Tickets can be picked up at the door on February 18.

Broadway Palm Dinner Theatre is located at 1380 Colonial Boulevard in Fort Myers. For more information, visit www.facebook.com/swflhs or call 939-4044.

Prospective students, their families and the community are invited to attend to learn what makes FSW a perfect college choice. Faculty, staff and FSW students will be available to answer questions about academic programs, student support services, financial aid, study abroad, honors programs and campus life.

Attendees will also receive a promo code to apply to FSW for free and will be entered to win a scholarship.

Guests are encouraged to register in advance. For more information or to register for an FSW Open House, visit www.fsw.edu/admissions/events.

Gulf Coast Writers

The Gulf Coast Writers Association will meet at Zion Lutheran Church on Saturday, February 16 from 10 a.m. to noon.

Local author Finbarr Corr, a priest who decided to marry and start his own family counseling practice, will discuss his memoir, his inspiration for writing and prove why the truth is just as good as fiction.

Zion Lutheran Church is located at 7401 Winkler Road in Fort Myers. For more information, call 770-906-7885 or visit www.gulfwriters.org.

Applications Open For UFF Scholarships

The Uncommon Friends Foundation is now accepting applications for its 2019-20 school year student scholarships, which will be awarded to deserving individuals – including veterans, single parents, grieving youth and the disabled – who are pursuing post-secondary degrees in education, law, technology, healthcare, technical and other studies. The deadline for nominations is April 1.

Nominees must reside in Lee, Charlotte, Collier, Glades, or Hendry counties, need financial assistance, excel in school and/or their personal lives and possess high quality character traits. Thirteen scholarships vary in application requirements and commitments, duration and financial amounts, educational programs, and institutions.

Visit www.uncommonfriends.org/scholarships/opportunities for scholarship application forms and specific requirements of each scholarship. Completed applications and/or any questions should be directed to scholarships@uncommonfriends.org. Winners will be announced by early summer and will be honored at the Uncommon Friends Foundation's Uncommon Evening on November 14.

The Uncommon Friends Foundation is a nonprofit organization established in 1993 and dedicated to lifelong character building among today's youth and business leaders. For more scholarship information, visit www.uncommonfriends.org or email scholarships@uncommonfriends.org.

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FSW Spring Open House Begins Tuesday

Florida SouthWestern State College (FSW) will host its Spring 2019 Open House week at all campuses from Tuesday, February 19 to Thursday, February 21. The FSW Thomas Edison Campus at 8099 College Parkway in Fort Myers will hold its open house on Thursday, February 21 from 3 to 5 p.m.

Life Enrichment Series

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The public is invited and many of these events are **FREE!**

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play

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laugh

learn

inspire

**February
2019**

Learn More About Shell Point

FREE
Feb. 27, Mar. 5 & 6 • 9:30 a.m.

Learn about Shell Point's signature Lifestyle with Lifecare, followed by a narrated bus tour that will showcase the community's resort-style retirement options and amenities. **Admission to the presentation and tour is free; however, reservations are required by calling (239) 466-1131.**


Feb. 18 & 28 • 4:30 to 6 p.m.

26 Events That Changed History (Two Sessions)

Join Professor Adrian Kerr as he discusses historical landmark moments that irrevocably changed human history and civilization. This captivating talk will lead you through these definitive events. **Tickets for each class cost \$10,* and may be purchased by calling (239) 489-8472.**


February 26 at 7 p.m.

Performing Arts Concert Series Vienna Boys Choir

Prepare for a heavenly evening with this venerable choir that has roots dating back five centuries. The Vienna Boys Choir singers, between the ages of 10 and 14, hail from dozens of nations and tour in groups of 25. The choir's repertoire includes medieval, contemporary and experimental music. **Individual tickets cost \$40 and may be purchased by calling the box office at (239) 454-2067, or online at www.shellpoint.org/concerts.**


Feb. 28 • 2 p.m.
FREE

Medical Breakthroughs & Discoveries Series Nutrition Meets Modern Medicine: The Key To Reversing Chronic Disease

Dr. Michael Klaper, a nationally recognized expert in nutrition-based medicine, will discuss how eating healthy foods can reverse diabetes, high blood pressure, clogged arteries and other chronic diseases. **Registration is required for this free community healthcare presentation at (239) 433-7936; light refreshments will follow.**



Experience Lunch at the Banyan Grille!

Enjoy an array of delicious gourmet selections like grilled salmon and kale salad, steak flatbread, grilled vegetarian panini and much more! Menu selections range in price from \$8 to \$17. The Banyan Grille is located in the Coastal Links neighborhood at Shell Point, inside the Coastal Commons building. For more information or to reserve your table, call 239-225-2900.



*If you are unable to attend a class that includes a fee, kindly give 24 hours' notice to receive a refund.

SHELL POINT
RETIREMENT COMMUNITY

**Visit www.shellpoint.org/events
for full descriptions of upcoming events!**

Shell Point Retirement Community is located in Fort Myers, 2 miles before the Sanibel Causeway.
A nonprofit ministry of The Christian and Missionary Alliance Foundation, Inc.



Nepal students involved with New International photo provided

Ministry Now Called New International

Fort Myers-based Christian mission sending organization has rebranded and changed its name to New International to celebrate 30 years serving the global community and to better reflect its widespread mission. New International is dedicated to promoting missions and engaging in the Great Commission and what God is doing around the world. The

Gospel-based ministry has three decades of experience equipping and supporting missionaries and ministries overseas and stateside. “New International is celebrating 30 years of transforming lives around the globe, celebrating the ways that God continues to make all things new, giving us new ways to reach new communities with the Good News of Christ,” said Jeff Metzger, CEO of New International. “While we continue to grow and evolve, our vision and values remain the same.” New International is a mission-sending agency transforming lives through

Churches/Temples

- ALL FAITHS UNITARIAN CONGREGATION** Service 9, and 11 a.m. Children’s RE, Adult Education Forum 10 a.m., www.allfaiths-uc.org, 2756 McGregor Boulevard, 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., www.annunciation.flgoarch.org, 8210 Cypress Lake Drive, 481-2099.
- BAT YAM-TEMPLE OF THE ISLANDS** Friday Shabbat at 7 p.m. www.batyam.org, 2050 Periwinkle Way, 579-0296.
- 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, www.simplysimpleworship.com, 7050 Winkler Road, Suite 121, 437-8835.
- BREAD OF LIFE MINISTRIES** Sunday 10:30 a.m. 16581 McGregor Boulevard, 267-3166.
- CHABAD LUBAVITCH ORTHODOX** Friday 6:30 p.m., www.chabadswf.org, 5620 Winkler Road, 433-7708.
- CHAPEL OF CYPRESS COVE** Sunday 10 a.m., www.revtedalhouse@aol.com 10200 Cypress Cove Circle, 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., www.taecc.com, 1619 Llewellyn Drive, 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. www.clpc.us, 8260 Cypress Lake Drive, 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., www.christiansciencefortmyers.net, www.christianscience.com. 2390 West First Street, 334-6801.
- 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. www.fumcftmyers.org, 2466 First Street, 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.
- FIRST PRESBYTERIAN CHURCH OF FORT MYERS** 11 a.m. Sunday, www.fpcfmyers.org, 2438 Second Street, 239-334-2261
- 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**

- initiatives such as poverty alleviation, youth ministry, care of orphans, helping victims of human trafficking, church planting, farming and agriculture, and the Gospel message. Its vision is to see people fulfill their God-given purpose in ministry and life. New International is committed to taking the gospel message of Jesus Christ to the nations.
 - Ministry opportunities supported by New International include career missions, internships, short term projects, apprenticeships, missions training and speaker requests, and child sponsorships.
 - Founded in 1989 as New Mission Systems International (NMSI), New International was one family’s dream to assist Russian pastors in planning churches and discipling new believers.
 - For more information about New International and to learn about how you can get involved through ministry or support, visit www.newinternational.org or call 337-4336.✱
- # Southwest Florida Reading Festival Preview Events
- The Lee County Library System is hosting more than a half dozen preview events at library branches leading up to the 20th annual Southwest Florida Reading Festival, to be held on the Fort Myers Regional Library campus on Saturday, March 2 from 10 a.m. to 4 p.m.
- Sunday 10:30 a.m., 2154 McGregor Boulevard, 218-8343.
 - LAMB OF GOD** Sunday 7:45 and 10 a.m., www.lambofgodchurch.net, 19691 Cypress View Drive, 267-3525.
 - NEW BEGINNINGS CENTER** Friday 6:30 and 7 p.m. nbcministry@embarqmail.com, facebook.com/nbcministry, 8505 Jenny Cae Lane, 656-0416.
 - NEW COVENANT EYES** Monthly 9 a.m., www.newcovenanteyes.com, 1900 Park Meadows Drive, 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., www.newhopefortmyers.org, 10051 Plantation Road, 274-1230.
 - PEACE COMMUNITY** Sunday 10:30 a.m. www.peacecommunitychurch.com, 17671 Pine Ridge Road, 267-7400.
 - PEACE LUTHERAN** Sunday 8 and 10 a.m., www.peaceftmyers.com, peace@peaceftmyers.com. 15840 McGregor Boulevard, 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. www.MeditationInFortMyers.org, 567-9739.
 - SAINT COLUMBKILLE CATHOLIC** Monday through Saturday 8 a.m.; Saturday 3 and 5 p.m.; Sunday 7, 9 and 11 a.m., 5:30 p.m., 12171 Iona Road, 489-3973.
 - ST. FRANCIS XAVIER CATHOLIC** Monday through Thursday 6:45 a.m.; Friday 6:45 and 11 a.m.; Saturday 4 p.m.; Sunday 6:45, 9:30 and 11 a.m., 2157 Cleveland

- The Southwest Florida Reading Festival, a free event that draws an estimated 10,000 people, features a diverse line-up of nearly 20 nationally acclaimed, best-selling authors for adults, teens and children. Meet best-selling authors, participate in contests and activities and find the latest and greatest in books, technology and accessories. In addition to author appearances and autograph sessions, there are storytelling programs, arts, crafts, youth writing and coloring contests and a free book for every child and teen.
 - Preview programs are as follows:
 - Local Author Talk: The Haunted Summer of 1816 – February 15 at 11 a.m.; East County Regional Library, 881 Gunnery Road, Lehigh Acres. Local author Marty Ambrose will discuss her latest novel *Claire’s Last Secret*, surrounding the private circle of Lord Byron and Mary Shelley.
 - A Conversation with Local Authors – February 23 at 1 p.m.; Cape Coral Lee County Public Library, 921 SW 39th Terrace, Cape Coral. Spend an engaging afternoon with: Lisa Black, mystery/thriller writer, forensic expert; Sara Williams, mystery and suspense novelist; Marta Elva, novelist and TV/film producer; Amy Bennett Williams, local history author, essayist, journalist and editor.
 - Meet ‘n’ Greet for Teens – February 23 at 3 p.m.; Cape Coral Lee County Public Library, 921 SW 39th Terrace, Cape Coral. Meet local authors Jamie Ayres and Trish Doller. These young adult fiction
- continued on page 14
- Avenue, 334-2161.
 - 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., www.saintnicholasmonastery.org, 111 Evergreen Road, 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., www.templebethel.com, 16225 Winkler Road, 433-0018.
 - TEMPLE JUDEA (CONSERVATIVE)** Friday 6:30 p.m. and Saturday 9 a.m., www.tjswfl.org, 14486 A&W Bulb Road, 433-0201.
 - THE NEW CHURCH** Sunday 11 a.m., www.newchurchflorida.com, 10811 Sunset Plaza Circle #401, 481-5535.
 - UNITARIAN UNIVERSALIST** Sunday 10:30 a.m., www.uucfm.org, 13411 Shire Lane, 561-2700.
 - UNITY OF FORT MYERS** Sunday 10 a.m., www.unityoffortmyers.org, 11120 Ranchette Road, 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., www.zionfm.org, 7401 Winkler Road, 481-4040.✱

CROW Case Of The Week:

Osprey

by Bob Petcher



The osprey (*Pandion haliaetus*) is a large fish-hawk that can be seen along waterways or atop of stick nests on provided poles during nesting periods. They are known for their

plunging dives feet first into water to grab fish.

These raptors have brown backs and wings to contrast their white heads and underparts. Some unfamiliar with the osprey believe they are viewing an eagle, but the two differ in size (eagle is bigger), beak (osprey's is short and black; eagle's is longer and yellow) and nest area (eagles nest in trees), among other distinctions.

At CROW, an adult female osprey was admitted from St. James City on Pine Island after being struck by a vehicle. During her intake exam, veterinarians noted a two-centimeter round abrasion on her right shoulder and another abrasion on her right carpus (elbow joint). Radiographs revealed that the osprey had suffered a right scapular fracture. She was given pain medication and anti-inflammatory medication to address potential head trauma.

"Although the actual trauma incident

was not witnessed, based on clinical signs and the severity of the bird's other injuries, a certain degree of head trauma had occurred," said Dr. Robin Bast, CROW staff veterinarian. "Although the eye exam was normal – in severe head trauma cases there may often be ocular trauma as well – there was some blood in the bird's mouth on initial exam."

Veterinarians then placed an IV catheter for fluid therapy and a body wrap to immobilize the injured wing before placing the osprey in an oxygen chamber overnight.

"Oxygen therapy is used during initial stabilization of trauma cases. In this case, it helped both the respiratory system, since there was some bleeding into the lungs/air sacs, as well as improving blood flow to the brain," said Dr. Bast.

During a re-check of radiographs, veterinarians discovered the patient had also suffered a right radius fracture. Both fractures would be treated with one body wrap, therefore the treatment plan was not changed, officials reported.

"Yes, since the injuries were on the same side of the body, only one bandage was required to immobilize both injuries," confirmed Dr. Bast.

The patient will stay in the body wrap "approximately three to four weeks, depending on the rate of healing for both injuries. We will monitor this progress by taking repeated radiographs," said Dr. Bast.

After a weekend of healing, the patient will have an uphill battle with rehabilitation, but is expected to fully recover from her injuries.



Patient #19-0163 will be undergoing physical therapy to address its two fractures

photo by Brian Bohlman

"The osprey is doing well with physical therapy and her treatments. She does not want to eat on her own consistently, so she is being assist-fed to maintain her weight," added Dr. Bast. "It will be several weeks before she can move to an outside flight enclosure for further physical therapy and ensure she has normal flight before she can be cleared for release."

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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Wanna Be A Shepherd?



by Capt.
Matt Mitchell

This week really showcased why so many people choose to winter in sunny Florida. I had my fingers crossed that, with a full week of warmth, we would be making that switch to shiner fishing though this has just not happened yet. Water temperatures have slowly crept back up to the 70s and things have started to come back to life on the open flats.

Sheepshead fishing usually peaks in February and early March. This year, due to the cold couple of months we experienced, this bite has been going on since the end of November. Now that we are in prime sheepshead time, the average size of these fish has increased, and it just continues to get better. Not only are these fish throughout the passes and sound, other options for finding these fish are nearshore wrecks, reefs and ledges.

Tripletail fishing during the calm days has also been a great choice. With not a whole lot of stone crab pots out on the Gulf side, it seems these prehistoric looking fish have less places to hang out. Often when targeting these fish, it's about water temperature that usually is warmer the deeper you go. I like to start looking in 20-foot depths then gradually work out deeper. Once you start seeing these fish, spend your time searching in that depth. Afternoons are more productive than mornings as the sun is higher, which makes these fish easier to spot. A live shrimp is hard to beat for a bait.

Although I get a little tired of writing about sheepshead every week, my clients are certainly not tired of catching them. Not only are these fish a blast to catch, they are plentiful and great to eat. They do require skill to catch them both with a accurate cast and learning to feel the bite until it's time to set the hook. With no trout around, these fish continue to be my go-to species.

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.✱



Jessie Minoski with one of many sheepshead he caught while out with Capt. Matt Mitchell this week
photo provided

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Dave Doane



Funds raised from the walkathon benefit people with vision loss and disabled veterans

photo provided

Take Part In Walkathon World Record Attempt

The Southeastern Guide Dogs organization invites everyone to bring their friends, their dogs and their friends' dogs to the 2019 Walkathon at JetBlue Park on Saturday, April 13 – one of five event locations.

Participants of the family-friendly, dog-friendly 3K routes of the walkathon will be attempting to break the world record for most dogs wearing a bandana at a single event.

Proceeds will go to people with vision loss and veterans with disabilities. Walkathon is the largest fundraiser of the year for Southeastern Guide Dogs, and every penny raised makes a difference for the people who serve.

This year's goal is to raise \$1.3 million.

In addition to the walks, there will be an array of food, a beer garden, live entertainment, music and shopping from a variety of vendors.

"Whether you raise funds for our mission or simply bring your dog to participate in the world record bandana attempt, you are making a difference," said CEO Titus Herman. "We count on our walkathons to help us breed, raise, train and match our world-class dogs with people whose lives will be transformed with new levels of independence, freedom and hope. Join us for the fun and the mission because every dog – and every person – counts."

The 2019 Walkathon is presented by Progressive. JetBlue Park is located at 11500 Fenway South Drive in Fort Myers. For more information and to start or join a fundraising team, visit www.guidedogswalkathon.org.

New Works To Be Created At 24 Hour Festival

Ghostbird Theatre Company will present the 12th annual 24 Hour Festival at the Sidney & Berne Davis Art Center on Saturday, March 2 and Sunday, March 3. Visual artists, filmmakers, theater artists, dancers, musicians and poets race against a 24-hour clock to create unique works based on prompts.

Artists of all types and ages are invited to participate in the 24 Hour Festival. Cash awards of \$500 will be given to best visual artwork, best video, best live performance and best musical performance. Artists must register through the online registration process at www.ghostbirdtheatrecompany.org/24hourfestival. Slots are limited, so advanced registration is recommended.

Participating artists, musicians and performers should arrive at the Sidney & Berne Davis Art Center at 5 p.m. on March 2 to receive a prompt. The following evening, participants will present their works to the 24 Hour Festival audience. The judges and the audience will select the 2019 winners.

This is a free event, with doors opening at 6:30 p.m. on Sunday, March 3, and the performances beginning promptly at 7 p.m. This event is supported by grants from the City of Fort Myers and the Lee County



Katarina Danks at a previous 24 Hour Festival

photo provided

Tourist Development Council.

Ghostbird Theatre Company is the only theatre company in the American South fully dedicated to mounting site-specific performances.

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

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Royal Palm Square, 1400 Colonial Blvd. #27, Fort Myers



Native bushy bluestem’s silvery inflorescences provide seeds for birds and small mammals, as well as nesting material for birds

photos by Gerri Reaves

Plant Smart
Bushy Bluestem

by Gerri Reaves

Bushy bluestem (*Andropogon glomeratus* var. *pumilus*) is a native perennial grass found in most of Florida and across the southern continental U.S. The common name refers to the bushy inflorescence and the blue-green tint of the leaves.

Because some plant experts classify it as a broomsedge, it also has the common name of bushy broom grass. Bushy beard grass is yet another name.

This fast-grower is found in moist sites, such as the edges of swamps, marshes, swales, ditches, ponds and low-lying areas. Perhaps because it grows weed-like along Florida’s roadsides and self-seeds profusely in good conditions, its ornamental qualities are under-appreciated. This species is underused in natural or wetland gardens or as a soil-erosion preventer.

The plant’s prominently jointed stems, or culms, rise from bushy fibrous clumps that measure eight to 10 inches across.

The stems are three to six feet tall and flattened at the base. The nodes are regularly spaced. The leaf blades measure six to 24 inches long and only a fourth- to a half-inch wide. Rigid sheaths are tightly wound around the stems.

The grass’s most noticeable feature is the feather-like silvery white or pinkish inflorescence that appears in the fall at the tops of the stem. It is composed of many silky hairs, spikelets and bracts.

The inflorescences provide seeds and nesting material for birds, and the dense clumps of stalks provide cover for small wildlife.

It is considered a possible larval host for several butterflies: Delaware skipper, Georgia satyr, neamathla skipper, swarthy skipper and twin-spot skipper.

Upon maturity and seeding, the erect stems remain, become billowy and turn reddish or copper.

Bushy bluestem needs full sun and plenty of moisture. It has low salt tolerance. Propagate it by division or with the seeds.

It can be dried and used in flower arrangements.



Feathery bushy bluestem dots this October landscape

Sources: *Common Grasses of Florida and the Southeast* by Lewis L. Yarlett, www.fnps.org, <http://www.plantbook.org>, <https://plants.ifas.ufl.edu>, www.regionalconservation.org, and www.wildflower.org.

Plant Smart explores the diverse flora of South Florida.*

Beautification Project At LARC Completed

Leadership Lee County, a program of The Chamber of Southwest Florida, recently completed the design and installation of a water feature at LARC, Inc.’s main campus in Fort Myers.

Each year, the Leadership Lee Class determines a project in an effort to give back to the community. Then, they step in to perform their magic with a donation of their time and resources to make it happen. This year, after a class visit to LARC on Volunteerism Day, LARC was chosen as the Class of 2018 recipient and the water feature has been a labor of love since.

“LARC is a training center for success,” said Kevin Lewis, LARC executive director. “What was once a simple grass area was transformed with a lot of heart and hands, much like what we do here every day with the individuals we serve.”

“We could not be more excited with the outcome of this project,” said Angela Katz, development director for LARC. “This is more than just a water feature. It is an entire space designed to promote wellness



Leadership Lee Class Class of 2018 behind the finished product

photo provided

and camaraderie. From the seating areas, shade trees, natural fragrance and soothing sounds, it is truly a place of comfort and harmony. Everyone is enjoying it, and we can’t say thank you enough.”

The public is invited to attend LARC’s Dedication Celebration and Open House at 2570 Hanson Street on Wednesday, February 20 from 5 to 6:30 p.m. For more information, contact Angela Katz at 334-6285 ext. 229.*

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From page 10

Reading Festival

writers will discuss their books and careers and then answer audience questions. The authors will sell and sign books after the program. No registration required.

Meet Author Alyson Richman – February 26 at 2 p.m.; Lakes Regional Library, 15290 Bass Road, Fort Myers. Richman is the international bestselling author of numerous novels, including her newest release *The Secret of Clouds* along with *The Velvet Hours*, *The Garden of Letters* and *The Lost Wife*, which is currently in development for a major motion picture. Find out more at www.alysonrichman.com.

Meet Audiobook Narrator Johnny Heller – March 1 at 11 a.m.; South County Regional Library, 21100 Three Oaks Parkway, Estero; and March 1 at 3 p.m.; Cape Coral Lee County Public Library, 921 SW 39th Terrace, Cape Coral. Heller is one of the most

sought-after audiobook narrators in the country. He is the voice of over 700 titles for adults, teens and children and has won numerous national awards. In this lively presentation, Johnny will share stories from his career in audiobook creation and narration. He will also take questions from the audience.

An Evening with the Authors – March 1 from 5:30 to 8:30 p.m.; Capt. JP (JC Cruises), 1300 Hendry Street, Fort Myers. Paid reservations are required for attendees to have the rare opportunity to meet and mingle with festival authors aboard a sunset dinner cruise along the Caloosahatchee River. A special drawing will be held aboard the cruise for the chance to name a character in an upcoming book by Peter Swanson, one of the festival authors this year.

The Fort Myers Regional Library is located at 2450 First Street in downtown Fort Myers. For more information, tickets and a complete list of authors, visit www.readfest.org.*

Billy Graham's Daughter To Speak



Ruth Graham photos provided

Ruth Graham, daughter of the late Evangelist Billy Graham, will be the guest speaker at the 23rd annual Benefit Dinner for Lifeline Family Center at McGregor Baptist Church on Thursday, March 14. Doors open at 5:30 p.m. and the dinner begins at 6:30 p.m.

As an extra special appearance, Ruth's daughter, Windsor Dienert-Bauder, also will share the stage and tell her own story about unplanned pregnancy and the decisions she made.

About 600 community leaders are expected to attend the annual benefit dinner. Tickets are \$85 each or \$480 for a table of eight. Sponsorships, which include a VIP reception with Ruth and Windsor, are available from \$1,000 to \$10,000. Tickets may be purchased at www.benefitdinnerlfc.org or by calling 242-7238.

The Cape Coral Breeze and CTN10 Christian Television are the media sponsors for the event.

"We are very pleased that Ruth Graham and her daughter Windsor will be coming to Southwest Florida to share their own stories of struggle and overcoming heartache," said Lifeline Family Center President and Founder Kathy Miller. "Their experiences are sure to resonate with everyone who has had to endure hardship in their lives."

As the third child of Billy Graham, Ruth has her own unique voice addressing critical issues of the 21st Century including experiencing her spouse's infidelities, her divorces, her teenage daughter's pregnancies, another daughter's struggle



Windsor Bauders

with bulimia and her son's battle with drugs.

She is the author of many books including the best-selling *In Every Pew Sits a Broken Heart* and the award-winning *Step Into the Bible*. Ruth is an experienced conference speaker and has appeared on *Good Morning America*, *FOX and Friends* and been interviewed on Moody Radio many times.

Her daughter Windsor speaks openly about her two teenage pregnancies while being related to the most famous Protestant religious leader in the world. She contributed to two books with her mother and Sara Dormon: *I'm Pregnant, Now What?* and *So You Want to Adopt, Now What?*

She currently is a student at Liberty University online while working for her husband's photography business as office manager. She also volunteers at crisis pregnancy centers and has offered her home to young girls who are pregnant.

Lifeline Family Center provides a home in Cape Coral for homeless young women in crisis pregnancies to help them become self-supporting through education, job training, parenting classes, professional counseling and spiritual guidance. It is the only residential program in Lee County for homeless young women in crisis pregnancies who are not part of the foster care program.

McGregor Baptist Church is located at 3750 Colonial Boulevard in Fort Myers. For more information about Lifeline Family Center, visit www.lifelinefamilycenter.org.

Free Audubon Florida Program

Drone Surveys: Wading Bird Rookeries in the Caloosahatchee, the Audubon of Southwest Florida February program, will be presented by Ecologist Church Roberts of Church Environmental at Southwest Florida Masonic Temple on Thursday, February 21 at 7 p.m. Programs are free and open to the public and light refreshments will be served.

Roberts will share research and video clips from his drone surveys of wading

bird nests and breeding pairs on Lenore Island in the Caloosahatchee. In 2018, the Charlotte Harbor National Estuary Program (CHNEP) awarded a grant to Church Environmental to evaluate the use of a drone for surveying potential rookery islands in the Caloosahatchee River. Pete Quasius of Audubon of Southwest Florida, Audubon of the Western Everglades and Time's Fly'n Charters assisted in the surveys and provided in-kind contributions in support of the grant.

Southwest Florida Masonic Temple is located at 10868 Metro Parkway in Fort Myers. For more information, visit www.audubonswfl.org.

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Estate Planning For Those In Their 30s, 40s And 50s



by Craig R. Hersch, Florida Bar Board Certified Wills, Trusts & Estates Attorney; CPA

Many clients don't consider visiting with an estate planning attorney until they reach their 60s, 70s or even 80s. That's a shame because younger clients could benefit from such a relationship in any number of ways.

During the Savings & Loan crisis back in the 1980s, for example, an entrepreneur by the name of Sam Idelson teamed up with David Band, a Sarasota estate planning attorney to create some of the most dynamic wealth on the west coast of Florida. Together they purchased distressed commercial real estate, renovated it, and then sold the properties once the economy

recovered.

Their complimentary skills, Sam with his business and real estate acumen, David with his legal expertise and connections to lenders, enabled them to together achieve what neither could alone.

Not every estate planning attorney/client relationship will be as lucrative. In fact, Bar Rules prevent attorneys from entering into business transactions with their clients without full disclosures of conflict of interest and the requisite steps to both waive and release the conflict.

Even without entering into business deals together, many in their 30s, 40s and 50s don't realize the beneficial impact that developing a relationship with an estate planning attorney could create now and into the future. Here are just a few ways that an estate planning attorney might help a younger client:

Financial And Insurance Planning

While attorneys are not expert financial planners, they often do know what asset categories create wealth and which financial products benefit the firm selling the product more so than the client. As a lawyer, I have no "skin in the game" in the form of commissions, for example, when reviewing a client's intended purchase of insurance or financial products. Consequently, I can often provide a clear-eyed, unbiased view of whether an intended course of action makes sense.

A physician client once came to me after purchasing several insurance and annuity products. She had been sold these products based upon their asset protective value under Florida law. I had an independent advisor look into the commissions and management fees associated with these investments and described to her the tax treatment upon her

retirement. She said she'd wished that she visited with me before she bought them.

Real Estate Investments

We also tend to understand the benefits and risks of owning commercial or rental property inside of a partnership, LLC, or corporate entity. I have outlined the legal and tax consequences of entity selection and the effects of non-cash expenses like depreciation to many clients before they bought a property, so that they could make clear decisions. An ongoing relationship with a trusted advisor might save you from making major mistakes that could cost hundreds of thousands of dollars over your working career.

Connections

A good estate planning attorney makes all sorts of connections in the business world, from bankers and lenders to property management companies to developers and other business people. In my 30 years of practice, for example, I've developed relationships that I've kept in my electronic rolodex, connecting clients with others who can help them achieve goals.

Children, Adolescents And Young Adults

Having raised three daughters, the youngest of which is now in college, I've navigated the emotional and financial issues associated with raising a young family. As an estate planning attorney, I've also created silos of trusts and other vehicles to provide for my family in the event of my disability or death. Who should serve as your children's guardian and whether that same person should control the purse strings in the event of your death merits serious discussion. How to properly save for higher education (including investigating the plethora of scholarships and financial aid offers available), whether to title the car in a young driver's name, and how to best purchase liability insurance are all things that I've had to deal with not only for myself but have also assisted my clients during my professional career. Those clients who are in the middle of these life cycle decisions can benefit from an ongoing relationship with a trusted advisor.

Aging Parents

They don't call those in their 30s, 40s and 50s the "sandwich generation" for nothing! When my mother developed leukemia 15 years ago and needed a life-saving bone marrow transplant, I learned how to investigate doctors, clinics and research hospitals that were needed to save her life. Moreover, my parents had real-life financial and medical insurance issues, that without my background would have been next to impossible to deal with. Most of us in this age group deal with failing loved ones. My experience with Hope Hospice was invaluable when my mother needed those services as well. I've gladly assisted hundreds with many of these same issues for their loved ones.

Even younger clients who don't feel that they need a complicated estate plan can benefit from developing a relationship with a competent estate planning attorney. It worked for Sam and David a generation ago, and will work for you now. If interested, I offer a workshop on these topics. If your group would like for me to speak on these topics, please contact me at 334-1141.

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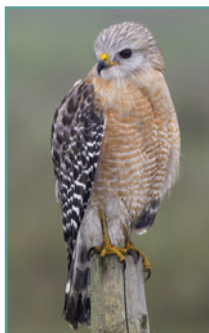
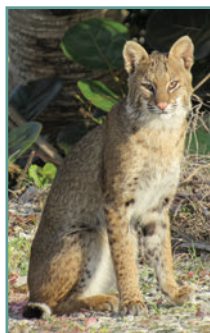
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Lee Pools Closed Saturday For Annual Training

Four Lee County Parks & Recreation community pools will be closed for annual staff training on Saturday, February 16.

The locations closed are: San Carlos Community Pool, 8208 Sanibel Boulevard, Fort Myers; Lehigh Community Pool, 1400 West Fifth Street, Lehigh Acres; Pine Island Community Pool, 5675 Sesame Drive, Pine Island; and North Fort Myers Community Pool, 5170 Orange Grove

Boulevard, North Fort Myers, which is closed for construction of new pool and re-opens February 19.

Signs have been posted at the sites to inform pool patrons of the one-day closing.

Lee County lifeguards are tested annually for their performance skills and abilities; this ensures guards meet Lee County's safety standards. Pools will reopen Tuesday, February 19, with normal operating hours. County pools are closed Sundays and Mondays except for summer. A grand opening for the North Fort Myers Community Pool is being planned. For more information about all Lee County pools, visit www.leeparks.org or call 437-5759.✱

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Book Review

Before We Were Yours



by Di Saggau

Lisa Wingate's poignant novel *Before We Were Yours* is inspired by a true story – two families, generations apart, are forever changed by a heartbreaking injustice. It's a story about children taken

from their parents through kidnapping or subterfuge and then placed for adoption, for a price. The plot is based on actual incidents that are a shameful indictment of a set of people who preyed upon the vulnerability of children and their parents.

The book is written from two viewpoints. One is present day in Aiken, South Carolina and centers on Avery Stafford. She has a successful career as a federal prosecutor, a handsome fiancé and a lavish wedding on the horizon. But when Avery returns home to help her father weather a health crisis, a chance encounter leaves her with uncomfortable questions and compels her to take a journey through her family's long-hidden history, on a path that will ultimately lead either to devastation or to redemption.

The other viewpoint, is Memphis, 1939 where 12-year-old Rill Foss and her four younger siblings live a magical life aboard their family's Mississippi River shanty boat. But when their father must rush their mother to the hospital one stormy night, Rill is left in charge, until strangers arrive in force. Taken from all that is familiar and thrown into a Tennessee Children's Home Society orphanage, the Foss children are assured that they will soon be returned to their

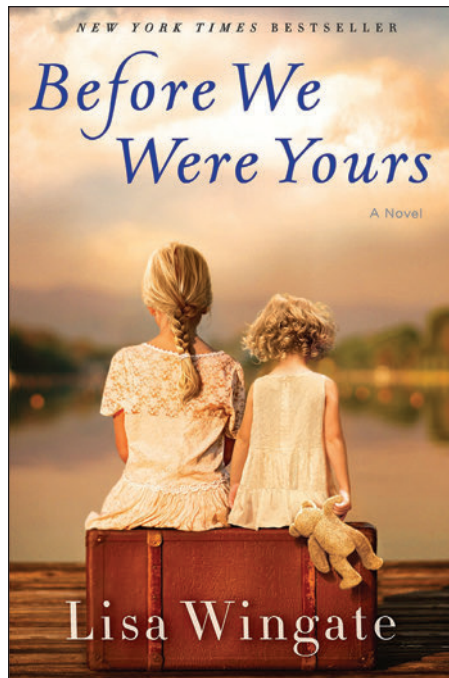


image provided

parents. They quickly realize the dark truth. They are at the mercy of the facility's cruel director. Rill fights to keep her sisters and brother together in a world of danger and uncertainty.

The two stories told side by side never overshadow the other. Wingate is able to get readers into the heads of both Avery and Rill and make their goals crystal clear. This near perfect novel invades your heart from the very first pages and stays there long after the book is finished. It is based on one of America's most notorious real-life scandals, in which Georgia Tann, director of a Memphis-based adoption organization, kidnapped and sold poor children to wealthy families all over the country. I was fortunate to hear Lisa Wingate speak at a book club I belong to, and I strongly suggest you read *Before We Were Yours*, as it's not to be missed.✱

School Smart



by Shelley M. Greggs, NCSP

Dear Shelley,
My sixth grade son has recently had a series of disappointments at school. He did not make the basketball A team, didn't make honor roll last marking period, is struggling in math and a few other things. He's been pretty down lately and feels somewhat rejected. I want to help him handle these disappointments and get him back on track at school. What might help?

Pam A, Fort Myers

Pam,

Rejection and disappointment are two difficult feelings to have, and it is inevitable that our kids will feel disappointed, rejected and defeated at times. When we don't reach some of our goals, we can fall into a trap of self-blame and pessimism. Psychologists say that resiliency, sometimes

called grit, is a characteristic that can help children work through these powerful feelings and "resiliency or grit" can be developed through parental coaching and guidance.

Here are some recommendations for parents about teaching their children to cope with strong feelings and for developing skills to build resiliency.

Comfort and validate their experiences. When kids feel validated and understood, it helps them build a sense of self. It also normalizes their feelings. When children are able to feel and tolerate uncomfortable feelings, the easier it is to handle them the next time around.

For example, if your child is disappointed because he did not win, get an A, get invited, etc., you could say, "That's so disappointing, I know you were really hoping to..." Many well-intentioned parents attempt to minimize feelings of disappointment for their kids, when they really should be validating their kids' feelings. Your child is disappointed and may need some comfort before he can consider the other alternatives.

Make failing safe. Most of us are afraid of failure. Failure is an excellent learning experience, albeit an uncomfortable one.

It can help us reassess our goals and come up with a new game plan to try again. The old adage about learning from one's mistakes is quite accurate in this regard and should be used often with children. Encourage them to continue and preserve no matter the failure. It's very important to make them understand that to "try again," as is said, shows strength and determination.

Align your children's value to their distinctive qualities and character, not their achievements. All parents want their kids to go to the best schools, get straight A's and be superstars, but this pressure to succeed can send a message that your self-worth is directly correlated to your achievement.

We all want to protect our kids from trials and tribulations, but if we shelter them for too long, it may hinder their ability to develop a sense of self-efficacy. When we try to solve problems for them or intervene on their behalf, it sends a message that we don't think they can do things on their own and they start believing that. Try problem solving together and it will give them the confidence to handle situations in the future and give you the reassurance that they can handle it.

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.✱

The Impact Of 2020 Census On The Community

The League of Women Voters will hold a free educational program on The Impact of 2020 Census on the Community at The Collaboratory on Saturday, March 2 from 9 to 11 a.m.

Jacqueline

Johnson Byers, former director of research and outreach at the National Association of Counties where she held that position for more than 16 years before retiring, will be the guest speaker. She has spoken on subjects concerning local government for the past 30 years, including the Decennial Census, ADA, GASB, local government finance, management, structure and economic development. She is a principal in Byers and Associates and a member of the District of Columbia Bar.

The Collaboratory is located at 2031 Jackson Street in Fort Myers. For reservations, call 278-1032 or e-mail reservations@lwvlee.org by February 27. For more information, call 278-1032.✱



Jacqueline Byers

EPIC FIRES OF FORT MYERS

How a Series of Early Fires Influenced the Town's Development

THOMAS P. HALL

ROBIN C. TUTHILL, EDITOR

"More than a meticulously researched chronicle of the disasters that shaped Fort Myers, this book details the historical moment of each blaze, creating a rich portrait of a community forged and tempered by fire. A must-read for anyone interested in area history, with riches for newcomers and experts alike." - Amy Bennett Williams

Financial Focus

Are You Prepared For A Natural Disaster?



by Jennifer Basey

The year ahead offers new opportunities and experiences. But as you make plans throughout 2019, be mindful of the things that can derail those plans – such as the

natural disasters that affected so many families in 2018. Every area around the country is subject to natural disasters, whether they're wildfires, hurricanes or tornadoes. How can you prepare for them?

Here are a few suggestions:

Maintain adequate insurance

– It's a good idea to review your homeowners insurance at least annually to ensure it's still providing the protection you need. And make sure you know exactly what your policy covers in terms of natural disasters. You'll also want to review your life and disability insurance regularly. And, of course, you'll want to stay current on your premiums for all your policies.

Keep a record of your possessions – The insurance claims

process will be much easier if you take the time, before a natural disaster occurs, to photograph or videotape the contents of your home. You also might want to list the brands and serial numbers of appliances and electronics.

Know your passwords – It's important to have ready access to the passwords for your financial accounts. You may be able to memorize them, but, if not, keep them somewhere – perhaps in your smartphone – that you can access anywhere. It's always possible that a natural disaster will strike so quickly that you can't even grab your phone, so, to be extra cautious, you might want to share your passwords with a trusted family member or friend. (Even then, though, you may want to change your passwords every so often.)

Build an emergency fund

– During or following a natural disaster, you may need ready access to cash to cover some of the essentials of daily living, such as food and shelter. Keeping a lot of cash in your home may not be such a great plan, especially if you have to evacuate quickly. Consequently, you might want to create an emergency fund containing three to six months' worth of living expenses, with the money kept in a low-risk, liquid and highly accessible account at a local bank or with your financial services provider.

Protect your documents – These days, many of your important financial materials, such as your investment statements, are available online, so they're likely safe from any disaster.

But you may still have some items, such as checkbooks, birth certificates, passports, Social Security cards, insurance policies and estate planning documents (i.e., will, living trust, etc.) on paper. Even if some or all of these things could eventually be replaced, it would take time and effort. You're better off protecting them beforehand, possibly by keeping them in a safety deposit box at a local bank.

Save your receipts – You'll want to save receipts for repairs and temporary lodging to submit to your insurance company. If you are not fully

reimbursed for these expenses, they may be tax deductible, though you'll need to consult with your tax advisor to be certain.

If you're fortunate, you'll never have to face a natural disaster that threatens your home and possessions. But it never hurts to be ready – just in case.

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.✱

Superior Interiors

Color Your World



by Marcia Feeney

Today's home furnishings, fabrics and designs are often color coordinated to help you take the guesswork out of your next decorating project. Fabrics, wall coverings, area

rugs, bed linens and accessories feature a wide variety of motifs and patterns, all designed to work in harmony as you work to create your new design plan.

However, no matter the design, motif or pattern, the common denominator in successfully creating the look you want to achieve is color.

So how do you begin selecting color for your next project? Why not start by playing favorites – and selecting colors you're comfortable with. Even if your favorite colors might not work as a major player in your new room, you could possibly consider using that favorite color as an important accent in an otherwise neutral space.

We often assist our clients in

determining just what palette is appealing to them. It really can be a simple process...

Look in your closet. What colors do you see in your wardrobe that you particularly enjoy – pastels, dark jewel tones, neutrals, bright or lively shades? It stands to reason that the very colors you're attracted to in your wardrobe might just be the perfect shades to consider in decorating a room in the home.

Take inventory of your space. Is there an accessory, piece of art, even an area rug that you just love? Entire room designs have been beautifully accomplished by focusing on one simple multi-colored vase.

What's your personal style? Do you enjoy a more casual lifestyle? Perhaps the contemporary style is more comfortable to you. Knowing your style will give you an important clue as to the color options you might want to consider.

Once you've done your homework and decided on your perfect color palette, be sure to select one dominate color, a maximum of three adjacent hues and a dramatic accent color to complete your overall color scheme.

Marcia Feeney is an interior designer on Sanibel/Captiva Islands. She can be reached at marcia@coinedcnden.com.✱

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From page 1

Robin Hood

man is a great woman. That certainly captures the spirit of this play, and it's a clever twist. The playwright includes a lot of *Monty Python* but also tackles feminism and gender identity. Lisa Kuchinski as Alanna Dale provides sharp narration as she steps in and out of most of the scenes. Other standouts are Grant Cothren as Little John (and he's far from little), Karen Goldberg as Friar Tuck and Joann Haley as Lady Shirley. There are 14 actors in all, and each one of them adds pizzazz to the production.

Gender identity is a theme throughout the play with several characters addressing the topic. Alanna and Will Scarlett (Tamicka Linstead) fall for each other, and Much the Miller's son (Anna Grilli) tells everyone that he doesn't identify as male or female and asks everyone to use the pronoun

"they" moving forward. The Merry Men become The Merry Men and Much.

The staging is creative, from Sherwood Forest to the castle with lots of quick scene changes. Director Rachael Endrizzi makes the most of the script through the quick entrances and exits, focusing on the cheeky humor. Fight Choreographer Kody Jones gives us a number of entertaining combat sequences. One standout is between Alanna and Guard 2 (Lauren Drexler.) Hysterical.

Marian, or the True Tale of Robin Hood is fast-paced fun and every scene is a vignette that gives us a look into a different version of the legend of Robin Hood. It's playing through Sunday, February 17 at Theatre Conspiracy within Alliance for the Arts, 10091 McGregor Boulevard in Fort Myers. Tickets are available online at www.artinlee.org/theatre or by calling 939-2787. Next up at Theatre Conspiracy is August Wilson's *Joe Turner's Come and Gone*, opening March 1.✱

Conservative Enters Race For House District 77

Former U.S. Marine and Army National Guard Sgt. Bryan Blackwell will officially enter the 2020 election for Florida House of Representatives, District 77. The seat is being vacated by term limited Rep. Dane Eagle. Blackwell, a longtime resident of Cape Coral, has spent a lifetime in service to our community and nation and will focus on supporting President Trump, safeguarding Florida from illegal aliens, working with Governor DeSantis on saving the Caloosahatchee River from toxic blue-green algae and investing in infrastructure and healthcare.

"My military career taught me the value of a life of service and giving back, and I want to continue giving back to the place that I've called home for the last 28 years," said Blackwell. "We need leaders in Tallahassee who'll fight for what we believe in here, and I am ready to answer that call."

Blackwell currently lives in Cape Coral with his wife and two daughters. He co-owns and operates Molloy Financial



Bryan Blackwell

Group, a private wealth advisory practice of Ameriprise Financial.✱

School District Support Person Of The Year

The Lee County School District recently announced that Paul Milford is the 2018-19 School-Related Employee of the Year. Milford is the social worker at Bonita Springs Middle School Center for the Arts.

In the first semester, under Milford's leadership, student attendance at Bonita Springs Middle increased while other middle schools saw a slight decline. His changes mean six more students are in class every day and learning. "I never understood the impact a school social worker could have when one chooses to invest themselves in a school the way he has," said Principal Melissa Layner.

Milford is described by his colleagues as a go-getter who sets the example of what it means to put your heart and soul into your work. "Paul is always the first to volunteer, the first to lend a helping hand, and the first person many of our staff, students and parents go to for resources and support," said School Counselor Sarah Bleacher. "He truly thinks he is just doing



Paul Milford

his job, but he is doing so much more than that."

Superintendent Dr. Greg Adkins, district administrators and school staff surprised Milford with the award on February 5.

The School Related Employee of the year represents the thousands of dedicated staff members that work in Lee County schools every day. They are the counselors, psychologists, social workers, helping teachers, paraprofessionals, secretaries, cafeteria staff, custodians and more.✱

Director To Serve On Mayor's Committee

Michele Hylton-Terry, executive director of the Fort Myers Community Redevelopment Agency (CRA), has been selected to serve on the City of Fort Myers' Mayor's Diversity and Inclusion Advisory Committee.

In her role on the committee, Hylton-Terry will provide observations, advice and council to Mayor Randall P. Henderson, Jr., as guidance in embracing different walks of life and culture, thereby increasing the city's cohesiveness.

The City of Fort Myers has a strong



Michele Hylton-Terry

and ever-increasing diverse citizen base by enriching its community and contributing to a high quality of life. Fort Myers' culture is dynamic and exciting with an array of art, food, music, many languages and fun-filled city events.

Hylton-Terry has served the local community for several years. In 2018, she became an honored recipient of the local Fort Myers-Lee County National Association for the Advancement of Colored People (NAACP) Service Award. She has received the 2017 Keeper of the Dream Award for meritorious service in the Southwest Florida community by the Alpha Phi Alpha Fraternity, Inc., Xi Omicron Lambda Chapter. Hylton-Terry is also a member of the Delta Sigma Theta Sorority, Inc., Fort Myers alumnae chapter.✱

Republican Women To Meet

The Lee Republican Women Federated will hold a lunch meeting at Pinchers – The Marina at Edison Ford on Monday, March 11. A social will begin at 11:15 a.m. with lunch and program to follow.

The program will feature Fox 92.5 Radio Host Drew Steele. Cost is \$22 and includes lunch.

Pinchers – The Marina at Edison Ford is located at 2360 West First Street in downtown Fort Myers. For more information or to register, visit www.leerepublicanwomen.com or contact Wren Morefield at 270-210-1284 or wrenspet@hotmail.com before March 8.✱

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World's Top Senior Golfers Here This Weekend For The Chubb Classic



by Ed Frank

The world's top senior professional golfers return to the area this weekend for the 32nd Chubb Classic being played this year at the Classics Country Club at Lely Resort in Naples. The field consists of seven past champions, seven Hall of Fame members and 33 of the top 36 from the 2018 Charles Schwab money list. The Chubb Classic is the longest running tournament in the same metropolitan area on the PGA Champions Tour. All eyes will be upon Bernard Langer who won last weekend's Oasis Championship in Boca Raton by five strokes. It was the 61-year-old German's 39th victory on the senior circuit, pushing his earnings to \$27,196,504, breaking Hale Irwin's record.

Langer's victory last weekend marked the 13th straight year he has won at least one tournament on the Champions Tour and his 39th victory moved him to within six Champions Tour championships won by Irwin. Langer has won the Chubb Classic three times, 2011, 2013 and 2016. Last year's champion, Joe Durant, is returning to defend his title. The ageless Irwin, 73 years old, who has won the Chubb Classic twice, also is in this weekend's field.

The following is the complete field for this weekend's Chubb Classic that will be played Friday, Saturday and Sunday: Stephen Ames; Billy Andrade; Tommy Armour III; Woody Austin; Paul Broadhurst; Olin Browne; Bart Bryant; Mark Calcavecchia; Darren Clarke; Russ Cochran; John Daly; Marco Dawson; Glen Day; Chris DiMarco; Ken Duke; Joe Durant; Bob Estes; Brad Faxon; Steve Flesch; David Frost; Fred Funk; Gibby Gilbert III; Tom Gillis; Retief Goosen; Jay Haas; John Harris; Dudley Hart; Scott Hoch; John Huston; Hale Irwin; Peter Jacobsen; Lee Janzen; Miguel Angel Jiménez; Brandt Jobe; Kent Jones; Jerry Kelly; Skip Kendall; Tom Kite; Greg Kraft; Cliff Kresge; Bernhard Langer; Tom Lehman; Wayne Levi; Sandy Lyle; Jeff Maggert; Billy Mayfair; Scott McCarron; Rocco Mediate; Mark O'Meara; José María Olazábal; Scott Parel; Jesper Parnevik; Corey Pavin; Tom Pernice Jr.; Tim Petrovic;; Loren Roberts; Gene Sauers; Wes Short, Jr.; Joey Sindelar; Jeff Sluman; Jerry Smith; Steve Stricker; Kevin Sutherland; Hal Sutton; Ken Tanigawa; David Toms; Kirk Triplett; Scott Verplank; Duffy Waldorf; and Ian Woosnam

Spring Training Underway

All 30 Major League Baseball teams began Spring Training this week, with pitchers and catchers reporting and full squad workouts a few days later.

SPORTS QUIZ

1. Since 1969, how many times have the Boston Red Sox won the AL East title?
2. Two Minnesota Twins were 20-game winners during the 1990s. Name them.
3. Four head coaches for the University of Oklahoma football team have recorded at least 100 career wins. Name three of them.
4. In the 1973-74 season, Elmore Smith of the Los Angeles Lakers established a record for blocked shots in a season (393). How many players have surpassed that number since?
5. Colorado's Nathan MacKinnon set an Avalanche record when he started the 2018-19 NHL season with goals in his first six games. Who had held the mark?
6. Which Asian men's soccer team has appeared the most times in the World Cup?
7. In what year did Roger Bannister record the first sub-four-minute mile?

ANSWERS

1. Ten times. 2. Scott Erickson (20 wins in 1991 and Brad Radtke (20 wins in 1997). 3. Bob Stoops (190 wins). Barry Switzer (157). Bud Wilkinson (145) and Bernie Owen (122). 4. Two - Mark Eaton (456 in 1984-85) and Manute Bol (397 in 1985-86). 5. Mats Sundin did it in the first five games of the 1992-93 season when the franchise was located in Quebec. 6. South Korea, with 10 appearances. 7. It was 1954.

As was the case last year, several top free agents, namely Bryce Harper, Manny Machado, Craig Kimbrel and Dallas Keuchel, remained unsigned as this week began. More than 80 other free agents also were unsigned. Here in Fort Myers, the World Champion Boston Red Sox began workouts for pitchers and catchers this past Wednesday at 10 a.m. at Jetblue Park. Twenty-eight pitchers and six catchers were expected to report. Full squad workouts will commence Monday with 59 players in camp. The workouts are open to the public at no cost. Boston's first game is on Friday, February 22 against Boston College, with their official Grapefruit League opener the next day with the New York Yankees. Reporting date for Minnesota Twins pitchers and catchers is the same as the Red Sox, this past Wednesday, with full squad workouts at the CenturyLink Sports Complex five days later. The sessions are free and open to the public. Minnesota will begin their Grapefruit League schedule on Saturday, February 23, with a split squad against Baltimore at Sarasota and Tampa Bay here.*

Red Sox Spring Training Open House Saturday

The Boston Red Sox will hold a free open house prior to Spring Training at JetBlue Park on Saturday, February 16 from 11 a.m. to 3 p.m. Family-friendly activities will include inflatables on the field, player autographs, photos with the World Series trophy, a scavenger hunt, discounted concessions, face-painting and magicians, meet and greet/photo opportunities with Wally the Green Monsters and his little sister Tessie, self-guided tours of the park and more.

There will be guided public tours of JetBlue Park daily from 10 a.m. to 3 p.m. on the hour on non-game days until April 5. Tickets are \$10 per person, children age 12 and younger are free. Tickets go on sale the day of the tour at 10 a.m. at the box office and are available on a first-come, first-serve basis.

VIP pregame tours are also available on game days for \$40 per person and \$15 for children age 12 and younger. Reservations must be made in advance and require a ticket to that day's game.

There will also be a food drive where attendees are asked to bring nonperishable food items to donate to the Harry Chapin Food Bank as well as a T-Mobile Showcase where a 14-foot box truck transforms into a full-blown Fenway experience including a pitching accuracy challenge, Green Monster photo backdrop, batting cage where fans can choose to walk up to their favorite player's music, steal 2nd challenge, highlight reels, Red Sox virtual reality lockers, authentic player jerseys, bats and helmets and more.

Pitchers and catchers held their first


workout on February 13. The first full squad workout will take place on Monday, February 18. Workouts are free and open to the public. This season, there will be additional food vendors, including Hot Gyros & More bringing authentic Greek street food to the ballpark, Star of the Sea Seafood with lobster rolls and more, Del's Lemonade and Kona Ice. They join Fine Folk Pizza, Nuts Galore, Dippin' Dots, and Tropical Island Kettle Korn. The Red Sox play their first exhibition game against the Northeastern University Huskies on Friday, February 22 at 1:05 p.m. The team will play a total of 17 home games. Red Sox Spring Training is presented by CVS Health.*

Lab Theater

From page 1
humor and emotion, this play will win your heart. Director Carmen Crussard said, "Mitch Albom's *And the Winner Is* is a hilarious comedy that is sure to arouse not only some belly laughs, but some spiritual and philosophical introspection as well." Lab Artistic Director Annette Trossbach said, "Known for *Tuesdays With Morrie* and *The Five People You Meet In Heaven*, Mitch Albom brings us another heartwarming and hilarious story of the insatiable ego of a famous actor and an unusual event that helps him to reflect upon his life. This delightful and, at times, uproariously hilarious comedy will make you laugh, think and be grateful for the special people in your life."

Lab Theater is located at 1634 Woodford Avenue in Fort Myers. Tickets are available at www.brownpapertickets.com or by calling the box office at 218-0481.*

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9454 Calla Ct.
6602 Griffin Blvd.
1345 Eagle Run Dr.

569 Lighthouse Way
1009 Dixie Beach Blvd.
1126 Harbour Cottage Ct.
5306 Umbrella Pool Rd.
198 Southwinds Dr.
815 Limpet Dr.
1349 Eagle Run Dr.

Athletic Hall Of Fame Inductees Announced

The School District of Lee County has announced the Lee County Athletic Conference Hall of Fame inductees for 2019. Six athletes and two staff members are being recognized for their outstanding athletic accomplishments for their school or their students.

Athlete inductees include Joe Cherry, Riverdale High School; Dallas Crawford, South Fort Myers High School; Caitlyn Farrell, Cypress Lake High School; Jon Garcia, Ida Baker High School; Chris Singleton, Dunbar High School; and Matt Whaley, Estero High School. Staff member contributors include Dave Funk, Cape Coral High School and Joe Hampton, Estero High School.

Cherry is Lee County's second leading scorer in boys' basketball. At Riverdale High as a senior, Cherry was First Team All-State, All Area Basketball MVP and News-Press Player of the Year in 1988.

Crawford played four years of varsity football at South Fort Myers High. He was Offensive Player of the year in 2011 with 2,374 passing yards and 26 touchdowns, 462 rushing yards and 14 rushing touchdowns as well as a receiving score. On defense that year, Crawford had 76 tackles, nine interceptions and three forced fumbles.

Farrell led the Cypress Lake High girls' soccer team to a District Championship in 2003. She was named All-Southwest Florida three times, all-state first team

selection twice and All-Southwest Florida Player of the Year.

Garcia played football at Ida Baker High and helped lead the Bulldogs to an 8-3 record in 2009, the best record in school history, and first-ever playoff appearance.

Singleton was a First-Team All-State selection in Class 2A, Orlando Sentinel Florida Top 100, ranked in the top 50 cornerbacks nationally and top 100 overall in Florida by scout.com when he finished his football career at Dunbar High School in 2005.

Whaley was one of the first great runners at Estero High. In the mid 1990s, he was a three-time state champion in the 1,600 and 3,200 and a former All-American in the 3,000.

Funk coached the Cape Coral High boys' basketball team from 1985 to 2006. He reached the 400 win milestone while at Cape Coral and recorded 557 total wins in his 38 years coaching in Florida.

Hampton led Estero High School's football team to Lee County's only appearance in a State Championship in 1998. In 12 years at Estero, he led the team to 80 wins. He was a longtime assistant to LCAC Hall of Fame member Sam Sirianni Sr. at Fort Myers High, and most recently was an assistant coach at South Fort Myers High School.

The Lee County Athletic Hall of Fame was created in 2011 and inducted 36 inaugural members in 2012. Up to six students and two contributors have been added every year since. Students must have graduated at least seven years ago and contributors must have started their coaching careers at least 20 years ago.

The inductees will be honored at a banquet scheduled at Crowne Plaza Fort

Myers at Bell Tower on Thursday, April 25 at 6 p.m. Tickets are \$25 per person.

Crowne Plaza Fort Myers at Bell Tower is located at 13051 Bell Tower Drive in Fort Myers. For tickets, email David LaRosa at davidpl@leeschools.net.✱

SCHOOL ACHIEVEMENTS

Nine Southwest Florida students were named to either the Dean's List or the President's List for the Fall 2018 semester at the University of Alabama in Tuscaloosa, Alabama.

They are Genette Burgess of Cape Coral, Dean's List; Haley Edwards of Fort Myers, Dean's List; Alina Faunce of Fort Myers, President's List; Carly Harris of Fort Myers, Dean's List; Lauren Helmers of Fort Myers, President's List; Morgan LaRosa of Fort Myers, President's List; Gillian Levitt of Fort Myers, Dean's List; Robert Rose of Fort Myers, Dean's List; and Olivia Stover of Fort Myers, President's List.

Fort Myers native Stefania Lugli has been named to the Dean's List for the Fall 2018 semester at Emerson College in Boston, Massachusetts. Lugli is majoring in journalism and is a member of the class of 2021.

Fort Myers native Isaac Banks was named to the Dean's List for the Fall 2018 semester at Cedarville University in Cedarville, Ohio. His major at the accredited, Christ-centered, Baptist institution is biblical studies.

Punta Gorda native Alexander Gonzalez was named to the Dean's List during the Fall 2018 semester at

Culver-Stockton College in Canton, Missouri. He is a business administration major.

Fort Myers native Kylie J. Flynn was among the 1,067 cadets that was named to the Dean's List during the Fall 2018 semester at The Citadel.

Fort Myers native Zachary Yankovich was named to the Dean's List for the Fall 2018 semester at Cornell College in Mount Vernon, Iowa.

For the first time since his freshman season, Elmira College's Blake O'Neill was named the recipient of a weekly conference award, as the United Collegiate Hockey Conference (UHC) crowned the defenseman the Men's Ice Hockey Player of the Week on January 29.

In addition, O'Neill was one of seven students recently inducted into the Elmira College Kappa Omicron Chapter of the Gamma Sigma Epsilon National Chemical Honor Society.

Cape Coral High School graduate Miles N. Crockett of Ferndale, Michigan was recently named to the Dean's List for the fall semester at Colby College in Waterville, Maine. He is majoring in physics and biology.

Cape Coral native Jaelyne Gary was recently named to the Dean's List for the Fall 2018 semester at the University of Hartford in West Hartford, Connecticut.

Fort Myers native Anna Kathleen Seltzer was recently named to the President's List for the Fall 2018 semester at Clemson University in Clemson, South Carolina. She is majoring in pre-business.✱

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"Will Power" Columnist, *The Island Sun*



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From left, Bobbee Carson, Samira K. Beckwith and Lori Schaffer photos provided

Tour Of Homes Benefits Hope Hospice

Gulf Harbour Yacht & Country Club residents and friends of Hope raised more than \$20,000 at the Light Up Gulf Harbour Tour of Homes, a festive fundraiser to benefit Hope Hospice.

Eleven Gulf Harbour residences – each with a unique holiday décor theme and refreshments – were open to more than 500 guests for touring throughout the evening.

Hope Hospice 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.✧



Pat Ostrom and Janet Craicraft



Vee Yerrid and Barbara Lombardo



Margie Lentrek and Susanne Delira

Partnerships Vital To Support Youth In Child Welfare

submitted by Bruce L. Greenberg

Imagine being a child whose parents are incarcerated, addicted to drugs, abusive or otherwise unable to care for you.

It makes you question who truly cares about you, if anyone.

Children who are abused, neglected and abandoned in Southwest Florida aren’t left to fend for themselves. The court system oversees temporary and permanent placements for children whose mother or father are not optimal guardians, but who helps judges make those decisions?

For two-thirds of these children in Southwest Florida, a Guardian ad Litem volunteer advocate acts on their behalf to help them navigate the judicial, education and child welfare system. The other third, unfortunately, do not have an advocate serving as their voice.

As Guardian ad Litem volunteers, we have an opportunity to truly make a difference in a child’s life. We enter their lives at a time of uncertainty – their parents aren’t there to help, and they may have questions about where they’re going to live, who’s going to take care of them, where they’re going to school or what’s going to happen to their siblings. A Guardian ad Litem volunteer becomes that trusted adult figure in their lives who’s always there for them, through thick or thin, and has their back.

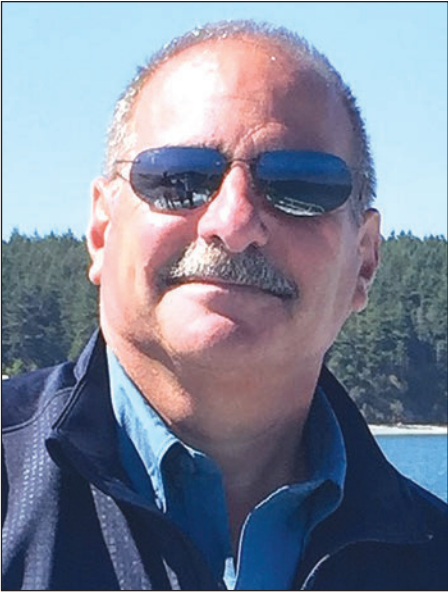
Guardian ad Litem Foundation, 20th Judicial Circuit, Inc., has a goal of raising funds to help train additional volunteers so that every child has an advocate in his or her corner. The foundation provides funding that markets the need for volunteers, recruits and screens potential advocates, trains volunteers and coordinates recognition events that improve volunteer retention.

The foundation also raises money to help give these youth a “normal” childhood, paying for expenses like birthday presents, clothing, tutoring and registration fees for academic clubs, sports teams and summer camps. Advocates frequently request funds on behalf of children so they can continue enjoying their childhood in spite of the circumstances. Just because a child’s parents are no longer in the same household doesn’t mean they have to forego a birthday party or night at the movies with friends.

Higher rates of substance abuse and the opioid epidemic have forced more children into Florida’s child welfare system. Through no fault of their own, children are placed in out-of-home care settings, many times without advance knowledge. Whether it’s temporary or permanent, their parents are out of the picture.

These at-risk children are relying on us, as a community, to support them.

Guardian ad Litem Foundation, a United Way partner agency, is fortunate to have a wide network of caring



Bruce Greenberg photo provided

individuals who have supported our initiatives over the years, especially those who have attended events that are part of our “I am for the child” fundraising series.

With more youth in the dependency system, however, the foundation is requesting support from philanthropic-minded businesses and organizations in Southwest Florida. As a 501(c)(3) nonprofit organization, all donations to Guardian ad Litem Foundation are tax-deductible. Serving five counties – Lee, Collier, Charlotte, Hendry and Glades – our fundraising needs continue to grow.

As we begin 2019, I’d like to ask local businesses, residential communities and civic groups to consider supporting children in this community through Guardian ad Litem Foundation. For more information about volunteer opportunities, donations and corporate sponsorships, visit www.voicesforkids.org or call 533-1435.

Bruce L. Greenberg is president of the board of directors for Guardian ad Litem Foundation.✧

Free Autism Screening

Golisano Children’s Hospital of Southwest Florida, in partnership with Ronald McDonald House Charities of Southwest Florida, will offer a free monthly autism spectrum disorder screening for toddlers 18 months to age 5 on the Ronald McDonald Care Mobile at the Cape Christian Fellowship on February 22 from 9:30 a.m. to 2 p.m.

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. A physician referral is not required.

Cape Christian Fellowship is located at 2110 Chiquita Boulevard South in Cape Coral. To schedule a screening, call 343-6838.✧

Elder Affairs Hire Important To Governor's Group

submitted by Marianne Lorini

In recent days, Governor Ron DeSantis has announced a number of appointments to serve on his administration. A pivotal appointment to his cabinet is the new Secretary for the Department of Elder Affairs (DOEA) – Richard Prudom. DOEA is the State Unit on Aging, whose mission is to help Florida's 5.5 million elders remain healthy, safe and independent.

Secretary Prudom has more than 30 years in executive leadership with the State of Florida where he has worked to develop, implement and lead public policies and programs that improve the lives of Florida families. Since 2011, he has served at the Department of Elder Affairs as deputy secretary, chief of staff and chief financial officer.

With his appointment comes an opportunity to share information about the work being done at the state and local levels to support our aging population in Florida.

Florida is the third largest state by population and has the highest percentage of residents age 65 and older. The number of older adults will increase by 38 percent over the next 10 years. This increase will have an avalanche effect affecting Florida families, caregivers in the workplace, transportation, access to



Marianne Lorini

photo provided

senior support programs and services, delivery of health care, community living and so much more.

A variety of initiatives are being examined and implemented by the Department of Elder Affairs such as working alongside AARP to make Florida the first age-friendly state through a network of livable communities that focus on tackling and embracing the challenges that an aging population creates. The Dementia Care and Cure Initiative (DCCI) has been launched in 10 Florida cities to address the dramatic increase dementia and related disorders will have on communities. Most importantly, the

department relies on the work of the Area Agencies on Aging and the Aging & Disability Resource Centers to zero in on local and regional aging issues.

Here in Lee County, the Area Agency on Aging for Southwest Florida (AAASWFL) is the state's designated Aging & Disability Resource Center for our seven-county region. We are funded by the DOEA and the federal Older Americans Act to implement programs and services offered in our community. Our agency is committed to connecting adults age 60 and older and people with disabilities to resources and assistance for living safely with independence and dignity.

AAASWFL has fulfilled this responsibility to our community for 40 years. In 2018, more than 73,000 older adults, adults with disabilities, caregivers and other citizens reached out to our agency's Elder Helpline for information about aging and disability issues and referrals to local programs. Many of those callers were seeking the government-funded resources made available through our work with the DEOA – and the number of callers searching for this kind of assistance grows every year.

The aging issues that face state legislators and our community leaders will only continue to grow in both size and complexity. Lee County has 236,000 adults age 60 or older. Our elders represent more than one-third of the county's population, and that number is growing. Aging and disability issues affect – and will continue to affect – our families, communities and businesses. When you

need assistance with these issues, contact us by calling the Helpline at 866-413-5337 or by visiting www.aaaswfl.org.

On behalf of all of the state's Area Agencies on Aging, we welcome Secretary Prudom as our valued partner and leader as we pursue our collective goal of helping all of Florida's seniors remain healthy, safe and independent.

Marianne Lorini is the president of the Area Agency on Aging.*

Chronic Disease Program

Lee Health's Lee Health Solutions, in partnership with many local community agencies and supported in part initially by a grant from the Southwest Florida Community Foundation, will offer a research-based chronic disease self-management program at Brookdale Cypress Lake on Saturday, February 23 from 9 to 11:30 a.m.

The It's All About You program, developed by Dr. Kate Lorig of Stanford University, is designed for people age 18 or older with chronic health conditions to help them learn ways to better manage their chronic conditions and the symptoms that often accompany chronic health conditions.

The free workshop is 2.5 hours once a week for six weeks.

Brookdale Cypress Lake is located at 7460 Lake Breeze Drive in Fort Myers. For more information or to register, call 343-9264.*

Million Mile Movement Now Under Way

Just three weeks after the kickoff of Healthy Lee's Million Mile Movement (MMM), more than 82,345 miles have already been logged by participants enrolled to help reach the goal. During the kickoff on January 18, Healthy Lee – Lee County's community collaborative focused on improving the overall health and well-being of the community by issuing a challenge to the community to move 1 million miles by April 15. Major sponsors of the challenge announced their team goals at the kickoff, held at the Horizon Council meeting.

In total, 376,000 miles were pledged by the sponsors and other supporters attending the event. Lee Health and the School District of Lee County lead the way with a combined 300,000 miles pledged. To incorporate more types of activity, this year's MMM is using a measurement called MOVES to track everything from aerobic workouts to gardening. Each activity is automatically converted to MOVES based on intensity and duration. One mile is roughly equal to 200 MOVES.

"By challenging Lee County to move 1 million miles, we are working to create a culture of healthy lifestyles and improve Southwest Florida's overall quality of life," said Gary Griffin, Healthy Lee chair and president and CEO of B&I Contractors,

Inc. "The Million Mile Movement is a fun way to encourage families, friends, employees and neighbors to get moving toward better health."

The top six individual participants by February 28 will win tickets to a suite when the Minnesota Twins take on the Detroit Tigers at Hammond Stadium on March 11. In addition, any participant that logs at least 45 miles by April 14 is automatically entered to win a four-day cruise to Cozumel.

The Million Mile Movement challenge is free and open to Lee County residents of all ages and fitness levels. Visit www.healthylee.com/news-events/million-mile-movement to create a MyWellness account and sign up for the movement. Register as an individual or form a team with your family, friends and co-workers.*

United Way Nets 4-Star Rating And Perfect Score

United Way of Lee, Hendry, Glades, and Okeechobee has received not only a 4-star rating by Charity Navigator, but a perfect overall score of 100 percent. Charity Navigator is one of the most utilized evaluators of charities used to guide intelligent giving.

Since 2002, using objective analysis, Charity Navigator has awarded only the

continued on page 24

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Photoshop Your Face With Collagen Protein



by Suzy Cohen, RPh

Dear Readers: For centuries, people – especially women – have been trying to solve the problem of looking youthful past middle age. It’s very difficult because after four or five decades, our

face, skin, hair and nails really show the signs of aging. Our skin feels dry, hair gets finer or falls out, and there’s an obvious loss in firmness and elasticity of the skin. The laugh lines and crow’s feet get deeper and deeper. Even the fingernails become weaker and break.

Of course, declining estrogen, progesterone and testosterone levels cause the signs of aging to become more noticeable. However, hormones aren’t entirely it. The key to looking younger is having plump cells that retain moisture. Also, keeping the matrix underneath our skin intact rather than crumbling. You can do this if you have enough collagen, hyaluronic acid and elastin. Today my focus is collagen.

You’re born with an abundance of collagen. If you were to take all of your skin and weigh it, 80 percent of the weight would be collagen. That percentage declines by about two percent every year after 30 years of age.

Collagen ‘photoshops’ you! That’s why when you were younger, you had lovely firm skin, soft hair and strong nails. Your face looked plump and vibrant. The most dramatic reduction of collagen happens in the first five years post-menopause, when women lose about 30 percent of

our natural collagen stores. The decline continues over the years, although it’s more gradual.

One day you look in the mirror and you look older than you thought. And then when you get out of bed in the morning, you feel pain and stiffness in your joints. That’s because collagen is in your cartilage, and when it’s depleted you feel the pain.

There are hundreds of supplements of collagen in today’s global market, but there are things you should know about first before trying it. You should be very cautious about the kind of collagen you buy because some aren’t the correct type. I can send you a video about collagen if you’re interested. Collagen can be sourced from cows, pigs, birds, fish scales and more.

Some brands don’t get absorbed through your intestinal lining, and others don’t have healthy ratios of the amino acids. Maybe they are low in hydroxyproline or they don’t have vitamin C to activate it. To learn more you can watch my video at www.suzycohen.com/collagen-video.

When restoring collagen, keep in mind you want tiny particles so the little peptides can get into your cells. The reason for this is so that you can produce the collagen intracellularly.

Collagen is a big protein like a long chain that consists of links. The links are amino acids.

There are five different types of collagen, named Type I, II, III, IV and V. Type II is what supports joint and cartilage health, while Type I and III are beautifying for the hair, skin and nails. I have some videos about collagen, and how to choose the best kind for your needs. Nowadays, you can supplement with collagen shots, powders, drinks and facial serums. These products are available nationwide.

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

Simple Salad Dressings From Scratch



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

Oil and vinegar are the foundation of any good dressing. You can add some spices – a little Hungarian paprika or Italian herbs, but good oil and good vinegar taste great even on their own. A general rule is one part oil to two parts vinegar or acid. Adjust according to your tastes then add your herbs. I like Greek seasoning blend, poppy seeds, dill, paprika, Fox Point Penzeys seasonings, turmeric, or even curry. Mix it up a little. Give it a good whisk, then pour over the salad. For recipes using fresh herbs, I like to use the mini food processor.

Types of vinegar? Some basics to try are red wine, rice, apple cider and balsamic vinegars. The balsamic world alone contains a myriad of flavors that are guaranteed to keep you satisfied. For a little sweeter dressing, try fruit-infused balsamics such as fig, pear, or cherry. For a little kick, try pepper-infused oils. An all-time favorite is

breathe and pray to stay focused;

There is not one thing or one person that can rock my world... you are unique, special, influential and essential.

Remember that happiness does not come from others or outside sources like a job, money, your loved ones or your passions. People and things cannot be there for you at every turn, and you are entirely responsible for your own happiness. Regardless of your past experiences, you have to live in the now, for today, and continue to know that only you can change how you think and how you feel. The most important work you can do is to work on keeping your thoughts happy which will ultimately keep YOU happy.

My affirmation for you this week is: “I keep positive, inspiring words close to my heart, so it is natural for me to think happy and to be happy every day.”

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.✧

Persian Lime olive oil with fig balsamic. Yum!

Here are a few favorite recipes:
Lemon Garlic Dressing:
¼ cup olive oil
½ cup fresh squeezed lemon juice
1 to 2 cloves garlic, minced
Salt/pepper

Apple Cider Honey Mustard Dressing
¼ cup olive oil
¼ cup plus 2 Tbsp apple cider vinegar
1 tsp. honey
2 tsp. Dijon mustard

Fresh Herb Vinaigrette Dressing
4 Tbsp. olive oil
8 Tbsp. red wine vinegar (or balsamic)
¼ cup fresh herbs
Pinch of honey
Salt/pepper

Lime Cilantro Dressing
¼ cup olive oil
2 Tbsp. rice vinegar
2 Tbsp. fresh lime juice
1 to 2 Tbsp. chopped cilantro
1 clove garlic, minced
Pinch of honey
Salt/pepper
*For creamy version, add 1 Tbsp. sour cream, Greek yogurt, crème fraîche, or avocado.

Creamy Greek Yogurt Herb Dressing
½ cup Greek yogurt
2 Tbsp. honey
2 Tbsp. fresh lemon juice
2 Tbsp. olive oil

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.✧

Beautifulife:

Think Happy, Be Happy



by Kay Casperson

Ibelieve the key to having real success in life is to be happy, but how does one find that true happiness and how can you make it happen in your life every day? Some people may say,

“Is it really possible to have happiness in your life daily while dealing with the various things that creep in to try to bring you down and steal your joy?”

My answer is, yes, but there is one significant thing to remember to make that happen. You need to think happy thoughts. No matter what life brings you from one day to the next, if you keep your thoughts positive and happy, you will overcome and rise above anything that comes your way, and you will keep moving

towards living your most balanced and beautiful life.

I have some favorite thoughts that can keep you focused on all of the good and can usually turn around any bad or unfavorable situation in your life.

I have listed some here for you to consider keeping close at heart:

None of it really matters in the big picture... remember, it's no big deal;

Tomorrow is a new day... and then there is another and another, so let it go;

When one door closes, another will open... which never ceases to amaze me;

There is always a bright side to everything... you have to look hard sometimes to find it;

I am bigger and stronger than this... you can overcome anything you set your mind to;

There is a lesson to be learned in everything...our experiences mold and shape who we are;

This too shall pass... everything does, in the blink of an eye;

There is beauty in everything... my favorite way to look at things;

My blessings overshadow any disappointment... count your blessings first and last every day;

I am calm and at peace with my life...

From page 23

United Way

most fiscally responsible organizations a 4-star rating. According to Charity Navigator’s Perfect 100 website page, “The exceptional charities on this list execute their missions in a fiscally responsible way while adhering to good governance and other best practices.” United Way earned a perfect score for financial health, accountability and transparency. Less than one percent of the thousands of charities Charity Navigator rates have earned the perfect score.

“We are extremely pleased to have received 4-stars for the seventh year in a row from Charity Navigator, and to have a perfect score of 100 percent for financial health, accountability and transparency,” said Cliff Smith, president of the United Way. “The United Way of Lee, Hendry, Glades, and Okeechobee is committed to donors’ gifts being used in the most effective and efficient manner possible to help the most people possible.”✧

PETS OF THE WEEK

photos provided

Haven on Earth Animal League

Lily And Sylvia



Lily

Hi, I'm Lily! I'm a beautiful 2-year-old female tabby with a white bib. I have been fully vetted and brought up to date on all vaccines. My adoption fee is \$100. Come see me at Petco in Gulf Coast Town Center.

Hello, I'm Sylvia. Aren't I just adorable? I'm



Sylvia

only 6 months old and a very sweet little girl. I'm currently staying with a foster family and would really like a home to call my own! My adoption fee is \$100 which includes vaccines and spaying.

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

Lee County Domestic Animal Services

Odie And Happy



Odie ID# A767278

Looking for love in all the wrong places and long for a loving companion that will be by your side no matter what? Hello, my name is Odie. I am a 2-year-old male hound mix who is the guy for you. I am a faithful fellow and one devoted doggie that will be your best friend for life and forever valentine. I like the classic long walks on the beach and nights in front of the TV. I will fetch your slippers and be the strong shoulder to lean on when needed.

My adoption fee is \$14.

Bunnies make the perfect Valentine's Day companion. Hi, I'm Happy. I'm a 1-year-old female rabbit shorthair who will snuggle up with you on a cold night and twitch my cute little nose at you to make you smile. I am very low-maintenance and the perfect pet for apartment or condo living. All this combined with my stunning good looks, how can you resist?

My adoption fee is \$14.



Happy ID# A764876

Puppy love is in the air at Lee County Domestic Animal Services. Plenty of "smitten kittens" and "devoted doggies" are available to adopt as furry valentines this year instead of the traditional roses and chocolates. In the month of February, all adoptions will cost \$14 with an approved application.

The reduced adoption fee includes the complete package of services: sterilization, age appropriate vaccinations, county license, microchip ID, 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.

The shelter is open to the public Monday through Saturday at 5600 Banner Drive in Fort Myers. Adoptions are available 10:30 a.m. to 3:30 p.m. Monday through Saturday. For information, visit Lee County Domestic Animal Services at www.leegov.com/animalservices or call 533-7387. ✨



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 Harmonica Band	610-653-7940
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
Edison 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
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 29

Super Crossword

A SOUND CONCLUSION

- ACROSS**

1 Live online workshop

8 Public poster

15 Malcolm- Warner ("The Cosby Show" actor)

20 14th-century music style

21 Arrives leisurely

22 Belittle

23 Certain frat member receiving his diploma?

25 Sing sweetly

26 Cove

27 Assuage

28 Muddy mixture

29 Met melody

32 Took way too much, for short

34 Gyro bread with lots of extra hidden calories?

37 Heavenly food made from very hot peppers?

41 —garde

42 Sauna stuff

43 Singer Acuff

44 Stew

45 Toon pic

48 San Francisco's — Hill

50 Target number of coverage policies?

54 Download for an iDevice

57 Denmark's — Islands

59 High trains

60 Detach, as a lapel mic

61 Randomly mixed stack of Bing Crosby and Bill Haley albums?

65 Folded a line into, say

67 With 24-Down, reduced-cost product

68 Glam rocker Brian

69 Lav

70 Aviary locale

71 Bridge, in France

72 Florida city

74 Fish dish that's a chef's specialty?

77 Rizzo in "Midnight Cowboy"

78 Platform that runs on iDevices

79 Ran easily

80 La. neighbor

81 Brass instrument with a dental product smeared all over it?

86 "O Sole —"

88 Sheepish

89 "— well that ends well"

90 Alias initials

91 Idiot box

95 Provide

97 Hair dye produced in a county in southwest England?

101 Chatty bird with shiny gray plumage?

105 Pirate chant starter

106 Took a train, e.g.

107 Pilot a plane

108 Prefix with skeleton

111 Thin iPods

113 Swiss chocolate brand

114 Sitcom title woman living in a wasteland?

120 Actor Jason

121 Energize

122 Algebra rule

123 Totally love

124 Toronto Blue Jays' stadium, before 2005

125 Salzburg site
- DOWN**

1 Joking sort

2 Be mistaken

3 Gp. with merit badges

4 Hoosier

5 Verb go-with

6 "Why" singer Frankie

7 Like a very clean film

8 Maven

9 Solitary

10 — -Seltzer

11 Top-level

12 Fluttery tree

13 Tear

14 Stuff in the gene pool

15 "Charlie's Angels" co-star Smith

16 Rudely brief

17 Native New Zealander

18 Of — (somewhat)

19 Lotte of film

24 See 67-Across

28 Glide (over)

29 Belly muscles

30 Groove

31 Fury

33 Mended, as a sock

35 Works to get

36 With, to Luc

38 "Toodles!"

39 Rebels' yells

40 Sch. in the Big Apple

44 FDR's terrier

45 Reneges

46 — Aigner (fashion brand)

47 Real-estate levy

49 Bundled up, as hay

50 Prefix for an element used in antiseptics

51 Mission to gather intel

52 "— pasa?"

53 Not likely

54 Classifies

55 Ramses II, for one

56 Plaything dragged on a string

58 City in Nevada

62 Mega-meal

63 "Für —"

64 Gear piece

65 Brilliant move

66 Composer Ned

70 Reverse alphabetical order

73 Japanese drama style

74 Tossspots

75 New York's capital

76 Singer Piaf

78 R&B's — Brothers

82 San Diego ballplayer

83 One reuning

84 Asian "way"

85 Loc. of Kiev

87 Exceeded, as a target

92 — -Cat

93 Put a stop to

94 — Bo

95 Dodging type

96 lrk

97 Forthright

98 Skye of film

99 California mountain

100 Japan's largest island

101 Zesty dip

102 Vine-covered

103 Group jargon

104 Nervous — (worrywart)

109 "Whip It" rock band

110 City in Utah

112 Iron sources

114 Film director Craven

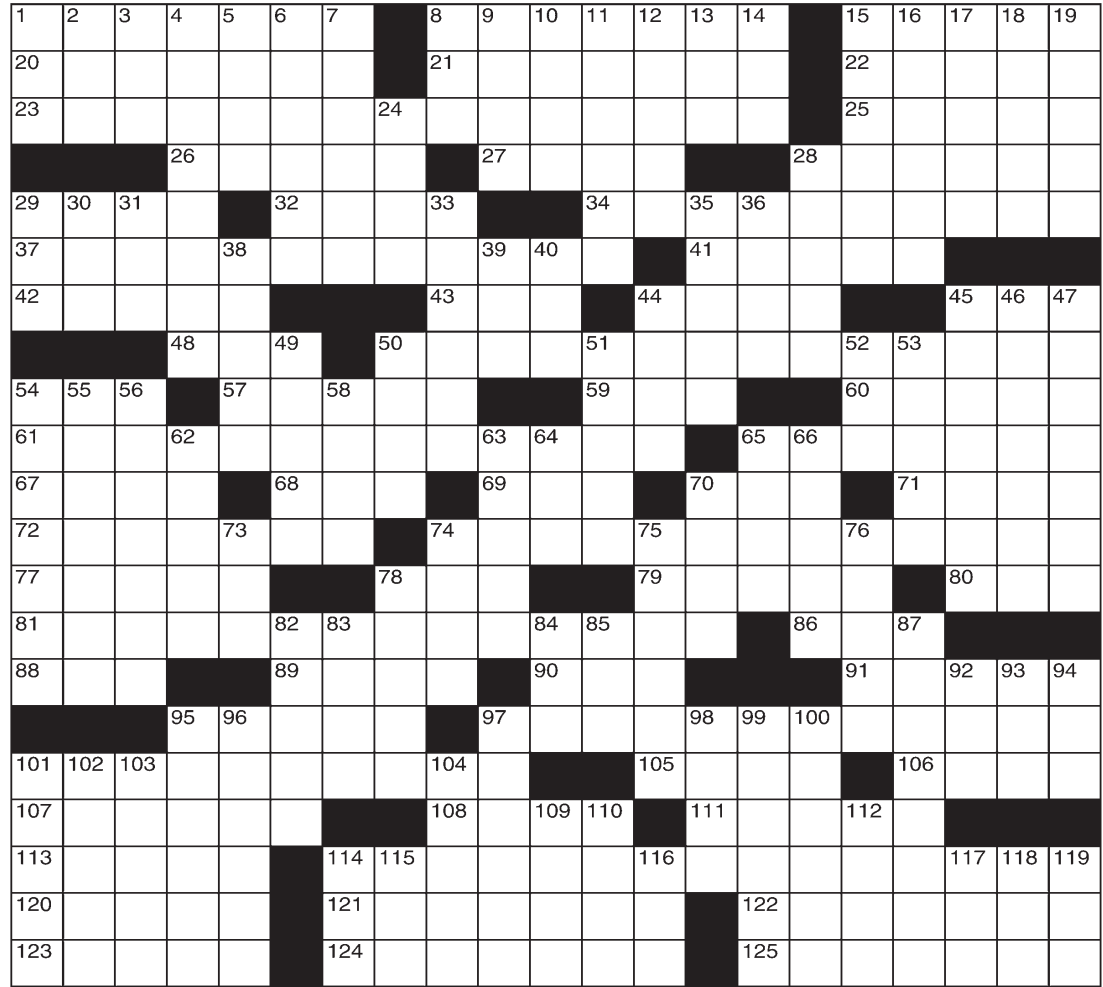
115 Ballpoint fill

116 La.-to-Ill. dir.

117 Bruin Bobby

118 Agnus — (Mass part)

119 Drs.' org.



King Crossword

- ACROSS**

1 Sleuth, slangily

4 Pod dweller

7 Crafty

8 Equilibrium

10 Overuse the mirror

11 Motor

13 Fee for work done

16 Officeholders

17 Break a Commandment

18 Sphere

19 Diminish

20 Small blister

21 Milky stones

23 Young turkey

25 Profess

26 Science workshops

27 Pooch

28 Paris river

30 Cleopatra's slayer

33 Navy, with "The"

36 Seriously loyal

37 Madagascar critter

38 Surrounds

39 Thing

40 CSA boss

41 Affirmative action?

9 Sign up

10 Greek letter

12 Heron's kin

14 Swindles

15 Recede

19 "This means —!"

20 Urban transport

21 Egg-shaped

22 Pirate costume feature

23 Sheet of glass

24 Ohio college

25 Billboards

26 Rosters

28 Sleep soundly?

29 Chopin piece

30 Picked a target

31 Pond gunk

32 Apiece

34 Satan's forte

35 Kill a bill
- DOWN**

1 Layers

2 Ht.

3 Sneeringly doubtful

4 — de Leon

5 Square dance quorum

6 Europe's neighbor

7 Small song-bird

8 Annoyance

9 Sign up

10 Greek letter

12 Heron's kin

14 Swindles

15 Recede

19 "This means —!"

20 Urban transport

21 Egg-shaped

22 Pirate costume feature

23 Sheet of glass

24 Ohio college

25 Billboards

26 Rosters

28 Sleep soundly?

29 Chopin piece

30 Picked a target

31 Pond gunk

32 Apiece

34 Satan's forte

35 Kill a bill

MAGIC MAZE • "DEM DRY BONES"

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

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

- | | | | |
|-----------|------|--------------|-----------|
| Ankle | Foot | J.W. Johnson | Spiritual |
| Back | Head | Knee | Thigh |
| Connected | Heal | Neck | Toe |
| Ezekiel | Hip | Shoulder | |



"My wife didn't really want to come to this party, but she couldn't let people think we weren't _____."
answer on page 31

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!

Form
EVIDES
 Flood
REGUS
 Weight
TIDYSEN
 Control
REBILD

TODAY'S WORD

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

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 29

HOCUS-FOCUS

BY
HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Lady's hat is different. 2. Boy is smiling. 3. House window is different. 4. Stone wall has become a fence. 5. Mom's nose is changed. 6. Mom's collar is different.



Strawberry or Blueberry Icebox Pie

4 cups fresh strawberries, sliced (or blueberries)

1 tablespoon sugar

1 tablespoon cornstarch

1 tablespoon fresh squeezed lemon juice

1 tablespoon lemon zest

3 cups heavy whipping cream

1/4 cup confectioners sugar

1 teaspoon vanilla extract

8 to 10 full sheets of graham crackers, roughly crushed

In a small sauce pot over medium-low heat, combine 2 cups sliced berries, corn starch, lemon juice, sugar, and lemon zest. Cook, while stirring, until a sauce has formed, about 5 minutes. Remove from heat and cool.

In a large mixing bowl add the heavy cream, confectioners sugar, and vanilla extract. Whisk to form stiff peaks.

Line the inside of a 9x5 inch loaf pan with plastic wrap. Extend the plastic wrap over edges, for easier removal.

To assemble, spread an even thin layer of the whipped cream on the bottom. Next add a layer of crushed graham crackers, then a layer of sliced berries then drizzle a layer of the berry sauce. Repeat this process until the pan is full. Cover the pie using the extended plastic wrap and freeze.

Before serving, place the frozen pie in the refrigerator for 1 hour. Use the extended plastic wrap to remove pie from the pan and place on a platter. Slice and serve cold. Garnish with whip cream, crushed graham crackers and/or berry sauce.✱



Strawberry or Blueberry Icebox Pie

photo courtesy Fresh From Florida

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February 8, 2019

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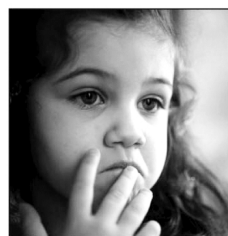
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My Stars ★★★★★ FOR WEEK OF FEBRUARY 18, 2019

Aries (March 21 to April 19) Some unsettling facts about a past situation could come to light. And while you'd love to deal with it immediately, it's best to get more information to support your case.

Taurus (April 20 to May 20) A straightforward approach to a baffling situation is best. Don't allow yourself to be drawn into an already messy mass of tangles and lies. Deal with it and move on.

Gemini (May 21 to June 20) Don't be discouraged or deterred by a colleague's negative opinion about your ideas. It could actually prove to be helpful when you get around to finalizing your plan.

Cancer (June 21 to July 22) Ignore that sudden attack of "modesty," and step up to claim the credit you've so rightly earned. Remember: A lot of people are proud of you and want to share in your achievement.

Leo (July 23 to August 22) A financial "deal" that seems to be just right for you Leos and Leonas could be grounded more in gossamer than substance. Get an expert's advice to help you check it out.

Virgo (August 23 to September 22) Don't ignore that suddenly cool or even rude attitude from someone close to you. Asking for an explanation could reveal a misunderstanding you were completely unaware of.

Libra (September 23 to October 22) Unless you have sound knowledge, and not just an opinion, it's best not to step into a family dispute involving a legal matter, regardless of whom you support. Leave that to the lawyers.

Scorpio (October 23 to November 21) An awkward situation presents the usually socially savvy Scorpio with a problem. But a courteous and considerate approach soon helps clear the air and ease communication.

Sagittarius (November 22 to December 21) A calmer, less-tense atmosphere prevails through much of the week, allowing you to restore your energy levels before tackling a new challenge coming up by week's end.

Capricorn (December 22 to January 19) Your approach to helping with a friend or family member's problem could boomerang unless you take time to explain your method and how and why it (usually!)



FRIDAY
Sunny
High: 73 Low: 67



SATURDAY
Sunny
High: 76 Low: 69



SUNDAY
Sunny
High: 72 Low: 66



MONDAY
Sunny
High: 75 Low: 68



TUESDAY
Sunny
High: 73 Low: 67



WEDNESDAY
Sunny
High: 68 Low: 62



THURSDAY
Partly Cloudy
High: 64 Low: 58

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	8:47 pm	3:53 am	None	None	Fri	7:52 pm	3:55 am	None	None	Fri	10:26 am	3:42 am	8:47 pm	2:39 pm	Fri	10:57 pm	7:09 am	None	None
Sat	12:59 pm	4:52 am	9:55 pm	3:10 pm	Sat	12:04 pm	4:54 am	9:00 pm	3:12 pm	Sat	11:23 am	4:40 am	10:11 pm	3:49 pm	Sat	3:09 pm	8:08 am	None	6:26 pm
Sun	1:25 pm	5:43 am	10:57 pm	4:19 pm	Sun	12:30 pm	5:45 am	10:02 pm	4:21 pm	Sun	12:01 pm	5:34 am	11:11 pm	4:56 pm	Sun	12:05 am	8:59 am	3:35 pm	7:35 pm
Mon	1:48 pm	6:28 am	11:55 pm	5:18 pm	Mon	12:53 pm	6:30 am	11:00 pm	5:20 pm	Mon	12:35 pm	6:21 am	11:59 pm	5:54 pm	Mon	1:07 am	9:44 am	3:58 pm	8:34 pm
Tue	2:09 pm	7:09 am	None	6:13 pm	Tue	1:14 pm	7:11 am	11:54 pm	6:15 pm	Tue	1:09 pm	7:06 am	None	6:47 pm	Tue	2:05 am	10:25 am	4:19 pm	9:29 pm
Wed	12:49 am	7:47 am	2:29 pm	7:08 pm	Wed	1:34 pm	7:49 am	None	7:10 pm	Wed	12:45 am	7:48 am	1:44 pm	7:41 pm	Wed	2:59 am	11:03 am	4:39 pm	10:24 pm
Thu	1:43 am	8:21 am	2:51 pm	8:04 pm	Thu	12:48 am	8:23 am	1:56 pm	8:06 pm	Thu	1:35 am	8:28 am	2:22 pm	8:36 pm	Thu	3:53 am	11:37 am	5:01 pm	11:20 pm

PUZZLE ANSWERS

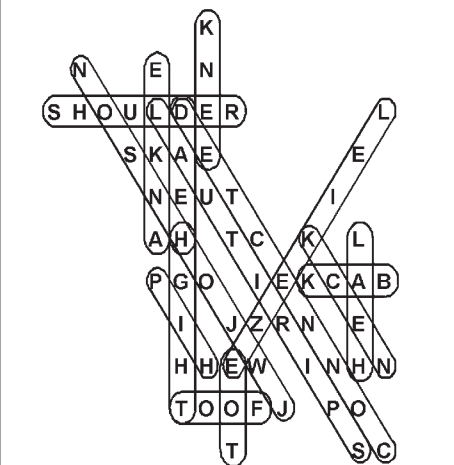
SUPER CROSSWORD

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MAGIC MAZE



SUDOKU

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

works.

Aquarius (January 20 to February 18) Someone who gave you a lot of grief might ask for a chance for the two of you to make a fresh start. You need to weigh the sincerity of the request carefully before giving your answer.

Pisces (February 19 to March 20) Too much fantasizing about an upcoming decision could affect your judgment. Better to make your choices based on what you know now rather than on what you might learn later.

Born This Week: You have a way of seeing the best in people and helping them live up to their potential.

MOMENTS IN TIME

- On Feb. 24, 1836, Texan Col. William Travis sends a desperate plea for help when the Mexican army of 5,000 soldiers badly outnumber the several hundred defenders of the Alamo. His message ended with the famous last words, "Victory or Death." "Remember the Alamo" quickly became the rallying cry for the Texas revolution.
- On Feb. 19, 1847, the first rescuers reach surviving members of the Donner Party, a group of California-bound emigrants stranded by snow in the Sierra Nevada Mountains. Of the 89 original members of the Donner Party, only 45 reached California.
- On Feb. 22, 1918, swept along by hysterical fears of German spies, the Montana legislature passes a Sedition Law that severely restricts freedom of speech and assembly. The law made it illegal to criticize the federal government

or the armed forces during time of war.

- On Feb. 18, 1930, Pluto is discovered at the Lowell Observatory in Arizona by astronomer Clyde W. Tombaugh. He discovered the tiny, distant planet using a new astronomic technique of photographic plates combined with a blink microscope.
- On Feb. 23, 1940, folksinger Woody Guthrie writes one of his best-known songs, *This Land is Your Land*. Many of his songs reflected a strong commitment to the common working people.
- On Feb. 20, 1986, France and Britain announce the Chunnel, a tunnel to be built under the English Channel. Construction began in late 1987 and the chunnel was finally completed in 1994. Attempts to dig a channel tunnel date back to 1883, and Napoleon drew blueprints for a tunnel in 1802.
- On Feb. 21, 1994, CIA operative Aldrich Ames is arrested for selling secrets to the Soviet Union. At least 10 U.S. spies in Russia were killed after Ames revealed their identities, and more were sent to Russian gulags.

STRANGE BUT TRUE

- It was Henry Brooks Adams, American historian and descendant of two U.S. presidents, who made the following sage observation: "They know enough who know how to learn."
- Spanish explorers named California after a mythical island of Amazon women ruled by a warrior queen named Califa.
- Though an electric eel is born with the ability to see, by the time it

becomes an adult it is blind. This lack of sight is not a hindrance, though; the fish uses electricity to create an image of its surroundings in much the same way that we use radar. The electricity also is how the electric eel kills its prey, producing a 600-volt shock – five times more powerful than the shock you might receive from a household outlet.

- You might be surprised to learn that Philadelphia-brand cream cheese was originally made in New York.
- With 1.45 million lightning strikes per year, Florida experiences more lightning than any other state in the country. Though it's not a tagline you'll see in any tourism brochures, Central Florida is unofficially known as the Lightning Capital of the World.
- In 1811 and again in 1812, earthquakes caused the Mississippi River to temporarily reverse course.
- If you're of a certain age and facing up to wrinkles, you might be interested to learn that, according to the American Academy of Dermatology, one of the top causes of skin wrinkles is your habitual sleeping position. Rounding out the top five contributing factors are sun exposure, gravity, smoking and facial expressions.
- If you ever travel to China, keep in mind that the menu item known colorfully as phoenix talons are actually just chicken feet.

THOUGHT FOR THE DAY

"Only two things are infinite, the universe and human stupidity, and I'm not sure about the former." -- Albert Einstein

TRIVIA TEST

- Language:** What does the Greek suffix "-stasis" mean in English?
- Geography:** How many continents are in the world?
- Inventions:** Who invented the nuclear reactor?
- Television:** In what year did *Monday Night Football* debut?
- Food & Drink:** What was the original name of the breakfast cereal Cheerios?
- Literature:** Where did the Grinch live in Dr. Seuss' book *How the Grinch Stole Christmas!*?
- U.S. Presidents:** Which president was the first to campaign by telephone?
- Movies:** Which war was the setting for the musical *South Pacific*?
- Psychology:** What fear is represented in the condition called logophobia?
- General Knowledge:** Which animal is the symbol of the World Wildlife Fund?

TRIVIA ANSWERS

- Standing still
- Seven
- Enrico Fermi
- 1970
- Cheerioats
- Mount Crumpit
- William McKinley
- WVII
- Fear of words
- The giant panda

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

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\$128,950.
Freshly renovated,
landscaped, open-concept 1-br home in
Periwinkle Park. New a/c, water heater,
doors, windows and more!
No dogs.
Call 516-526-9379.
2/15 ★ 2/22

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2 Rooms, Bathroom,
Approx. 1,000 sq. feet.
This was Molnar Electric's old office.
Call Judy at 239-851-4073.
8/5 ★ TFN

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East End of Sanibel in Punta Ybel Plaza.
Perfect for Office or Small Retail.
Call Dee at 472-0121, leave a message.
7/13 ★ TFN

OFFICE SPACE IN DESIRABLE TREE TOPS CENTER

1101 Periwinkle Way. Conveniently located
very close to causeway! Approx. 700 sq. ft.
w/reception area and 1/2 bath. Call Mike at
970-476-9204 or email pazzos@vail.net
11/30 ★ TFN



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1/26 ★ TFN

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SANIBEL – SEASONAL RENTAL AVAILABLE FEBRUARY & APRIL, 2019

Canal front home 3 bedrooms, 2 bath pool
home in Shell Harbor close access to the
beach and causeway on the East End
of Sanibel. Perfect location – \$7,500 per
month. VIP Realty Group Inc.
Call or text Rose at 239-851-5188.
12/21 ★ TFN

ANNUAL RENTAL

SANIBEL – DUNES ANNUAL RENTAL

3 bedrooms, 3 baths. Pool and tennis
courts. Close to beach. \$2,250 monthly or
\$3,500 seasonally. VIP Realty Group Inc.
Call or text Rose at 239-851-5188.
1/18 ★ TFN

ANNUAL RENTAL ON SANIBEL

2 bdrm/1 bath, East End, Nerita St. 1/2 of
Duplex, bright, clean, walk to beach.
Washer & dryer in unit, sundeck. Includes
yard service & pest control. No Smoking/
No pets. \$1,700. Call Bob 410-913-2234.
1/11 ★ TFN

SANIBEL ISLAND ANNUAL RENTALS

2/1 on Main Street \$1,800
2/2 on Sandpebble \$2,000
Dogs okay.
Call or text Bridgit @ 239.728.1920
11/9 ★ TFN

ANNUAL RENTAL

ANNUAL RENTAL

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\$2,500 a month. 239-233-2930.
2/15 ★ 3/8

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Lawn Service, Shrubs and Tree Trimming
Weeding, Installation of Plants, Trees and
Mulch (one month free service available)
Joe Scarnato (239) 849-6163
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Dock Lighting, affordable LED conversion.
FPE panel replacement, Landscape
Lighting. Generator Sizing, etc, etc, etc.
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4/20 ★ TFN

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2/1 ★ 2/22

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Complete Landscaping Services
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New Client Special 10% OFF
your Mulch Installation,
Landscaping Project,
or Tree Trimming Project.
239-896-6789
4/13 ★ TFN

HELP WANTED

BICYCLE SHOP MECHANIC

Sanibel Bicycle Rental Company looking
for experienced, part-time bike mechanic,
3-4 days per week. Must have experience
in basic bicycle repair including flat tires,
brake and shifter repair.
Call 239-472-5577
2/15 ★ 2/15

CRICKET SHOP

Looking for seasonal sales help
for women's store on Sanibel
Call Jeff @ 239-992-4546
1/25 ★ TFN

DELIVERIES/SALES/ CUSTOMER SERVICE

Busy Sanibel bike shop and beach rental
looking for positive, easy going person for
full/part time or seasonal employment.
Job description includes greeting and
servicing guests, general shop-keeping
and deliveries during peak hours. Must be
able to lift 30 lbs. above shoulder level.
Hiring immediately. Call 239-472-5577
2/15 ★ 2/15

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
5/6 ★ TFN

DOG SITTER

We are looking for a person who loves
dogs to stay with our friendly, lovable
English Setter 2-3 mornings a week, in
March, for two hours. Fiona loves company
and hates being alone. She is happy to
enjoy TV with you in our condo on
E. Gulf Drive. She especially loves HGTV!
If you are interested in learning more
please call 603-463-1063 and
we can have a conversation.
Thank you,
Peter and Carol in New Hampshire
2/8 ★ 2/15

HELP WANTED

RECEPTIONIST NEEDED

Saturdays 9 a.m. to 5 p.m. and some
holidays at Island real estate office. Fun
Atmosphere. \$15 per hour. Send resume to
dbarr@viprealty.com or call Diane Barr at
472-5187 ext. 244
2/15 ★ 2/22

BOATS - CANOES - KAYAKS

14' RADISSON ALUMINUM CANOE

Includes paddles, life jackets, anchor and
motor mount. Needs minor repair. \$250.
Call 802-349-3974 or inquire at
Cottage #8, Jensen's Marina, Captiva.
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Ready March 8, taking deposits.
\$1,400
Pictures available.
850-566-2828 (cell)
2/15 ★ 3/1

LOCAL AUTHOR SERIES

NEW LOCAL FL AUTHOR

Cooper's Moon Crime Thriller – signed
copy avail. at Baileys, Jerry's, MacIntosh,
Amazon or Barnes & Noble/2nd in series
will be avail mid-Feb. Local author,
Dr. Richard Conrath: Former Catholic
priest/headmaster of a rural Turkish school.
Available for presentations.
www.richardconrath.com
727-644-6493
2/8 ★ 2/15

GARAGE SALES

GARAGE SALE

Friday 2/15, 9 a.m. to 2 p.m.
No early birds. Just stuff!
1634 Bunting Lane, Sanibel
2/15 ★ 2/15

GARAGE SALE

3 household yard sale. Everything from
blenders to bikes. Come by and check it
out. Friday, Feb. 15 and Saturday Feb. 16,
8 a.m. to 12 p.m. 1427 Sandpiper Circle,
Sanibel (in the Dunes)
2/8 ★ 2/15

MULTI FAMILY YARD SALE

Feb. 16, 9 a.m. till noon.
915 Fitzhugh Street, Sanibel
Something for everyone.
2/15 ★ 2/15

Retirement Planning Session

Senior Blue Book University will hold a free retirement planning session at Lee Health Wellness Center on Tuesday, February 19 from 12:30 to 1:30 p.m.

All aspects of preplanning the smart way in order to make your assets last longer and have a more comfortable retirement will be discussed by a panel of experts. Get answers to valuable questions about elder law, long-term care insurance, Medicaid/VA planning, reverse mortgages/equity lines of credit and wealth preservation.

Lee Health Wellness Center is located at 609 SE 13th Court in Cape Coral. To RSVP, call 424-3210.

their high schools. Often schools want to offer these courses to their students but do not have access to curriculum and/or teacher support materials.

Amazon and Edhesive are partnering to address this gap by sponsoring teachers and administrators who demonstrate this need and are committed to bringing computer science to their school with access to content such as Introduction to Computer Science, AP Computer Science Principles, or AP Computer Science A courses. This content also includes access to support forums for both students and educators new to learning or teaching computer science. Learn more at www.amazonfutureengineer.com, including how students can access college scholarships and internships at Amazon.

“Adding Amazon as another contributing partner to our ever growing technology programs allows us to add additional credibility to our Academy for game design and programming excellence,” said Carl C. Burnside, principal of Dunbar High School. “This partnership will enhance greatly our AP computer science courses lead by teacher, Mr. Stephen Funderburk.”

Home Care For Aging Discussion

Senior Blue Book University will hold a free program with a panel of experts at Teaching Kitchen on Wednesday, February 20 from 11:30 a.m. to 1 p.m. The discussion will involve several programs and living options available to aid in the success of aging gracefully.

Topics will range from elder law,

insurance options, retirement communities and end of life planning designed for the savvy and independent senior in mind.

Teaching Kitchen is located at 23450 Via Coconut in Estero. To RSVP, call 495-4475.

SCRAMBLERS

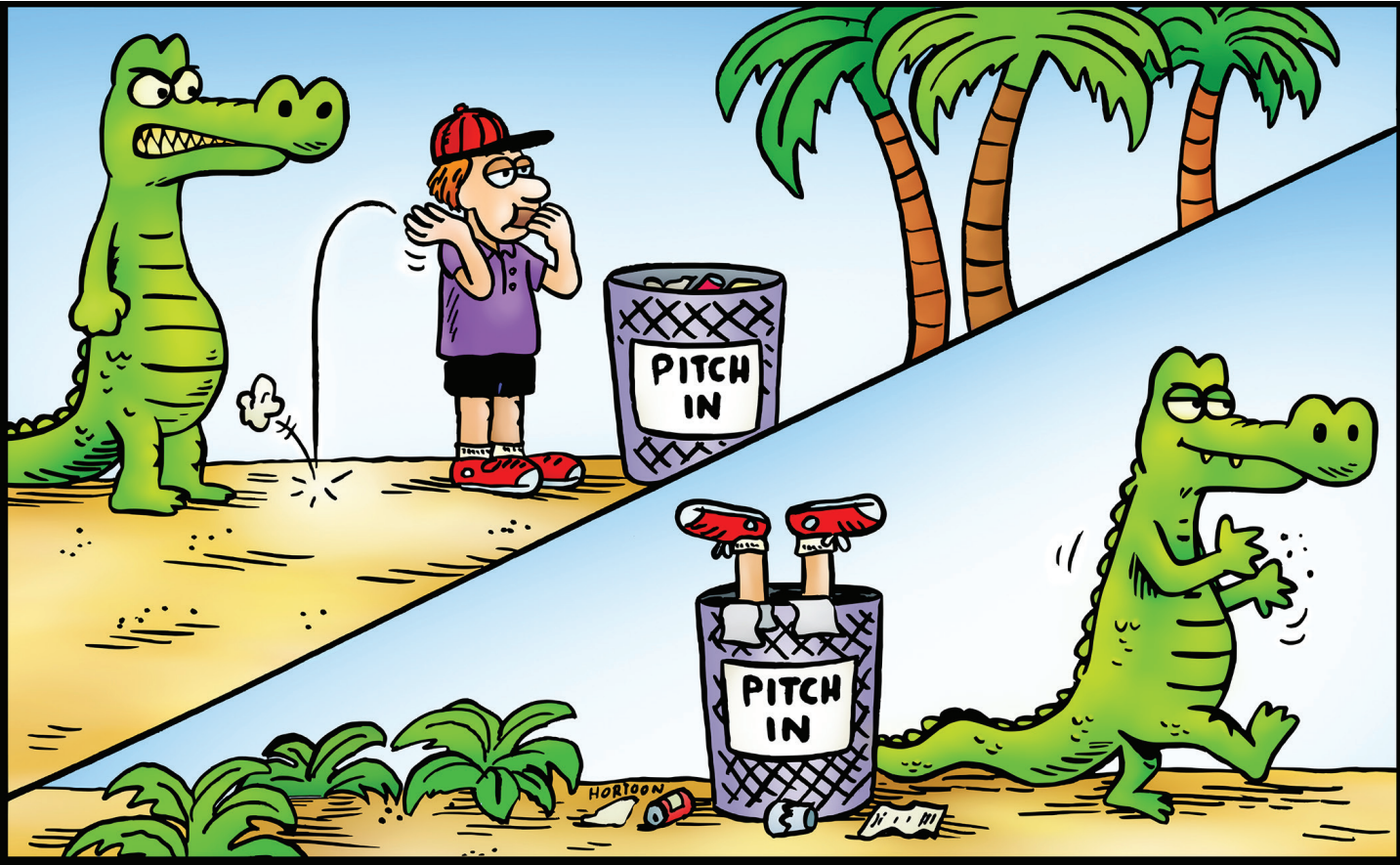
1. Devise; 2. Surge;
3. Density; 4. Bridle
- Today's Word
INVITED

Dunbar High Selected As Engineer School

Dunbar High School, a known Microsoft, Adobe, CompTIA and Aruba Network partner school, recently announced it has been selected as an Amazon Future Engineer (AFE) school – a partnership between Amazon and Edhesive to improve access to computer science education in communities currently underrepresented in the technology field.

According to the Bureau of Labor statistics, by 2020 there will be 1.4 million computer-science-related jobs available and only 400,000 computer science graduates with the skills to apply for those jobs. Many students eager to fill that gap and obtain a high paying job in technology do not have access to computer science in

HORTOONS



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The River Weekly News
Call 395-1213

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Chateaux Sur Mer Unrec	Sanibel	2015	6,929	\$6,995,000	\$6,450,000	21
Sanctuary At Wulfert	Sanibel	1997	5,954	\$1,995,000	\$1,950,000	364
Bay Creek	Bonita Springs	2002	4,661	\$1,895,000	\$1,800,000	44
Mossy Oak	Fort Myers	2007	4,563	\$1,096,000	\$1,000,000	218
Cape Coral	Cape Coral	2013	3,055	\$859,000	\$822,000	8
Fort Myers	Fort Myers	1925	5,496	\$849,000	\$725,000	633
Seagrape	Fort Myers Beach	1998	1,572	\$669,000	\$701,000	8
Palm Acres	Fort Myers	1985	2,174	\$749,000	\$700,000	318
Cape Coral	Cape Coral	1999	1,390	\$799,900	\$650,000	66
Royal Tee Country	Cape Coral	2018	2,462	\$609,900	\$600,000	398



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A VACATION ON A PLATE."**

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Magazine



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The Dixie Fish Co. & The Whale

