



Daylight Saving Time
Begins Sunday

VOL. 18, No. 10

From the Beaches to the River District downtown Fort Myers

MARCH 8, 2019

August Wilson Play At Theatre Conspiracy

by Di Saggau

August Wilson (1945-2005) wrote a series of 10 plays chronicling the black American experience in each decade of the 20th century. *Joe Turner's Come and Gone* is considered one of his finest works. Set in 1911 in Wilson's native Pittsburgh, it is the story of Bertha and Seth Holly (Tijuanna Clemons and Nuniez Philor) who rent out rooms in a house that has been in their family for three generations.

The rock of the family is Bynum (Cicero McCarter) who is able to assist others with his herbs and spells. Jeremy Furlow (Kris Reid) is a young man with a roaming eye; Mattie Campbell (Katherine Oni) has just been left by her husband and seeks a new relationship; Molly Cunningham (Ruthgenia Augustin) is a free spirit where men are concerned. Then there is Harold Loomis (Lemec Bernard) and his daughter Zonia (Rozaria Brown). He is looking for his wife who



From left, Cantrella Canady, Cicero McCarter and Lemec Bernard

photo provided

disappeared while he was held prisoner by Joe Turner, an iconic reference to white men who captured free black men and held them as work prisoners. He is a man haunted by his visions.

Rutherford Selig (Jim Yarnes) is a white man who sells Seth aluminum to

make dustpans, which he plans to sell later door-to-door. Rueben Mercer (Kavon Simmons) is the young boy who lives next door, and Martha Pentecost (Cantrella Canady) is Loomis' long lost wife, who appears in the last part of the show.

In the first act, at one point, Loomis

starts speaking in tongues and dancing around the room saying, "You all don't know nothing about me. You don't know what I done seen. Herald Loomis done seen some things he ain't got words to tell you." Then he collapses. Bynum asks what he's seen, and Loomis says he's seen, "bones rise up out the water. Rise up and walk across the water." More about Loomis's struggle to find a meaning to his shattered life is revealed in the second act.

There are some sweet scenes between Zonia and Rueben, and fiery scenes between Loomis and Martha. The play is rich in dialogue and emotional scenes, and we start to care about all the characters as we overhear their conversations. All the performances are superb. The play examines how black Americans during this time period might achieve a place in society and a sense of their own identity.

Joe Turner's Come and Gone, directed by Sonya McCarter, plays through Sunday, March 17, at Theatre Conspiracy at Alliance for the Arts, located at 10091 McGregor Boulevard in Fort Myers. This is the third August Wilson play to be performed at Theatre Conspiracy. For tickets, call 939-2787.✧



Participants attend a gardening class at Edison and Ford Winter Estates in Fort Myers

photo provided

New Gardening Programs Offered At The Estates

Gardening is becoming more popular every year and, as the number of people moving to Florida continues to escalate, the demand for education for growing plants, trees and vegetables increases. To help those newcomers and anyone wanting to know more about gardening in Florida, Edison and Ford Winter Estates is offering several new gardening classes and talks this spring.

They include:

Vines That Thrive – March 9 at 10 a.m. This garden talk will provide an introduction to the color and beauty of exotic and native vines used for enhancing a garden, creating a focal point or establishing a beautiful garden barrier. Topics will include attracting butterflies and growing vines that produce edible fruit. The talk will last approximately one hour and will take place in the Banyan Café area at Edison and Ford Winter Estates. Cost is \$10 for Edison Ford members and \$15 for non-members.

Crazy for Caladiums – March 12 at 1 p.m. This is a detailed class on planting,

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A Weekend Of Activities At Shrimp Festival

The 61st annual Fort Myers Beach Lions Club Shrimp Festival, Estero Island's largest annual event, will be held in downtown Fort Myers Beach on Saturday and Sunday, March 9 and 10.

The weekend kicks off with the Shrimp Run 5K at 9 a.m. on Saturday, presented by Cypress Lake High School Athletic Booster Club and Cypress Lake High School. The start and finish line will be at Doc Ford's Fort Myers Beach, and the race takes participants over Matanzas Pass Bridge twice. Runners and walkers are all welcome. For more information, contact event chair Lion Liam at liamcf@leeschools.net.

At 10 a.m., the two-mile long parade begins on Estero Boulevard, from Beach Elementary School to Lynn Hall Memorial Park, which will serve as the festival grounds. Matanzas Pass Bridge will close at 9 a.m., so arrive early. Trophies will be awarded in 10 categories.

The Queens Pageant at Lynn Hall Memorial Park features girls ages 16 to 20 in competition to become this year's Shrimp Festival Queen. Each contestant receives a gift. Trophies and/or prizes will be awarded to the winner of each of the following categories: Queen; first runner-up; second runner-up; Miss Personality; Miss Congeniality (voted on



Who will take the reigns as Shrimp Festival Queen this year?

photo courtesy

www.fortmyersbeachshrimpfestival.com

by participants); and Miss Photogenic (judged on official photos).

The festival grounds will be open on Saturday and Sunday from 10 a.m. to 5 p.m. More than 100 vendors will be on site, including the Beach Lions Shrimp Boil booth serving shrimp provided by local shrimp boats until supplies run out.

The 5th annual Shrimp Festival Shrimp Eating Championship will be held in the park on Sunday at 1 p.m. The contest will feature up to 10 sponsored contestants

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Historic Downtown Fort Myers, Then And Now:

Shopping At JJ Blount’s



by Gerri Reaves, PhD

Pictured in this 1886 photo is one of the first stores in Fort Myers, Jehu J. Blount’s general store. The store on the northwest corner of First and Hendry was rustic by today’s standards, but so was the entire tiny business district.

All structures were wood-frame, the streets were unpaved and there were no sidewalks, electricity, or public water supply. Such businesses were dubbed “general” for a reason. Although the goods on display here are mainly produce, the store sold an array of goods, from farm implements to caskets. It also bartered with farmers and hunters.

Ads from 1888 and 1889 in the *Fort Myers Press* for JJ Blount & Co., wholesale and retail dealer, offered groceries, dry-goods, hats, caps, boots, shoes, cutlery, clothing and tobacco.

During that era when the trade in wading-bird plumes thrived (later made illegal), it announced the store as a purchaser of not only bird plumes but alligator hides and other animal parts.

In case you’re curious why so many pineapples are on display, it’s because the pineapple was an important industry in the region’s early history, so much so that a pineapple appeared on Fort Myers’ first town seal.

One other striking detail in the historic photo is the man in the pith helmet who is standing on a harnessed sea turtle. He is unidentified, but he does strongly resemble other photos of Blount.

This is a disturbing sight, given our contemporary concern for animal suffering and the fact that most species of sea turtles are now federally listed as endangered and the others as threatened.

However, in pioneer days, the turtles were hunted for their shells and meat. Seminole and Civil War veteran Blount opened his store soon after arriving in Fort



Jehu J. Blount established his general store at First and Hendry circa 1874. This photo was taken in 1886, the year that the incorporation of Fort Myers became official.
photo courtesy SWFL Historical Society



The pioneer store was destroyed so that the 1914 Heitman-Evans Hardware Building could be built
photo by Gerri Reaves

Myers in 1873. He had followed his brother-in-law and former regiment commander Capt. FA Hendry, known to history buffs as “the father of Fort Myers.”

He later gained a partner in the business, Howell A. Parker, who was elected the town’s first mayor when it voted to incorporate in 1885.

Perhaps the store’s main claim to fame is being the town’s first post office, albeit unofficially. Blount installed a mail slot in the Hendry Street side of the store and acted as volunteer postmaster for a time.

He was understandably displeased when in 1876 William Marion Hendry, who owned a rival store across Hendry on the northeast corner, was appointed Fort Myers’s first official postmaster. That meant that potential customers traipsed into Hendry’s store instead of Blount’s to pick up mail.

Blount was involved in several large projects in the region and invested in orange groves and the cattle business. In 1872, he was one of the founders of the town’s first church. That church evolved into the First United Methodist Church, which ended its long history in 2016.

Blount served as town councilmen in 1885, 1899 and 1901 and, in 1886, he helped to establish the Fort Myers Cemetery. When he died at age 82 in February 1921, he was thought to be the oldest resident of Fort Myers.

The wood-frame store was demolished years after it ceased to be Blount’s, when Harvie E. Heitman constructed a new home for the Heitman-Evans Co. That brick structure still stands on the corner, and today is a multi-use office building.

Stroll down to First and Hendry and imagine shopping for pineapples at one of Fort Myers’s first general stores. Then visit the following two research centers to learn more about the all-in-one stores that served a pioneer town.

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 Fort Myers Press*, and *The Story of Fort Myers* by Karl H. Grismer.*

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Restaurants Set For Taste Of Love On Sunday

Special Equestrians is bringing together the area's most successful restaurateurs for Taste of Love – the annual food and wine extravaganza to be held at The Ranch Concert Hall & Saloon on Sunday, March 10 from 5 to 9 p.m.

The popular event's theme is Taste of Love under the Stars and will feature dishes from the area's most successful culinarians, wine tasting and live and silent auctions. Celebrity auctioneer Jay Severson and award-winning radio and television personality Gina Birch will oversee the evening's events. Nearly 500 people attended the event in 2018, raising more than \$200,000 for the nonprofit organization dedicated to helping children and adults with disabilities by providing a structured therapeutic horseback riding and carriage driving program and equine assisted activities.

Participating chefs and restaurants include: Chef Robert Brandt of Mastello and A Touch of Italy; Chef Andy Brown of Blue Pointe Oyster Bar & Seafood Grill; Shanel Gentile of BJ's Restaurant & Brewhouse; Chef Julian Cardona of Table & Tap at Babcock Ranch; Chefs Michael and Karen Gavala of G3 Catering; Anna Erickson of Erickson & Jensen Seafood; Chef Martin Galvan of Cantina Laredo;

Chef Oscar Garcia of Bistro 41; Chef Pepe of Señor Pepe's Paella Catering; Chef Jordan Webster of Jordan Webster Catering; Chef Ariel Garcia and Chef Sam Savich of European American Bakery Café; Chef Chris Keys of The Melting Pot; Jamie Mastin of Fudge Yeah!; Greg Kurt of Greg's Buckeyes; and Rob Whyte and Jen Gratz-Whyte of Fort Myers Brewing Company. Wine is presented by Breakthru Beverage Group, while beer is provided by Suncoast Beverage Company.

"We are thrilled and honored to have these highly trained and successful culinary professionals join us to help raise much-needed funds to support Special Equestrians," said Jan Fifer, the organization's executive director.

All proceeds from Taste of Love will benefit Special Equestrians. Tickets are \$100 per person.

Sponsors to date include: Garden Street Iron & Metal; John S. Fifer, MD; Sweet Cypress Farms; Lovelace Farms; MVP Realty/Lee and Marie Kitsberg; Waterside Aesthetic Dentistry; Sarlo Power Mowers; Wells Fargo Advisors; UBS/The Maurillo Group; and Bill Smith Appliances. Media sponsors include *Florida Weekly*, The News-Press Media Group and *Gulfshore Life*.

The Ranch Concert Hall & Saloon is located at 2158 Colonial Boulevard in Fort Myers. For tickets, sponsorship and underwriting opportunities and more information, visit www.specialequestrians.net or by calling 851-7070 or emailing jtfifer@gmail.com.✱



New York Brass Arts Trio

photos provided

Sanibel Music Festival Season Is Under Way

The Sanibel Music Festival has begun its 33rd consecutive season of bringing outstanding repertoire and artists to the island. All concerts begin at 7:30 p.m. throughout the month of March on Tuesdays and Saturdays at the intimate setting of Sanibel Congregational United Church of Christ, located at 2050 Periwinkle Way on Sanibel.

For ticket information and a brochure, call the festival hotline at 344-7025 or visit www.sanibelmusicfestival.org. Tickets are \$50 for each concert. Tickets are available for purchase at Bank of the Islands, located at 1699 Periwinkle Way on Sanibel. Cash and check only. Ticket order forms are available at Sanibel Captiva Community Bank, located at 2475 Library Way on Sanibel.

This year's season lineup includes:
Saturday, March 9 – Wu Han and



Singing Sondheim on Sanibel

Chamber Music Society of Lincoln Center;

Tuesday, March 12 – The Handel and Haydn Society of Boston;

Tuesday, March 19 – Singing Sondheim on Sanibel;

Saturday, March 23 – Star-Crossed Lovers in Opera;

Tuesday, March 26 – New York Brass Arts Trio.

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

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Vintage items at the Shabby Chic Vintage Markets & Artisan Day photo provided

Shabby Chic Vintage Market And Artisan Day

The Shabby Chic Vintage Markets & Artisan Day will be held at the Gulf Coast Town Center on Sunday, March 10 from 10 a.m. to 4 p.m. Regarded as “Tampa Bay’s most unique shopping experience, the exhibit travels all over Central Florida, and each location specializes in multiple unique décor styles

and showcases unique artisans from the area.

The Spring Gulf Coast Shabby Chic Market will feature 70-plus local décor artisans from all over Florida, vintage treasures, furniture featuring different styles like Coastal Chic, Farmhouse, Shabby Chic, Cottage Glam, Industrial and live entertainment. The market will also feature a touch of seasonal décor, as well as Nautical and Florida Chic.

Gulf Coast Town Center is located at 9903 Gulf Coast Main Street in Fort Myers.✽

Garden Club Show Saturday

The 11th annual March in the Park will be held at Jaycee Park on Saturday, March 9 from 9 a.m. to 3 p.m. The plant and garden art sale is the major fundraiser of the Garden Club of Cape Coral. Admission and parking are free.

More than 35 vendors will provide plants of all kinds for sale. Garden art, photo cards and hand-sketched pictures will be available, as will honey and canned goods and jams.

Cape Coral speakers making informative presentations hourly and their topics include:

10 a.m. – Honey Phillips, native shrubs for butterflies and birds

11 a.m. – Harry Phillips, Florida friendly landscape

Noon – Sharon Franz, making a gopher turtle habitat

1 p.m. – Trafalgar Middle School garden students, building an earth box from recycled material

2 p.m. – John Hampton, growing orchids in Southwest Florida

Master gardeners and Garden Club members will be available all day to answer questions. There will; also be a kids booth, face painter, music, food and opportunity drawings. Tickets will be available at the door, and the winners need not be present to win.

The Garden Club of Cape Coral meets at The Kiwanis Club, 360 Santa Barbara Boulevard in Cape Coral on the second

Wednesday of each month at 6:30 pm. All meetings are open to the public.

Jaycee Park is located at 4125 SE 20th Place in Cape Coral.

For more information, visit www.gardenclubofcapecoral.com or contact Ginny Huffer at 257-2654 and huffmom5@aol.com.✽

Bestselling Author At Art Center

The Sidney & Berne Davis Art Center will be hosting bestselling author Tim Dorsey at its next Famous Author Lecture & Lunch on Tuesday, March 11 from noon to 2 p.m.

After the lecture from Dorsey, there will be a question-and-answer session and book signing. Lunch will be provided by G3 Catering. Tickets are \$40 apiece or \$300 for a table of eight.

Dorsey is known for a series starring Serge A. Storms, a mentally disturbed vigilante anti-hero who rampages across Florida enforcing his own moral code against a variety of low-life criminals.

The Riviera Beach, Florida native has worked as a police reporter in Alabama as well as a reporter, correspondent, a copy desk editor, a night metro editor and news coordinator. Dorsey currently lives in Tampa with his family.

The Sidney & Berne Davis Art Center is located at 2301 First Street in downtown Fort Myers. For more information and tickets, visit www.sbdac.com or call 333-1933✽

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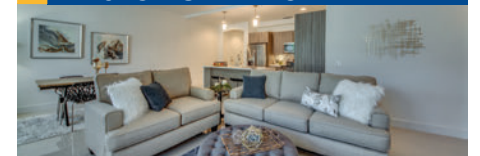
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Fort Myers Art:

A Look Back At Bonita Springs Film Festival



by Tom Hall

The 4th annual Bonita Springs International Film Festival (BIFF) wrapped up recently with a cocktail party, one final screening, awards ceremony and a well-attended foot-stomping, hand-clapping

concert by The Screaming Orphans. BIFF handed out its awards, and filmmakers received top honors in nine separate categories.

Best Feature Narrative went to Danish thriller *The Guilty*, directed by Gustav Moller and starring Jakob Cedergren, Jessica Dinnage and Omar Sharfawi.

Best Feature Documentary was awarded to Ky Dickens' *Zero Weeks*, which not only looks at paid leave from an emotional, medical and global perspective, but draws attention to the deplorable fact that the United States and Papua New Guinea are the only two countries in the world that don't provide this social safety net protection.

Best Short Documentary was *G is for Gun: The Arming of Teachers in America*, written, produced and directed



Three BIFF winners show their trophies during the award ceremony

photo courtesy www.artswfl.com

by Kate Way and Julie Akeret.

Best Short Narrative honors were conferred by BIFF on *Bird's Eye*, directed by Scott Poiley and written by and starring Erin Beute. The award not only recognizes the overall quality of the film from both a conceptual and technical perspective, but is doubly meaningful since this category also included the Quebec film *Marguerite*, which received an Oscar nomination in the Short Narrative category at this year's Academy Awards.

BIFF's Best Short Animation went to *Night Light*, an eight-minute film in which director Yamiset Trujillo and

co-director Jane Suarez remind viewers that seaside light pollution can interfere with sea turtle hatchlings' natural instinct to follow moonlight to the sea. It should be noted that BIFF chose this local-interest film over *Bao*, which took the Academy Award for Best Animated Short Film later that evening.

This year's Best Kids Short went to *Captain Video*, which follows the story of Captain Rob Sorenson of the Jacksonville Fire Department whose videography for the JFD has profoundly impacted firefighting procedure.

Best Florida Film in the Youth Category was conferred on *I Don't*

Know. Directed by Molly Smith and produced by Elizabeth Buzbee, the four-minute film is centered around a boy who reflects on his past choices in deciding where he will go in the future through the power of spoken word poetry.

Best Florida Film in the Adult Category went to *50 Words*, directed by Mark Palmer and co-produced and starring Kathryn Parks.

The Tom Falciglia Audience Award was garnered by *Finding Your Feet*. Directed by Richard Loncraine and written by Meg Leonard and Nick Moorcroft, this dramedy tells the story of a judgmental middle class snob who reclaims her relationship with her estranged elder sister and her long-lost dream of finding happiness in the world of dance.

The Bonita Springs International Film Festival is organized and produced by the Center for Performing Arts Bonita Springs. CFABS Film & Theatre coordinator Frank Blocker and Kathy Saldivar served as co-directors of this year's film festival.

The 5th annual Bonita Springs International Film Festival takes place February 27 through March 1, 2020, so save these dates. For more information on either this year's or next year's festival, visit www.artcenterbonita.org/biff or call 495-8989.

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.✧

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Scope For Hope Races March 16

The 9th annual Scope for Hope 5K run, two-mile walk and kids' fun run will take place at Century Link Sports Complex at Hammond Stadium on Saturday, March 16 at 8 a.m.

Produced by 21st Century CARE, 21st Century Oncology's affiliated not-for-profit charitable foundation, the event will raise funds for colorectal cancer education, screening and treatment in Southwest Florida. 21st Century CARE is dedicated to helping cancer patients, allowing them to put their focus where it belongs – on beating the disease.

"We started the Scope for Hope running and walking events nine years ago to educate the community about the importance of colonoscopies in the prevention of colon and rectal cancer and to drive funding for underinsured and uninsured members of our community," said Kathy Tolentino, director of the 21st Century CARE Foundation. "We're thrilled that this event has drawn such great support from the community and corporate partners, and will continue to use the donations to ensure that people have the resources needed to protect themselves and lead healthy lives."

Registration cost is \$35 for adults and \$20 for youth through March 15. Cost of registration the day of the event is \$40 for all ages. The first 200 people registered will receive a race T-shirt and gift bag. Refreshments will be provided.

Lab Theater Season Fundraiser

Fresh off the heels of another record-breaking season, The Laboratory Theater of Florida will be announcing the 2019-20 shows for its 11th season on Monday, March 11 at 7 p.m.

Funds raised during this event will go towards property improvements and renovations, most notably the continuing cleanup and rehab of the new education building, functional air conditioning for the props and costumes building, restoration of the original hardwood floor and creation of an outdoor performance space.

The free event will feature drinks and hors d'oeuvres, entertainment and an advance opportunity to sponsor special show needs, underwrite the new Actor's Fund or sponsor one of the regular season activities of your choice. The event also features the chance to win one of the extraordinary raffle prizes or silent auction items. It is also the only opportunity to purchase discounted season or snowbird passes.✧

Participants can also enjoy awards and chance drawings after the race.

Hammond Stadium is located at 14100 Six Mile Cypress Parkway in Fort Myers. For more information or to register, visit www.21stcenturycare.org/event/9th-annual-scope-for-hope-5k-run-2-mile-walk or call 936-3756.✧

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Along The River

The 82nd annual **Sanibel Shell Festival** is being held at **The Community House** this Thursday to Saturday, March 7, 8 and 9. Sanibel's top drawing festival features shell collectors and artists from around the world competing in artistic and scientific divisions. Their entries will be on view inside The Community House.

There will be an Authors' Table, a Shell Tent, shell jewelry, mirrors, flower arrangements and "shell critters" as well as a Live Tank Exhibit.

While there is no entrance fee to the shell festival grounds, a \$5 donation is requested to attend the inside shell show. Donation includes one free admission to the Bailey-Matthews National Shell Museum during the Shell Festival, a \$15 value.

Hours for the festival grounds are 9 a.m. to 5 p.m. Thursday and Friday, and 9 a.m. to 4 p.m. on Saturday. The Community House is located at 2173 Periwinkle Way on Sanibel.

There will be an opening reception for the 33rd annual **Juried All Florida show** at the **Alliance for the Arts** this Friday, March 8 from 5 to 7 p.m. The show will be on display until March 30.

The exhibition features pieces created by artists working in a wide variety of media from all over the state of Florida. From 664 entries, 60 artists and 60 pieces were selected by the juror.

During the opening celebration, juror R. Lynn Whitelaw will present awards including \$1,000 cash for Best In Show,



Visitors viewing the scientific division exhibits at a previous show photo provided

a second place \$250 gift certificate for Golden Artists Colors, \$100 cash for third place and Jurors Choice Award(s) of Alliance for the Arts membership(s).

Meet and engage with exhibiting artists during a conversational tour through the gallery during the Alliance for the Arts weekly GreenMarket this Saturday, March 9 at 10 a.m.

While the gallery admission is free, a \$5 suggested donation keeps Alliance programming affordable and accessible.

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

allflorida201.org.

Experience the beautiful birds of **Bunche Beach** with a **bird patrol** guide this Saturday, March 9 at 7:30 a.m.

Provided in cooperation with Lee County Parks and Recreation, the beachfront walk is free with paid parking of \$2 per hour (tour lasts approximately two hours). Participants meet on the beach located in South Fort Myers, off Summerlin Road. Drive south of John Morris Road until it dead ends.

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

Learning for Life, A Character Education Program for Education is holding its 9th annual **Got Talent Show** at **South Fort Myers High School** this Saturday, March 9 from 2:30 to 5:30 p.m. The event will showcase top talent from schools and organizations within the Learning for Life community.

The event is open to the public. Tickets are \$10 for advanced purchase VIP seating; \$12 for VIP seating at the door; \$5 for advanced purchase general seating; \$7 for general seating at the door. Children age 5 and younger are free.

South Fort Myers High School is located at 14020 Plantation Road in Fort Myers. For more information, visit www.learningforlifefswfl.org or contact Tina Pegler at tpegler@lflmail.org or 936-8072 ext. 107.

Special Equestrians is bringing together the area's most successful restaurateurs for **Taste of Love**, the annual food and wine extravaganza to be held at **The Ranch Concert Hall & Saloon** this Sunday, March 10 from 5 to 9 p.m.

The event will feature dishes from the area's most successful culinarians, wine tasting and live and silent auctions.

All proceeds from Taste of Love will benefit Special Equestrians. Tickets are \$100 per person.

For tickets, sponsorship and underwriting opportunities and more information, visit www.specialequestrians.net or by calling 851-7070 or emailing jtfifer@gmail.com.✧

Spring Conservatory At Lab Theater

The Laboratory Theater of Florida's award-winning education department will be holding a Spring Conservatory Camp from March 15 to 22 for students ages 9 to 14. The camp runs from 9 a.m. to 4 p.m. each day.

Spring Conservatory provides the opportunity to sharpen the budding actor's theatrical skill sets. Educators and theater professionals will be teaching. Students will be able to learn about and participate in all aspects of creating a theatrical performance. Whether it is acting on stage, working behind the scenes, creating

sets, or helping with tech, the Spring Conservatory covers it all.

Each day will offer a different intensive lesson. This is a hands-on, interactive camp with theater professionals – a completely immersive experience that has proven to be both successful and enjoyable by previous campers.

Cost is \$150 for the entire theatrical experience, but campers may opt to attend for only the skills they need to enhance. Daily rate is \$45 per day. Sibling discounts are available for both the entire experience as well as for daily classes. Registration is required.

The Laboratory Theater of Florida is located at 1634 Woodford Avenue in Fort Myers. For registration forms, call 841-4250 or register online at www.laboratorytheaterflorida.com.✧

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Help Needed For Great Bike Giveaway

Christian's Crew is requesting your assistance to help a local special needs boy named Christian.

Every kid deserves a bike. For a child with special needs, bike riding offers far more than a recreational experience. Bike riding contributes to an inclusive environment where a child with special needs can ride a bike like everyone else.

We are very excited to be partnering with a wonderful not-for-profit organization called Friendship Circle for an event called The Great Bike Giveaway. They help families with children who have special needs fundraise to purchase a special needs bike. As Christian gets bigger, we are continually looking for ways to keep him mobile and engaged with his surroundings. We know that as Christian gets older, it will be more and more difficult to engage with him simply by picking him up. We are constantly looking for ways that we can include him in outdoor activities and keep life exciting for him. Our campaign started on February 6, and we are off to a great start. We think that we have a really good shot of reaching our goal before our March 20 deadline.

Please join the Great Bike Giveaway and help raise money for Christian to get his very own special needs bike. Contributions can be made at www.greatbikegiveaway.com/christiansbike.

Christian lives in Naples with his family and had a normal development until he was age 5. Right around his



Christian Hannett

photo provided

5h birthday, he started to experience strange symptoms and was soon diagnosed with a progressive neurological disease called MLD. In 2012, Christian was able to receive a lifesaving bone marrow transplant from his younger brother at Duke University. Unfortunately, he sustained a lot of damage to his nervous system before the transplant could "rescue" him. Christian has lost the ability to move but he has not lost his spirit. He is the same silly kid he has always been. His family is dedicated to making his life as full and meaningful as possible, just as he does to others. Join the Great Bike Giveaway to get Christian the coolest special needs bike around.

For more information about Christian, visit www.christians-crew.com.✱

Local Junior Achievement Earns Top Honor

Junior Achievement of Southwest Florida has earned national recognition for meeting each of its parent organization's operational standards for compliance, student impact, operational efficiency, financial stability and sustainability.

Currently celebrating its 25th year of serving Collier, Lee and Charlotte county students, the Southwest Florida area of Junior Achievement was one of 45 nationally, and one of just three in Florida, to achieve the prestigious five-star rating.

"Junior Achievement has continued to grow in Southwest Florida through strong support from our community partners and the never-ending commitment from our loyal volunteers," said Angela Fisher, president and CEO of Junior Achievement of Southwest Florida. "Our goal is to reach more students than ever this year, delivering valuable lessons on financial literacy, work readiness and entrepreneurship at both public and private schools, as well as after school programs and special at-risk groups across the region."

During the 2017-18 school year, Junior Achievement of Southwest

Florida partnered with more than 200 volunteers from the business community, providing nearly 63,800 hours of instruction to more than 11,600 students in 519 classes throughout Collier, Lee and Charlotte counties.

"These Five Star Award winners represent the best Junior Achievement has to offer," said Jack E. Kosakowski, president and CEO of Junior Achievement USA. "They set the standard by which Junior Achievement's success is measured at the local level. Their commitment and dedication to young people is reflected in their achieving this honor."

For more information, visit www.jaswfl.org or call the Junior Achievement office at 225-2590.✱

Nonstop Flights To Gulfport This July

Sun Country Airlines will inaugurate seasonal service between Fort Myers and Gulfport, Mississippi on July 19, 2019. Sun Country will operate nonstop flights twice weekly on Monday and Friday between Gulfport-Biloxi International Airport (GPT) and Southwest Florida International Airport (RSW).

For more information or to book a flight, visit www.suncountry.com.✱

SANIBEL Music FESTIVAL

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Concerts are held at the Sanibel Congregational U.C.C.
2050 Periwinkle Way • Concert time at 7:30 p.m.



Wu Han and Chamber Music Society of Lincoln Center

Pianist Wu Han joins Chamber Music of Lincoln Center violinists Arnaud Sussman and Alexander Sitkovetsky, violist Matthew Lipman and cellist Nicholas Canellakis in a program titled "Russian Mastery."

Saturday, March 9 • \$50



The Handel and Haydn Society of Boston

Founded in 1815, the ensemble is among the oldest continuously performing classical music groups in the USA. They bring classical music to life with the same immediacy it had the day it was written.

Tuesday, March 12 • \$50



Singing Sondheim on Sanibel

Opera Theater of Connecticut presents selections from Stephen Sondheim's acclaimed shows including *Sweeney Todd*, *Company*, *Follies*, *Into the Woods*, *A Little Night Music*, and *A Funny Thing Happened on the Way to the Forum*.

Tuesday, March 19 • \$50



Star-Crossed Lovers in Opera

A delightful evening of best known arias and ensembles based on the lives of ill-fated star-crossed Lovers including Mimi and Rodolfo, Romeo and Juliet, Violeta and Alfredo and more, performed by Opera Theater of Connecticut.

Saturday, March 23 • \$50



New York Brass Arts Trio

Trumpeter Joe Burgstaller, French hornist David Jolley and trombonist Haim Avitsur have revolutionized the brass trio. They are hailed as the first brass group to play with the sensitivity and musicality of a string quartet.

Tuesday, March 26 • \$50

Information and Tickets are available on-line at

www.sanibelmusicfestival.org

or by phone at 239-344-7025

Tickets are available for purchase at Bank of the Islands, 1699 Periwinkle Way.

Ticket order forms with envelopes are available at Sanibel Captiva Community Bank, 2475 Library Way.

Cash or check only.



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



Participants at a preious Ostego Bay Foundation Summer Camp photo provided

Ostego Bay Offers Kids Summer Camp

The Ostego Bay Foundation is offering summer camps at the Marine Science Center for children ages 6 through 15. The Ostego Bay Summer Day Camps are held every year in June and July. The camps are taught by state certified science teachers who lead the campers on boat and beach adventures, teach about sea grass communities, plankton populations,

mangrove tangles and bird nesting areas. “Our unique summer camps offer that special re-connection with nature, builds friendships and creates fond and lasting memories,” said Foundation president Joanne Semmer. “We’re finding the parents that participated as children in our summer camps of the past are now bringing their own children to learn about nature.” The day camps are limited in size in order to offer individual attention which increases active participation. Register early as camps fill up quickly. Learn more or pick up a registration form at www.ostegobay.org/marine-science-summer-camp or call the center at 765-8101.✧

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.fl.goarch.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.fpcfortmyers.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

Symphony To Present Bach With A Twist

Southwest Florida Symphony will present Back to Back Bach at the Sidney & Berne Davis Art Center on Wednesday, March 20 at 7:30 p.m. Back to Back Bach features some of the composer’s most versatile pieces with a modern twist. Experience Bach reimaged. Conductor and pianist Matt Herskowitz and bassist Matt Fieldes will present selections from the composer’s works modernized via contemporary genres. Hear their modern vision of Bach’s music, creating a new window through which to experience the works of the world’s greatest composer of any era. Uniquely combining the superlative technique of a classical virtuoso with his prowess in jazz, world music and free improvisation, pianist, composer and arranger Matt Herskowitz has carved out a unique and personal voice in music. Over the course of the last decade, he has produced a series of critically acclaimed recordings, premiered his works in settings from New York’s Central Park to Germany’s Köln Philharmonie, collaborated with top classical, jazz and pop artists, and has performed at music festivals across the globe. For more information, about Matt Herskowitz, visit www.mattherskowitzpiano.com.

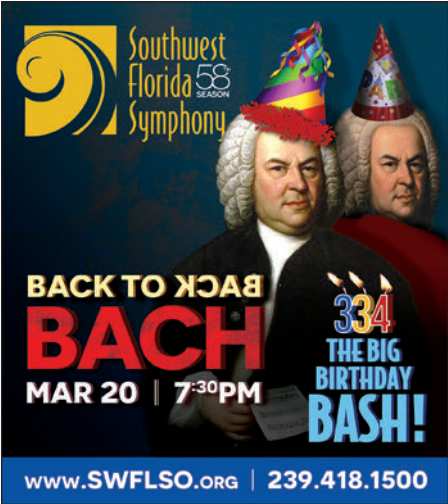


image provided
Fieldes is one of the most sought-after bass players in New York. Equally comfortable playing classical music, jazz, rock, hip-hop, R&B and on Broadway, he has collaborated with such luminaries as Joe Jackson, John Cale, Ornette Coleman, Jim Steinman, Sufjan Stevens, Steve Vai, Peter Erskine, Paquito D’Rivera, Kristjan Jarvi, Joe Williams, Arturo Sandaval and Toni Tennille. For more information about Matt Fieldes, visit www.matfieldes.com. Tickets are \$25 per person. The Sidney & Berne Davis Art Center is located at 2301 First Street in downtown Fort Myers. For more information and tickets, visit www.sbdac.com.✧

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

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:

Florida Softshell Turtle



by Bob Petcher

The Florida softshell turtle (*Apalone ferox*) is a freshwater turtle with a leathery shell that is as proficient on land as it is in the water. The female species can nest two to seven times in a single season and reportedly produces nearly 225 eggs every year, an output that is more than almost any other species of reptile.

At CROW, an adult female Florida softshell turtle was admitted from Cape Coral after being hit by a car. During her intake exam, the turtle began laying eggs. In total, 24 eggs were laid. The eggs were placed in vermiculite to be incubated until they hatch.

"If the eggs are viable, they will incubate for a total of 60 to 80 days before hatching. Once they hatch, the baby softshell turtles are completely capable of fending for themselves. They get no support from their parents, but they know how to eat, swim and survive immediately," said Breanna Frankel, CROW wildlife rehabilitation manager. "Not all the eggs will hatch at the same time, so we end up with small groups

of turtles at various times towards the end of the incubation period. The babies only remain at the clinic until their yolk sac is completely absorbed, and we will typically release them in small groups as they are ready."

In southern Florida, female adult turtles tend to leave the water to dig nesting holes in a sandy area during this time of year until July.

"Mother turtles can often be hit just as they are ready to lay eggs, either en route to a trusted nesting site or searching for a new, ideal nesting site. This was likely the case for this turtle," said Dr. Lela Larned, CROW veterinary intern. "It does not happen commonly, but in the past three weeks, this turtle (was) one of three mothers in the midst of laying when admitted to the hospital for other injuries. On March 4, a common grackle that was ready to lay an egg was struck by a car and subsequently laid it while in our care. On February 28, we admitted a great egret that was also ready to lay an egg when she became entangled with fishing line in a tree."

X-rays later revealed that one egg remained inside the Florida softshell turtle. She was provided with a suitable place to lay her remaining egg while she was being treated for superficial wounds and a minor bridge fracture.

"Sometimes, a female turtle needs a rest between laying eggs; other times a lingering egg is a sign of trouble such as internal injuries, exhaustion, pain and even electrolyte disturbance or dehydration," said Dr. Larned. "The bridge is the part of the turtle's shell that



Patient #19-0473 passed away due to internal injuries, but there is hope that her eggs remain viable and could hatch after the incubation period

photo by Brian Bohlman

connects the carapace to the plastron. When a turtle experiences a high velocity impact, very often bridge fractures occur due to shearing forces. Unfortunately, bridge fractures often hint at the possibility that the turtle's internal organs also experience trauma."

Dr. Larned explained that simple shell fractures "can heal as quickly as six to eight weeks with orthopedic surgical intervention." Sadly, fears of trauma within the body of the turtle were confirmed.

"Unfortunately, this turtle suffered

internal injuries in addition to what appeared to be minor injuries on the surface and passed away just a few days after being admitted to the hospital," she said.

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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March Snookin'



by Capt. Matt Mitchell

What an amazing week of fishing this was. We caught and released lots of snook, even while dealing with days of slow to no tide movement. Now that the water temperature in the mid-70s, snook are feeding hard after a few months of what can only be described as a cold-water hibernation. If you caught a live well full of shiners, it was hard to go wrong.

The one real key to this week's fishing for me was staying on the eastern side of the sound in the clean clear water. This also has rung true for catching shiners. Water by the passes was milky, stirred up and seemed to hold

very few snook, even though several times this week the inside of the passes was loaded with feeding mackerel and ladyfish during the incoming tide as bait poured into the bay.

Being able to ride around on a tower to spot snook in crystal clear water then set up and present a bait to them is about as good as it gets as a guide. Snook this week averaged in the mid-20-inch range with the largest brought to the boat measuring 31 inches. This week, we did hook a few real monster snook that parted ways after winning the battle to get to the barnacle-encrusted mangrove roots.

Now that our season is in full swing, the boat traffic out on the bay is really busy. I always find it interesting as to where people set up and fish. Many of our well-known trout spots throughout the bay have boats fishing them as they have in years past. Unfortunately, this winter has been different than any other winter I have fished. Places I could count on to get it done simply do not have any fish. If you are a trout fisherman, life is tough for you. Luckily, the Spanish mackerel and ladyfish have shown up on many of the flats that traditionally had excellent trout fishing.

Clients looking for fillets this week took home mangrove snapper on most trips. They have come as a bonus while catch-and-release snook fishing. I'm certainly not a meat fisherman, and going fishing is more about the whole experience rather than bringing home fillets. I often joke with clients that if they are looking for groceries, there are stores for that. It's a beautiful place that we live in. Get out on the water and let it calm your soul.

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.✱



Ron from Ohio with a 31-inch snook caught and released with Capt. Matt Mitchell this week
photo provided

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Native southern fleabane is a member of the aster family and blooms all year in South Florida photos by Gerri Reaves

Plant Smart

Southern Fleabane

by Gerri Reaves

Southern fleabane (*Erigeron quercifolius*) is a wetland wildflower native to the Southeastern U.S. and widespread throughout Florida.

This member of the populous aster family is common along roadsides and in yards, pinelands, fields, undeveloped lots and open hammocks.

It is also known as oakleaf fleabane, because of the lobed basal leaves that resemble those of the oak tree. Thus, the Latin word *quercifolius*, which means “oak-like foliage.”

Another name, daisy fleabane, refers to the daisy-like clusters of flowers of only a quarter- to a half-inch across.

This fast-grower can reach three feet tall, but usually only 18 to 24 inches. The delicate branched stalks and the stems are covered in very fine hairs.

The flowers have 100 to 200 feathery white-to-pinkish ray florets surrounding a bright yellow disk of florets. They bloom throughout the year in South Florida, peaking in spring and summer. The flower attracts a variety of pollinators and is a nectar plant for the rare and imperiled zarucco duskywing butterfly (*Erynnis zarucco*).

The rosette of rough obovate leaves can measure a half-foot across. The



This adaptable wildflower is common in yards and untended lots

deeply notched leaves are two to four inches long and broadest at the tip. The few alternate leaves higher on the stems are much smaller and clasping.

If you welcome this species into your yard or wildflower garden – some people condemn it as weedy -- you'll find that it couldn't be more low-maintenance. It is highly drought tolerant, moderately salt tolerant and will grow even in nutrient-poor soil.

Southern fleabane easily colonizes in suitable conditions. One approach is to let it create a miniature meadow as an alternative to turf grass, even in a small patch of garden.

You can sow the seeds collected from the dry flowerheads.

This wildflower prefers full sun and can be particularly pretty when growing alongside other species with contrasting colors.

The term “fleabane” refers to the belief that the foliage repels, or banishes, fleas when burned or stuffed into bedding.

Sources: *Everglades Wildflowers* by Roger L. Hammer, *Florida Wild Flowers and Roadside Plants* by C. Ritchie Bell and Bryan J. Taylor, *National Audubon Field Guide to Florida, Wildflowers of Florida* by Jaret C. Daniels and Stan Tekiela, <https://flawildflowers.org>, [www.fnps.org](http://fnps.org), <http://hawthornhillwildflowers.blogspot.com>, <https://plants.ifas.ufl.edu>, and www.regionalconservation.org.

*Plant Smart explores the diverse flora of South Florida.**

Breakfast For Beautification



Community leaders gather during a recent Breakfast for Beautification

photo provided

Local professionals and environmentalists gathered over coffee and a light breakfast at The Collaboratory for the first monthly Breakfast for Beautification recently.

The Keep Lee County Beautiful new networking series provides an opportunity to connect local businesses, individuals, civic organizations and community leaders interested in keeping Lee County a pristine place to live, work and play.

Old and new acquaintances have a chance to mingle and explore new business connections. New ideas and opportunities are shared to get involved in the latest environmental trends in Lee County.

Keep Lee County Beautiful will be hosting this free event the third Tuesday of every month at The Collaboratory at 2031 Jackson Street in downtown Fort Myers.

For more information, visit www.facebook.com/KLCBInc.*

Keep Lee Plastic Free Campaign

Imagine if 10,000 tons of waste could be turned into something useful. That could be the reality in Lee County if everyone used paper bags or waste bins for their yard waste instead of plastic bags.

“We process about 100,000 tons of yard waste at our solid waste site per year, and almost 10,000 tons of that is unusable because it’s in plastic bags,” Lee County Solid Waste Director Pam Keyes said. “Only clean yard waste can be used for mulch or compost. Everyone can help reduce waste by keeping Lee plastic free.”

Paper bags are biodegradable and can be mixed with processed yard waste. Waste cans are easy for workers to empty, unlike plastic bags that can be tangled with branches and can ultimately force workers to put the waste with regular trash. If plastic bags are not used on yard waste,

a higher percentage of material can be processed, and workers are not challenged to separate plastic bags or to waste the yard debris.

Visit www.keepleeplasticfree.com to learn ways to make the switch away from plastic bags.

Mulch is provided by the county and is available for free at five locations. Bonita Springs: Imperial River Kayak Launch, 27551 South Tamiami Trail; Lehigh Acres: Lehigh Acres Community Park, 1400 West Fifth Street; North Fort Myers: North Fort Myers Community Park, 2000 North Recreation Park Way; Pine Island: 6090 Masters Landing Drive, St. James City; and San Carlos Park: Three Oaks Park, 18251 Three Oaks Parkway.

Lee County Solid Waste also produces OrganicLee compost to help homeowners spruce up their lawns and gardens. It may be purchased at the Resource Recovery Facility on 10500 Buckingham Road and the Topaz Court Solid Waste Annex on 6441 Topaz Court in Fort Myers.*



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San Carlos Island Open House

Lee County Department of Community Development staff will discuss proposed changes for the San Carlos Island (SCI) community at an open house at the Moose Lodge on Tuesday, March 20 from 4 to 6 p.m.

The changes come in the form of proposed amendments to the Lee Plan and Land Development Code; they are based upon input from a SCI community meeting held in 2018.

The prior meeting – called a visioning meeting – was held for the San Carlos Island Community Plan area in March 2018, following the direction of the Lee Board of County Commissioners (BoCC). At the meeting, staff collected input from area stakeholders concerning the vision and goals for the SCI Community Plan area.

Since then, Community Development staff have been working with other Lee County departments to turn the community's vision into implementable Lee Plan and Land Development Code provisions.

All amendments will move through the normal process required to amend the Lee Plan with opportunities for public input – one hearing with the Local Planning Agency and two hearings with the BoCC (transmittal and adoption).

There are 17 distinct community planning areas identified in the Lee Plan. This winter and spring, Community Development staff members plan to host open-house community plan meetings

in Bayshore, SCI and Alva. Additionally, three communities – North Olga, Caloosahatchee Shores and Page Park – will have visioning meetings scheduled.

The Moose Lodge is located at 19090 San Carlos Boulevard on Fort Myers Beach. For more information, visit www.lee.gov/dcd/planning/cp/sancarlosisland or contact PODPlanning@lee.gov.*

MOAA Meeting

The Calusa Chapter of the Military Officers Association of America (MOAA) will hold its monthly meeting at the Caloosa Club, Cape Royal Golf Club, on Saturday, March 9 at 10 a.m. meeting will be held, 11460 Royal Tee Circle, Cape Coral.

All current, former, and retired military officers and spouses are invited to attend. The cost for the breakfast is \$12.00, payable at the door (cash only). Reservations are requested by March 7 and may be made by contacting Dixie Buick at 945-5030 or via email at calusamoaa@yahoo.com.

MOAA is a national organization of military officers that supports the interests of military members of all ranks—past, present and future. Regular membership is open to all current and former officers, and associate membership is available to all who support our armed forces.

The Caloosa Club is located at 11460 Royal Tee Circle in Cape Coral. For more information, contact Calusa Chapter President Tom Wagner at 608-658-6254 or redleg70@gmail.com.*



KLCB Ambassador Program volunteers

photo provided

Join The Keep Lee County Beautiful Team

Keep Lee County Beautiful (KLCB) provides a unique experience for individuals to join its team and make an impact in the community through the Ambassador Program. Keep Lee County Beautiful ambassadors become model spokespersons for the organization to emphasize the importance of preserving the environment. Keep Lee County Beautiful attends many outreach events to share its mission to end littering, improve

recycling and beautify Lee County's communities. Reaching out to people in the Lee County area is an important part of what KLCB does to increase awareness to drive community involvement.

Keep Lee County Beautiful ambassadors are volunteers committed to attend their local community events to represent Keep Lee County Beautiful and communicate the focus of keeping Lee County a pristine place to live, work and play.

If you are interested in becoming a Keep Lee County Beautiful ambassador, call 334-3488 or email tisha@klbc.org. Get involved in making Lee County a cleaner, greener, more beautiful place to live.*

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Will Power

What Is Information?



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

The world changes at a rapid pace. As recently as 25 years ago, fax machines weren't ubiquitous, personal computers were clunky and not very useful, there were no cell phones, and there was no Internet of which to speak.

Information bombards each and every one of us daily. The smart phone in your pocket contains more communication, digital computing and research capabilities than the largest mainframes of a generation ago. We have access to the Internet in our homes, offices and local eateries. Information is more readily and instantaneously available to us now than at any

other time in history. When my mother was diagnosed with acute myeloid leukemia (AML), for example, I searched the Internet for information about its prognosis and treatment.

People tend to search the Internet when making major decisions, whether they are medical, financial or legal. What you have to realize, however, is what kind of information you've discovered. We've all heard, "I learned enough on the Internet to make me dangerous." That's a very true saying. Allow me to take the next step to differentiate between the four different levels of information.

Data is the first level. Data is everywhere— but it's fleeting — relevant only in the moment. Stores record the amount of sales revenue daily. The rise and fall of stock prices, the number of individuals affected by a flu virus and how many new jobs were created in the past quarter. Newspapers cite data from baseball players' hitting averages to the amount of rainfall recorded in the past 24 hours. We may learn the number of months the average patient diagnosed with AML lives.

Without context, however, data means absolutely nothing.

The second level is information. Information is useful but has a shelf life. The news contains much information, but it may only be relevant today. It's stale tomorrow. The Internet is chock full of information. Some may be from a knowledgeable source, while some other is nothing more than uninformed opinion.

Knowledge is the third level of information. Knowledge has a much longer shelf life than information, and is usually supported with years of education and experience. Knowledge is not something gained by reading articles in newspapers, magazines and Internet blogs. You may digest information from those sources, but you won't earn any knowledge without being able to put that information into both a historical context and a view of relevant but interrelated factors.

Shortly after my mother's AML diagnosis, for example, and after having gained information as to which medical centers treated the disease with success, we flew to Houston's MD Anderson Cancer Center where trained doctors with AML specialties used their years of accumulated knowledge to begin treatment. Through their efforts, my mother achieved remission for many years following a bone marrow transplant, which ended up having to be repeated eight years later. While I had found all sorts of information on the Internet about AML, I did not have the knowledge necessary to save my mother's life. Only the expert physicians and their medical teams had that.

Knowledge changes over the years, however. So it too has a shelf life. The cancer treatments of 10 years ago are vastly different than those of today. The knowledge has changed.

In contrast, the highest form of information doesn't have a shelf life — and that highest form is wisdom. Most of the world's major religions are predicated on the wisdom of how to live a full and good life as a human being with all of our faults and foibles. Wisdom can also be found in many of the best medical, legal and financial professionals.

There are some professionals who have knowledge gained from years of experience but lack the wisdom to choose whether one course of action is better than another — which is the wisdom of how to best apply knowledge. None of us knows what the future brings, even the most knowledgeable professionals. Life has a way of surprising us.

I believe that true wisdom comes from a unique ability to filter knowledge and life experience into a fabric of understanding, with an ability to communicate that understanding in a way that endures. It's not always sexy or flashy, but when you find someone who has true wisdom, you never want to lose them.

I therefore try not to confuse data and information with true knowledge and wisdom. This helps me find clarity in my everyday decisions.

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Record-Breaking Month At Airport

During January, 1,050,093 passengers traveled through Southwest Florida International Airport in Fort Myers, an increase of 8.7 percent compared to January 2018.

The traffic leader in January was Delta Air Lines with 190,395 passengers traveling to and from Fort Myers. Rounding out the top five airlines were Southwest (180,711), American (133,274), Frontier (126,059) and Spirit (126,033).

Southwest Florida International Airport had 9,338 aircraft operations, an increase of 1 percent compared to January 2018. Page Field saw 9,320 operations, a 10.5 percent increase from January 2018. In addition, slightly more than 2.8 million pounds of air freight moved through Southwest Florida International Airport in January 2018.

Southwest Florida International Airport served nearly 9.4 million passengers in 2018 and is one of the top 50 U.S. airports for passenger traffic. No ad valorem (property) taxes are used for airport operation or construction. For more information, visit www.flylcpa.com or www.facebook.com/flyrsw.✱

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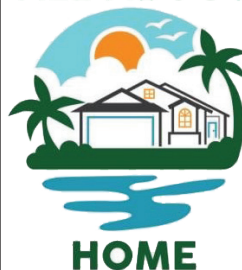


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Book Review

Windjammin' My Adventures In Paradise



by Di Saggau

Tom Jones, a member of Sanibel Writer's Group I, says his life has not followed an easily identified trajectory, but it's been one heckuva ride. He shares his seagoing adventures

and misadventures in his new book *Windjammin', My Adventures in Paradise*. He also includes many famous sayings from many famous people, along with a huge glossary that explains the meaning of seagoing words.

In addition to introductory chapters, there are 25 various tales to enjoy. I will mention a few of them. *Aloha, Duke* is a charming story about a man named Paoa Kahinu Mokoe Hulikohola Kahanamoku, nicknamed Duke for obvious reasons. Duke was born in 1890, is enshrined in the Surfing, Swimming and Olympic Halls of Fame and went on to become a Hollywood actor, Honolulu politician and sheriff. Jones never met the man, but did see him twice and managed to snap a lucky photo that he will treasure forever.

In *Windward Passage*, Jones shares a long open-ocean voyage that ends up being one of the most life-threatening adventures he has ever endured. It took place in July 1971, when he joined the crew of a rig with the same name as the chapter, for a trans-Pacific voyage of 13 days. He experiences similar circumstances aboard a schooner named *Fantome* in 1976. All the tales in *Windjammin'* are interesting seagoing adventures.

Here's what Jones has to say on the back cover of his book about his adventures for the curious soul. It will give you a good idea of what's inside.

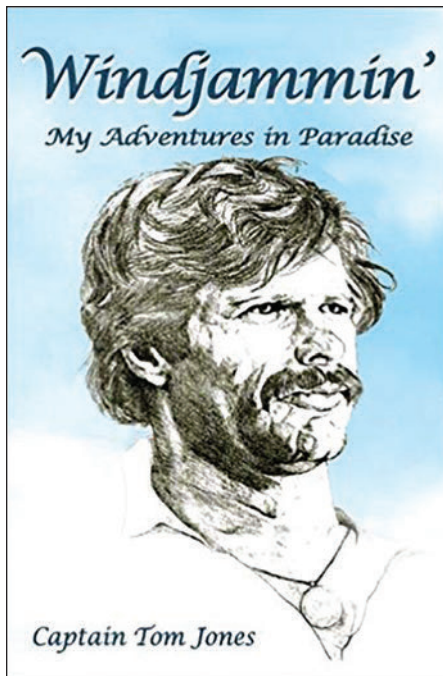


image provided

"In this, the second collection of Captain Jones' Pullet Surprise-winning revelations, we are whisked along offshore through wind and wave on one splendid seagoing adventure after another, with an occasional hint of romance to further spice up the captain's salt-encrusted tales. Here you will accompany Tom from his young memories through his current exploits. Put to sea on decks-awash voyages; survive Makaha's monster surf; make personal acquaintances with open-ocean sharks, barracudas, whales, and dolphins; immerse yourself at the base of a thousand foot waterfall; be stalked by a living fossil; put your life at risk with Martinique's lance head vipers; endure the (un) usual antics of Windjammer's plucky passengers and hatchet-wielding crew; survive a smuggler's run along the Spanish Main; hang on with your fingernails, alone on deck in a San Francisco gale; become an accomplished public speaker no matter how unaccustomed; and, oh yes, actually walk the plank." All that in *Windjammin' My Adventures in Paradise*, by Captain Tom Jones.✱

School Smart



by Shelley M. Greggs, NCSP

Dear Shelley, My high school daughter is required to write lots of essays and reports for her classes. She is also beginning to write research papers.

She always asks for my help to review her work and, very often, it ends poorly with both of us upset and with nothing gained from the review. How can I give her feedback about her work and keep it more positive?

Jeremy F, Fort Myers

Jeremy,
Giving feedback on writing

assignments can be very difficult, as you seem to have discovered. Writing is extremely personal and often times when feedback is not delivered correctly, the writer may feel that the criticism is unwarranted, take it personally or just feel overwhelmed by it.

The first thing to remember when giving feedback is to be kind, specific and constructive.

You need to decide the primary purpose of your feedback. Is it for editing or for specific guidance on how to improve your daughter's writing? With editing, the focus is on the mechanical errors at the sentence level. Your daughter will probably not learn how to edit her own work independently if you identify all her errors, although if she is making repeated errors you could point this out to her and have her attend to those errors. There are lots of grammar programs that she can use to learn how to edit effectively. Here's a great website

for grammar: www.grammarist.com.

If you decide that your feedback is about guidance, then identifying what is wrong is part of the process, but it must be accompanied by specific suggestions for improvement. You'll want to deliver a clear message about what needs to happen to improve future writing.

One research study found that most students complained their writing feedback was too general and vague with no suggestions for improvement. Students report that they are often left not knowing what they have done well, what they need to change and why they have achieved the grade they have.

Education consultant John McCarthy offers advice and says, "Respond as a reader, not as a writer. Do not say how YOU would write the paper. Instead, tell how you are responding to each part of the paper as you read it, pointing out gaps in logic or support and noting confusing language where it occurs." He also says, "your aim should be to help the student identify weaknesses that he or she should improve and NOT to do the student's thinking and writing for them."

One helpful technique for giving feedback is to use starter stems when you discuss the writing. Using starter stems or, in other words, a consistent script with your communication helps you frame your comments and then helps the writer find solutions for themselves as opposed to being told what to do. Here are some examples using the starter stems of "I like," "I wonder" and "What if."

I like – the wonderful transition you used that helped clarify the connection between the two studies you are summarizing. Using "I like" as a starter stem identifies quality in the writer's work. It's important to recognize successes so that the writer can hear the suggestions for improvement.

I wonder — how your summary could end with an example that ties together the main points? Using this stem starter "I wonder" gently asks the writer to consider a concern that needs addressing. The words "I wonder" are not demanding, but rather encourage thought and reflection of potential problems.

What if - you rewrote this sentence and provided specific details to show exactly what you mean? Using "what if" offers explicit suggestions. The writer may or may not follow the ideas as she sees fit.

Providing effective feedback is a skill that takes patience and practice. I commend you for working with your daughter and for your efforts to make this process work well for both of you.

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.✱

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Craig R. Hersch

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Financial Focus

Your Financial Advisor Can Do Life Coaching



by Jennifer Basey

Life coaches – not surprisingly – strive to improve the quality of life of their clients. And financial professionals essentially embrace the same mission.

So, if you decide to hire a financial advisor, you should expect to receive some “coaching” as you work toward all your important objectives, such as sending your kids to college, enjoying a comfortable retirement and leaving a legacy that can benefit the next generation.

What tips from life coaches might you also get from your financial advisor? Here are a few:

Create a plan – A life coach can help you create a plan for your future, taking into account your career aspirations, relationships, hobbies, charitable activities and so on. And a financial advisor will also take a “holistic” approach by looking at many elements – including your age, income, family responsibilities and desired retirement lifestyle – to create a long-term

investment strategy. Of course, you may need to adjust this strategy in response to changes in your life, but it can still serve as an overall map on your journey toward your financial objectives.

Identify and prioritize goals – A life coach will help you identify and prioritize your life goals, whether they are personal or professional. And your financial advisor can help you do the same with your financial goals. For example, your goal of retiring comfortably at age 65 may take precedence over your wish to purchase a vacation home. As such, you will need to focus your efforts first on the retirement goal and then, if it appears likely that you will meet that goal, you can devote the resources necessary for your vacation home by the mountains or the sea. You may even be willing to accept a lesser goal, such as renting, rather than owning, your vacation residence.

Move beyond your comfort zone – A trained and experienced life coach can help you recognize your perceived limitations... and move beyond them. For instance, if your new job requires that you make many presentations, but you are nervous about public speaking, your life coach may offer techniques to help you get past this fear – to move you out of your “comfort zone” so to speak. This same scenario could play out in your interactions with your financial advisor. If you happen to be a cautious and risk-averse person by nature, you might be inclined to bring those same traits into the investment

arena. But a competent financial advisor – one who truly has your best interests in mind – will likely warn you that you will have trouble achieving your financial objectives if you try to avoid all risk by sticking exclusively with so-called “safe” investments, which do not offer much growth potential. Instead, your advisor will help you incorporate your risk tolerance, along with your time horizon and your short- and long-term goals, to help shape an investment mix appropriate for you. Such a mix may well include

those “safe” investments, but it would also contain a reasonable percentage of growth-oriented ones.

Whether it’s self-improvement or your financial future, you can benefit from good coaching – so take full advantage of it.

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

Home Interior Trends For 2019



by Jeanie Tinch

Trends come and go, just as we have seen in fashion, music and even hairstyles. Twice each year, High Point Market never fails to impress with a plethora of new releases within

the home interior segment. How will these trends translate into our market? There seem to be several that will do just that.

Neutrals continue to hold the market with color reigning as the lively element that drives trending design. Green in all forms remain emerging and strong. While some colors, like all the hues of blue seem to have staying power over several seasons. The classic combo of black and white remains as does blushes of pink, peach and coral. Colorful accent walls, velvet and customizable case goods add interest.

Floral patterns are everywhere as

the beauty of nature was highlighted in fabrics, wall coverings and bedding. There are even whimsical wildlife creatures hidden within the prints for interest.

Wallcovering options are endless, making inroads with colorful, unique choices and applications. From bold patterns and digital prints to metallic finishes and high style textures, all beckon to be included in any high style design plan. These are definitely not your grandmother’s wallpaper.

Coastal and tropical looks have made their way back to mainstream design in delightfully refreshing fashion. White lacquer and anything reminiscent of retro Palm Beach makes us long for the coast. Color pops, botanical references and stylized accents in case goods and furniture make it easy to add that touch of vacation to any space.

Ornamental elements are making their way back. Passementerie, unique inlays and textured hardware offer details to take furniture to the next level. Tassles and semi-precious stones for pulls and lighting, textured grasscloths on nightstands and artisan bone inlay are just a few of the innovative details surfacing for this trend.

Jeanie Tinch is an interior designer on Sanibel/Captiva Islands. She can be reached at jeanie@coindcedden.com.✴

Friends Of Hope Luncheon

The Friends of Hope will hold a luncheon at the Hyatt Regency Coconut Point Resort and Spa on Thursday, March 14. It will feature a fun afternoon of boutique shopping, raffle prizes, silent auction and a fashion show presented by Chico’s, White House Black Market and Soma to benefit Hope Hospice.

Shopping begins at 10:30 a.m. with a collection of silk scarves, leather handbags, fine jewelry, pottery, glasswork and accessories. The luncheon and fashion show begin at 12:30 p.m. with emcee Jen Stacy, ABC7 morning anchor.

Tickets are \$100; “Girlfriends Tables” are available for 10 guests and include two bottles of wine, signage and recognition for \$1,350. To purchase tickets, visit www.donate.hopehcs.org/lunch19.

Hope Healthcare is a not-for-profit health care organization dedicated to

providing care and comfort to every individual and their loved ones as they fulfill life’s journey.

Hyatt Regency Coconut Point Resort and Spa is located at 5001 Coconut Road in Bonita Springs. For more information, visit www.hopehcs.org.✴

From page 1

Shrimp Festival

who will compete to eat as many pounds of cooked and peeled Fort Myers Beach pink shrimp within five minutes.

The Fort Myers Beach Shrimp Festival raises tens of thousands of dollars for charities who help with local eye surgeries, scholarships for area students, Florida Lions Eye Bank, Southeastern Guide Dogs, large print books for the local library, little league and youth soccer, Beach Elementary School and Cypress Lakes High School student needs.

For more information, visit www.fortmyersbeachshrimpfestival.com.✴

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Kiwanians Add New Members



From left, Connie Prevatt and Shana Del Castillo, pictured with Sam Griggs, are new members of the Fort Myers Metro-McGregor Kiwanis Club photo provided

The Fort Myers Metro-McGregor Kiwanis has added four new members to the club roster – Shana Del Castillo; Connie Prevatt; the Early Learning Coalition of Southwest Florida as a corporate member represented by Susan Block; and the Gulf Coast Symphony as a corporate member represented by Dr. Andrew Kurtz. By adding the new members to the roster, the club is ranked 12th in the Florida district in membership net growth out of 239 clubs.

Del Castillo, a Fort Myers resident, is general manager of The Growing Room Child Development Center. Prevatt, a Fort Myers resident, is retired from the wholesale building products industry. Early Learning Coalition of Southwest Florida exists to enhance the quality of children's lives by providing families, early childhood educators, caregivers and community partners in Collier, Glades, Hendry and Lee counties, with opportunities to positively impact the future. Block, a Fort Myers resident, is the chief executive officer for Early Learning Coalition of

Southwest Florida. Founded in 1996 by its current music director and conductor, Dr. Andrew Kurtz, the Gulf Coast Symphony is the premier community orchestra of Southwest Florida and one of the most dynamic orchestras in the United States.

As a former high school volunteer and club president with Key Club, Del Castillo is excited to be volunteering again with the K-Family. Prevatt joined to be able to be active and give back to the community. Block joined the club to continue her service to area children. The Gulf Coast Symphony joined to connect with the community.

The Metro-McGregor Kiwanis Club is looking for more service-minded individuals and business professionals who would like to make a direct impact on the community through volunteering. Meetings are held every Tuesday at 11:30 a.m.

For details on joining the Metro-McGregor Kiwanis Club, contact membership chair Stewart Ross at 507-304-1624 or email stewart.ross@mnsu.edu.

The Value Of Generosity

Business leaders who found success through making an extra effort to do for others, whether it's in their work or in their communities, will share their secrets at the Above Board Chamber of Florida seminar at the Crowne Plaza Fort Myers at Bell Tower Shops on Thursday, March 14 from 11:30 a.m. to 1 p.m.

Connie Ramos-Williams, president and chief marketing officer of CONRIC PR & Marketing, will be the emcee, followed by panelists Brian Rist, executive chairman of Storm Smart; Gail Markham of Markham Norton Mosteller Wright & Company, PA; Diana Willis, owner of Jason's Deli of Southwest Florida and The Wilrock Group LLC; and Marc Collins, owner of Marc Collins Designs.

Cost after March 8, it's \$35 for members and \$40 for non-members. Lunch is included in the price.

The meeting is sponsored by Janet Moore, risk consultant/advisor for Lykes Insurance and Lynn Brewer, owner of Cloud 9 Float & Spa.

Crowne Plaza Fort Myers at Bell Tower

Shops is located at 13051 Bell Tower Drive in Fort Myers. Register at www.aboveboardchamber.com or call 910-7426.

Greeters Club Luncheon

The Greeters Club of Greater Fort Myers will hold a Fashion Show at Plantation Country Club on Thursday, March 21 luncheon program. The registration desk will be open from 10:45 a.m. to 11:30 a.m.

Greeters Club members will walk the runway wearing selections provided by Lucille's Boutique, a premium women's consignment boutique. All area women are invited to attend.

Cost to attend is \$25. To reserve, email greetersclub@gmail.com and provide your name, email address and phone number. You will receive a return email confirming your reservation.

The Plantation Country Club is located at 10500 Dartington Drive in Fort Myers. For more information, visit www.greetersfortmyers.com.

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Are Constant Reviews By College Basketball Referees Really Needed?



by Ed Frank

While professional baseball and football have taken recent steps to speed up play and reduce the time it takes to play games, college basketball appears headed in the opposite direction.

Maybe this is just my opinion in the complaint department. But let's look at a few facts.

How often do you tune in ESPN or other major networks for a game you want to watch scheduled, for example, at 9 p.m.? A previous game on this network is still in progress and runs far beyond your game's scheduled start. The first half of your game could be nearly half over before the network finally switches to

your 9 p.m. game. Why is this?

One reason is the seemingly endless reviews by the referees. They stop the game – often for minutes – to check the clock when a shot was taken. After minutes of review, they might add or subtract a 10th of a second to the game clock.

I saw one game where the refs huddled for at least five minutes to review whether a player had stepped out of bounds. After the long review, they ruled the way the referee had called it in the first place.

After these reviews, then the refs go over to the coaches to explain their decision, and there are more delays.

It's as if baseball umpires and football referees would review countless plays.

It appears these college basketball reviews occur more prominently in the final minutes of a game – one of the chief reasons why you miss so much of the game you want to watch.

Of course these are just my opinions, but it sure is frustrating to miss so much of a game you want to watch because the previous game ran so long.

Following are home Spring Training schedules for the week of March 7 through 15:

Boston Red Sox – JetBlue Park

Thursday March 7 – Minnesota Twins versus Red Sox – 1:05 p.m.

Saturday, March 9 – New York Mets versus Red Sox – 1:05 p.m.

Tuesday, March 12 – Detroit Tigers versus Red Sox – 1:05 p.m.

Wednesday, March 13 – Minnesota Twins versus Red Sox – 1:05 p.m.

SPORTS QUIZ

1. Francisco Lindor set a Cleveland Indians record in 2017 for most home runs in a season by a middle infielder (33). Who had held the mark?
2. Who held the major-league record for most home runs by a rookie before Aaron Judge of the New York Yankees belted 52 in 2017?
3. Pro Football Hall of Fame kicker Morten Andersen retired in 2008 as the leading scorer for two NFL franchises. Name them.
4. When was the last time before 2018 that Clemson's men's basketball team reached the Sweet 16 of the NCAA Tournament?
5. Name the first black player in the NHL.
6. When was the last time before 2018 that Croatia's men's soccer team reached at least the semifinals of the World Cup?
7. When was the last time before 2018 (Desiree Linden) that an American woman won the Women's Open at the Boston Marathon?

ANSWERS

1. Joe Gordon, who hit 32 home runs in 1948. (Lindor hit 38 home runs in 2018 to surpass his own mark.) 2. Mark McGwire hit 49 home runs for Oakland in 1987. 3. New Orleans and Atlanta. He is still the leading scorer for the Saints. 4. It was 1997. 5. Canadian Willie O'Ree, with the Boston Bruins in 1958. 6. It was 1998. 7. Lisa Larsen Weidenbach won it in 1985.

Minnesota Twins – Hammond Stadium

Friday, March 8 – Tampa Bay Rays versus Twins – 1:05 p.m.

Sunday, March 10 – Toronto Blue Jays versus Twins – 1:05 p.m.

Monday, March 11 – Detroit Tigers versus Twins – 1:05 p.m.

Thursday, March 14 – Washington Nationals versus Twins – 1:05 p.m.

Friday, March 15 – Baltimore Orioles versus Twins – 1:05 p.m.✱

America's Boating Course

America's Boating Club and the San Carlos Bay Sail & Power Squadron, a boating organization that serves South Fort Myers, Fort Myers Beach, Bonita Springs and Estero, will be offering America's Boating Course on Saturday, March 9 and Saturday, March 16 from 8:15 a.m. to 12:30 p.m.

Topics covered include hull design, docking, anchoring and handling boating

emergencies, reading channel markers and many others to make each boating experience safer and more enjoyable.

Cost is \$60 with \$30 extra for a second person sharing the instruction materials. Cost includes lunch after the second Saturday class.

The course is being taught at the San Carlos Bay Sail & Power Squadron Classroom, located at 16048 San Carlos Boulevard in Fort Myers. Students can register online at www.scbps.com or call the squadron office 466-4040 and leave a message.✱

Reality Show Favorite To Sing At VIP Benefit

Sam Wolf, a former *American Idol* finalist, will serenade tennis fan passholders at the Madisen's Match VIP Hospitality Terrace at Suncoast Credit Union Arena on Monday, March 18 from 5 to 7 p.m.

Wolf, whose smooth voice carried him into the top five during the 2014 season of *American Idol*, is a highly collaborative singer-songwriter known for his original compositions and pitch perfect vocals. He co-headlined the 2015 Lakewood Ranch Winterfest with the Doobie Brothers, War and Jefferson Starship. His debut EP *Pretend* hit No. 9 on the Billboard Heatseekers Chart.

"We're thrilled to have Sam here with us for the first time. He has such an amazing voice," Madisen's Match founder Duane Chaney said. "We're always looking for ways to give our fans something new, and we're really excited about the new VIP Hospitality Terrace."

Terrace passholders will receive complimentary food and drinks from the Timbers, LYNQ, the Prawnbroker, University Grill and Society. Celebrity pros may make appearances on the terrace before their matches in the Golisano Children's Hospital Pro Tennis Classic, which features Mike and Bob Bryan, Sam Querrey, Taylor Fritz, Robby Ginepri, Mikael Pernfors and Don Johnson.



Sam Wolf photo provided

Terrace passes are included with Fort Myers Land Rover Baseline Club and Court Side Club seating. Passes are available for \$75 to all other Golisano Children's Hospital Pro Tennis Classic ticketholders. Proceeds from all Madisen's Match events benefit local cancer treatment programs. Madisen's Match has raised more than \$1 million since it began in 2009 as a tribute to Madisen Abramson, Chaney's niece, who was diagnosed with an inoperable brain tumor at age 3.

Suncoast Credit Union Arena is located at 13351 FSW Parkway in Fort Myers. For more information and tickets, visit www.madisensmatch.com/vipseating and www.madisensmatch.com/vipterrace.✱

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Officers Re-Elected To Lee Health Board

Lee Health recently re-elected officers for its board of directors for 2019.

Stephen R. Brown, MD, will continue to serve as board chairman for 2019. He is a retired radiologist and was first elected to the board in 2008. Dr. Brown was a member of the Sanibel City Council for nine years and served as mayor of Sanibel in 2002-03. He is a member of the Sanibel Captiva Kiwanis Club and serves on the boards of Sanibel Community Housing and Resources (CHR) and Sanibel Captiva Charitable Foundation of the Islands.

Donna Clarke will continue to serve as vice chairman. She is a former Florida state representative and has served as an adjunct professor with State College of Florida. Clarke earned a master's degree in industrial management from Georgia Institute of Technology, and previously

owned and operated an environmental consulting firm. She currently is co-president of the Fort Myers Kiwanis Club and has served as vice-chair of the STARS Advisory Board. She has also volunteered as a math tutor at the PACE Center for Girls of Lee County.

David F. Collins will continue to serve as treasurer. He has been a mortgage banker for over 20 years and has served as a board member for PACE Center for Girls of Lee County and as treasurer for the PACE Capital Campaign. In 2018, Collins served on the Junior Achievement Hall of Fame Committee. He serves on the De LaSalle Academy Finance Committee, was on the executive leadership team for American Heart Association Heart Walk and was an AHA Red Tie Society member.

Therese Everly will continue to serve as secretary. She is a registered respiratory therapist and licensed Florida realtor who also serves on the board of the Lee County Homeless Coalition and the advisory board for Catholic Charities, Diocese of Venice, Inc. Everly has served as a member of the City of Cape Coral Financial Advisory Board and is a former adjunct professor

at Florida SouthWestern State College. She has over 30 years of health care and management experience accompanied by a degree in health care administration.

"We appreciate the officers' level of commitment and we are thankful to have such an accomplished group working to further our dedication to provide the highest quality care," said Lee Health President and CEO Larry Antonucci, MD, MBA.

In addition to the officers, other board members include Sanford Cohen, MD; Diane Champion; Jessica Carter Peer; Chris Hansen; Nancy McGovern, RN, MSM; and Stephanie Meyer, BSN, RN.✱

Diabetes Prevention Program

Lee Health is offering free programs designed to help you make modest lifestyle changes and cut your risk of Type 2 Diabetes by more than half. The next program will be held at the Healthy Life Center – Lee Health Coconut Point on Monday, March 11 from 6 to 7 p.m.

The year-long program has weekly meetings for the first six months, then once or twice a month for the second six months. It is part of the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention (CDC). Registration is required.

Information presented in the workshop can help you become empowered to prevent Type 2 Diabetes. Learn about

the benefits of physical activity; manage symptoms of stress; make smarter decisions related to healthy eating; and tips to stay motivated. Participants will receive a guide to use as an ongoing reference tool once the classes are completed.

Healthy Life Center – Lee Health Coconut Point is located at 23450 Via Coconut Point in Estero. For more information or to register, call 424-3127 or 468-0051.✱

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 Cultural Center of Charlotte County on Friday, March 15 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.

Cultural Center of Charlotte County is located at 2280 Aaron Street in Port Charlotte. To schedule a screening, call 343-6838.✱



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Ross A. Hauser, MD is a Board Certified PM&R specialist and Medical Director of Caring Medical Regenerative Medicine Clinics. He is an avid cyclist, long-distance runner, and 5-time Ironman athlete. For over 25 years, he has treated the toughest pain cases from patients all around the world with Prolotherapy, PRP, stem cell therapy and other non-surgical options.

RSVP: (239) 303-4069 OR CARINGMEDICAL.COM

Appetizers and drinks will be served.

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MARCH 13
5:30-7:30PM**

The Community House
2173 Periwinkle Way
Sanibel, FL 33957



Runners line up for the 11th annual Kiwanis Calusa BUG Chase 5K run

BUG Chase 5K
Run Raises Money
For Local Children

The Fort Myers Metro-McGregor Kiwanis held the 11th annual Calusa BUG Chase 5K run on Jan. 26, 2019 at the Calusa Nature Center in Fort Myers. The race benefited the Fort Myers-Metro Kiwanis Club's BUG (Bring Up Grades) Program and other local club sponsored youth service projects. There were over 320 registered participants who traveled the trails at the nature center and a portion of the asphalt bike path on Ortiz. The race was timed with Chrono Track Bib Tag Technology, and was supervised by the Fort Myers Track Club. The run raised a net total of over \$10,000.

The Big Bug Title Sponsor was Weinstein Wilkes Financial Group. Other sponsors included Burandt, Adamski, Feichthaler & Sanchez, PLLC, Five County Insurance, Kiwanis Club of Cape Coral, Lake Michigan

Credit Union, Larue Pest Control, Passarella & Associates, Inc., Ron Harris, CPA, and United Way of Lee, Hendry, Glades, and Okeechobee. The Bagel Factory of Fort Myers, Sun Harvest Citrus and Calusa Nature Center donated in-kind sponsorships.

Caroline Mackenzie won overall female with a time of 21:34. Bo Campbell won overall male with a time of 18:27. Other winners included: Lisa Roeth (Masters Female), John Harris (Masters Male), Jeanine Wheeler (Grand Master Female), Charlie Moore (Grand Master Male), Robin Smith (Senior Grand Master Female) and John Bates (Senior Grand Master Male). Age group awards were also presented. Full race results and photos can be found at ftmyerstrackclub.com. Photos from the race can be found on the Metro-McGregor Kiwanis Club's Facebook page (<https://www.facebook.com/Metro.McGregorKiwanis>)

All proceeds benefit the Fort Myers Metro-McGregor Kiwanis BUG (Bring Up Grades) program, designed to provide recognition to

local elementary students who raise their grades to an acceptable range and maintain or continue to raise them from one grading period to the next, and other local club sponsored youth service projects. The Metro-McGregor Kiwanis currently has BUG programs at Littleton Elementary School, Orangewood Elementary School and Rayma C. Page Elementary School.

For more information regarding the 11th annual Calusa Bug Chase, please contact Chrysten Foley at cfoley1@nova.edu.

The Metro-McGregor Kiwanis Club is looking for more service-minded individuals and business professionals who would like to make a direct impact on the community through volunteering. Meetings are held every Tuesday at 11:30 a.m. in Fort Myers. For details on joining the Metro-McGregor Kiwanis Club, please call membership chair Stewart Ross at 507-304-1624. Interested individuals or businesses can also email ross@mnsu.edu. The Metro-McGregor Kiwanis Club can be found on



Metro-McGregor Kiwanis Club President Rachel Toomey pictured with Bo Campbell, the overall male winner with a time of 18:27



Metro-McGregor Kiwanis Club President Rachel Toomey pictured with Caroline Mackenzie, the overall female winner with a time of 21:34

Facebook or online at www.metro-mcgregor.com.



Fort Myers Metro-McGregor Kiwanians volunteered at the run



From left, Andrew Mintz, Mike Wheeler and Beth OBrien check their race results

Mental Health First Aid To Spot Warning Signs

submitted by Shari Clark

Based on the averages, 46,000 children in Southwest Florida are living with some type of mental, emotional or behavioral disorder.

That's one in five children.

A staggering amount of youth experience anxiety, eating disorders, depression, schizophrenia, substance use or disruptive behavior disorders like attention deficit hyperactivity disorder.

But one in five? Unlike many types of physical illnesses, such as the flu or chickenpox, mental disorders don't often feature instantly recognizable signs and can be difficult to diagnose, even for trained professionals. That's why the one-in-five number surprises so many people.

I recently participated in an innovative program offered by Lee Health called Mental Health First Aid. It's an internationally recognized approach to training modeled after traditional first aid. Instead of performing CPR or bandaging

a wound until paramedics arrive, however, you're trained to identify, understand and respond to signs of mental illness and substance use disorders.

Warning signs for mental illness in children aren't always easy to spot. According to the Mayo Clinic, signals include mood or behavior changes, intense feelings, difficulty concentrating, unexplained weight lost, physical symptoms, physical harm and substance abuse.

Even for my own children – one who developed post-traumatic stress disorder as a middle schooler and the other who has ADHD, autism and Tourette syndrome – the symptoms weren't clear at first. Half of the battle was learning exactly what was causing their behavior, and the other half of the battle was educating others on how to handle my children.

The goal of Mental Health First Aid isn't to diagnose or treat a mental illness – that's still left to the professionals. Rather, the intent is to recognize signs of distress and know what is considered typical adolescent behavior and what's not. Just because a teen or pre-teen goes into his or her bedroom and shuts the door doesn't mean there's a problem. When that happens for hours on end, though, or that child suddenly loses an interest in other activities, that's what could indicate a problem.

Through my work with youth in Pine Manor, I'm in close contact with children from all facets of our population on a daily basis. It's extremely important that anyone who works closely

with youth – medical professionals, educators, coaches, pastors, scout leaders and employers – learns how to identify warning signs and is confident approaching families to discuss the potential need for professional help.

In addition to the Mental Health First Aid youth program, Lee Health offers a separate course for those wanting to know how to help adults who may be experiencing a mental health crisis.

To learn more about the growing movement in Southwest Florida to make pediatric mental and behavioral health a priority, visit www.kidsmindsmatter.com or call 214-0898.

Shari Clark is community resource specialist at the Pine Manor United Way House in Fort Myers.✱

Health Care Locations Set Up For Medicaid

Southwest Florida residents seeking urgent medical care now have more access to health care with Lee Health Convenient Care. Lee Convenient Care urgent care clinics are now accepting 95 percent of Medicaid plans in the region, including Vivida Health, bringing high-quality care to low-income residents enrolled in a Medicaid health plan.

Medicaid is a joint state and federal government program that provides health coverage for low-income adults, children, pregnant women and people with

disabilities.

"Many Medicaid participants aren't aware their health plan covers walk-in clinics and instead choose the emergency department for nonlife-threatening treatment. We're proud to now offer more options for patients," said Kris Fay, chief administrative officer of Lee Physician Group. "Convenient Cares are a great option for patients who don't have a primary care physician and are a great alternative to using the emergency department – especially during season."

Plans now accepted include: Aetna Better Health; Children's Medical Services (CMS) through Wellcare of Florida; Florida Community Care (FCC); Humana Medicaid; Molina Healthcare Of Florida; Sunshine State Health Plan, Inc.; Vivida Health; and WellCare (Staywell) Medicaid HMO.

Urgent care clinics are appropriate when there is a nonlife-threatening medical emergency; you're unable to make an appointment with your primary care doctor; and you don't have a primary care physician. No appointment is necessary.

Lee Health offers four walk-in clinics. Convenient Care locations include: 16230 Summerlin Road in Fort Myers; 4771 South Cleveland Avenue in Fort Myers; 13340 Metro Parkway in Fort Myers; and 1682 NE Pine Island Road in Cape Coral. There is also a Kids Urgent Care, located in the Golisano I Nicklaus Children's Health Center, at 3361 Pine Ridge Road in Naples.

For more information, visit www.leehealth.org or call 481-4111.✱



Shari Clark

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deaRPharmacist

Low Dose Aspirin May Help Preeclampsia



by Suzy Cohen, RPH

Dear Readers: Pregnancy should be a time of joy but, sadly for some women, it brings unexpected health challenges.

Preeclampsia is a condition that occurs during pregnancy where blood pressure

spikes very high and excess protein spills into the urine. It limits the amount of blood flowing through the placenta, which put both mother and child at risk for harm, and miscarriages and fatalities do occur.

Some women are more prone to preeclampsia than others, especially if they come into their pregnancy with hypertension, excessive weight or obesity, or a pre-existing condition of diabetes, kidney disease, lupus or rheumatoid arthritis. Getting pregnant after age 40 may increase risk, as does in vitro fertilization, donor insemination, or carrying twins or triplets.

There are several ways to take care of yourself and reduce complications. Lying on your left side (to take the baby's weight off major blood vessels) is a wise thing to do. Also, it's good to consume less processed foods that contain a lot of salt (sodium chloride) which increases blood pressure.

Low dose aspirin is another idea that you can talk to our doctor about. A brand new study published in January 2019, in the respected French journal, *Presse Medicale* found that taking aspirin at bedtime may be helpful in high-risk patients. This is not the first study to suggest aspirin is useful.

Aspirin is a platelet inhibitor, that means it works to thin the blood which in turn, helps regulate blood pressure. A low-dose of aspirin blocks Thromboxane A2 (TXA2) from forming in the platelets. Think of thromboxane as glue. When you block the glue formation, that makes the platelets less sticky. So one effect from aspirin is to keep the blood thinner and less sticky, so then there is less pressure on the blood vessels. Too much aspirin will cause excessive thinning of the blood and easy bruising and bleeding.

Probiotics may help with preeclampsia too. There is a protective effect of *Lactobacillus* probiotics, and this is interesting because a person's gut microbiome directly impacts their thyroid hormone levels. Healthy gut status improves thyroid hormone conversion, and that in turn improves fertility. But more importantly, there is an anti-inflammatory effect from probiotics and a new study found that *Lactobacillus* could help to improve odds of carrying full term if you have preeclampsia. Cortisol to cortisone levels matter too. If this topic interests you, sign up for my free newsletter at www.suzycohen.com, and I'll email you the information. In the meantime, reduce your stress as much as possible because high cortisol is harmful if you have

preeclampsia. For more information, visit www.preeclampsia.org

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.✽

Staff Scholarship Added At Cypress Cove

Cypress Cove at HealthPark Florida's employee educational scholarship program has added its seventh named scholarship to a growing list of scholar fund offerings.

Resident Jack G. Brown, an executive with Northwestern Mutual, recently established the newest named scholarship to be awarded annually to a Cypress Cove employee. "I want to encourage and reward those who are ambitious, those who set goals and pursue them to realization," said Brown.

As part of the Cypress Cove family, Brown and his beloved dog are a fixture at community Yappy Hours. He began supporting the Cypress Cove Staff Scholarship program from its inception in 2016, increasing his generosity and most recently establishing the Jack G. Brown Scholarship.

Brown became a Chartered Life Underwriter for Northwestern Mutual in 1958, eventually opening his own agency in Minneapolis. Through the Columns Resource Group, Northwestern Mutual gives the prestigious Jack G. Brown Performance Award in his honor to a financial adviser who demonstrates a strong commitment to their community, leadership and supportive guidance.

Executive Director Michele Wasserlauf says that the employee program "is a wonderful way for residents of our community to financially reward employees for their educational endeavors. Many of today's college students face difficult financial hurdles and Cypress Cove's staff scholarships help immensely."✽

New Single Billing Office

Lee Health is streamlining its patient billing into one centralized Single Billing Office (SBO) providing patients with one consolidated bill for hospital and physician services.

Until now, Lee Physician Group and Lee Health hospital bills were separate. Now, patients will receive one bill for their after-insurance balance across all service lines. By creating one consolidated bill for hospital and physician services, patients will receive fewer statements and will have a central contact point for assistance. Patients will no longer experience the confusion that sometimes accompanied receiving multiple different bills from different contact points within the health system.

The new SBO launched on March 1, and patients will see the new statements in the mail at the conclusion of the first billing cycle.✽

Doctor and Dietician

Why Are Americans In So Much Pain?



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

Having recently sustained a bike accident resulting in some pretty serious injuries, I (Marion) can appreciate our Caring Medical patients as they deal with chronic pain. A recent article, *Why are Americans in so much pain?*, described the life of a person who lived in chronic pain and the near-fatal taking of his own life. His issues began after knee and back injuries while in the military. Despite surgery, the pain worsened, thus he was given an opioid prescription. This story is very common.

Overuse of opioids is a leading cause of accidental death in the U.S. and decreases overall life expectancy. The opioid

epidemic is largely an American problem, as we consume about 30 percent of the world production, yet the U.S. represents only 5 percent of the global population. Why?

Americans do not suffer more injuries or even suffer with chronic pain at higher rates. Our fast-paced lifestyle and get-it-fixed-quick culture plus the powerful influence of the pharmaceutical industry contributes to the excess use. Many cultures are more open to alternative or natural therapies than the U.S. They do not fear living with some pain while these modalities start to work and heal the body long-term.

As I sat in the ER with my injury, I knew I was not going to choose narcotics. I chose OTC medications, plus herbs, enzymes, essential oils, homeopathic remedies, healthy eating and early movement. I quickly started rehabilitation in the pool and am making faster-than-normal recovery. I was able to receive prolotherapy to the remaining injuries after the swelling abated. Am I in pain through the process? Yes. But the pain is actually a God-send, alerting me to know my limitations. God made the body to heal itself. Do what you can to make that happen.

This information is not intended to treat, cure or diagnose your condition. Caring Medical Regenerative Medicine Clinics has two locations: one in Oak Park, Illinois, and one in Fort Myers. It was established in 1991 by Ross Hauser, MD, and Marion Hauser, MS, RD. They can be reached at info@caringmedical.com.✽

From page 1

Gardening

care and selection of caladiums for Southwest Florida gardens. Topics covered will include how to choose and enhance the bulbs to create dense plants, and which varieties to select for different garden situations. Caladiums are grown for stunning foliage and the variety of colors, patterns, sizes and vigor. Participants will learn about the caladium's interesting history and its introduction to Florida. To benefit snowbirds, tips for growing the plants in northern states will also be covered. The class will last approximately 90 minutes and will be held in the Garden Council building at 2166 Virginia Avenue in Fort Myers. Parking is available on Larchmont Avenue, next to Edison and Ford Winter Estates. Cost is \$30 for Edison Ford members and \$45 for non-members.

Growing Roses in Florida – April 13 at 10 a.m. Many new residents to Florida want to grow the same plants they did in their northern state. This garden talk will provide an introduction to growing roses in Florida, including planting locations and a summary of preferred varieties that are best suited for summer in Southwest Florida. A tour of the rose gardens at Edison Ford will be included. The talk will take place in the Banyan Café area at Edison and Ford Winter Estates and will last approximately one hour. Cost if \$10 for Edison Ford members and \$15 for non-members.

Creating a Southwest Florida Rose Garden – April 16 at 1 p.m. This class will provide an in-depth look at creating

a Florida rose garden, including soil preparation, watering, propagation techniques, fertilizing and how to select varieties that will produce beautiful flowers for years to come. The class will last approximately 90 minutes and will be held in the Garden Council building at 2166 Virginia Avenue in Fort Myers. Parking is available on Larchmont Avenue, next to Edison and Ford Winter Estates. Cost is \$30 for Edison Ford members and \$45 for non-members.

Beyond Citrus – April 25 at 1 p.m. Southwest Florida weather provides a wonderful opportunity to grow many different types of fruit. This class will begin with a review of the current challenges that come with growing citrus, including citrus greening and what it means to backyard growers. Other fruits that are suitable for growing in Southwest Florida, such as avocado, Barbados cherry, carambola, jaboticaba, guava, mango, pineapple, bananas and soursop will also be discussed. Participants will learn where to buy the trees, how and when to plant, and growing and maintenance tips. The class will last approximately 90 minutes and will be held in the Garden Council building at 2166 Virginia Avenue in Fort Myers. Parking is available on Larchmont Avenue, next to Edison and Ford Winter Estates. Cost is \$30 for Edison Ford members and \$45 for non-members.

Class size is limited, so advance registration is recommended. Register online at www.edisonford.org. Participants will receive a 20 percent off coupon for use in the Edison and Ford Winter Estates Garden Shoppe. For more information, call 334-7419.✽

PETS OF THE WEEK photos provided

Lee County Domestic Animal Services
Nosky And Birdie



Nosky ID# A769931

Hello, my name is Nosky. I am an 8-year-old male chocolate lab that technically is a senior dog, but I haven't been told that and I don't seem to know my age. I have the heart of a teenager and the also the energy. I have great leash manners and know 'sit' and 'shake' and will sometimes roll over if there is a high-value treat involved. I have my own crazy dance that I like to do. It involves my front two paws that the folkse at LCDAS find absolutely endearing, and I am sure you will as well. Stop by the shelter today and ask to see me today.

My adoption fee is \$50, but if you pick a four leaf clover, it will be reduced to just \$25.

Hi, I'm Birdie. I am a 10-year-old female mastiff mix, a 'Super Senior' who may seem my age when you first meet me, but when you take me out to the play yard, I act like a young pup and love to roll around in the grass. I am tons of



Birdie ID# A768528

fun to watch as I play with my ball, and I love the outdoors. I am the perfect combination of canine fun and maturity. You don't have to worry about the puppy training and chewing with this gal.

My adoption fee is \$50, but if you pick a four leaf clover, it will be reduced to just \$25.

For the month of March, all adoptions will be reduced to \$50 with an approved application. Adopters will also get the chance to pick a lucky shamrock during "Lucky Charm" month to reduce the reduction fee to just \$25.

The adoption package includes spay or neuter, microchip, up-to-date vaccinations, county license and a 10-day health guarantee. This is a \$500 package. Volunteers and staff are waiting to introduce your new family member.

*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.**

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.**



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

DELICACY BENEATH THE SURFACE

ACROSS

1 Belgradians, e.g.

6 Head hair hides them

12 Aped

20 Irked a lot

21 Was released

22 In a mannerly manner

23 Start of a riddle

26 Myrna of "The Thin Man"

27 Seasons' first games

28 Cried feebly

29 Gives in (to)

33 PIN point

34 TV reporter Burnett

36 — Marian

37 Riddle, part 2

45 Currently airing

47 Like straight lines, for short

48 Recycling receptacles

49 Notable years

50 Riddle, part 3

55 Singer Levine

56 — Fridays (restaurant)

57 Dalai —

58 Freeze Away targets

60 Youth org.

63 Bitten at persistently

67 Penalized monetarily

70 Taunt

72 Riddle, part 4

76 Nero or Livy

77 Actress Eva

78 Actress Eva

79 Ar follower

80 Plane parts

82 Korbut of gymnastics

84 Fleur-de- —

86 Tick's cousin

87 Riddle, part 5

96 Stage decor

97 Champ's cry

98 Novelist Seton

99 "Ask, I might know the answer"

100 End of the riddle

106 Sword type

107 See 9-Down

108 Basketballer Ming

109 Gift from above

111 Test pilot's garb

114 Least dry

118 Surg. sites

119 Riddle's answer

126 More ready to hit the hay

127 Mexican or Guatemalan

128 Wall painting

129 Steed riders

130 Revises, as text

131 Messy types

DOWN

1 Toothed tool

2 King James Bible suffix

3 San Luis —, California

4 Really scolded

5 Rose to one's feet

6 Police rank: Abbr.

7 "It's Impossible" singer Perry

8 Over

9 With 107-Across, give in to despair

10 "The 25th Annual — County Spelling Bee"

11 Tampa Bay city, for short

12 Stock mkt. debuts

13 Floor cleaner

14 In bad health

15 Neckwear clasps

16 Make harmonious

17 Blue hue

18 Sommer of "The Oscar"

19 Like much blond hair

24 No, to Dmitri

25 Writer Bombeck

29 Love, to Nero or Livy

30 Walking stick

31 French "five"

32 Loafer, e.g.

34 Revise

35 Revive

38 With 113-Down, product's ultimate consumer

39 Vietnamese celebration

40 Hero type

41 Nets' org.

42 Form-filling

43 Millet, fescue and sorghum

44 Tuber often candied

46 Going gaga, with "out"

51 Wedding band

52 Lieutenant Geordi on "Star Trek: The Next Generation"

53 Exclude

54 — Zone

55 Zone

59 Disbeliever in God

60 Exclude

61 Like a worse blizzard

62 Confess

64 Birth mo. for many Leos

65 Job-creating FDR agcy.

66 Big shot

68 LAX stat

69 Cannes' Palme —

71 Mag heads

73 Hamlet, e.g.

74 Ballot site

75 Takei's "Star Trek" role

81 Close with stitches

83 Way out

85 Full of tension

86 Soup flavor enhancer, for short

88 Over

89 Not Rep. or Dem.

90 Party card game

91 Lower Manhattan sch.

92 Turf toughs

93 Ballyhoo

94 "Preach it!"

95 Really mad, with "off"

97 Krypton-86, for one

101 Cries feebly

102 Gazing sort

103 Baby's toy

104 New York City moniker

105 Way out

110 Instruments with sticks

111 Lillian of silent films

112 French battle site of '44

113 See 38-Down

114 Threadbare

115 Suffix with sermon

116 Where the tibia is

117 Minister (to)

120 Tiny —

121 Tiny

122 Set- — (brief fights)

123 Swing to and —

124 Test center

125 Lofty rails

King Crossword

ACROSS

1 Banner

5 Ayes' opponents

9 Water barrier

12 Continental coin

13 Squashed circle

14 " — Got a Secret"

15 First victim

16 Stage statuary

17 Still, in verse

18 Peruse

19 Squid squirt

20 Mentor

21 Will Ferrell Christmas movie

23 Swelled head

25 PBS dinosaur

28 Intertwine

32 Underwater gear

33 Hatred

34 Swear (to)

36 Refines, as ore

37 Devoured

38 Coop denizen

39 Rude one

42 Expert

44 Birthday party essential

48 Clumsy boat

49 Start a garden

50 One side of the Urals

51 Tavern

52 Be in charge of

53 Dregs

54 — carte

55 Catch sight of

56 Top pick, slangily

7 eare's river

8 Crafty

9 God, in Grenoble

10 State

11 Waiter's handout

20 Aaron's idol

22 Minimum

24 Travelocity mascot

25 Merit-badge org.

26 Performance

27 Trench

29 Have a bug

30 Snip

31 Type measures

35 Reservation residences

36 Cheaply imitative

39 Ali —

40 Exam format

41 Gumbo need

43 Harvest

45 On the briny

46 Ukraine's capital

47 Facility

49 The girl

DOWN

1 Dread

2 Garage job

3 Vicinity

4 Nicklaus nickname, with "The"

5 Inform

6 Shakesp-

1	2	3	4	5		6	7	8	9	10	11		12	13	14	15	16	17	18	19	
20						21							22								
23						24							25								
				26				27								28					
29	30	31					32			33				34	35						
36						37		38	39	40				41				42	43	44	
45					46		47						48					49			
50						51					52	53	54					55			
				56						57					58	59					
60	61	62		63		64	65	66		67			68	69		70				71	
72				73						74					75						
76							77						78					79			
	80					81			82			83			84		85				
86						87	88	89				90	91	92				93	94	95	
96					97						98					99					
100				101					102	103	104				105		106				
				107					108						109		110				
111	112	113						114					115	116	117		118				
119						120	121								122				123	124	125
126										127							128				
129																	131				

MAGIC MAZE

BLOCKING YOUR VIEW

Q N K H E B Y T R E E S V S P

M J E H E B U I L D I N G S B

Y V D G T G Q P O R L I I T G

D B Y R D W O T G A R A P C M

K I F D A E B M E O Y T W A U

S Q O M P Z H K S B F R I R F

D B Z L X W Z U P L S U S A Q

O N L L J H F I I L R C D T C

A A Y W V T S Q L I A K S A M

T P N L K I H A C B I S F C E

C B Z Y W V W U E C N E F S R

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

Billboard

Blizzard

Buildings

Cataracts

Curtains

Eclipse

Fence

Fog

Hedge

Mask

Rain

Tall people

Trees

Trucks

Walls



"About this _____ you
sold me last year as a puppy..."

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!

Contest

Guile

Usual

Expand

TODAY'S WORD

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

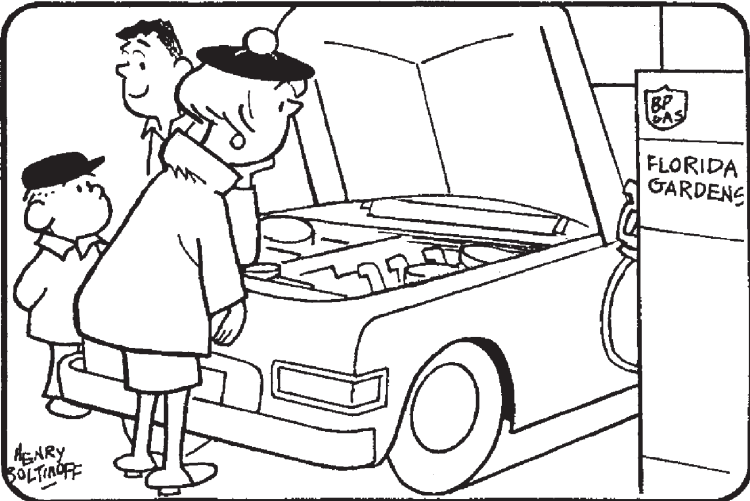
SUDOKU

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

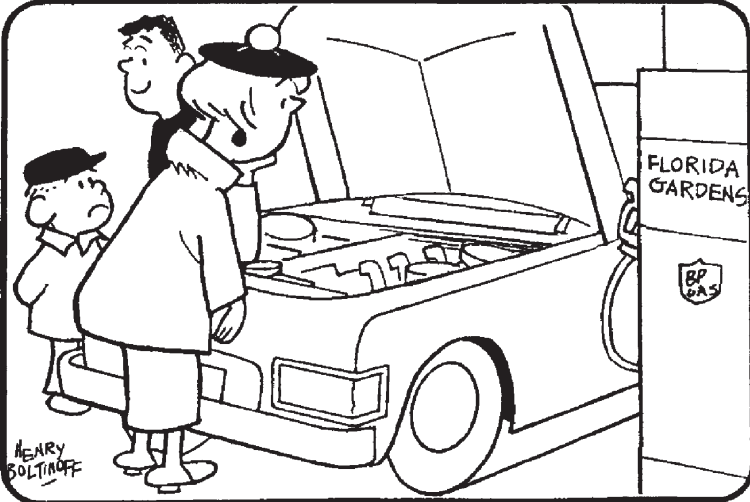
answer on page 29

HOCUS-FOCUS

BY
HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Mechanic's shirt is different. 2. Boy is frowning. 3. Woman's earring is different. 4. Sign on gas pump has moved. 5. Headlight is bigger. 6. Woman's skirt is longer.



Steamed Clams

2 dozen clams in-the-shell
1 cup dry sherry
1/2 cup green onions,
chopped
2 teaspoons garlic,
chopped
2 teaspoons fresh ginger,
chopped
Lemon wedges, for garnish
Preparation
Wash clams thoroughly
under cold running water
and set aside. Place all
ingredients except clams in a
large sauce-pan. Simmer on
medium heat for 3 minutes;
add clams and cover. Simmer
until clams open; remove
clams to a large bowl.
Simmer remaining liquid
until it is reduced to 3/4 cup.
Pour liquid over clams and
serve.✽✽



Steamed Clams

photo courtesy Fresh From Florida

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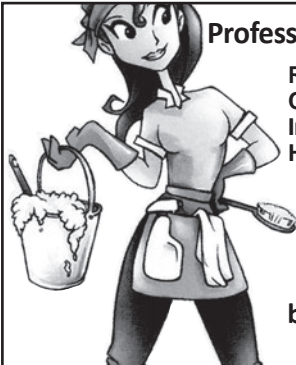
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My Stars ★★★★★

FOR WEEK OF MARCH 11, 2019

Aries (March 21 to April 19) Take time from your busy schedule to check out what's going on around you. You might find that someone has been secretly trying to pull the wool over those beautiful Sheep's eyes.

Taurus (April 20 to May 20) Once again, the Bovine's boldness pays off in uncovering the source of a disturbing workplace situation. Your personal life calls for patience, as a certain matter plays itself out.

Gemini (May 21 to June 20) Forget about going all out to impress someone in your personal life. Just being yourself is all that matters. A workplace decision will need more time. Don't rush into it.

Cancer (June 21 to July 22) Some supersensitive Crabs might take offense at what they perceive as a slight. But a closer look points to a simple misunderstanding. The weekend holds a welcome surprise.

Leo (July 23 to August 22) Sure, you can roar your head off over someone's failure to keep a promise. But the wiser course would be to ask why it happened. Be prepared for an answer that might well surprise you.

Virgo (August 23 to September 22) A developing relationship needs time to find its direction. So please be patient and resist pushing things along. A recently cooled-down workplace situation could heat up again.

Libra (September 23 to October 22) Congratulations. Your well-thought-out proposal seems to be working. Someone who hasn't agreed with you on most things in the past could turn out to be one of your major supporters.

Scorpio (October 23 to November 21) Things seem to be going well. However, you can still expect criticism – some of it pretty heavy. But as long as you can back up your position, you'll be able to rise above it.

Sagittarius (November 22 to December 21) Getting together with people who care for you is a great way to get that ego boost you might feel you need at this time. Things start to look brighter by week's end.

Capricorn (December 22 to January 19) You should be able to continue with your plans once you get past those temporary delays. Surprise, surprise. An offer to help comes from a most unlikely source.

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\$1 = \$8**

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Call (239) 334-7007 or donate online at:
harrychapinfoodbank.org

THE RIVER
WEEKLY NEWS
FROM THE BEACHES TO DOWNTOWN FORT MYERS



Harry Chapin Food Bank
OF SOUTHWEST FLORIDA

First Company Approved For Job Program

The first company approved to participate in Fort Myers Community Redevelopment Agency's (CRA) Job Creation & Talent Attraction Program is Cigent Technology Inc. CRA commissioners recently approved Cigent's application, and the firm is eligible to receive up to \$8,000 if

the new employee is both working and residing in a redevelopment area. This program will incentivize the creation and retention of full-time employment within the Fort Myers Community Redevelopment Areas by offering a grant payment to companies that create or relocate high wage full-time jobs within an area. The objective of the Fort Myers CRA Job Creation Incentive is to alleviate blight and economic distress. Companies creating or relocating jobs to their redevelopment areas (RA) will

help to lower vacancy rates, increase employment levels, raise the tax base, diversify economic opportunities and promote redevelopment goals. The encouragement of private enterprise will help the RA become self-sustaining in the long term and serves to implement the redevelopment plans for each of the Fort Myers RA's. The program is consistent with meeting redevelopment objectives, specifically: economic development, commercial and business activity; and economic development, business retention and recruitment.*

Plan To Arrive Early At Airport

The Lee County Port Authority would like to advise passengers that the height of winter travel season in Southwest Florida is here. If you are traveling out of Southwest Florida International Airport (RSW), plan to be in your security checkpoint line at least two hours prior to your flight departure time. Roadways are busier, check-in and security lines are longer, flights are full,

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**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

HELP WANTED

**RESTAURANT
HELP WANTED**

Matzaluna Italian Restaurant is accepting applications for Host/ess and pizza cook positions. Will train pizza position. Nights only.
Call 472-1998 any day after 2:00 to make an appointment.
Fun place to work!!!
3/1 ★ 3/15

GARAGE SALES

MULTI-FAMILY YARD SALE

Lots and lots of GREAT stuff!
Housewares, tools, clothing, jewelry, toys, new items & much more. Don't Miss It!
NEW DATE: Friday & Saturday Mar. 15-16
8:00-2:00. 1694 Bunting Lane, in Gumbo Limbo, Sanibel.
3/1 ★ 3/15

**COMMERCIAL UNIT
FOR RENT**

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

SEASONAL RENTAL

**CONVENIENT
SANIBEL EAST END**

1 Bdrm./1 bath.
Great location 150 ft. to beach, shopping and dining.
\$3,000. mo. or \$1,200.mo for annual.
John Naumann & Associates
Call or Text Alan at 504-919-2770.
2/22 ★ TFN

**GULF HARBOUR YACHT &
COUNTY CLUB TOWNHOUSE**

3 Bed, 3½ Bath + Den/Office, Unfurn. 2 Car on 16th Green. Golf, Tennis/Spa Avail. \$2,500 a month. 239-233-2930.
2/15 ★ 3/8

**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

SERVICES OFFERED



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

and passengers should be prepared to get to the airport early.

Below are some additional travel tips to help during the busy winter season:

To avoid congestion on local roadways, use the I-75 Direct Connect to get to and from RSW. This will be especially helpful on days when there are baseball games.

Allow extra time for parking and getting to the terminal. Know where you are planning to park. RSW has a Long-term Parking Lot with shuttle service between the parking lot and terminal curb. The Short-term Parking Garage is located across from the terminal building.

During peak travel periods, the airport's Cell Phone Lot is extremely full. Take advantage of 20 minutes of free parking in the Short-term Parking Garage, which is conveniently located across the street from the terminal.

Be ready to place all electronics larger than a cellphone in a bin for security screening. Observe the 3-1-1 liquids rule. Visit www.tsa.gov for tips about what you can and cannot bring through the security checkpoint.

Travelers should check with their air carrier for changes to flight schedules, especially if there is inclement weather forecasted at the destination or connecting airport.

For more airport information, visit www.flylcpa.com or Facebook page at www.facebook.com/flyRSW.

SCRAMBLERS

- 1. Debate; 2. Acumen;
- 3. Normal; 4. Spread

Today's Word
DOBERMAN

Share your community news with us.
Call 395-1213
or email press@islandsunnews.com

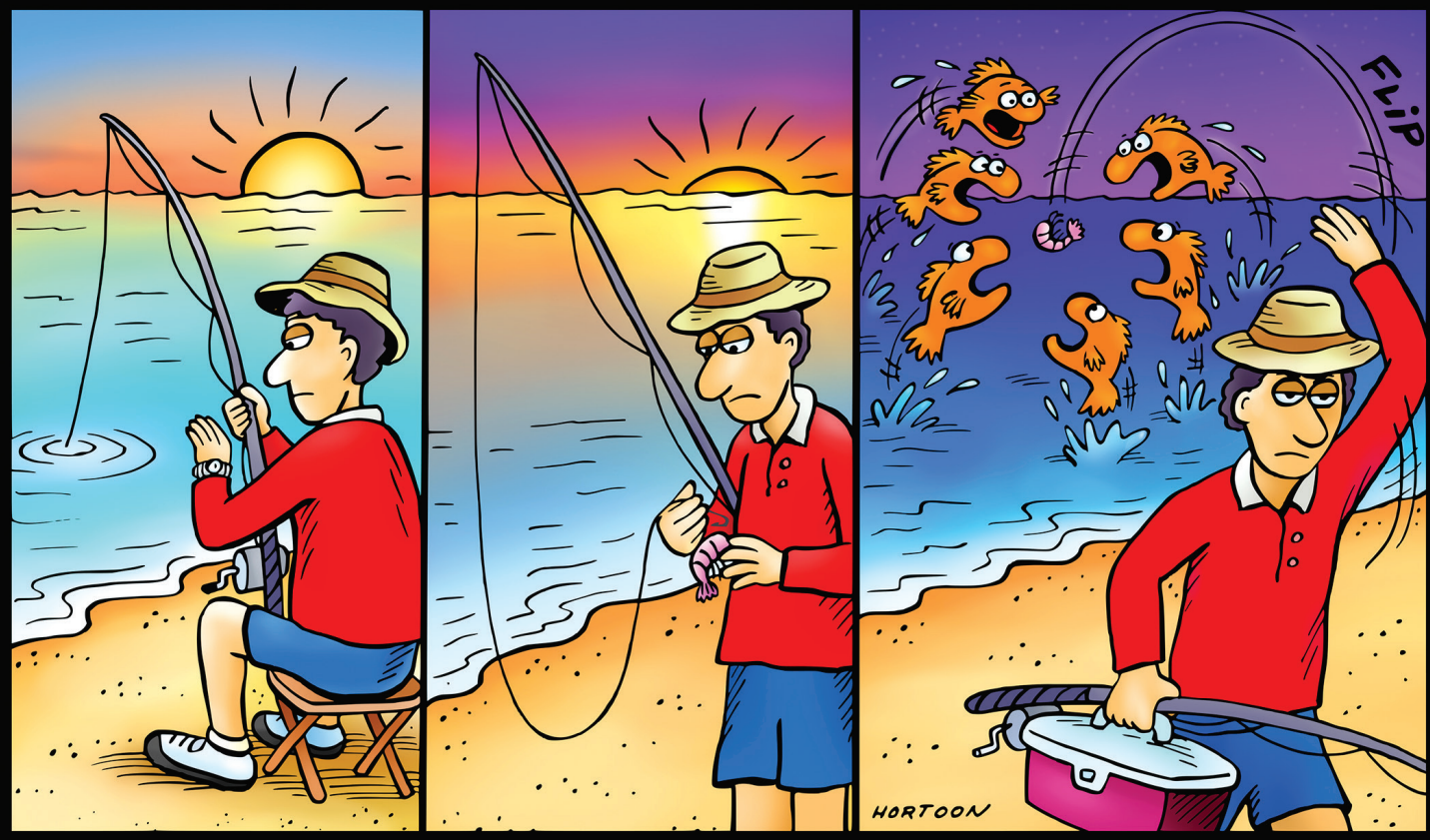
New Police Officers Sworn In

Fort Myers Police Department Chief Derrick Diggs recently welcomed 10 men and women during a swearing-in of new officers. The group included a diverse variety of backgrounds and experience. The new officers consist of veterans, college graduates, corrections and security personnel and former retail managers who recently graduated from the Southwest Florida Public Service Academy, many of them with distinguish honors. Joining the ranks of the FMPD are Officers Jasmine Vasallo, Traci Fixler, Nickson Vilsaint, Abraham Pantoja-Vasquez, Joann Werbalis, Joshua Kuhl, Justin Jaehn, Joseph Way, John Kuhl and Jonathan King.*



From left, Jasmine Vasallo, Joshua Kuhl, Traci Fixler, Justin Jaehn, Nickson Vilsaint, Joseph Way, Abraham Pantoja-Vasquez, John Kuhl, Joann Werbalis and Jonathan King photo provided

HORTOONS



Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Bonita Beach	Bonita Springs	2018	5,315	\$6,775,000	\$6,500,000	31
Bonita Beach	Bonita Springs	2018	5,315	\$6,775,000	\$6,500,000	99
Barefoot Beach	Bonita Springs	2002	6,380	\$3,249,000	\$2,817,000	380
Terabella	Fort Myers	2017	5,089	\$2,495,000	\$2,430,000	130
Cassina	Miromar Lakes	2018	2,742	\$1,825,000	\$1,775,000	7
Herons Landings I	Sanibel	2017	2,824	\$1,595,000	\$1,260,000	28
Seagull Estates	Sanibel	1988	3,638	\$1,394,000	\$1,300,000	169
Yachtsmans Cove	Fort Myers Beach	2015	3,854	\$1,295,000	\$1,295,000	101
Idlewilde	Estero	2002	3,616	\$1,199,000	\$1,125,000	59
Glen Lakes	Estero	2005	3,079	\$1,195,000	\$1,075,000	318

Courtesy of Royal Shell Real Estate

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ITALIAN RISTORANTE

EST. 2008

Steaks • Seafood • Pastas • Italian Classics • International Wine List!



Sunday to Wednesday
Early Dining from 4-5:30pm

Pasta for Two \$39

1 Appetizer to Share, 2 Pasta Selections

1 Dessert to Share
(limited selection)



Every Thursdays
Wine Bottles from Italy
\$10 Off

(limited selection)

Purchase of Two Entrées Required

**PROUDLY OWNED AND MANAGED
BY THE CACCIATORE FAMILY!**

HAPPY HOUR & SMALL PLATES

MONDAY - FRIDAY 11:30AM To 5:30PM



SMALL PLATES START AT \$9



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SERVING LUNCH & DINNER

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Sat. & Sun. 4pm - 10pm

15880 San Carlos Blvd (In Target Center) • (239) 590-8147 • www.TerraNostraDining.com