



## The Best Of Times At New Phoenix Theatre

by Di Saggau

**L**a Cage aux Folles is not an easy show to put together and I'm happy to say that New Phoenix Theatre has done a spectacular job. Directed by Brenda Kensler, *La Cage* is a musical that champions homosexuality with a cast of characters that will find their way into your heart. The leads are Scott Carpenter as Georges, and his wife Albin who performs as the drag diva Zaza, played by Thomas Marsh. I have enjoyed Carpenter in numerous plays over the years and he is at the top of his game as the owner and master of ceremonies of *La Cage*. Marsh blew me away in *The Elephant Man* at Theatre Conspiracy recently, and he does the same in this plum role, handling Zaza's over the top temperament with great physical comedy. Both sing well.

If you are familiar with the movie *The Bird Cage*, you know the plot of *La Cage*. Georges and Albin, living



Scott Carpenter and Thomas Marsh in *La Cage aux Folles*

photo provided

in an apartment above the theater, have raised Georges' son Jean-Michel (Cameron Rogers), the result of a one-night heterosexual encounter. When Jean-Michel announces he is going to marry Anne Dindon (Stella Ruiz), the daughter of

an ultra-conservative, anti-gay politician, he asks Albin to stay in the background so not to embarrass them. This sets off an emotional firestorm. Albin decides to pretend he is Jean-Michel's "mother" and that makes for some very funny moments.

Charlie Greer and Cindi Heimberg play the Dindons and also add to the humor.

There are some wonderful musical numbers, including *I Am What I Am*, performed by a defiant Zaza, *Look Over There*, where Georges tries to convince Jean-Michel of Albin's parental love, and a stirring *The Best of Times is Now*, with the entire cast. Music Director Julian Sundby and his crew do a great job providing the musical accompaniment. A wonderful group of Cagelles in sexy costume add greatly to the production. They are Rosie DeLeon, Sandra Dixon, Laura Glynn, Chet Gridley, Zan Jabara, Ken Johnson, Ben Lamoureux and Sage Meyers. Joey Bostic, who plays Georges and Albin's maid Jacob, does a stellar job in providing numerous hysterical scenes. He is tall and gorgeous, and oh so funny. Others in the show are Gil Perez, Kenneth Cosmo Ruisi and John Daniel Strealy.

The seating has been transformed into a cabaret style that definitely fits the mood of the show. *La Cage aux Folles* is terrific fun from start to finish and I strongly recommend you take it in. It plays through March 31 at New Phoenix Theatre, located at 13211 McGregor Boulevard in Fort Myers. For tickets, call 284-5214.\*



From left, Katie Pankow as Hayley, Donna Schulte as Norleen, Dena Galyean as Savannah and Kristofer Holz as The Trucker

photo provided

## It's Road Trip Time At Off Broadway Palm Theatre

**O**ff Broadway Palm Theatre presents *Mama Won't Fly*, playing now through April 28. Laugh your way across the USA with this ferociously funny comedy by the writers of *The Savannah Sipping Society* and *The Hallelujah Girls*.

A race against the clock begins when

Savannah Sprunt Fairchild Honeycutt agrees to get her feisty mother all the way from Alabama to California in time for her brother's wedding. Savannah's problem: mama won't fly. So three generations embark on a hilarious road trip where they meet family, friends and strangers along the way. Laugh along this wild ride as they navigate a wild series of misadventures including a mad dash across the desert in a stolen 18-wheeler and a near-fatal encounter at an underwear museum.

Directing *Mama Won't Fly* is Karen Goldberg, who has a bachelor of arts in

continued on page 16

## Rising Stars Share Their Stories



Dee Goodson

photos by Jasi Cason Photography

**D**ee Goodson and Kyle Anne Duggan will tell the tales behind their favorite original songs during Songwriter Stories at the Sidney & Berne Davis Art Center on Friday, March 22 at 8 p.m. Take part in this intimate concert that gives audiences a behind-the-scenes look at songwriting. Cost is \$5.

A part of the Noteworthy Series, Songwriter Stories features Southwest Florida musicians who are part of the



Kyle Anne Duggan

emerging scene. Each songwriter plays a set of original music and discusses the craft and inspiration that went into each piece between songs.

Goodson is a Southwest Florida singer-songwriter who recently caught the attention of Miami rapper Trina. Trina just started a new record label called Rockstarr, and Goodson is one of the first artists to be signed to the label. His new album was released last month

continued on page 18



Historic Downtown Fort Myers, Then And Now:

# Rotary Club Plays Ball



by Gerri Reaves, PhD

This circa-1922 photo was apparently taken before or after a Rotary baseball game on McGregor Boulevard. The location of this southward view is near the edge of McGregor between Clifford Street and Euclid Avenue (today's Altamont Avenue). The ballfield known as both League Park and League Field was the site of festivals and other celebrations, circuses, baseball and football games, revival meetings, and many other activities. Baseball games were played there between teams like the Rotary Club pictured here, and competition and public interest could be intense.

In August 1922, for example, excitement over the Rotary versus Kiwanis game was so high that the town's drug stores closed early so fans could get to the field. After that benefit game, the Rotary and Kiwanis were able to donate \$134 to Boy Scout Troop 1. At least eight men in the photo are wearing baseball uniforms, seven in the front row and one standing center. The player seated in the center holds a catcher's mitt and baseball in his lap. Other men appear to be members of an impromptu band, including several standing in the back holding cymbals and the man (right) holding a "washtub bass drum."

Only a few of the people are identified: Harry Satchel (far left), Edward L. Evans (in dark hat, second from left), Capt. Arthur N. Wintle (in captain's hat, back row), Ben King (in white hat, to Wintle's left) and Judge Nathan Stout (to King's left, with bowtie, boater's hat, and cymbals).

The house in the background across McGregor was Mrs. EM (Eleita Fox) Colcord's. She was the widowed mother of Alberta Colcord Barnes and Nell Colcord Weidenbach. Those sisters would grow up to be local historians and recount their memories of growing up across from the busy "vacant lot," as they called the ballfield, during the early 1920s. For children like Alberta and Nell, League Park was a marvelous open riverfront playground.



The Rotary Club baseball team and others pose for a photo in League Park, circa 1922. McGregor Boulevard is in the background. Those identified are Harry Satchel (far left), Edward L. Evans (second from left, wearing dark hat), Capt. Arthur N. Wintle (back row, wearing captain's hat), Ben King (to Wintle's left in white hat), and Judge Nathan Stout (to King's left, wearing bowtie and boater's hat and holding cymbals).

photo courtesy SWFL Historical Society



The former Colcord home still stands on McGregor and faces the rear of Publix, which is located at the former League Park site

photo by Gerri Reaves

The Rotary Club was still a new club when the photo was taken. It had originated on the evening of March 3, 1922 at the Lee County Bank at Main and Hendry – an event that generated the *Fort Myers Press*'s front page headline the following day: "Rotary Club Organized Here." There was a subsequent meeting at the Bradford Hotel for anyone interested in the new club. They applied for membership in the International Association of Rotary Clubs and, on April 1, became the fourth club in Florida to be chartered. Ora E. Chapman became the first president.

The Rotarians officially received their charter in May 1922 at a presentation at the Riverview Hotel. The guest speaker was Frank Stoneman, editor of the *Miami Herald* and father to Marjorie Stoneman Douglas, who would later write *River of Grass*, the classic book about the Everglades.

During those early boom years, the club held weekly luncheons or dinners at various restaurants around town, such as the Bradford Hotel, Cottage Home Hotel, and the Seminole Café, all on First Street; El Boulevard Café; Corrigan's on Hendry; and the Spanish-American Restaurant on Main Street.

Dues and lunch prices reflected economic times in those early years. Annual dues were \$80 in the late 1920s but dipped to only \$6.25 per quarter by 1932 after the Great Depression had taken hold.

Since the Rotary baseball team played in the field all those decades ago, Boulevard Plaza and Edison-Ford Square have come and gone. Publix opened on the site in 2007, and the "vacant lot" is no longer devoted to only fun and games.

One point of continuity: The house in the background of the historic photo background still stands.

Walk down McGregor and imagine the magical "vacant lot" that once served as a focal point for so much community activity. Then visit the following two research centers to learn more about the many clubs that have enriched Fort Myers over the years.

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](http://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](http://www.leecountyblackhistorysociety.org).

Sources: Archives of the Southwest Florida Historical Society; *Early Fort Myers: Tales of Two Sisters* by Alberta Colcord Barnes and Nell Colcord Weidenbach; *Fort Myers Press*; and *The Story of Fort Myers* by Karl H. Grismer.✪

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# 36th Annual Arts & Crafts Fair

9 a.m. to 5 p.m. Friday, March 15

9 a.m. to 4 p.m. Saturday, March 16

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Habitat for Humanity's fourth ReStore location in the McGregor Pointe Shopping Center is now open with more than 26,200 square feet of furniture, appliances, building supplies, household goods and more photo provided

## Habitat's Fourth ReStore Location Now Open

Habitat of Lee and Hendry Counties' newest discount home improvement store recently opened its doors in the McGregor Pointe Shopping Center. Shoppers will find everything from furniture to cabinets and vanities, to construction materials, appliances and lighting at a fraction of retail prices while helping build affordable

housing and preventing good items from ending up in the landfill.

The new 26,200 square foot store is chock full of new and gently used appliances, building materials, cabinets, doors, flooring, furniture, hardware, housewares, lighting, plumbing, tools and windows. It is an ideal shopping spot for homeowners, renters, college students, do-it-yourselfers, contractors, interior designers, landlords and treasure hunters. The store is open from 10 a.m. to 5 p.m., Monday through Saturday. All proceeds from ReStore sales support Habitat's mission to build strength, stability and

self-reliance through affordable housing. "Every ReStore purchase creates the opportunity for a better life," said Tammy Moran, vice president of ReStores. "All sales help Habitat construct homes for affordable homeownership, provide critical home repairs, revitalize neighborhoods and support financial literacy classes for community members." This is Habitat's fourth ReStore in Lee and Hendry counties. Other locations are in Fort Myers, North Fort Myers and Bonita Springs. Directions and more info can be found at [www.restorelee.org](http://www.restorelee.org). "The ReStore keeps perfectly good

items out of local landfills, stimulates the economy by providing well-paying jobs and helps local families purchase affordable homes," said Kitty Green, president and CEO of Habitat for Humanity of Lee and Hendry Counties. "We are always looking for donations and local shoppers to keep the Habitat mission moving forward."

Donations are welcome, and they can be made in person. For larger items, you can schedule a pickup online at [www.restorelee.org](http://www.restorelee.org) or call 652-0388. McGregor Pointe Shopping Center is located at 15271 McGregor Boulevard in Fort Myers. For more information, visit [www.restorelee.org](http://www.restorelee.org).✪

## Community Appraisal Day

The Alliance for the Arts, in partnership with Leslie Hindman Auctioneers, will host a Community Appraisal Day on Saturday, March 16 from 10 a.m. to 4 p.m. Meet with auction house experts from Leslie Hindman Auctioneers and find out the value of your fine jewelry, artwork, decorative objects, furniture, Asian works of art, books, maps, silver and beyond. A 20-minute appraisal session is \$10 for Alliance members or \$20 for non-members. Pre-registration is required. Alliance for the Arts is located at 10091 McGregor Boulevard in Fort Myers. For more information, call 939-2787 or visit [www.artinlee.org](http://www.artinlee.org)/appraisal.✪

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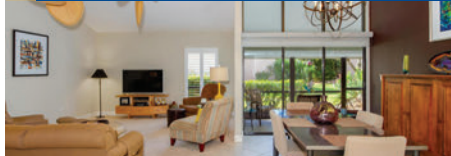
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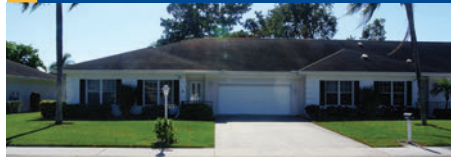
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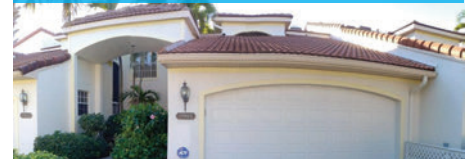
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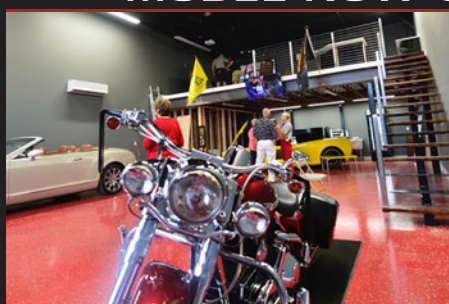
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Fort Myers Art:

# Rock And Roll Musical Opens March 22



by Tom Hall  
**B**roadway's rock 'n' roll sensation *Million Dollar Quartet* opens next Friday, March 22 at Florida Repertory Theater. The musical reprises a jam session that made music history in

1956. It occurred when Memphis record producer Sam Phillips brought four of his newest clients together to make music. That fab four consisted of Carl Perkins, Jerry Lee Lewis, Johnny Cash and Elvis Presley.

*Million Dollar Quartet* took Broadway by storm and provides an electrifying glimpse of the four legends before they became rock 'n' roll icons. The musical features over 20 rock 'n' roll hits, including *Blue Suede Shoes*, *Hound Dog*, *Sixteen Tons*, *Great Balls of Fire* and many more.

"This musical is like nothing the Arcade Theatre has ever seen," said Artistic Director Greg Longenhagen. "Not only will the music blow the roof off of the arcade, but the story is compelling. And looking at these four musicians at the start of their iconic careers is touching, funny and extremely exciting. Elvis Presley, Johnny

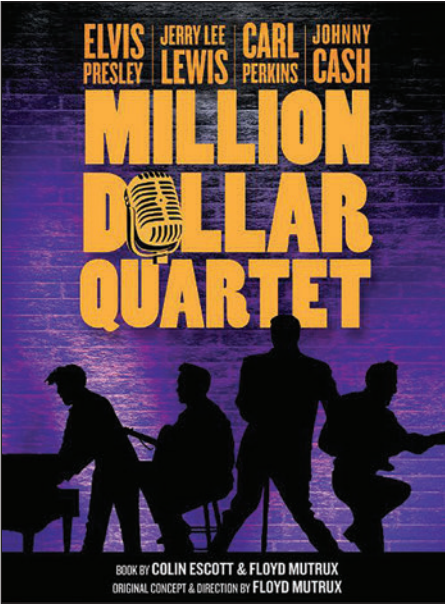


image courtesy www.artswfl.com

Cash, Jerry Lee Lewis and Johnny Cash changed the music industry, and I can't wait for you to hear their story and their music."

Florida Rep has assembled an A-list cast for the musical with several of them playing their roles for a fifth, sixth and even the 10th time. Florida Rep ensemble member Brendan Powers (*Hay Fever*) returns this season as record producer Sam Phillips and is joined by Joe Boover as Elvis (Florida Rep debut), Gregg Hammer as Johnny Cash (Florida Rep debut), Jeremy Sevelovitz as Carl Perkins (Florida Rep debut) and Brady Wease as Jerry Lee Lewis (*Shear Madness*).

Also joining the cast are Julie Kavanagh

as Dyanne (*Too Marvelous For Words*), Daniel Bailey playing bass (Florida Rep debut) and David Sonneborn on drums (Florida Rep debut).

Associate Artistic Director and ensemble member Jason Parrish (*The 25th Annual Putnam County Spelling Bee*) directs, and is joined by Resident Set Designer Jordan Moore (*Cabaret*), ensemble Costume Designer Stephanie Genda (*Cabaret*), Lighting Designer Julie Duro (*Twelve Angry Men*), Sound Designer Katie Lowe (*Damascus*), Music Director David Sonneborn (Florida Rep debut) and Stage Manager Kathleen Barrett (Florida Rep debut).

Tickets are \$65 and \$59. Preview tickets are \$35 and \$29 and are selling out for the March 19 to 21 performances. A limited number of \$25 Two-Day-Deal tickets are available 48-hours in advance of each performance by calling the box office at 332-4488.

*Million Dollar Quartet* plays through April 21 in the Historic Arcade Theatre, 2267 First Street in Fort Myers.

Box office hours are Monday through Friday from 10 a.m. to 5 p.m. New this season, Florida Rep's parking lot will open two hours before each performance and offers guests limited free parking across the street from the Arcade Theatre.

For more information, visit [www.floridarep.org](http://www.floridarep.org).

*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.✧

## Continental Women To Meet

**T**he Continental Woman's Club of Greater Fort Myers will meet at The Hideaway Country Club on Thursday, April 4 at 11:30 a.m. The program will be Butterfly Gardening presented by Donna Cressman, a master gardener in Lee County with experience and expertise in butterflies and palm trees. Cost to attend is \$22.

The Hideaway Country Club is located at 5670 Trailwinds Drive in Fort Myers. Call 691-7561 for more information.✧

## Craft Sale

**P**almetto Palms RV Resort will be hosting a Craft and White Elephant Sale on Saturday, March 16 from 8 a.m. to noon. Coffee and donuts will be available. The public is invited.

The resort is located at 19681 Summerlin Road in Fort Myers. For more information, call Marge Gregg at 466-5331.✧

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Radu Paponiu photos provided

## Symphony Hosting Bach Birthday Bash

**T**he Southwest Florida Symphony continues its 58th season of small stage symphonies with Back to Back Bach: the Bach Birthday Bash. The concerts will be held at 7:30 p.m. on Wednesday, March 20 at the Sidney & Berne Davis Art Center; Thursday, March 21 at the Village Church at Shell Point; and Friday, March 22 at The Community House.

In keeping with the Southwest Florida Symphony's exploration in the fusion of classical music with other genres, this series features Bach reimagined, reinterpreting the music from a contemporary perspective. The music of JS Bach is infused with rich harmonies, fluid counterpoints and a rhythmic groove in a multitude of musical styles. Drawing on his extensive experience in a variety of musical idioms, pianist/arranger Matt Herskowitz lends a unique voice to the music while maintaining the compositional integrity of the original, resulting in new settings that feel



Matt Herskowitz

completely natural. These performances are conducted by Naples Philharmonic Assistant Conductor Radu Paponiu.

Tickets begin at \$20 and vary by venue. For more information or tickets, visit [www.swflso.org](http://www.swflso.org), stop by the box office, located at 8290 College Parkway, Suite 103 in Fort Myers, call 418-1500 or get tickets at the door of each venue, one hour prior to each concert.

The Sidney & Berne Davis Art Center is located at 2301 First Street in downtown Fort Myers. The Village Church at Shell Point is located at 15100 Shell Point Boulevard in South Fort Myers. The Community House is located at 2173 Periwinkle Way on Sanibel.✧





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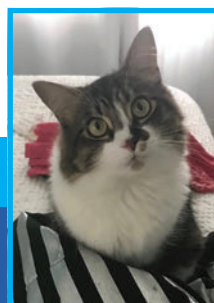
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## Along The River

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

Visit [www.fortmyersriverdistrictalliance.com](http://www.fortmyersriverdistrictalliance.com) to learn more.

The **First Congregational Church** will host its 8th annual **Classic Car Show** this Saturday, March 16 from 10 a.m. to 2 p.m. Lunch items will be sold.

The show will feature at least 60 classic cars, trophies, door prizes and 50/50 raffles. Registration is \$15 the day of the show. Car owners get a free lunch.

First Congregational Church is located at 312 Santa Barbara Boulevard in Cape Coral. For more information, call Rich at 203-5932.

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, the event will raise funds for colorectal cancer education, screening and treatment in Southwest Florida.

Cost of registration the day of the



Outdoor entertainment during a previous Music Walk

photo courtesy [www.fortmyersriverdistrictalliance.com](http://www.fortmyersriverdistrictalliance.com)

event is \$40 for all ages. The first 200 people registered will receive a race T-shirt and gift bag. Refreshments will be provided. 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](http://www.21stcenturycare.org/event/9th-annual-scope-for-hope-5k-run-2-mile-walk) or call 936-3756.

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. Tickets are \$25 per person.

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.

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](http://www.sbdac.com).✱

## Audubon Program On Burrowing Owls

The Audubon of Southwest Florida will hold a free March program titled Living With the World-Famous Cape Coral Burrowing Owls at the Southwest Florida Masonic Temple on Thursday, March 21 at 7 p.m. Light refreshments will be served.

The program is presented by Beverly Saltonstall and Pascha Donaldson of Cape Coral Friends of Wildlife (CCFW). Saltonstall is charter member of CCFW, having attended the first organizational meeting some 18 years ago. Currently, she is education outreach chair and dedicates herself to informing people about the renowned Cape Coral Burrowing Owls. She has presented to numerous groups, including Audubon chapters, colleges, schools and service organizations. Among the topics she and Donaldson, vice-president of CCFW, will cover are the new laws concerning the owls and the threats they continue to face.

Southwest Florida Masonic Temple is located at 10868 Metro Parkway in Fort Myers.✱

## Painted Platters For Charity Group

Local celebrities recently painted 22 platters for Ronald McDonald House Charities (RMHC) 22nd anniversary and will celebrate Eat. Clay. Love... Once Again at the Ronald McDonald House on Thursday, March 28 at 5:30 p.m. Hors d'oeuvres and cocktails will be followed by an auction of the platters and a dinner prepared by Chef Brian Roland of CRAVE Culinaire. Complimentary valet parking will be available. Tickets are \$150 per person.

Celebrity artists include Armando Llechu, chief administrative officer at Golisano Children's Hospital; Barbara Fewster, artist and retired RMHC board member; Brian Roland, chef and owner of Crave Culinaire; Chris Spiro, chief creative officer of Spiro & Associates; Cindy McCurry-Ross, executive editor and vice president of content at The News-Press Media Group; Doug MacGregor, Arts in Healthcare coordinator at Lee Health; Jenna Persons, attorney and counsellor at law of Strayhorn & Persons, PL; Laura Ragain, executive director of Ronald McDonald House Charities Southwest Florida; Mark Loren, owner of Mark Loren Designs; Cape Coral Mayor Joe Coviello and Diane Coviello; Michele Eddy, community volunteer; Mike Dolch, senior events manager at Hyatt Regency Coconut Point; Phil Borchman, editor of *Gulfshore Business*; Rachel Pierce, NBC2 news anchor; Rebekah MacFarlane Barney, chief operating officer of Prima Luce and co-owner of MacFarlane Barney

Development; Richie Castiano, owner of The World-Famous Cigar Bar; Sawyer Smith, attorney at Wilbur Smith Attorneys at Law; Shannon Yates, chef/owner of Nevermind Awesome Bar & Eatery, Beastie Bar and Danger Danger; Stefanie Ink-Edwards, director of development & community outreach of Community Cooperative; Stephanie Davis aka Downtown Diva, social commentator and event photographer at *Florida Weekly*; and Tia Knapp, owner of Cone 06 Pottery Painting Studio.

Ronald McDonald House is located at 16100 Roserush Court in Fort Myers. To reserve your seat and for more information, visit [www.rmhcswfl.org/events](http://www.rmhcswfl.org/events) or call Amy at 437-0202.✱

## Art And Poetry Networking Event

Gulf Coast Leisure's Art & Poetry Networking Event will be held at the Sidney & Berne Davis Art Center on Thursday, March 21 at 8 p.m.

Art & Poetry Networking Event is a place for creative artists, writers and performers to cultivate their craft or have a positive environment for self-expression involving local art and poetry with live entertainment, vendors, networking and more. Cost is \$10 at the door.

The Sidney & Berne Davis Art Center is located at 2301 First Street in downtown Fort Myers. For more information and registration, visit [www.facebook.com/pg/gulfcoastleisure](http://www.facebook.com/pg/gulfcoastleisure).✱



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# Life Enrichment Series

## New Opportunities at Shell Point

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

Shell Point's Life Enrichment Series offers the opportunity to discover new things about yourself and the world you live in. Concerts, presentations, lectures, shows, special events and more!

**March  
2019**

explore play imagine laugh learn inspire

### Learn More About Shell Point

**FREE**



**March 19, 20, 26 & 27 at 9:30 a.m.**

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

**March 16 • 9 a.m. to 4 p.m.**

### Community Thrift Store St. Patrick's Day Sale

**SAVE 50% ON ALL ITEMS STOREWIDE**

during Community Thrift Store's St. Patrick's Day Sale! For more information, contact Community Thrift Store at (239) 225-6529. **15501 Old McGregor Blvd. Suite 2, Fort Myers.**

**March 18 • 4:30 p.m.**

### The Secrets of Stonehenge: Who Built It and Why? (FLL36)

The Academy of Lifelong Learning is excited to welcome Professor Adrian Kerr, as he shares the fascinating story of who built Stonehenge, what was its purpose and why it was subsequently completely deserted. **Tickets for this class cost \$10,\* and may be purchased by calling (239) 489-8472.**



**March 21 at 7 p.m.**

### Southwest Florida Symphony Series *Back-to-Back Bach*

Join pianist and arranger Matt Herskowitz as he opens a new window for experiencing the works of the world's greatest composer. This performance reinterprets the music of J.S. Bach from a contemporary perspective, exploring its rich harmonies, fluid counterpoint and rhythmic groove in a multitude of musical styles. **Individual tickets cost \$25 and may be purchased by calling the box office at (239) 454-2067, or online at [www.shellpoint.org/concerts](http://www.shellpoint.org/concerts).**



**March 26 at 10 a.m.**

### The Insider's Story: Researching and Writing "Honoring the Enemy" (FLL39)

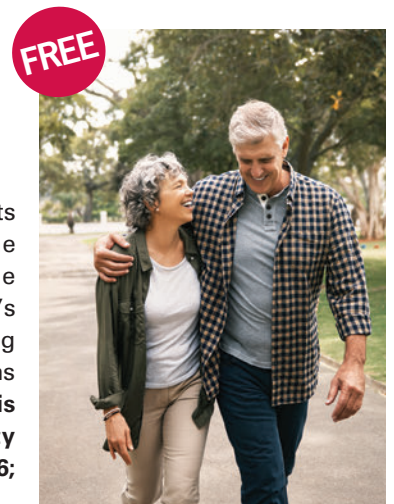
Join award-winning author Robert N. Macomber to celebrate the release of his newest in the Honor Series, *Honoring The Enemy*. This is his 14th maritime thriller, which is set in the period of the Spanish-American War, covering from June 1898 to mid-July 1898 and focusing on Tampa, Florida and Oriente, Cuba. **Tickets for this class cost \$10,\* and may be purchased by calling (239) 489-8472.**



**March 26 at 7 p.m.**

### Medical Breakthroughs & Discoveries Series Make This the Healthiest Year of Your Life

Join Dr. Malissa Wood of Massachusetts General Hospital, as she covers the positive health benefits of lifestyle approaches that positively impact one's cardiovascular and overall health, during the final Shell Point Medical Breakthroughs & Discoveries session. **Registration is required for this free community healthcare presentation at (239) 433-7936; light refreshments will follow.**



**FREE**

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

**SHELL POINT**  
RETIREMENT COMMUNITY

**Visit [www.shellpoint.org/events](http://www.shellpoint.org/events)  
for full descriptions of upcoming events!**

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





From left, Petty Officer Joseph Conway, students Maikol Marquez, Andrew Carmoega, Daniel Berry, Stephen Whitfield, Mathew McManus and Dylan Cotter with Cyber Security Teacher Mark Dunaway photo provided

## Cyber Patriot Team Places Third In The Nation

The Dunbar High School's Cyber Patriot Team, named Senior Tiger Cyber, captured first place in Florida and third nationally in the Silver Tier Division for the Cyber Patriot XI competition recently held by the U.S. Air Force Association.

Cyber Patriot is the National Youth Cyber Education Program. At the

center of Cyber Patriot is the National Youth Cyber Defense Competition. The competition puts teams of high school and middle school students in the position of newly hired IT professionals tasked with managing the network of a small company. In the rounds of competition, teams are given a set of virtual images that represent operating systems and are tasked with finding cybersecurity vulnerabilities within the images and hardening the system while maintaining critical services in a six-hour period.

Teams compete for the top placement within their state and region, and the top

teams in the nation earn all-expenses paid trips to Baltimore, Maryland for the National Finals Competition where they can earn national recognition and scholarship money. "Commander Mark Dunaway is not only Dunbar High School's networking and cyber security teacher but he is also a commanding officer for the United States Navy as a cyber-security analyst," said Principal Carl Burnside. "His real world experiences are an asset to our students learning the advance networking curriculum, which no doubt helped to propel them to succeed in this competition."

"Even though this was our first year, I knew my networking students were extremely prepared to compete in a competition like this. Their experiences in not only CompTIA Networking, PLTW Cyber Security, and Aruba Networks gave them the collective knowledge to successfully build firewalls in the given hands-on scenarios," said Mark Dunaway. "My students knew how to work as a team to get the job done."

For more information, visit [www.uscyberpatriot.org](http://www.uscyberpatriot.org).

## Author To Hold Book Signing

Author Nancy Hamilton will be signing copies of her travel book *100 Things to Do in Fort Myers-Sanibel Before You Die* at Annette's Book Nook on Sunday, March 17 from 9 a.m. to 2 p.m. Admission is free and

open to the public.

*100 Things to Do in Fort Myers & Sanibel Before You Die* proposes opportunities to explore not only the renowned beaches, waterways and recreational activities, but also the historic and offbeat locales.

Annette's Book Nook is located at 7205 Estero Boulevard, Suite 701 on Fort Myers Beach. For more information, call 463-3999.

## Pilot Club Quarter Auction

There will be a quarter auction in the Dolphin Room at The Shell Factory on Saturday, March 16 at 11 a.m. It is being sponsored by the Pilot Club of Fort Myers, Golisano Children's Hospital and The Shell Factory and Nature Park.

Quarter auctions are games where bidders play for prizes valued at \$25 to \$50 and more. Players have an opportunity to go home with fantastic prizes and the proceeds go to the sponsors. There is no admission charge and parking is free. Players can decide if they want to bid on any of the items being offered by both vendors and the charities involved. All attendees will receive two free passes to the Nature Park.

The Shell Factory and Nature Park is located at 2787 North Tamiami Trail in North Fort Myers. For requested reservations, call 995-3999.

## 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](http://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](http://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](http://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](http://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](http://www.chabadswf.org), 5620 Winkler Road, 433-7708.

**CHAPEL OF CYPRESS COVE**  
Sunday 10 a.m., [www.revtedalhouse@aol.com](mailto: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](http://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](http://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](http://www.christiansciencefortmyers.net), [www.christianscience.com](http://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](http://www.fumcftmyers.org), 2466 First Street, 332-1152.

**FORT MYERS CHRISTIAN**  
Sunday 10:30 a.m., 5916 Winkler Road, 437-4330.

**FORT MYERS CONGREGATIONAL UNITED CHURCH OF CHRIST;**  
Sunday 10 a.m., 8210 College Parkway, 482-3133.

**FIRST PRESBYTERIAN CHURCH OF FORT MYERS**  
11 a.m. Sunday, [www.fpcfmyers.org](http://www.fpcfmyers.org), 2438 Second Street, 239-334-2261

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

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

**KINGDOM LIFE**

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

**LAMB OF GOD**  
Sunday 7:45 and 10 a.m., [www.lambofgodchurch.net](http://www.lambofgodchurch.net), 19691 Cypress View Drive, 267-3525.

**NEW BEGINNINGS CENTER**  
Friday 6:30 and 7 p.m. [nbcministry@embarqmail.com](mailto:nbcministry@embarqmail.com), [facebook.com/nbcministry](https://facebook.com/nbcministry), 8505 Jenny Cae Lane, 656-0416.

**NEW COVENANT EYES**  
Monthly 9 a.m., [www.newcovenanteyes.com](http://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](http://www.newhopefortmyers.org), 10051 Plantation Road, 274-1230.

**PEACE COMMUNITY**  
Sunday 10:30 a.m. [www.peacecommunitychurch.com](http://www.peacecommunitychurch.com), 17671 Pine Ridge Road, 267-7400.

**PEACE LUTHERAN**  
Sunday 8 and 10 a.m., [www.peaceftmyers.com](http://www.peaceftmyers.com), [peace@peaceftmyers.com](mailto: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](http://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](http://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](http://www.templebethel.com), 16225 Winkler Road, 433-0018.

**TEMPLE JUDEA (CONSERVATIVE)**  
Friday 6:30 p.m. and Saturday 9 a.m., [www.tjswfl.org](http://www.tjswfl.org), 14486 A&W Bulb Road, 433-0201.

**THE NEW CHURCH**  
Sunday 11 a.m., [www.newchurchflorida.com](http://www.newchurchflorida.com), 10811 Sunset Plaza Circle #401, 481-5535.

**UNITARIAN UNIVERSALIST**  
Sunday 10:30 a.m., [www.uucfm.org](http://www.uucfm.org), 13411 Shire Lane, 561-2700.

**UNITY OF FORT MYERS**  
Sunday 10 a.m., [www.unityoffortmyers.org](http://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](http://www.zionfm.org), 7401 Winkler Road, 481-4040.



## CROW Case Of The Week:

## Gopher Tortoise

by Bob Petcher



The gopher tortoise (*Gopherus polyphemus*) is so named due to its propensity to burrow holes, typically to be used as dwellings. In fact, the underground

spaces that this good Samaritan creates can provide shelter for reportedly 400 or so other animal species. Thus, the gopher tortoise is known as a keystone species.

To build these homes and tunnels, the gopher tortoise relies on its shovel-like front legs and strong back legs that work as anchors to "drill" into dirt, hand-packed sand and coastal dunes. These burrows can be up to 10 feet deep and 40 feet long.

At CROW, an adult male gopher tortoise was admitted from North Fort Myers after being attacked by a dog. Upon intake, veterinarians noted severe wounds to both front limbs and moderate wounds on the rear limbs from being chewed on by the dog. The front limbs had bone exposure and moderate contamination.

"The injuries on the front legs are extensive from the chewing of the dog(s)," said Dr. Kyle Abbott, CROW

veterinary intern. "The right front leg has exposed muscle and bone. The left front leg has exposed muscle. The contamination was severe considering the level of bacteria contained within the mouths of dogs and the dirt that subsequently was introduced to the site. The tortoise is also missing a few nails on the front right leg, which may affect his ability to dig long-term. The rear legs had some abrasions from chewing, but these wounds were more superficial and only require mild bandaging.

"Despite all this, the tortoise seems to be able to use the legs quite well when walking, and he is very active and eating great."

The wounds on all limbs were flushed and bandaged. The tortoise was also given pain medications and antibiotics. Since admitted on February 27, the tortoise has been receiving wound management care that has involved bandage changes.

"The wounds are being managed with bandage changes that started with daily changes and are now every two to three days," said Dr. Abbott. "The bandages help to keep the wounds clean and moist. This is designed to allow for the tortoise's tissues to cover the exposed muscle and bone. As time goes on, we will use dry bandages to help protect the wounds and then eventually will have the tortoise heal without bandages."

Time will tell if the patient can continue to help wildlife by burrowing holes for commensal species, ones that benefit from the gopher tortoise's



Patient #19-0469 gets some exercise outdoors while being bandaged up

photo by Brian Bohlman

digging. Gopher tortoises are state listed as threatened in Florida.

Without appropriate protections and conservation actions, the gopher tortoise could become endangered.

"The tortoise continues to be active when taken outside to get sun and eat grass. He has been eating well," said Dr. Abbott. "The threat of him not being released is if his wounds get worse and cannot heal, or if he is unable to dig burrows without some of his front right claws.

"Before he is released, we will need

to assess his ability to dig. His healing process will take weeks to months, so we will be patient and watch him closely while he is healing."

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](http://www.crowclinic.org).\*

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# Endless Options



by Capt.  
Matt Mitchell

A strong mid-week cold front did little to shut down the great fishing we have been experiencing; it was just a matter of changing the game plan. Water

temperatures in the bay dropped 12 degrees almost overnight and shut the snook bite down for a couple of days. In the meantime, I switched it up and had a great trip catching sheepshead on shrimp. I know it's still way too early to call winter done, although any more cold fronts hopefully should be brief.

Right before this last cold front passed, action on snook and mangrove snapper was non-stop. Every windblown shoreline seemed to hold fish. Then once the cold front passed, late morning winds switched and blew hard from the north, and the bite was over. Timing with cold fronts is everything and as little as an hour can make the difference between crushing them or never bending a rod. Even a few days before a front, you see the action getting better and better right up to the wide open bite we experience just before the cold front moves through.

Catching sheepshead in and around the passes during these brief cold periods was a great option once you found the fish. Often this fishing requires making several moves until you locate them. This was the story for us this week as we

had only caught a few keepers until we found that one dock that was loaded up. Within 30 minutes, we had as many as we needed for a few good meals. Most of our sheepshead that day measured between 14 and 17 inches.

Pitching live shiners on the eastern side of the sound, anglers enjoyed both great action and clean, clear water. Snook and mangrove snapper were the majority of the fish caught, though we did manage a few redfish and an occasional trout. Once you cross the sound to the west side, the water looks totally different, stirred up and dirty. During the last few hours of the outgoing tide, water in and around the passes has cleaned up some. This is the more productive time to fish the passes for snook.

With another full week of warm weather in the forecast, our water temperature should climb back into the mid-70s giving anglers endless possibilities. On calm days, getting out mid-day along the beaches for mackerel and bonita while searching for a tripletail is a great option, but bring a big stick too as you may run into big sharks. Right before this last cold front, we had the first reports of tarpon both in Boca Grande along with a few showing on the clam leases and rocky channel in the middle sound. These fish should quickly return too as waters warm back up. The Burnt Store Bar all the way south to Matlacha has also been a good option if you have the time to sight fish for cobia. I like to spend my days catch and release snook fishing while keeping my eyes open to take advantage of anything else that pops up.

*Capt. Matt Mitchell has been fishing*



Terry from Wisconsin got in on the cold water sheepshead bite this week with Capt. Matt Mitchell photo provided

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](mailto:captmattmitchell@aol.com).\*\*

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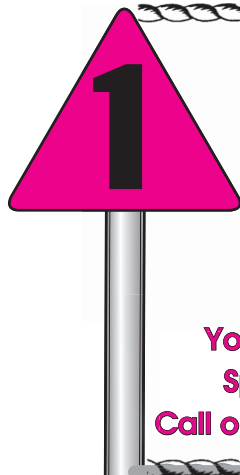
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Dave Doane



## Grant Approved For Garden Center



**Barden Street Community Garden Learning Center**

photo provided

At the recent Fort Myers Community Redevelopment Agency (CRA) board meeting, the commissioners approved a grant for up to \$13,000 in support of the \$246,000 Barden Street Community Garden Learning Center (BCG), as requested by the I Will Mentorship Foundation.

More than just a garden, this urban initiative will infuse 21st century agricultural skills and the beautification of a blighted neighborhood with art and culture. This multi-faceted effort combines community development, nutrition, education, entrepreneurship, local economic development and community enjoyment. Once established, the BCG will be open to community groups for hands-on nutrition education, where residents from the surrounding area will be encouraged to eat healthy foods grown in the garden.

BCG will be located between Barden and Flint streets just south of Dr. Martin Luther King, Jr. Boulevard, which is directly south of the I Will Mentorship Foundation's headquarters in the

Southwest Florida Enterprise Center (SWFEC).

The requested \$13,000 funding will be used to construct the garden's signs, art wall and valor reflection area. Overall, the project will take three years to fully complete. It will have the capacity to provide over a thousand pounds of organic vegetables and 200 pounds of fish.

The living valor reflection area will be on the reverse side of the garden signage wall. This area will recognize veterans and first responders. BCG will offer programs to serve 60 family units in the City of Fort Myers and Lee County, with its primary participants being the communities within a 10-mile radius of the garden – areas where residents have little access to green space, face high unemployment and underemployment, as well as few extra-curricular activities available to them. Once BCG is completed, the primary activities of its fresh start project will include cooking, gardening, creative arts and fitness classes, and entrepreneurial projects for community sustenance.\*

## Day Of Giving For Children's Hospital March 27

Throughout March, customers at four Jersey Mike's locations in Southwest Florida can donate to the Little Red Wagon Fund at Golisano Children's Hospital.

The monthlong campaign ends March 27 with Jersey Mike's Day of Giving, when 100 percent of the day's sales at the four restaurants will be donated to Golisano Children's Hospital.

The Little Red Wagon Fund fulfills the region's critical pediatric healthcare needs through innovative programs, technologies and services.

"This is an incredibly generous and appreciated gesture by Jersey Mike's. These local franchise owners are not just donating a portion of their proceeds or profits – it's every transaction through the cash register that day," said Armando Llechu, the hospital's chief administrative officer. "These dollars will go directly to the Little Red Wagon Fund, which enables specialized services and programs to be developed, helping Golisano Children's

Hospital provide care to the neediest patients while helping to attract and retain top clinical talent. No child is turned away because of their family's inability to pay, so we are thankful that corporate partners like Jersey Mike's support us to ensure all patients have access to world-class pediatric care close to home."

The four Southwest Florida locations donating proceeds to Golisano Children's Hospital include:

Bonita Springs: 8951 Bonita Beach Road, Suite 250 (10 a.m. to 9 p.m.)

South Fort Myers: 6810 Shoppes at Plantation Drive, suite 4 (10 a.m. to 9 p.m.)

Fort Myers: 4600 Summerlin Road, Suite C3 (10 a.m. to 9 p.m.)

Port Charlotte: 1804 Tami Trail, Suite E-6 (7 a.m. to 9 p.m.)

"Last year's nationwide Month of Giving initiative raised more than \$6 million for charities making a big difference in their local communities, and this year, we hope to raise even more," said Peter Cancro, Jersey Mike's founder and CEO. "From the early days, it's just what we've always done – give to give, as they say."

For more information about the Lee Health Foundation's upcoming fundraising events, visit [www.leehealthfoundation.org](http://www.leehealthfoundation.org) or call 343-6950.\*



From left, artist and Fort Myers Beach Town Council member Joanne Shamp with co-chairs Gayle Crabtree-Pergolli and Ellen Vaughan and an auction item photo provided

## Auction Benefits Scholarships For Children's Camp

Friends of the Mound House hope to provide scholarships for Fort Myers Beach kids to attend summer camp at the Mound House with a strolling art auction at the Fort Myers Beach Woman's Club on Friday, March 22 at 7 p.m.

Artful Intersections is a fundraiser featuring a mix of art and experiences

including evenings with notable island residents versed in topics from art to island history to yoga. Art offerings include works by the Florida Highwaymen. A pop-up store will feature artisan items from Mali.

Tickets are \$75 per person. The goal is to raise \$15,000 for scholarships and other educational programs to benefit Mound House, 451 Connecticut Street on Fort Myers Beach.

Fort Myers Beach Woman's Club is located at 175 Sterling Avenue on Fort Myers Beach. Call 765-6472 for tickets (limited to 115) and more information.\*

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### 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

Information and Tickets available on-line at  
[www.sanibelmusicfestival.org](http://www.sanibelmusicfestival.org)

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Tickets may be purchased at the church  
one-half hour prior to each concert.



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## Plant Smart

## Green Milkweed

by Gerri Reaves

**G**reen milkweed (*Asclepias viridis*) is one of many *Asclepias* species native to the state. It has a lot to recommend it: stunning ornamental flowers in unusual color combinations, value to butterflies and low maintenance.

This wildflower grows in much of the southeastern and lower central U.S. It is a larval host and nectar source for monarch and queen butterflies and thus a good choice for a butterfly or natural garden.

The word *viridis* in the botanical name refers to the greenish color, also referred to in other common names, green antelopehorn and green-crowned milkweed. Another name is spider milkweed.

The plant grows up to two feet tall in a spreading open form. The alternate narrow leaves are generally oblong, two to five inches long, and sometimes covered in very fine hairs. The edges are often wavy and the midvein reddish or yellow.

The inflorescence is an umbrel – think “umbrella” – in which the flower stalks appear to originate from the same point.

There’s usually only one umbrel per plant, but very large plants can have as many as 10, each with 10 or more flowers.

Each five-petaled white or greenish yellow flower measures about a half-inch across. The collective petals, or corolla, are creamy or greenish and the stamens purplish.

Flowers bloom early spring through fall.



**Native green milkweed is a nectar and host plant for monarch and queen butterflies**

photo by Gerri Reaves

The seeds in the pod are attached to silky strand that aid in dispersal by wind.

Green milkweed prefers full sun and moist soil but has high drought tolerance, partly due to taproots. It will tolerate nutrient-poor soil but not salty habitats.

Cultivate it with the seeds. As with other milkweed species, the stems exude a sticky milky substance when broken.

The milky sap can be irritating to the skin and ingestion by people or animals can be toxic.

Planting native milkweed supports monarch butterflies, whose plummeting populations are of serious concern in recent years. Consider planting several native *Asclepias* to create monarch habitat.

Be sure to buy all milkweed from a nursery that does not expose the plants to pesticides at any stage of their growth.

Otherwise, the butterflies and pollinators you want to attract to your yard will be lured to their deaths.

Sources: *Complete Guide to Florida Wildflowers* by Roger L. Hammer, *Everglades Wildflowers* by Roger L. Hammer, [www.plants.usda.gov](http://www.plants.usda.gov), [www.regionalconservation.org](http://www.regionalconservation.org), and [www.wildflower.org](http://www.wildflower.org).

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

## Birding Seminar Begins Friday

**B**irders are invited to explore the science and value of birds in Southwest Florida and beyond during the 4th annual Southwest Florida Birding Seminar at Florida Gulf Coast University on Friday, March 15 from 8 a.m. to 4 p.m. and Saturday, March 16 from 8:30 a.m. to 4 p.m.

The seminar, organized by UF/IFAS Lee County Extension and Conservation 20/20, will include field trips to local bird hot spots. The seminar is designed for birders of all levels and interests.

Saturday activities include:

San Carlos Bay-Bunche Beach Preserve bird-watching tour – Participants will join a Lee County Bird Patrol guide to explore the natural beach habitat at this Conservation 20/20 preserve, which is critical to the survival of many shorebird species.

Photographing Birds instructional workshop at Powell Creek Preserve in North Fort Myers – Participants will learn beginners’ tips for photographing birds, including scouting for birds, anticipating behavior and recommended camera angles to tell a unique story through images.

Sunday activities include presentations from expert speakers about birds:

Robin Bast, staff veterinarian, Clinic for the Rehabilitation of Wildlife (CROW) – The Effects of Red Tide on Birds

Dr. Bernard Master, conservationist, author of *No Finish Line: Discovering the World’s Secrets One Bird at a Time* and former vice-chairman of The Ohio Nature

Conservancy – Finding the Rarest Birds in the World

Mark McBride, biologist, Florida Fish & Wildlife Conservation Commission – Ducks in Florida

Dr. Jerry Jackson, biologist and professor emeritus, Florida Gulf Coast University – All About Anhingas

Claudia Burns, International Osprey Foundation Nestwatch volunteer – The Story of Ospreys

Charles Ewell, Lee County Bird Patrol Coordinator – Everything You Need to Know About Birding Apps

Registration is \$35 for both days, which includes a catered lunch on Saturday. To register, visit [www.2019birdingseminar.eventbrite.com](http://www.2019birdingseminar.eventbrite.com).

For more information, contact Jason Boeckman, Conservation 20/20 coordinator, at [jboeckman@leegov.com](mailto:jboeckman@leegov.com) or 204-1125.\*

## TechTalk Set For March 21

**T**he Southwest Florida Regional Technology Partnership (SWFRTP) will present a free TechTalk titled Effective Digital Marketing at Two39 Work on Thursday, March 21 from 5:30 to 7:30 p.m. The event, the second of a two-part TechTalk, will cover best practices and the latest trends in search engine optimization and search engine marketing.

The seminars will be conducted by Ed Moore, owner of Red Sneakers Mobile Marketing and Communications and Albert Arguelles and Randy Mitchelson, APR from iPartnerMedia, a certified Google Partner.

Attendees will witness real examples of companies generating positive return on investment from advertising with Google, and learn best practices for shopping and evaluating professional digital marketing services. Light food and beverages will be provided.

Two39 Work is located at 24301 Walden Center Drive in Bonita Springs. For more information and online registration, visit [www.swfrtp.org](http://www.swfrtp.org).\*

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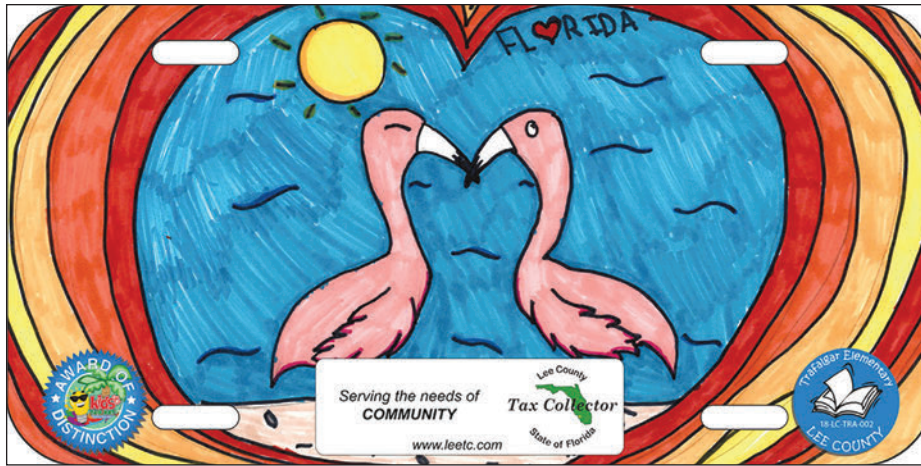
## Tax Collector's Office Donation For Art Education

The Lee County Tax Collector's Office recently presented checks totaling \$34,400 to 48 Lee County public schools and honored nearly 100 children as part of a recent ceremony celebrating Kids Tag Art, a partnership between Lee County Tax Collector's Office and the Foundation for Lee County Public Schools.

The program encourages fifth-grade students to come up with front-end license plate designs, with this year's Sizzle N' The Arts theme serving as a prompt. The winning designs will be sold at [www.leetc.com](http://www.leetc.com), with proceeds going toward the schools. The Tax Collector's Office also sells sponsorships of the program, raising even more money that goes to fund elementary-level art classes.

"It's heartwarming to see how Kids Tag Art inspires so many young minds here in our community," Lee County Tax Collector Larry Hart said. "The program helps offset a lack of funding for art education, and it also shows students how they can apply their art in commerce, as witnessed by all the plate designs we have for sale."

Two students from each of the participating schools received the Award



This Kids Tag Art design from a Trafalgar Elementary School fifth-grader named Alison is one of nearly 100 Award of Distinction winners image provided

of Distinction for their designs during the ceremony held at school district headquarters on February 27. The Award of Distinction-winning designs will be available for purchase at [www.leetc.com](http://www.leetc.com) starting March 13 for \$20 plus \$7.50 shipping and handling. The designs can also be purchased as a mug or a mousepad.

Hart's favorite design will also be for sale later in March. He'll honor the student designer with the Tax Collector Choice Award in a surprise ceremony at the student designer's school.

AAA - The Auto Club Group is the program's Premier Sponsor. Prominent

sponsors are Sam Galloway Ford, eGOV and the Lee County Sheriff's Office. Several other community sponsors support Kids Tag Art, including the Cape Coral Community Foundation, Chris-Tel Construction, Edison National Bank/Bank of the Islands, Miami Heart Research Institute, Lee County Electric Cooperative, Merrill Lynch and Strayhorn & Persons, PL.

Sponsorships for next year's Kids Tag Art program are available by calling the Lee County Tax Collector's

Communications Department at 533-6060. Call Beverly Burke at 337-0433 for program information.✱

## Summit Panelist

Dotty St. Amand, CEO of Lighthouse of SWFL, recently served as a panelist on the topic of The Different Faces of Diversity at the 2019 Southwest Florida Women's Business Summit at Florida Southwestern State College.

Recognizing opportunities to hire persons with a disability such as blindness creates a diverse workforce and a culture of inclusion. Utilizing the correct technology and establishing paths for effective communication can create a successful work environment for people living with blindness and major vision loss.

"Shedding light on the importance of diversity and inclusiveness in any workplace or organization is a powerful message. I am honored to serve on the panel for this inspiring discussion," said St. Amand.

Lighthouse of SWFL is a United Way partner agency serving individuals with blindness and vision impairment in Lee, Glades, and Hendry counties. For more information about Lighthouse of SWFL, visit [www.lighthouseswfl.org](http://www.lighthouseswfl.org).✱

## Marketing Firm Hires Manager

Priority Marketing, a full-service marketing, advertising, public relations and digital marketing agency, has hired Greg Hoffert as digital marketing manager.

Hoffert's experience spans sales, digital marketing, analytics and account management. As digital marketing manager, Hoffert will develop solutions to help Priority Marketing's diverse set of clients reach new and current customers through digital marketing consulting, email marketing and automation campaigns, search engine optimization and social media advertising programs.

Hoffert earned a bachelor of science in marketing from Florida State University and a master of business administration in information systems management from Florida Gulf Coast University.✱



Greg Hoffert

photo provided

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Will Power

## Inherited IRAs



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

**I** find many of my clients to be confused over the income tax rules when we leave an IRA account to a loved one upon our demise. Here, I'm going to clear up the confusion.

Many of us are familiar with Individual Retirement Account (IRA) required minimum distribution (RMD) rules. Once we attain age 70½ – technically, it's April 1 following the date we turn 70½ – we must begin taking distributions based upon IRS actuarial tables. Most of us take distributions based upon the Uniform Life Table, unless the taxpayer is married to someone 10 years younger, and that spouse is the sole beneficiary of the IRA. Then there is another table that applies.

Generally speaking, in order to calculate the annual RMD, on the appropriate table you find the divisor corresponding to this calendar year's age, dividing the prior year's December 31 balance by that divisor. So if I'm 75 years of age owning \$500,000 of IRA assets as of December 31 of the prior calendar year, the divisor on the Uniform Life Table is 22.9 resulting in a RMD of \$21,834.

Traditional IRAs have RMDs, where Roth IRAs do not have RMDs for the account owner.

What happens when we pass on and leave our IRA to our spouse? At that time our spouse will rollover the IRA account and now she becomes the plan participant. This action resets the RMD based upon her age according to the Uniform Life Table. Roth IRAs, in addition to tax-free withdrawals, do not have RMDs. If a spouse rolls over a Roth IRA, then she will not have an RMD just as you, as the original account owner, will not have an RMD.

So what happens when a non-spouse beneficiary inherits an IRA account? Assume that you leave your IRA account to your two children, son and daughter. Your children are obviously not your spouse, so they do not have the ability to roll over your IRA. The IRA becomes an "Inherited IRA." Assuming John Smith names his son, Peter, and daughter, Cynthia, as 50 percent beneficiaries each, then his IRA account splits into two shares: "The John Smith Inherited IRA f/b/o (for the benefit of) Peter" and "The John Smith Inherited IRA f/b/o Cynthia."

Peter can move his share to whatever custodian he prefers, as can Cynthia. So if Peter wishes to move his Inherited IRA to Fidelity and Cynthia wants to move her Inherited IRA to Vanguard, each can do so. If the IRA accounts are

"traditional" IRAs, then both Peter and Cynthia will have RMDs based upon a "Single Life Table." The RMDs begin in the year following their father's death, no matter their age.

Assume that Peter is 60 years old and his share has \$250,000 and Cynthia is 58 years old and her share also has \$250,000. Peter's divisor under the Single Life Table is 25.2, resulting in a RMD of \$9,921. Cynthia's divisor is 27 resulting in a RMD of \$9,259. Rather than moving down the RMD table, with an Inherited IRA, both Peter and Cynthia subtract one from the divisor each year until the Inherited IRA account is exhausted. Consequently, in the next calendar year, Peter's divisor to compute his RMD would be 24.2 and Cynthia's would be 26.

The Single Life Table divisor is also used for Inherited Roth IRA accounts. Recall that the plan participant or a spouse who rolls over a Roth does not have RMDs. But Inherited Roth IRAs do have RMDs. Therefore, Roth IRA accounts will eventually be drained entirely.

If either Peter or Cynthia dies before the Inherited IRA is fully withdrawn, the next beneficiary would continue the RMDs under Peter's or Cynthia's table (the divisor does not reset) until the account is fully exhausted.

Because distribution from traditional Inherited IRAs triggers income tax, the estate planning surrounding your IRA accounts becomes important. You should not just complete a beneficiary designation and leave it with that. Instead, you should discuss what you want your estate plan to accomplish for your loved ones with your estate planning attorney, paying particular attention to these valuable accounts.

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## Women Voters Justice Program April 6

**T**he League of Women Voters (LWV) invites the public to attend a free educational program to learn about justice issues and opportunities for action at The Collaboratory on Saturday, April 6 from 9 to 11 a.m.

The topic titled Juvenile Justice and Social Policy: Rights Restoration, Civil Citations, Juvenile Probation will feature panel moderator Irene Kepler, LCSW, LMSW, social worker; Neil Volz, political director for Florida Rights Restoration Coalition; Lut Clarcq, assistant chief probation officer for Circuit 20; and Bill Naylor, director

of Juvenile Assessment Center of Lee County

Florida prosecutes more children in the adult criminal justice system than any other state. LWV seeks to improve outcomes for at-risk youth in Florida by supporting and influencing best practice policies through education and advocacy. Issues for action include increased use of civil citations, decreased use of Direct File and additional reforms keep our children out of adult jails and prisons.

Effective January 8, returning citizens who have completed their sentences and qualify for reinstatement can register to vote; those who are not certain should verify their status before registering.

The Collaboratory is located at 2031 Jackson Street in Fort Myers. For reservations, call 278-1032 or email [reservations@lwvlee.org](mailto:reservations@lwvlee.org) by April 2.✴

## New Nelson Tillis Police Substation

**T**he Housing Authority of the City of Fort Myers and the Fort Myers Police Department recently held a ribbon cutting and dedication for a new police substation located at the Landings at East Pointe at 3696 Nelson Tillis Boulevard in Fort Myers.

This is the fourth substation to open in the past year. The first three were opened at Southward Village on Dora Street, the Renaissance Preserve apartment complex on Romeo Lane and at Next Level Church's Dream Center on MLK Boulevard. A dedication was also recently held for a fifth station at the Children's Network on Ford Street.

"These stations provide a convenient and secure space for community input, advice and consultation," said FMPD Chief Derrick Diggs. "The Fort Myers Police Department is the community's police department, and we are here to serve and protect in anyway we can."

While the substation is not manned 24 hours per day, residents can call 911 or use an emergency box on

the exterior of the building to get a direct line to FMPD. During hours the substation is manned, it is open to the public and the FMPD invites residents to stop by to ask questions, make requests, report issues or share concerns.

For more information, call 344-3220 or visit [www.hacfm.org](http://www.hacfm.org).✴

From page 1

## Broadway Palm

theater from FSU, is a founding member of Theatre Conspiracy where she has directed 22 productions, and director of the first two shows ever produced at the Off Broadway Palm. Goldberg also performed at the Florida Repertory Theatre as Mrs. Daigle in *The Bad Seed*.

The Off Broadway Palm is an intimate 100-seat theater, located in the main lobby of Broadway Palm. Performances are Tuesday through Sunday evenings with select matinees. Ticket prices range from \$39 to \$59 with group discounts available for parties of 20 or more.

Off Broadway Palm Theatre is located at 1380 Colonial Boulevard in Fort Myers. Tickets can be reserved by calling 278-4422, online at [www.broadwaypalm.com](http://www.broadwaypalm.com) or at the box office.✴

## EPIC FIRES OF FORT MYERS

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## Book Review

# The Lost Girls Of Paris



by Di Saggau

Pam Jenoff's fast-paced novel *The Lost Girls of Paris* is a fictional account of unsung women operatives who helped pave the way for D-Day. Jenoff follows a network of

female WWII operatives in a smartly constructed narrative. In 1946 New York, a young war widow Grace Healy comes across a mysterious suitcase at Grand Central. It contains photos of 12 women. She is determined to learn about the women so she follows a trail through New York and Washington, DC, to find out who they are.

In the novel's second storyline, we meet the girls' leader, Eleanor Trigg, an indomitable heroine. She recruited Marie Roux in 1943 for the Special Operations Executive to work undercover as a radio operator with the French Resistance. Eleanor feels women are less conspicuous as spies than men. After rigorous training, Marie, who speaks French, is dropped into an area north of Paris to send wireless transmissions.

The author tells the tales in brief chapters, varying between Grace's search and wartime chapters told by Marie and Eleanor. Grace soon learns that the suitcase belonged to Eleanor, leader of the network of female secret agents who were deployed out of London during the war. Twelve of these

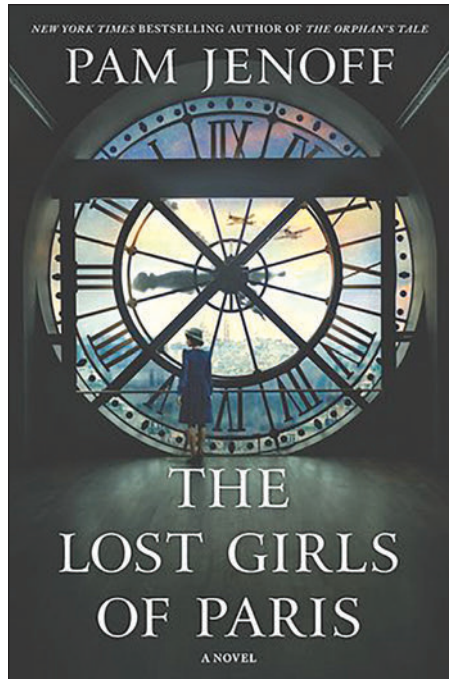


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women were sent to Occupied Europe as couriers and radio operators to aid the resistance, but they never returned home, their fates a mystery.

Marie is a young single mother, driven by financial concerns to accept the dangerous assignment. Eleanor is a young Polish Jew with a tragic story, living in Britain and totally absorbed by her work. It's refreshing to see all three protagonists taking on dangerous assignments in different ways.

Author Lisa Wingate says, "Fraught with danger filled with mystery, and meticulously researched, *The Lost Girls of Paris* is a fascinating tale of the hidden women who helped to win the war." I found the book a mesmerizing tale full of appealing characters, intrigue and suspense.\*

what works, so it's important for you as a parent to have a list of strategies to suggest. Deep breathing, listening to music, drawing or playing a board game are all simple but effective ways to reduce anxiety. You may want to start out with taking some calming breaths together. Verbalize what you are doing and how it makes you feel.

Anxious children often feel stuck in the same pattern. Help them see different options and choices they can make. Making different choices will "change the ending" and the pattern that they feel they are stuck in.

And, of course, make sure to ask them

what they need from you. This gives your child an opportunity to tell you what would help. It also shows them how much you care and that alone will help to reduce their anxiousness.

Shelley Gregg 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.\*

## Public Relations Image Awards

The Southwest Florida chapter of FPRA will honor the best local public relations projects of 2018 at its annual Local Image Awards Ceremony at the Burroughs Home & Gardens on Thursday, April 18 from 6 to 9 p.m.

Tickets are \$75 for members, \$85 for non-members and \$65 for PR students, and include the evening's Champagne toast, three-course dinner, entertainment and awards ceremony. Photo opportunities will also be available. The historic Burroughs Home will also be open for all attendees to tour. Local media personalities Jen Stacy and Greg Parker of ABC7 will provide emcee services.

This year's event theme Through

the Hourglass will celebrate both the Southwest Florida chapter's history in the market and the evolution of public relations in the region over the past few decades. There will be a themed video as additional entertainment during the ceremony.

Local Image Awards honor the best Southwest Florida public relations campaigns and materials in a variety of categories and are a lead-up to FPRA's statewide Golden Image Awards.

Winners of the annual Chapter Awards, including PR Professional of the Year, will also be announced at the ceremony. Sponsorship packages for local businesses are available by contacting Jaimie Miller, APR at jaimie@conricpr.com.

Burroughs Home & Gardens is located at 2505 First Street in Fort Myers. For more information or to RSVP, visit [www.fpraswfl.org](http://www.fpraswfl.org).\*

## School Smart



by Shelley M. Gregg, NCSP

Dear Shelley, My third grader seems to be more anxious lately. I want to talk with her about it, and I want to ask and say things that are really helpful

for her. Sometimes it's difficult to find the right words to connect. Do you have any suggestions?

Alex T, Fort Myers

Alex,

Many children have anxiety which can easily increase or decrease as situations change. One way to decrease anxiety is to discuss it. Children often experience a decrease in anxiety when they talk with a trusted parent, family member or friend. Below are some suggested phrases that may allow your child to feel comfortable enough to open up and talk about what's bothering them. One way to help them discuss it is to ask if they need to know any more about their anxiety. This is

particularly helpful for situations when they might be worried about natural disasters, animals, elevators and the like.

You should start off by reassuring your child by telling her she is safe and that they are free to talk about the problem. Anxiety often scares children so by saying something like, "this is scary, but you are safe," is a great way to give comfort and support. Next, it's important to acknowledge your child's fear by also adding a statement that this feeling will pass because we are going to develop a plan.

There are several techniques to use to help your child describe their anxious state. You might ask your child to draw a picture of it and ask about the size of their feelings. Do they feel like it's bigger than them, a part of them or a little piece of them? This may help your child put their feelings in perspective.

Another technique to use is to ask your child what they want to know about their worry. Some children feel empowered when they have more information about their fear. This strategy is particularly useful for things like tornados, hurricanes, bees, elevators, etc.

Ask your child which calming strategy they want to use to help themselves. They may be too anxious to remember

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## Financial Focus

# The Right Insurance Can Meet All Needs



by Jennifer Basey

If you're going to achieve your important financial goals, you'll need to build an appropriate investment portfolio. But that's only part of the story – because you also need to protect

what you have, what you earn and what you'd like to leave behind. That's why it's a good idea to become familiar with the various types of insurance and how they can address short- and long-term needs.

For starters, consider life insurance. You may have important long-term goals, such as leaving an inheritance for your family and providing resources for your favorite charities. You may be able to fulfill some of these through the death benefit on your policy.

You can also purchase life insurance to help fill the gap between the amounts you have saved and what your family would need if you died unexpectedly. Thus, insurance can pay for liabilities (such as a mortgage, car payments, student loans and other debts), education expenses (such as college for your children) and

final expenses associated with your passing.

Next, consider disability insurance. If you were injured or became ill and couldn't work for a while, the loss of income could be a big problem for your family members – in fact, it could disrupt their entire lifestyle. Even a short-term disability could prove worrisome, while a long-term disability could be catastrophic. Your employer might offer short-term disability insurance, and that could be enough – but do you really want to take that chance? To protect your income if you were out of work for an extended period, you might need to supplement your employer's coverage with your own long-term disability policy. Long-term disability insurance, which generally kicks in after you've used up your short-term benefits, may pay you for a designated time period (perhaps two to five years) or until you reach a certain age, such as 65. Long-term disability insurance likely won't replace your entire income, but it can go a long way toward helping you stay "above water" until you recover.

You may also want to think about long-term care insurance. Despite its name, a long-term care policy could meet either short- or long-term needs. On the short-term end, you might need the services of a home health care aide to assist you in your recovery from an injury such as a broken hip. On the other end of the long-term care scale, you might someday need an extensive stay in a nursing home, which can be extremely expensive and which isn't typically covered by Medicare. But in either

case, you might be able to benefit from a long-term care insurance policy, or possibly a long-term care rider attached to a life insurance policy. And the earlier you take action, the better, because long-term care insurance, in particular, generally becomes more expensive the older you get.

This list of insurance policies, and the needs they can help meet, is certainly not

exhaustive, but it should give you an idea of just how important the right insurance coverage can be for you – at almost any stage of your life.

*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](mailto:jennifer.basey@edwardjones.com).✱*

## Superior Interiors

## Consider An Area Rug To Complete Any Room



by Linda Coin

Have you ever finished decorating a room in your home, and it still seems like something's missing? As if there's one final piece of decor that could potentially bring the room together, but you

can't quite put your finger on it? Here's a hint: Look down. If your hardwood (or fully carpeted) floors seem dull or too exposed, perhaps an area rug is the finishing touch you need.

You can easily address that "something's missing" feeling you have after decorating your space by placing an area rug in the room. This piece of decor can tie the room together by bringing furniture ends to a common meeting point, and by creating an overall cozy feeling in the atmosphere.

Does your room seem dull and lacking in style? With an area rug, you can make a statement where it matters most. If you're not interested in going big and bold with wall colors, furniture or light fixtures, make it happen with a colorful area rug. This piece of decor can help bring out your wild and creative side.

While hardwood or ceramic floors are timeless when it comes to style, they can fall flat in the comfort department. An area rug can help make your guests feel more comfortable on a cold winter's day, and more relaxed when you want to spend the night in, curled up on the couch.

Perhaps you're looking for a simple way to make a big statement in your home without committing to any serious

renovations. Investing in a fully carpeted living room may transform the space, but it's going to take a lot of time, effort and funds to achieve. By purchasing a stylish area rug instead, you can still make a statement in your home, but it won't cost you nearly as much. Additionally, it's not a permanent change – area rugs can be moved around a space, or even to a different room. Plus, you can take them with you if you move into a different home. All these reasons make it a worthy, versatile investment in the long run.

While it may come across as a simple piece of decor, choosing the perfect area rug can be an intimidating venture. If you need help finding one that fits your space, get in touch with an interior design professional to evaluate the room's size, style and atmosphere to provide area rug recommendations. An area rug can add a completely new element of style to your room.

*Linda Coin is an interior designer on Sanibel/Captiva Islands and can be reached at [linda@coindeciden.com](mailto:linda@coindeciden.com).✱*

From page 1

## Rising Stars

under Rockstar. For more information, visit [www.facebook.com/pg/deegoodsonofficial](http://www.facebook.com/pg/deegoodsonofficial).

Duggan is a Southwest Florida native with some big credits to her name. A student of the prestigious Berkeley School of Music in Boston, she released her debut EP *Florida* in 2017. Since then, she's opened for several touring acts that have come through Southwest Florida, like Lung, Elisa Sun and Eli Young Band. Duggan was also the first place winner of two singer-songwriter competitions in 2018, including SBDAC's Summer Singer-Songwriter Competition.

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](http://www.sbdac.com) or call 333-1933.✱

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## Bohanon Foundation Scholarship Fund

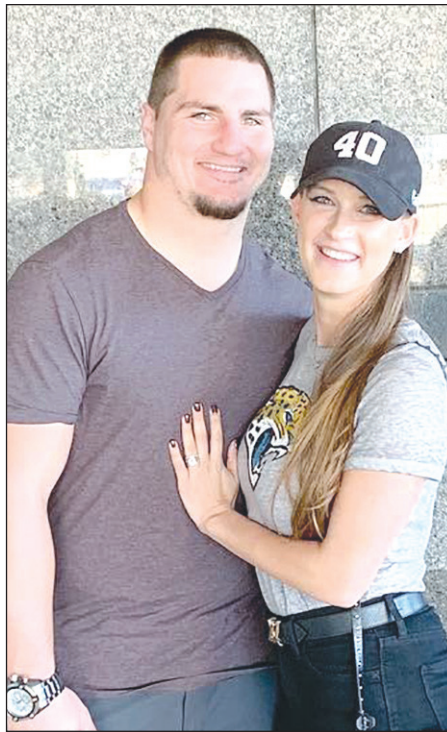
The Tommy Bohanon Foundation, operated by local NFL player Tommy Bohanon and his wife Katie, have started the Tommy Bohanon Scholarship Fund at the Southwest Florida Community Foundation.

After playing for North Fort Myers High School and graduating in 2008, Bohanon went on to play at Wake Forest and later for the Jacksonville Jaguars as a fullback.

The Tommy Bohanon Foundation, a 501c3 nonprofit organization, was founded in 2017 and supports young athletes to reach their highest potential on and off the field. Both Bohanons were raised in Southwest Florida and recognize the opportunities young athletes can obtain. They also recognize the obstacles that youth in this area often face that prohibit them from reaching their highest potential.

"Our foundation's mission is to fill the void youth in Southwest Florida often face and assist young athletes to excel in all aspects of life," said Tommy Bohanon. "Our vision is to ensure that generational poverty discontinues through the young athletes that are a part of our programs."

Through their foundation's programs, including an annual summer football



Tommy and Katie Bohanon photo provided

camp and a new 7-on-7 tournament, they are able to serve Southwest Florida's young athletes ranging from first to eighth grade, as well as develop high school level athletes into future leaders in the community through volunteer and scholarship opportunities.

Proceeds from the events and other fundraising provides the funding for the Foundation's scholarships and Sports

Equipment Grant.

The Tommy Bohanon Foundation Scholarship fund is available to any high school senior athlete in Southwest Florida who has demonstrated leadership, volunteerism and excellence in education to receive financial aid for their academic future.

On May 11, the Tommy Bohanon Foundation will host a Playmakers Tailgate Party at The Collaboratory in downtown Fort Myers from 5 to 9 p.m. The event is an opportunity for business

owners and leaders in Southwest Florida to learn about how the Tommy Bohanon Foundation is impacting the youth in our community. Corporate sponsorship packages are available from \$1,000 and auction donations are being accepted by emailing [contact@tommybohanonfoundation.org](mailto:contact@tommybohanonfoundation.org). The event will include silent and live auctions, raffles, food, drinks and awards. Tickets are \$85 and space is limited. Registration opens on April 1 at [www.tommybohanonfoundation.org](http://www.tommybohanonfoundation.org).\*

## Bank Hires HR Assistant

Carla Smith has joined Sanibel Captiva Community Bank as a human resources administrative assistant at the College Parkway operations center. She is responsible for preparing payroll transactions, maintaining human resource records and assisting in employee benefits administration.

Prior to joining the bank, Smith worked in human resources as a business office manager at All Seasons Naples and as a nursing staff coordinator/supervisor at Terracina Grand Senior Living in Naples.

Founded in 2003, Sanibel Captiva Community Bank has two locations on Sanibel and five locations in Fort Myers. To learn more, visit [www.sancapbank.com](http://www.sancapbank.com).\*



Carla Smith

photo provided

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# Bryan Brothers Top Star-Studded Local Tennis Field

Tickets are selling fast for Southwest Florida's premier tennis event.

The greatest men's doubles team of all-time, two of the top-ranked American singles players in the world and former Wimbledon and French Open champions are among the world-class tennis talent playing in this year's Golisano Children's Hospital Pro Tennis Classic, the grand finale of Madisen's Match. The stars will take the court on Monday, March 18 at 7 p.m. inside Suncoast Credit Union Arena on the campus of Florida SouthWestern State College. Limited seating is still available at [www.madisensmatch.com](http://www.madisensmatch.com).

Mike Bryan, the reigning No. 1 doubles player in the world, will again team with decorated brother Bob Bryan in the night's marquee matchup. The Bryans are fresh off their 117th doubles title, recently winning the Delray Beach Open. They'll take on an impromptu doubles pairing of top-ranked Americans Taylor Fritz and Sam Querrey.

Before that, Fritz and Querrey will square off in a singles match. The evening also features a legends doubles match, with 2001 Wimbledon doubles champion Don Johnson teaming with 1986 French Open singles finalist Mikael Pernfors to go up against 1993 French Open doubles champ Luke Jensen and 2005 U.S. Open singles semifinalist Robby Ginepri.

"This is probably the finest lineup of pros we've ever had," Madisen's Match founder Duane Chaney said. "It's world-class tennis, and best of all, it's for a good cause."

Proceeds from the Golisano Children's Hospital Pro Tennis Classic and 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.

Madisen is now a relatively healthy teenager who regularly appears at the annual Madisen's Match VIP Gala and Auction, which takes place this year on Saturday, March 16. Madisen's Match also includes a Legends Tennis Camp



Bob and Mike Bryan photo provided

on the morning of Monday, March 18, with many of the same names from the Golisano Children's Hospital Pro Tennis Classic, including the Bryan brothers.

"This is a one-of-a-kind opportunity to see tennis royalty up close in Southwest Florida," Chaney said. "It's a can't-miss for anyone who loves the game."

The main event will be held indoors for just the second time. Last year's Golisano Children's Hospital Pro Tennis Classic was the first indoor tennis event ever held in Southwest Florida, with a custom hardcourt surface laid down in place of the basketball court at Suncoast Credit Union Arena.

## Teen Challenge Golf Tournament

Teen Challenge Southeast Region Fort Myers will hold its annual charity golf tournament at The Club at Shell Point on Saturday, April 13. Registration is at 7:30 a.m., and the shotgun start begins at 8:30 a.m.

The tournament will feature four-man teams playing best ball in a four-man scramble format.

Team cost is \$500 and individual cost is \$130. Register by April 3.

This event is mainly to promote awareness of the local Teen Challenge

ministry and its success. Teen Challenge holds the highest success rate in the nation for graduates staying sober.

The Club at Shell Point is located at 17500 On Par Boulevard in Fort Myers. For more information, to register or sponsor the tournament, contact James Cox at 275-1974 or [swfl.media@teenchallenge.cc](mailto:swfl.media@teenchallenge.cc) or visit [www.swfloridamensrehab.com](http://www.swfloridamensrehab.com).

## Coast Guard Boating Class

U.S. Coast Guard Auxiliary is offering the one day About Boating Safely class at the Pine Ridge Community Center on Saturday, March 16 from 9 a.m. to 4 p.m. This beginner boating class will provide knowledge needed to obtain the FWC safety certification. Many boat insurance companies will offer discounts on boating insurance to boaters who successfully complete the class.

Class presenters are trained professionals of the U.S. Coast Guard Auxiliary. Nick Kaveski, the flotilla commander of Flotilla 91 stated, "People are very busy today, and this one class can fit easily into most everyone's calendar. Unlike online classes, this program offers student interaction, shared perspectives and local area knowledge."

Cost is \$45 per person and includes study material. Advance registration is

required. Call 690-6780 option 1 or visit [www.aux91fmb.org/safeboating](http://www.aux91fmb.org/safeboating).

The Pine Ridge Community Center is located at 15608 Pine Ridge Road in Fort Myers. For more information, please visit [www.cgaux.org](http://www.cgaux.org).

## Chart Reading Class March 23

America's Boating Club and the San Carlos Bay Sail & Power Squadron will be conducting its popular Local Waters Chart Reading class in the squadron classroom on Saturday, March 23 from 8 a.m. to noon.

The class will teach students how to read local waters chart 11427. Students will learn the basics of latitude and longitude, how to find where they are and how to get to where they want to go and how to take bearings.

There are a very limited number of charts in the classroom, so students are strongly urged to bring the chart to class. Charts are best purchased online from Ocean Grafix. Be sure to order the mapfold version. Cost is \$45 for a single and \$70 for two people sharing the materials. Cost includes a divider and a plotter.

San Carlos Bay Sail & Power Squadron is located at 16048 San Carlos Boulevard in Fort Myers. Students can register online at [www.scbps.com](http://www.scbps.com) or call 466-4040 and leave a message.

## SPORTS QUIZ

1. In 2017, Texas' Adrian Beltre became the third major-leaguer who primarily played third base during his career to reach 3,000 career hits. Who were the first two?
2. How many times did Hall of Famer Harmon Killebrew hit 45 or more home runs during a season?
3. Penn State's DaeSean Hamilton set a school record in 2017 for most career receptions (214). Who had held the mark for the Nittany Lions?
4. Who was the first NBA player to have at least 2,000 points, 900 assists and 600 rebounds in a season?
5. Name the player who holds the NHL record for the fastest scoring of a hat trick (three goals) in a game.
6. In 2018, Mikaela Shiffrin became only the third American to have won an Olympic medal in each of three different Alpine disciplines. Who were the first two to do it?
7. Entering 2019, which golfer holds the current active streak for most consecutive years with at least one victory on the LPGA Tour?

## ANSWERS

1. George Brett (3,154 hits) and Wade Boggs (3,010 hits). 2. Five times (1961, '62, '63, '64 and '69). 3. Deon Butler, with 179 (2005-08). 4. Houston's James Harden, in the 2016-17 season. 5. Bill Mostienko tallied three goals in 21 seconds for the Chicago Blackhawks in 1952. 6. Julia Mancuso and Bode Miller. 7. Lexi Thompson (six years).

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## Twins Celebrity Golf Classic Benefit



Twins players, coaches and alumni

Minnesota Twins players, coaches and alumni joined baseball fans and business sponsors at the 21st annual Minnesota Twins Celebrity Golf Classic, which raised more than \$95,000 to support Lee Health programs at Regional Cancer Center.

The Golf Classic featured Twins legends Bert Blyleven, Tony Oliva, Dan Gladden, Joe Nathan and a mix of current and former coaches and players, each of whom was paired with a foursome of golfers. With an 18-hole score of 54 in the best ball scramble format, the winning team was Travis McGuire, Justin Fugua, Justin Hostings, Rusty Calfus and Oliva, an eight-time MLB all-star and 2000 Twins Hall of Fame inductee.

The Golf Classic was at The Club at Gateway in Fort Myers and included lunch, hole-in-one prizes, cocktails, dinner and sports memorabilia offered through both silent and live auctions.

Proceeds from the Golf Classic will support the new integrative medicine program by Lee Health at the Regional Cancer Center, Southwest Florida's

photos by Michael Caronchi

premier cancer care center that treats all aspects of patient care under one roof. The center's new integrative medicine program, created in response to higher rates of cancer survival and patients living longer, incorporates traditional services like physical rehabilitation, peer counseling and dietician services with therapies such as acupuncture, reiki and others. The center has received accreditation with commendation from the American College of Surgeons' Commission on Cancer.

Sponsors for the Golf Classic included Cam, Inc.; Enterprise; Glase Golf, Inc.; Jaguar Fort Myers; KHS&S Contractors; Myles McHale - U.S. Bank; The Petracco Family Foundation; Salty Crab Bar & Grill; Sanibel Captiva Trust Company; Service Contracting Solutions; Wayne Smith; STERIS Instrument Management Services; TECO Gas; Tria Orthopaedic; and Whitmore Fire Consultants.

For more information about upcoming fundraising events, visit [www.leehealthfoundation.org](http://www.leehealthfoundation.org) or call 343-6950.✱



Tony Oliva and John Gordon



Jimmy Lynn and Cecil Pendergrass

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# LARC Celebrates Milestone With Campaign

Lee Association for Remarkable Citizens (LARC) is celebrating their 65th anniversary in Southwest Florida with a campaign to support an innovative educational program for individuals with intellectual and developmental disabilities.

In recognition of their anniversary on March 12, LARC has set a fundraising goal of \$65,000 and is kicking things off with a \$20,000 Matching Challenge made possible by two anonymous \$10,000 donors. The funds will support LARC's newest program – LAB: Learn, Achieve, Become. LAB will offer an experiential learning environment that transforms traditional program areas into spaces for innovation, vocation, demonstration and learning. Five Labs will focus on skills for work, residency and leisure.

"With more than 3,700 children in Lee County schools with cognitive disabilities, LAB is creating opportunities for the people we serve now and the generations to come," said Angela Katz, LARC director of development. "Our community can help LAB become a reality by supporting our March fundraising campaign and impact can be doubled through our match challenge. Naming opportunities are available and donors of \$1,000 or more will be designated LARC Superheroes in the

LAB."

LARC's Adult Day Training program is designed to enhance abilities and help individuals live a happier, more productive and independent life. Activities include self-care and daily living skills, as well as a variety of pre-vocational and life skill opportunities. Opportunities are provided to increase fine and gross motor activities, communication skills, academic skills, positive behavioral approaches, independent living skills, social skills and recreation and leisure skills. More than 167,000 hours of life skills training were provided last year.

LARC's Campus Employment creates new jobs, generates taxes and increases consumer spending through paid wages. LARC partners with 50 local businesses to provide packaging and assembly work and LARC's Woodshop constructs and sells custom wood products. Last year, 45,000 hours of paid wages were paid through campus employment opportunities.

LARC's Community and Employment Support Services provide ongoing assistance to individuals who live in their home including medical, medication and money management, grocery shopping, obtaining benefits, exploration of community resources, and any and all other needs. Supported Employment is a service for individuals who require support services to obtain and succeed in competitive employment. More than 250 individuals are employed through LARC programs.

LARC's main campus is located at 2570 Hanson Street in Fort Myers. To

donate, visit [www.larcinc.networkforgood.com](http://www.larcinc.networkforgood.com). To learn more about LARC, contact Katz at 334-6285 ext. 229 or [angelakatz@larcleecounty.org](mailto:angelakatz@larcleecounty.org) or visit [www.larcleecounty.org](http://www.larcleecounty.org).

# Local Hospitals Among The Best In The Nation

Four Lee Health adult acute care hospitals have been named among America's Best Hospitals for 2019, a distinction that places them in the top 5 percent of hospitals nationwide, according to Healthgrades, a leading online resource for information about physicians and hospitals. This designation rewards hospitals that consistently exhibit comprehensive quality care across all clinical areas.

"We are honored that Healthgrades named all four of our adult acute care hospitals among the nation's best. This shows that patients from all corners of Lee County can be confident they are receiving world-class care when they walk through the doors at any Lee Health hospital. Each of our hospitals being named among the top 5 percent in the country is a testament to Lee Health's culture and our team's dedication to creating a caring and healthy environment for our patients," said Scott Kashman, Lee Health's chief acute care officer.

Cape Coral Hospital, Gulf Coast Medical Center, HealthPark Medical

Center and Lee Memorial Hospital are four of 18 Florida hospitals including in the grouping. Being in the top 5 percent means patients at Lee Health hospitals are less likely to experience medical or surgical complications and have the best chances for survival during and after hospitalization.

The list is based entirely on clinical quality outcomes for 32 conditions and procedures. Healthgrades evaluates hospital performance for more than 4,500 hospitals across the nation annually based on Medicare inpatient data from the Centers for Medicare and Medicaid Services Medicare Provider Analysis and Review (MedPAR) database. No hospital can opt-in or opt-out, nor can they pay to be evaluated.

To learn more about how Healthgrades determines America's Best Hospitals award recipients, visit [www.healthgrades.com/quality/2019-americanas-best-hospitals-for-clinical-excellence-methodology](http://www.healthgrades.com/quality/2019-americanas-best-hospitals-for-clinical-excellence-methodology).

# Chronic Disease Program

Lee Health's Lee Health Solutions, in partnership with many local community agencies and supported in part initially by a grant from the Southwest Florida Community Foundation, is offering a research-based Chronic Disease Self-Management program at Shell Point Retirement Community Social Center on Tuesdays beginning March 19 from 9 to

continued on page 23

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## First Pediatric Asthma-Friendly Outpatient Clinics

Four Lee Physician Group (LPG) primary care clinics became the first pediatric outpatient offices in the state to be designated platinum-level "Asthma-Friendly" by the Florida Asthma Coalition (FAC). This is the highest level of recognition the coalition awards and highlights outpatient centers that create a safe and healthy environment for patients with asthma.

"We are proud and honored to be the first pediatric clinics in Florida to earn an 'asthma-friendly' designation. LPG is committed to being a leader for the advancement of health and healing and to help our patients receive the care they need to build happier, healthier lives," said Kris Fay, chief administrative officer for LPG.

Pediatric clinics in Bonita Springs, Cape Coral, Fort Myers and Lehigh Acres each had to meet specific criteria that were designed to improve asthma care and outcomes for patients. The criteria to achieve platinum-level recognition include:

- Professional development for nurses and respiratory therapists on asthma management

- Professional development for physicians on asthma management

- Team-based approach for efficient, comprehensive and patient-centered care that aligns services

- Asthma Action Plans for children with



From left, Angela Garcia, Teresa Summe, Dr. Piedade Silva, Allison Trowell, Maureen Gaylor, Mark Horton and Dr. Emad Salman are Lee Health and Florida Asthma Coalition leaders photo provided

persistent asthma

- Self-management education that meets the national EPR-3 guidelines for asthma diagnosis and management

- Multicomponent home-based asthma education

- Implementation of an asthma quality improvement process

Last year, the FAC designated Golisano Children's Hospital of Southwest Florida as the fourth "Asthma-Friendly" hospital in the state.

Lee Health already helped day care centers and school districts throughout

Southwest Florida work toward Asthma-Friendly designation.

"The Florida Asthma Coalition has done a great job of creating a set of standard goals for the team treatment of asthma, which affects about 9 million children in the U.S. The treatment of these children is really a team effort, so it is very rewarding to see all different clinical and non-clinical partners coming together to provide these children with a healthier and more active life. We are proud to be recognized as one of the team members striving to keep our

pediatric community in tip top shape," said Piedade Silva, M.D., pediatrician and medical director for the clinics recognized.

The Lee Health Child Development Centers were also honored at the FAC 2019 Summit when they received the platinum-level "Asthma-Friendly" recognition for Child Care Centers.

Marked by episodes of coughing, wheezing, chest tightness and breathlessness, asthma is common among children. In fact, the Centers for Disease Control and Prevention note that, on average in a classroom of 30 children, about four are likely to have asthma. It is important for children to understand what triggers an attack and how to take their medications and treat their asthma.

To learn more about the Asthma-Friendly recognition, visit [www.tinyurl.com/gchasthma](http://www.tinyurl.com/gchasthma).

From page 22

## Chronic Disease

11:30 a.m.

The It's All About You program, originally developed at Stanford University Patient Education Research Center, is designed for people age 18 or older with chronic health conditions to help them learn ways to better manage their chronic conditions and the symptoms that often accompany chronic health conditions.

The free workshop is 2 ½ hours long once a week for six weeks.

Shell Point Retirement Community Social Center is located at 15000 Shell Point Boulevard in Fort Myers. For more information or to register, call 343-9264.

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dearRPharmacist

# New And Novel Ways To Treat Diabetes



by Suzy Cohen, RPh

**D**ear Readers: Diabetes affects millions of people each year, and some of the complications are fatal.

There are many natural remedies, as well as dietary interventions.

Traditional medications include those that attempt to correct blood glucose, insulin sensitivity, beta cell function or inflammatory compounds. They only go so far, and they cause serious nutrient-depletions (i.e., drug mugging).

Lately, there has been a lot in the news about diabetes, and I keep up with it since I have a best-selling book on the topic, *Diabetes Without Drugs*.

One quick side note. A long time ago, probably 10 years ago, I wrote publicly about how statins could lead to hyperglycemia. Unfortunately, some more research today proves I had every right to warn you this past decade. The March 2019 issue of the *British Journal of Clinical Pharmacology* just published an article that shows how statins increase risk of developing diabetes by up to 38 percent.

Statin cholesterol medications can easily predispose a person to developing diabetes. After a few months or years, you suddenly need to take medications for diabetes, in addition to your original statin med. The offending agents are not just statins, there are dozens of prescription and over-the-counter medications which negatively impact your blood glucose levels, glycation end products and overall insulin sensitivity.

Here is more news and research that came out recently:

Antivirals – Weird but true, people

treated with antivirals slashed their risk of diabetes by half. The treatment used was a combination of Interferon and Ribavirin and the patient population studied had Hepatitis C infection. Those people who were not medicated had higher risk of diabetes development, equating to about 20 percent of the participants. Those treated with the medication exhibited an incidence of just 10 percent.

Cinnamon – A new meta-analysis which reviews many pieces of scientific literature has concluded that supplementation with cinnamon reduces blood sugar levels by approximately 19 mg/dL. It may not impact A1C or insulin levels.

Pomegranate – New research shows that pomegranate seeds (and peel) can protect against diabetic nephropathy. Your kidneys are the filtration system for your body. When they don't work well, toxins build up in your body and make you itch, and lead to swollen feet and ankles, irregular heartbeat, shortness of breath, fatigue, confusion and poor appetite. You can eat pomegranate seeds easily, and maybe that's all you need. As for pomegranate peel, this is commercially available as a purified, powdered item, however, be careful because there are sometimes allergic reactions, similar to any fruit peel.

Nutrients – People with diabetes often experience painful neuropathy all over their body, especially in their hands and feet. The pins and needles, and burning sensations are very difficult to treat. B vitamins help to form myelin, the protective coating on your nerves. New research was published in the February 2019 issue of *Biochemical and Biophysical Research Communications*.

This animal study suggests that Vitamin C (ascorbic acid) is helpful in reducing visceral pain and painful limb sensations caused by neuropathy.

*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.\**

## Grant Recipient Of Children's Charities

Lighthouse of SWFL was selected as a recipient of a \$22,000 grant from Southwest Florida Children's Charities Inc. at the recently held 2019 Southwest Florida Wine & Food Fest. Staff and children participants of the Blind Babies & Children's Programs proudly volunteered at the event.

These generous funds will provide innovative toys and equipment for a creative play space area and after school sports program, which will significantly aid in developing skills for independence for babies and children with major vision loss.

The Blind Babies and Children's

Programs offered at Lighthouse of SWFL provide vital services and resources to children and their families to develop independent living skills, prevent developmental delays and improve cognitive, social and emotional skills, to name a few.

Lighthouse of SWFL is a United Way partner agency serving individuals with blindness and vision impairment in Lee, Glades and Hendry counties. The mission of the Lighthouse of SWFL is to enable people of all ages living with a visual impairment or blindness to remain independent, active and productive in society.

Lighthouse of SWFL, a nationally accredited agency, is funded by the Division of Blind Services, United Way, Lee County Government, and other private donors. For more information, visit [www.lighthouseswfl.org](http://www.lighthouseswfl.org), or call 997-7797.\*

Doctor and Dietician

# Have You Been Wronged?



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

**H**ave lies been told about you? Do you feel you were unfairly fired from your job? Were promises broken? At some point in our lives, we will all feel the pangs of being wronged. And when we are, it's natural to be angry and to want justice. But justice isn't always possible on this side of heaven. You may even have good reason to be seething, but the anger can eat you up. And while your feelings are understandable, clinging to them is not the best thing. It will simply rob your joy and sense of closeness with others. Don't get stuck in the quicksand of painful emotions.

What can you do to avoid being

consumed by anger and the feelings of being wronged? First, choose what's right. You can hold onto anger and exist in a prison of bitterness, or you can choose to forgive. Yes, it happened, and it was unfair, but the mental gymnastics are just stealing from your life now. Stop fighting the fact that it happened and choose to participate in your future, rather than getting stuck in the past. Responding negatively will only negatively transform you. Act in a way that will make you feel proud of yourself a year or so from now. What a great way to make steps towards healing.

Take time to soothe yourself and heal. Spend time with positive, supportive and healing people. Do fun stuff. Laugh! Focus on nurturing activities and take care of yourself by staying active, eating healthy and getting enough sleep. It's probably inevitable and unavoidable that we'll get hurt in this life, and we may never quite understand. But be the one to make the world a better place. Nurture yourself, nurture others and use it to become a stronger, happier and healthier you.

*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](mailto:info@caringmedical.com).\**

## Lee Hospitals Increase Quality Medicare Ratings

**L**ast week the Centers for Medicare and Medicaid Services (CMS) released their 2019 Five-Star Quality Ratings, awarding Cape Coral Hospital, Gulf Coast Medical Center, HealthPark Medical Center and Lee Memorial Hospital with three stars.

The scores reflect recent improvements undertaken by the health system to continue improving its quality of care for the Southwest Florida community.

"The CMS star rankings are an important measure of hospital quality and safety, and we are honored to be recognized for the level of care we provide patients in Southwest Florida. Thank you to all of the doctors, advanced providers, nurses and support staff at our hospitals for their commitment to providing compassionate, high quality and safe care in our hospitals," said Larry Antonucci, MD, MBA, Lee Health president and CEO.

CMS created the Five-Star Quality Rating System to help consumers, their families and caregivers compare hospitals more easily. The scores are based on previously reported quality and safety data points including, patient satisfaction, value and outcomes, among others.

"The 5-star rating program has been a catalyst to further strengthen the quality of care offered at Lee Health. We are committed to being a national leader in

the advancement of health and healing, and are confident our efforts will continue to deliver positive results. We are proud of the quality of care we provide at Lee Health and will continue to use the CMS report to identify opportunities for improvement. We are grateful for the tireless work of our entire Lee Health team, especially our caregivers, as we further explore how to improve the services we provide to our community," said Scott Kashman, Lee Health's chief acute care officer.

The updated CMS rankings follow recent recognitions Lee Health has received for quality and safety. This month all four Lee Health adult acute care hospitals were named among America's Best Hospitals for 2019, a distinction that places them in the top five percent of hospitals nationwide, according to Healthgrades, a leading online resource for information about physicians and hospitals. This designation rewards hospitals that consistently exhibit comprehensive, quality care across all clinical areas.

In 2018, three Lee Health hospitals earned A grades with one hospital, HealthPark Medical Center, only .03 points away from an A grade in the Leapfrog Group's bi-annual hospital safety grades. The group also named Golisano Children's Hospital of Southwest Florida a top hospital for the third straight year, one of only three children's hospitals in the nation to receive this honor.

For more information, visit [www.medicare.gov/hospitalcompare/about/hospital-info.html](http://www.medicare.gov/hospitalcompare/about/hospital-info.html).\*



# PETS OF THE WEEK

photos provided

Lee County Domestic Animal Services

## Abraham And Marilyn

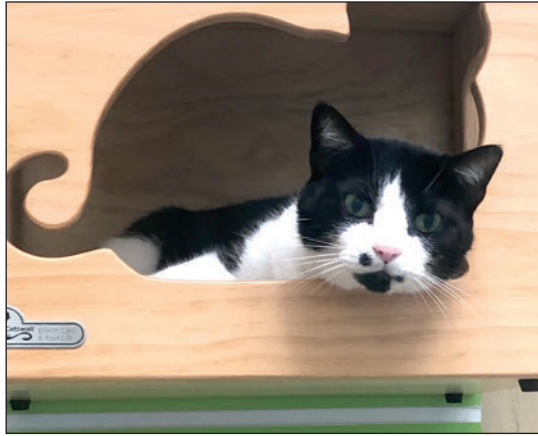


Abraham ID# A769290

Hello, my name is Abraham. I am an 8-year-old male chihuahua who came to LCDAS having been hit by a car. I received a couple of fractured ribs but, after healing in foster care, I am now ready to find my forever home. I am a pocket-sized cutie that will curl up in your lap and steal your heart as soon as you meet me. I am very affectionate and will be your constant companion.

My adoption fee is \$25.

Hi, I'm Marilyn. I am a 2-year-old female domestic shorthair who was brought to the shelter with my sister Monroe. We are fun-loving and affectionate girls. We are opposite in looks, but similar in personality. With our adopt-one-get-a-feline friend at no additional charge, you can take



Marilyn ID# A771152

both of us home for one adoption fee.

My adoption fee is \$50, but pick a four leaf clover and your adoption fee is just \$25

Lee County Domestic Animal Services invites you to find a pot of gold at the end of the rainbow in the adoption center. From March 1 through March 31, all adoptions will be reduced to \$50 with an approved application. Adopters will also get the chance to pick a lucky shamrock to reduce the adoption fee to just \$25.

The reduced adoption fee includes the complete package of services: sterilization, age appropriate vaccinations, county license, microchip ID, de-worming, flea treatment, a heartworm test for dogs, feline AIDS and leukemia test for cats, and a 10-day health guarantee. The adoption package is valued at more than \$500.

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

Haven on Earth Animal League

## Chester And Hannah



Chester

Hi, I'm Chester! I'm a beautiful ginger boy with my own built-in eyeliner. I was dropped on a doorstep and now I am looking for someone to love me forever. I am currently staying with a foster mom. I have been fully vetted, neutered and brought up to date on all vaccines. My adoption fee is \$100.

Hello, I'm Hannah. Aren't I just beautiful? I'm only 1-year old and a very sweet girl with a big,



Hannah

fluffy tail. I'm currently staying at Petco in Gulf Coast Town Center, so stop by to see me. I hope to get out of this cage soon. My adoption fee is \$100, which includes up-to-date vaccines. I am also spayed.

*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](mailto: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 Symphonie 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 Coral 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](mailto:press@riverweekly.com)



PUZZLES

Answers on page 29

Super Crossword

NAME IN THE CENTER

- ACROSS**

1 Symphony, e.g.  
5 Sing like Bing  
10 Pampers product  
16 Mensa stats  
19 Scheme  
20 Big artery  
21 Flowery  
22 Almond, e.g.  
23 31-day period honoring TV's Joy? [actor]  
25 Greek letters  
26 With 47-Down, Christmas evergreen  
27 Fall back into illness  
28 Place with a lot of refuse-disposal chambers? [swimmer]  
30 Old space station  
31 Slash  
32 Ovine noise  
34 And others, in a list  
35 Brutes of fantasy  
36 Smears gunk on rugged mountain ranges? [hockey player]

40 Shows up  
41 Sequence in heredity  
42 Robber, e.g.  
43 Bat hangout  
46 Finals, e.g.  
48 Seven-figure income earned in a Nebraska city? [actor]  
54 Scheme  
57 DVD- —  
59 Little barks  
60 "The King —"  
61 Guilty feeling  
64 One doing penance  
68 Olympic speed skater Eric  
70 Ethyl ender  
71 Prohibition of quick insights? [investor]  
74 Suffix with journal  
75 Item in a file cabinet  
77 Ideal  
78 Imply  
80 Field of study  
81 Sikorsky of aviation  
83 Dir. from N.D. to La.  
85 "Not — goes by ..."

86 Promise to marry a cute marsupial? [painter]  
91 Novelist Hermann  
94 Waikiki necklaces  
95 Rene of "Get Shorty"  
97 Poland's Lech  
101 Sounded like a kitten  
105 Pale-colored wall paneling for a room? [writer]  
107 Final, e.g.  
108 2004 Chevy debut  
111 Storm center  
112 Demolition stuff  
113 — -cone (icy treat)  
114 Products applied to back-of-the-neck sunburns? [actor]  
117 City in north-central California  
119 Adding result  
120 "Finally!"  
121 "C" grade ... or what eight answers in this puzzle have?

124 Draw upon  
125 Fix, as Fido  
126 Less-played half of a 45  
127 Morales of movies  
128 As stated in  
129 Lorne of "Bonanza"  
130 A bit off  
131 Old-time comic Ed

28 Ricochet  
29 Animal park  
30 Soup enhancer  
32 Apiary insect  
33 Guthrie with a guitar  
37 Saying  
38 In that case  
39 "Mr. St. Nick" actress Ortiz  
40 Animator's frame  
43 — terrier  
44 Roadie's tote  
45 Hindu trinity member  
47 See  
48 26-Across  
49 Wolflike carnivores  
50 China's Chou En- —  
51 "And how!"  
52 Ukrainian port city  
53 Fifteen times six  
54 Quick-to-build home  
55 Poe maiden  
56 Brunch fare  
58 Line of Apple computers  
62 Actress — Dawn Chong  
63 Elfish sort  
65 "Tsk tsk!"  
66 Kabuki sash  
67 "Platoon" site, in brief  
69 Ovum

72 Black crows  
73 "Point taken"  
76 Patriotic women's gp.  
79 Some Scots  
82 F followers  
84 Program  
87 Unoriginal  
88 Actress Meyers  
89 Swift sleds  
90 Pale-faced  
92 Hoodwinks  
93 South Carolina river  
96 Holy Mlle.  
98 Euphoria  
99 Desert of the southwest U.S.  
100 — -Z (total)  
101 Botch the job  
102 Pretext  
103 Not as cold  
104 Big bird  
105 Relax  
106 Disagreeing  
108 Following  
109 Think a lot of  
110 Tickle pink  
115 Snake tooth  
116 To be, to Voltaire  
117 1,502, in old Rome  
118 Duck variety  
121 Exec's deg.  
122 Suffix with journal  
123 Cousin

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								130					131			

King Crossword

- ACROSS**

1 Final bio  
5 Enervate  
8 Venomous vipers  
12 Hawaii's capital  
14 Onetime head of Iran  
15 "What Not to Wear" specialty  
16 Greek vowel  
17 "— the season to be jolly"  
18 Improvised musically  
20 Pacific or Atlantic  
23 Presidential "no"  
24 Drink all at once  
25 Time between connecting flights  
28 Pitch  
29 Lively dance  
30 Spot on a domino  
32 Hollow pastry  
34 Grown-up nits  
35 Rewrite, maybe  
36 Luxury boat  
37 Forcible restraint  
40 A billion years  
41 Acknowledge  
42 Morning-after ailment  
47 Viral video, e.g.

48 Imagine in detail  
49 Scruff  
50 24 hours  
51 Grandson of Eve

**DOWN**

1 Resistance unit  
2 Squeezy snake  
3 Pen pal?  
4 ID on "CSI," maybe  
5 Yukon and Tahoe, for ex.  
6 Beer cousin  
7 Seller of food, often

8 "I, Robot" author  
9 Buy stuff  
10 — de foie gras  
11 Roe provider  
13 Pork cut  
19 On  
20 Tenth mo.  
21 Fellow  
22 Franc replacement  
23 Man's man  
25 Bestowed profusely  
26 Grand tale  
27 Opulent  
29 Pantheon group  
31 Favorite

33 Paul Reubens' character Herman  
34 Woolly  
36 Boo-Boo's buddy  
37 Rhett's shocking word  
38 Eye layer  
39 Cavort  
40 A deadly sin  
43 Literary collection  
44 Moving truck  
45 Id counterpart  
46 Notes between dos and mis

WORDS WITH MAGIC MAZE ● STRAIGHT LINES ONLY

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

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

- AFFILIATE  
ALIVE  
ANIMAL  
ATLANTA
- ATTAINMENT  
ELEMENTAL  
FAINT  
FILAMENT
- HEALTH  
INITIALLY  
MAXIMIZE  
TWINE
- VALENTINE  
WHEEL  
WHILE





"How soon until they have you back in the Mom?"  
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!

Conceal **ALOCK**       
Gone **BASTEN**       
Season **DOPIER**       
Roost **CHERP**

TODAY'S WORD

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

## SUDOKU

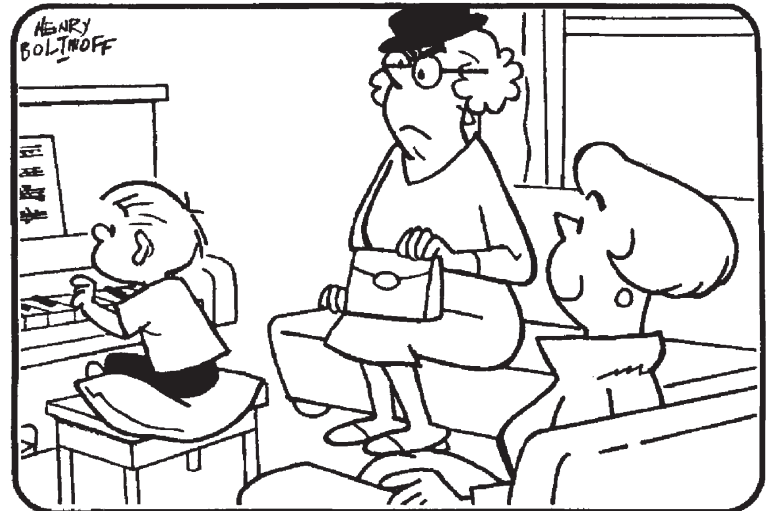
To play Sudoku:

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.

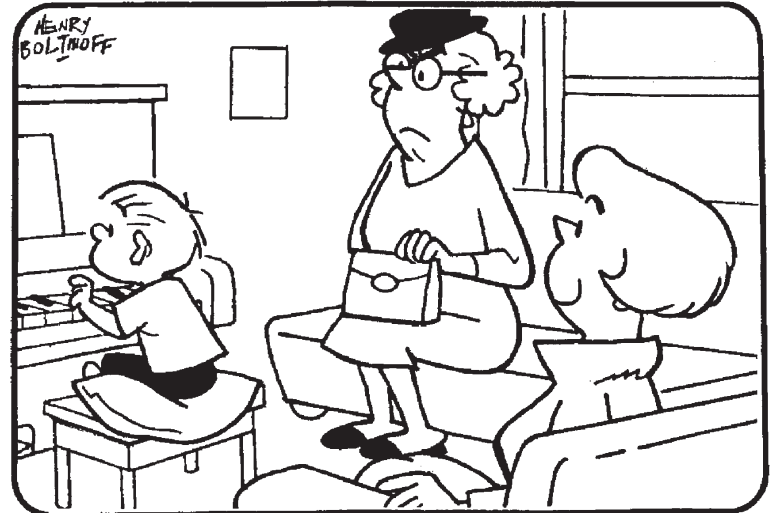
answer on page 29

## HOCUS-FOCUS

BY  
HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Visitor's shoes are different. 2. Sheet on piano is blank. 3. Mom's hair is longer. 4. Picture is added to wall. 5. Window is lower. 6. Visitor's right hand is not visible.



### Snap Bean and Sweet Pepper Sauté

1 pound snap beans, stems trimmed

1 each red and yellow bell pepper, seeded and julienne

2 teaspoons olive oil  
4 cloves garlic, finely chopped

1/2 lemon, juiced

Sea salt and fresh ground black pepper, to taste

In a large sauté pan, heat the olive oil over medium-high heat. Carefully add the bell pepper, cook for about 1 minute. Add the beans and cook for 3 to 5 minutes. Add the garlic and continue cooking for another minute or until crisp-tender. Add lemon juice and toss before serving.\*



Snap Bean and Sweet Pepper Sauté

photo courtesy Fresh From Florida



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My Stars ★★★★★

FOR WEEK OF MARCH 18, 2019

Aries (March 21 to April 19) Although you tend to bore easily and leave others to finish what you start, this is one time when you'd be wise to complete things on your own. Then you can move on to something new.

Taurus (April 20 to May 20) Your indecision about a personal situation might come out of those mixed signals you're getting. Best not to make any commitments until you have a better sense of how things are going.

Gemini (May 21 to June 20) A dispute appears to be getting out of hand. But you should be able to step in and bring it all under control soon. Be patient. News about a potential career move might be delayed.

Cancer (June 21 to July 22) Career obligations could interfere with important personal plans. But using a combination of common sense and compromise helps resolve the dilemma to everyone's satisfaction.

Leo (July 23 to August 22) A stressful situation drains some of your energy reserves. But you soon bounce back in time to finish your tasks and enjoy a well-deserved weekend getaway.

Virgo (August 23 to September 22) This is a good time to throw a party for friends and colleagues, and surprise them with your dazzling domestic skills. You also might want to reconsider that career move you put on hold.

Libra (September 23 to October 22) A sudden change of mind by someone you relied on could cause a delay in moving ahead with your plans. But those whom you've helped out before are prepared to return the favor.

Scorpio (October 23 to November 21) You start the week feeling too shy to speak up in front of others. However, your self-assurance soon takes over, giving you the confidence you need to make yourself heard.

Sagittarius (November 22 to December 21) One way to deal with a pesky personal dilemma this week is to meet it head-on. Insist on an explanation of why the situation reached this point and what can be done to change it.

Capricorn (December 22 to January 19) The creative Capricorn finds several outlets for her or his talents this week. Also note that while a romantic connection looks promising, remember to allow it to





**FRIDAY**  
Mostly Cloudy  
High: 76 Low: 69



**SATURDAY**  
Mostly Cloudy  
High: 79 Low: 71



**SUNDAY**  
Partly Cloudy  
High: 73 Low: 66



**MONDAY**  
Partly Cloudy  
High: 71 Low: 64



**TUESDAY**  
Scattered Rain  
High: 70 Low: 63



**WEDNESDAY**  
Partly Cloudy  
High: 73 Low: 65



**THURSDAY**  
Partly Cloudy  
High: 69 Low: 62

Redfish Pass Tides

Day	High	Low	High	Low
Fri	8:04 pm	3:19 am	None	None
Sat	9:35 pm	4:32 am	None	None
Sun	1:19 pm	5:30 am	10:56 pm	4:29 pm
Mon	1:36 pm	6:19 am	None	5:36 pm
Tue	12:03 am	7:01 am	1:54 pm	6:31 pm
Wed	1:02 am	7:37 am	2:11 pm	7:22 pm
Thu	1:57 am	8:08 am	2:30 pm	8:12 pm

Point Ybel Tides

Day	High	Low	High	Low
Fri	7:09 pm	3:21 am	None	None
Sat	8:40 pm	4:34 am	None	None
Sun	12:24 pm	5:32 am	10:01 pm	4:31 pm
Mon	12:41 pm	6:21 am	11:08 pm	5:38 pm
Tue	12:59 pm	7:03 am	None	6:33 pm
Wed	12:07 am	7:39 am	1:16 pm	7:24 pm
Thu	1:02 am	8:10 am	1:35 pm	8:14 pm

Punta Rassa Tides

Day	High	Low	High	Low
Fri	9:53 am	3:20 am	7:42 pm	11:57 am
Sat	11:22 am	4:23 am	9:48 pm	3:43 pm
Sun	12:09 pm	5:22 am	11:11 pm	4:55 pm
Mon	12:40 pm	6:14 am	None	5:58 pm
Tue	12:12 am	6:59 am	1:08 pm	6:52 pm
Wed	1:01 am	7:39 am	1:36 pm	7:42 pm
Thu	1:46 am	8:17 am	2:04 pm	8:32 pm

Cape Coral Bridge Tides

Day	High	Low	High	Low
Fri	10:14 pm	6:35 am	None	None
Sat	11:45 pm	7:48 am	None	None
Sun	3:29 pm	8:46 am	None	7:45 pm
Mon	1:06 am	9:35 am	3:46 pm	8:52 pm
Tue	2:13 am	10:17 am	4:04 pm	9:47 pm
Wed	3:12 am	10:53 am	4:21 pm	10:38 pm
Thu	4:07 am	11:24 am	4:40 pm	11:28 pm

PUZZLE ANSWERS

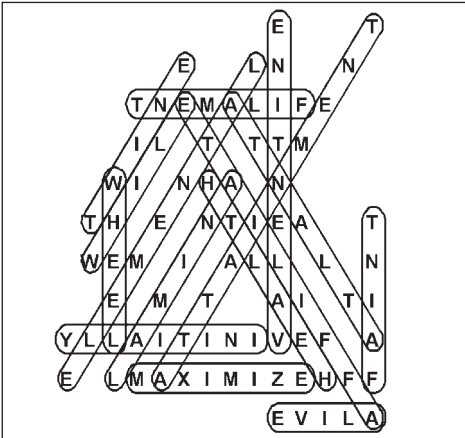
SUPER CROSSWORD

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KING CROSSWORD

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MAGIC MAZE



SUDOKU

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

develop on its own.

**Aquarius** (January 20 to February 18)  
You stand out this week as the best friend a friend can have. But be careful that you don't take too many bows, or you might see gratitude replaced with resentment.

**Pisces** (February 19 to March 20)  
What seems to be an ideal investment should be checked out thoroughly before you snap at the offer and find yourself hooked by an expensive scam.

**Born This Week:** Your wisdom is matched by your generosity. You are a person who people know they can rely on.

MOMENTS IN TIME

- On March 20, 1345, according to scholars at the University of Paris, the Black Death plague is created from what they call "a triple conjunction of Saturn, Jupiter and Mars in the 40th degree of Aquarius." The Black Death left an estimated 25 million dead. It's now known that bubonic plague is carried by fleas.
- On March 19, 1842, French writer Honore de Balzac's play *Les Ressources de Quinola* opens to an empty house. Hoping to create a buzz for the play, Balzac had circulated a rumor that tickets were sold out. Unfortunately, most of his fans stayed home.
- On March 18, 1937, nearly 300 students in Texas are killed by an explosion of natural gas at their school. Officials at the New London school had been persuaded to save money by tapping into less stable wet-gas lines that ran nearby. The blast was felt 40 miles away.
- On March 21, 1952, the first rock

and roll concert in history is held in Cleveland, hosted by legendary disk jockey Alan Freed. Police were overwhelmed when an estimated 20,000-25,000 fans swarmed the Moondog Coronation Ball, held in an arena with a capacity of only 10,000.

- On March 24, 1965, the first "teach-in" is conducted at the University of Michigan as 200 faculty members hold special anti-war seminars. This form of protest spread to many colleges and universities.

- On March 22, 1983, the Pentagon awards a contract worth more than \$1 billion to AM General Corp. to produce 55,000 High Mobility Multipurpose Wheeled Vehicles. Nicknamed the Humvee, the rugged vehicles were used by the U.S. military. In 1992, a civilian version, the Hummer, went on sale.

- On March 23, 1994, Wayne Gretzky scores his 802nd goal, breaking his childhood idol Gordie Howe's NHL record for most goals in a career.

STRANGE BUT TRUE

- It is still not known who made the following sage observation: "The difference between 'involvement' and 'commitment' is like an eggs-and-ham breakfast: The chicken was 'involved'; the pig was 'committed'."

- Those who study such things say that if you were (for reasons unspecified) to eat the liver of a polar bear, you'd die. The amount of vitamin A stored in that organ constitutes a fatal dose for humans.
- You might be surprised to learn that

high-quality opals can be more valuable than diamonds.

- John Tyler, born March 29, 1790, was the 10th president of the United States. He was married twice and had a total of 15 children. These children, collectively, were witness to a surprisingly large swath of American history. The oldest, Mary Tyler Jones, was born in 1815, the year that saw the end of the War of 1812; the youngest, Pearl Tyler Ellis, survived until 1947, two years after the end of World War II.

- The next time you're planning a trip to Indiana, keep in mind that in that state it is illegal to talk behind a person's back or engage in "spiteful gossiping."

- In 1915, the average annual income for a family in the United States was \$687, the equivalent of \$17,088 today.

- In 1889, a magazine called *The Literary Digest* made the following prediction: "The ordinary 'horseless carriage' is at present a luxury for the wealthy, and although its price will probably fall in the future, it will never, of course, come into as common use as the bicycle."

- Squirrels are wonderful foresters. Every year, thousands of trees grow from caches of nuts and acorns that squirrels forgot about.

THOUGHT FOR THE DAY

"An inconvenience is only an adventure wrongly considered; an adventure is an inconvenience rightly considered." – Gilbert Keith Chesterton

TRIVIA TEST

- Geography:** What is the capital city of the Yukon territory in Canada?
- Language:** What is the ending to the proverb that begins, "All roads lead ..."?
- General Knowledge:** Which country's flag is a red circle on a white background?
- Science:** What gas with a distinctive odor is created by a lightning strike?
- Geometry:** How many sides does a decagon have?
- Comics:** What is the full name of Batman's butler?
- Movies:** What was the name of Johnny Depp's character in the *Pirates of the Caribbean* movie?
- Bible:** On what mountain did Moses receive the Ten Commandments?
- U.S. States:** Which state's nickname is "The North Star State"?
- History:** Who was the first spouse of a former U.S. president to be elected to public office?

TRIVIA ANSWERS

- Whitehorse
2. "... to Rome."
- Japan
- Ozone
5. 10
6. Alfred Pennyworth
7. Capt. Jack Sparrow
8. Mount Sinai
9. Minnesota
10. Hillary Clinton



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3/15 ★ 4/5

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John Gee & Company  
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3/15 ★ 3/29

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8/5 ★ TFN

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7/13 ★ TFN

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11/30 ★ TFN

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1/26 ★ TFN

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2/22 ★ TFN

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11/9 ★ TFN

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### ANNUAL RENTAL

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3/8 ★ TFN

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3/15 ★ 4/5

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12/28 ★ TFN

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1/25 ★ TFN

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4/20 ★ TFN

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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

### JERRY'S FOODS SERVERS & BARISTAS

Part Time Evening And Weekend Front  
End Associates Needed. Looking for  
energetic, personable, and fun  
individuals, with open availability  
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If interested call and ask for  
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1700 Periwinkle Way

5/6 ★ TFN

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Every Saturday 9 a.m. to 5 p.m. and some  
holidays at Island real estate office.  
Fun workplace. \$15 per hour.  
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3/15 ★ 3/15

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share on call duties  
• Assist management with  
periodic special events  
**OTHER INFORMATION**

High School Diploma or GED preferred.  
Looking for someone to work three 8-hour  
days weekly. \$13.50/hr. with 90 day review.  
Inquiries call Ken at 239-246-8438.

3/15 ★ 3/29

## FICTITIOUS NAME

### FICTITIOUS NAME

NOTICE IS HEREBY GIVEN  
that the undersigned, desiring to engage  
in business under the fictitious name of  
Sanibel Wellness Inc.  
DBA Captiva Island Massage and Wellness  
with an address of  
16680 McGregor Blvd Ste 2  
Fort Myers FL 33908  
has registered said name with The Division  
of Corporations of the Department of State,  
Tallahassee, Florida.  
Dated the 8th Day of  
March 2019 Brian K. Healy

3/15 ★ 3/15

## FOR SALE

### ORECK MAGNESIUM UPRIGHT VACUUM

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\$150.  
472-1772

3/8 ★ 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

### 10 FAMILY GARAGE SALE

Wicker outdoor couch & chair, Vision  
Fitness Treadmill, Lots of antique dishes,  
China, dishes, glassware, antique jewelry,  
costume jewelry, art, books,  
Bunn coffee maker, antique hanging lite  
fixture, clothing. Lots of misc.  
Fri. and Sat., March 15 and 16.  
7 a.m.  
926 Lindgren Blvd., Sanibel

3/15 ★ 3/15

### GARAGE SALE

1854 Farm Trail Off Periwinkle, Sanibel  
Sat., March 16, 8:30 a.m. to 12:30 p.m.  
Collectibles (Dolls),  
Mugs, Glass, Etc. Outdoor Furniture,  
Some Clothing, Books And Misc.

3/15 ★ 3/15

### YARD SALE

March 16, 9-2  
Kayak, furniture, artwork,  
jewelry and stuff  
2500 Key Lime Place, Sanibel

3/15 ★ 3/15



# Adult Lifelong Learning Classes

The School District of Lee County is currently offering adult learning courses at the Lee County Public Education Building, Cape Coral High School, Cypress Lake High School, Dunbar Community School, Bonita Springs High School, Lehigh Senior High School and East Lee County High School.

Current classes include a History Series (The Gilded Age); a Culinary Series (barecue smoking, cake and cupcake decorating); a Language Series (American Sign Language Levels 1,2,3; Spanish Levels 1A,1B,1C,2A,2B,2C; Conversational Spanish; Conversational French; Conversational Italian; Conversational English; Passports: a Study in Languages & Cultures); Computer Series (Web Design; Computer Basics, Microsoft Office, Microsoft Excel, Adobe Photoshop, Adobe Illustrator, How to Use Apple and Android Devices); Art Series (Sumi-e Eastern Asian Ink Wash Painting; Watercolor Painting, Pottery); Fitness Series (Fitness Evolution, Get Fit Get Firm); and Special Interest Series (Citizenship, BLS/CPR).

To register, visit [www.leeschools.net/lc](http://www.leeschools.net/lc), click on the location, scroll the classes, click on a class to read the description, then click "register" from the class description page.✱

## Take FAFSA Verification Process Seriously

The federal government requires many students who submit the Free Application for Federal Student Aid (FAFSA) to verify the information on the FAFSA. The students are chosen by the U.S. Department of Education.

Used to apply for most federal and many state student aid programs, the FAFSA asks detailed questions about the income and resources of students.

Parents are required to provide their information as well if their children are dependent students. Students are considered dependent if they are undergraduate students under 24 years old, not married, have no dependents of their own, are not veterans or were not orphans or wards of the court until age 19.

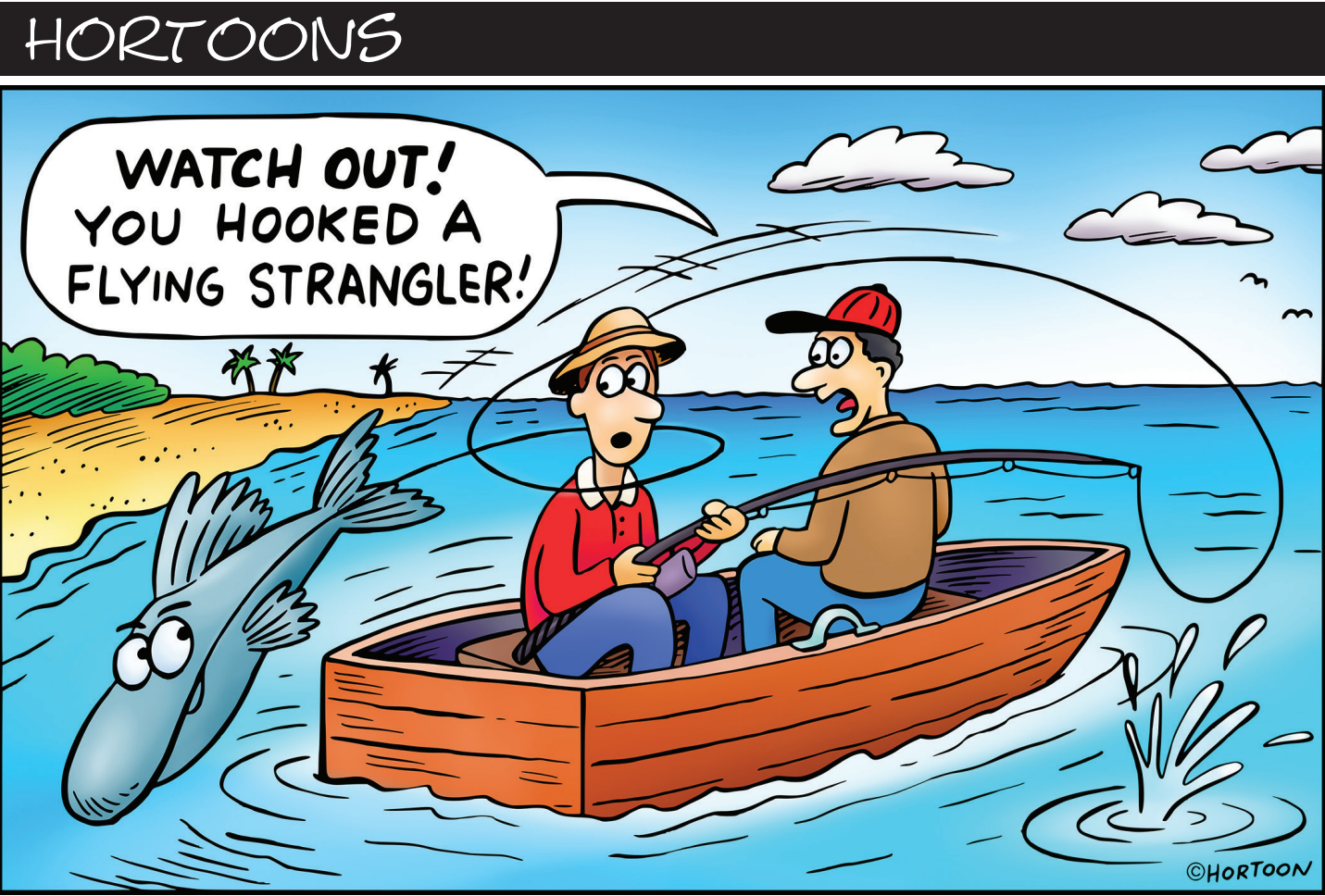
The college or, in some cases, an agency working with the college will contact students to let them know if their data is being verified.

Students and parents need to take that process seriously, according to Kentucky Higher Education Assistance Authority (KHEAA). Students chosen for verification cannot receive their financial aid until they have completed the process. As soon as they are contacted, they should provide any information that is required. Putting it off will only lead to frustration if the

process isn't finished when classes are ready to start.  
If students have decided not to attend a college that asked them for verification, they should let the college know so it will stop requesting information.  
For more information about those services, visit [www.kheaa.com](http://www.kheaa.com).✱

## Phi Kappa Phi

Four Southwest Florida natives were recently initiated into The Honor Society of Phi Kappa Phi, the nation's oldest and most selective all-discipline collegiate honor society, at Nova Southeastern University in Fort Lauderdale. They are Mariya Mironova of Fort Myers, Karla Moreno of Fort Myers, Emilse Sanchez of Cape Corala and Kenneth Smith of North Fort Myers.✱



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## SCRAMBLERS

1. Cloak; 2. Absent;  
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## Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Shell Harbor	Sanibel	2016	3,488	\$2,375,000	\$2,250,000	49
Fort Myers	Fort Myers	1910	6,757	\$2,250,000	\$2,080,250	648
Oak Knoll At Bonita Bay	Bonita Springs	1998	3,883	\$1,575,000	\$1,375,000	122
Spring Ridge	Bonita Springs	2000	4,604	\$1,450,000	\$1,342,250	441
Shell Harbor	Sanibel	1971	2,081	\$1,189,000	\$900,000	116
Pine Island Shores Unit 4	St. James City	1997	3,539	\$1,075,000	\$909,000	74
Martin & Lewis Unrec.	Fort Myers Beach	2001	2,579	\$995,000	\$900,000	137
Cape Coral	Cape Coral	2017	2,570	\$985,000	\$980,000	13
Waterside	Estero	1998	3,348	\$969,000	\$915,000	98
Summerfield	Estero	2000	2,852	\$895,000	\$825,000	28





*Randy Wayne White ©*

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