



Music Legends To Perform In Jazzy Nights Series

The Sidney and Berne Davis Art Center's 2020 Jazzy Nights series begins with Southwest Florida favorites Dan Miller and Lew Del Gatto featuring Kenny Washington on Friday, January 17. Doors open at 7 p.m. and the concert begin at 8 p.m.

Del Gatto has been a dynamic figure in the New York music scene for more than 30 years. He spent 30 years as a member of the Saturday Night Live Band (1975 to 2006) and toured and recorded with Frank Sinatra, Aretha Franklin and The Tonight Show Orchestra. New York City jazz trumpeter Dan Miller built his reputation touring and recording with Harry Connick Jr., Wynton Marsalis, Maynard Ferguson and Woody Herman.

Kenny Washington, one of the brightest stars in jazz, was once dubbed "the Superman of the Bay Area jazz scene" by the *San Francisco Chronicle*. He is the featured vocalist on saxman Michael O'Neill's CDs – *The Long and the Short of It* and *Still Dancin'*, recorded on Jazzmo records. He is also one of the featured vocalists on the Slammin' All Body Band CD with Keith Terry.



Kenny Washington photos provided

Washington, a native of New Orleans, developed a deep love for music at a young age. He grew up singing and performing gospel in church. He began performing with the school band, playing saxophone and singing. After graduating from high school, Washington continued his studies in music at Xavier University. While at Xavier, he studied various styles of music ranging from traditional and



The Dan Miller-Lew Del Gatto Quintet

contemporary jazz, classical to rhythm and blues as well as pop.

Joining the honorary U.S. Navy Band in 1986, Washington performed and toured nationally and internationally throughout the U.S., Asia, Russia and Australia. After nine years as a musician in the U.S. Navy, he made his home in the San Francisco Bay Area. He began performing and recording in various jazz clubs with other well known artists.

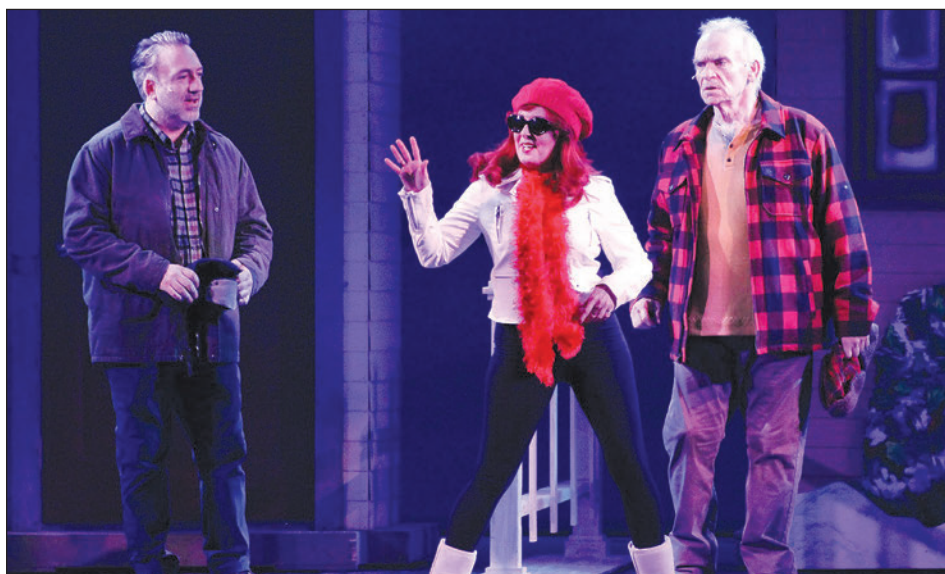
Washington also appeared in Roy Nathanson's off-Broadway production *Fire at Keaton's Bar and Grill*, with Elvis Costello and Deborah Harry, in London and New York. He was the featured vocalist at San Francisco's world famous

Mark Hopkins Intercontinental Hotel's Top of the Mark for eight years.

Washington has thrilled audiences in New York City performing with Wynton Marsalis as a featured guest at Jazz at Lincoln Center's celebration of Ella Fitzgerald's 100th birthday. His playful approach, with over a four-octave range is awe-inspiring.

Tickets are \$40 for general admission in advance and \$45 the day of the concert. A VIP table of four is \$220.

The Sidney & Berne Davis Art Center is located at 2301 First Street in the historic downtown Fort Myers River District. For more information, visit www.sbdac.com.*



From left, Luther Chakurian, Miranda Jane and Rob Summers

photo provided

Cantankerous Frenemies At Broadway Palm

by Di Saggau

If you've ever been ice fishing, you'll really relate to the first scene in *Grumpy Old Men – The Musical*, at Broadway Palm. If not, you'll learn a thing

or two about it.

The show is about two feuding middle-aged fogies who have been neighbors forever. John Gustafson (Luther Chakurian) and Max Goldman (Rob Summers) were once good friends. Their feud began 50 years ago when each had a crush on the same girl. Since that time, the nicest thing they can call one another is "moron" or "putz." When a new attractive and sassy lady named Ariel

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Comedy Encore At Lab Theater



Members of Scared Scriptless Comedy Lab ham it up

photo provided

Due to popular demand, Scared Scriptless Comedy Lab will be returning to The Laboratory Theater of Florida for a Saturday, January 11 performance. Doors open at 7 p.m. Tickets are \$15 per person.

This will be Scared Scriptless Comedy Lab's sixth performance after being sold out for its previous five performances. The group is known for hilarious antics, musical comedy and on-the-spot jokes. Every facet of the uproariously improvised

show is based on audience suggestions. With years of experience performing, Scared Scriptless Comedy Lab delivers a side-splitting, one-of-a-kind show every time.

Formerly Bonita City Improv, this troupe of talented performers offers a unique mixture of both short and long-form improv, creating an entertaining evening of family-friendly laughter that is fast-paced, musical and completely

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Historic Downtown Fort Myers, Then And Now:

Shop Sold And Shipped Shells



by Gerri Reaves, PhD

Myrtle's Shell Shop added a decorative and creative flair to downtown for more than two decades. The business is pictured here circa 1970 in one of its several locations over the years, the Main-Jackson Building. Fred Mellor built the \$70,000 commercial structure in 1957, so it's also known as the Mellor Building. It was constructed on the northwest corner of Main at Jackson, a site that had been the location of a service station since the 1920s. Its angled front windows, inset entrances and terrazzo floors are some of the typical features of a mid-20th century office building.

Early tenants were Casual Corner clothing; Norene's Youngland, a children's shop; the Gift Box; and Barker's, a children's shoe shop. Mellor had his law office there too. Mrs. Myrtle (Fred W.) Trautwein's shop moved in several years later. She had moved to Fort Myers from Toledo, Ohio in 1946. She began instructing shellcraft classes for the Hobby Shop in the early 1950s. Circa 1954, she established Myrtle's Shell Shop in the Patio de Leon, selling supplies for shellcraft, shell jewelry, novelties and gifts. Shellcraft was a popular hobby during the 1950s – no surprise, given the popularity of shelling on area beaches, particularly Sanibel. The shop gave wildly popular free shellcraft lessons each Friday morning during season. Private and offsite lessons were offered at locations such as the Civic Center on Edwards Drive, with as many as 50 students attending. Pins, earrings and necklaces were typical products of the classes, as well as decorated accessories such as rattan handbags, baskets, tray and plaques.



Myrtle's Shell Shop had several locations in an almost two-decade history. This circa-1970 photo was taken at the Main-Jackson Building, built by Fred Mellor in 1957. photo courtesy SWFL Historical Society



Myrtle's Shells Shop was located in the storefront behind the light pole in the left foreground. Today a variety of businesses and offices call the Main-Jackson Building home, including an architect, several attorneys and a haircutter. photo by Gerri Reaves

Occasionally, a student who made jewelry out of rare shells received press attention. The shop also shipped shells throughout the continent. In January 1963, Myrtle's moved to the south side of Main Street in the ground floor of the Central Hotel – across the street from the location pictured here – and Trautwein and her sister became co-managers. Although she sold the business to her brother-in-law, she continued as instructor. The following year, the shop moved across the street to this newer larger location in the Jackson-Main Building. In 1969, Trautwein was honored for her two decades as a businesswoman when the Fort Myers Charter Chapter of the American Business Women's Association named her Woman of the Year. By 1971, she had retired from the shell business. The shop sold again, moved to Jackson Street, was later renamed Rene's Crafts and Boutique and moved to Cape Coral. The Main-Jackson Building today continues its eclectic beginnings as the location of an architect, tattoo artists, attorneys, custom embroiders, haircutters and real estate agency. But no shell shop. Take a walk to Main and Jackson to see where a 20th century promoted shellcraft in Fort Myers. Then learn more about local history at the following research centers. The Southwest Florida Historical Society is an all-volunteer, nonprofit 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 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 nonprofit 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. Visit the IMAG History & Science Center at 2000 Cranford Avenue or at www.theimag.org. Sources: The Archives of the Southwest Florida Historical Society and *The News-Press*.✱✱

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Bayou Rose

photos provided

Hibiscus Society Show And Sale Next Saturday

The James E. Hendry Chapter of the American Hibiscus Society will be holding its annual hybrid hibiscus plant sale at The Salvation Army building on Saturday, January 18 from 2 to 4 p.m. Admission and parking are free.

Some 500 hybrid hibiscus – ones that cannot be found in the big box stores – will be for sale. Prices range from \$15 for a small plant to \$30 for a large plant. There will be special pricing for members. Join the chapter the day of the sale for your discounted prices.



Ecstatic

These beautiful plants are being provided by Sun-Fire Nurseries out of Sarasota. Chapter members who are experts on growing hibiscus will be available for advice during the sale. These hibiscus are grown on their own roots and are easy to maintain. Some of these plants will grow blooms over eight inches and in just about every color of the rainbow. Besides reds and yellows, there will be blues, greens, purples, oranges, pinks, whites and some with up to five colors.

Members of this hibiscus chapter will be available for any questions. There will be information available on how to care for hibiscus, plus books, pruning shears and fertilizer for sale.

The chapter meets at Berne Davis Gardens at 2166 Virginia Avenue in Fort Myers on the second Sunday of



Space Oddity

each month at 1:30 p.m. Interested future members are invited to attend any of the following meetings: Sunday, February 9 or March 8, or Saturday, May 9.

The Salvation Army building is located at 10291 McGregor Boulevard in Fort Myers. For more information, visit www.hendrychapterhibiscus.com.✱

Local Concert Band To Perform Broadway Hits

The Southwest Florida Concert Band will perform The Best of Broadway concert at South Fort Myers High School on Sunday, January

19 at 2 p.m.

The 40-member community band will perform a concert of memorable Broadway selections that is certain to entertain all audiences. The concert will start with selections from the hit musical *Music Man*, including 76 trombones and *'Till There Was You*. The band will then perform music from one of the most successful Broadway shows ever, with highlights from *The Lion King* and also the music of Leonard Bernstein with the dramatic music from *West Side Story*. The band will perform some toe-tapping music of the Beatles to sing along with. A new movie just came out from the Broadway production of *Cats*, and the band will perform all the favorite melodies of this mysterious show including the hauntingly beautiful *Memories*. The concert will conclude with a selection of songs from Andrew Lloyd Weber musicals including *Jesus Christ Super Star*, *Don't Cry For Me Argentina* and *The Phantom of the Opera*. The show will also include a stirring march and a snappy Latin piece that is certain to get the toes tapping.

It is a not to be missed performance of the newest concert band in Southwest Florida. All concerts are free with donations accepted.

South Fort Myers High School is located at 14020 Plantation Road in Fort Myers.

For more information on the group, scholarship program and other performances, visit www.swflconcertband.org.✱

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Estates Hosting Ford Legacy Summit

Edison and Ford Winter Estates recently hosted the annual Ford Legacy Summit. The site was selected as the meeting location for the leadership staff from more than a dozen prominent Ford legacy organizations around the country.

Now in its third year, the Ford Legacy Summit provides a place for organizations to come together. This year, the following purpose statement was created to better define the role the group will follow as they move forward: *The Ford Legacy Summit is an annual gathering of Ford-related organizations with the goal of exploring ideas, sharing resources, building relationships, and increasing awareness of the Ford legacy.*

"We were proud to host this important meeting at our site, and to share what makes the Edison and Ford Winter Estates such a unique place," said Mike Cosden, vice president. "Summit attendees also experienced much of what makes Southwest Florida so special: the diverse history and culture of the river district, the natural beauty of the Caloosahatchee and, of course, a respite from the snowy weather that many of their home sites were experiencing."

The organizations that participated



Ford Legacy Summit attendees in front of the historic Henry Ford family home in Fort Myers

photo provided

in the Summit included Berry College, Edison and Ford Winter Estates, Edsel & Eleanor Ford House, Fair Lane, Henry Ford Health System, Ford Piquette Plant, The Ford Foundation, The Ford Motor Company, The Henry Ford Heritage Association, The Henry Ford Museum and Richmond Hill (in

Georgia).

In addition to meeting at and seeing the historic site, the group was also able to visit several river district restaurants, a tour of downtown Fort Myers and a ride in an antique Ford from the local Model A Club. Going forward, Edison Ford staff will continue to participate in

the summit, which will take place at a different Ford legacy location each year. Berry College in Rome, Georgia will host the 2020 Ford Legacy Summit in the fall.

For more information about the historic site, visit www.edisonford.org or call 334-7419.*

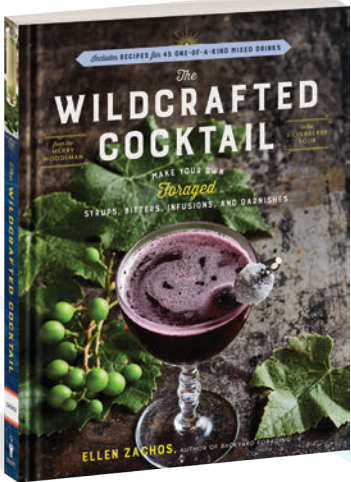
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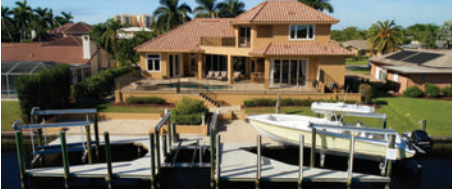
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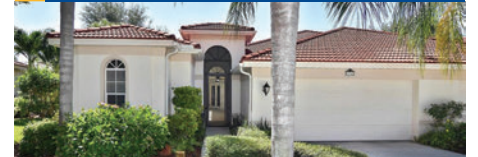
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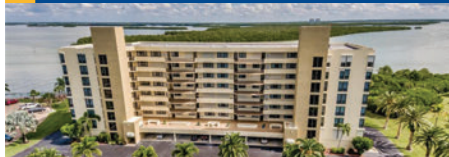
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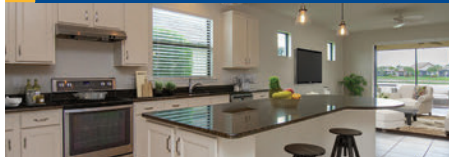
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Fort Myers Art:

Commemorative Exhibition At Sanibel Gallery



by Tom Hall

Sanibel's Watson MacRae Gallery will be hosting a special commemorative exhibition – beginning with an opening reception on Tuesday, January 14 from 5 to 7 p.m.

– to honor the late Hollis Jeffcoat, an extraordinary abstract expressionist who passed on April 28, 2018.

In addition to a montage of Hollis' work, Hollis and Friends will feature two to three works from 13 of Hollis' artist friends. One recent work from each artist has been inspired by and dedicated in remembrance of her.

Over the course of her lengthy career, Hollis made life-long friendships. The 13 artists featured in this exhibit are from the different segments of her life with one thing in common – they all shared a great love of art. Most of them acknowledge the significant influence that Hollis had on their art-making. All felt she had an impact on their lives. These accomplished artists continue to exhibit their work adding to the beauty and wonder of



The late Hollis Jeffcoat

photo courtesy www.artswfl.com

the world – something that would have pleased Hollis to no end.

"It was a unanimous and enthusiastic, 'I'm In!'" when I posed the idea for an exhibit to remember and celebrate Hollis for all she was as an artist, inspiration, teacher and friend," said Watson MacRae gallerist and Hollis' dear friend Maureen Watson.

During her early Fort Myers period (1966), Hollis was befriended by painters Krista Johnson, Leo Johnson and

Spencer Eldridge.

A decade later, Hollis influenced and was influenced by the New York Studio School, which is represented in the show by painters David Fratkin, Michael Goodwin (who Hollis met in New York City in 1991), printmaker/painter Patti Lipman and sculptor Deborah Masters.

The year 1980 saw Hollis in Montreal, and that venerable town and province is represented in the show by sculptor Michel Beaudry and printmaker Bonnie Baxter.

And, from Hollis' late Fort Myers (post 1997) period, sculptor Jim Krieger, printmaker/painter Sherry Rohl, painter Darby Bannard and photographer Paul Rodino will also have work included in the commemorative exhibition.

All but four artists will be at the opening and happy to discuss their work – and reflect back on their interactions with Hollis. The commemorative exhibition will be on display until February 8.

Watson MacRae Gallery is located at 2340 Periwinkle Way, Suite B3 on Sanibel. Visit www.watsonmaccraegallery.com for more information.

Alliance Accepting Submissions For 34th Annual All Florida Juried Exhibit

The 34th annual All Florida Juried Exhibition at the Alliance for the Arts features pieces created by artists working in a wide variety of media from all over the 65,000 square miles that make up Florida. The juried entries come together for an award-winning and exciting exhibition representing today's contemporary Florida artists.

The Alliance is accepting submissions online now through Monday, January 27. The show will exhibit March 6 to 28, with an opening reception from 5 to 7 p.m. held on Friday, March 6. A conversational walk and talk through the gallery with the artists and juror will take place at 10 a.m. on Saturday, March 7.

Visit www.artinlee.org for a prospectus or call 939-2787 for more information.

Amanda Poss has been tapped to serve as juror for the show. Poss currently holds the position of gallery director at Gallery221 at Hillsborough Community College Dale Mabry campus, where she also manages the public art program, Grounds4Art@HCC, and oversees a growing permanent art collection. She is the former gallery director at Blake High School in Tampa, where she organized and curated exhibits from 2015 to 2017. Poss has also held positions at the Scarfone/Hartley Gallery at the University of Tampa as a gallery assistant, adjunct professor at the University of Tampa, and adjunct professor at Hillsborough Community College.

Poss received her master of arts degree in art history from the University of South Florida in 2015, specializing in modern and contemporary art, and a bachelor of arts degree from the University of Saint Francis in Fort Wayne, Indiana in 2011.

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

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Arts And Music Festival This Weekend

The 35th annual Cape Coral Arts & Music Festival, hosted annually by the Rotary Club of Cape Coral, will take place this weekend on Cape Coral Parkway in South Cape Coral between Del Prado Boulevard and SE 10th Place, and north to SE 47th Terrace. The festival will be held on Saturday, January 11 from 10 a.m. to 9 p.m., and Sunday, January 12 from 10 a.m. to 5 p.m.

For the second time, the largest juried art show in Southwest Florida will showcase live music talent on Saturday from 3 to 9 p.m. Admission and parking are free for festival attendees.

The Cape Coral Arts & Music Festival is Lee County's largest special event, according to the Lee County Tourist Development Council and the Lee County Visitors and Convention Bureau. Attracting more than 100,000 visitors, this annual festival brings together the works of more than 300 juried artists and artisans from across the country. Exhibitors will showcase their fine art, sculpture, pottery, jewelry, photography, metal works and mixed media. Food will be available for purchase from a variety of vendors via Little Joe's Special Events.

This year, Rotary is partnering with iHeart Music to bring musical acts from every genre to the stage.

Also, for the first time this year, the

festival will be accessible to the visually impaired. During the festival, every exhibitor whose work can be experienced by touch will be encouraged to display a small banner or green ribbon that signifies their work is accessible to visually impaired attendees.

"As far as we can tell, this is the first major art festival in the nation that will also cater to the visually impaired," says John Jacobsen, founder and chair of the festival.

This initiative was largely inspired by Jim Morgan, the blind clockmaker. Morgan is a local artist who was rendered completely blind after being struck by a car while riding his bicycle on Fort Myers Beach. His clocks will be featured at the event and can be previewed on his website at www.theblindclockmaker.com.

Robin Rebeck has been selected as this year's poster artist. An outdoor enthusiast who loves nature, Rebeck is a photographer whose work captures life in its many forms. Rebeck's work was selected from the competitive pool of exhibitors by the festival committee and is prominently featured on the event poster. The event poster will be sold for \$20 at the festival and online at www.capecoralfestival.com or www.facebook.com/capecoralfestival.

The 2020 event sponsors include Destination Boat Clubs, Direct Impressions, Downtowner Car Wash, Experience Real Estate, *Happenings* magazine, Lamar, The Beaches of Fort Myers and Sanibel, Waste Pro and Wonderland Realty.✴



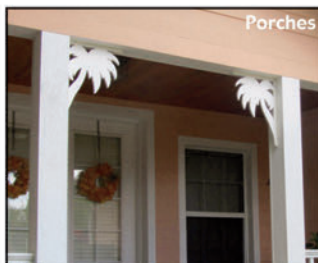
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12221 Venus Drive \$47,500
2BR/2baths, bay window in Kitchen. Florida Room set up as a Man Cave including a bar, extra-large master bedroom.



16244 Mercury Way \$100,000
2BR/2baths, 2008 Model, vinyl siding, beautiful home, carpet and tile, modern kitchen with island, enclosed porch, Florida Room, inside washer and dryer, \$40,000 of extras.

PRESENT ALL OFFERS



12318 Apollo Drive \$70,000
2BR/2baths, large home, stucco walls in entire home, tile and laminate floors, new AC, AMS roof, all new windows, tiled front Florida room, private backyard.



16217 Lunar Drive \$61,500
2BR/2 baths, large double wide home completely furnished, lap siding, river rock carport and driveway holds 3 cars, well maintained and in immaculate condition, within walking distance to Club house and pool.



16303 Gemini Court \$92,500
2BR/2baths, Vinyl lap sided, cathedral ceiling, new AMS roof, All laminate flooring, double arch to Factory Built Florida Room-26' wide, inside laundry, carport screened lanai area, new under carriage insulation and new vapor barrier. Private backyard.

NEWLY RENOVATED



12290 Apollo Drive \$61,000
2BR/2baths AMS roof, completely renovated, inside washer and dryer, new water-proof laminate floors, newly painted inside and out, A/C well maintained. Private backyard Lakeview, move in immediately.

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Along The River

The **Alliance for the Arts** will hold an **opening reception** for *Reveries of A Tropical Heart* Exhibit this Friday, January 10 from 5 to 7 p.m. The free event features the works of award-winning artists Jeff Ripple and Muffy Clark Gill as well as light refreshments. The show exhibits through February 2.

Meet and engage with exhibiting artists during a free conversational tour through the gallery during the Alliance for the Arts weekly GreenMarket this Saturday, January 11 at 10 a.m.

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

Local artist Robert Allen will be on display in the theatre lobby gallery. Displaying their latest works from the classroom, students and instructors at the Alliance for the Arts will be filling the Members Gallery with a variety of pieces from recent classes.

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

The **Caloosa Coast Rowing Club's Experience Rowing event** will be held at **Cape Harbour** this Saturday, January 11 from 8:30 to 11:30 a.m. The free rowing introduction is for novices over age 13 and a chance to build friendship and social networks. Retirees and seniors regularly take up the sport, so you're never



Learn to row at the Caloosa Coast Rowing Experience event in Cape Coral photo provided

too old to give it a try.

No RSVP is necessary. There will be tours of the boatyard, some practice on a rowing machine and then a row out on the water. Rows will last about 10 minutes and travel about a half a mile. This mini-lesson is for absolute beginners. Expect to spend about an hour total from when you arrive.

The club will be offering more comprehensive lessons starting January 25. For more information, visit www.rowccrc.org.

Children and parents are invited to **Edison and Ford Winter Estates for the Kids' Garden Adventure** – a new one-of-a-kind free family event – this Saturday, January 11 from 10 a.m. to 2 p.m. It is sponsored by Florida Nursery, Growers and Landscape Association.

Children can win prizes in the garden scavenger hunt, create botanical art, explore kid-friendly garden vendors, climb

the historic banyan tree (additional cost), jump into green science activities, stretch their imagination with wellness activities, and learn about bees and other local animals.

The banyan climbing experience is for children ages six and up and is designed to help kids learn about themselves, others and the environment. Training and safety equipment will be provided. Advanced registration is required; cost is \$35 per child for Edison Ford members and \$45 for non-members.

For adults, there will be a Garden Talk on How to Attract Pollinators at 10 a.m. (additional cost), and pollinator plants will be available for purchase in the Garden Shoppe. Food and beverages will also be available for purchase. The Garden Talk is \$10 for Edison Ford members and \$15 for non-members. Garden Talk participants will receive a 20 percent off coupon toward plants purchased in the Garden Shoppe.

Edison and Ford Winter Estates is located at 2350 McGregor Boulevard in Fort Myers. For more information, visit www.edisonford.org or call 334-7419.

Bad interpreters, name signs

(nicknames in American Sign Language) and the challenges and triumphs of deaf culture will be the subject of a comedy performance by Selena Minogue and Casavina, two drag queens who make up the deaf duo **Deafies in Drag**, at the **Collaboratory** this Saturday, January 11 from 6 to 9 p.m.

In addition to nearly a quarter of a million social media followers, the duo takes their acclaimed comedy sketch show around the world to address deaf struggles, language barriers and deaf life. By poking fun at their deaf experiences, they hope their comedy results in educating others and a positive, inclusive impact for the deaf community. All parts of the show will be professionally interpreted for both deaf and hearing patrons to be sure that every individual is successfully accommodated.

Proceeds from the event benefit Sally J. Pimentel Deaf & Hard of Hearing Center.

Portraits of deaf, hard of hearing, children of deaf adults and sign language interpreters making signs that describe their experiences with deaf life will also be on display. The photography was donated by Fort Myers photographer Brian Tietz.

The event with limited seating, drag queen bingo, a VIP meet-and-greet, and a photo booth is expected to sell out. The Collaboratory is located at 2031 Jackson Street in Fort Myers. An after party will be sponsored and hosted at Millennial Brewing Company following the show from 9 to 11 p.m.

All tickets include beer from Millennial Brewing, wine, and food from Glory Days Grill. Tickets are \$50 for the show, \$60 for the show and bingo, and VIP tickets are \$70 and include an exclusive meet-and-greet and photo opportunity with Selena and Casavina.

To purchase tickets, visit www.eventbrite.com. For information on sponsorships, call 461-0334 (voice phone), 247-5821 (video phone) or visit www.dhhc.life.

Putt & Pub Crawl Fundraiser Set

Have some serious putt-putt fun while supporting nine local not-for-profit organizations at the Putt & Pub Crawl on Saturday, January 18 at 10 participating restaurants on Fort Myers Beach. The course opens at 10 a.m.

Sponsored by the Fort Myers Beach Woman's Club, the 10th annual event will involve putting holes at Nervous Nellies, Pete's Time Out, Mango Ritas, La Ola, Matanzas on the Bay, The Whale, Plaka, Pierside Grill, Yucatan Bar and Grill, and the Salty Crab.

"It's just a great way to combine charitable giving and putt-putt inside of our sponsoring restaurants," said Beverly Milligan, president of the Fort Myers Beach Woman's Club. "It's a lot of fun, really ridiculous and benefits nine local charities."

Cost is \$225 per four-person team. Checks and entry forms may be dropped off at the Fort Myers Beach Chamber of Commerce at 2450 Estero Boulevard or emailed to janeen@barefooteventgroup.com.

Participants may play the holes in any order. Each sponsoring restaurant will supply the club and golf balls and

will have a representative to write down scores. Players must complete all nine holes and have your score card turned in no later than 5 p.m. The course closes at 4:30 p.m. The after party is from 4:30 to 6:30 p.m. with a barbecue and music provided by DL Turner. Prizes, which will be distributed from 5:30 to 6 p.m., will be awarded to first and second place teams, a Duffer's Award (worst score), Best Dressed Team, Best Team Name and the Judges and People's Choice Award for Hole Sponsors.

For more information and registration forms, visit www.fortmyersbeach.org or email janeen@barefooteventgroup.com.

Bayside Men's Club Breakfast

Bayside Estates Men's club will host its monthly pancake breakfast in the Bayside Recreation Hall on Sunday, January 12 from 8 to 11 a.m. All are invited to attend.

Breakfast will include scrambled eggs, sausages, coffee, orange juice and all-you-can-eat pancakes for the cost of \$5. For only \$1 more, get a made to order omelet.

Bayside Estates is located at 17601 San Carlos Boulevard on Fort Myers Beach.

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Dean Named At FGCU College Of Business

Florida Gulf Coast University's (FGCU) Lutgert College of Business has a new dean – Christopher Westley, PhD. Westley has served as interim dean since April 2019. He originally came to FGCU in 2015 as a professor of economics and director of the Regional Economic Research Institute.



Christopher Westley

"We are confident Dr. Westley will continue to move the college forward and further establish the Lutgert College of Business as a critical player in the economic growth of the region, while producing highly qualified graduates who will successfully compete at the regional, national and international levels," Interim Provost James Llorens, PhD, wrote in an email to the campus.

While he has been interim dean, the permanent role now gives Westley the opportunity to implement his vision for Lutgert. Of primary importance is the college's relationship with the community. The new dean wants to enhance the college's role in Southwest Florida and develop stronger ties among the faculty, students and business community.

"Through my work in the Regional Economic Research Institute, I have become familiar with the business communities in each of the five counties FGCU serves," Westley said. "I have a sense for what they're looking for in terms of graduates and how that's changing over time. There's no better example of this than the work already happening to create a master's in healthcare management."

Westley said he has been collaborating with Dean Ann Cary, PhD, of FGCU's Marieb College of Health and Human Services on the new master's program over the last few months.

"That's in response to an industry demand that goes back a long time," Westley said. "There are a lot of other areas of collaboration that the college could pursue in response to community needs. Some possibilities are in extended living care management or work with the school of entrepreneurship. Both of those examples are vital to our region and areas we're looking at for expansion."

Connected to his focus on the community, Westley has several priorities. Chief among them is reaccreditation.

"Next month I am going to be attending my first AACSB (Association to Advance Collegiate Schools of Business) meeting as dean. That's the body that accredits the business schools. My goal is to become so well acquainted with the process that, sometime before Lutgert's next reaccreditation, I can serve on an

continued on page 20



Jerry Nolan

It Only Gets Better!!

7th Season, 43 Shows and Counting

**Chef Prepared
Hor'dourvres, Cash
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And An Award
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Kay
Cummings

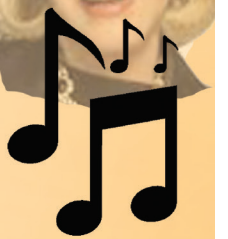
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**6 to 7pm: DJ, Dancing with Cash Bar,
7- 9 Music, Cash Bar, Chef prepared
Hor'dovres, & Live Shows with
Quality Performers
9-10? DJ, Dancing with Cash Bar**



**\$55 Includes All The Above
Seating Is Limited to 100 Seats Per Show**

CHEF Prepared Hor'Douvres Vary Per Show & Include:
**Latin Shrimp w/Avacado Sauce, Strawberry Salad W/ Black Truffle Dressing,
Beef Tenderloin on a Garlic Crostini & Herb Cream Cheese, Spicy Chicken Satay
w/ Asian Peanut Sauce, Antipasto Skewers, Seared Tuna Bites
w/ Seaweed Salad & Japanese Dressing & Twice Baked Potatoes**

2020 Lineup Includes:

Jan 26th & 27th: The Rat Pack, Frank, Dean & Sammy

Feb.9th: Johnny Carson, Danny Devito & Rod Stewart,

**Feb. 23rd & 24ths: Don Rickles, Foster Brooks & Kenny
Rogers, March 8th & 9th: Dean Martin & Elvis Jr.,**

March 23rd: Cher and Jerry Lewis.

**For Reservations Call 239-810-4587
Email: jgn56bklyn@yahoo.com**





Lisa Rizzio and Fran D'Alessandro with a portion of the "undies" the club donated photo provided

Undergarments Donated To Advocacy Group

The Children's Advocacy Center of Southwest Florida recently received a donation of undergarments from the Pilot Club of Fort Myers.

Center officials had reached out to the local pilot club and asked them to donate "undies" as this is one of the major items the organization needs to distribute when

children are brought into the advocacy program.

Lisa Rizzio, deputy director of the advocacy center, and Fran D'Alessandro, president of the Pilot Club were among the officials during the donation at a recent meeting.

The focus of the Pilot Club of Fort Myers is helping organizations seeking to improve the quality of life for individuals with brain-related disorders through volunteer activities, education, and financial support.

For information about the Pilot Club, contact D'Alessandro at 332-1140.✱

Free Christian Science Lecture

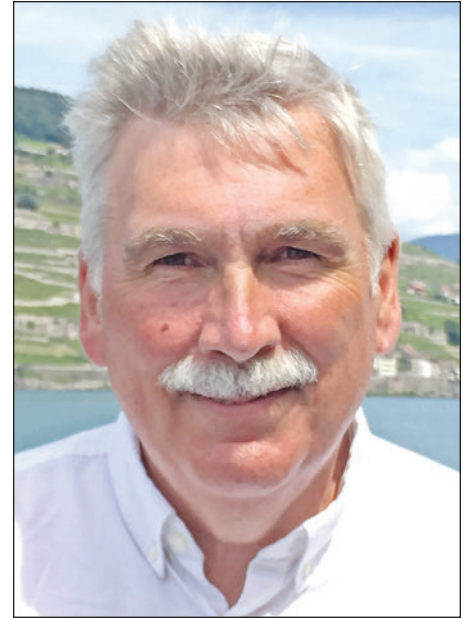
Have you found yourself trying to get the most out of a 24-hour day, but usually end up with more to be done – and more stress?

A free talk entitled *Time is Not a Factor in Your Life* will be held at First Church of Christ, Scientist on Sunday, January 26 at 2:30 p.m. The talk describes how to gain dominion over time by understanding better how you can live in the timeless, constant present of the spiritual now.

"Understanding more of the spiritual nature of life helps to distinguish between time and timelessness, age and agelessness," said speaker Dave Hohle, spiritual healer and teacher of Christian Science. "This metaphysical insight has a practical effect: it allows you to tangibly experience freedom from limits of time, which supports more productivity and harmony."

A career in marketing and production management gave Hohle many challenging opportunities to confront the limits of time: "You've heard that work expands to fill the time available? Well I've noticed the reverse is also true: time expands to enable what is actually required of that moment."

In the talk, Hohle shares some of the spiritual ideas he has employed in



David Hohle photo provided

his healing work for others – and his own cross-country motorcycle trips – to break stressful limitations imposed by time. The ideas are based on the Bible and *Science and Health with Key to the Scriptures* by Mary Baker Eddy.

The lecture is sponsored by First Church of Christ, Scientist in Fort Myers. Childcare is provided.

First Church of Christ, Scientist is located at 2390 West First Street in Fort Myers. For more information, visit www.christiansciencefortmyers.net.✱

Churches/Temples

ALL FAITHS UNITARIAN CONGREGATION
Service 9, and 11 a.m. Children's RE, Adult Education Forum 10 a.m., www.allfaiths-uc.org, 2756 McGregor Boulevard, 226-0900.

ALL SAINTS BYZANTINE RITE CATHOLIC
Sunday 10:30 a.m., 10291 Bayshore Road, 599-4023.

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

BAT YAM-TEMPLE OF THE ISLANDS
Friday Shabbat at 7 p.m. www.batyam.org, 2050 Periwinkle Way, 579-0296.

BETH YESHUA MESSIANIC SYNAGOGUE
Saturday 11 a.m. 15675 McGregor Boulevard, 437-3171.

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

BREAD OF LIFE MINISTRIES
Sunday 10:30 a.m. 16581 McGregor Boulevard, 267-3166.

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

CHAPEL OF CYPRESS COVE
Sunday 10 a.m., www.revtedalhouse@aol.com, 10200 Cypress Cove Circle, 850-3943.

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

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

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

CROWN OF LIFE LUTHERAN CHURCH AND CHRISTIAN ACADEMY
Sunday 8 and 10:45 a.m. Jan 1 - Easter; 9 a.m. after Easter - Dec 31.
www.crownoflifelutheran.com. 5820 Daniels

Pkwy, 482-2315.

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

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

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

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

FIRST CHURCH OF CHRIST, SCIENTIST
Wednesday 12 noon Testimony Service, Sunday 10:30 a.m., www.christiansciencefortmyers.net, www.christianscience.com. 2390 West First Street, 334-6801.

FIRST CHURCH OF THE NAZARENE
Sunday 10:30 a.m. and 6 p.m., 13545 American Colony Boulevard, 936-2511.

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

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

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

FIRST PRESBYTERIAN CHURCH OF FORT MYERS
11 a.m. Sunday, www.fpcfortmyers.org, 2438 Second Street, 239-334-2261

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

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

KINGDOM LIFE
Sunday 10:30 a.m., 2154 McGregor

Boulevard, 218-8343.

LAMB OF GOD
Sunday 7:45 and 10 a.m., www.lambofgodchurch.net, 19691 Cypress View Drive, 267-3525.

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

NEW COVENANT EYES
Monthly 9 a.m., www.newcovenanteyes.com, 1900 Park Meadows Drive, 220-8519.

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

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

PEACE COMMUNITY
Sunday 10:30 a.m. www.peacecommunitychurch.com, 17671 Pine Ridge Road, 267-7400.

PEACE LUTHERAN
Sunday 8 and 10 a.m., www.peaceftmyers.com, peace@peaceftmyers.com. 15840 McGregor Boulevard, 437-2599.

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

RIVER OF LIFE ASSEMBLY OF GOD
8, 9:45 and 11:30 a.m., 21580 River Ranch Road, 495-0400.

SAMUDRABADRA BUDDHIST CENTER
Meditation classes. www.MeditationInFortMyers.org. 567-9739.

SAINT COLUMBKILLE CATHOLIC
Monday through Saturday 8 a.m.; Saturday 3 and 5 p.m.; Sunday 7, 9 and 11 a.m., 5:30 p.m., 12171 Iona Road, 489-3973.

ST. FRANCIS XAVIER CATHOLIC
Monday through Thursday 6:45 a.m.; Friday 6:45 and 11 a.m.; Saturday 4 p.m.; Sunday 6:45, 9:30 and 11 a.m., 2157 Cleveland Avenue, 334-2161.

SAINT JOHN THE APOSTLE

METROPOLITAN

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

SAINT MICHAEL LUTHERAN

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

SAINT NICHOLAS MONASTERY
Sunday 9:30 a.m., www.saintricholasmonastery.org, 111 Evergreen Road, 997-2847.

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

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

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

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

THE FAITH CENTER
Sunday 9 and 10:30 a.m., Thursday 7:15 p.m., 17650 South Tamiami Trail, Suite 212, 278-3638.

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

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

UNITY OF FORT MYERS
Sunday 10 a.m., www.unityoffortmyers.org, 11120 Ranchette Road, 278-1511.

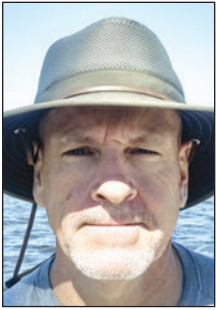
WESTMINSTER PRESBYTERIAN CHURCH
Sunday 9:30 and 10:45 a.m., 9065 Ligon Court, 481-2125.

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

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

CROW Case Of The Week:

Proper Fish Carcass Disposal



by Bob Petcher

After filleting a fresh catch, some anglers believe they are doing the right thing by throwing the fish carcass back in the water and providing begging birds a free meal.

Unfortunately, this procedure may lead to the recipient suffering from an obstructed airway or, worse, choking to death.

At CROW, an adult brown pelican (*Pelecanus occidentalis*) was admitted on December 31 after being found sitting on a boat near Tween Waters Island Resort and Spa on Captiva. On initial exam, CROW medical staff found a large, filleted sheephead fish stuck in its throat. Veterinarians carefully removed the fish. The likely cause of the fish being stuck in the pelican's throat was reportedly due to a fisherman skinning the fish and throwing the carcass back into the water when the pelican scooped it up.

"This bird's airway was not obstructed when it came in, although that is a common and potentially life-threatening complication that can



CROW medical staff working on patient #19-5330

photo by Brian Bohlman

occur in these situations. The bird was shaking its head side to side trying to dislodge the fish, which was causing discomfort due to the barbs stuck in the esophagus," said Dr. Robin Bast, CROW's staff veterinarian. "The sharp fins on the sheephead fish were penetrating through the esophagus and causing the fish to become stuck in the bird's throat."

While the bird was said to be bright and alert with a reasonable body condition, action was needed to relieve

the bird of such discomfort.

"The bird was placed under general anesthesia, and vet staff (members) were able to reach down the esophagus with a gloved hand and use lubricant to push the fish forward slightly and dislodge the barbs from the esophagus, then fold the fins inward and back the fish out of the throat safely without causing further trauma," said Dr. Bast. "The bird was given a liquid diet that evening to give the GI tract a break, and then ate whole fish the following day. It was moved

outdoors to our pelican enclosure and released within 24 hours of admission."

CROW staff members would like to remind the public not to feed wildlife and that filleted fish carcasses should be disposed of properly and not thrown into the water.

"It is very important to properly discard fishing material (hooks, line and discarded carcasses) to prevent unnecessary injury to wildlife," said Dr. Bast. "Although discarding of fish carcasses in the water may seem like a free meal to animals, it is illegal to feed wildlife as it encourages behaviors that put them at risk for ingesting hooks/line causing obstruction or blockage of their GI tract, resulting in starvation, or traumatic injury sustained from attempting to swallow the filleted carcass. All fish carcasses should be properly disposed of in trash receptacles."

CROW Office and Admissions Manager Shelli Albright was reportedly very passionate about this case.

"When people called in about the bird, they just said that it wasn't behaving normally and wouldn't attempt to fly. When we got the pelican in the clinic and took it out of the crate, the first thing I noticed was that its sounds were muffled, due to the fish blocking its throat," she said. "It was evident that fish had been fed to the pelican, as it was going down its throat the wrong way so the spines on the back of the fish were stuck in the pelican's pouch."

Albright offered another solution

continued on page 23



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Sheepshead Season Has Arrived



by Capt. Matt Mitchell

As I sit writing this weekly fishing report, conditions have already changed from the fishing we experienced all this week. As we

snuck out while this strong cold front approached this morning, we were greeted with dense fog before sunrise along with strong south winds. This pre-front period will always bring some of the best fishing as the barometer is falling.

With this latest cold period forecast expected to stick around, water temperatures will plummet as mornings are forecast to drop into the low 50s. Seeing an almost 10-degree water temperature drop in the shallow waters of the sound basically over night is not that unusual. For the first few days, water in and around the passes will be warmer than the sound. This is due to the less fluctuating temperatures of the deeper gulf waters moving in and out of our passes. The great snook bite we experienced while shiner fishing will quickly grind to a halt as

the water drops into the mid-60s. Shrimp fishing will now be the method of choice to target sheepshead, redfish and black drum. Look for another much awaited wave of larger spawning sheepshead to move in from the gulf. This always amazes me how fast this happens after getting a major cold front like this one. Structures just inside the passes will be the first places these hungry cold-water-loving fish show up. Then, within a few days, they will be found under docks in the intercoastal and what seems like every mangrove creek in the sound. Switching gears to shrimp fishing has been a little longer in coming than in the past few years. Although we have had a few cold fronts, temperatures have quickly rebounded until now. The fact that we have still been shiner fishing during the first week of January is quite rare.

Embrace the cold as you can now put that castnet away for a while, sleep late and go shrimp fishing. It's also time to downsize the gear to the lighter spinning rods rigged up with a piece of 20-pound fluorocarbon leader and that trusty quarter-ounce jig head. While you're switching it up, you might as well sharpen up that fillet knife as sheepshead season is upon us.

Capt. Matt Mitchell has been fishing local waters since he moved to Sanibel in 1980. He now lives in St. James City and works as a back country fishing guide. If you have comments or questions, email captmattmitchell@aol.com.*



Maggie got in on some fast-paced redfish action while fishing with Capt. Matt Mitchell this week photo provided

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Dave Doane



Saltbush's female flowers become feathery fluff

Plant Smart

Fluff On The Go

by Gerri Reaves

Plants have many strategies to propagate. Seeds simply fall nearby and self-sow or wildlife eat the fruit and distribute the seeds.

Some plants have specially designed pods that burst open and actually propel the seeds some distance.

Then there are the hitchhikers of the seed world that ride on clothing, hair, or animal fur.

Other species propagate via water – think red mangrove propagules or coconuts, which sometimes float long distances before taking root.

Airborne seeds, on the other hand, venture into the world encased in a bit of fluff. Some are equipped with wings or a feathery parachute-like fruit like a dandelion has.

The three plants pictured here are some of the many native species that distribute seeds via fluff.

Each is low-maintenance, wildlife-friendly, suitable for moist spots, and awe-inspiring in its own way.

It's no surprise that saltbush (*Baccharis halimifolia*) has the alternative name silverling, given the cloud of silvery hairs on the tufted fruits.

This ruffle-leaved evergreen is distinctive in being the only native

photos by Gerri Reaves

member of the aster family that grows to tree height, up to 12 feet.

High tolerance to salt spray and general resilience make it an excellent choice for coastal landscapes.

It's popular as a buffer, and also works well in a natural garden. It provides cover, food and nesting habitat for small birds, and attracts butterflies and other pollinators.

Give it a spot in full sun to partial shade.

Bushy bluestem (*Andropogon glomeratus* var. *pumilus*) is a common sight along roadsides, but that pretty silvery haze makes one wonder why it isn't used as a landscape specimen.

The multi-branched, broom-like inflorescence is filled with bristly spikelets that age from silver to copper.

The common name is inspired by the blue-green tint of the narrow leaf blades.

Perennial and clump-forming, it self-propagates in low-lying areas such as swales and marshes.

It too grows in full sun to partial shade.

Climbing hempvine (*Mikania scandens*) is a fast-growing member of the aster family that sprawls in hammocks, wet woods and the edges of swamps, ponds and ditches.

The dense flat-topped clusters of fuzzy flowers are white to pale pink. They attract a range of bees and butterflies.



Bushy bluestem produces silvery inflorescences that age to coppery hues

The flowers go to seed and become a mass of fluff.

This fast-growing vine grows in full sun, even in nutrient-poor soil, but it is not very tolerant of salt.

Sources: *Everglades Wildflowers* by Roger L. Hammer, *Florida Wild Flowers and Roadside Plants* by C. Ritchie Bell and Bryan J. Taylor, *A Gardener's Guide to Florida's Native Plants* by Rufino Osorio, *National*



Climbing hempvine's cluster of fuzzy flowers become masses of fluff

Audubon Society Field Guide to Florida by Peter Alden et al., *Native Florida Plants* by Robert G. Haehle and Joan Brookwell, *The Shrubs and Woody Vines of Florida* by Gil Nelson, *Wildflowers of Florida* by Jaret C. Daniels, fnps.org, lee.ifas.ufl.edu, regionalconservation.org, and wildflower.org.

Plant Smart explores the diverse flora of South Florida. ☆

Morning Bird Walk At Bunche Beach

Experience the beautiful birds of Bunche Beach with a bird patrol guide on Saturday, January 25 at 8 a.m.

Provided in cooperation with Lee County Parks and Recreation, the beachfront walk is free with paid parking of \$2 per hour (tour is approximately two hours). Participants meet on the beach located in South

Fort Myers, off Summerlin Road. Drive south on John Morris Road until it dead ends.

Bunche Beach is excellent for both migrant and resident waders and shorebirds working the mudflats at low tide due to the diversity of micro-invertebrates. Participants may also see waterfowl, raptors and warblers.

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

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

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Exhibit Open For Conference And Public Viewing

The “Ding” Darling Wildlife Society-Friends of the Refuge (DDWS) is host sponsor for the Everglades Coalition (EVCO) Conference, held from January 9 to 11 at South Seas Island Resort on Captiva. The society invites all attendees to visit the “Ding” Darling Visitor & Education Center for a free viewing of the Clyde Butcher American Everglades Collection exhibition during their stay.

DDWS will set up an EVCO informational table at the entrance to the Visitor & Education Center. While there, visitors can purchase Clyde Butcher books, cards and logo wear at the Refuge Nature Store, profits from which benefit conservation education and research at the JN “Ding” Darling National Wildlife Refuge on Sanibel. Attendees can email shois@dingdarlingsociety.org to receive a 10 percent discount coupon to the store.

Visitors also have the opportunity to purchase a photographic print that Butcher personally has hand-printed, signed, and individually numbered (no discount applies). For each print purchased through the DDWS, Butcher will make a contribution to benefit the refuge.

The fine art prints are available framed in a variety of sizes and price ranges, from 6 by 9 inches and larger,



Clyde Butcher's new American Everglades Collection exhibition is on view for only the second time in Florida

photo provided

and will ship to homes and businesses directly from the artist.

“Clyde’s nature art prints have become highly collectible throughout the world, not only for their clarity and aesthetics, but also because Clyde has perfected the labor-intensive process of hand-printing each photograph in his darkroom using fiber-based paper,” said Ann-Marie Wildman, nature store manager and former gallery operator.

The exhibition, part of the refuge’s 75th anniversary celebration, is open for free viewing daily from 9 a.m. to 4 p.m. through February 5. Visitors wishing to purchase a print of an original photograph from the collection can do so through the Nature Store.

“The underlying message to this important exhibition is the value of preserving the fragile Everglades habitat and the quality of our waterways in the

pristine state in which Clyde Butcher has captured them,” said DDWS Executive Director Birgie Miller. “We welcome our EVCO colleagues to enjoy this first-of-its-kind exhibition and thank sponsors Mark and Gretchen Banks for making it possible.”

For more information about the sale of Butcher’s prints and the exhibition itself, contact Wildman at 472-1100 ext. 241.*



The Edisons with Seminole guides in the Everglades, circa 1930

photo provided

Fifth-Generation Floridian To Speak At Estates

On January 28, at 6:30 p.m., fifth-generation Floridian Woody Hanson will speak about the relationship between the Seminole, Thomas Edison and Fort Myers at Edison and Ford Winter Estates.

Hanson is a descendant of Fort Myers’ first permanent settlers and W Stanley Hanson, who was an expert with close

Seminole alliances. The younger Hanson is currently a postgraduate student, studying American history at Trinity College in Dublin, Ireland.

The event is free; however, it does not include tours or access to the laboratory. Donations will be accepted. Reservations are requested and participants can sign up through Eventbrite at www.eventbrite.com/e/exploring-edison-and-the-seminole-relationship-with-historian-woody-hanson-tickets-87180052885.

Edison and Ford Winter Estates is located at 2350 McGregor Boulevard in Fort Myers. For more information, visit www.edisonford.org.*

Endangered Sawfish Is Topic Of Expert’s Talk

Sawfish are large shark-like rays that once were relatively common in Florida coastal waters. Now, Florida’s sawfish is endangered, and scientists are striving to learn as much as possible about this iconic and fascinating fish.

Tonya Wiley, president of Havenworth Coastal Conservation, will speak about the sawfish and conservation biology at the Mound House on Tuesday, January 14. Doors open at 5:30 p.m. for light refreshments, followed by Wiley’s presentation from 6 to 7 p.m. Cost is \$10 (\$5 for members). Seating is limited and reservations are required.

Wiley will share facts about sawfish, updates on current research projects, explanations of management tools such as the Endangered Species Act, descriptions of ways the public can be involved in the recovery of sawfish, and other information about the unique and endangered smalltooth sawfish. Guests will see a three-foot sawfish replica, feel some real sawfish rostra (saws), and take home some sawfish swag.

Wiley has been conducting conservation biology studies of sawfish since 2001, including research on the endangered smalltooth sawfish in Florida. For nearly a decade, she was a researcher with Mote Marine Laboratory’s Center



Tonya Wiley

photo provided

for Shark Research, directing field surveys for smalltooth sawfish from Tampa Bay to the Florida Keys. Wiley is an appointed member of, and team leader for, the National Marine Fisheries Service’s Smalltooth Sawfish Recovery Implementation Team – a panel of experts working to protect the remaining sawfish population in the United States and to prevent the species from extinction.

The Mound House is located at 451 Connecticut Street on Fort Myers Beach. For more information, call 765-0865 or visit www.moundhouse.org.*



From left, Mission BBQ Michelle Paladino, Officer Brian Leon and Chief Derrick Diggs
photos provided

Officers Of The Month For December

Chief Derrick Diggs recently presented Officer of the Month honors to four members of the Fort Myers Police Department for their meritorious service to the citizens of Fort Myers.

Mission BBQ Officer of the Month was presented to Officer Brian Leon for

conducting a traffic stop on a vehicle and discovered several illegal firearms in the car and trunk. Officer Leon's initiative removed three firearms and two potential violent offenders from the streets of Fort Myers.

Officers Jeremy Hawkins and Jari Sanders, with his K-9 partner Balor, received Officer of the Month Awards for the successful capture of two subjects who fled from a stolen vehicle and attempted to hide behind houses. Once found, with the assistance of a K-9 Officer, they were found to be in possession of burglary tools and were



From left, Officer Jari Sanders, Chief Derrick Diggs and Officer Jeremy Hawkins

charged with loitering and prowling and grand theft auto.

Officer Gregory Reddington was honored as the East Fort Myers Rotary Award recipient of the month for arriving at a burning residence that was consumed with a very thick, dark smoke. Officer Reddington was informed that a man was still inside and did not hesitate to enter the house and lead him to safety.

These officers chose to go above and beyond the call of duty and are a true example of the dedication and heroism often demonstrated by the members of the Fort Myers Police Department.✱



Chief Derrick Diggs and Officer Gregory Reddington

An Evening In Old Havana Fundraiser

The IMAG Board of Directors announces An Evening in Old Havana Fundraiser at the IMAG History & Science Center on Friday, March 27. The evening will begin with a cocktail reception at 7 p.m., followed by heavy Caribbean-themed tapas, silent and live auctions, authentic hand-rolled cigars, a live Latin band and sultry Cuban-inspired dance. Guests will be encouraged to dress in theme.

The museum will be transformed

into the streets of vintage Havana. The funds raised at the event will support the IMAG History and Science Center's history and STEM enrichment programs, including educational camps, workshops, homeschool classes, scouting groups and field trips.

Sponsorship opportunities are available at the \$500 to \$15,000 levels. Individual tickets are \$100 each and go on sale in late January.

IMAG History & Science Center is located at 2000 Cranford Avenue in Fort Myers. For more information or to reserve your spot, visit www.theIMAG.org, contact Kelli King at kelli@theIMAG.org or call 243-0043 ext. 202.✱

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Superior Interiors

Storage Tips For The Kids' Playroom



by Jeanie Tinch
A dedicated playroom can be one of the most enjoyable and amusing places for your kids or grandchildren to have fun and express creativity throughout the day. As a grown

up, however, it can seem like a disjointed mess that's just waiting to burst at the seams. If you get anxiety every time you enter or simply walk by the playroom, keep reading.

Organization is key for any recreational living space, but especially a playroom. Every toy, trinket, puzzle piece and stuffed animal deserves its own space, and the right storage options and arrangement methods can ensure this remains true.

With the holiday season behind us, now's a great time to reorganize before the next haul of presents meets the playroom. Here are a few storage tips for your kids' favorite living space:

The key to reorganization is creating a clean foundation for the rest of the room to thrive. Take some time to go through all the toys with your youngsters

and decide what stays and what goes. This is an optimal opportunity to donate the items your kids haven't touched in months and a great gesture for them to participate in.

No matter the size of your playroom, 'less is more' is a wise phrase to follow when it comes to furniture. That way, your children have more room to roam and have fun. Multifunctional furniture allows you to achieve this by giving your children a place to play and relax while also working as a storage space. For instance, a hollow ottoman is a great space to lounge while it also stores toys and other items.

Beyond your new and improved multifunctional furniture, there are plenty of other storage options to consider. Customized storage systems can be installed in your home based on the size of the space, your style and your overall objectives for the playroom. Wall storage always comes in handy as well, and the right set of shelving allows you to utilize the vertical space while also adding some personality to the walls.

Organization can seem like an easy task for some, but a helping hand can simplify and speed up the process. A design professional can be a valuable resource as you reorganize and develop new storage methods throughout the space. He or she will evaluate your playroom and provide expert advice in devising a storage plan and help you get the space organized just in time for the kids' next playdate.

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

Got A Problem? Dr. Connie Is In



by Constance Clancy

Q: I seem to be a chronic worrier. I have always been like this. I am in my 20s, and I seem to worry about everything from my personal life to my career. I don't want to end

up like this forever. Can you help?

A: It sounds like you are preoccupied with events or unresolved issues from your past, and you are taking them into your future.

In a relaxed state, it is possible to enjoy the present moment, which is what you want to work on, being in the present moment.

When we worry and feel stressed, we are robbing ourselves of the present moment.

My guess is that you are focused more on events in the future. Of course, with the future comes uncertainty.

Worry focuses our attention on anticipated events that may not even occur.

The problem with this is worry

immobilizes our thought processes and leave us unable to function at best.

This is an unproductive emotion as you know. It wastes a lot of time and energy that you could be using to your highest good.

Time is too valuable a resource to waste. Perhaps you can make a list of your top 10 stressors and worries. Take a good look at them and ask yourself if they contribute to your worry.

Chances are they do. Then ask yourself if you feel uncomfortable in the present moment. If you do, why?

Often people focus on the past or future to avoid the present. This is counterproductive for the present is our ally, it keeps us centered and grounded and relieves us from worry and fret.

Remember, the past you cannot change, so it's helpful to let it go.

The future exacerbates worry and you are not there yet, so why expound your time and energy on worry?

The present is really all we have, so begin to stay focused on the now and you will better cope with and lessen the worry that creeps in.

Constance Clancy, EdD, LMHC, LPC, NCC is a licensed mental health therapist, hypnotherapist, author and holistic stress management instructor. If you have a question, email Constance at drconstanceclancy@gmail.com or visit www.drconstanceclancy.com.

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Front row, from left, Jaylynn Moreno, Naples; Diounie Merklus, Naples; Berniece Cervantes, LaBelle; second row, from left, Tapanga Garrett, Port Charlotte; Armando Perez, Bokeelia; Josselin Calderon, Fort Myers; third row, from left Mary Jo Ellis, Cape Coral; Jordyn Chenault, Cape Coral; Lorvena Dorvilus, Fort Myers; and Shayla Neis, Estero photo provided

Uncommon Friends Presents 10 Scholarships

The Uncommon Friends Scholarship Committee recently presented grants to both college and trade school students who exemplify good character and are in need of support at the annual Uncommon Evening held at the Burroughs Home & Gardens, Fort Myers.

The awards were presented to: Jaylynn

Moreno of Naples; Diounie Merklus of Naples; Berniece Cervantes of LaBelle; Tapanga Garrett of Port Charlotte; Armando Perez of Bokeelia; Josselin Calderon of Fort Myers; Mary Jo Ellis of Cape Coral; Jordyn Chenault of Cape Coral; Lorvena Dorvilus of Fort Myers; and Shayla Neis of Estero.

The committee concentrates on individuals who might not qualify for traditional scholarships. They are designed to help those who have obstacles in their paths, but demonstrate the drive and determination to overcome them.

The Uncommon Friends Foundation,

established in 1993, is dedicated to lifelong character building among today's youth and business leaders, as it inspires future leaders toward excellence of character, a spirit of innovation, and a sense of purpose. For more information, call 337-9503 or visit www.uncommonfriends.org.

Fund Established For Water School Scholarship

Sanibel FlyFishers (SFF), in partnership with Florida Gulf Coast University (FGCU), have established the SFF/FGCU Water School Scholarship Fund.

The fund will be used to establish an annual one-year scholarship at FGCU for a senior or graduate student enrolled in the FGCU Water School or the marine sciences program. Qualifying students must be residents of Southwest Florida (Collier, Lee or Charlotte counties), be of good academic standing and demonstrate financial need. Student selection will be under the direction of Florida Gulf Coast University with input from Sanibel FlyFishers.

Fundraising activities will kick off on Tuesday, February 25 with the 2nd annual showing of the Fly Fishing Film Tour (F3T) at The Community House on Sanibel. Captains for Clean Water will also receive a donation from this event.

Tickets for F3T 2020 are \$30. Donations to the SFF/FGCU Scholarship Fund may also be made separately at the event or by mailing a check made out to

Sanibel FlyFishers Inc., P.O. Box 595, Sanibel, FL 33957. Write "SFF/FGCU Scholarship Fund" in the memo line of your check.

The Sanibel FlyFishers holds its monthly meetings and several other events each month at the Sanibel Public Library, located at 770 Dunlop Road on Sanibel. Visit www.facebook.com/SanibelFlyFishers for more information.

The Community House is located at 2173 Periwinkle Way on Sanibel. Tickets are available at Norm Zeigler's Fly Shop and Whitney's Bait and Fly Shop on Sanibel, or by visiting <https://flyfilmtour.myeventscenter.com/event/Sanibel-FL-3676>.

Republican Women To Meet

Jonathan Martin, chairman of the Lee County Republicans, will be the featured speaker at the luncheon meeting of the Fort Myers Republican Women's Club at The Helm Club in The Landings Yacht, Golf & Tennis Club on Tuesday, January 21. A social hour begins at 11:15 a.m. The noon lunch will be followed by the business meeting and program.

The public is invited to attend the luncheon and the program. Cost is \$20. Reservations are required by Thursday, January 16.

The annual "Spring Fling" fashion show, with fashions by Razzle Dazzle, will be held on March 31. Tickets are \$35.

For more information, reservations and tickets, call Tina Laurie at 489-4701.



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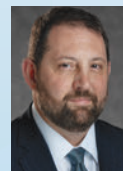
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TUESDAY, JANUARY 14 at 10 a.m.

Strategies for Improving Memory and Brain Health

Presented by Dr. Gary Small, Professor of Psychiatry and Biobehavioral Sciences, David Geffen School of Medicine at UCLA



TUESDAY, JANUARY 21 at 7 p.m.

What's New in Macular Degeneration

Presented by Dr. Stephen G. Schwartz
Bascom Palmer Eye Institute



TUESDAY, FEBRUARY 4 at 7 p.m.

Precision Medicine: What Is It and How It Can Improve Healthcare

Presented by Julie A. Johnson, Pharm D. Dean & Distinguished Professor, University of Florida College of Pharmacy



MONDAY, MARCH 30 at 7 p.m.

Innovation and Progress at a Modern Healthcare Company

Presented by Jay Saccaro, CFO
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Book Review

Blue Moon



by Di Saggau

Jack Reacher is back in a brand new thrilling read from Lee Child. This is a random universe. Reacher says, "Once in a blue moon things turn out just right," but this isn't one of those times. Reacher

is a retired Army military policeman who travels to random places. This time he's riding on a Greyhound bus and watching an elderly man sleeping in his seat, with a big fat envelope of cash hanging out of his pocket. This is spotted by another passenger, who hopes to get rich quick.

Upon leaving the bus, the mugger makes his move and Reacher puts a quick stop to things. He discovers the old man owes big money to some very bad people. Organized crime in this unnamed city is split two ways. Ukrainians run the west end of the city and Albanians the east side.

The old man is grateful and yet he turns down Reacher's offer to help him home. He's vulnerable, scared and in big trouble. Reacher doesn't give up easily. He lends a hand to the man and his wife who are under threat from loan sharks and ends up in the midst of an underworld war. Each side thinks that Reacher is an agent for outside forces, and the body

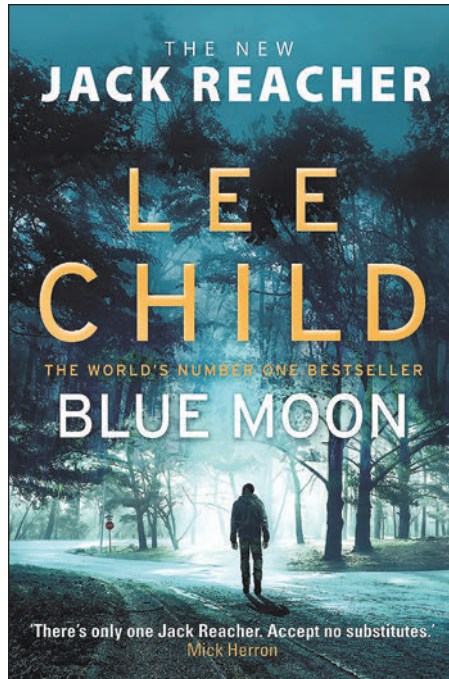


image provided

count between the two gangs grows. Suddenly, Reacher is a wanted man in the middle of a brutal war.

He teams up with a waitress who knows more than she's saying and, eventually, even though the odds are against him, Reacher delivers the justice he believes in. *Blue Moon* can be read with no background on Reacher, so anyone starting out with this book will have no problem following along. The plot is original and the characters are believable in this action thriller.✱

School Smart



by Shelley M. Greggs, NCSPP

Dear Shelley, My son started 3rd grade this year and now, after holiday break, he seems very unmotivated. He has always liked school well

enough but now he seems to be quite uninterested. How can I help him be more interested in school?

Anna C, Cape Coral

Anna,

The first thing you want to do is figure out whether there is some obstacle getting in his way. Learning issues, social challenges, attention or emotional problems can all cause kids to disengage academically. Of course, not all kids who are unmotivated at school have a learning problem. Here are some suggestions for you to help your son become more interested in school if you find no other learning issues.

As a parent, it is important for you to be present in the academic life of your child. Review homework with him and let him know that you're available to answer questions. Get in the habit of asking him about what he learned in school, and generally connect with him academically. By demonstrating your interest in your child's school life, you're showing him that school is important and can be exciting and interesting. This is especially effective with young kids who tend to be excited about whatever their parent is excited about. Be cautious with this behavior with teenagers though, they can "clam up" if they feel you are asking too many questions. A conversation is always better than an interrogation.

The message you want to send is that you respect hard work, so reward effort rather than outcome. Praising

kids for following through when things get difficult, for making a sustained effort, for trying things they're not sure they can do successfully, can all help teach them the pleasure of pushing themselves. Praise for good grades that come easily can make kids feel they shouldn't have to exert themselves.

Kids need to know that it is okay to make mistakes. No one can get A's on every test or perfect scores on every assignment. While kids need encouragement and it's healthy to push them to try their best, know that setbacks are natural. Teach your son to learn from his mistakes.

Another one of the most important things you can do for your child is to work with his teacher. The teacher might have additional insight about how to motivate your child, or what he might be struggling with. Likewise, you can share any strategies or information that you have. It's important for home and school to work together. One easy way to have daily communication with school is to set up a daily report card. With this system, the child gets points from his teacher for the behaviors that you want to improve... things like completing work or following directions the first time he gets them. Then your child brings those points home, where the parents give small rewards, such as extra time on the iPad or playing a game together.

If these strategies are not successful, you may want to talk to the school's counselor or psychologist to see if there are some underlying problems that need to be addressed.

Shelley Greggs is adjunct faculty at Florida SouthWestern State College, where she teaches psychology and education courses. She is also a nationally certified school psychologist and consultant for School Consultation Services, a private educational consulting company. Questions for publication may be addressed to smgreggs@gmail.com. Not all questions submitted can be addressed through this publication.✱

EPIC FIRES OF FORT MYERS

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

THOMAS P. HALL
ROBIN C. TUTHILL, EDITORAvailable at
www.Amazon.com
www.OutSkirtsPress.com

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

From page 1

Broadway Palm

(Miranda Jane) comes to town, arriving on a snowmobile, they both become competitors for her attention and their old grudge is exacerbated.

These three lead actors do a fabulous job portraying their characters. The setting is Wabasha, Minnesota, "The Best Little City In The USA." It's a friendly town, for the most part. John and Max throw verbal barbs at one another throughout the show and that makes for lots of laughs. Ariel is a free-spirit, educated and charming. Her artwork makes an impression on the townsfolk, especially a dramatic sculpture of her late husband.

John's daughter Melanie (Madeline Canfield) and Max's son Jacob (Troy Bruchwalski) handle a romantic subplot. Grandpa Gustafson (Bob Marcus), with his mischievous one-liners and double-entendres, displays great comic

timing. I loved his *Life Is All About Livin'* number. Punky (Tricia Corcoran) is another scene-stealer, along with Sandra Snyder (Maureen O'Hara), the IRS lady who is out to collect past taxes from John. Punky's cousin Chuck Barrels (John Payonk) owns Barrel's Bait Shop and Apothecary, the local general store. He and Harry (Dale Given), the town's accident-prone mailman, also add to this highly entertaining show. There are no weak links; everyone in the ensemble does their part to make this production another winner. It's filled with humor, and great song and dance. I truly enjoyed this show.

Paul Bernier is the director and choreography is by Amy Marie McCleary. *Grumpy Old Men - The Musical* plays through February 8 at Broadway Palm Dinner Theatre. For tickets, call 278-4422, visit www.broadwaypalm.com or stop by the box office at 1380 Colonial Boulevard in Fort Myers.✱



From left, Lt. Steve Winters, Phil Van Landschoot, Cliff Smith, Brian Raimondo and Judy Miller (seated) photo provided

Injury Prevention Coalition Awards

Individuals and organizations who have excelled in injury prevention in 2019 were recognized at the recent annual potluck luncheon of the Injury Prevention Coalition. The awards were presented under the auspices of Lee County Parks and Recreation.

Receiving the awards were Judy Miller, Citizen Volunteer; Lt. Steve Winters, Lee County EMS Stop the Bleed program;

Phil Van Landschoot, Cape Coral Police Department, Organization; Cliff Smith, Lifetime Achievement, United Way; Brian Raimondo, Professional; Shannon Palzer, Bell Tower Shops; and Corey Lazar, Media Partner.

The Lee County Injury Prevention Coalition serves as a collaborative effort or partnership whose function is to facilitate partners' work and act as a catalyst for injury prevention initiatives.

For more information about the Injury Prevention Coalition or the grant application, contact Brian Raimondo at ipcleecounty@gmail.com or 330-2240.✱

Client Interaction To Be Focus Of Business Meeting

How businesses interact with clients is crucial to their success. Learn how at the Above Board Chamber of Florida meeting at the Crowne Plaza Fort Myers at Bell Tower Shops on Thursday, January 9 from 11:30 a.m. to 1 p.m.

Measure your Dominance, Influence, Steadiness and Conscientiousness (DiSC) is the topic to recognize the effectiveness of interaction today and in the future by helping businesses improve their profile. Cost is \$30 for members and future members.

There is homework for registrants who want to participate. In order to measure

an organization's effectiveness, attendees are asked to provide a DiSC Personality Profile. Officials at Performance Management Associates will email all registrants with a link to access the online profile. Results many not be available until after the meetings. The luncheon fee includes the test, which normally costs \$50. The facilitator for both meetings will be Robin Larkin, principal at Performance Management Associates. She has been in management for Fortune 100 and nonprofit organizations.

Completing the profile is not a requirement to attend. Fort Myers event sponsors are Conditioned Air and SuEllen's Floral Company.

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

Small Business Class For Entrepreneurs

Individuals who are thinking about starting their own business but need some mentoring are invited to apply to the Goodwill Southwest Florida MicroEnterprise Institute, scheduled for February 10 through March 19 at the City of Cape Coral Public Works Building. Classes will be held from 6 to 9 p.m. on Monday and Thursday evenings.

The MicroEnterprise Institute is a six-week training program to help emerging entrepreneurs start new ventures and grow small businesses. Graduates complete a comprehensive training course and prepare a solid feasibility plan. They work with mentors who are successful businesspeople, and hear from subject matter experts in areas of accounting, legal, marketing, insurance and funding.

"This is a priceless course that every business owner should take," said recent program graduate Michael Morrill, owner of Stars & Stripes Landscaping.

The course ends March 19 with a graduation ceremony. To apply, visit www.goodwillswfl.org/microenterprise, or call 995-2106 ext. 2215. Cost is \$80, while volunteer hours can



Michael Morrill photo provided

be substituted for the fee if income requirements are met.

The Goodwill Southwest Florida MicroEnterprise Institute is administrated by the nonprofit Goodwill Industries of Southwest Florida. It is part of Goodwill's mission of providing life-changing opportunities toward independence for those with disabilities and disadvantages. For more information about Goodwill Industries of Southwest Florida, visit www.goodwillswfl.org.

The City of Cape Coral Public Works Building is located at 815 Nicholas Parkway East in Cape Coral. For more information, email Jill Eden at jilleden@goodwillswfl.org.✱

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Craig R. Hersch

Florida Bar Board Certified Wills, Trusts & Estates Attorney, CPA
"Will Power" Columnist, *The Island Sun*



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Will Power

Youth – The Fire Of Life



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

A 20-something nephew of mine is passionate about global climate change. “Your generation,” he said to me, “has ignored this problem that won’t drastically affect you (presumably meaning baby boomers) so much as it will affect us (millennials and younger generations). We’re sick and tired of inaction!”

I don’t take his tirades personally. After all, except for “going green” as far as I’m reasonably able to, I feel powerless to affect the amount of greenhouse gases spewed into the atmosphere by airplane travel, global manufacturing, cattle ranchers and such.

Sure, I can drive an electric car, install solar panels on my home and not eat a lot of red meat, but will my efforts reverse melting glaciers?

At least my nephew channels his youthful fire in a positive direction. Young adulthood is odd by nature, nestled between childhood and maturity. They experience the frustrations and yearnings of adulthood but lack the experience and wisdom to deal with them.

And it’s not just climate change. The “cause du jour” might include income inequality, health care, acceptance of LGBTQ individuals, immigration reform, or a variety of other maladies we face.

Our youth aren’t looking for comfort, rather they’re searching for a meaningful life. They overflow with a mixture of adrenaline and confidence – “I want to change the way the world works!”

Adults, in contrast, burdened with life’s everyday pressures, resign themselves to a world “that is the way it is.” The result is either energy without direction (youth) or direction without energy (adulthood).

Many adults write youthful rebellion off as immature exuberance that will fade once burdened by mortgage payments and work deadlines. Young people, on the other hand, believe that adults have forgotten how to drink the sweet nectar of life’s possibilities.

After a few decades of crushing responsibility, however, even successful middle-aged adults question their existence.

Is this all there is?

I reassessed my priorities in the aftermath of my recent open-heart surgery. While I

hope that my wife and daughters would tell you that I’m a loving husband and father, I’ve not spent enough time nurturing my soul. American life is consumed with material aspects. Our careers. Our bodies. Rather, it’s the connection to our internal energy, our spirituality, that gives us meaning. Our souls are eternal, living through the values we practice and then instill in our progeny.

Our bodies might age, but our souls become wiser. Did you ever notice how motivated and youthful a person who discovers his life’s meaning becomes?

How do we reignite that fire? What’s our purpose? How shall we carry it out?

The answer lies not in rejecting our rebellious youngsters but in listening to their energy crying out, and in being an attentive audience. “Yes,” we must encourage, “take that idealism and do try to change the world for the better. *Don’t accept the status quo! Don’t tolerate injustice!*”

Can boomers foster this in our estate plans, effectively bridging the generations? Yes!

Several strategies are available, from establishing a private foundation to funding a donor advised fund within an existing public foundation. As an example, assume that you have a \$1 million IRA account to fund your family’s ideals. You consume the IRA during life but then, upon your death, direct the balance to the foundation. If eligible, you could even take advantage of tax-free lifetime transfers of up to \$100,000 annually to your foundation.

If that IRA were cashed out to your loved ones, half might be lost to federal and state income taxes depending upon the withdrawal amounts and your beneficiaries’ marginal tax brackets. If it was instead directed towards your family foundation, very little or none of it would be lost to taxes. Instead, your loved ones decide annually which charitable, scientific, religious or educational purposes distributions will benefit.

Baby boomers will leave an astonishing \$68 trillion to their loved ones over the next few decades. Imagine the philanthropic benefit even one percent (\$680 billion) could accomplish! I feel a tremendous sense of pride that as an estate planning attorney, I can help my clients build a better world.

As for my nephew and global warming? I’m optimistic that the scales have tipped. My feeling is there’s momentum encouraging entrepreneurs to create imaginative solutions.

But I’m happy my nephew is vociferously advocating. I encourage young people to continue to hold mature adults’ feet to the fire! And I also believe that working together with our younger compatriots we’ll leave the world a better place than that which we were born into.

I’ll end with a simple question: How might your estate plan build a bridge from you to your loved ones, linking your soul to theirs forever?

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Guided Tour Of Waterfront Fishing Industry

With a growing popularity of the concept of Farm to Table, how about Gulf of Mexico to Table? Learn more about Florida pink shrimp at the Ostego Bay Foundation Marine Science Center’s Working Waterfront Three-Hour Guided Tour each Wednesday from 9 a.m. until noon, weather permitting, starting January 8.

The shrimp fleet of San Carlos Island offloads more Florida “Pinks” than anywhere else in Florida, says a study by the University of Florida. Pink shrimp to Fort Myers Beach is like Alaska king crab to Alaska.

The Ostego Bay Foundation has earned the 2019 Trip Advisor’s Certificate of Excellence from the many accolades of the Working Waterfront Tour. Cost is \$20 per adult and \$10 for children age 6 and older. The tour consist a guided tour of the commercial fishing industry working waterfront, which includes Erickson & Jensen Supply House, net shop and Trico Shrimp Boat loading dock. See how the shrimp boats are unloaded, the trawl doors are built, the shrimp nets are hand-sewn, retail, and other important factors used in this unique multi-million dollar industry. Pick up seafood recipes and you’ll get to taste genuine Pinks at the end of the tour. Bring your camera.

The tour also includes an hour guided visit at the Ostego Bay Marine Science Center museum, which contains numerous hands-on exhibits, touch tank, beach exhibit and estuarine aquariums.

The Ostego Bay Foundation Marine Science Center is located at 718 Fishermans Wharf on San Carlos Island. Reservations are required. Call 765-8101 for details or register online at www.ostegobay.org/waterfront-tours.✧

Montage Women To Meet

The Montage Women’s Club, a social and philanthropic club open to all women residing in Lee County, will meet at The Landings Yacht, Golf and Tennis Club on Thursday, January 23. Lunch begins at 11:30 a.m. and the program follows.

The club meets on the fourth Thursday of each month. Within the organization are various interest groups for members’ participation. Membership is open to both year-round and seasonal residents.

Guest speaker will be Christin Collins who was *The News-Press* Person of the Year for 2017. Collins will share her thoughts on living life optimally, focusing on mind, spirit and body.

The Landings Yacht, Golf and Tennis Club is located at 4425 South Landings Drive, Suite 100 in Fort Myers. For more information, or to make a reservation, call 481-7765.✧

From page 9

Dean Named

accrediting team for another school,” Westley said.

He also is looking at enrollment opportunities, the college’s ranking and fundraising. He sees online and hybrid education, including more certificate programs, playing a bigger role in the college’s offerings. Plans to strengthen the School of Resort & Hospitality Management, based on input from the industry, are also moving forward.

“It all comes back to the community,” Westley said. “I look forward to telling the Lutgert story – what the college does, our contribution to the region, the jobs our graduates hold and the economic impact of the college in Southwest Florida. I also invite the business community to be part of the college as guest lecturers, adjunct instructors, advisory board members and financial contributors.”

Ultimately, Westley is excited to take on this new challenge.

“I’m really thankful for the chance to lead what I think is the best faculty and staff in the state,” he said. “They’re top-notch, successful and great colleagues. It’s an honor to be associated with them.”

Throughout his time at FGCU, Westley’s work has focused on Southwest Florida. As director of the Regional Economic Development Institute, he created the industry diversification project. It tracks the

Industry Diversification Index that measures how diversified economies are by Florida MSA, workforce region and every U.S. state. The index ranks Florida and Southwest Florida against other regions based on business diversity. He also oversees the creation of the annual Southwest Florida Workforce Overview Study, the quarterly Executive Business Climate Survey, and the monthly Southwest Florida Regional Economic Indicators report.

A prolific writer, his scholarly articles have appeared in *Economics and Politics*, *Constitutional Political Economy*, the *Eastern Economics Journal*, the *American Journal of Economics and Sociology*, and the *International Journal of Social Economics*. In addition, Westley has published more than 100 economics columns, including some that have appeared in *Investor’s Business Daily*, the *Christian Science Monitor*, several Florida newspapers, as well as business and public policy journals throughout the U.S.

Westley earned his PhD from Auburn University, and he taught economics at Jacksonville State University prior to joining FGCU. Westley is an associated scholar at the Mises Institute and an adjunct scholar at the Acton Institute. He also serves on many economic-related boards and committees.

For more information about the Lutgert College of Business at FGCU, visit www.fgcu.edu/cob.✧

Frankly Speaking

by Howard Prager



So the New Year brings football in all form and fashion – college (and high school) bowl games as well as the start of the NFL playoffs. Which is where I begin... with a truly wild,

wild card weekend of games. Every game could have been won by either team. It started with Houston against Buffalo, and we saw two amazing young and exciting quarterbacks. Then to the other extreme and possibly the end of an era for two giants of the game, Tom Brady and Drew Brees. And, finally, the Eagles clinging to hope with their third string quarterback almost tying the game in Seattle.

The Patriots lost at Foxboro, and the word is that dynasty may be coming to a close. Although the score seemed greater than it should have been due to a pick 6 at the end of the game, it was 14-13 for most of the second half with Tennessee up by just one and holding firm. But it was Brady time at the end when he can score in an instant. Not this time. And Brady is now a free agent. Brady has played in nine Super Bowls, winning six of them, the most of any player in NFL history. Due to his numerous records and accolades, he is considered by many to be the greatest quarterback of all time. Does he go to another team? Sign again with the Pats? Or despite his saying publicly he wants to play until he's 45, does he choose to retire? At the end of the game, there were more cameras on Brady than anyone else. I can't imagine him playing elsewhere, but the Pats need some rebuilding to compete.

Drew Brees also lost a close game to Minnesota in OT. Was this his last chance at a Super Bowl ring after his storied career? He's younger than Brady by just a year – he'll be 41 in a week and holds NFL records for career pass

completions, completion percentage, passing yards and touchdown passes. In 2012, he broke Johnny Unitas' long-standing record of consecutive games with a touchdown pass. He has led the NFL in passing yards a record seven times and in passing touchdowns a record-tying four times. And, yes, he won a ring with the Saints in 2010.

We'll see where the playoffs take us this coming weekend when the teams that earned a bye play last weekend's winners. Has the time come to pass the torch to new teams and new heroes in the NFL?

Speaking of passing the torch, it's time to raise a toast to some giants in sports that we lost in the past year. Beginning with Commissioner David Stern, the person who shaped the NBA and made it a world-acclaimed league. When he started, would you believe the networks showed the NBA Finals on tape delay! Stern was fortunate to be ushered in at the same time as the many greats who needed just a single name: Kareem, Magic, Michael, Bird, Kobe and LeBron. As commissioner, Stern masterminded the NBA's transformation from a league in peril to a multibillion-dollar industry and the first American sports league to thrive internationally. He brought considerable expansion to the league, which was airing games in over 200 countries when he stepped down. During Stern's tenure, the NBA added seven new teams and saw six other teams relocate. Other Stern innovations included the creation of the Women's NBA in 1997 and the NBA's developmental league, known as the G League, in 2001.

Baseball saw the passing of Frank Robinson, the first African-American manager in Major League Baseball and the only player to win the MVP in both leagues. Yankees ace and pitching coach Mel Stottlemyre, Don Newcombe from the Brooklyn Dodgers who won Rookie of the year, Cy Young and MVP awards, and most recently Don Larsen, the Yankee pitcher who threw the only perfect game in the World Series. Bill Buckner, Jim Bouton and Tyler Skaggs also passed away. Football saw the loss of Johnny "Lam" Jones

and Walt Michaels of the Jets, Forrest Gregg and Bart Starr of the Packers, former Bengals and Bucs coach Sam Wyche, who pushed the boundaries of the NFL as an offensive innovator, and great linebacker Nick Buoniconti of the Dolphins. Ted Lindsay of the Red Wings and Harry Howell of the Rangers are NHL greats that left us. And let's not forget John Havlicek, the great Celtic who retired in Jupiter. As I type this, I think of the faces and the plays of many of these great hall of famers.

Let me close this column with a nod to the future. Here's to greater safety in the NFL, fairness and swiftness to games in MLB, games that are meaningful beyond the final two minutes in the NBA, and an NHL with fewer fights and more flashes of brilliance. We experienced wonderful playoff series in all major league sports in 2019 – from Super Bowl LIII which saw the Patriots win their record sixth trophy to three other sports that brought us first time champions. The NBA Finals went six games to the Toronto Raptors over Golden State; the Stanley Cup Finals went to the St. Louis Blues in seven games against the Boston Bruins and the World Series brought Washington their first championship in Game 7, with no team winning a home game in the series. And Tiger Woods returned to win a major tournament. Here's to the new ones in 2020 – new champions, new heroes and exciting playoffs.

Howard Prager is the son-in-law of longtime columnist Ed Frank. Prager

is a sports enthusiast from the Chicago area who also writes and blogs about leadership. Email comments or questions to press@islandsunnews.com. ✨

Red Sox Seeking Singers To Perform National Anthem

It's that time of year again. If you think you have what it takes to sing in front of a sold-out crowd of more than 10,000 people, the Boston Red Sox want you to audition for them.

The Red Sox are currently looking for new talent to fill approximately 18 spots to perform the National Anthem for the upcoming 2020 Spring Training season at JetBlue Park.

Auditions will be held at JetBlue Park on Tuesday and Wednesday, January 21 and 22 from 4:30 to 7 p.m. All ages are welcome to audition. Reservations must be made in advance by calling Lindsey Grillo at 226-4707 to reserve a timeslot. If anyone is unable to attend these dates, he or she may contact Grillo about submitting an audio recording. All reservations must be made by Friday, January 17 at 3 p.m. Space is limited.

JetBlue Park is located at 11500 Fenway South Drive in Fort Myers. The Red Sox open its 18-game exhibition season on Friday, February 21 at 1:05 p.m. against the Northeastern University Huskies. ✨

SPORTS QUIZ

1. In 2018, Mookie Betts became the third player in Boston Red Sox history to hit for the cycle when batting leadoff. Name either of the other two to do it.
2. Which hitter holds the major-league record for most plate appearances in a season?
3. In 2018, Patrick Mahomes twice tied a Kansas City Chiefs record for most touchdown passes in a game (six). Who else holds the mark?
4. Duke's R.J. Barret set an ACC record for most points by a freshman men's basketball player (860). Who had held the mark?
5. Name two of the last three NHL teams before the Tampa Bay Lightning in the 2018-19 season to score at least 325 goals. Hint: They all played in the 1995-96 season.
6. Joe Gibbs Racing set a modern-era record in 2019 for most NASCAR Cup Series victories in a season (19). Which organization had held the mark?
7. Who was the last tennis player older than Rafael Nadal (33 in 2019) to win the U.S. Open men's singles title?

ANSWERS

1. Brock Holt (2015) and Leon Culberson (1943).
2. Philadelphia's Jimmy Rollins, with 778 in 2007.
3. Len Dawson, who did it in 1964.
4. Georgia Tech's Kenny Anderson scored 721 points in the 1989-90 season.
5. Pittsburgh (362 goals), Colorado (326) and Detroit (325) all totaled at least 325 goals.
6. Hendrick Motorsports won 18 races in 2007.
7. Ken Rosewall was 35 when he won it in 1970.

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From left, Bob Ohrablo, Andy Kaufmann, Matt Hoy and Judd Loveland photos provided

VIP Reception Held For Mighty Mussels

More than 150 elected officials, community and business leaders, corporate sponsors as well as media and baseball fans recently attended the official launch of the Fort Myers Mighty Mussels, the



From left, John Gordon, Johan Santana and Toby Gardenhire

former Fort Myers Miracle that will remain the Class-A Advanced Affiliate of the Minnesota Twins. The celebration was held December 3 at Hammond Stadium and co-hosted by the Fort Myers Miracle and Minnesota Twins. Zawyer Sports CEO Andrew Kaufmann announced the rebranding. The team also unveiled its new mascot, Mussel



Chris Nyce and Tommy Bohanon Man, and three uniform designs reflecting a half-dozen colors commonplace in Southwest Florida: Twins Navy, Gulf Purple, Sunset Lavender, Golden Sun, Yellow Sand and Sky Blue. The Mighty Mussels will open its inaugural season on April 9. For more information, visit www.milb.com/fort-myers.



Greg Rye and Mark Weber



David Hodges and Chris Peters



Julius Rooyen and Marinda Kitchen



From left, Ben Bengston, Cecil Pendergrass, Mussel Man, Carmine Marceno and Brian Hamman



From left, Trey Cabbage, Alex Kirilloff, Jordan Balazovic and Mussel Man

Beer Festival Returns To Local Ballpark Stadium

The Fort Myers Mighty Mussels, formerly the Fort Myers Miracle, will be hosting the team's 15th annual Ballpark Festival of Beers at Hammond Stadium on Saturday, January 25 from 2 to 6 p.m..

The yearly event is one of Southwest Florida's most popular craft beer festivals and features unlimited samplings of more than 100 craft beers, including ales, lagers, pilsners and stouts from 25 participating breweries, including several based in Fort Myers and Cape Coral.

"The Festival of Beers is a celebration of beer, baseball, food and friendship, and this year's lineup of participating breweries is the best we've ever had," said Judd Loveland, general manager of the Mighty Mussels. "It will also be many fans' first opportunity to take a selfie with our new team mascot, Mussel Man, and the team store will be open and selling new Mighty Mussels merchandise like T-shirts, hats and the limited-edition Mighty Mussels Comic Book."

Admission for adults ages 21 and above, with a valid ID, is \$35 in advance or \$40 at the door. Tickets are \$10 each for those age 20 and younger, as well as designated drivers. Tickets are available online at www.milb.com/fort-myers/events/ballparkfestivalofbeers. Family-friendly activities will be available for children during the event.



Participants at a previous Ballpark Festival of Beers

photo provided

Participating breweries include 3 Daughters Brewing, Ballast Point Brewing Co., Barrel of Monks Brewing, Big Storm Brewing Co., Big Top Brewing Company, Brew Bus Brewing, Bury Me Brewing, Coppertail Brewing Co., Due South Brewing, Florida Avenue Brewing Co., Founders Brewing Co., Funky Buddha Brewery, Green Bench Brewing Company, Islamorada Beer Company, Kona Brewing Company, Millennial Brewing Company, Motorworks Brewing, Old Soul Brewing, Rekorderlig Cider, Scotty's Bierwerks,

Sea Dog Brewing Company, Shipyard Brewing Company, SweetWater Brewing Company, Tampa Bay Brewing Company and Zeza Sur Brewing Co.

The Ballpark Festival of Beers is sponsored by J.J. Taylor Companies, Beasley Media Group and Suncoast Beverage Sales.

Hammond Stadium is located at 14100 Six Mile Cypress Parkway in Fort Myers. For more information or tickets, visit www.mightymussels.com or call 768-4210.✴

Caregiver Program To Be Presented

The Alvin A. Dubin Alzheimer's Resource Center, in collaboration with Florida Gulf Coast University, will host a family caregiver presentation titled Applying Allen's Cognitive Disabilities Model (CDM) to Enhance Caregiving Skills on Monday, January 20 from 1 p.m. to 2:30 p.m.

Join guest speaker, Brigitte Belanger, DSc, AAT (c) OTR/L from Florida Gulf Coast University, as she introduces the use of CDM and value of the Allen Cognitive Levels Screen (ACL-5) in determining functional cognitive and optimal performance to provide the "just right challenge." Belanger will also discuss problem behaviors and present strategies designed to enhance quality of life and develop a safe and productive living environment for clients with neurocognitive disorders and their caregivers.

The event is open to all family caregivers caring for someone with Alzheimer's disease or a related dementia. It is designed for spouses, families, or other primary caregivers.

The Dubin Alzheimer's Resource Center is located at 12468 Brantley Commons Court in Fort Myers. To RSVP, contact Mary Freyre, RN, health education specialist, at 437-3007. Seating is limited.✴

Beautifulife:

What If

by Trevor Nette



How many times have you found yourself asking the question, what if I had done this or that, or what if I had made a decision to go in a different direction?

The what if's in life are always looming, and can be about past relationships, business decisions, or even where you decided to settle in and make your home.

There are always going to be opportunities to second guess the choices you make and, of course, things would be different if you had made an alternative move. I believe that the path we choose will eventually lead us to where we are supposed to be. You may go through times that you say to yourself, did I really need to experience that, or did I really need to go in that direction, because it landed you in a place that wasn't where you ultimately wanted to be.

Reality is, that if you continue to follow your heart, speak the truth, have integrity and embrace your path, you will ultimately have the beautiful life that you have worked so hard for. You will look forward and not back, you will not second guess your decisions, and you will

never speak the words "what if" again.

As your new year has begun and you are off to creating more memories, checking off your bucket list items and enjoying all that you have achieved and dreamed of, I encourage you to embrace this time of your life that you never have to say, I should have, could have or would have but instead... I did exactly what I was meant to do.

Trevor Nette has been a resident and real estate broker/associate on Sanibel and Captiva islands for over two decades. He continues to be inspired by the beautiful island lifestyle he has created with his wife, two daughters and his dogs.✴

From page 11

CROW Case

besides disposing of fish carcasses in a trash receptacle.

"It's also a good idea to put a meat grinder at fish cleaning stations so the remains can be ground and then put back into the water," she said. "Some fisherman will put the ground fish into the freezer and use it as chum on their next fishing trip. Meat grinders can be purchased for as little as \$50."

CROW (Clinic for the Rehabilitation of Wildlife, Inc.) is a non-profit wildlife hospital providing veterinary care for native and migratory wildlife from our local area. The hospital accepts patients seven days a week from 8 a.m. to 5 p.m. Mail donations to P.O. Box 150, Sanibel, FL 33957. Call 472-3644 or visit www.crowclinic.org.✴

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Three Wishes For 2020



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

Dr. Hauser asked me, “What are your top three wishes for 2020?” No. 1 on my list was to regain full function and be pain-free from the bike accident I had. This injury has been humbling, strengthening and amazingly enough, a blessing. I have learned not to rely solely on myself and my own strengths, but to trust God for healing and working things out, as well as letting other people help me. Through allowing others to help me, the most amazing situation resulted: my best friend Marylou and her husband are now living full time in Sanibel and she is working full time as our RN clinical manager at Caring Medical. I’ll tell you that whole

story over a cup of coffee some day. My second wish was to naturally act more like God does in all that I do, all that I say, as well as in all of my actions. This is a hurting world, fraught with pain, anger and anxiety. I want to be a blessing and a light to those in my circle of influence. And thirdly, I want to live a healthy, balanced, simplified life and be able to fully enjoy this beautiful island and its people for many years. This takes intentionality in order to accomplish. Those of you who own your own businesses know how all-consuming they can be. We are doing amazing things at Caring Medical. People are traveling from all over the world to get help. We offer very unique and specialized treatments that help desperate people return to normal lives.

In order to continue to help others, we must stay peaceful, joyful, healthy and inspired, and keep moving our physical bodies, strengthening our brains by limiting what they are exposed to and nourishing our bodies and souls. We are committed to achieving these three wishes for 2020. What are your wishes? *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.**

Free Autism Screening For Young Children

Golisano Children’s Hospital of Southwest Florida, in partnership with Ronald McDonald House Charities of Southwest Florida, will offer a free monthly autism spectrum disorder (ASD) screening for children 18 months to age 5 on the Ronald McDonald Care Mobile at the Healthy Life Center at Coconut Point on Friday, January 24 from 9:30 a.m. to 2 p.m. It is estimated that one in every 59 children is diagnosed with some form of autism spectrum disorder, making it more common than childhood cancer, juvenile diabetes and pediatric AIDS combined. Medical consultants for the project stress that an early diagnosis can make a vast difference for toddlers and their families. They say early intensive behavioral intervention can make an immense difference not just in the development of the child, but in their families as well. The ASD screening is conducted by the Golisano Children’s Hospital of Southwest Florida. The screenings are administered by an advanced practice registered nurse, who has extensive training and experience in typical child development and developmental disorders. A physician referral is not required.

The Healthy Life Center at

Coconut Point is located at 23450 Via Coconut Point in Estero. To schedule a screening, call 343-6838.*

Alzheimer’s Partners Present Annual Fundraiser

The Alvin A. Dubin Alzheimer’s Resource Center and Ellie Fox will sponsor the 22nd annual A Light to Remember at Bell Tower Shops on Thursday, January 16 at 5:30 p.m. A Light to Remember was created to raise awareness about Alzheimer’s disease and related memory impairments. The event will include a lighted display of luminaries purchased by families and friends in honor or remembrance of loved ones with Alzheimer’s disease or related memory impairments. These luminaries will border the center court of the Bell Tower Shops with a special lighting ceremony at sunset. Luminaries may be purchased in advance for \$5 each. The Alvin A. Dubin Alzheimer’s Resource Center, a United Way partner agency, provides a variety of services to help families cope with Alzheimer’s disease and related dementia, including monthly support groups, a quarterly newsletter, a safety program and community education and training programs for professionals as well as family caregivers. The Alvin A. Dubin Alzheimer’s Resource Center’s office is located at 12468 Brantley Commons Court in Fort Myers. For more information and to purchase luminaries, call 437-3007.*

dearRPharmacist

The Coffee And Blood Sugar Connection



by Suzy Cohen, RPh

Dear Readers: Coffee gets a bad rap sometimes, but this is almost everyone’s drink of choice when they gather together to share information with one another. The effect of coffee consumption on

glucose metabolism is of interest to many people who feel they’ve lost all their sweet treats in life, and their coffee.

And here’s the good news: Coffee addicts have a lower propensity of developing Type 2 diabetes, according to some interesting studies. The results of many studies are pretty consistent about this point.

Not all health experts and nutritionists think coffee is good for people with diabetes. However, a new Singapore study may be the most conclusive of all. The research was funded by Nestlé Research who makes coffee brands like Nespresso, Nescafé and Coffee-Mate creamer. Before you dismiss the results of this study, keep in mind that the trial was a larger-scale human study than the prior ones and there are other studies out there with similar, positive results.

The researchers found that drinking coffee creates no detrimental effect on insulin sensitivity, so it may be perfectly fine for people with diabetes.

This conclusion was derived from a randomized, placebo-controlled study evaluating 126 middle-aged people who were split into two groups. Half the

group drank four cups of fake coffee (placebo), and the other half drank four cups of instant regular coffee. Data was collected over 24 weeks (which allows enough time for blood sugar changes to reflect in their A1c). Unfortunately, the A1c was not done, or if it was, the results were not published. I’m bothered by this. Regardless, the coffee bean is well studied and here are other purported medical benefits of drinking coffee in moderation:

1. It reduces the perceived feeling of pain, meaning it’s a natural analgesic.
2. Coffee may support liver health.
3. It acts as a natural stimulant for some adolescents dealing with attention deficit disorders.
4. It can help with memory and possibly even Alzheimer’s disease.
5. It may offer some protection for Parkinson’s disease.
6. Coffee is a mood booster. It can help with depression and suicidal ideation.
7. Prostate cancer and melanoma risk may be reduced.

A gross fact is that the most expensive coffee brand sold today is that which is derived from cat poop! No lie, it’s called Kopi Luwak, and the coffee bean has to be partially digested and extracted from the feces.

And now, a fun fact to help you get that visual out of your head. In ancient times, in what is now known as Turkey, a woman was allowed to divorce her husband if he didn’t provide her with enough coffee. Ha ha! Whether or not caffeinated coffee is right for you is hard to say. But if you have longed for a cup of coffee again, and you believe the studies, definitely have a chat with your diabetes health expert.

*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.**

Free Diabetes Prevention Program

Lee Health will offer a free program this month designed to help you make modest lifestyle changes and cut your risk of type 2 diabetes by more than half. The program will be held on Wednesdays, beginning on January 15 from 5 to 6 p.m. at 12550 New Brittany Boulevard, Suite 200 in Fort Myers. Registration is required.

Learn how to prevent or delay type 2 diabetes. Have you been told that you have prediabetes? Would you like to learn about a variety of tools that have been proven to prevent or delay the onset of type 2 diabetes?

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

Information presented in the

workshop can help you become empowered to prevent type 2 diabetes: learn about the benefits of physical activity; manage symptoms of stress; make smarter decisions related to healthy eating; and learn tips to stay motivated. Participants will receive a guide to use as an ongoing reference tool once the classes are completed.

Seating is limited and registration is required. For more information, call 424-3127.*

From page 1

Lab Theater

improvised. While no two shows are the same, they are always packed with hysterically funny songs, sketches and jokes created instantaneously based on audience suggestions. For the more adventurous, there are occasional opportunities to join the cast on stage.

The Laboratory Theater of Florida is located at 1634 Woodford Avenue in downtown Fort Myers. For more information and tickets, visit www.laboratorytheaterflorida.com or call 218-0481.*

PETS OF THE WEEK

photos provided

Lee County Domestic Animal Services

Triton And George

Hello, my name is Triton. I am a 1-year-old male domestic shorthair who is named after the Greek God due to my handsome stature. But don't let my stoic pose fool you – I am the fluffy kitty you need when life gets hard. And who doesn't want to live with a Greek God?? I also get bonus points for being self-sufficient. Handsome and independent. Every woman's dream!



Triton ID# A804786

My adoption fee is \$50. Adopt me and get a feline friend at no additional charge!

Hi, I'm George. I am a 9-year-old male pit bull who is a 'Super Senior.' I am the ultimate couch potato that loves attention and hanging out with people. Adopting a senior dog is like fast forwarding to the best part. No pesky puppy habits to break, you already know their personality and they are

forever grateful for your love. My face may have some white, but my heart is pure gold.

People make millions of New Year's resolutions each January. Lee County Domestic Animal Services invites you to "Skip the Jog and Walk a Dog" as part of yours. Make pets a part of your New Year's plan and consider that a new pet can help you achieve many of the most popular goals set each year. The adoption fee for dogs over 30 pounds will be just \$25 through January 31 to assist potential pet owners in finding a new exercise partner and best friend.



George ID# A804644

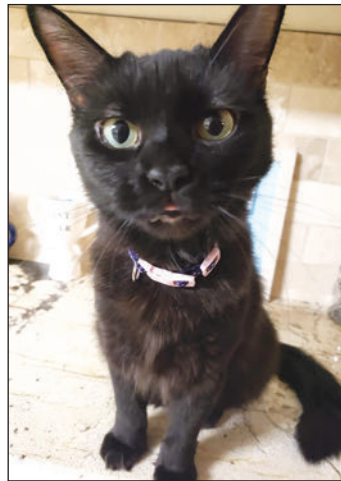
The shelter is open to the public Monday through Saturday at 5600 Banner Drive in Fort Myers. Adoptions are available 10:30 a.m. to 3:30 p.m. Monday through Saturday. For information, visit Lee County Domestic Animal Services at www.leegov.com/animalservices or call 533-7387.✱

Haven on Earth Animal League

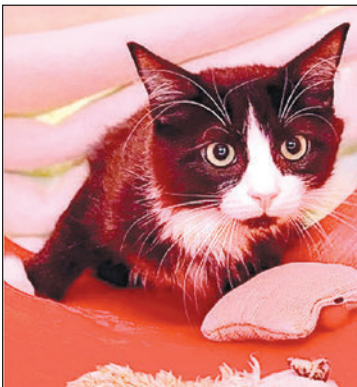
Eve

Hi There! My name is Eve – perfect for Christmas Eve and New Year's Eve. I'm only about two or three years old, so I'm still young and playful. I've had a rough life so I'm looking for someone to love me forever. I was found in a garden center, trying to protect my five kittens. I was emaciated, full of tapeworms and missing fur. Luckily, someone from Haven on Earth Animal League took me in and fostered me. I'm all better now and ready to spend my life being pampered, as I should be. I am very affectionate and like to cuddle in bed or on the sofa with my human. I get along with other cats, and I even like the dogs in the house – but don't tell anyone. If you want to meet me, call Aviva (my foster mom) at 204-6849 or email Haven on Earth Animal League at haveneearthanimalleague@yahoo.com.

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.✱



Eve



One kitty



Two kitty



Three kitty

PAWS Of Sanibel

Three Kittens

PAWS, in conjunction with VCA Coral Veterinary Hospital in Fort Myers, has three beautiful kittens up for adoption.

The two males and one female are approximately 14 weeks old. They have had their first round of shots; worming and combo test were negative. For a \$50 adoption fee, they will be spayed/neutered but remaining shots will be at owner's expense. Medical records will be provided.

Call Pam at PAWS at 472-4823, if you'd like to take one, two or all three of these gorgeous kittens home in 2020.✱



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 Symphonc 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

PUZZLES

Answers on page 28

Super Crossword

COUNTING DOWN

- ACROSS**

1 Nothin' at all

4 Got on board

12 — Hill (Theodore Roosevelt's home)

20 Altar promise

21 Quiche —

22 Zealous campaigner

23 With 39-Down, business for attorneys

24 Dreams up

25 Enrobing

26 Thorax

28 Cloister resident

29 Native Americans of Oklahoma

31 See 69-Across

32 Lena of "The Wiz"

33 Gal at a ball

34 Big fashion inits.

35 Blue shade

37 Haul to court

38 "Time — the essence!"

40 Wagged part

42 Closest to nil

46 Verizon competitor

49 Artificial hair
- 51 Skier Tommy

52 Ali or Frazier

53 Klutzy type

54 Radon, e.g.

55 Indian "Mr."

56 Dangerous way to skate

58 Haglike

60 Darkened

62 Uprightness

63 Like radon

64 Actress Courteney

65 Alluring West

66 Kanga's son

67 Pitched shelter

68 "— knew?!"

69 With 31-Across, start to enjoy

70 Snooze site

71 Like sexist jokes and such, for short

75 Mai —

76 Ring official

77 "Piggy"

78 River of Grenoble

79 Like much hemp fashion

83 Actress Cuthbert

85 Was deeply agitated

86 Air impurity
- 88 Battle (for)

89 Favorite

90 "— -haw!" ("Wheel!")

91 Bicolor snacks

92 Slender fish

93 Polar laborer

94 Hit into from behind

96 1988 Olympics city

97 Is in a hole

99 Film scorer

101 Sportage or Soul maker

102 Clairol products

104 Gibbon, e.g.

106 — -relief

107 White wader

110 Enthusiasm

113 Soup legume

115 Dandy fellow

116 Full of cheek

117 Rift-causing

119 Least near

122 Sci-fi gift

123 Hand-thrown weapons

124 Scottish beef animal

125 Scrabble 4-pointer

126 Right to use another's land

127 Opera text
- 128 Scrabble 1-pointers

DOWN

1 Nothin' at all

2 Gem State

3 * A thousand and a googol, e.g.

4 * March Madness quarterfinal teams

5 Family member

6 Slivovitz and kirsch

7 Has a debate

8 * 1998 Tom Clancy novel

9 Family members

10 Adversary

11 Cease's partner

12 Flimflam

13 * Part of the Constitution establishing the judiciary

14 Very nervy

15 "... so far — know"

16 * Helicopter of the U.S. president

17 Major Norse god

18 Sublet, say

19 Therefore

27 Ignore rudely
- 30 Trendy

36 Typical lab rat, e.g.

39 See 23-Across

41 It has a charge

43 Pivotal line

44 Split-off group

45 Deuce follower

46 Specifically

47 Neighbor of Quebec

48 Place (down)

50 * Request for a hand slap

57 Engine cover

59 LCD alternative

60 Ski- —

61 Consume

64 * Group of defendants that included Abbie Hoffman

68 "Hold on!"

69 Styling stuff

70 Furry scarf

71 Consume

72 Occasion to shout out the ends of the answers to this puzzle's starred clues (from left to right)

73 Dress fussily
- 74 Handed over

75 In this way, informally

76 Withdrawal

77 * "She Loves You" band's nickname

78 * Tangoing truism

79 Lofty poetry

80 Heart

81 Toast topper

82 * A state of bliss

84 Window area

85 View

87 Rustic denial

89 View

95 Capital of Latvia

98 Helical form

100 Taoism founder

103 Omit in speech

105 Nicholas Gage memoir

108 City in Germany

109 Styles

110 Knife feature

111 Old Italian currency

112 Bird class

114 Bird hangout

118 Snead of golf

120 Classic British sports car

121 Hard drinker

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											93				94			95		
96								97			98		99		100			101		
					102		103				104		105		106			107		108 109
110	111	112					113				114							116		
117							118						119		120					
123																			125	
126																				128

King Crossword

ACROSS

- 1 Big fish story?
- 5 Chart
- 8 Chow —
- 12 Reverberate
- 13 Commotion
- 14 Loosen
- 15 Sense
- 16 Result of canonization
- 18 Liberty
- 20 Supermarket section
- 21 Fellow
- 22 Former M&Ms color
- 23 O. Henry's specialty
- 26 Realm
- 30 Distant
- 31 Compete
- 32 Rage
- 33 Hollywood hope
- 36 140-character message
- 38 Conger, e.g.
- 39 Prohibit
- 40 Islamic decree
- 43 Ennui
- 47 Haphazardly
- 49 Church section
- 50 Active one
- 51 Gist
- 52 Family
- 53 Raced
- 54 Noshed
- 55 Maintained

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		

DOWN

- 1 Comic
- 2 Computer brand
- 3 Roller coaster outcry
- 4 Grave
- 5 Lawyer played by Burr
- 6 First
- 8 Cutting the volume
- 9 Tackles' teammates
- 10 "American —"
- 11 Alaskan city
- 17 Flatbread of India
- 19 Rotation duration
- 22 Dead heat
- 23 Conditions
- 24 Snitch
- 25 Man-mouse link
- 26 Basinger or Catrall
- 27 Conk out
- 28 Raw rock
- 29 Bumped into
- 31 Encyc. component
- 34 Finder's fee
- 35 Campus VIP
- 36 Pitch
- 37 Mechanic's tool
- 39 Layered ice cream treat
- 40 Crazes
- 41 On
- 42 Genealogy display
- 43 Match in the ring
- 44 "Over hill, over — ..."
- 45 Ellipse
- 46 Fix
- 48 "CSI" evidence

MAGIC MAZE ● TRADEMARKS FREQUENTLY USED AS GENERIC TERMS

D G D B Y X W T R P M K I F D

B T Y W O U S Q O I M K I F D

B Z O R X W U A Z F F S S Q O

E N O P T L J Z C R H R T F D

C L C O K E U A U I Y W E V X

C T C S Q C J T P S M N T O E

L K I I A H O R F B E R S C N

B Z Y J S R W R A E V P O U E

S R Q P T P N M C E I E N F E

P O H S O T O H P T L E L J L

D I A D N A B P Q I H J F E K

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

- AstroTurf

Band-Aid

Clorox

Coke
- Crock-Pot

Formica

Freon

Frisbee
- Jacuzzi

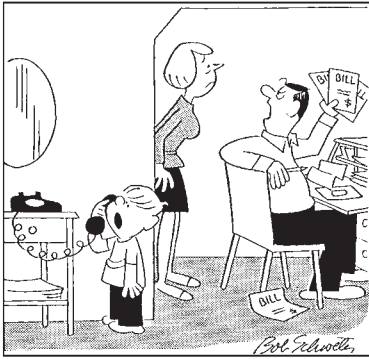
Jeep

Learjet

Photoshop
- Popsicle

Q-tips

Stetson



"That noise you hear is my dad giving
my mom a _____."

Answer on page 30

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!

Rebound
NURTER

Strong
BUSTOR

Produce
EYLID

Covert
STREEC

TODAY'S WORD

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

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 28

HOCUS-FOCUS

BY
HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Woman's shirt is black. 2. Stars added to wall on right. 3. Woman is wearing hat. 4. Letters are black. 5. Window is missing. 6. Decorations added to wall on left.

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FRIDAY
Cloudy
High: 77 Low: 71



SATURDAY
Few Showers
High: 76 Low: 70



SUNDAY
Mostly Sunny
High: 78 Low: 72



MONDAY
Sunny
High: 77 Low: 71



TUESDAY
Sunny
High: 79 Low: 69



WEDNESDAY
Sunny
High: 75 Low: 71



THURSDAY
Mostly Cloudy
High: 73 Low: 64

Redfish Pass Tides					Point Ybel Tides					Punta Rassa Tides					Cape Coral Bridge Tides				
Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low
Fri	2:59 pm	7:05 am	11:57 pm	5:06 pm	Fri	2:04 pm	7:07 am	11:02 pm	5:08 pm	Fri	1:18 pm	7:03 am	11:56 pm	6:05 pm	Fri	1:21 am	10:21 am	5:09 pm	8:22 pm
Sat	3:30 pm	7:47 am	None	5:54 pm	Sat	2:35 pm	7:49 am	11:50 pm	5:56 pm	Sat	2:06 pm	7:48 am	None	6:53 pm	Sat	2:07 am	11:03 am	5:40 pm	9:10 pm
Sun	12:45 am	8:30 am	3:58 pm	6:49 pm	Sun	3:03 pm	8:32 am	None	6:51 pm	Sun	12:31 am	8:33 am	3:00 pm	7:48 pm	Sun	2:55 am	11:46 am	6:08 pm	10:05 pm
Mon	1:37 am	9:12 am	4:26 pm	7:54 pm	Mon	12:42 am	9:14 am	3:31 pm	7:56 pm	Mon	1:12 am	9:16 am	3:49 pm	8:48 pm	Mon	3:47 am	12:28 pm	6:36 pm	11:10 pm
Tue	2:32 am	9:55 am	4:56 pm	9:09 pm	Tue	1:37 am	9:57 am	4:01 pm	9:11 pm	Tue	2:11 am	9:57 am	4:32 pm	9:48 pm	Tue	4:42 am	1:11 pm	7:06 pm	None
Wed	3:35 am	10:36 am	5:27 pm	10:34 pm	Wed	2:40 am	10:38 am	4:32 pm	10:36 pm	Wed	3:43 am	10:38 am	5:15 pm	10:56 pm	Wed	5:45 am	12:25 am	7:37 pm	1:52 pm
Thu	4:49 am	11:16 am	6:02 pm	None	Thu	3:54 am	11:18 am	5:07 pm	None	Thu	5:11 am	11:26 am	5:58 pm	None	Thu	6:59 am	1:50 am	8:12 pm	2:32 pm

PUZZLE ANSWERS

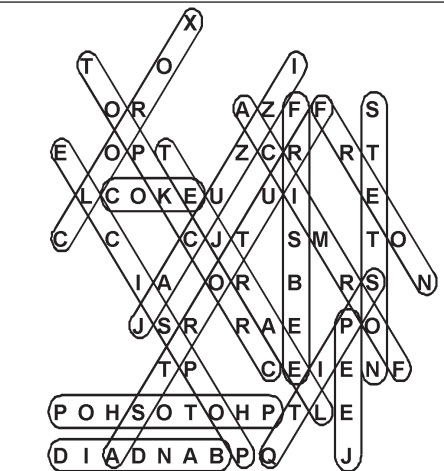
SUPER CROSSWORD

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KING CROSSWORD

J	A	W	S		M	A	P		M	E	I	N	
E	C	H	O		A	D	O		U	N	D	O	
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MAGIC MAZE



SUDOKU

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

TRIVIA TEST

- Television:** What were the names of the villainous agents in *The Adventures of Rocky and Bullwinkle*?
- Music:** Which rock group produced the album “Shout at the Devil” in the 1980s?
- Law:** What was the subject of the landmark legal case titled *Furman v. Georgia*?
- Medical:** What is a more common name for dyspepsia?
- General Knowledge:** What does a lepidopterist study?
- Literature:** How many ghosts appear in Charles Dickens’ *A Christmas Carol*?
- Landmarks:** What lies around the feet of the Statue of Liberty?
- Geography:** What is the capital of Canada’s Northwest Territories?
- Movies:** What was “Flipper” in the 1996 movie?
- U.S. Presidents:** What was Richard Nixon’s middle name?

TRIVIA ANSWERS

1. Boris Badenov and Natasha Fatale 2. Motley 3. Capital punishment 4. Indigestion 5. Butterflies and moths 6. Four 7. Broken chains, symbolizing liberation 8. Yellowknife 9. A dolphin 10. Millhous.

My Stars ★★★★★

FOR WEEK OF JANUARY 13, 2020

Aries (March 21 to April 19) Events could inspire adventurous Lambs looking to make a major career or personal move. But as always, get all the facts before rushing into any sort of deal or commitment.

Taurus (April 20 to May 20) What seems to be a great opportunity could cause even usually practical Taureans to ignore their inner caution cues. Best to move carefully to avoid falling into unseen traps.

Gemini (May 21 to June 20) Need a holiday now that the seasonal festivities are behind you? Good idea. Plan to go someplace wonderful. You'll return refreshed and more than ready for a new challenge.

Cancer (June 21 to July 22) Progress continues to be made on that pesky workplace problem. Meanwhile, don't assume a personal situation will work itself out. Best to get more involved earlier than later.

Leo (July 23 to August 22) Catnaps are definitely recommended for Leos and Leonas who had been going at a hectic pace over the holidays. Adding relaxation time to your schedule helps restore your overdrawn energy reserves.

Virgo (August 23 to September 22) Sure, some of the new friends you made over the holidays might move out of your life at some point. But at least one might show significant “staying power” with some encouragement.

Libra (September 23 to October 22) Encourage family members to join you in

supporting a relative who could be facing a difficult emotional challenge in the New Year. Showing your love and concern helps keep his or her hopes up.

Scorpio (October 23 to November 21) While a long-deferred decision suddenly might take on some urgency after news on a related matter, you still need to weigh all factors carefully before deciding one way or the other.

Sagittarius (November 22 to December 21) This is a good time to reassess the earlier plan you made for the New Year. Some elements you felt you could depend on to make it work might no longer carry that assurance.

Capricorn (December 22 to January 19) Forming a renewed connection with a former associate is only the first step toward working out your new plans. Be prepared for problems, and deal with them as soon as they arise.

Aquarius (January 20 to February 18) A romantic situation that was going smoothly not too long ago might take a new turn. Be honest about your feelings before you decide whether to follow it or take another path.

Pisces (February 19 to March 20) The wise Pisces (that's you, of course) will make sure everyone knows your plan to keep your options open and listen to all sides of the situation before making any decisions.

Born This Week: Your honest approach to life and living is always an inspiration for others fortunate enough to know you.

MOMENTS IN TIME

- On Jan. 16, 1605, Miguel de

Cervantes’ “El ingenioso hidalgo Don Quixote de la Mancha,” better known as “Don Quixote,” is published. The novel gave rise to a number of now-common idioms, including the English phrase “tilting at windmills.”

- On Jan. 18, 1803, Thomas Jefferson requests funding from Congress to finance the Lewis and Clark expedition. Though he did not disclose his intentions to Congress, Jefferson planned to send Meriwether Lewis on a reconnaissance mission to assess future territorial expansion into the west.
- On Jan. 19, 1915, during World War I, Britain suffers its first casualties from an air attack when two German zeppelins drop bombs on the eastern coast of England.
- On Jan. 13, 1939, Arthur “Doc” Barker is killed while trying to escape from Alcatraz Prison in San Francisco Bay. Barker, of the notorious “Bloody Barkers” gang, was spotted on the rock-strewn shore of the island after climbing over the walls. As he waded into the water, the guards shot and killed him.
- On Jan. 15, 1951, Ilse Koch, wife of the commandant of the Buchenwald concentration camp, is sentenced to life imprisonment in a court in West Germany. Nicknamed the “Witch of Buchenwald,” Ilse collected lampshades, book covers and gloves made from the skin of tattooed camp prisoners.
- On Jan. 14, 1969, an explosion aboard the aircraft carrier USS Enterprise kills 27 people in Pearl Harbor, Hawaii. A rocket accidentally detonated, destroying 15 planes and injuring more than 300 people. The Enterprise was the

first-ever nuclear-powered aircraft carrier when it was launched in 1960.

- On Jan. 17, 1977, Gary Gilmore, convicted in a double murder, is executed by a firing squad in Utah, becoming the first person to be executed in the United States since the death penalty was reinstated in 1976.

STRANGE BUT TRUE

- It was Samuel West, the founder and curator of Sweden's Museum of Failure (which showcases disasters in design and innovation), who made the following sage observation: "Each failure is uniquely spectacular, while success is nauseatingly repetitive."

- Those who study such things say that the earth is more flattened at the South Pole than the North Pole. The weight of all that ice is to blame.

- Clams can live for more than 200 years.

- You know what a mortgage is, but do you know how the word came to the English language? The "mort" should give you a clue. The roots trace all the way back to a Latin term meaning "death pledge."

- The reason for the correlation is not

clear, but some studies suggest that hay fever is more common among people who are shy.

- Judge Roy Bean was a justice of the peace in Texas in the 1800s – he called himself "The Law West of the Pecos." It's interesting to note, though, that his earlier endeavors included rustling cattle in Mexico.

- A famous and oft-quoted line from Sherlock Holmes is "How often have I said to you that when you have eliminated the impossible, whatever remains, however improbable, must be the truth?" However, Sir Arthur Conan Doyle didn't come up with that one himself; he took it from a story by Edgar Allan Poe, another pioneer of the detective genre.

- According to historians, basic training in the legions of ancient Rome could take three or four years.

- If you know someone who, for some reason, is overly fond of sneezing, your friend is a steruphiliac.

THOUGHT FOR THE DAY

"There is a fatality about all good resolutions. They are invariably made too soon." – Oscar Wilde

Avoid Common Student Financial Aid Mistakes

Many students spend more for college than they should by making some common mistakes when seeking financial aid. Follow these tips from the Kentucky Higher Education Assistance Authority (KHEAA) to make sure you get the help you need.

Some people don't bother to apply for financial aid because they don't think they'll qualify. But they should submit the Free Application for Federal Student Aid (FAFSA) to find out if they're eligible for state and federal student aid programs. Not filing may hurt their chances of getting more free money for college.

Another common mistake is waiting until the last minute to apply for financial aid. Some programs have deadlines, while others have limited funds.

Colleges send each student who has

applied for student aid a financial aid package. Students and their families should look it over carefully. They should compare offers if they have received packages from more than one school to see which is the best deal. Of course, students should also consider other factors, such as whether a school offers the academic program a student wants or if it meets other expectations.

Students who need loans to help pay for college must be good consumers. Not all lenders offer the same rates and benefits. Borrowers should pay close attention to what lenders call the back-end benefits: the interest rate and principal reductions offered when repaying the loan.

KHEAA is a public, non-profit agency established in 1966 to improve students' access to college. It provides information about financial aid and financial literacy at no cost to students and parents.

KHEAA also helps colleges manage their student loan default rates and verify information submitted on the FAFSA. For more information about those services, visit www.kheaa.com.

continued on page 30

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The Difference Between A Need And A Want

A big step to financial security is learning the difference between a need and a want, according to the Kentucky Higher Education Assistance Authority (KHEAA). Students who learn that difference will find that their bank accounts grow more quickly.

Needs include clothes, food and, for many students, transportation.

With clothes, a want may mean wearing only designer items that cost more than clothes that last just as long and look just as good.

Students might want to eat a deluxe

cheeseburger at a fast food restaurant every day, even though they can save money by making their own sandwich and brown-bagging it.

If a student needs a car, a want would be a new sports convertible instead of a reliable, used car with good gas mileage and less flash.

Before making a purchase, students should ask themselves if they can get by with a less expensive item – or without that item completely. They should save the money they don't spend so it's there when they really need something.

KHEAA is a public, non-profit agency established in 1966 to improve students' access to college. It provides information about financial aid and financial literacy at no cost to students and parents. For more information, visit www.kheaa.com.

Gulf Coast Writers To Meet

Now that its 2020, it is the perfect time to work on that book you've been waiting to publish.

The Gulf Coast Writers Association can help. Drop by the monthly meeting at: Zion Lutheran Church on Saturday, January 18 from 10 a.m. to noon. Long-time members and published authors, Judy Loose and Bob McCarty, will give you advice to make this year count. First time guests are always admitted free.

Zion Lutheran Church is located 1704 Winkler Avenue in Fort Myers. For more information, call 770-906-7885 or visit www.gulfwriters.org.

From page 29

Financial Aid

In addition, KHEAA disburses private advantage education loans for its sister agency, Kentucky Higher Education Student Loan Corporation (KHESLC). For more information about advantage education loans, visit www.advantageeducationloan.com.

SCRAMBLERS

1. Return; 2. Robust;
3. Yield; 4. Secret

Today's Word

LECTURE

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10/11 * 4/3

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Eyeglasses, prescription, black frame in a neon green eyeglass neoprene case lost between Nerita and Ding Darling along the bike paths on Middle Gulf, West Gulf and Sanibel Captiva Roads. Reward offered. Please call 239-579-0347 or 941-730-2400.
12/27 * 1/10

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1/3 * 1/10

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01/10 * 01/17

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1/3 * 1/10

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AL-ATEEN HELP LINE
Are you concerned with a friend or family member's drinking? Call the 24-hour help line of South Florida Al-Anon at 941-564-5098 or visit www.southfloridaal-anon.org. Meetings are held every day in Lee and Hendry counties. Al-Ateen meetings are also offered for ages 8 to 18.
10/4 * TFN

GARAGE SALE

MULTI-FAMILY GARAGE SALE
Saturday, January 18, 9 a.m. to 1 p.m. 697 Spartina Court, Sanibel
Many household items, small appliances, bicycles, furniture
01/10 * 01/17



Broccoli and Tomato Salad

- 3 cups Broccoli, cut into small pieces
- 1 cup cherry tomatoes, halved
- 1 tablespoon natural sugar
- 3 strips bacon, cut into small pieces
- 1/2 small red onion, sliced thin
- 3/4 cup golden raisins
- 1 cup cheddar cheese, shredded
- 1/4 cup low-fat mayonnaise
- 1/4 cup low-fat plain yogurt
- 3 tablespoons champagne vinegar
- 1/2 lemon, juiced
- Sea salt and fresh ground pepper, to taste

Bring a large pot of water to a boil, season with sea salt. Blanch broccoli for about one minute then remove and submerge in ice water or cold water to cool; place in large mixing bowl. Sauté the bacon pieces until brown and crisp. About two minutes before removing bacon from pan, add the halved tomatoes and the sliced red onions; sauté for about 2 more minutes and remove from heat, let cool. Once cool add this mixture to the broccoli and stir until combined. Add the golden raisins and the shredded cheese. In small bowl mix the mayonnaise, plain yogurt, sugar, vinegar, lemon juice, and salt and pepper. Combine and pour over the salad; mixing thoroughly. Refrigerate and serve cold.✱



Broccoli and Tomato Salad photo courtesy Fresh From Florida

Shore Fishing:

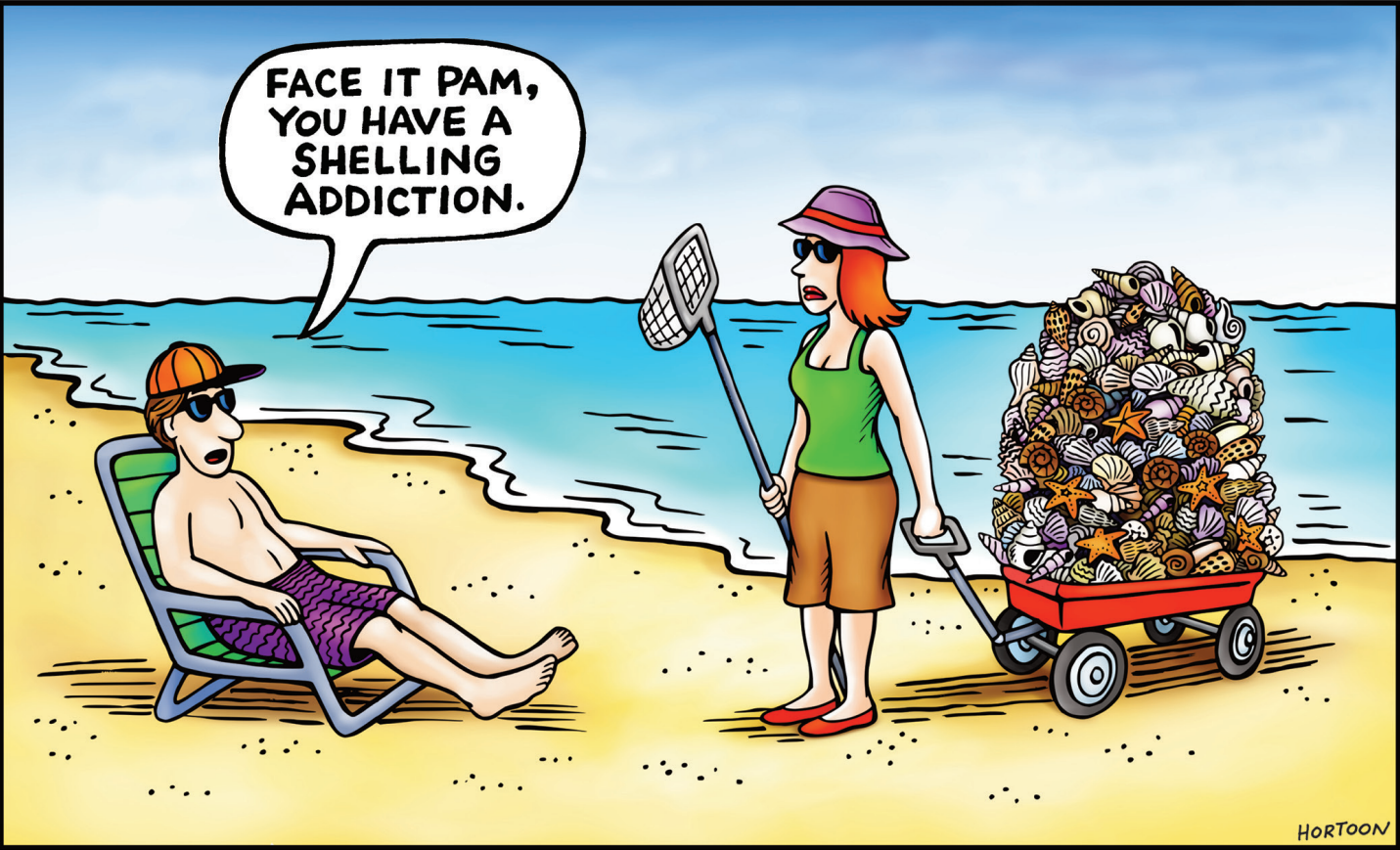


Don't Harm The Fish

by Capt. Matt Mitchell

- Landings a big fish from the beach can be hard on the fish. Dragging a fish up onto the sand if you're going to release it is not an option as it usually damages or kills the fish.
- Hold the fish in the water while you unhook it if you're going to release it.
 - The less you can touch a fish before release the better for the fish.
 - If you want a picture with the fish, support it as you lift it out of the water – and do it quickly.
 - Before releasing, revive the fish while holding it in the water; moving it slowly back and forth so water goes over its gills. The fish will let you know when it's ready to swim off.
 - Florida residents as well as out of state visitors need a fishing license to fish from shore.

HORTOONS



Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Bonita Beach	Bonita Springs	2019	5,487	\$6,950,000	\$6,900,000	0
Cape Coral	Cape Coral	2003	5,997	\$1,875,000	\$1,725,000	56
Intracoastal Harbour	Fort Myers	2006	5,311	\$1,795,000	\$1,650,000	21
Metes And Bounds	Captiva	1984	2,090	\$1,699,000	\$1,600,000	22
Cape Harbour	Cape Coral	2001	3,360	\$1,299,000	\$1,250,000	68
Magnolia Bend	Estero	2002	4,179	\$1,275,000	\$1,000,000	43
Beachview Country Club Estates	Sanibel	1993	2,791	\$1,099,000	\$975,000	241
Bonita Beach	Bonita Springs	1988	2,109	\$799,000	\$749,000	91
Beachview Country Club Estates	Sanibel	1983	2,250	\$784,500	\$735,485	139
Harborage	Fort Myers	1993	3,211	\$780,000	\$780,000	12



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