



## Love Versus War At New Phoenix Theatre

by Di Saggau

**T**ime Stands Still, now playing at New Phoenix Theatre, is a powerful play about relationships and social issues. The play is set in Brooklyn and revolves around a photo journalist, Sarah (Stacy Stauffer), who was injured in Iraq by a roadside bomb and has just returned home on crutches with a brace around one leg. Her boyfriend James (Blake Dunkle) is full of guilt because he left her alone in Iraq. He is recuperating from a mental breakdown. The two have been an unmarried couple for over eight years. Spending time together in their Williamsburg apartment, they are forced to reevaluate their careers and their relationship.

A second couple involves Sarah's photo editor and good friend Richard (Ken Johnson) and his much younger girlfriend Mandy (Eren Sisk). All four performers are



From left, Blake Dunkle, Stacy Stauffer, Ken Johnson and Eren Sisk in a scene from *Time Stands Still*

photo provided

well-tuned to the various movements of the play and handle laugh lines well while also delving into the darker side of what's going on in the world. It's obvious that Sarah and James consider Mandy to be

a naive "lightweight," unable to conduct a meaningful conversation. Mandy holds her own and, in one scene, she becomes visibly upset after seeing some of Sarah's photographs that document a grisly event.

Sarah tries to explain by saying, "I live off the suffering of strangers. The camera is to record life, not change it." Mandy doesn't buy this and lets everyone know her thoughts.

Throughout two acts and seven scenes, we get to know these four characters quite well. When James kneels down to propose to Sarah, she is at first turned off by the idea, but then decides marrying him is the right thing to do. Sarah demonstrates a lot of grit and stubbornness, but we also see that there is vulnerability under her tough exterior. James is a principled man who wants more in life. Mandy shows a strength of will when talking about her protectiveness of Richard and her newborn child. Richard's interaction with Mandy, Sarah and James shows that he needs their respect.

*Time Stands Still* by Donald Margulies is a multi-layered and thought-provoking drama that I highly recommend you see. It is beautifully directed by Lois Kuehne and plays through February 2 at New Phoenix Theatre, located at 13211 McGregor Boulevard in Fort Myers. Tickets are available by calling 284-5214 or online at [www.newphoenixtheatrefortmyers.org](http://www.newphoenixtheatrefortmyers.org).\*



David Mayfield Parade

photo provided

## Award-Winning Performers Kick Off Concert Series

**T**he Sidney and Berne Davis Art Center will host the 2020 Bluegrass/Newgrass series beginning with the David Mayfield Parade on Friday, January 31 at 8 p.m.

Grammy and Emmy nominated producer David Mayfield on guitar,

mandolin and vocals joins two-time National Bluegrass Banjo Champion Steven Moore, Christine King on fiddle and vocals, and multi-instrumentalist Andrew Bonnis on bass and vocals. King is a former member of The Railsplitters, and Bonnis is a former member of Cadillac Sky.

Together, the band parades into town for a light-hearted, fun-filled night of harmony, hot licks and laughs.

Mayfield grew up playing bass and touring with his family's bluegrass band.

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## The Personal Side Of MLK At Theatre Conspiracy

by Di Saggau

**M**artin Luther King, Jr. died nearly 52 years ago on April 4, 1968, after he was shot outside the Lorraine Motel in Memphis. The fatal shot was fired at 6:01 p.m., and he died at St. Joseph Hospital at 7:05 a.m. His legacy lives on in many ways.

*The Mountaintop* by Katori Hall is now showing at Theatre Conspiracy. It is a reimagining of what happened in the motel room the night before King was assassinated. The play is meant to celebrate King's life and his legacy. Two amazing actors – Derek Lively as King and Sonya McCarter as Camae, a motel maid – give performances that I will long remember.

As part of his preparation for the role, Lively went to Memphis and visited Room 306 where King had stayed. He portrays the reverend with charm but we can tell he is haunted by the tasks that remain in front of him. McCarter controls the room as Camae, who while coming from a different background, is totally capable of sparring effectively with King. The two have terrific chemistry, whether they are sharing a cigarette, arguing over what he should say in his speeches, or discussing if he should shave off his mustache.

Most have seen the civil rights leader who delivered his speeches, but few knew the man behind those speeches. Hall shows King's more vulnerable side. He is under a great deal of stress and tells Camae



Sonya McCarter and Derek Lively star in *The Mountaintop*

photo provided

that fear is his best friend, because if he's afraid, he knows he's still alive.

There is a powerful scene where King tells Camae how he brought his wife artificial flowers instead of fresh ones before he went to Memphis. He is heart broken to know that he won't be able to fix that mistake. By now, he knows the true purpose of Camae's visit to his room. He's 39, the same age as when Malcolm X was killed. Camae says she'll see him in heaven one day. King asks Camae to place a call to God to see if he can argue for a different scenario. When he tells God – "How dare you take me now?" – the phone disconnects. Obviously, this is a very serious play, but there are also many

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Historic Downtown Fort Myers, Then And Now:

# Orange Blossom Special Reaches Fort Myers



by Gerri Reaves, PhD

Ninety-three years this month, Fort Myers got its second railroad line, when Seaboard Airline Railroad arrived at the new depot on Riverside Drive in East Fort Myers via a low trestle over the

Caloosahatchee.

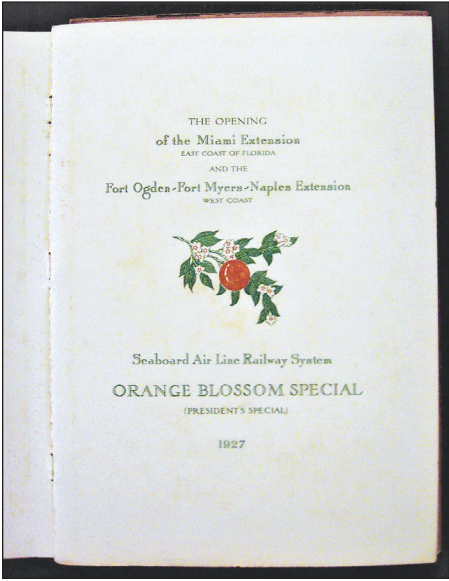
A freight station was also built nearby on Michigan Avenue.

The Atlantic Coast Line Railroad had established freight and rail service in the pioneer town back in 1904, but the arrival of Seaboard's Orange Blossom Special was truly special, nevertheless.

Two new extensions were opening in Florida amid great hoopla.

The large entourage on that inaugural trip paused at many locations along the route to celebrate two Florida extensions for the Seaboard line. The new east coast construction extended from West Palm Beach to Miami, formally termed the Miami Extension.

The west coast construction began in Fort Ogden on the Charlotte Harbor and Northern Railroad, which Seaboard had purchased, and continued to Fort Myers and Naples on what was termed the Fort Ogden-Fort Myers-Naples extension.



The title page of the book commemorating the opening of Seaboard Airline Railroad's two new Florida extensions in 1927. S. Davies Warfield, Seaboard president, gave it to Fort Myers Mayor Frank Kellow.

photo courtesy SWFL Historical Society



The Orange Blossom Special arrives in Naples from Fort Myers. Note the round logo on the front of the locomotive. photo courtesy Florida State Archives

The celebrations along the extensions took place on January 7 and 8, but the train had initiated in New York City on January 5 and quickly traveled south, attaching "sections" in major cities. Onboard were approximately 600 people in five "sections," including many prominent people from the business and social spheres, as well as dignitaries. A much repeated fact in the newspapers was that the train held what was conservatively estimated to be 60 percent of the wealth of the country.

Seaboard President S Davies Warfield joined in Baltimore on his section dubbed "the President's Special." Florida Governor John W. Martin joined the train in Florida.

Perhaps the most interesting passenger to contemporaries was someone who wouldn't be widely known until years later: Warfield's niece, socialite Wallis Warfield Simpson.

She would catapult to fame a few years later as the divorcee who caused Edward VIII, the king of England, to abdicate the throne in 1936 because marriage to an American divorcee was unacceptable to English royalty at the time.

So the king gave up the throne, famously saying that he could not fulfill the duties of king, "without the help and support of the woman I love."

He was given the title of Duke of Windsor and, after the two married, the Duke and Duchess remained very much in the public spotlight.

The Orange Blossom Special made many stops on that whirlwind inaugural trip, sometimes staying only a few minutes, sometimes several hours for festivities and speeches. The special actually made two stops in Fort Myers on January 7.

A huge crowd greeted the train when it first arrived at the \$75,000 Mediterranean Revivalist structure, which was decorated with the city's official colors – orange and green. Even the palm trees along the streets and the 200-automobile welcoming motorcade had been decorated. Bands provided music. Plans included a christening of the locomotive with the breaking of a bottle of orange blossom perfume. The event was also captured on film for national release.

The one-hour stop in the late morning allowed the official reception committee to show off the beauties of the city. During the two-hour evening stop on the return from Naples, the Fort Myers Chamber of Commerce held a banquet at the Royal Palm Hotel. Fort Myers Mayor Frank Kellow and Chamber President SO

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On January 7, 1927, the Orange Blossom Special arrived at the new Seaboard depot on Riverside Drive in East Fort Myers photo by Gerri Reaves

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Visitors walk through rows of antique Ford automobiles at the annual Edison and Ford Winter Estates Antique Car Show photo provided

## Antique Car Show Returns To Estates

Edison and Ford Winter Estates will host its annual Antique Ford Car Show on Saturday, February 1 from 10 a.m. to 2 p.m. Each year, classic car owners and club members exhibit more than 100 cars on the Ford estate lawn as a tribute to Henry Ford, the pioneer of the automobile industry.

Along with the car show, there will be music and a food truck, and visitors can tour the gardens, museum, laboratory and see the historic homes. Swampee, the Everblades Mascot, is expected to make a special appearance and will give away a

prize.

This family event is free for Edison Ford members and \$25 for non-members, which includes a self-guided tour of the entire site. A portion of the proceeds will benefit the restoration of the antique Ford car collection.

For antique Ford owners wanting to participate, registrations are being accepted for Ford models 1980 and older. The deadline for registration is Friday, January 24. The fee is \$20 for one car and \$10 for each additional car (includes admission for the registered participant and one passenger).

Edison and Ford Winter Estates is located at 2350 McGregor Boulevard in Fort Myers. For more information, tickets or to register a car, visit [www.edisonford.org](http://www.edisonford.org) or drop by the ticket counter.\*

## Holocaust Event At Lab Theater

The Laboratory Theater of Florida is hosting a Community Holocaust Remembrance on Monday, January 27 at 7 p.m. The free event will collect donations benefitting the Florida Holocaust Museum.

The remembrance is a solidarity-focused event to unite residents and visitors to remember the Holocaust and reflect on atrocities committed based on fear, hatred and ignorance.

A Holocaust survivor will be joined by Jewish, Muslim and Christian religious leaders and laypeople who will share their thoughts and experiences with patrons who will have the opportunity to not only remember, but learn and connect with others of similar and varying faiths.

Attendees will have the opportunity to light an LED candle in remembrance of those whose lives were lost or forever altered by the Holocaust.

Philosopher George Santayana once remarked that, "Those who do not learn from history are doomed to repeat it."

The Laboratory Theater of Florida has earned a rare endorsement from the Florida Holocaust Museum for its efforts to ensure that these stories are told and retold in a manner that encourages unity and not discord.

Lab Theater board member Ella Naylor will moderate the discussion. She is a noted author and freelance journalist dedicated to inspiring change and raising awareness of just how connected we truly are in the universe.

The Laboratory Theater of Florida is located at 1634 Woodford Avenue in Fort Myers. To reserve a seat, call the box office at 218-0481.\*



Ella Naylor

photo provided

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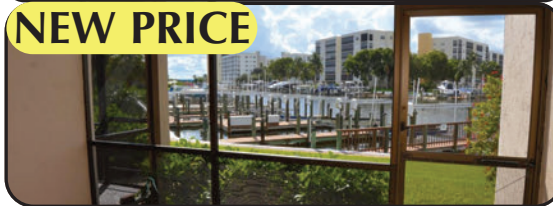


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Blanche DuBois (Sue Schaffel) explains things to Willie Loman (Howard Nutt) photo provided

# Theater Icons Share The Stage At Lab Theater

by Di Saggau

I don't think I have ever laughed as much as I did the other night during the production of *Death of a Streetcar Named Virginia Woolf* at Laboratory Theater of Florida. This parody by Tim Sniffen originated at The Second City Chicago and was first performed at Writer's Theater in

Glencoe, Illinois in April 2016. Lab Theater Artistic Director Annette Trossbach spent four years trying to get the rights to this play, and now it's on her stage and is the first licensed production of this show in the country. I told her that it was four years well spent. The show runs 90 minutes with no intermission and is a laugh riot for everyone, especially anyone who is familiar with the works of Tennessee Williams, Arthur Miller, Edward Albee and Thornton Wilder. There are even a few others thrown in. We first meet the stage manager (Michael Hennessey) right out of *Our Town*, who talks

directly to the audience and explains what is happening on stage. Perfect for this role, he introduces the characters as they converge on a rundown New Orleans plantation that has been inherited by Stanley Kowalski (Steve Stefanik) the perpetually sweaty hero of *Streetcar* fame. He even gets "spritzed" now and then by a stage hand. Blanche DuBois (Sue Schaffel), comes across with Southern charm and slightly resembles a drag queen. Her stage presence and exaggerated arm waving are a hoot, especially when she is pointing out an old rifle that hangs on the back wall. The stage manager tells us she drinks Scotch and has sex with strangers. At one point as she's walking up the staircase, she tells us the home belonged to Big Daddy, who was living there until his son's homosexuality gave him cancer. The humor is like this from start to finish. Suddenly, we hear loud shouts of "Stella" and, of course, that's Stanley on a cell phone trying to reach his wife. The hard-drinking, always-sparring George and Martha of *Virginia Woolf*

also arrive, and they are embodied by Robert Armstrong and Joann Haley. Never without a drink in their hands, their constant verbal barbs also make us laugh. Willie Loman, the overworked salesman, finally arrives, and he's played by Howard Nutt. He's there for a sales seminar but he's a day late and a dollar short. All of the actors are so good in their roles, we feel they could actually play them in the dramas that inspired this parody. What this show asks is what happens when the most recognizable characters from some of the greatest American plays of the 20th century suddenly find themselves on the same stage? *Death of a Streetcar Named Virginia Woolf* is directed by Scott Carpenter. It's one of the funniest plays I have ever seen, and the cast couldn't be better. I hope you rush out to buy your tickets. It plays through February 8 at Laboratory Theater of Florida, located at 1634 Woodford Avenue in downtown Fort Myers. For tickets, visit [www.brownpapertickets.com](http://www.brownpapertickets.com) or call 218-0481.✱

## Beach Art Group Paint Around Fundraiser

The Fort Myers Beach Art Association will host a Paint Around Social to raise funds for its Student Scholarship Fund on Thursday, January 23 at 5 p.m. The social includes heavy hors d'oeuvres, beverages, prizes and watch art in the making featuring artists Deborah Butler, Bea Perrin Pappas, Lynne Wesolowski and Helma Gansen. Cost is \$20. The Paint Around involves each artist beginning an original collage work on paper, and then rotating to the next artist every several minutes until they are back to the original piece that they start. All four artists then sign each artwork since they have contributed to each piece and each is then framed. Raffle prizes and the silent auction of these works will add to fun and festivities. All proceeds will benefit graduating seniors who will have a show beginning April 7. Our Paint Around Tickets may

be purchased online or at the gallery, located at 3030 Shell Mound Boulevard on Fort Myers Beach. For more information, visit [www.fortmyersbeachart.com/events.php#paintaround](http://www.fortmyersbeachart.com/events.php#paintaround).✱

## Volunteers Sought For Meal Packing

Sanibel Community MobilePack has committed to raising \$44,500 and gathering 940 volunteers to produce 202,000 meals. Adults and children (ages 5 and up) are needed to measure, scoop ingredients, seal bags and prepare boxes for shipping. Individuals, families, clubs, organizations and church groups are welcome. Meal packing will take place in Fellowship Hall at Sanibel Community Church, located at 1740 Periwinkle Way. Hours for Friday, January 31 are from 1 to 3 p.m. and 3:30 to 5:30 p.m. Hours for Saturday, February 1 are 8:30 to 10:30 a.m., 11 a.m. to 1 p.m. and 2 to 4 p.m. For more information or to make a donation, visit [www.give.fmssc.org/sanibel](http://www.give.fmssc.org/sanibel).✱

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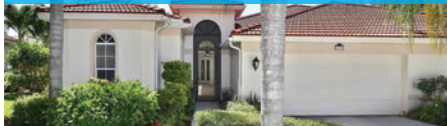
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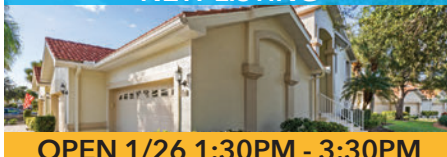
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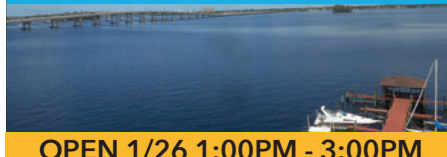
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Fort Myers Art:

# Assemblage Artist Exerts ‘Presence’ In FGCU Gallery

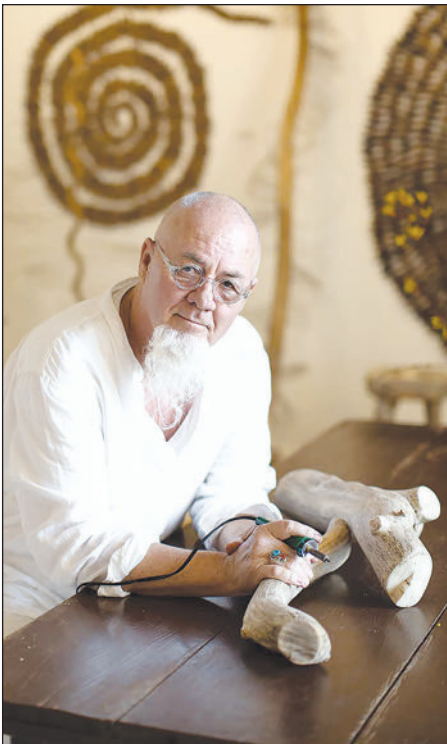


by Tom Hall  
Each year, Florida Gulf Coast University (FGCU) Art Galleries curates an exhibition with the goal of not only exhibiting the work of an outstanding artist, but of

identifying an artist who is closely connected with Southwest Florida’s unique attributes. For 2020, that artist is Ran Adler, and his exhibition titled Presence opens in the Wasmer Gallery on Thursday, January 30 with a 5 to 7 p.m. reception, gallery talk and jazz recital.

“This year’s artist, Ran Adler, comes to us with an established and deep connection to the natural environment of our area,” said FGCU Gallery Director John Loscuito. “Working in close proximity to campus from his studio in Naples provides the artist with an opportunity to engage inventive collaborations across multiple disciplines of FGCU.”

Adler is a self-taught assemblage artist who employs various elements



Ran Adler photo courtesy www.artswfl.com

of nature as his medium which he wires, weaves and strings together into unique organic structures that serve as needed reminders of the staggering unpredictability and humbling power of nature lurking just outside. His horsetail reed, thorn and seedpod constructs don’t just shape the space in which they are exhibited. They open the mind of the fragility, if not futility, of our pretentious efforts to control our physical environment. They underscore our overarching responsibility as stewards of the planet.

The harmonious transformation of chaos into ordered systems results from Adler’s meditative process. The often repetitive and rhythmic movements of threading, inscribing and assembling become a meditative or prayer-like state of mind from which remediation of external forces is understood and expressed in the work. That respectful, contemplative state transfers to those who have the good fortune to view his work.

Currently represented by Judith Liegeois Designs in Naples, Gardner Colby Gallery in Naples and Blackman Cruz in Los Angeles, Adler has exhibited widely in the United States in

solo and group exhibitions. He is the artist in residence at Judith Liegeois in Naples and the guest artist at FGCU.

The exhibit is sponsored by The Wasmer Family, Judith Liegeois Designs, Alice and Dean Fjelstul, Gene and Lee Seidler, the State of Florida, Department of State, Division of Cultural Affairs and the Florida Council on Arts and Culture and WGPU Public Media. The exhibition runs through February 27.

The Wasmer Gallery is located in the Arts Complex at Florida Gulf Coast University, 10501 FGCU Boulevard South in Fort Myers. For more information, call 590-1000 or visit [www.fgcu.edu/artgalleries/currentseason/adler](http://www.fgcu.edu/artgalleries/currentseason/adler).

*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.\**

## Estates To Offer Art Classes

Edison and Ford Winter Estates will offer classes taught by Marie Dyer and Megan Kissinger.

On Saturday, January 25, there will be a Silk Scarf Workshop at 9:30 a.m. Dyer will show a variety of techniques to create a one-of-a-kind scarf that can be worn or displayed as art. All skill levels are welcome. Class will also be offered on February 15 and 29 and March 21 and 28.

On Sunday, January 26, there will be a Botanical Drawing Basics at 9:30 a.m. Kissinger will show how to draw botanicals from Edison and Ford Winter Estates. All skill levels welcome.

On February 8, Drawing and Making Valentine Mandala Cards will be taught at 9:30 a.m. Kissinger teaches how a mandala is formatted as participants draw in the gardens.

Landscape Painting will be held Saturday, February 22 at 9:30 a.m. Dyer teaches how to paint a landscape using acrylics. Class takes place in the River Pavilion. All skill levels welcome.

Zen Drawing in the Succulent Garden will be held Saturday, February 29 at 9:30 a.m. No experience is

required for this creative class. Students will learn the basics of drawing with informal techniques and be inspired by nature as they stroll through the gardens with Kissinger.

Advance registration is required online. Class size is limited to 25.

Edison and Ford Winter Estates is located at 2350 McGregor Boulevard in Fort Myers. For more information, call 334-7419. To register for classes, visit [www.edisonfordwinterestates.org/education/adult-classes](http://www.edisonfordwinterestates.org/education/adult-classes) or in person at the ticket office.\*

## Volunteer Expo At Lakes Regional Library

United Way of Lee, Hendry, Glades and Okeechobee is sponsoring a volunteer fair at Lakes Regional Library on Saturday, February 1 from 9:30 a.m. to 12:30 p.m.

The fair will promote year-round volunteer opportunities in Lee County and afford the public a chance to interact face-to-face with a variety of local agencies and explore opportunities that fit their interests.

Nineteen local agencies will have tables at the fair so visitors can explore what type of activity each agency has to offer to volunteers. Enrich your life by offering your skills and experience to a local non-profit agency, and choose the one that is the perfect fit for you. This is a great opportunity for students who are required to do public service hours for school, retired persons to expand their horizons and families to find volunteer projects to do together. There is no charge for the event.

A few examples of potential volunteer positions or projects include food prep, serving meals, food pantries, special events, tutoring/mentoring, administrative office assistance, animal socialization, pet therapy and elder support.

Lakes Regional Library is located at 15290 Bass Road in Fort Myers. For more information, call 433-7567 or visit [www.unitedwaylee.org/volunteer](http://www.unitedwaylee.org/volunteer).\*

## Continental Women To Meet

The Continental Women’s Club will hold its monthly meeting at The Hideaway Country Club on Thursday, February 6 at 11:30 a.m. Cost to attend the luncheon is \$24.

The guest speaker will be Officer Scott Griffith of the Lee County Sheriff’s Office. He will give a presentation called Active Shooter that offers safety advice if one should ever find themselves in such a situation.

Continental Women’s Club monthly meetings are held on the first Thursday of each month. The Hideaway Country Club is located at 5670 Trailwinds Drive in Fort Myers. For more information, call 691-7561.\*

## Can’t seem to find enough time?

*Discover that ...*

*Time is not a factor in your life*

Learn to exercise your God-given freedom from the limitations of time including age, stress, inefficiency, frustration, past mistakes and missed opportunities.

**Christian Science Lecture**  
**Sunday, January 26**  
**2:30 p.m.**



Speaker  
Dave Hohle,  
CSB of Chicago,  
IL is a member  
of the Christian  
Science Board of  
Lectureship

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First Church of Christ, Scientist  
2390 West First Street  
Fort Myers, FL 33901  
(Next to the Edison-Ford Winter Estates)

Preview lecture on church website.  
[www.ChristianScienceFortMyers.net](http://www.ChristianScienceFortMyers.net)  
For more information, call 239.334.6801

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The Music of Queen! performs with the Southwest Florida Symphony

photo provided

## Queen Tribute Band To Perform With Symphony

The Southwest Florida Symphony, continues its 59th season of pops concerts with a performance with a premiere Queen tribute band. Premiering in 2009, Windborne's Classic Rock Symphony show The Music of Queen! has quickly garnered critical fan acclaim, and the local symphony brings this popular program to Southwest Florida for two performances: Friday, January 31 at The Charlotte Performing Arts Center; and Saturday, February 1 at the Barbara B. Mann Performing Arts Hall. Both shows begin at 7:30 p.m.

Classic songs by Queen will be presented in a way that audiences in Southwest Florida have never experienced before – performed by the rich sound

of live symphony orchestra. The shows will be conducted by Brent Havens, and accompanied by the rock band led by Brody Dolyniuk on vocals.

"When I sat down to begin scoring the show, it was amazing how comfortably the orchestra fit within the structure of the music. Innovative chord progressions, wonderful melodies and the astounding vocals of Freddie Mercury make the music a perfect choice to orchestrate. And having world class musicians in every city we present the show makes the music even that much more compelling," said Havens.

Tickets range between \$15 to 109 per person and vary by venue. Tickets can be purchased online at [www.swflso.org](http://www.swflso.org), by visiting the Southwest Florida Symphony Box Office located at 8290 College Parkway, Suite 103 in Fort Myers, by calling the Symphony Box Office at 418-1500 or at the door, one hour prior to each concert.✱

## Sponsors Needed For KLCB Calendar

Sponsorship opportunities for the 2021 Keep Lee County Beautiful, Inc. (KLCB) Leave The Scene Clean calendar are now open. Sponsoring the calendar shows your support of KLCB and your commitment to promoting positive environmentally conscious activities and education.

Your company information will be displayed in 5,000 calendars distributed throughout Lee County.

The full-size color calendar features the winning environmental artwork of Lee County students. The art contest is open to all public, private and home-schooled students. The students are invited to create a full color drawing or painting showing what they have learned about conserving our resources and keeping our environment clean. Judges select a cover winner, 12 first place winners (one from each first grade to 12th grade) and 36 honorable mention winners. Winners are recognized at a gala award ceremony held in the fall. The calendar, which is used as an educational tool, is distributed throughout the school system and during KLCB events. A blend of corporate support, educational content and children's art makes this project one of the most fulfilling projects of KLCB's mission. KLCB donates calendars to schools to serve as a source of funding for school environmental projects. Schools keep 100 percent of all the money they raise to be used toward the projects.

For more information on the sponsorship levels and benefits, visit [www.klcb.org/leave-the-scene-clean-calendar.html](http://www.klcb.org/leave-the-scene-clean-calendar.html) or contact the office at 334-3488 or [tisha@klcb.org](mailto:tisha@klcb.org).✱



The 2020 cover winner

image provided



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# Along The River

The second concert of the **Sidney and Berne Davis Art Center** Chamber music series brings the **Trio Gaspard** this Friday, January 24. Cocktail hour is at 7 p.m., with the performance at 8 p.m.

Trio Gaspard, featuring Jonian Ilias Kadesha on violin, Vashti Hunter on cello and Nicholas Rimmer on piano, is praised for its unique and fresh approach to the score.

Tickets are \$40 in advance for general admission or \$45 at the door.

The Sidney & Berne Davis Art Center is located at 2301 First Street in downtown Fort Myers. For more information or tickets, visit [www.sbdac.com](http://www.sbdac.com) or call 333-1933.

Multi-Grammy award-winner **Bill Gaither** will host an evening of music, laughter and encouragement featuring the talent of the prestigious Gaither Vocal Band at **First Assembly of God** this Friday, January 24 at 7 p.m.

The Gaither Vocal Band will perform gospel classics and new favorites. Joining The Gaither Vocal Band will be female vocalist Charlotte Ritchie and male vocalist Gene McDonald, as well as guitarist and comedian Kevin Williams.

First Assembly of God is located at 4701 Summerlin Road in Fort Myers. For more information or tickets, visit [www.gaither.com](http://www.gaither.com). To charge tickets by phone, call 1-855-484-1991.

The Fort Myers Metro-McGregor Kiwanis Club will hold its 12th annual **Calusa BUG Chase 5K run** at the **Calusa Nature Center** this Saturday, January 25. Packet pick-up will take place the day of race from 7 to 7:45 a.m. Race day registration begins at 7 a.m. and race time is 8 a.m.

The race will benefit the Fort Myers-Metro Kiwanis Club's BUG (Bring Up Grades) program and other local club-sponsored youth service projects. Adult race day registration is \$35. Youth (ages 17 and younger) race day registration is \$25. Participants can register online at [www.ftmyerstrackclub.com](http://www.ftmyerstrackclub.com).



The start of a previous Calusa BUG Chase 5K run

photo provided

The Calusa Nature Center is located at 3450 Ortiz Avenue in Fort Myers. Visit the Facebook event page [www.bit.ly/36KNaxk](http://www.bit.ly/36KNaxk) for updates.

Visit **Bunche Beach** with a **bird patrol guide** this Saturday, January 25 at 8 a.m.

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.

For more information, call 707-3015 or visit [www.birdpatrol.org](http://www.birdpatrol.org).

The 15th annual **Ballpark Festival of Beers** will be held at **Hammond Stadium** this Saturday, January 25 from 2 to 6 p.m.

The festival features unlimited samplings of more than 100 craft beers from 25 participating breweries. Admission for adults ages 21 and older is \$40 at the door. Tickets are \$10 each for participants age 20 and younger, as well as designated drivers. Tickets are available online at [www.milb.com/](http://www.milb.com/)

[fort-myers/events/ballparkfestivalofbeers](http://fort-myers/events/ballparkfestivalofbeers).

Hammond Stadium is located at 14100 Six Mile Cypress Parkway in Fort Myers. For more information or tickets, visit [www.mightymussels.com](http://www.mightymussels.com) or call 768-4210.

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

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 at [www.eventbrite.com/e/exploring-edison-and-the-seminole-relationship-with-historian-woody-hanson-tickets-87180052885](http://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](http://www.edisonford.org).

Gulf Coast Humane Society's (GCHS) **Celebrity Chef Festival** returns for its second year at **Six Bends** this Thursday, January 30 from 5:30 to 9 p.m.

The shelter's largest fundraiser of the year will feature some of the top chefs in the area, with attendees having the opportunity to sample every dish set forth at their station. Live and silent auctions will offer unique and quality

items, as well as hors d'oeuvres, an open bar and GCHS furry ambassadors on site.

Six Bends is located at 9510 Thunder Road in Fort Myers. Tickets can be purchased at [www.ccf2020.givesmart.com](http://www.ccf2020.givesmart.com).

The **Elephant #4 Storytelling Showcase: Stories You'll Never Forget**, will be held in the Foulds Theatre at the **Alliance for the Arts** this Wednesday, January 29 from 7 to 9 p.m. The event features 10 area storytellers who recount a variety of narratives from personal tales to folktales.

Tickets are \$15 for Alliance members or \$20 for non-members.

The Alliance for the Arts is located at 10091 McGregor Boulevard in Fort Myers. For more information or to purchase tickets, visit [www.artinlee.org/elephantstories](http://www.artinlee.org/elephantstories) or call 939-2787.\*

## Shell Factory Gumbo Fest

The Shell Factory & Nature Park will host its 18th annual Gumbo Fest on Sunday, January 26 from 11 a.m. until 6 p.m. The festival proceeds will benefit the Nature Park & Environmental Education Foundation.

Sponsored by Sam Galloway Ford, the event features free admission, a variety of festival food, a \$5,000 reverse raffle and live entertainment by Dwayne Dopsie & the Zydeco Hellraisers as well as The Porchdogs. The Shell Factory & Nature Park's other attractions will also be open. B1039s Big Mama and the Wild Bunch will be on hand to help celebrate the festivities.

To purchase raffle tickets, contact Sandy at 995-2141 ext. 110 or online at [www.shellfactory.com](http://www.shellfactory.com). Cost per raffle ticket is \$100 and includes two adult admissions to the sponsor tent, where guests will be offered food by CFB and Jamabaliers and beverages.

A 501(c)3 nonprofit organization, the Nature Park & Environmental Education Foundation funds the transportation for its field trip program with Lee County schools, which allows classes to visit the Nature Park and participate in environmental learning experiences.

The Shell Factory & Nature Park is located at 16554 North Cleveland Avenue in North Fort Myers. For more information, visit [www.shellfactory.com](http://www.shellfactory.com).\*

## Arts & Crafts Fair

Saturday, February 8, 2020  
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# WGCU Wins Funds For Documentary To Air Nationally

What would you do if a natural disaster struck? Or rather, when a natural disaster strikes? While Southwest Floridians are among those who generally know what to do when a hurricane is approaching, there are many other situations of which they may be unaware and unprepared.

“Survivorman” Les Stroud knows what to do, and he’s going to tell all when his collaboration with WGCU results in a documentary titled *Surviving Disasters with Les Stroud*.

Stroud is a practical survivalist. He’s not the guy who’s going to tell you to construct an underground bunker stocked with a year’s supply of paper towels and oatmeal. But he does know the best way to get out of a flooded car, how to purify water when you can’t boil it in a container, how to gauge the hours of daylight left with your fingers, how to use a vegetable peeler for kindling and other life-preserving hints.

Stroud and WGCU Associate General Manager for Content Amy Shumaker recently won a \$75,000 grant from American Public Television to produce a 90-minute documentary.

In Pitchfest, part of the American Public Television (APT) Fall Marketplace in November in Scottsdale, Arizona, five public media teams competed as finalists for the prize money to help jump-start



Les Stroud photo provided

production on new programs.

The industry experts on the APT panel were so impressed with two of the teams that they awarded two prizes of \$75,000 each. Detroit Public Television will produce *The Stress Solution with Dr. Rangan Chatterjee*, based on receiving the highest points from the judges. Shumaker and Stroud received high scores as well for *Surviving Disasters with Les Stroud*, and were awarded the second grant.

The *Surviving Disasters* documentary is projected to cost about \$200,000 and is expected to be complete and air nationally on public television late next year.

Stroud, who has produced and hosted more than 100 documentaries in both

Canada and the United States, will host and produce this new program. The cinematographer/editor for the project is James Beard Award nominee Kevin Kossowan, who was named for his series *From the Wild*).

In this era of dire predictions about climate change and weather emergencies, Stroud’s tips seem particularly timely. For years, his mind has been on surviving massive disasters such as wildfires,

## FGCU Academy Offering Lectures

FGCU’s Renaissance Academy recently announced a new partnership whereby adult lifelong learning and enrichment lectures will be offered to Lee County residents at The Collaboratory beginning in late January.

The Renaissance Academy is FGCU’s and Southwest Florida’s premier lifelong learning program for adults, seniors and retirees. It is based on the premise that learning should never cease; that keeping the mind intellectually, creatively and culturally active fundamentally enriches and invigorates our lives.

Among the Renaissance Academy’s offerings are affordable, single lectures, short courses, day trips, computer classes, film series, life enrichment classes, writing workshops, travel abroad programs and other special events. These programs deliver academic substance in an interactive format that encourages the exchange of ideas and provides both intellectual

flooding, earthquakes, hurricanes, snowstorms, tornadoes and tsunamis. Stroud is looking forward to bringing this expertise to public media.

“After 30 years of experience in filmmaking, bringing my creative efforts and energy to public television feels like coming home. Public television provides the only uncompromised, high-quality, authentic and integrity-filled viewing possible, on TV today,” Stroud said.✧

stimulation and personal enjoyment. There are no exams or grades, just learning for the joy of learning with friends, neighbors and peers.

The Collaboratory is located at 2031 Jackson Street in downtown Fort Myers. A program guide describing all the new offerings is available online at <http://registerra.asapconnected.com> or by calling 745-4600.✧

## Bayside Men’s Club Breakfast

Bayside Estates Men’s club will host its monthly pancake breakfast in the Bayside Recreation Hall on Sunday, February 9 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 \$6. For only \$1 more, get a made to order omelet.

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

## Churches/Temples

**ALL FAITHS UNITARIAN CONGREGATION**  
Service 9, and 11 a.m. Children’s RE, Adult Education Forum 10 a.m., [www.allfaiths-uc.org](http://www.allfaiths-uc.org), 2756 McGregor Boulevard, 226-0900.

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

**ANNUNCIATION GREEK ORTHODOX**  
Sunday 9 and 10 a.m., [www.annunciation.flgoarch.org](http://www.annunciation.flgoarch.org), 8210 Cypress Lake Drive, 481-2099.

**BAT YAM-TEMPLE OF THE ISLANDS**  
Friday Shabbat at 7 p.m. [www.batyam.org](http://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](http://www.simplysimpleworship.com), 7050 Winkler Road, Suite 121, 437-8835.

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

**CHABAD LUBAVITCH ORTHODOX**  
Friday 6:30 p.m., [www.chabadswf.org](http://www.chabadswf.org), 5620 Winkler Road, 433-7708.

**CHAPEL OF CYPRESS COVE**  
Sunday 10 a.m., [www.revtedalhouse@aol.com](mailto:www.revtedalhouse@aol.com) 10200 Cypress Cove Circle, 850-3943.

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

**CONGREGATIONAL**  
Sunday 10:30 a.m., [www.taecc.com](http://www.taecc.com), 1619 Llewellyn Drive, 334-4978.

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

**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](http://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](http://www.clpc.us), 8260 Cypress Lake Drive, 481-3233.

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

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

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

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

**FIRST UNITED METHODIST CHURCH**  
Sunday 9:30 a.m. and 5:30 p.m. [www.fumcftmyers.org](http://www.fumcftmyers.org), 2466 First Street, 332-1152.

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

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

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

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

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

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

Boulevard, 218-8343.

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

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

**NEW COVENANT EYES**  
Monthly 9 a.m., [www.newcovenanteyes.com](http://www.newcovenanteyes.com), 1900 Park Meadows Drive, 220-8519.

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

**NEW HOPE PRESBYTERIAN**  
Sunday 8, 9:30 and 11 a.m., [www.newhopefortmyers.org](http://www.newhopefortmyers.org), 10051 Plantation Road, 274-1230.

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

**PEACE LUTHERAN**  
Sunday 8 and 10 a.m., [peace@peaceftmyers.com](mailto:peace@peaceftmyers.com), 15840 McGregor Boulevard, 437-2599.

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

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

**SAMUDRABADRA BUDDHIST CENTER**  
Meditation classes. [www.MeditationInFortMyers.org](http://www.MeditationInFortMyers.org). 567-9739.

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

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

**SAINT JOHN THE APOSTLE**

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

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

**SAINT NICHOLAS MONASTERY**  
Sunday 9:30 a.m., [www.saintricholasmonastery.org](http://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](http://www.templebethel.com), 16225 Winkler Road, 433-0018.

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

**THE 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](http://www.newchurchflorida.com), 10811 Sunset Plaza Circle #401, 481-5535.

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

**UNITY OF FORT MYERS**  
Sunday 10 a.m., [www.unityoffortmyers.org](http://www.unityoffortmyers.org), 11120 Ranchette Road, 278-1511.

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

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

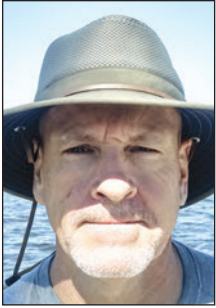
**ZION LUTHERAN**  
Sunday 8, 9:30 and 10:45 a.m., [www.zionfm.org](http://www.zionfm.org), 7401 Winkler Road, 481-4040.✧



## CROW Case Of The Week:

## Cattle Egret

by Bob Petcher



The cattle egret (*Bubulcus ibis*) is a smaller heron with a short yellow bill. It has colonized in many continents such as Africa, northern South America, Australia, Oceania and North America.

While many egrets are water birds, this species of egret prefers to hang out in agricultural areas. It is so-named due to its

inclination to forage around livestock for insects and its allowance to perch and ride on cattle while dining on ticks and other bugs. Its flexible diet also includes other smaller birds such as warblers.

At CROW, an adult cattle egret was admitted from Cape Coral after it was discovered with its leg caught in a rat trap. On exam, the patient had bruising and lacerations along the left lower leg and foot with a full thickness wound on the tibiotarsus, exposing underlying structures including bone.

"The patient was very fortunate to have sustained no fractures. However, the skin overlaying the tibiotarsus, one of the bones in a bird's leg, was cut down to the bone, and the third digit of the left foot was also lacerated," said Dr. Mariah Lancaster, CROW veterinary intern.

Veterinarians performed blood work, full radiographs and wound care, which included surgical closure of the tibiotarsus wound under general anesthesia. Other wounds were cleaned with alcohol and a triple antibiotic ointment was applied.

"The wounds were cleaned with a dilute chlorhexidine solution, and then dried using sterile gauze. The tibiotarsal laceration was closed with



Patient #20-77 is standing well and taking in nutrition with an anticipation for a release in the near future

photo by Brian Bohlman

sutures, which were later removed as the wound healed. The laceration on the toe was closed with skin glue, however, due to the high mobility of the area, it

repeatedly opened and required repeated bandaging," said Dr. Lancaster. "The bandages protecting the wounds have been removed, and the skin is now continuing to heal without daily bandage changes."

The patient knew to keep off its feet during his initial stay, which began January 9.

"Initially, the egret was limiting its own activity due to its discomfort. It sat on its hocks, and then slowly began to stand on its feet over the next 24 hours," said Dr. Lancaster. "It is now standing and moving around normally. There was no need to limit the bird once the skin began to heal well."

The patient was given pain medications and started on antibiotics to ward off infection.

"The bird was started on antibiotics on day one, so no infection has taken hold," said Dr. Lancaster. "Once the skin has healed over, a recheck white blood cell count is planned to ensure there is no sign of systemic infection or inflammation, then the bird will move outside to prepare for release."

After a couple more days of rest, the patient's prognosis is looking better. A full recovery is expected, and a release to its home site in Cape Coral is anticipated.

"The bird is continuing to do well in the hospital and will be moved outside once the skin has sufficiently healed. We are hopeful the skin will continue to heal well and there will be no permanent damage," said Dr. Lancaster. "Due to the duration of time spent indoors, a short period of outdoor rehabilitation will be needed; however, we anticipate the bird will move swiftly towards release once it reaches that stage of recovery."

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

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After almost a full week of 70-degree-plus warm water snook fishing, the strongest cold front of this winter is forecast to arrive. So far this January, we have only had a

Cold fronts are just a normal part of our winter fishing, though the up-and-down temperatures can make working out a pattern a little tough. A few rules of thumb this time of year include 70-degree water temperature as the tipping point. At 70 degrees or above, you should shiner fish. When it's below 70, shrimp fish. The colder the water, the smaller and slower I fish the bait. During the coldest periods, a chunk of shrimp threaded on a jig head will catch fish when nothing else will.

With the next 10 days of weather forecast to not get out of the mid 70s, water temperatures are going to drop drastically. February is always one of our best months for sheepshead fishing, and this should hold true. Expect the biggest wave yet of winter pre-spawn sheepshead to push into the sound as we see low 60s for water temperatures.

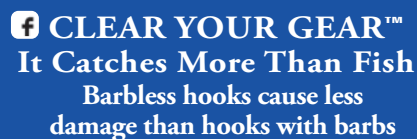


*in 1980. He now lives in St. James City and works as a back country fishing guide. If you have comments or questions, email [captmattmitchell@aol.com](mailto:captmattmitchell@aol.com). ❄*

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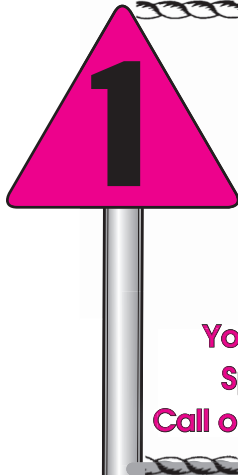
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## Plant Smart

# Be Careful What You Welcome

by Gerri Reaves

**V**olunteer fast-growing trees can sometimes present a dilemma to homeowners.

If they don't cost time or money, require no maintenance and offer the promise of shade, what's the problem?

There might not be one, but before you extend the welcome mat to that tree, check out its reputation so you don't find yourself lavishing your tender-loving care on an invasive species.

For example, the carrotwood tree (*Cupaniopsis anacardioides*), shown in the photo was evidently welcomed by an unwary homeowner.

This category-1 invasive species volunteered, grew fast and its space was respected when the mower passed by. Now it's small-tree size.

Carrotwood is but one of many ornamental plants introduced decades ago for South Florida's residential landscapes before the threat of invasive exotic species was fully realized. Such trees are most common in older developments.

Decades ago, the priority in new



**This invasive carrotwood volunteered years ago and has obviously been accommodated ever since**

photos by Gerri Reaves

developments was to install pretty, fast-growing species to create a shady lush landscape ASAP.

Today, we are dealing with the consequences, which includes spending millions in state funds to rid the landscape of them.

In addition to carrotwood, bishopwood



**The size of this carrotwood tree in a 1980s development is expensive to remove**

(*Bischofia javanica*), melaleuca (*Melaleuca quinquenervia*) and laurel fig (*Ficus microcarpa*) are other common category-1 invasives frequently found in old Florida yards.

Such species, according to the Florida Exotic Pest Plant Council (FLEPPC), "are altering native plant communities

by displacing native species, changing community structures or ecological functions, or hybridizing with natives."

This determination is based "on the documented ecological damage caused."

If that's not enough, their seeds are easily spread by wildlife. And, they cause more tangible damage. For example, laurel fig's roots are known for invading water lines and threatening sidewalks and building foundations.

When a pretty unidentified plant shows up or when you purchase a new home complete with mature shade trees, it's tempting to let things be. But find out if the tree is friend or foe.

Carrotwood has some easy markers. If you catch it as a seedling and pull it out by the roots (no easy task!), the root will be orange and carrot-like. The leaves are wavy and the clusters of fruit are yellow-orange.

To identify other trees you think might be invasive, consult these two sources for a start: FLEPPC's website at [www.eddmaps.org/florida](http://www.eddmaps.org/florida), or the Lee County Extension Services at [www.leegov.com/parks/extension](http://www.leegov.com/parks/extension).

If you have to eliminate a tree, consult your local native plant nursery for help with replacing it with a native or Florida-friendly one.

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

## CROW To Offer Program On Burrowing Owls

**T**he Clinic for the Rehabilitation of Wildlife (CROW) weekly Speaker Series presented by LCEC continues on Tuesday, January 28 with Living with Burrowing Owls by Beverly Saltonstall, volunteer for Cape Coral Friends of Wildlife. Speaker Series programs begin at 4:15 p.m. in the CROW Visitor Education Center, located at 3883 Sanibel Captiva Road on Sanibel.

Cape Coral has the largest population of burrowing owls (*Athene cunicularia floridana*) in Florida, with an estimated 1,000 nesting pairs and an upwards of 2,500 burrows within the city limits. While the owls are quite tolerant of humans, their homes are still being threatened. Come out to learn about their habitat and hunting characteristics so



**Burrowing owl**

photo provided

you can cohabitate with this remarkable species.

Admission is \$10 for adults, \$5 for teens (Age 13-17) and free for children age 12 and under. Space is limited, so advanced registration is highly recommended. Each program is approximately one hour in length.

CROW's 2020 Speaker Series presented by LCEC features weekly talks and runs through April 14. For a full schedule of talks, more information or to register in advance, visit [www.crowclinic.org/articles/2020-speaker-series-presented-by-lcec](http://www.crowclinic.org/articles/2020-speaker-series-presented-by-lcec).\*

## Environmental Stewardship Awards

**K**ee Lee County Beautiful, Inc. (KLCB) will host the Environmental Stewardship Awards as a way to recognize and reward notable efforts within the community to promote environmental stewardship and innovation through education and action.

KLCB officials are seeking nominations for individuals, businesses, civic and nonprofit groups as well as government agencies that are improving the quality of life in Lee County through

innovation and action.

There is no entry fee and self-nominations are encouraged. Nominations are due by May 1.

Visit [www.klcb.org/environmental-awards.html](http://www.klcb.org/environmental-awards.html) to submit a nomination and view our sponsorship opportunities.

The awards will take place this summer to celebrate and recognize the special people and organizations who have been working together for the betterment of our community. Sponsorship opportunities for the awards luncheon are available, and sponsoring is the perfect way to be a part of environmental stewardship in Lee County.

For more information, contact Tisha at 334-3488 or [tisha@klcb.org](mailto:tisha@klcb.org).\*

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## Birding Tour With Celebrity Author Going Up For Bid

As a premium silent auction item at the 8th annual fundraiser for the “Ding” Darling Wildlife Society-Friends of the Refuge (DDWS), award-winning author and wildlife photographer Paul Bannick will host a private island birding tour for up to five people on Thursday, March 5. Go Wild for “Ding” – Lovin’ Spoonbills will take place at The Community House on Wednesday, February 12 at 5:30 p.m.

This year’s Go Wild theme continues a series of annual bird events to benefit conservation education efforts at JN “Ding” Darling National Wildlife Refuge.

“Roseate spoonbills are ‘Ding’ Darling’s most iconic bird, so we saw it fitting to make them the official totem for the refuge’s 75th anniversary celebration, which runs through December 1, 2020,” said Birgie Miller, DDWS executive director. “We are also ‘showing them the love’ as this year’s species of choice for our Go Wild, the biggest fundraiser of the year to benefit the refuge.”

Attendees can bid for Bannick’s exclusive tour the evening of the event. Those unable to attend may bid on the



Award-winning author-photographer Paul Bannick

photo provided

auction item remotely by contacting Birgie Miller at 472-1100 ext. 4 or director@dingdarlingsociety.org.

Bannick authored the bestselling *Owl: A Year in the Lives of North American Owls* and *The Owl and The Woodpecker*, *Encounters with North America’s Most Iconic Birds*. His photography has been

featured prominently in bird guides from Audubon, Peterson, The Smithsonian, the Stokes, The National Wildlife Federation and Birds of the World; and has appeared in a variety of publications from *The New York Times* and *Birds and Blooms* to *American Way* and *The Seattle Times*.

The author-photographer has

appeared on *NBC Nightly News*, *Evening Magazine*, and dozens of NPR stations and programs, including *Travels with Rick Steves* and *BirdNote*. Bannick will also be a guest speaker at the refuge for this year’s lecture series on Friday, March 6 at 10 a.m. and 1 p.m. .

Admission to Go Wild for “Ding” is by reservation only. Tickets are \$150 each. Less than 50 seats remain for this event, which sells out each year. To reserve your spot or for sponsorship information, visit [www.dingdarlingsociety.org/articles/go-wild-for-ding](http://www.dingdarlingsociety.org/articles/go-wild-for-ding) or contact Dot Voorhees at 472-1100 ext. 239 or dot@dingdarlingsociety.org.

The following sponsors have already pledged their support for Go Wild for “Ding” – Lovin’ Spoonbills. Call of The Wild Level: Jim and Patty Sprinkle; Champion Level: Todd and Barbara Bluedorn, Boomer Duvin and Family; Guardian Level: Jim and Dulce Doss, Bill and Diane Valerian; Protector Level: Sarah Ashton, RE/MAX of the Islands, Mike and Terry Baldwin, Doug and Sherry Gentry, John and Kay Morse, Tiffani Kaliko and John Silvia, Ron E. and Josephine Smith, Hank and Linda Spire; Defender Level: The Gresham Family, William and Barbara Millar, Mitchell’s Sand Castles; RS Walsh Landscaping, Sanibel Moorings, Stewart & Sons Insurance Inc., Bob and Kathy Weisemann.✱

## Refuge Seeking Applicants For Scholarships

Application deadline for several scholarships from the “Ding” Darling Wildlife Society-Friends of the Refuge (DDWS), ranging from \$1,000 to \$3,000 each, is March 31. High school seniors, college students and graduate students in or from Lee, Collier, Charlotte, Hendry and Glades counties pursuing degrees in environmental-related studies may apply.

DDWS will award the scholarships at a ceremony at the JN “Ding” Darling National Wildlife Refuge on Sanibel in June 2020.

Now in its 14th year, the DDWS scholarship program presented its first awards in 2006, donated by Tarpon Bay Explorers, the refuge’s official recreation concession. To date, the program has awarded \$138,400.

“Tarpon Bay Explorers started the program by offering two \$1,000 scholarships in 2005,” said DDWS Executive Director Birgie Miller. “When four applicants turned out to be highly deserving, they doubled their commitment that year. Through the years, co-owner Wendy Schnapp has increased her annual contribution and has awarded a total of 51 scholarships.”

Interested students can find more information and printable application forms at [www.dingdarlingsociety.org/articles/student-scholarships](http://www.dingdarlingsociety.org/articles/student-scholarships).

To learn more about the scholarship program and establishing a permanently endowed scholarship, contact Birgie Miller at 472-1100 ext. 4 or director@dingdarlingsociety.org.

Named scholarships to date for

2020 include: Richard Bailey Memorial Scholarships; Mike and Terry Baldwin Scholarship; Dr. Andrew and Laura Dahlem Scholarship; Dr. H. Randall Deming Scholarship for Conservation and Environmental Studies, a permanently endowed scholarship; Hans and Leslie Fleischner Scholarship; Mary Elaine Jacobson Memorial Scholarship; Win and Marilyn Kloosterman Education Scholarship, a permanently endowed scholarship Francine and Barry Litofsky Scholarship; Tarpon Bay Explorers Scholarships; and Jane Werner Environmental Scholarship, DDWS’ first permanently endowed scholarship.✱

## Mentorship Group To Host Ignite 2020 Event

I Will Mentorship Foundation (IWMF) will hold a special Ignite 2020 event to kick off the new decade at the Southwest Florida Community Foundation’s Collaboratory on Thursday, January 30 from 6:30 to 9 p.m. A VIP reception will be held at 6 pm.

Cost is \$20. The general public is encouraged to attend.

IWMF invites you to spend an evening with board, staff, volunteers and students to celebrate its growth and look toward the new decade. There will be cocktails and hors d’oeuvres and the opportunity to explore ongoing E-STEM programming, celebrate the success of our students and preview what’s to come. A major project currently in development will be presented. It promises to make a profound impact on Southwest Florida’s young STEM students. Ignite 2020 is an opportunity for the community to get to know I Will Mentorship Foundation and consider

partnerships in its newest endeavors.

Collaboratory is located at 2031 Jackson Street in Fort Myers. For more information or tickets, visit [www.iwmf2.org/ignite](http://www.iwmf2.org/ignite) or pick up tickets at the door.✱

## Homeless Coalition To Hold Service Day

In an effort to provide the homeless and veteran populations in Lee County with access to essential goods and services, the Lee County Homeless Coalition will hold the 20th annual Homeless Service Day and Veterans Stand Down at CityGate Ministries on Saturday, January 25 at 8:45 a.m.

Services provided during the event to anyone who is homeless will include provisions for food, hygiene kits, backpacks, flu shots, haircuts and information on Veterans Affairs benefits. Referrals for substance abuse and mental health counseling will also be available. During the event, the Lee County Homeless Coalition will complete their annual Homeless Census, which provides critical information on the scope of homelessness in our community.

“A Stand Down is a military term used to describe a brief respite from combat where troops could access a variety of services,” said Janet Bartos, executive director. “Our hope is to help homeless individuals get what they need by providing these services in a one-stop setting.”

At no charge, the effort to provide these “one-stop” services in one day is a collaborative endeavor which includes several agencies and civic organizations committed to supporting the needs and services of the homeless. There are over 25 agencies registered to attend this year.

The Lee County Homeless Coalition is a non-profit organization comprised of community and faith-based service providers, local businesses, people who are currently experiencing or who have experienced homelessness, and other advocates committed to ending homelessness. To learn more about how you can help join the fight against homelessness, contact Bartos at 322-6600.

CityGate Ministries is located at 1735 Jackson Street in Fort Myers. For more information, visit [www.leehomeless.org](http://www.leehomeless.org).✱

## Library System Breaks Digital Record

The Lee County Library System has announced it achieved a record 1.6 million digital checkouts in 2019, up about 14 percent from 1.4 million in 2018.

The Lee County Library System is one of 80 systems around the world – including stand-alone libraries and consortia – that surpassed one million checkouts through OverDrive, the leading digital reading platform and its award-winning app, Libby.

This accomplishment illustrates the continued growth and importance of library lending of e-books, audiobooks and streaming content along with the creative ways the library has served its community with digital services.

Readers in Lee County simply need a valid library card to access digital materials from Lee County Library System’s digital collection. Readers can use phones, tablets, e-readers or computers to access materials from digital content providers like Overdrive, hoopla, RBDigital and Freegal.

continued on page 17





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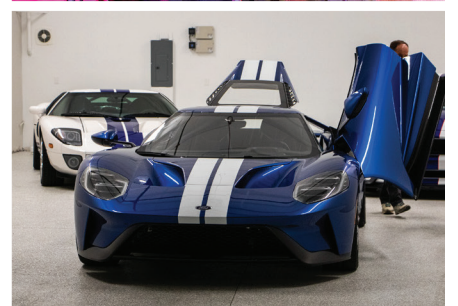


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## Superior Interiors

## Creative Uses For Spare Rooms



by Linda Coin

While owning a spacious home is certainly a blessing, having rooms you don't know how to use can feel like a curse. Whether your formal living room is never occupied, or your grown-up

kids' bedrooms remain empty, trying to breathe new life into extra space is often easier said than done. Instead of following a traditional path and turning these spare areas into TV rooms or guest bedrooms, why not think outside the box? Consider transforming your extra room using one of these creative ideas.

If you're an arts and crafts addict, you know that projects rarely go as smoothly as they appear to on Pinterest. Even crafts with the simplest instructions can leave you standing in a sea of glitter, pipe cleaners and stray mason jars. While you might be currently using your kitchen or garage as your craft studio, it's no secret that clean-up and storage in these spaces can be a definite struggle. After all, your extensive collection of ribbon doesn't really have a home among pots and pans or power tools. Take your passion for crafting to the next level by transforming your spare room into your artistic studio

space. Provide storage solutions for all your materials, as well as what types of furniture, floor coverings and window treatments will refresh the room and make it welcoming and inspiring.

If you love entertaining, why not create an environment where you can relax with friends and family over a delicious cocktail? If you have a spare room that's adjacent to your kitchen or dining area, a unique way to put it to good use is by turning it into a home cocktail bar. You can use the space for appetizers and drinks during dinner parties, and then return to the room for dessert and nightcap once your meals are over. While a design professional will have excellent ideas about how to repurpose the space, remember to include a sink and refrigerator in your design plans. You don't want to be running to and from the kitchen for ice and clean glassware!

Furry friends often get the short end of the stick when it comes to home design, and your house likely has plenty of areas that are strictly off-limits to your animals. If you have some extra space, it's a great opportunity to show your pets that, while they may not be able to run around the dining room at their leisure, they're still important members of your household. Having a designated pet room means you can get eyeglasses like cages, scratching posts, litter boxes and food bowls out of the main areas of your house. Additionally, it'll contain animals when guests are over, so friends who have allergies will feel more comfortable spending time in your house. Include durable flooring and decor choices that will look chic but withstand the wear and tear of excited paws.

While large rooms can be transformed

into home gyms, smaller areas really can't sustain numerous machines and piles of equipment. If you want to make a space in your house dedicated to health and fitness but don't have a lot of square footage to work with, why not create a personal yoga studio? If the room is big enough to handle you and a mat, you can turn it into a calming environment that's perfect for your practice. Select colors and decor that will keep you relaxed and focused.

While the word library might conjure up images of high ceilings and infinite

rows of books, this doesn't have to be the case. Any spare room can become a home library where you and your family can read, study, work or just relax. Fill the room with bookcases and comfortable seating. Make sure you incorporate plenty of light fixtures into the space as well, so your eyes don't get too tired when you're engrossed in a page-turner.

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

## Company Backs Home For Mothers

Larue Pest Management, a local, family owned pest control company, recently announced that they will be Golden Heart Annual Sponsors of Our Mother's Home of Southwest Florida.

Over the last 20 years, Our Mother's Home has allowed hundreds of foster girls (ages 12 to 21) who have become pregnant the opportunity to raise their own children, while learning the life skills necessary to be successful adults.

This isn't the first year that Larue has supported Our Mother's Home, but learning of the home's goal of raising \$220,000 in 2020 in honor of their 20th anniversary prompted them to commit even more this year, and hopefully inspire others to offer their support as well.

"As a board member of Our Mother's Home, I'm very aware of the life changing work that they do for children in our community, as well as the financial responsibility that goes along with it," said

Marin Asher, marketing director at Larue Pest Management. "Our Mother's Home raises 60 percent of its own funding and supporting up to 10 teenage girls and their babies under one roof can be quite expensive. I feel blessed to work for a company that values Our Mother's Home's mission enough to focus their annual giving on them this year."

As a Golden Heart Annual Sponsor, Larue will support all of Our Mother's Home's major fundraising events during 2020 including:

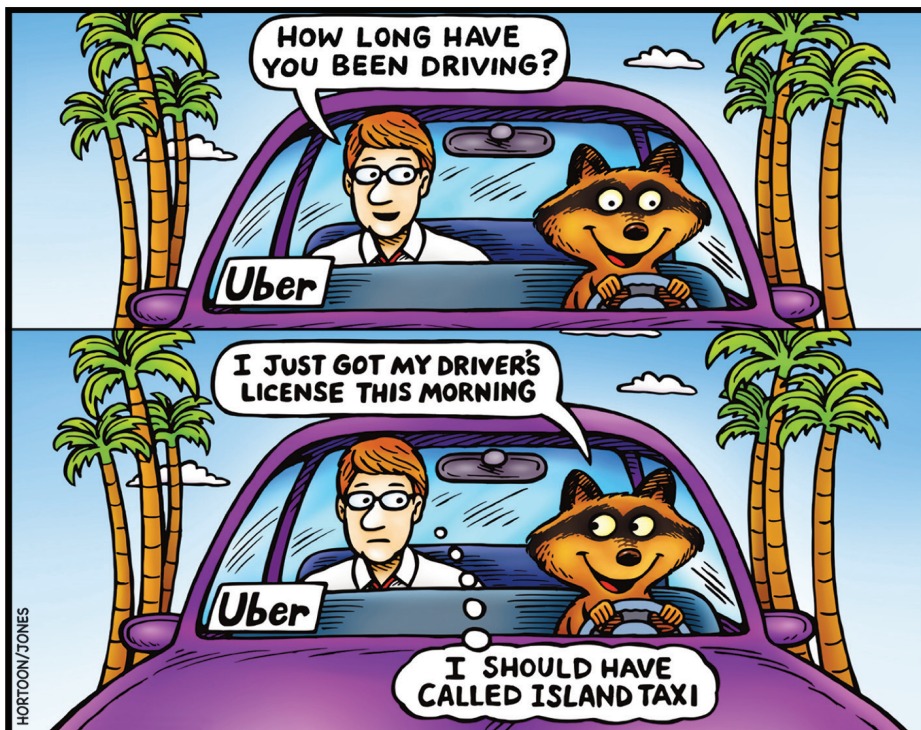
Our Mother's Home's 20th anniversary celebration on January 25 at The Plantation Golf & Country Club

The 4th annual Chair-A-Tea Party on March 20 at the Bonita Bay Club

A Family Fun Fishing Day on April 4 at Marlins Brewhouse

The 5th annual Young Women on the Rise on September 18 at Keiser University

For more information about how you or your business can get involved by sponsoring, volunteering or attending any of these events, visit [www.ourmothershome.com](http://www.ourmothershome.com).✱



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## Director Earns Fund Raising Credential

Angie Manley, the director of university advancement for Hodges University, has earned the Certified Fund Raising Executive (CFRE) credential. She is now one of over 6,900 professionals worldwide with this distinction.

In order to earn this credential, Manley met the standards set by CFRE International: tenure in the profession; education; and a demonstrated fundraising achievement for not-for-profit organizations. She passed a rigorous written exam, and agreed to uphold accountability standards and the Donor Bill of Rights.

CFRE International is an independent organization promoting confidence, ethics and professionalism in fundraising. It is governed by a volunteer board of directors. The CFRE is accredited by the American National Standards Institute (ANSI).

Manley has nearly 12 years of fundraising and corporate event expertise



Angie Manley photo provided

in New Jersey and Florida. She earned a bachelor of arts degree in English from Villanova University and is a member of the Association of Fundraising Professionals, Collier-Lee Chapter (AFP), and has earned the Society of Certified Senior Advisors (CSA) certification.\*

## Republican Women To Meet

The Lee Republican Women Federated will hold its monthly meeting at Pinchers – The Marina at Edison Ford on Monday, February 10. A social begins at 5:15 p.m., followed by the dinner and program.

The program will feature Cathi Chamberlin, author of *The Deplorable*. Cost is \$25.

Chamberlain is a 25-year resident of St. Petersburg, Florida, and an Army brat raised by a strict officer father in the Washington D.C. area. She received her bachelor of arts degree in communications from California State University, Northridge. Her dream was to become a writer. She wrote a self-help book that sold over 20,000 copies and landed her interviews on CNN worldwide and multiple TV and radio talk shows.

Chamberlain shelved her writing ambitions to enter the home-improvement industry. She founded four companies, including the nation's first all-female construction company in Tampa, eventually growing it to 19 women on payroll.

Chamberlain's timely new book *Rules for Deplorables: A Primer for Fighting Radical Socialism* has absolutely nothing to do with

construction. Her new passion is all about saving America from socialism in the upcoming 2020 elections.

This published author, blogger and entrepreneur is also a regular contributor to the nationally syndicated *Captain's America Third Watch* radio program with popular host Captain Matt Bruce.

Pinchers – The Marina at Edison Ford is located at 2360 West First Street in Fort Myers. For reservations, call or text Ashley Winstel at 602-708-8663 or email acwinstel@gmail.com or visit [www.leerepublicanwomen.com/productcategory/register](http://www.leerepublicanwomen.com/productcategory/register) before February 6 at noon.\*

From page 14

## Digital Record

Borrowed titles automatically expire at the end of the lending period, and there are no late fees. Library cardholders can also download titles for offline use.

Visit [www.leelibrary.net/online](http://www.leelibrary.net/online) to start borrowing e-books, audiobooks, magazines and streaming content anytime, anywhere. If you live, work or go to school in Lee County, you can get a free library card.

The Lee County Library System, founded in 1964, has 13 branches to serve Lee County residents. For more information about other library services and programs offered, visit [www.leelibrary.net](http://www.leelibrary.net).\*

## Free Tax Filing Assistance At United Way

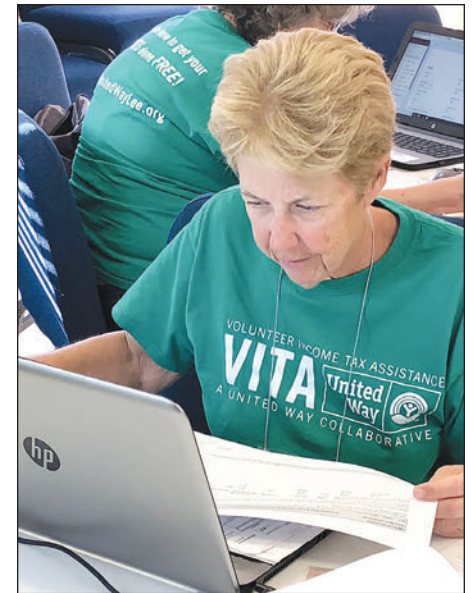
The United Way of Lee, Hendry, Glades and Okeechobee free Volunteer Income Tax Assistance (VITA) tax filing assistance program provides free tax filing services at 18 sites in Lee, Hendry, Okeechobee and Charlotte counties to individuals and families making less than \$66,000 per year.

More than 200 IRS-certified United Way volunteers who are passionate about taxes will prepare the returns and determine if the taxpayer is eligible for the Earned Income Tax Credit (EITC) and/or Childcare Credits. This United Way program helps low-to moderate-income households meet their basic needs and build financial assets.

The 3rd annual United Way 12-Hour Taxathon will be held on Friday, February 7, at the United Way campus, 7273 Concourse Drive, in Fort Myers. The 12-hour taxathon countdown begins at 8:45 a.m., with tax preparation from 9 a.m. to 9 p.m.

All returns are filed electronically for speedy tax refunds. United Way VITA services begin Monday, January 27 and continue through the filing deadline of April 15.

To locate the most convenient VITA site or schedule an appointment with an IRS-certified volunteer to prepare your free tax return, visit <https://booknow>.



VITA tax preparer Rita Tibbetts reviewing a tax return with VITA clients photo provided

appointment-plus.com/7z18p1x6 or call the United Way 211 Helpline by dialing 2-1-1 or 433-3900.

In 2019, over 5,500 individuals and families were able to utilize the free VITA tax preparation program resulting in \$7.5 million coming back to our five-county region and saving an average of \$250 per family in tax preparation fees.

If the taxpayer has access to a computer and would like to file their own taxes free of charge, United Way can help with that too. Visit [www.myfreetaxes.com](http://www.myfreetaxes.com). It is simple, fast and secure while offering online assistance with the process.\*

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## Book Review

# The Dutch House

by Di Saggau



**T**he Dutch House by Ann Patchett is about two siblings, Maeve and Danny Conroy, who are bound tightly together after their mother leaves home when they are age 10

and 3. Dutch House is a 1922 mansion outside Philadelphia that their father, Cyril, purchased as a surprise for his wife in 1946, when Maeve was age 5. Everything in the house came with the house, which included paintings throughout of all the ancestors of the couple with the unpronounceable name that had lived there. Their name was VanHoebeek. There was also one painting of Maeve as a young girl.

It was Cyril's goal to become a real estate mogul, a goal he achieved over the years. The book is written in the first person, from Danny's adult point of view, and that works quite well. He says, "The only thing our father really cared about in life was his work: the buildings he built and owned and rented out. He loved buildings the way boys loved dogs." When a pretty young widow Andrea, who is 18 years Cyril's junior, falls in love with the house and then moves in with her two small daughters as his new wife,

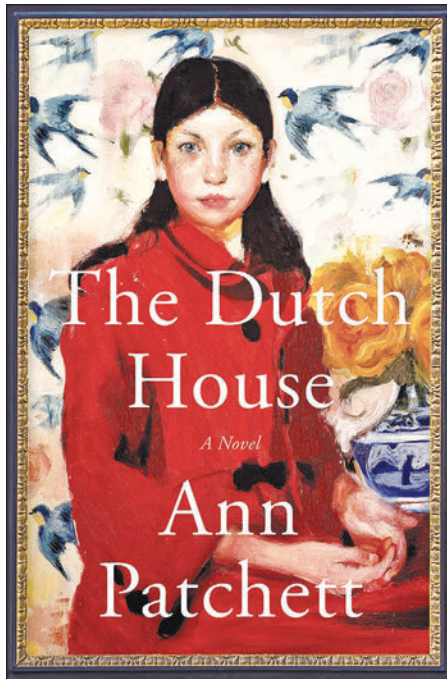


image provided

it's obvious she doesn't care for Danny and Maeve. They are exiled by their stepmother from the house where they grew up.

The two wealthy siblings have to start over again, and all they have is each other. It's an unshakeable bond that saves both their lives and establishes their futures. Danny eventually leaves his medical residency and decides to go into real estate, buying and fixing up buildings as his father had done. They often park across the street from their former home

to talk about their lives and what they have lost. When they are finally forced to confront the people who left them behind, the relationship between the siblings is finally tested.

*Publishers Weekly* says, "Patchett remarkably traces acts of cruelty and kindness through three generations of

a family over 50 years. This splendid novel is a thoughtful, compassionate exploration of obsession and forgiveness, what people acquire, keep, lose, or give away, and what they leave behind." *The Dutch House* is filled with suspense and offers a story that will stay with you for a very long time.\*

## School Smart

by Shelley M. Greggs, NCSP



**D**ear Shelley, I have two kids who are in middle school and have some learning issues. As they get older, their classes and homework are becoming more

difficult and they struggle from time to time. Our time is tight with work, school and activities, and I am considering using an online tutoring service to help them. Do any of these services specialize in helping kids with learning disabilities? How can I tell if the tutors have much training in these areas? Is this a good idea?

Sarah B, Cape Coral

Sarah,

Online tutoring has become a popular way to help with homework or to supplement classroom learning. Many of these services can connect your child with an actual person at any time, day or night. Online tutors use instant messaging, shared whiteboards and other tools to engage your child. Having information presented to them in different ways can be very helpful to kids who learn and think differently.

Some online tutoring sites charge by the month. Some charge by the minute. These services can get really expensive if used all the time. But a short stint of tutoring could help kids understand the key concepts they need to master to move on to more difficult material.

Most online tutoring companies will provide a free lesson. I would recommend that your children take a lesson to see if they feel comfortable with the online format.

Before you sign up for online tutoring, check with your child's school. Some school districts offer a discounted rate through online services. Make sure to find out exactly what the fee structure is, the subjects that are taught, the qualifications of their tutors, time limits, payments plan, etc. Online tutoring is a business, so you need to make sure you understand exactly what you are buying.

Many of the big online tutoring services don't specialize in learning and thinking differences, although there are a few sites that do. You'll just need to do some keyword searches to find them. There are also some teachers on mainstream tutoring sites who have experience teaching kids who learn and think differently. Make sure to ask for a tutor who has experience teaching children who learn differently.

On-demand tutoring can be a valuable resource for kids who have trouble

learning in a traditional classroom setting. If you can't find an online tutoring service you like, flashcard-sharing sites and sites with educational videos might be good alternatives.

You may also want to check out your public library. Public libraries are a great homework resource. In a nationwide survey, 95 percent of public libraries said they provide online homework help. It's possible that a library near you offers free access to tutoring sites.

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

From page 2

## Historic Downtown

Godman gave welcoming speeches. After the evening banquet, the train departed for Miami.

Today, Fort Myers has no railroad passenger service, but the Seaboard depot survives opposite the Oasis Condominiums.

Redevelopment plans include making the location a self-storage facility.

Make a point of exploring what's left of the town's railroad history by starting with a visit to the historic depot on Riverside. Then discover the significant roles that two railroad lines played in 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](http://www.leecountyblackhistorysociety.org).

Visit the IMAG History & Science Center at 2000 Cranford Avenue or at [www.theimag.org](http://www.theimag.org).

Sources: The Archives of the Southwest Florida Historical Society, the *Miami Herald*, the *Miami News*, the *Miami Tribune*, the *Tampa Tribune*, and [www.cityftmyers.com](http://www.cityftmyers.com).\*

## EPIC FIRES OF FORT MYERS

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



THOMAS P. HALL  
ROBIN C. TUTHILL, EDITOR

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"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





SHINE volunteers

photo provided

## SHINE Medicare Program Seeks Volunteers

**S**HINE (Serving Health Insurance Needs of Elders) has a rewarding opportunity to make a difference in the lives of elders and people with disabilities in Southwest Florida. The SHINE Program is seeking volunteers, including bilingual volunteers, to assist Medicare beneficiaries, their families and caregivers in Southwest Florida.

SHINE is a program of the Florida Department of Elder Affairs and is operated locally through AAASWFL. Specially trained SHINE counselors help educate and empower Medicare beneficiaries, their families and caregivers to understand their health care options so they can make the best decisions for their individual needs. SHINE counselors can also help beneficiaries understand benefits available through Medicare, like preventive health care services. Additionally, SHINE counselors assist low-income Medicare beneficiaries with applying for cost-savings programs. As part of the national Senior Medicare Patrol program, counselors also educate

beneficiaries to protect, detect and report potential errors, fraud and abuse with their Medicare coverage. In addition to providing one-on-one counseling and support, SHINE volunteers may also deliver educational presentations in the community and participate in health fairs and outreach events.

In 2019, 62 local SHINE volunteers helped more than 5,100 clients in Southwest Florida. In total, the AAASWFL SHINE volunteers provided more than 5,000 hours of counseling last year.

Requirements to become a SHINE volunteer include an interest in assisting seniors and people with disabilities, along with basic computer knowledge and internet navigation skills. A background in health care or insurance is not required. Specialized training and informational materials are provided to all SHINE volunteers.

Potential SHINE volunteers may contact Camilita Aldridge, SHINE liaison, at 652-6900 for more information about volunteer opportunities or to apply. Volunteer applications can also be found at the State of Florida's SHINE website at [www.floridashine.org](http://www.floridashine.org).

For more information, visit [www.aaaswfl.org](http://www.aaaswfl.org) or call the toll-free helpline at 866-413-5337.✱

## Graduation Rates Rise To New High

**T**he Florida Department of Education just released the 2018-19 graduation rates, and Lee County has shown more improvement.

The graduation rate increased to 83.7 percent for the class of 2019, a nearly one percent increase from the year before and the highest level ever attained by the district. When charter schools are not included, the district's graduation rate rises to 92.8 percent.

Here are some of the highlights:

Overall graduation rate increased by 0.9 percent (82.8 to 83.7)

African American student rate increased by 1.5 percent

Hispanic student graduation rate stayed the same

English Language Learners rate increased by 3.4 percent

Exceptional Student Education rate increased by 2.3 percent

"These graduation numbers are highly encouraging," said Superintendent Dr. Greg Adkins. "They prove the direction we are taking is working and consistently improving student achievement. I am extremely proud of our students for their hard work and our staff for the dedication to student success."

Eleven high schools graduated more than 90 percent of their students. Seven increased their graduation rates from 2018, with East Lee County showing the highest improvement, 6.3 percent. Five of the schools with lower rates dropped less than 1 percent.

For the 2019 individual school graduation rates in Lee County, visit [www.fldoe.org](http://www.fldoe.org).✱

## Hodges University Names Dean Of Business

**H**odges University recently announced that Dr. Todd Katz has signed on as the dean of Johnson School of Business. His responsibilities include overseeing the degrees and programs in the Johnson School of Business, in addition to creating new degrees and programs that help fulfill the workforce needs of organizations and corporations locally, regionally, nationally and internationally.

"Dr. Katz brings extraordinary, real-world experience that will take our business school to a new level of excellence," said Dr. John Meyer, president of Hodges University. "His expertise and enthusiasm will ultimately benefit the students we serve."

Dr. Katz brings over 25 years of professional experience as a senior financial services executive. His achievements include developing, growing and leading financial services companies in fast paced, high growth, dynamic environments. Additional strengths include business development, relationship and risk management, strategic planning, credit, sales leadership, employee motivation, corporate finance, including capital raising and merger and acquisitions, recruiting and developing high performing management teams.

Dr. Katz earned a bachelor of science in history from the University of



Dr. Todd Katz

photo provided

Florida, and a juris doctor in banking, corporate, finance, and securities law from the University of Florida's Fredric G. Levin College of Law. He was president and CEO of Tarpon Coast Bank and was vice chairman and president of Calusa Bank and Tarpon Coast National Bank. He served as general counsel for Southwest Banks, Inc. and its subsidiary banks, including First National Bank of Naples. His recent volunteer experiences include board member, Florida Board of Nursing and board member, Charlotte Regional Medical Center. He is currently on the board of the Charlotte Behavioral Health Center.✱

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



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Will Power

# Ambition Drain?



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

There’s an old Yiddish phrase “un kinder aus yachsen mit bupkes ist immer bupkis!” (a child from a distinguished heritage with nothing is still nothing). In other words, it doesn’t matter how important or distinguished someone’s lineage is if each generation doesn’t otherwise live up to the family’s standards.

I think about that phrase from time to time when I hear complaints about adult children who haven’t lived up to their parents’ expectations in one way or another. Perhaps they spend too much money relative to what they earn, or they bounce from job to job without advancing their career, or they fail to finish their education.

Offentimes the complaining parents are quite successful. They might be doctors, lawyers, engineers, business owners or community leaders. Most of the time the patriarch and matriarch themselves arose from modest backgrounds and had to earn and scrape for everything they now enjoy.

Their children, on the other hand, don’t have the same frame of reference. The parents wanted their children to have it much easier than they had, so the children’s lives were easier. The children had more handed to them – they didn’t have to work and earn for everything that they have.

So is it any surprise that the children don’t have the same drive and ambition that their parents had?

Which leads me to today’s estate planning lesson. It’s not uncommon to hear a client say that they don’t want the inheritance to take their children’s drive and ambition away. A trust might be built that provides supplemental income but cannot be used for sole support.

These are all good ideas. But isn’t it a little too late to teach these lessons through a will or trust? The average life span for someone who is currently 60-something years old is 86. In other words, today’s 60-year-old can expect to live another 26 years, all things being equal.

If the children are 30 years younger, then they will become trust beneficiaries in their 50s – or maybe even their 60s. Will an incentive or supplemental needs trust really work to change habits that have been ingrained for several decades by that point?

Somehow the lessons and values that made the parents what they are need to be ingrained at a much earlier age. Anyone with any means struggles with these issues,

myself included. I grew up in a very modest setting, and have worked to earn my own way from a very early age. While I didn’t want my own children to have to work like I did, somewhere there’s a line that one doesn’t want to cross.

I think that it is certainly more difficult today than it was a generation or two ago. Smart phones, the Internet, Netflix and many other modern conveniences tend to distract us from having important family dinner discussions. Travel soccer teams take away time that would otherwise be spent learning morals and values in synagogue or at church. Two-income households mean that both Mom and Dad are exhausted at the end of the day and don’t have the stamina to oversee homework or to attend school functions.

Somehow we all must work to change this dynamic.

This isn’t to say that all children are on the wrong path and will become irresponsible spendthrifts later in life. I actually believe quite the contrary. There are a lot of good kids out there who work hard to earn good grades and are quite ambitious.

But there are also many who don’t appreciate what their parents have built for them, and what their parents had to sacrifice to get the family where it currently is. And that, my friends, is not necessarily the kids’ fault.

It’s all of ours.

Hopefully, the pendulum will swing back as many realize what’s happening. Until then, I’m afraid there will be many more estate planning discussions centering on how to protect our children from themselves when they inherit the assets that took so long and hard to earn.

©2020 Craig R. Hersch. Learn more at [www.sbshlaw.com](http://www.sbshlaw.com).✪

## Workshop On Resumes And Interviews

Professional Education & Training (PET) Hodges Connect will host a Resume and Interview Workshop on the Fort Myers campus of Hodges University on Saturday, February 1 from 11:30 a.m. to 12:30 p.m. .

“You’ll learn what to include and what to exclude from your resume,” said Dr. Andrea Fortin, director of Hodges Connect. “This is an interactive workshop

where our experts will give you advice on resume writing, interviewing and how to always come across as a true professional.”

Attendees are encouraged to bring their resumes to the workshop.

Registration is required. Cost is \$25 per person or \$10 for Hodges students and alumni with the promo code HAWKPRIDEFEB20.

Hodges University is located at 4501 Colonial Boulevard in Fort Myers. To register, visit [www.hodgesconnect.catalog.instructure.com/browse/business-and-communication/courses/resume-feb1](http://www.hodgesconnect.catalog.instructure.com/browse/business-and-communication/courses/resume-feb1). For questions or more information, email [hodgesconnect@hodges.edu](mailto:hodgesconnect@hodges.edu).✪

## Sanibel FlyFishers Present The 2<sup>nd</sup> Annual Fly Fishing Film Tour (F3T)

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# Blowouts And Strikeouts



by Howard Prager

Unlike the past NFL playoffs, the conference championship games were yawners, other than the records set. The Chiefs and the 49ers easily dominated their opponents. A few

records were set by Raheem Mostert of the 49ers, who became the only player in NFL history with at least 200 rush yards and at least four rushing touchdowns in a playoff game. Mostert also became just the first player to score at least four rushing TDs in a conference title game and the only player in NFL history with at least 150 rushing yards and three rushing touchdowns in a single half of a playoff game. On the AFC side, Derrick Henry of the Titans rushed for the most yards in playoff games (despite losing), beating John Riggins 37-year old record with 446 total yards.

Let's get on to the real debate today, and that's the Houston Astros. Sign stealing in baseball is legal. Electronic sign stealing, and doing so on a team-wide basis, is not. What does this mean? What should be done? Were they penalized enough? What does this say about ethics and sports? How far is this going to go beyond the Astros?

First, what does this mean? Sign stealing allows the hitter to know, not guess, what pitch is coming. If they can know that, they can prepare for that pitch which gives the hitter a big advantage and takes away any advantage the pitcher may have.

Second, what should be done? Immediate action was necessary. I'm not sure what major league baseball did was serious enough (manager and general manager both on one year probations, \$5M fine, loss of first and second round draft picks for two years). The Astros then fired both the manager and GM, yet the owner of the Astros said he's looking inside for replacements. If he's

looking inside the organization, how does this change the culture that allowed this to happen? Two other managers have been fired, Alex Cora of the Red Sox and Castro Beltran of the Mets, both implicated in the MLB report. I expect further repercussions. Were the Astros penalized enough, since they still have their full team intact (other than free agents)? And what to do about the Astros World Series win in 2017 and the teams they beat before the Nationals last year, do those records still stand? Is there an asterisk by them? Incidentally, how the heck did the Nats beat this system?

Third, what are the ethics of this? If baseball is a game of a pitcher, catcher, hitter and manager trying to outwit the other, I believe organized sign stealing takes away from that. How does this compare with steroid use, gambling, etc.? What surprises many is that the Astros had a strong team regardless of this. This writer felt that way about Barry Bonds – he was already a strong hitter anyway, why take steroids?

In corporate America, if someone is caught violating rules, they are thrown out. Examples include McDonalds where the CEO was gone for violating the company policy and Boeing's CEO was out for the 737 Max tragedy. Here, the people who carried this out – the video people, the garbage can bangers and the players – are not penalized at all. Is that right? What message does this send to fans and to youth? That is unless so many teams are doing it that it would decimate baseball teams and rosters. Then we have a far larger and more pervasive problem.

Fourth, what changes need to be made now? Former Los Angeles Angels manager Mike Scioscia said, "We need to put a stop to it. The video room that's near proximity to the dugout in ballparks, that's got to go. That's got to be abolished. No more video rooms anywhere near the dugout. Move the replay (monitors) upstairs by the press box. Ban all communication to the dugout. The first step has to be to get all live video away from the dugout because too many teams have a video room close to it, which is a huge temptation. And shut down the video room. It should be in the clubhouse. We can't have live feed anywhere." But we need some live feed for when a manager challenges a call. Does that mean

a coach must be upstairs or in the locker room, and in touch with a manager for challenging calls only?

We haven't seen the last of the scandal and its impact. With Spring Training less than a month away, there's bound to be more that we learn. I worry about teams that set home run records last season and hope they aren't caught up in this. Stay tuned.

*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](mailto:press@islandsunnews.com).\**

## Sponsors Sought For Memorial Golf Outing

Sponsorship opportunities, raffle prizes and golfers are being sought for the 7th annual Bob Janes Memorial Golf Outing, to be held at Shell Point Golf Club on Wednesday, April 8.

The Lee Coast Chapter of the professional association for Military Officers and their families (MOAA) event includes registration and a light breakfast at 7 a.m.; shotgun start in four flights by handicap at 8 a.m.; and lunch and prizes awarded from 12:30 to 2 p.m. This is the foundation's primary fundraiser, which enables golfers to participate in and fund programs that serve veterans, high

school and collegiate military programs independently and in cooperation with community and educational organizations.

Raymond F. Sandelli is the honorary chair. Sandelli is a former naval officer and aviator whose final tour was with the Blue Angels. He is now the Lee County Commissioner for District 3. MOAA Lee Chapter Vice President Tim Moore is the golf outing chair. He is a retired U.S. Air Force officer.

Sponsorship opportunities include:

Diamond – \$5,000-plus: Four playing positions; name included with all news releases; named on display banner and program; and hole sponsorship sign.

Platinum – \$2,500-plus: Four playing positions; named on display banner and program; and hole sponsorship sign.

Gold – \$1,000-plus: Two playing positions; named on display banner and program; and hole sponsor sign.

Silver – \$500-plus: One playing position; name in program; hole sponsor sign.

Bronze – \$250-plus: name in program; and hole sponsorship sign.

Hole Sponsor – \$150: hole sponsorship sign.

MOAA is dedicated to maintaining a strong national defense; fostering fraternal relations among active, former and retired officers of all uniformed services; providing service to area veterans/families and Lee County JROTC; while promoting the purposes and objectives of the national association.\*

## SPORTS QUIZ

1. True or false: Boston Red Sox great Ted Williams is not in the top 20 for highest slugging percentage in a single season.
2. In 2018, Ronald Acuna Jr. set an Atlanta Braves single-season record of eight leadoff homers. Who had held the team mark?
3. Place-kickers Adam Vinatieri (599) and Morten Andersen (565) are 1-2 in career NFL field goals made. Who is No. 3?
4. When was the last time before 2019 that Auburn's men's basketball team made it as far in the NCAA Tournament as the Elite Eight?
5. Who scored the overtime goal against New Jersey to send the New York Rangers to the 1994 Stanley Cup Finals?
6. Mikaela Shiffrin set a record in 2019 for most career World Cup slalom wins by any skier. Who had held the mark?
7. In 2019, golfer Viktor Hovland set a new mark for lowest total score by an amateur (280) at the U.S. Open. Who had the previous record?

## ANSWERS

1. False. He holds the 17th (7346 in 1941) and 19th (7310 in 1957) spots. 2. Markquis Grissom had seven leadoff homers in 1996. 3. Gary Anderson, with 538 field goals made. 4. It was 1986. 5. Stephane Matteau. 6. Sweden's Ingemar Stenmark, with 40 World Cup slalom wins (1974-87). 7. Jack Nicklaus had a 282 score as a U.S. Open amateur in 1960.

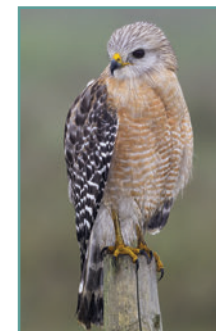
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**Or consider not using any rat poisons at all. Instead, seal all entry points to your home.**



**SCCF 472-2329 • [www.SCCF.org](http://www.SCCF.org)**





From left, Roger Grogman, Kevin Ruane and John Henshaw



From left, Daniel Andrews, Marisa Carrozzo and Chris Wittman

# Foundation Hosts Reception

The Everglades Coalition welcomed guests at a reception, hosted by the Everglades Foundation, during the 35th annual Everglades Coalition Conference, held January 9 to 11 at South Seas Island Resort on Captiva. The theme was All Hands on Deck for America's Everglades.

Over 350 people attended the conference, which featured discussions on the importance of securing funding to complete Comprehensive Everglades Restoration Plan projects and improved water quality for Floridians who live in the Greater Everglades watershed.✧



Jason Maughan and Chauncey Goss



From left, Drew Bartlett, Anna Upton and Heather Fitzhagen



Mike Magley and Howie Gonzales



Jean Hartman and Phil Gresh



Nancy and Mark Perry



Ron Bergeron and Daniella Levine Cava



From left, Jimmi Stevens, Michael McGrath and Steve Leidner



From left, Alyssa Lenkel, Alison Enchelmaier and Briana Gibbs



From left, Nick Aumen, Pedro Ramos and Thomas Forsyth



## Talk On Mental Health Stigma

Stigmas surrounding mental health can often make people hesitant to seek treatment or hinder their loved ones from being comfortable to lend a helping hand. However, some professionals think even using the term “stigma” can be counterproductive in empathizing with those who suffer from mental and behavioral health conditions.

On Tuesday, January 28 from 6 to 7:30 p.m., the Healthy Lee Behavioral Health Coalition will be hosting an open conversation at the Collaboratory to discuss stigma and the potential unintended consequences of the term. Dr. Paul Simeone, vice president and medical director of behavioral health at Lee Health, and Harold Maio, a retired mental health editor, will share their opposing views on the topic.

“Awareness of the mental health conditions that millions of Americans suffer from has reached unprecedented levels, but we still have a long way to go in finding the right way to broach the delicate subject as we try to support our friends and family,” said Dr. Simeone. “Stigma is still a very big problem, and I look forward to a fruitful conversation that will bring different perspectives on how to discuss the mental health epidemic.”

The featured speakers will have a robust conversation, presenting their arguments on whether using the term stigma actually further pushes mental health issues into the shadows. Following the discussion, both speakers will field questions from the audience and a panel of community leaders and mental health professionals. This promises to be a thoughtful evening that brings awareness to the fragility of discussing mental illness.

The free event is sponsored by Hope Clubhouse and Park Royal Behavioral Health Services.

The Collaboratory is located at 2031 Jackson Street in Fort Myers. To reserve your complimentary tickets, visit [www.eventbrite.com/e/mental-health-stigma-an-open-discussion-on-the-use-of-language-tickets-86827452247](http://www.eventbrite.com/e/mental-health-stigma-an-open-discussion-on-the-use-of-language-tickets-86827452247).

## Chronic Pain Workshops

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

Lee Health is offering a free six-week workshop, entitled Chronic Pain Self-Management at two locations. The sessions will be held on:

Wednesdays beginning February 5 from 9 to 11:30 a.m. at Hope Lutheran Church, 25999 Old 41 Road, in Bonita Springs.

Thursdays beginning February 20 from 1 to 3:30 p.m. at Winkler Court, 3250 Winkler Avenue Extension, in Fort Myers.

The research-based program developed by Stanford University can help you become empowered to improve your quality of life. Learn how to more easily manage your medications; understand the benefits of exercise; manage symptoms

of stress, pain and fatigue; and make smarter decisions related to health eating. Participants will also receive a copy of the book *Living a Healthy Life with Chronic Pain*.

Seating is limited and registration is required. Call 343-9264 for more information.✱

## Free Child Dental Services At FSW

The Dental Hygiene program at Florida SouthWestern State College (FSW) will host its annual Give Kids A Smile Day in Building A on the FSW Lee Campus on Saturday, February 8 from 9 a.m. to 3 p.m.

Children ages 3 to 17 will receive free dental services on a first-come, first-served basis. Services that will be offered at no charge include dental cleanings, x-rays, dental sealants and a dental examination. Health educational activities, wellness assessments and child safety education will also be provided.

The FSW Lee Campus is located at 8099 College Parkway in Fort Myers. For more information about Give Kids a Smile Day, call the FSW Dental Hygiene Clinic at 985-8334.✱

## Horizon Council Annual Meeting

The Horizon Council, Horizon Foundation and Lee County Economic Development Office will hold their 2020 annual meeting at Broadway Palm Dinner Theatre on Friday, January 31 from 11 a.m. to 1:30 p.m.

Tickets are available through Friday, January 24.

The annual meeting aims to educate attendees on Horizon Council, Horizon Foundation and Lee County Economic Development Office successes in 2019 and plans for 2020. Tickets include a buffet lunch and keynote speaker presentation.

This year's keynote speaker is Larry Burns, a retired General Motors vice president of research and development. Burns also serves on the board of Kitson & Partners, developers of Babcock Ranch, a master planned community located in southeastern Charlotte County and northeastern Lee County.

Broadway Palm Dinner Theatre is located at 1380 Colonial Boulevard in Fort Myers. For tickets, visit [www.eventbrite.com](http://www.eventbrite.com) and search for Horizon Council Annual Meeting.✱

From page 1

## Theatre Conspiracy

humorous moments throughout.

I loved the dramatic conclusion of this play that consists of a montage of the future, ending with a portrait of Barack Obama. Camae repeatedly says, “The baton passes on.”

*The Mountaintop*, directed by Rick Sebastian, runs 90 minutes with no intermission. It plays through January 26 at Theatre Conspiracy at Alliance for the Arts, located at 10091 McGregor Boulevard in Fort Myers. For tickets, call 939-2787.✱

## Grief Support Program For Young Adults

Valerie's House, the first and only grief support program in Southwest Florida focused solely on helping children grieve, has launched a program to help young adults work through their grief following the death of parent, sibling or friend. The program is a result of recent studies that show one in three college students have experienced the death of a family member or close friend within the last 12 months, according to 2018 research.

Valerie's House Founder and CEO Angela Melvin says she is not surprised with the statistics as it was when she was 18 years old and a freshman at the University of Florida, that she began to openly grieve the loss of her mother Valerie, who died when she was 10 years old and who the organization is named after.

“I remember being in my dorm and my roommate talking on the phone with her mother every day,” Melvin said. “It was in those moments that I felt more grief than I had ever felt before. We hope that by starting something specifically for the young adults in our community, they will realize they are not alone and it can help them not only in their healing today, but in their futures.”

The Young Adult Grief Support Group is geared toward 18- to 25-year-olds and will meet at Valerie's House from 6 to 8 p.m. on the first Monday of each month.



Allyson O'Brien photo provided

Valerie's House Program Coordinator Ally O'Brien, who has been working with Valerie's House since she was an intern at Florida Gulf Coast University four years ago, will lead the group. Having lost her father at 16 years old, O'Brien says she understands the challenges of navigating young adulthood without a key supporter in her life.

“We are on our own and trying to figure things out,” O'Brien said. “My hope with this group is that we can support and relate to one another.”

Valerie's House is located at 1762 Fowler Street in Fort Myers. To learn more about the program or sign up, visit [www.valereshouseswfl.org/young-adult-program](http://www.valereshouseswfl.org/young-adult-program).✱

## JOIN US FOR A FUN, INTERACTIVE TALK

ARTHRITIS | CHRONIC PAIN | NEUROLOGICAL CONDITIONS



We would love to meet you and answer some questions about YOUR own medical case!

Ross Hauser, MD and Marion Hauser, MS, RD, CEO are the owners of Caring Medical Regenerative Medicine Clinics, dedicated to helping people avoid unnecessary joint surgeries and find curative treatments to complex chronic pain conditions. They are authors of over 30 medical research articles and 9 books, including their best known book *Prolo Your Pain Away!*

The Community House  
THE FOUNDER'S ROOM

THURSDAY  
FEBRUARY 6  
5:30-7:30PM



RSVP Izzy Ehelebe at 239-303-4069  
or [Ehelebei@caringmedical.com](mailto:Ehelebei@caringmedical.com)

Sponsored by Caring Medical Regenerative Medicine Clinics in Fort Myers. Learn more at: [CaringMedical.com](http://CaringMedical.com)



dearRPharmacist

# Strategies For Men With Enlarged Prostate



by Suzy Cohen, RPh

**D**ear Readers: The uncomfortable symptoms may occur at any age, and hormone imbalances can lead to prostate enlargement. The condition is abbreviated as BPH which stands

for Benign Prostatic Enlargement. Unfortunately, we're seeing BPH and prostatitis occur in younger men, like men in their 30s! The associated problems with prostate dysfunction include frequent nighttime urination which can disrupt sleep, urgency, painful urination and lower pelvic or rectal pain.

Testosterone or "T" is a hormone that both men and women make, and it's broken down by two different pathways. That's the most important part, however the break-down of testosterone is most important. A urine test can check for the metabolites and answer that question. It's called the "Dutch Complete test," and you can ask your doctor about it, or visit my website to purchase it directly since I'm a provider.

Testosterone (T) is produced in both men and women and is considered the libido hormone. T either breaks down the 5-alpha reductase or the 5-beta reductase pathway.

If it goes down the 5-alpha pathway, it turns into a potent androgen called DHT (short for dihydrotestosterone). So you know, DHT is the type of testosterone that, in excess, is associated with male pattern baldness and BPH. In a woman, DHT is associated with PCOS, a painful condition of ovarian cysts.

So controlling the production of DHT

is very important because you don't want too much T breaking down the 5-alpha pathway. It's androgenic. Right now, I'd like to share the five powerful strategies that may help you. Ask your doctor what's right for you:

1. Quercetin – Quercetin gives color to fruits and vegetables, and supplements of this can help with prostate size and pain levels.

2. Pumpkin Seed Oil – You can buy this as a dietary supplement (softgel) or as an actual cold-pressed oil to use on salads and cook with. Eating pumpkin seeds are another way to garner the benefits.

3. Selenium – Taking about 100 to 200 mcg per day could be useful.

4. Vitamin D – About 2,500 to 5,000 international units per day might be of value. There is some research to show that vitamin D levels are important for prostate health, and that it can help shrink the prostate for some men.

5. Saw Palmetto-Based Supplements – There are a plethora of supplements available at health food stores that have saw palmetto in them, including NOW's brand of prostate support or New Chapter's blend of prostate 5LX. These are multi-tasking formulas that you can review for yourself, or find one that feels right for you.

Taking ibuprofen or applying a hot pack can help with mild pain. It goes without saying that if you have these types of prostate-related symptoms, you should see a qualified professional for a complete work-up. There are many other considerations that I can share with you in my longer version of this article. If you sign up for my newsletter, I will send it to you by email. For example, other considerations include levels of thyroid, thyroid antibodies, insulin, leptin, zinc, blood sugar and prolactin. A head injury can cause BPH by affecting pituitary hormones.

*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](http://www.SuzyCohen.com).✽*

Doctor and Dietician

# Read A Book



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

**M**any people's daily reading focuses on Facebook, tweets, or Instagram's rapidly changing photos. Not only does this overstimulate our brains, it may lead to unhappiness, anxiety, depression, higher spending and short-term memory loss, as researchers from the Royal Institute of Technology point out.

Reading has many health benefits!

1. Mental Stimulation – Studies show that staying mentally stimulated can slow down the process of dementia or Alzheimer's by keeping your brain active and engaged. In addition to reading, thinking games like chess, cards, or crosswords or puzzles also stimulates the brain.

2. Knowledge – Reading provides new information stored in our brains. Nobody can ever take this from us. Knowledge is power, providing increased abilities to tackle different challenges in life.

3. Improved vocabulary and writing skills – When interviewing new staff at Caring Medical, you can tell readers from non-readers. The more you read, the more word exposure, enhancing your ability to articulate verbally and in writing. This not only helps with self-esteem but contributes to better job performance.

4. Stress reduction – There is no better stress reducer than losing yourself in a great book, stimulating the imagination,

reducing tension, and allowing relaxation and not thinking about the present.

5. Improved thinking skills – Books with intricate plots increase our critical and analytical thinking skills by challenging us to figure things out. Discussing books with others also allows you to think more deeply about the book's meaning.

6. Enhance concentration, attention and memory – Attention Deficit Disorder (ADD)-like behavior is rampant in our society, and people have difficulty focusing on one topic or even holding conversations. Reading books focuses our attention on the story, immersing ourselves into book details, allowing us to improve our focus and concentration, not to mention our memory as we must remember the details of the characters and plot.

7. Low cost entertainment – Our Sanibel Public Library has books available to check out or borrow online – something for everyone. Amazon also offers free kindle books that can be downloaded. Or you can exchange books with your friends – pass them along!

Step away from your devices, open a book, and replenish your brain and soul!

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

# Overeaters Anonymous

**I**f food is a problem for you, Overeaters Anonymous can help. Meetings are held in Room 130 at Sanibel Community Church on Tuesdays from 5 to 6 p.m. and on Fridays at 4 p.m.

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

Sanibel Community Church is located at 1740 Periwinkle Way.✽

Beautifulife:

# It's OK



by Kay Casperson

**W**hy do we consistently put ourselves in a situation where we feel like we are obligated to do something? Why do we beat ourselves up for not wanting to do something,

making the wrong decision, or, more importantly, for others not agreeing with our choices?

Today I am going to give you my blessing on the scenarios in life that make you feel like you either made a mistake, chose wrong, decided to say no, or just plain checked out. Instead of feeling bad or letting things affect you, how about just being OK with it

and moving on. I will give you a few scenarios below:

If someone invites you to something and says, "Would you like to come?" – It's OK to say, "I wish I did, but I don't." I heard this one from a friend and loved it.

If you're tired or not feeling your best – It's OK to take the time for yourself to rest and recover. We all need to now and then.

If someone doesn't act like they like or agree with you – It's OK, because you are not going to like and agree with everyone either.

If you make a mistake or hurt someone's feelings – It's OK, because you can accept that you were wrong, do what you can to fix it, and move on. We all make them.

Regardless of the times in life that just plain tug on your emotional heartstrings, two words will always get you through to the next one, and those are, "It's OK."

I try to set a good example for my children in terms of saying no once in

a while so that they can make the right decisions about doing things or not doing something. After all, it is easy to think we can take on the world and be everything to everyone, but in fact, it is not, and there will be an overload point.

Remember that most things in life are not that earth-shattering, and if we take the time to look around at others that are dealing with issues that are far bigger than our own, we will understand that everything will be OK with our gentle personal reminders now and then.

My affirmation for you this week is: "I will choose wisely the things that take up my precious time to be content with my decisions and actions."

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

From page 1

# Concert Series

As a teenager, he established himself as a hot picker, collecting national awards for his dexterity on guitar and mandolin. His knack for colorful performances was evident as a backing player in his sister Jessica Lea Mayfield's band including their appearance on *The Late Show with David Letterman*. He oozes personality on stage – a trait that makes him a natural frontman.

Since 2010, Mayfield has toured almost non-stop. It's the strength of his songwriting and musicianship, combined with that charm and personality that keep audiences consistently lining up to join the parade.

This series will also feature the Andrew Collins Trio on March 20 and The Barefoot Movement on April 17. Tickets are \$25 or \$60 for all three concerts.

The Sidney & Berne Davis Art Center is located at 2301 First Street in downtown Fort Myers. For tickets, visit [www.sbdac.com](http://www.sbdac.com) or call 333-1933.✽



# PETS OF THE WEEK

photos provided

Lee County Domestic Animal Services

## CJ And Sox



CJ ID# A805188

Does this Superhero remind you of another famous former resident of Lee County Domestic Animal Services? I am a 3-year-old male hound mix who's name is no small coincidence. I remind volunteers of Deputy Chance so much that they honored me with a name reflecting the similarities we share. As you can see, I think I am ready to fight crime like my great counterpart – or perhaps just chase some tennis balls, go for long walks and hang out after a long day with you and your family! Now through January 31 during the Skip the Jog and Walk the Dog promotion, my adoption fee is just \$25 with an approved application.

My adoption fee is \$25.

I bet you don't have to wonder how I got my name Sox... you guessed it. I have four white paws that I love to tuck under when I sit down. I also like to use them to 'make biscuits' when I am content



Sox ID# A689235

and happy. I am a 3-year-old female domestic shorthair who is your typical house cat that likes to just hang out and chill. If you are looking for a low-maintenance partner that will be there for love and companionship, I am definitely the girl for you.

My adoption fee is \$50, and you can adopt me and get a feline friend for free.

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.

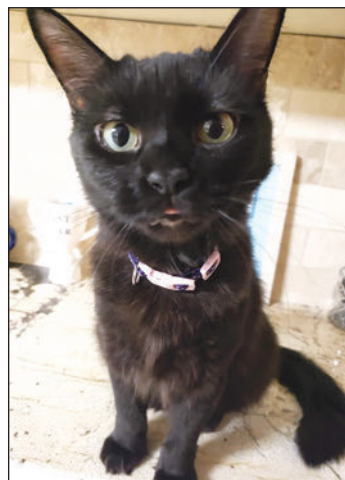
*The shelter is open to the public Monday through Saturday at 5600 Banner Drive in Fort Myers. Adoptions are available 10:30 a.m. to 3:30 p.m. Monday through Saturday. For information, visit Lee County Domestic Animal Services at [www.leegov.com/animalservices](http://www.leegov.com/animalservices) or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

Haven on Earth Animal League

## 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](mailto: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](mailto:haveneearthanimalleague@yahoo.com).✱*



Eve

PAWS Of Sanibel

## One Kitten Remaining

PAWS, in conjunction with VCA Coral Veterinary Hospital in Fort Myers, is down to only one of three beautiful kittens up for adoption. The male kitten is approximately 14 weeks old; his brother and sister were adopted last week. He has had his first round of shots; worming and combo test were negative. For a \$50 adoption fee, he 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.✱



The remaining male of three kittens to be adopted



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

### ARTS

Alliance for the Arts	939-2787
Arts For ACT Gallery & Studio	337-5050
Art League Of Fort Myers	275-3970
Barbara B. Mann Performing Arts Hall	481-4849
BIG ARTS	395-0900
Broadway Palm Dinner Theatre	278-4422
Cultural Park Theatre	772-5862
Edison Festival of Light	334-2999
Florida Repertory Theatre at the Arcade	332-4488
Florida West Arts	948-4427
Fort Myers Harmonica Band	610-653-7940
Fort Myers Symphonic Mastersingers	288-2535
Gulf Coast Symphony	489-1800
Harmony Chorus, Charles Sutter, Pres	481-8059
Naples Philharmonic	239-597-1111
The Schoolhouse Theater	472-6862
SW Florida Symphony	418-0996
Theatre Conspiracy	936-3239
Young Artists Awards	574-9321

### CLUBS & ORGANIZATIONS

American Legion Post #38	239-332-1853
Angel Flight	1-877-4AN-ANGEL
Animal Refuge Center	731-3535
American Business Women Association	357-6755
Audubon of SWFL	<a href="https://www.audubonswfl.org/">https://www.audubonswfl.org/</a>
Caloosahatchee Chapter DAR	482-1366
Caloosahatchee Folk Society	321-4620
Cape Coral Barbershop Chorus	1-855-425-3631
Cape Coral Stamp Club	542-9153
duPont Company Retirees	454-1083
Edison Porcelain Artists	415-2484
Embroiderers Guild of America - Sea Grape Chapter	239-267-1990
FM UDC Chapter 2614 - United Daughters of the Confederacy	728-3743
Friendship Force Of SW FL	561-9164
Garden Club of Cape Coral	239-257-2654
Horticulture and Tea Society	472-8334
Horticultural Society	472-6940
Lee County Genealogical Society	549-9625
Lee Trust for Historic Preservation	939-7278
NARFE (National Active & Retired Federal Employees)	482-6713
Navy Seabees Veterans of America	731-1901
Paradise Iowa Club of SWFL	667-1354
Sons of Confederate Veterans	332-2408
Southwest Florida Fencing Academy	939-1338
Southwest Florida Music Association	561-2118
Kiwanis Fort Myers Beach	765-4254 or 454-8090
Kiwanis Fort Myers Edison	694-1056
Kiwanis Fort Myers South	691-1405
Iona-McGregor	482-0869
Lions Club Fort Myers Beach	463-9738
Lions Club Fort Myers High Noon	466-4228
Lions Club Estero/South Fort Myers	898-1921
Notre Dame Club of Lee County	768-0417
Organ Transplant Recipients of SW Florida	247-3073
POLO Club of Lee County	477-4906
Rotary Club of Fort Myers	332-8158
Sanibel-Captiva Orchid Society	472-6940
United Way of Lee County	433-2000
United Way 211 Helpline (24 hour)	211 or 433-3900

### AREA ATTRACTIONS

Bailey-Matthews National Shell Museum	395-2233
Burrough's Home	337-9505
Calusa Nature Center & Planetarium	275-3435
Edison & Ford Winter Estates	334-7419
Fort Myers Skate Park	321-7558
Imaginarium Hands-On Museum & Aquarium	321-7420
JN "Ding" Darling National Wildlife Refuge	472-1100
Koreshan State Historic Site	239-992-0311
Langford Kingston Home	239-334-2550
Ostego Bay Foundation Marine Science Center	765-8101
Skatium	321-7510
Southwest Florida Historical Society	939-4044
Southwest Florida Museum of History	321-7430
True Tours	945-0405

To be listed in calling card email your information to: [press@riverweekly.com](mailto:press@riverweekly.com)



PUZZLES

Answers on page 28

Super Crossword

THE LATEST FASHION

- ACROSS**

1 Stuff pumped into a 747

8 Bracing devices

14 Teeny bit

20 "Stephen," to the French

21 Rip into

22 Untrue rumor

23 Start of a riddle

25 "Ironic" singer Morissette

26 Enzyme name ender

27 Solo for a 41-Across

28 Not feeling well at all

30 Set aflame

31 Riddle, part 2

39 Shar- —

40 No, to Burns

41 Certain opera singer

42 Actress Joanne

43 Bit of slander

44 Neighbor of a Croat

46 The, to Josef

48 Apt rhyme of "grab"

50 — O-Fish (McDonald's sandwich)

52 Riddle, part 3

59 Very pungent
- 61 Certain opera singer

62 Adders, e.g.

63 Most blaring

66 Sculling tools

68 As blind as —

69 Elegant tree

72 Pharmacy amount

73 Riddle, part 4

76 Blackthorn

77 Fire residue

78 Lady Grey

79 Sauce brand since 1937

80 Stains away from

82 Total or Life

84 Neighbor of a Swede

86 Goes fast

87 Riddle, part 5

93 NATO part

94 Mineo of "Tonka"

95 Knighted one, e.g.

96 Pleasant

99 The Beatles' "— Loser"

100 "Citizen X" actor Stephen

103 Equine noise

107 Do a lawn chore

109 Relo vehicle

110 End of the riddle
- 115 Dir. from Del. to Vt.

116 Busy mo. for a CPA

117 Big particle physics lab in Switz.

118 "Hail, Nero!"

119 Big name in sneakers

121 Riddle's answer

128 Lenient

129 Beethoven's Third, familiarly

130 Mark Antony's wife

131 Local lingo

132 Wet slightly

133 Wee baby
- 12 Compadre

13 "Shrek!" author William

14 Like time, speed and temperature

15 Bad, to Luc

16 Including everything

17 Author Steel

18 More sandlike

19 MS markers

24 "Yuk" relative

29 PC screen variety

31 Special — (mil. group)

32 Toll, for one

33 Atomizer for spraying paint

34 Turned right on a horse

35 Has no life

36 — Ark (biblical boat)

37 With 57-Down, supporter for a caterer's dishes

38 Pets' docs

45 Groom's partner

47 Microwave brand

49 Unoriginal

51 Indefinite things
- 53 Keats verse

54 Gobs

55 Railing locale

56 Hurricane relative

57 See 37-Down

58 Green-lights

59 Alan of "White Mile"

60 Doves' calls

64 Horrify

65 Reasonably muscular

67 Lactose, e.g.

69 Unrequired course

70 Rob of the Brat Pack

71 Disorder

74 Gets close

75 Mom or dad's sister

76 "Da Doo Ron Ron" singer Cassidy

78 — Tull (rock band)

81 — -Magnon man

82 Persian, e.g.

83 Country singer Rimes

85 Suffix with lion

87 Army group

88 Ball of perfume in a closet

89 Exhausting
- 90 Urged in defense

91 Intentions

92 Close friendship between guys

97 "Wheels"

98 Nav. officer

101 Expunges

102 African viper

104 Implant that helps in returning a lost pet

105 Athens' land

106 Husband of Lily Munster

108 Greet with a hand motion

111 Resulted in

112 Followed a curved path

113 Hit skit show since '75

114 "— & Kel" (1990s teen show)

119 — Khan

120 Height fig.

122 Hunters' gp.

123 — de plume

124 Cyclotron bit

125 Actress Longoria

126 Apt humor

127 Letter encl. to facilitate a reply

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87	88	89								90					91	92						
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99					100	101	102		103		104	105	106		107		108		109			
110				111				112						113				114				
	115					116					117					118						
119					120				121	122	123					124				125	126	127
128									129							130						
131									132							133						

King Crossword

- ACROSS**

1 Cleans the floors

5 Pouch

8 One of the Three Bears

12 Admitting customers

13 Time of your life?

14 Change for a five

15 Draped dress

16 Sailor

17 Western state

18 Deceptive

20 Melody

22 Lengthwise, to 16-Across

26 In spades

29 Actress Farrow

30 Mai — (cocktail)

31 Exceptional

32 Corral

33 Check

34 Film trickery, for short

35 One of the Brady Bunch

36 Cartoonist Trudeau

37 Everywhere

40 Surround

41 Attachments

45 Blunder

47 Rowing need

49 Help in crime

50 Padlock fastener

51 Oilfield struc-
- ture

8 100 pence

9 Enemy of an "army"?

10 Shade of green

11 Shade of blonde

19 Plaything

21 Actress Merkel

23 Make correc-tions

24 Equitable

25 Wee

26 St. Louis landmark

27 Creche trio

28 Annoyingly proper

32 Internet radio
- provider

33 Numbers to be crunched

35 Cookie con-tainer

36 Deity

38 Ballerina in "Fantasia"

39 Ginormous

42 Last write-up

43 "Finding —"

44 Flight compo-nent

45 That girl

46 Fond du —, Wis.

48 Have some-thing

MAGIC MAZE ● SONGWRITERS HALL OF FAME

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

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

- Anka

Berlin

Bernstein

Denver
- Dylan

Gershwin

Joplin

Kern
- McCartney

Porter

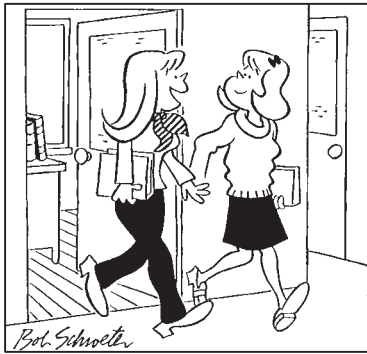
Seeger

Simon
- Sondheim

Stephen Foster

Wonder





"Great news! They're going to allow  
\_\_\_\_\_ in cooking class."

Answer on page 31

## SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Crustacean

WARP\_N

Waver

BELBOW

Organize

GRANEAR

Ordinary

CAPITYL

TODAY'S WORD

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

## SUDOKU

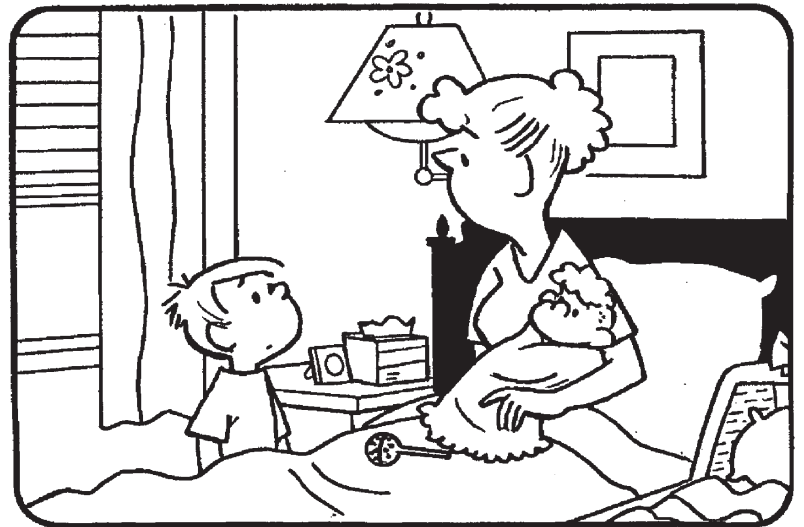
To play Sudoku:

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

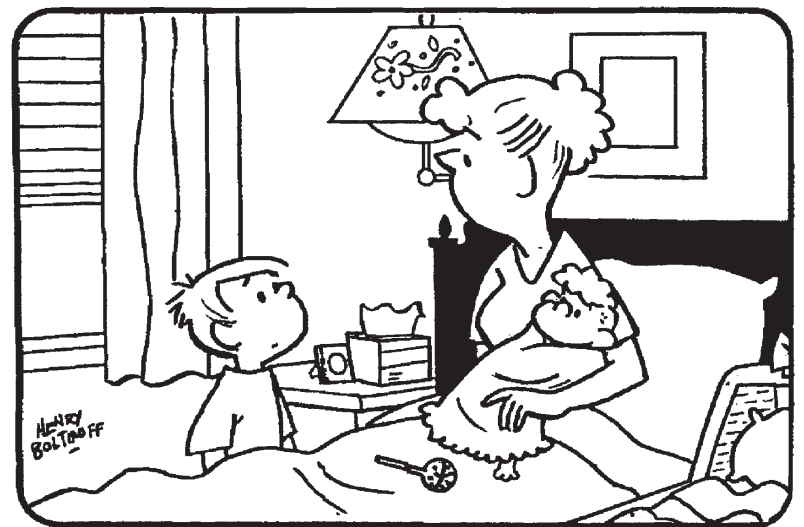
Answer on page 28

## HOCUS-FOCUS

BY  
HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Lamp is different. 2. Curtain is shorter. 3. Rattle is moved. 4. Foot is showing. 5. Sleeve is longer. 6. Tissue is higher.

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## Cape Coral Bridge Tides

<u>Day</u>	<u>High</u>	<u>Low</u>	<u>High</u>	<u>Low</u>
Fri	2:52 pm	7:09 am	None	5:27 pm
Sat	12:07 am	7:41 am	3:07 pm	6:13 pm
Sun	12:47 am	8:11 am	3:21 pm	7:01 pm
Mon	1:27 am	8:39 am	3:35 pm	7:50 pm
Tue	2:09 am	9:07 am	3:54 pm	8:43 pm
Wed	2:54 am	9:35 am	4:16 pm	9:41 pm
Thu	3:46 am	10:04 am	4:43 pm	10:45 pm

Day	High	Low	High	Low
Fri	1:57 pm	7:11 am	11:12 pm	5:29 pm
Sat	2:12 pm	7:43 am	11:52 pm	6:15 pm
Sun	2:26 pm	8:13 am	None	7:03 pm
Mon	12:32 am	8:41 am	2:40 pm	7:52 pm
Tue	1:14 am	9:09 am	2:59 pm	8:45 pm
Wed	1:59 am	9:37 am	3:21 pm	9:43 pm
Thu	2:51 am	10:06 am	3:48 pm	10:47 pm

<u>Day</u>	<u>High</u>	<u>Low</u>	<u>High</u>	<u>Low</u>
Fri	1:17 pm	6:57 am	None	6:33 pm
Sat	12:12 am	7:38 am	1:53 pm	7:13 pm
Sun	12:40 am	8:17 am	2:32 pm	7:53 pm
Mon	1:07 am	8:51 am	3:11 pm	8:33 pm
Tue	1:41 am	9:21 am	3:46 pm	9:15 pm
Wed	2:28 am	9:46 am	4:18 pm	9:57 pm
Thu	3:30 am	10:04 am	4:48 pm	10:49 pm

<u>Day</u>	<u>High</u>	<u>Low</u>	<u>High</u>	<u>Low</u>
Fri	1:35 am	10:25 am	5:02 pm	8:43 pm
Sat	2:17 am	10:57 am	5:17 pm	9:29 pm
Sun	2:57 am	11:27 am	5:31 pm	10:17 pm
Mon	3:37 am	11:55 am	5:45 pm	11:06 pm
Tue	4:19 am	12:23 pm	6:04 pm	11:59 pm
Wed	5:04 am	12:51 pm	6:26 pm	None
Thu	5:56 am	12:57 am	6:53 pm	1:20 pm

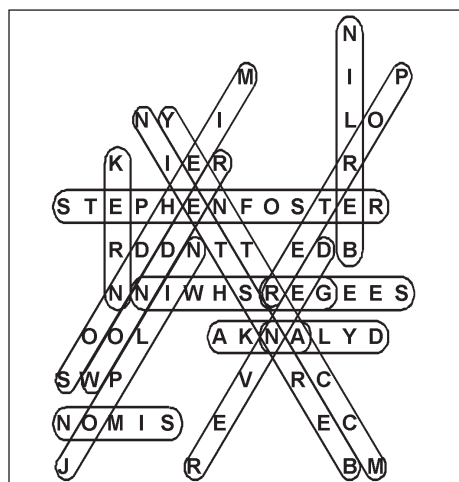
# SUPER CROSSWORD

J	E	T	E	U	E	L		C	L	A	M	P	S			S	M	I	D	G	E
E	T	I	E	N	N	E		H	A	V	E	A	T			C	A	N	A	R	D
W	H	A	T	I	S	T	H	E	T	I	T	L	E			A	L	A	N	I	S
			A	S	E			A	R	I	A			I	L	L		L	I	T	
O	F	A	L	O	N	G	R	U	N	N	I	N	G			C	A	B	L	E	T
P	E	I		N	A	E		B	A	S		S	O			D	R	U		L	I
S	E	R	B				D	E	R			N	A	B				F	I	L	E
		B	R	O	A	D		C	A	S	T		T	H	A	T	O	F	F	E	R
A	C	R	I	D				A	L	T	O			S	N	A	K	E	S		
L	O	U	D	E	S	T		O	A	R	S		A	B	A	T			E	L	M
D	O	S	E		C	O	N	T	I	N	U	A	L	L				S	L	O	E
A	S	H			J	A	N	E		R	A	G	U			E	S	C	H	E	W
			C	E	R	E	A	L		D	A	N	E					R	A	C	E
U	P	D	A	T	E	D		R	E	P	O	R	T	S		A	B	O			
N	O	R	T	H			S	A	L					S	I	R		N	I	C	E
I	M	A			R	E	A		N	E	I	G	H			M	O	W		V	A
T	A	I	L	O	R	S		A	N	D		R	E	S		S	M	A	K	E	R
		N	N	E		A	P	R			C	E	R	N			A	V	E		
A	D	I	D	A	S				C	N	N	H	E	M	L		I	N	E	N	S
G	E	N	T	L	E				E	R	O	I	C	A			O	C	T	A	V
A	R	G	O	T	S				D	A	M	P	E	N			N	E	O	N	A

# KING CROSSWORD

M	O	P	S		S	A	C		P	A	P	A
O	P	E	N		A	G	E		O	N	E	S
S	A	R	I		T	A	R		U	T	A	H
S	H	I	F	T	Y		T	U	N	E		
				F	O	R	E	A	N	D	A	F
A	M	P	L	Y		M	I	A		T	A	I
R	A	R	E		P	E	N		R	E	I	N
C	G	I		J	A	N		G	A	R	R	Y
H	I	G	H	A	N	D	L	O	W			
		G	I	R	D		A	D	D	O	N	S
S	L	I	P		O	A	R		A	B	E	T
H	A	S	P		R	I	G		T	I	M	E
E	C	H	O		A	L	E		A	T	O	P

# MAGIC MAZE



# SUDOKU

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

# TRIVIA TEST

1. **Literature:** What is the motto of *The Three Musketeers* in the 19th century novel?
2. **Music:** What were the first names of the Allman brothers?
3. **General Knowledge:** New York City is divided into how many boroughs?
4. **Geography:** What is the capital of Malaysia?
5. **History:** Which was the first U.S. state to be admitted to the union after the original 13 states were admitted?
6. **Math:** What is the first number in which the letter “a” appears in its spelling?
7. **Geology:** What kind of rock likely would form at the bottom of a river?
8. **U.S. Presidents:** Which president once worked as a fashion model?
9. **Movies:** How many people were killed in the 1996 movie *Scream*?
10. **Famous Quotations:** Which ancient Roman philosopher once said, “Every new beginning comes from other beginnings’ end”?

## TRIVIA ANSWERS

My Stars ★★★★★

FOR WEEK OF JANUARY 27, 2020

**Aries** (March 21 to April 19) Use that Arian charm to help make a difficult workplace transition easier for everyone. News about a long-awaited decision can be confusing. Don't jump to conclusions.

**Taurus** (April 20 to May 20)  
Although you might well be tempted to be more extravagant than you should be at this time, I'm betting you'll let your sensible Bovine instinct guide you toward moderation.

**Gemini** (May 21 to June 20) An opportunity for travel could come with some problems regarding travel companions and other matters. So be sure you read all the fine print before you start packing.

**Cancer** (June 21 to July 22) Make an effort to complete your usual workplace tasks before volunteering for extra duty. Scrambling to catch up later on could create some resentment among your colleagues.

**Leo** (July 23 to August 22) A financial matter could have you rethinking your current spending plans. You might want to recheck your budget to see where you can cut back on expenses until the situation improves.

**Virgo** (August 23 to September 22)  
One way to make your case for that promotion you've been hoping for might be to put your planning skills to work in helping to shape up a project that got out of hand. Good luck.

**Libra** (September 23 to October 22)  
Be careful about “experts” who have no solid business background. Instead,

seek advice on enhancing your business prospects from bona fide sources with good success records.

**Scorpio** (October 23 to November 21) Standing up to support a colleague's viewpoint – even if it's unpopular – can be difficult if you feel outnumbered. But you'll win plaudits for your honesty and courage.

**Sagittarius** (November 22 to December 21) While progress continues on resolving that recurring problem, you might feel it's taking too long. But these things always need to develop at their own pace. Be patient.

**Capricorn** (December 22 to January 19) Someone close to you might have a financial problem and seek your advice. If you do decide to get involved, insist on seeing everything that might be relevant to this situation.

**Aquarius** (January 20 to February 18) A personal matter takes an interesting turn. The question is, do you want to follow the new path or take time out to reconsider the change? Think this through before deciding.

**Pisces** (February 19 to March 20)  
Moving into a new career is a big step. Check that offer carefully with someone who has been there, done that, and has the facts you'll need to help you make your decision.

**Born This Week:** Your warmth and generosity both of spirit and substance endears you to everyone.

## MOMENTS IN TIME

- On Jan. 31, 1606, at Westminster in London, Guy Fawkes, a conspirator in the plot to blow up the British Parliament building, jumps to his death before his

execution for treason. On Nov. 5, 1605, Fawkes had been found lurking in a cellar of Parliament with two tons of gunpowder.

- On Feb. 1, 1781, the Articles of Confederation are finally ratified. The Articles had been signed by Congress and sent to the individual states on Nov. 15, 1777, but bickering between Virginia and Maryland delayed final ratification for almost four years.

- On Feb. 2, 1887, Groundhog Day, featuring a rodent meteorologist, is celebrated for the first time at Gobbler's Knob in Punxsutawney, Pennsylvania. According to tradition, if a groundhog comes out of its hole on this day and sees its shadow, it gets scared and runs back into its burrow, predicting six more weeks of winter weather.

- On Jan. 30, 1933, Adolf Hitler, leader of the National Socialist German Workers Party (or Nazi Party), is named chancellor (Fuehrer) of Germany. Hitler immediately ordered a rapid expansion of the state police, the Gestapo.

- On Jan. 27, 1943, future President Ronald Reagan, an Army Air Corps first lieutenant during World War II, is on assignment with the Army's First Motion Picture Unit. He had been tapped to star in a motion picture called *Air Force*.

- On Jan. 28, 1964, the U.S. State Department angrily accuses the Soviet Union of shooting down an American jet that strayed into East German airspace, killing three U.S. officers aboard the plane. The Soviets said the flight was a "gross provocation."

- On Jan. 29, 1977, *Roots*, a groundbreaking television program,

1. One for all, and all for one 2. Duane and Gregg 3. Five 4. Kuala Lumpur 5. Vermont 6. 1,000 7. Sedimentary 8. Gerald Ford 9. Seven 10. Seneca





### Vegetable Sushi

1/2 pound vegetables (such as avocado, sweet bell peppers, cucumbers, mushrooms, carrots, celery, squash, or radish), julienned

4 cups sushi rice, cooked

4 sheets nori

2 tablespoons rice wine vinegar

2 teaspoons sugar

1/2 teaspoon salt

Soy sauce for dipping

Pickled ginger for garnish

Wasabi paste for garnish

Special tools:

Bamboo sushi mat (wrapped tightly in plastic wrap for ease of rolling)

In a small pot over medium heat combine vinegar, sugar, and salt.

Heat until sugar and salt dissolve, cool, then stir into cooked sushi rice.

Place a sheet of nori onto the bamboo mat and scoop 1 cup of rice on top. Spread rice into even layer, leaving 1 inch on top of nori to create a seal when rolled. Place desired vegetables on the bottom portion of rice, being careful not to overfill. Using both hands start to roll the sushi, applying even pressure around the roll as you go. This will help create a tight roll that will stay together. Cut into bite-size pieces (about 6 to 8 pieces) and serve immediately or store in an airtight container in the refrigerator for up to two days until ready to eat. Serves four.✪



Vegetable Sushi

photo courtesy Fresh From Florida

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1/10 ☆ 1/24

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1/17 ☆ 2/7

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1/24 ☆ 3/13

ANNUAL RENTAL

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Weeding, Installation of Plants, Trees and Mulch (one month free service available)  
Joe Scarnato (239) 849-6163  
scarnatolawn@aol.com  
1/25 ☆ TFN

**ROGER NODRUFF ELECTRIC**  
Dock Lighting, affordable LED conversion.  
FPE panel replacement, Landscape Lighting. Generator Sizing, etc, etc, etc.  
Call or text Roger 239-707-7203  
State License #13002788  
4/20 ☆ TFN

**IN HOME CARE**  
Recently retired RN for private in home care.  
Long time Sanibel resident to provide professional and compassionate care for your loved one in their home.  
Call 239-699-8961 for inquiries.  
References available upon request.  
1/24 ☆ 1/24

**SNIPITZ HAIR SALON**  
Barbara Valenti Barber Styist  
Also  
Watch Battery Replacement (\$6 To \$8)  
15560 McGregor Blvd. 239-826-1100  
01/17 ☆ 01/24

SERVICES OFFERED


**ENVIROMOW**  
A Full Service Landscape Co.  
• Landscape Design, Install & Maintenance,  
• Tree Trimming by a Licensed Arborist  
• Professional Irrigation Repair  
• Licensed & Insured Home Watch Service Residential & Commercial  
**239-896-6789**  
11/29 ☆ TFN

**HELP WANTED**

**SEASONAL PART TIME**  
Cricket Shop – womens swim & resort wear  
No experience needed  
Jeff @ 239-992-4546  
1/17 ☆ 1/24

**OCCASIONAL CLEANING HELP NEEDED**  
Small Inn seeking help with cleaning services. No experience required.  
Average 4 to 6 days per month.  
Variable days of the week. Hours vary between 10 a.m. to 4 p.m.  
Start at \$15. per hour.  
Sanibel resident preferred.  
Call 239-472-9088.  
1/17 ☆ 1/24

Shore Fishing:



**Don't Harm The Fish**  
by Capt. Matt Mitchell

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

CAMPER FOR SALE

**2009 MOBILE SUITE 5TH WHEEL**  
36 foot, with Tropic 22 foot Trailer.  
\$35,000  
239-246-8856.  
1/24 ☆ 1/24

LOOKING TO BUY

**MID CENTURY FURNITURE**  
Danish, Modern, Teak and/or made in the USA during 1950s, 60s and 70s.  
Send photos to Joyldupree@AOL.com or text 941-313-5427. I make housecalls and pay up front/not consignment.  
Call Joy 941-313-5427 with questions.  
Retro Home Furnishings,  
12717 McGregor Boulevard, Fort Myers.  
Open Tues.-Sat., 10 a.m. to 4 p.m.  
10/11 ☆ 4/3

GARAGE SALE

**TRASH & TREASURE CRAFT & BAKE SALE**  
Sat. Jan. 25, 8 a.m. to noon  
LEE PLANTATION CLUBHOUSE  
Pine Ridge Rd  
off Summerlin, Old South Way,  
across from Thunderbird Park.  
Something for Everyone!!  
1/24 ☆ 1/24

Cycling Safety Notes

Ride to the right

Warn to pass

Wear a helmet

Use lights at night

Always be courteous



SANIBEL BICYCLE CLUB



From page 28

## Moments In Time

premieres on ABC. The eight-episode miniseries, which aired on consecutive nights, follows a family from West Africa through generations of slavery and the end of the Civil War.

STRANGE BUT TRUE

- It was Nigerian poet and novelist Ben Okri who made the following sage observation: “Beware of the stories you read or tell; subtly, at night, beneath the waters of consciousness, they are altering your world.”
- Romans thought that roses could prevent drunkenness.
- The neon sign was invented in France in 1910, but the first one didn’t come to the United States until 1923. That was the year a car dealership in Los Angeles put up two brightly lit “Packard” signs. The novelties literally stopped traffic in the streets.
- Those who study such things say that China gets more earthquakes than any other country.
- Medical specialists say that the true definition of an insomniac is someone who wants to go to sleep but can’t. If you can’t go to sleep but aren’t really trying anyway, the term doesn’t apply to you.
- Pure water doesn’t conduct electricity; in fact, it’s an insulator. It’s the impurities in water that conduct electricity – making it a bad idea to use a hair dryer in the shower. There are underground lakes so pure that you can safely change a light bulb in them.
- The old Pony Express has been romanticized in modern times, but it’s rarely pointed out that it was a financial failure. The mail delivery service actually lost an average of \$13 for every item it carried.
- According to a number of psychological surveys and studies, men have more friends early in life, while

SCRAMBLERS

1. Prawn; 2. Wobble;  
3. Arrange; 4. Typical

Today’s Word  
**PRAYER**

women have more friends when they’re older.

- All tortoises are turtles, but not all turtles are tortoises.

**THOUGHT FOR THE DAY**

“When you’re traveling, you are what you are right there and then. People don’t have your past to hold against you. No yesterdays on the road.” – William Least Heat-Moon

## LCEC Employees Pay It Forward

Lee County Electric Cooperative (LCEC) employees do much more than just keep your lights on. They energize the community through volunteering countless hours each and

every year to give back to this wonderful place we call home.

From serving as Odyssey of the Mind judges to picking up trash to reading to at-risk youths, LCEC employees take pride in serving the community. In an effort to support their passion for philanthropy, LCEC designed the Pay It Forward Program to encourage volunteerism and support employees’ efforts to give to their favorite qualifying non-profit organization. In essence, employees who volunteer and track volunteer hours can earn Pay It Forward donation dollars which are, in turn, awarded to the employee’s 501(c)3 charity of choice.

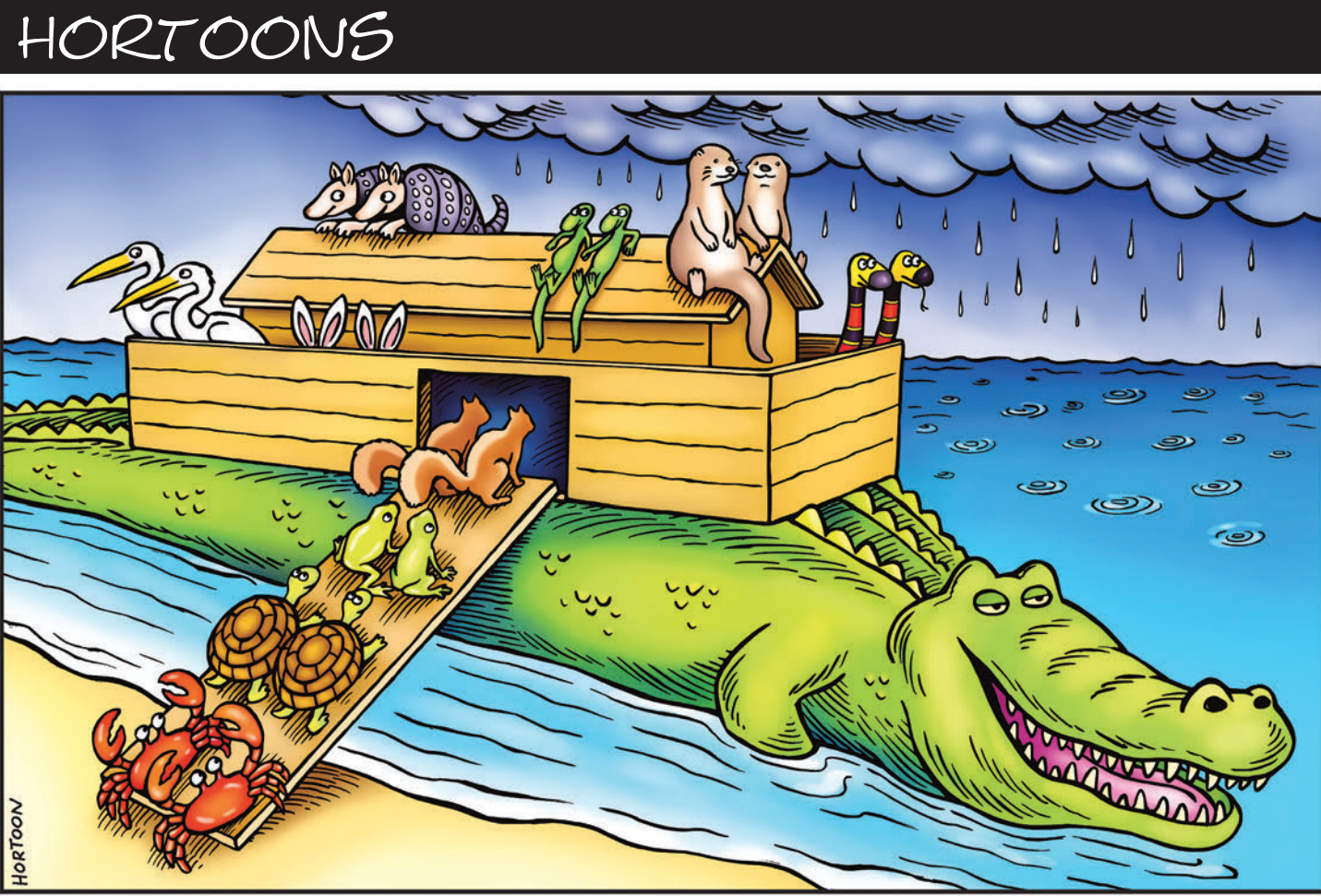
To receive Pay It Forward donation dollars, employees must volunteer at least 50 hours. Once an employee hits 50 hours, they can designate a not-for-profit benefitting organization to receive a \$50

donation on behalf of the employee

Since the program’s inception in 2016, several remarkable LCEC employees have surpassed the 1,000 mark in volunteer hours.

The Pay It Forward Program is just one way that LCEC gives back to the community. Another example of LCEC’s commitment to this community is the continual fundraising efforts which bring in approximately \$200,000 annually for the United Way of Lee, Hendry, Glades and Okeechobee Counties

LCEC is proud, honored and dedicated to taking an active role in making the communities and the environment a better place to work and live. The company sincerely thanks its 370-plus employees for giving of their time, talents and treasure to benefit others.\*



## Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Murano	Miromar Lakes	2014	4,233	\$2,245,000	\$1,950,000	251
Yacht Club	Cape Coral	2004	4,299	\$2,190,000	\$2,070,000	57
Kinzie Island	Sanibel	1997	4,604	\$2,150,000	\$2,150,000	63
Wiles	Captiva	2000	2,867	\$1,799,999	\$1,325,000	318
Orchid Ridge	Estero	2003	5,075	\$1,675,000	\$1,525,000	65
Serrano	Bonita Springs	2006	3,892	\$1,189,000	\$1,170,000	136
Palmetto Point	Fort Myers	1977	2,999	\$1,095,000	\$1,035,000	246
Waterside	Estero	1997	3,483	\$1,059,000	\$942,000	17
Sanibel Estates	Sanibel	1969	1,601	\$995,000	\$995,000	2
Nature's Cove	Estero	2001	3,638	\$829,900	\$812,500	26





*Randy Wayne White*

**"FOR THE SUN-KISSED &  
SUN-DESIROUS ALIKE,  
A VACATION ON A PLATE."**

*The New York Times*  
Magazine

Sanibel • Captiva • Ft. Myers Beach • Downtown St. Pete (Coming Soon)



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