



ACT Gallery To Host Opening Receptions

Arts for ACT Gallery will hold an opening reception for Rick Plummer in the main gallery and for The Heron's Glen Artist Group in the White Gallery on Friday, February 7 from 6 to 10 p.m.

Other than the first decade or so of his life, Plummer has considered Fort Myers home. He grew up loving to sketch and paint and has continued those efforts over his entire life. After he married and served in the Navy Hospital Corps, he proceeded to dental school and then practiced in Fort Myers for 40 years. Now retired, he has devoted his time more intensely to art, recently illustrating a 100-year anniversary book for the famous Los Angeles restaurant Musso and Frank's Grill (featured in *Once Upon a Time in Hollywood*).

In his artist statement, he said, "The paintings in this show represent different phases of my artistic endeavors. One group derives from the Musso and Frank collection, displaying the giclees that comprised the centerfold and a grouping of vignette headers. A second group is from a series named Brakes



Writer's Room by Rick Plummer

images provided

and Accelerators, which references the personality types of the characters depicted. The last group is from paintings on metal that illustrate Florida scenes, largely, on Dibond, which is the aluminum material from which highway signs are made. These last paintings additionally represent a sort of 'pre-vision' of objects and attempt to capture what objects might look like to the brain just before they are completely understood. While the brain is trying to decide its story about what it is viewing, some interesting mistakes can pop up as fascinating distortions. My hope is to use color, basic geometric shapes and



Matansas Clear Transfer by Rick Plummer

data control to render interesting surfaces and provoke laughter, puzzlement and, occasionally, wonder."

The Herons Glen Artist Group was founded by three artists in 1997: Gary Olson, Art Williams and Jean Purins. Their goal was to bring together those who shared an active interest in visual arts, to provide opportunities for exhibiting members' work and to stimulate the arts

in the Herons Glen community. Besides offering classes, the group also gives back to the community by using their talents to paint murals at various locations throughout the community. The group has displayed at several other venues in the area such as the Broadway Palm gallery, Lee County Courthouse and Cape Coral Cultural Center. The group's annual fine

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Gardening enthusiasts shop for plants at the Edison and Ford Winter Estates Garden Festival
photo provided

Winter Garden Festival Opens Next Weekend

Edison and Ford Winter Estates will host its annual winter Garden Festival on Saturday, February 8 from 9 a.m. to 5 p.m. and Sunday, February 9 from 9 a.m. to 4 p.m.

The festival is the largest of its kind in Southwest Florida with more than 40 garden vendors from around the state. Growers will have unusual tropical plants and trees, as well as Florida natives for sale. The festival will also feature food trucks and live music.

"Gardening enthusiasts will find many unique and hard-to-find species of plants at this festival," said Debbie Hughes,

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Two New Exhibits At Davis Art Center



Photograph by Fort Myers High School student Grace Ireland

photo provided

The Sidney & Berne Davis Art Center will showcase two new art exhibitions with an opening reception during Art Walk on Friday, February 7 from 6 to 10 p.m.

Fort Myers High School will present the 2020 International Baccalaureate

Senior Visual Arts Exhibition, showcasing the creativity of 48 students. During the past two years, students have not only created unique works of art, they have explored the works of historical and contemporary artists, investigated critical

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Historic Downtown Fort Myers, Then And Now:
Halgrim On Garrett



by Gerri Reaves, PhD
C
irca 1917, young Robert Carlyle “Bob” Halgrim was photographed astride a horse on Garrett Street just

north of Anderson Avenue.
Unless you’re a Fort Myers old timer or a history buff, the location shown in this historic photo might not ring a bell.
For quick orientation, here’s the location using the streets’ current names: Halgrim and his horse are on today’s Broadway. Anderson Avenue was renamed Dr. Martin Luther King, Jr. Boulevard in 1991.
While Anderson has undergone only one name change in the town’s history, Broadway’s name history is more complicated.

First of all, the block that Halgrim is on – between Second and Anderson – went by more than one name in those early years, sometimes Southard or Southern and sometimes Garrett.
Actual Garrett Street, however, was one block north, the block between Oak Street (now named Main) and Second – the block that borders the Lee County Courthouse.
It’s important to remember, too, that the very name Broadway did not exist until 1924, when the block between First and Main opened.

The Post Office Arcade (later renamed the Collier Arcade) was the first structure on Broadway.
Once Broadway opened, residents on Garrett Street petitioned to have their street broadened and improved to conform to the new street.
So, eventually the three-block stretch from First to Anderson was called Broadway.
But back to that boy on the horse... Halgrim had come to Fort Myers in 1914 with his family. Born in 1905, he would have probably been 11 or 12 years old when the photo was taken.
His father, Cornelius, was known as Colonel. Among other achievements, he helped to start the Lee County Fair, an event that evolved into the Lee County Fair at Terry Park and later the Southwest Florida & Lee County Fair.
Young Halgrim became friends with Thomas A. and Mina Edison and worked



Bob Halgrim posed on horseback on Garrett Street circa 1917. In the background is the Fix-All Repair Shop (right) facing Anderson Avenue. On the left is a private home.
photo courtesy SWFL Historical Society



Today, the street where Halgrim’s horse stood is Broadway just north of MLK, Jr. Boulevard, which is in the background
photo by Gerri Reaves

summer vacations in the Edison gardens and laboratory.
Before completing his studies at Cornell University, he decided to return to Fort Myers and take a permanent job with the inventor.
When Mina Edison bequeathed the estate to the city in 1947, she stipulated that Halgrim be supervisor. Thus, he became the first curator of the Edison home and museum from 1948 until he retired in 1971.
He was active in community and civic affairs over his long life, including serving as the first president of the Southwest Florida Historical Society when it organized in 1963.
In 2005, the year he died, Cornell University awarded him an honorary certificate for his work at the Edison Winter Home.
More a century since Halgrim rode his horse on Garrett, Broadway extends far south of downtown, and Anderson bears the name of an American civil rights icon.
Walk down to the former Garrett and Anderson intersection and imagine a time when a boy could safely pose with his horse in the middle of the street.
Then learn more about the many changes of street names during Fort Myers 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.leeconomyblackhistorysociety.org.
Visit the IMAG History & Science Center at 2000 Cranford Avenue or at www.theimag.org.
Sources: The Archives of the Southwest Florida Historical Society, *Fort Myers Press* and *The News-Press*.✧

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THE RIVER WEEKLY NEWS
FROM THE BEACHES TO DOWNTOWN FORT MYERS

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Famous Opera Company To Perform Classic

The most successful opera company in Europe and the U.S. will be in Fort Myers to perform *La Traviata*, one of the world's most famous stories of unrequited love, on Monday, February 3 at 7:30 p.m.

Teatro Lirico D'Europa will perform at the Barbara B. Mann Performing Arts Hall on the Fort Myers campus of Florida SouthWestern State College, as part of the Fort Myers Community Concert Association 2018 season.

Prices are \$35 for lower balcony and \$25 for upper balcony seats. A limited number of orchestra and mezzanine seating is available at \$55 each. Tickets are available by visiting <https://barbarabmann.ticketsoffice.org> or by calling the box office at 481-4849.

"This is an amazing and very rare opportunity to hear these musicians in concert," said Fort Myers Community Association President Mary Lee Mann. "*La Traviata* has been playing to rave reviews throughout the country."

La Traviata is the classic tale of unrequited love taking place in and around Paris during the 1840s. Teatro Lirico D'Europa travels with a full orchestra of 47 to 50 members and a chorus of 40 singers.

Teatro Lirico D'Europa was created in 1988 by the late Yves Josse, a former ballet dancer and French arts



Teatro Lirico D'Europa performing *La Traviata*

photo provided

promoter, and George Lalva, a young Bulgarian opera singer. The collaboration was a huge success in a very short time, resulting in tours with more than 250 performances in a single season throughout France, Belgium, Switzerland, Germany, Japan, the Netherlands, Denmark, Spain, Italy, Sicily and Portugal.

La Traviata is the third of five classical performances to be presented this season by the Fort Myers Community Concert Association.

The two remaining concerts are Russian State Symphony Orchestra on February 10; and Russian National Ballet on March 2.

The Fort Myers Community Concert Association, now in its 71st concert season, is an all-volunteer not-for-profit organization founded by the legendary Barbara B. Mann in 1949 to bring world-class entertainment to Southwest Florida at affordable prices. For more information, visit www.fortmyerscommunityconcerts.org.

Backpack Group Increases Food To Help Students

How do you feed 5,000 school children who otherwise might go hungry on the weekends? Blessings in a Backpack of Southwest Florida knows the answer: awareness to a need and open hearts.

The donations of a generous community has enabled Blessings in a Backpack to feed an additional 700 children since August, increasing the number of total children in Lee and Collier counties to over 5,000 for the first time.

Schools recently added to the list of children who receive a backpack full of food – two breakfasts and two lunches – on Fridays to help them and their families through the weekend are Christa McAuliffe Charter, Tropic Isles, Harlem Heights Charter and RCMA in Immokalee, which is the first school in Collier County to get food.

"This is huge," Blessings in a Backpack Executive Director Cecilia St. Arnold said. "When we took over in the 2014-15 school year, we did 2,300 kids, so it has more than doubled in five years. There are so many wonderful donors stepping up to help in this epidemic occurring all over the country. We aren't a big non-profit, and there are not a lot of people aware of us or how great the need is. There are food insufficient

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Craft station participants at a previous Punk Brunch photo by Jesi Cason Photography

Bands, Art And Food At Next Punk Brunch

Punk Brunch, featuring music, food, interactive art, crafts and live artists, will be held during Fort Myers Art Fest in the amphitheater at Fort Myers Regional Library on Saturday, February 1 from noon to 3 p.m.

Local and regional indie punk bands, like Roxx Revolt and the Velvets and the Wyolas as well as popular

Southwest Florida eateries, Green Bites Go and Chocolattes Coffee & Roasting, will be on hand. Attendees are invited to participate in a sidewalk and street art chalk project on Richmond Street. Artist Pam Trent of Wicked Apple Art will create a custom chalk art piece alongside the community project. Other artists, like Shelby Finger, will be creating original works as bands play.

Love Your Rebellion will host two craft stations. The Start Them on Art craft table will be for ages 10 and younger. It will include activities like drawing and stamp art projects. Ages 11 and older can participate in the Zine

Making Station, where folks can make their own art and writing books to take home using original art, collages, writing, stamps and more.

Punk Brunch is free to enter, but donations will be accepted for Love Your Rebellion, the 501(c)3 nonprofit hosting the event. It is sponsored by

Joe's Records and the Lee County Library System. To learn more about LYR, visit www.loveyourrebellion.org.

The Fort Myers Regional Library is located at 2450 First Street in Fort Myers. For more information, visit www.facebook.com/events/500586523894025.



Logiscool Kids photo provided

Sparkling Your Student's Love For Technology

The IMAG History & Science Center and Logiscool recently announced their exciting new educational Logiscool programs for students focused on coding and programming technology.

"In a world where technology touches every aspect of our lives," said Shelby Baucom, deputy director at the IMAG, "it is crucial that our children become active creators of technology, not just passive users. As such, we are excited to offer Logiscool programs for students after school at the IMAG."

The experience-based teaching methodology of Logiscool opens doors for elementary and middle school students to logical thinking, problem solving, designing processes and their own creativity. Logiscool programs teach children the joy of computer coding and

programming by helping them write their own cool computer animations, applications and games. What's more, Logiscool programs even help students improve results with their other schoolwork and studies.

Sparkling students' love for technology and creativity, IMAG and Logiscool are offering monthly sessions with each session comprised of four weeks. Beginning in February and running to the end of May, sessions for elementary students are scheduled on Wednesdays from 4:15 to 5:45 p.m. while sessions for middle school students are scheduled on Wednesdays from 5:45 to 7:15 p.m. Because sessions are limited in size, the IMAG recommends early registration. The special IMAG rate for each four-week session is \$150; members of the IMAG History & Science Center, however, receive a 10 percent discount off their registration.

The IMAG History & Science Center is located at 2000 Cranford Avenue in Fort Myers. For more information, visit www.theimag.org.

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Fort Myers Art:

Visual Artist Brings ‘Shadopia’ To Davis Art Center



by Tom Hall
Fashion designer, visual artist and filmmaker Mariapia Malerba is bringing new work to the Capital Gallery in the Sidney & Berne Davis Art Center in February. Called

Shodopia, the show is comprised of work she’s created with a technique inspired by shodo.

Shodo is a form of calligraphy in which an ink-dipped brush is used to create Chinese kanji and Japanese kana characters. Practitioners are admired for the accuracy of the characters they create, the balance with which they arrange them on the paper, how they shade the ink and, especially, the way they handle the brush while performing the calligraphy.

The art of shodo originated in China during the Han dynasty and came to Japan in the sixth century, along with methods for making brushes, ink and paper. In those days, calligraphy was an essential part of the education of members of noble families. But as time passed, the art spread among the common people. Today, shodo is not just a celebrated and revered art form, but a harmonious and philosophical process that fuses poetry, literature and painting by possessing rhythm, emotion, aesthetic and spirituality in one unique art form. It’s such an important aspect of Japanese culture and ideals that it is even introduced to Japanese children as early as elementary school.

Mariapia has modified this ancient form (hence, shodo-pia) by substituting a tool of common use for the bamboo brush traditionally employed in shodo. To create her art, Mariapia employs a broom to craft beautifully balanced, sweeping works of art through a fluid, spontaneous motion that codifies sacred



Gorilla by Mariapia Malerba
image provided

value in each stroke and line. To see the results of this unique, Zen-like technique, you’ll just have to see the exhibit.

Sidney & Berne Davis Art Center is located at 2301 First Street in Fort Myers. For more information, visit www.sbdac.com.

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

Estates Robotics Team Qualifies For Regionals

The Edison and Ford Winter Estates (EFWE) homeschool robotics team, Assembly Required, placed among the top teams at the first LEGO league qualifier tournament and won an award for its robot mechanical design. The team is now advancing to the regional competition that will be held at the Wa-Ke-Hatchee Park and Lexington Middle School on Saturday, February 1 .

During the competition, each team gets three attempts (each at a scheduled time and table) to complete as many

missions as possible on the robot challenge field. Spectators are invited to watch the teams compete. TLC Engineering Solutions is the EFWE team sponsor.

EFWE offers many programs for children throughout the year, including Science Scholars, an ongoing homeschool series for grades 1 to 8. The program runs from September to April, with the following schedule: grades 1 to 3 – second Thursday of each month from 9:30 to 11:30 a.m.; grades 4 to 6 – second Thursday of each month from 1 to 3 p.m.; grades 7 to 8 – second Wednesday of each month from 10 a.m. to noon.

The sessions focus on the following:
The Telegraph and Communication: history, code and electronics

Motors and Movement: history, physics and energy

Simple Machines: history, simple

machines and mechanics
Sound Waves: history, sound waves and harmonics
Light Waves: light science and space science
Designing Light Systems: history, light science and design
Field Research: history, chemistry, biology and ecology
Innovation & Collaboration: history, problem solving and teamwork

Classes for EFWE members cost \$15, or \$105 for the eight-class series. The fee for non-members is \$25, or \$175 for the eight-class series and includes one adult and one child. Registration opens this summer at www.edisonford.org. Tours and admission to the museum and lab are not included.

Wa-Ke-Hatchee Park and Rec Center is located at 16760 Bass Road in Fort Myers. The Lexington Middle School at 16351 Summerlin Road in Fort Myers.*

Model Call For Runway Fashion Show

Calling all models! Live auditions for models for the 9th annual Art Walks the Runway Weekend of Fashion are being held at the Sidney & Berne Davis Art Center on Wednesday, February 5 and Thursday, February 13 from 6 to 7:30 p.m.

The most bold, sexy, edgy and fiercest models in Southwest Florida arte being sought. If you are age 15 and older, are 5’8” or taller, and think you have what it takes to walk the runway, you are invited to audition. Bring your stilettos, you are going to need them. Also, bring a comp card if you have one – it will accelerate your audition.

Art Walks the Runway is a star-studded event featuring local, national and international designers. Models must register at www.sbdac.com/awr-model-call and attend one of the audition dates.

The local fashion show is slated for Friday, March 13. Tickets are \$25 in advance and \$30 the day of the event. The couture fashion show will be held Saturday, March 14. Tickets are \$40 in advance and \$45 the day of the event. For both events, doors open at 7 p.m.



Models needed for fashion show
photo provided

and the shows begin at 8 p.m. Art Walks The Runway is sponsored by BMW of Fort Myers and The News-Press.

The Sidney & Berne Davis Art Center is located at 2301 First Street in the historic downtown Fort Myers River District. Visit www.sbdac.com or call 333-1933 for more information.*

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FGCU To Offer Two Research Roadshows



Dr. Joanne Muller



Dr. Win Everham

Wednesday, March 18 in Sanibel. Both sessions are from 5:30 to 7 p.m.

"The FGCU Research Roadshow is a one-of-a-kind event – something that no other university provides its community," said Billy Gunnels, FGCU's director of undergraduate research, who helped found the Research Roadshow. "At its core, the Research Roadshow shares some exceptional examples of the scholarly work that student and faculty collaborators undertake at FGCU. The community will learn about the research, but they will also discover the motivation, the passion and the joy that inspires these student and faculty teams. In addition, the Research Roadshow combines exceptional audio and video production so that the audience becomes fully immersed in the experience."

The three featured presentations for the second installment of the Research Roadshow are:

The Silence of the Frogs, which focuses on a 20-year study of Southwest Florida's frog population by FGCU professors and students that paints a picture about the state of the environment. An army of student and professional researchers and citizen scientists took on this study to better understand how the urbanization of Southwest Florida affects the frogs that fill our night with croaks and ribbits.

Performers/Presenters: Dr. Win Everham and recent graduate Taylor Hancock

Digging into the Past to Forecast the Future, which looks at the work

of researchers who have developed ways to track water temperature, as well as the frequency and intensity of storms that hit Florida's shores more than 1,000 years ago, using hurricane sediment and the fossil record of microbes that lived in the mud. Besides the "wow" factor, these data when combined with other research dramatically improve scientists' ability to understand future storms.

Performers/Presenters: Dr. Joanne Muller, students James Javaruski and Illexis Morales

Marriage, Music & Money, which features a student entrepreneur and her sister who turned a love of music into a thriving wedding and special-occasion performance business that employs a dozen musicians. These sisters extraordinaire illustrate the research process of discovery and creation perfectly as they harnessed the scholarly soul of entrepreneurship to help them translate their love of music into a private enterprise.

Performers/Presenters: Dr. Sandra Kauanui, recent graduate Jade Gibson, sophomore Sapphire Gibson and members of Jade Strings

"The Research Roadshow grew from a desire to tell the FGCU story in new and different ways," said Deborah Wilttrout, FGCU's associate vice president for marketing and communications and a founder of the Research Roadshow. "We are constantly looking for ways to convey complex ideas to the public, and this concept has really worked well. You

take passionate students and their faculty mentors and pair them with script writers, numerous production personnel, videographers and a theatrical director to create a show that's unlike anything you've ever seen. I can't wait for this year's show."

With a runtime of 50 minutes, the Research Roadshow is both entertaining and informative. Each presentation blends intellectual and personal narratives so that the audience understands why these individuals pursue these projects. Video and acoustic elements complement each presentation to create an immersive experience.

"The audience will also learn about some of the many different faces of research," said Gunnels. "Research is a process of inquiry, creation and discovery. The roadshow will demonstrate some different ways that research can be pursued."

Seating is limited and free registration is required to attend.

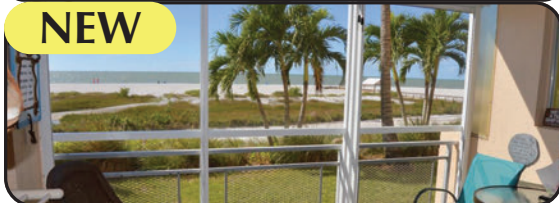
"The Research Roadshow really demonstrates the wonderful relationship our students have with the faculty," said FGCU President Mike Martin. "And, it gives us the chance to inform the community both about what we do here and also about topics that they may not have otherwise given much thought to. We bring them a little education and a little exposure to the institution."

For more information and to a reserve a seat for any of the three shows, visit <https://fgcu.edu/researchroadshow>.✧

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MLS# 220003188 \$449,000

EXQUISITE BAYFRONT HOME

NEW



4BD/3½BA Bayfront home. Remote retractable picture window screens. Open concept. Entertainers delight. Travertine floors. Fireplace. Screened pool. Elevator. Dock w/2 lifts.

MLS# 219080508 \$2,495,000

HIGHLY DESIRABLE & RARLEY AVAILABLE

NEW



Turnkey furnished 2BD/2BA condo at Coquina. Oversized screened lanai, partial Gulf views, under building parking. Close to restaurants, tiki bar & movie theatre.

MLS# 220001296 \$369,000

MUST SEE AT FAIRVIEW ISLES

NEW



2BD/2BA condo just across the street from the beach. Renovated in 2017. Carpet in living areas. Glass enclosed lanai, granite & quartz counter tops. Views of the pool & green area.

MLS# 220003108 \$345,000

BAY VILLAGE BEAUTY

NEW

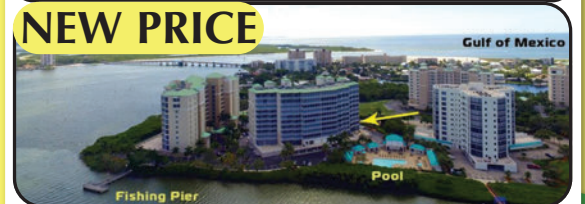


Updated 2BR/2BA turnkey furnished. Kitchen updates: SS appliances, granite, lighting. Baths updates: flooring, vanity, quartz, lighting. Under-building parking. Storage locker. Short walk to beach!

MLS# 220002248 \$269,000

WATERSIDE CONDO THAT HAS IT ALL

NEW PRICE



Beautiful bright corner turnkey furnished condo. Updated kitchen. 1810 sq. ft. w/lanai & terrace. Gated community w/ resort style amenities. Don't miss your opportunity.

MLS# 219072997 \$479,900

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Along The River

ArtFest Fort Myers, Southwest Florida's premier fine arts festival, returns to the River District in **downtown Fort Myers** this weekend with art, entertainment, food, drink and children's art activities.

Opening night is this Friday, January 31 and participants will have a chance to shop and mingle with more than 60 of the artists in a relaxed and intimate setting. There will be entertainment, food and drinks from 6 to 9 p.m.

The free festival continues this Saturday from 10 a.m. to 5 p.m. and Sunday from 10 a.m. to 4 p.m. There will be high quality, original art in the juried show featuring more than 200 artists in tents and booths lining Edwards Drive at Hendry Street in downtown Fort Myers. Family fun includes the Publix Art Yard, the Under 20 High School Exhibit and Competition tent, Chalk Block for high school artists and a Kids Tag Arts display.

As in years past, a wide array of genres and media will be represented in this year's festival, including works in sculpture, painting, ceramics, photography, printmaking, drawing, digital, mixed media, ceramics, fiber, glass, jewelry, metal, wearable fiber and wood.

Upwards of 90,000 people visit this premiere outdoor art festival. For more information, visit www.artfestfortmyers.com.

Edison and Ford Winter Estates will host musician **Steve Farst** for the first Rhythm on the River of the new year this Friday, January 31. The event will take place on the Ford lawn, along the Caloosahatchee. Gates open at 5:30 p.m. and the concert starts at 6 p.m.

Tickets are \$35 per person or \$25 for Edison Ford members. Tickets at the door will be \$40. Tickets include one signature drink and appetizers. A cash bar will also be available.

Guests should bring a folding chair and a sweater if the weather is chilly. No coolers are permitted. Free parking is available in the main Edison Ford parking lot at 2350 McGregor Boulevard. For more information or to purchase tickets



Downtown Fort Myers will be bustling with activity during ArtFest Fort Myers this weekend photo provided

online, visit www.edisonford.org or call 334-7419.

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

Grammy and Emmy nominated producer David Mayfield leads the band, which includes two-time National Bluegrass Banjo Champion Steven Moore, Christine King on fiddle and vocals and multi-instrumentalist Andrew Bonnis on bass and vocals.

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 more information, visit www.sbdac.com or call 333-1933.

Edison and Ford Winter Estates will host its annual **Antique Ford Car Show** this 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. Swampy, the Everblades Mascot, is expected to make an

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. 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 or drop by the ticket counter.✪

Calusa Blueway Speaker Series

A program called Curious Tales of the Lee County Waterways will be the third talk in a series of free Calusa Blueway-related programs at the Wa-Ke Hatchee Recreation Center on Tuesday, February 4 at 6:30 p.m.

Presenter Joanne Semmer, the president of the Ostego Bay Foundation, a Florida Master Naturalist instructor and a local historian, will share tales of the eclectic history of the Lee County waterways.

"Every time I visit Joanne at the Ostego Bay Marine Science Center, she shares a new story with me about an area along the Calusa Blueway," Calusa Blueway Coordinator Mike Hammond said.

The fourth talk of the Calusa Blueway Speaker Series series will be held at the center on March 3. Victoria Burgess will speak on Cuba to Key West on a Standup Paddleboard

Wa-Ke Hatchee Recreation Center is located at 16760 Bass Road in Fort Myers. For more information and directions to the program, call the center at 432-2154. Trail information is at www.calusablueway.com or www.leeparks.org/blueway.✪

Roses And Love Notes For Our Seniors

The professionals at VIP America Home Health Referrals is urging southwest Florida residents to gather Valentine's Day roses and love notes for seniors in Southwest Florida.

"Valentine's Day should be a special day for everyone. That's why we are urging area churches and schools to gather roses and send love notes to homebound seniors," said Jill Ball, president of VIP America.

If your church, school, media outlet or organization is interested in making Valentine's Day special for seniors, you may contact the VIP America Home Health Referrals office in Naples at 734-7983 or in Fort Myers at 312-0548.

"We will make sure our staff of professionals deliver your loving messages directly to seniors who otherwise may not get a little reminder they are loved on Valentine's Day," added Ball. If deliveries of roses and love notes exceed the number of seniors receiving care by VIP America, the home health referral professionals will share your love with senior care organizations throughout the region.

"We thought it appropriate to take the

lead in this special project because seniors are our VIPs no matter where you live in Southwest Florida," said Ball.

If your church, school or organization cannot take part in the Valentine's Day Roses and Love Notes drive, there are other ways you can help bring Cupid to our seasoned residents:

Have flowers delivered, or deliver them yourself if you live nearby

If your loved one has old letters from the love of their life, dust them off and read them together

A special treat is even sweeter when it's shared, so sit awhile and share something yummy

Get the kids involved – seniors love homemade valentines, even better if they include a recent photo

Share a special breakfast or lunch and stories of a loved who one has shown they love you

Frame an old photo of you with your senior, include a card about how much they mean to you

Continue a tradition they may have shared with their late spouse – make it a new tradition

Just be there for them! Your time and presence can add happiness to a day that may have otherwise been lonely

"These are simple but effective ways to let our senior citizens, or anyone, know they are important and loved on Valentine's Day," said Ball.✪

Arts & Crafts Fair

Saturday, February 8, 2020
9am - 2pm



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- | | | |
|-----------|-------------------|--------------|
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Local Students Win Awards At Theater Festival

Students from Melody Lane Performing Arts Center in Cape Coral, and Creative Theater Workshop and Florida Rep Education in Fort Myers recently won national awards and earned recognition at the 2020 Junior Theater Festival Atlanta.

The Junior Theater Festival Atlanta united 7,000 students and educators from 128 educational musical theater groups representing 31 states, as well as Australia, New Zealand and United Kingdom (U.K.)

Melody Lane Performing Arts Center won a Freddie G Excellence in Ensemble Work award and a Freddie G Fellowship award.

Creative Theater Workshop won a Freddie G Excellence in Music award.

Florida Rep Education and Magic Curtain Productions won a Freddie G Excellence in Dance award.

Melody Lane Performing Arts Center students presented selections from Disney's and Cameron Mackintosh's *Mary Poppins* and Creative Theater Workshop students presented selections from Disney's *Frozen JR.* for John Prignano, chief operating officer and



From left, Melinda Sullivan, Kody C. Jones, Christina DeCario, Wedler Lordeus and Nicholas Christopher
photo courtesy James Barker Photography

director of education and development at Music Theatre International; Ken Cerniglia, Disney Theatrical Group senior dramaturg and literary manager; and Cindy Ripley, senior educational consultant for iTheatrics.

"Melody Lane Performing Arts Center offered us such a beautiful production of one of musical theater's most beloved stories," said Cerniglia. "This cast's

commitment to period detail in 1910's London made the story come to specific and joyful life." Added Ripley, "This cast took the stage with grace and authority balancing a large ensemble remarkably."

Florida Rep Education students presented selections from *Fiddler on the Roof JR.* for Hans Weichhart, chief

relationship officer for the Educational Theatre Association; Tali Allen, director of Education and Outreach at STAGES St. Louis; and Lotte Wakeham, artistic director of the Octagon Theatre in Bolton, U.K. and Broadway's *Matilda the Musical* associate director.

Said Allen, "Florida Rep Education had an unbelievably powerful ensemble; it was one of the most well-trained, disciplined groups I've ever seen." Added Wakeham, "This group walked on stage with great poise, and were highly energetic and compelling throughout their performance. The actor playing Teyve had a wonderful energy and great repartee with the audience. I was impressed by how even within a 15-minute extract, the performers were able to convey the emotional heights and depths of the story. Their commitment to the storytelling was excellent, and their staging was very creative. I send my congratulations to the whole group and to their instructors." Added Weichhart, "Never before have I experienced so much energy from beginning to end than this performance of *Fiddler on the Roof JR.* These students delivered crisp choreography that told the story and entertained. They were delightfully disciplined and polite, and were a fantastic group to work with."✱

Register For PR University Forum

The Southwest Florida Chapter of the Florida Public Relations Association (FPRA) is bringing its annual professional development conference to Florida SouthWestern State College on Friday, February 21 from 8 a.m. to 5 p.m.

This year's event PR University 20/20: Focus on Best Practices will include presentations on crisis communications, internal communications, social media, working with influencers and more. PR University sponsors include CONRIC PR & Marketing, iPartnerMedia, Lee County Electric Cooperative and M&M Multimedia.

PR University is open to the public and provides seasoned and young professionals, business owners and anyone who communicates to internal or external customers, real-world tools they can use in their daily work. Attendees will gain clarity and insight into today's changing marketplace and enhance their communication skills to effectively integrate new media with traditional communication elements. Professionals accredited with their APR earn two continuing education points toward maintenance requirements.

Speakers for PR University include Mary Briggs, APR, CPRC, system director, strategic communications and public relations, Lee Health; Betsy Clayton, APR, director of communications, Lee County Government; Ana Hoyos, area director – Southeast U.S. and Latin America, Meltwater; Lonny Kocina, CEO, Media Relations, Inc.; Kristin McClement, director, public relations and social marketing, Chico's FAS; Alyson Seligman, owner/president, SBS Agency;

and Breanne Winter, CEO and training specialist, Speak Up Consulting & Coaching.

Along with presentations from a lineup of dynamic speakers, PR University offers valuable education, professional development and networking opportunities.

Early registration is open now through January 31 and is \$75 for FPRA members, \$95 for future members and \$55 for students. The price after early registration closes is \$99 for FPRA members, \$129 for future members and \$65 for students. Event registration closes February 14.

Florida SouthWestern State College is located at 8099 College Parkway in Fort Myers. For more information and to register to attend, visit www.fpraswfl.org.✱

Parent-Free Time At Valentine Fun

Parents, do you need a night out? Then you don't want to miss this.

The City of Cape Coral will be offering Valentine Fun – a parents' night-out activity for children – at Four Freedoms Park on Friday, February 7 from 6 to 8 p.m.

Valentine Fun will feature an evening of heartfelt arts and crafts, games, snacks and more. Parents do not need to stay at the event, instead they can go to dinner, do some shopping, or go to the movies, while the kids are kept entertained.

Cost is \$20 per child. For preparation purposes, pre-registration is preferred by Friday, January 30.

Four Freedoms Park is located at 4818 Tarpon Court in Cape Coral. For more information, call 574-0804.✱

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Will Tuttle photo provided

Noted Food And Lifestyle Author Lecture At Church

Dr. Will Tuttle, visionary author of the international best-seller *The World Peace Diet*, will lecture at the Unitarian Universalist Church of Fort Myers on Monday, February 3 at 6:30 p.m. He will give an inspiring talk about the hidden dimensions of our culture’s food system and how we can acquire radiant health, awaken awareness and

bring healing to our world. Dr Tuttle is a featured expert in *Conspiracy* and other documentary films, and a recipient of the prestigious Courage of Conscience Award and Empty Cages prize. His University of California, Berkeley doctorate focused on educating intuition and altruism, and he has taught college courses in creativity, comparative religion and philosophy. Dr. Tuttle is a former Zen monk and Dharma Master in the Zen tradition and the author of *Islands of Light* and the editor of *Circles of Compassion* and *Buddhism & Veganism*. He’s also created 10 much-loved CD albums

of original piano music. His inspiring presentations often include his music as well as evocative animal paintings by his spouse, Madeleine, a visionary artist from Switzerland. There is a suggested \$10

donation at the door. Unitarian Universalist Church of Fort Myers is located at 3411 Shire Lane in Fort Myers. For more information, visit www.worldpeacediet.com.



SWFL Concert Band photo courtesy Sea Terri Photography

Sunday At The Movies Concert

The Southwest Florida Concert Band will perform Sunday at the Movies concert at South Fort Myers High School on Sunday February 16 at 2 p.m. Our 45-member community band will perform a concert of memorable movie melodies and also feature vocalist Karen Shafer. The concert will start with the theme from the James Bond film *Live and Let Die*. The program will ride into the dramatic John Williams music from the classic movie *The Cowboys* starring John Wayne. You will also hear movie box office hits from *Star Wars*, *Pirates*

of the Caribbean and Disney memorable melodies like *Zip-A-Dee-Doo-Dah*, *Supercalifragilistic, Bare Necessities*, *Be Our Guest*, *Circle of Life* sung by feature vocalist Karen Shafer. There will be music from *The Wizard of Oz* featuring a piccolo and tuba solo, and from *The Greatest Showman*. The concert will also include a rousing march, a trombone feature called *Lassus Trombone* and all of our clarinet section performing the popular Leroy Anderson’s *Clarinet Candy*. All concerts are free with donations accepted. South Fort Myers High School is located at 14020 Plantation Road in Fort Myers. For more information, visit www.swflconcertband.org.

Churches/Temples

ALL FAITHS UNITARIAN CONGREGATION
Service 9, and 11 a.m. Children’s RE, Adult Education Forum 10 a.m., www.allfaiths-uc.org, 2756 McGregor Boulevard, 226-0900.
ALL SAINTS BYZANTINE RITE CATHOLIC
Sunday 10:30 a.m., 10291 Bayshore Road, 599-4023.
ANNUNCIATION GREEK ORTHODOX
Sunday 9 and 10 a.m., www.annunciation.fl.goarch.org, 8210 Cypress Lake Drive, 481-2099.
BAT YAM-TEMPLE OF THE ISLANDS
Friday Shabbat at 7 p.m. www.batyam.org, 2050 Periwinkle Way, 579-0296.
BETH YESHUA MESSIANIC SYNAGOGUE
Saturday 11 a.m. 15675 McGregor Boulevard, 437-3171.
BIBLESHARE
10 a.m. Sunday and 7 p.m. Tuesday, www.simplysimpleworship.com, 7050 Winkler Road, Suite 121, 437-8835.
BREAD OF LIFE MINISTRIES
Sunday 10:30 a.m. 16581 McGregor Boulevard, 267-3166.
CHABAD LUBAVITCH ORTHODOX
Friday 6:30 p.m., www.chabadswf.org, 5620 Winkler Road, 433-7708.
CHAPEL OF CYPRESS COVE
Sunday 10 a.m., www.revtedalhouse@aol.com 10200 Cypress Cove Circle, 850-3943.
CHURCH OF THE CROSS
Sunday 9:15 and 10:45 a.m. 13500 Freshman Lane, 768-2188.
CONGREGATIONAL
Sunday 10:30 a.m., www.taecc.com, 1619 Llewellyn Drive, 334-4978.
COVENANT PRESBYTERIAN
Sunday 10 a.m. 2439 McGregor Boulevard, 334-8937.
CROWN OF LIFE LUTHERAN CHURCH AND CHRISTIAN ACADEMY
Sunday 8 and 10:45 a.m. Jan 1 - Easter; 9 a.m. after Easter - Dec 31. www.crownoflifelutheran.com. 5820 Daniels

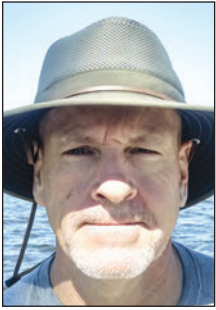
Pkwy, 482-2315.
CYPRESS LAKE BAPTIST
Sunday 9:45 and 11 a.m., 7 p.m.; Wednesday 6:30 p.m. 8400 Cypress Lake Drive, 481-5442.
CYPRESS LAKE PRESBYTERIAN
Sunday 8, 9, 10 and 11 a.m. www.clpc.us, 8260 Cypress Lake Drive, 481-3233.
CYPRESS LAKE UNITED METHODIST
Sunday 8, 9:30 and 11 a.m. 8570 Cypress Lake Drive, 482-1250.
FAITH UNITED METHODIST
Sunday 8:45 and 10:30 a.m., 15690 McGregor Boulevard, 482-2030.
FIRST CHURCH OF CHRIST, SCIENTIST
Wednesday 12 noon Testimony Service, Sunday 10:30 a.m., www.christiansciencefortmyers.net, www.christianscience.com. 2390 West First Street, 334-6801.
FIRST CHURCH OF THE NAZARENE
Sunday 10:30 a.m. and 6 p.m., 13545 American Colony Boulevard, 936-2511.
FIRST UNITED METHODIST CHURCH
Sunday 9:30 a.m. and 5:30 p.m. www.funfcmtyers.org, 2466 First Street, 332-1152.
FORT MYERS CHRISTIAN
Sunday 10:30 a.m., 5916 Winkler Road, 437-4330.
FORT MYERS CONGREGATIONAL UNITED CHURCH OF CHRIST;
Sunday 10 a.m., 8210 College Parkway, 482-3133.
FIRST PRESBYTERIAN CHURCH OF FORT MYERS
11 a.m. Sunday, www.fpcfmyers.org, 2438 Second Street, 239-334-2261
IONA-HOPE EPISCOPAL CONGREGATION
Saturday 5 p.m.; Sunday 8 a.m. and 9:30 a.m.; Tuesday 9:30 a.m.; Wednesday 9:30 a.m., 9650 Gladiolus Drive, 454-4778.
JESUS THE WORKER CATHOLIC
Friday and Saturday, 7 p.m.; Sunday 8, 10 a.m. and 6 p.m., 881 Nuna Avenue, 481-1143.
KINGDOM LIFE
Sunday 10:30 a.m., 2154 McGregor

Boulevard, 218-8343.
LAMB OF GOD
Sunday 7:45 and 10 a.m., www.lambofgodchurch.net, 19691 Cypress View Drive, 267-3525.
NEW BEGINNINGS CENTER
Friday 6:30 and 7 p.m. nbcministry@embargmail.com, facebook.com/nbcministry, 8505 Jenny Cae Lane, 656-0416.
NEW COVENANT EYES
Monthly 9 a.m., www.newcovenanteyes.com, 1900 Park Meadows Drive, 220-8519.
NEW HOPE BAPTIST
Sunday 11 a.m.; Wednesday 7 p.m. 16120 San Carlos Boulevard, Unit 10, 985-8503.
NEW HOPE PRESBYTERIAN
Sunday 8, 9:30 and 11 a.m., www.newhopefortmyers.org, 10051 Plantation Road, 274-1230.
PEACE COMMUNITY
Sunday 10:30 a.m. www.peacecommunitychurch.com, 17671 Pine Ridge Road, 267-7400.
PEACE LUTHERAN
Sunday 8 and 10 a.m., www.peaceftmyers.com, peace@peaceftmyers.com. 15840 McGregor Boulevard, 437-2599.
REDEEMER LUTHERAN
Sunday 8:15 and 10:15 a.m. 3950 Winkler Ext., 274-0143.
RIVER OF LIFE ASSEMBLY OF GOD
8, 9:45 and 11:30 a.m., 21580 River Ranch Road, 495-0400.
SAMUDRABADRA BUDDHIST CENTER
Meditation classes. www.MeditationInFortMyers.org, 567-9739.
SAINT COLUMBKILLE CATHOLIC
Monday through Saturday 8 a.m.; Saturday 3 and 5 p.m.; Sunday 7, 9 and 11 a.m., 5:30 p.m., 12171 Iona Road, 489-3973.
ST. FRANCIS XAVIER CATHOLIC
Monday through Thursday 6:45 a.m.; Friday 6:45 and 11 a.m.; Saturday 4 p.m.; Sunday 6:45, 9:30 and 11 a.m., 2157 Cleveland Avenue, 334-2161.
SAINT JOHN THE APOSTLE

METROPOLITAN
Sunday 10 a.m., 3049 McGregor Boulevard, 344-0012.
SAINT MICHAEL LUTHERAN
Saturday 5:30 p.m.; Sunday 8 and 10:45 a.m., 3595 Broadway, 939-1218.
SAINT NICHOLAS MONASTERY
Sunday 9:30 a.m., www.saintnicholasmonastery.org, 111 Evergreen Road, 997-2847.
ST. VINCENT DE PAUL CATHOLIC
Tuesday through Friday 9 a.m.; Saturday 4 p.m.; Sunday 9 and 11 a.m., 13031 Palm Beach Boulevard, 693-0818.
SOUTHWEST BAPTIST
Sunday 11 a.m.; Wednesday 6 p.m., 16940 McGregor Boulevard, 454-3336.
TEMPLE BETHEL SYNAGOGUE
Friday Shabbat 7:30 p.m.; Torah Saturday 9 a.m.; Religious School Wednesday 5:30 p.m. and Sunday 9:30 a.m., www.templebethel.com, 16225 Winkler Road, 433-0018.
TEMPLE JUDEA (CONSERVATIVE)
Friday 6:30 p.m. and Saturday 9 a.m., www.tjswfl.org, 14486 A&W Bulb Road, 433-0201.
THE FAITH CENTER
Sunday 9 and 10:30 a.m., Thursday 7:15 p.m., 17650 South Tamiami Trail, Suite 212, 278-3638.
THE NEW CHURCH
Sunday 11 a.m., www.newchurchflorida.com, 10811 Sunset Plaza Circle #401, 481-5535.
UNITARIAN UNIVERSALIST
Sunday 10:30 a.m., www.uucfm.org, 13411 Shire Lane, 561-2700.
UNITY OF FORT MYERS
Sunday 10 a.m., www.unityoffortmyers.org, 11120 Ranchette Road, 278-1511.
WESTMINSTER PRESBYTERIAN CHURCH
Sunday 9:30 and 10:45 a.m., 9065 Ligon Court, 481-2125.
WORD OF LIFE
Sunday 10 a.m., Wednesday 7 p.m., 2120 Collier Avenue, 274-8881.
ZION LUTHERAN
Sunday 8, 9:30 and 10:45 a.m., www.zionfm.org, 7401 Winkler Road, 481-4040.

CROW Case Of The Week:

Eastern Cottontail Rabbit



by Bob Petcher

The eastern cottontail rabbit is the most common of its species, which can be easily identified by its cotton ball tail. While these mammals would rather live on the outskirts of populous

areas, such as farms, fields and other rural places, they do adapt to more urban spots.

Eastern cottontail rabbits often forage at night. These herbivores like to look for garden vegetables to fill up on. During the day, they tend to hide in thicker brush or meadows. Like other rabbits, they will zigzag away from prey and can reach up to 20 miles an hour if they need to.

At CROW, an adult eastern cottontail rabbit was admitted after becoming stuck in motor oil at a Porsche dealership in Fort Myers. The workers at the dealership saved the rabbit from a bucket of motor oil after it fell in, attempting to get out of the garage. The quick-thinking workers immediately washed the rabbit in dish soap. Upon intake, the rabbit had a cool temperature and was thin.

"A rectal temperature was not obtained upon intake, however, the rabbit was cool to the touch," confirmed Dr. Mariah



Patient #20-189 succumbed during its first night after intake

photo by Brian Bohlman

Lancaster, CROW veterinary intern. "This was likely due to the patient being wet with oil, soap and water – making it less able to thermo-regulate, control its own temperature. The patient was also in shock, which causes the vessels closest to the surface of the skin to shrink down, making the skin feel cool."

CROW staff worked to remove the remaining oil from its fur, and it was given warm fluids and heat.

"On intake, paper towels were used to absorb the majority of the oil and remaining water. Dry towels were used to clean and wrap the patient, but the patient

was not immediately re-bathed due to the lack of responsiveness in the patient and the cold temperature," said Dr. Lancaster. "It was deemed that another bath (warm water and liquid soap) would take place the following morning, as rabbits can suffer spontaneous heart attacks if too stressed. A water pick was considered to help lift the oils from the skin and fur; however, this method was not able to be attempted."

The rabbit was placed into an oxygen chamber before an intravenous catheter was placed. Artificial tear ointment was also administered to flush any oil from the eyes.

"Immediately upon intake, the eyes were flushed and examined for ulcers, which were not seen. Artificial tears were then used every eight hours to prevent oil from irritating the eyes," said Dr. Lancaster. "The patient markedly improved throughout the course of initial treatment. An IV catheter was placed, and warmed fluids were given to help warm the patient and fight the shock the patient was suffering from. In oxygen, the patient began to stand and was eating on his own."

Unfortunately, the rabbit quickly went downhill health-wise and died in its cage overnight.

"The most likely, and suspected, cause of death following this kind of exposure to motor oil, a hydrocarbon, is severe aspiration pneumonia. The chemicals interfere with the natural function of the lungs, both causing chemical irritation and inflammation – pneumonitis – and interfering with the lungs' ability to clear themselves of contaminating materials," said Dr. Lancaster. "Rabbits are also extremely sensitive to the ingestion of improper substances, and the rabbit may have experienced GI stasis – a lack of forward gastrointestinal motility – that contributed to its untimely passing."

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

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Cold Water Surprises



by Capt.
Matt Mitchell

As forecast, the coldest weather we have seen in over two years dropped the water temperature in the sound into the high 50s. The sheepshead fishing was on fire after bundling up and fishing all but on the coldest day. This cooler water pushed our big concentration of larger spawners into the sound so far this winter.

Black drum are a species that we seldom target though we do catch them while fishing for other species on shrimp. This winter has brought some of the most consistent black drum fishing I can remember, along with even some low tide, sight-fishing opportunities on this underrated species. Several deeper channels going into St. James City have held these fish day after day.

Redfish action has also heated up with the cold water and minus low tide set-up. On just about every trip this week, we came across a different place that had great numbers of these fish ranging from 16 to 24 inches. The bite was often nonstop while bouncing a live shrimp across the bottom in some of the deeper holes. Seeing so many redfish is comforting. The closure has let these fish rebound in great numbers.

This week, I had a group from New York in town that planned on doing a shark fishing trip. We had spoken several times over the past few weeks, but with cold water temperatures, I did not think our chances of getting 10-year-old Joe his first shark in the cold water were very good. As we headed up towards Rocky Channel in the northern sound, we talked about giving it an hour and having a plan B.

Within a hour of setting up, Joe caught two large blacktips on cut mullet. His first shark was five feet long and his second about four feet. I was surprised at how many runs we had in such cold water. Joe was all smiles after catching his first sharks.

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



Bob Lauer with a snook caught in the cold water while fishing with Capt. Matt Mitchell

photo provided

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Invasive cogon grass forms dense colonies with a fibrous root system

Plant Smart

Cogon Grass

by Gerri Reaves

Those silvery white plumes wafting in the breeze might look like cotton candy, but there's nothing sweet about cogon grass (*Imperata cylindrica*).

The perennial grass from Southeast Asia is listed by Florida and the U.S. as a noxious weed.

In addition, it is listed as a category-1 invasive species by the Florida Exotic Pest Plant Council.

The council defines such plants as "altering native plant communities by displacing native species, changing community structures or ecological functions, or hybridizing with natives," a determination based "on the documented

ecological damage caused."

This invasive grass is drought-tolerant and simply takes over and crowds out other species. There's a reason it's considered a pest in 73 countries.

In 1911, cogon grass was introduced accidentally into the U.S., but was later purposely planted for erosion control and livestock forage. By the time the mistake was realized, cogon grass was invading native habitats.

It is particularly known for degrading the state's habitat for the native gopher tortoise and indigo snake, both protected species.

The grass forms dense colonies with extensive fibrous root systems. In fact, the roots comprise the majority of the plant's biomass.

The tufts grows one to six feet high and have long slender serrated leaves, pointed

tips and off-center midribs.

The silky plumes usually bloom in winter and seed in spring, but can appear almost any time of year. They are two to eight inches long and cylindrical, thus the term *cylindrica* in the botanical name.

To top off the list of damning qualities, the grass is aggressive and a fire hazard. The sharp-edged leaves make it undesirable as a food source for wildlife or livestock.

It spreads via the rhizomes and airborne seeds, as well as a result of human activity. Mow it and it just sprouts back.

So severe is the threat that scientists have long been exploring and employing a variety of methods to eradicate it, but it's tricky because some solutions introduce other real or potential environmental problems.

Sources: <https://edis.ifas.ufl.edu>, www.fleppc.org, <https://plants.ifas.ufl.edu>, www.invasiveplantatlas.org, and www.myfwc.com.

photos by Gerri Reaves



The seeds in the silky plumes are dispersed by wind and activities such as mowing

fleppc.org, <https://plants.ifas.ufl.edu>, www.invasiveplantatlas.org, and www.myfwc.com.

Plant Smart explores the diverse flora of South Florida.✱

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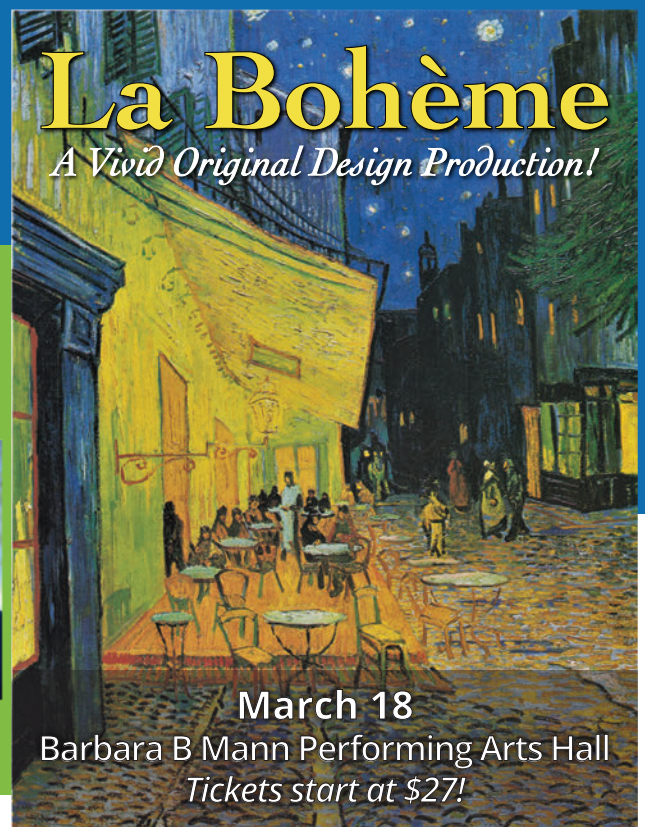
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Kim Patmore zooms in on her subject

photo provided

Photographer To Offer Tips At CROW Lecture

The Clinic for the Rehabilitation of Wildlife (CROW) weekly Speaker Series presented by LCEC continues in the CROW Visitor Education Center on Tuesday, February 4 at 4:15 p.m. with Kim Patmore, photographer and CROW supporter. Patmore will give a presentation entitled Introduction to Wildlife Photography.

The program will run approximately one hour and is designed for beginner photographers. It will conclude with an opportunity to photograph one

of CROW's animal ambassadors. Participants will learn tips and hints about photography basics, lighting and composition to help capture the best wildlife photographs.

Admission is \$10 for adults, \$5 for teens ages 13 to 17, and no charge for children age 12 and under. Space is limited and advance registration is highly recommended.

CROW's 2020 Speaker Series features weekly talks and runs through April 14.

The CROW Visitor Education Center is located at 3883 Sanibel-Captiva Road. For a full schedule of talks, more information or to register in advance, visit www.crowclinic.org/articles/2020-speaker-series-presented-by-lcec.✽

Adopt A Manatee For Valentine's Day

This Valentine's Day, give a gift with heart and adopt a manatee from Save the Manatee Club. Choose a real, living manatee from the club's adoption program and receive a certificate with a photo and biography of your manatee, along with newsletters and social media updates. Membership adoptions start at only \$25, and membership gifts, like a handmade manatee heart ornament, are included at the \$35 and higher level. To read about the real manatees available, visit www.savethemanatee.org/adopt.

Christina Schiffner Santschi surprised her husband David with his very own manatee last Valentine's Day, after adopting different manatees for herself over the years. "I decided to adopt Philip for David for Valentine's Day, since he wouldn't be expecting a manatee for that holiday," she explained. "I thought Philip would be a sweet sign of my love for David, since manatees are gentle, sociable, and loving creatures." David put up Philip's picture, along with the Save the Manatee Club calendar, in their California home. They hope to visit

Florida someday to see manatees in their natural habitat.

Not only does your adoption make a cute, thoughtful gift, it also helps protect manatees and their habitat. Funds from the Adopt-A-Manatee program support Save the Manatee Club's efforts to increase public education; sponsor manatee research, rescue, and rehabilitation; and advocate for strong protection measures to protect manatees and their habitat. The club also supports rescue, rehabilitation, research and education efforts in the Wider Caribbean, Central and South America, and West Africa. These efforts work to prevent human-related manatee deaths and promote the recovery of this imperiled species.

Save the Manatee Club was founded in 1981 by former Florida Governor and U.S. Senator Bob Graham and singer/songwriter Jimmy Buffett. For the past 39 years, Save the Manatee Club, an international 501(c)3 nonprofit, has educated millions around the world about imperiled manatees and the threats to their long-term survival.

For more information about manatees and to Adopt-A-Manatee as a Valentine's Day gift, visit www.savethemanatee.org, call 1-800-432-5646, or write to 500 North Maitland Avenue, Suite 210, Maitland, FL 32751.✽

Volunteer Nest Monitors Attend Meeting

More than 40 people attended a volunteer meeting for nest monitors for The International Osprey Foundation (TIOF) on January 7 at The Community House.

The nesting season is under way and runs through May or June. Teams monitor more than 70 nests on Sanibel and others on Fort Myers Beach and Captiva. Keeping tabs on nest productivity is important as the osprey is an apex predator and an indicator of water/environmental quality.

James Schnell, TIOF treasurer, told the group about the ongoing nest maintenance program and what has been done and still needs to be done.

Some 15 nest sites were reported as needing maintenance in the past year; 10 platforms were replaced in the past six months; 15 platforms have been made to a new design by volunteer Jim Columbo and replaced; and three sites will require a new pole as well as platform repair. Carlos Hernandez and his crew from Fort



The TIOF board, James Schnell (back) and, from left, Carol Smith, Susan Tucker and Kathryn Brintnall

photo provided

Myers have been donating their labor to install the new platforms, Schnell noted.

Those unable to attend the meeting but who are interested in volunteering may contact Carol Smith, nest monitor coordinator, at 815-474-9281.✽

Morning Meander At Lakes Park

Take a nature walk with a bird patrol guide at Lakes Regional Park on Saturday, February 1 at 8 a.m.

This easy walk along clear paths offers an opportunity to see birds in native vegetation with experienced bird patrol guides pointing out the many species in Lakes Park, a Lee County birding hot spot and crucial nesting area for many birds. Wear comfortable shoes and dress to be outside. Bring water, sunscreen and binoculars.

This tour, which is free with paid parking, is provided in cooperation with Lee County Parks and Recreation.

Meet at Shelter A7. After entering the Lakes Park gate from Gladiolus Drive, turn right and drive to the end of the road, continuing through the parking lot. Shelter A7 is located near the train station.

Lakes Regional Park is located at 7330 Gladiolus Drive in Fort Myers. For more information, visit www.birdpatrol.org or call 533-7580 or 533-7576.✽

Grant For North Fort Myers Water Quality Project

The Lee Board of County Commissioners recently voted to accept a state grant of \$774,000 from the Florida Department of Environmental Protection for construction of water quality improvements to the Powell Creek bypass canal.

The 10.5-acre project site is

southwest of Old Bridge Road, near the Caloosahatchee, and is designed to improve water quality in the Powell Creek bypass canal. The project will divert water through a detention area/filter marsh to remove nutrients before the water flows into the Caloosahatchee, which has a total maximum daily load for nitrogen.

The Caloosahatchee Estuary Basin Management Action Plan (BMAP), adopted November 2012, includes this project as part of its goal to reduce elevated nitrogen levels in the estuary.

In September 2019, the board approved a contract with Kimley Horn to design the project. Funding for the design is budgeted in the current fiscal year.

For more information on Lee County Natural Resources' efforts to protect and improve water quality, visit www.leegov.com/naturalresources/waterquality.✽

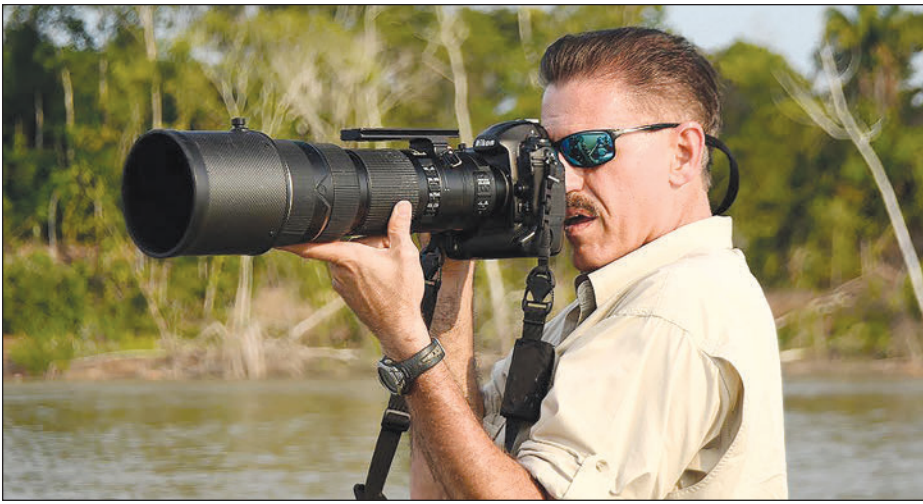
From page 3

Backpack Group

children and families. There is an education component to this."

The food is distributed by Sysco to each of the 23 schools in the program. "A lot of people still suffer even in a good economy," St. Arnold said. "That's kind of a big message for us. I think there is synergy right now. There is momentum. The doors just keep opening for us. But we have barely scratched the surface. We could feed 60,000 children between Lee and Collier counties."

A tax-deductible donation of \$100 provides a child with food on the weekends for an entire school year. The organization seeks volunteers and corporate partners as well. Visit www.blessingsinswfl.org to see how you can make a difference.✽



Ron Magill has photographed wildlife throughout Africa, Asia and the American tropics photo provided

Refuge To Host Zoo Miami Ambassador

Wildlife ambassador Ron Magill brings his experiences to life with stunning imagery and stories that range from the incredible migration of monarch butterflies to the struggle for survival in the African bush. On Friday, February 7, he will be presenting two free programs at 10 a.m. and 1 p.m. at JN "Ding" Darling National Wildlife Refuge.

Magill's From Butterflies to Lions: A Walk on the Wild Side slide presentations are part of the 2019 "Ding" Darling Lecture Series that take place in the admission-free "Ding" Darling Visitor & Education Center.

Currently the "goodwill ambassador" for Zoo Miami, Magill has worked with wildlife for more than 40 years. He hosts New York-based Hispanic Information and Telecommunication Network's national wildlife documentary program and has made frequent television appearances on programs such as *National Geographic Explorer*, *Today Show*, *Good Morning America*, *The Late Show*, *CBS This Morning* and *Dateline*.

Magill's award-winning photographs have appeared in publications and galleries around the world. He has traveled throughout Africa, Asia and tropical America while developing and directing conservation projects and Emmy Award-winning wildlife documentaries.

"My stories will help connect people

to nature on an emotional level while hopefully inspiring them to protect it for future generations," said Magill.

HighTower/Thomas & Swartz Wealth Management and Sanibel Carts co-sponsor the free 12-lecture series with support from the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS). The free lectures take place every Friday at 10 a.m. and 1 p.m.

Seating is limited and available on a first-come basis. Staff will begin handing out free-admission wristbands to those in line for the lectures at 9 a.m. for the morning lecture and 11:30 for the afternoon lecture. Wristband wearers can save seats with personal items and then can explore the Visitor & Education Center or Indigo Trail before the lecture starts. Saved seats must be filled 15 minutes before lecture. DDWS will be filming Magill's lectures and broadcasting them on Facebook Live at www.facebook.com/dingdarling.

As usual, Wildlife Drive closes on Friday, but visitors are welcome to enjoy the Visitor & Education Center, Indigo Trail, Bailey Tract and recreational opportunities at Tarpon Bay Explorers, the refuge's official recreation concession located at its Tarpon Bay Recreation Area.

Note: Opinions expressed in guest lectures do not necessarily reflect the views of refuge and DDWS management, staff, and board of directors.

JN "Ding" Darling National Wildlife Refuge is located at 1 Wildlife Drive on Sanibel. For more information, call 472-1100 ext. 241 or visit www.dingdarlingsociety.org/articles/lecture-and-film-series.

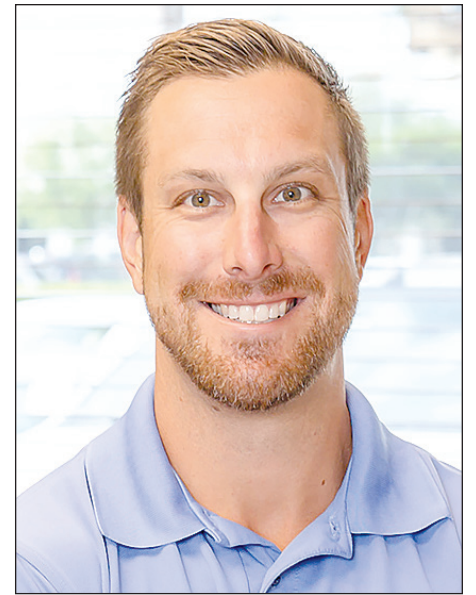
Bank Official Named Finalist For Advisor Awards

Sanibel Captiva Community Bank official Kyle DeCicco was honored as a finalist for the 2020 Cape Coral Community Foundation Power Players Professional Advisor Awards in the banker category at a recent breakfast at Crowne Plaza Fort Myers at Bell Tower.

Seven distinguished Southwest Florida professional advisors were recognized during the event. Each of the Power Players were identified as top advisors who perform their duties with integrity and honesty and make a substantial impact in Southwest Florida.

DeCicco is senior vice president and senior loan officer for SanCap Bank, focusing on the expansion of the bank's lending division in Southwest Florida. He is responsible for overseeing the solicitation, negotiation, underwriting and coordination of closing major and complex consumer, residential, equipment, SBA, commercial building and business loans.

DeCicco joined the bank in 2016 as vice president and commercial loan officer working in commercial real estate lending and developing relationships with local businesses and investors. With over a decade of banking experience, he has worked in commercial real estate and lending,



Kyle DeCicco photo provided

credit analysis, portfolio management of performing and nonperforming loans, and management of FDIC insured loss-share assets. His efforts have resulted in the bank closing more than \$160 million in commercial loans in four years – the majority of which support local individuals and businesses looking to launch a business, grow operations or purchase real estate.

Founded in 2003, Sanibel Captiva Community Bank has two locations on Sanibel and five locations in Fort Myers. To learn more, visit www.sancapbank.com.

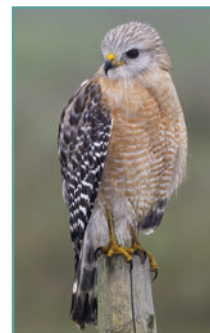
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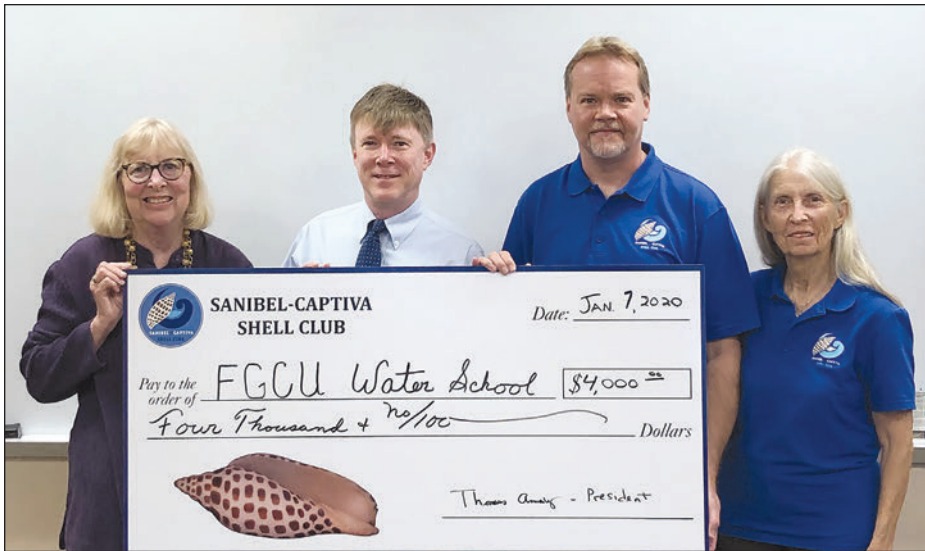
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From left, Clair Beckmann, Dr. Gregory Tolley, Joe Timko and Karen Turner photo provided

Shell Club Awards Water School For Red Tide Study

The Sanibel-Captiva Shell Club Grants Committee recently met with Dr. Gregory Tolley, PhD, executive director of the Water School at Florida Gulf Coast University (FGCU), to award a \$4,000 grant. The members of the grant committee are Clair Beckmann, Joe Timko and Karen Turner.

The Water School's mission is to understand and solve water problems and to plan for the future of Southwest

Florida. The Water School will use the \$4,000 grant towards research on the potential link between nutrients coming from such sources as the Caloosahatchee, groundwater wells and red tide blooms.

The Sanibel-Captiva Shell Club awards grants from proceeds raised at the Sanibel Shell Festival, held annually at The Community House. This year's festival is scheduled for March 5 to 7. Grants are given in the fields of conchology and malacology, as well as the fields of conservation and water quality, primarily in Southwest Florida. The entry fees from the show, shell sales, sponsorships and T-shirt sales generated over \$30,000 in 2019.*

Superior Interiors

Four Ways To Make The Most Of Wall Space

by Marcia Feeney



There are dozens of ways to give your room some character. You can lay down an area rug, choose stylish pieces of furniture and adorn with accessories throughout the

space. But none of these adjustments will completely bring your room together if the walls are bare. Sprucing up the vertical space in your home doesn't have to be a huge production – even the most simplistic décor scheme can make a significant statement. Make a few of these adjustments for making the most of your empty walls:

Reconsider your window treatments. This one takes thinking outside of the box... use your windows as leverage for sprucing up your walls by investing in new drapery or another type of window treatment. There are many style and color options that can give the space character while satisfying both function and design needs.

Create your own art gallery. Give your vertical space a personalized touch

by filling it with wall décor to create your very own art gallery. First, print and frame your most cherished photos. Then, hang them beside a collection of your favorite pieces of wall art. Fill in the spaces with some of our own art. The variety will mix things up and add depth to your space.

Skip the paint and try wallpaper. Are you tired of the same old paint job your bedroom has had for years? Are you finally ready to cover those white walls? Don't just consider a new hue, think upgraded texture or finish. Today's wallcovering allows you to break the normal limits and add some excitement to your space with ease. There are hundreds of available choices in various design styles.

Give your wall some dimension. Perhaps the color and texture of your walls look just fine. Maybe you just need to add a shelving unit to reinvent your design scheme. This is an easy way to transform the space with style and functionality in mind. You can display a wall of novels, flowers, or mix things up and showcase both. Perhaps an old collection can come out of hiding and be enjoyed each day.

Bringing your walls to life is simple, it just takes some organized planning. Consider consulting a design professional. He or she will visit your home, evaluate your space and help you come up with the best strategy for giving the walls of your home the makeover they deserve.

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

New Hires In Health Care



Jonathan Girmys photos provided

LeeSar and Cooperative Services of Florida, Inc. (CSF) recently welcomed Jonathan Girmys, PharmD, MBA, BCPS, vice president of pharmaceutical services, and Phillip Amos, executive director of plant operations.

Girmys has leadership responsibility and oversight of all pharmaceutical initiatives ensuring member hospitals achieve optimal value through superior pricing performance of a diversified contract portfolio, access to high quality compounded pharmaceutical products, mitigation of medication shortages and evidence-based best practice clinical alignment partnering with pharmacy system directors, clinicians, purchasing specialists and subject matter experts from each member health system.

Girmys first came to LeeSar/CSF in 2019 as executive director of pharmacy through a recent partnership with Vizient, a national group purchasing organization (GPO). His knowledge of pharmacy supply chain, clinical experience and project management have helped enhance CSF's pharmacy contracting portfolio and value services.

Amos is responsible for providing strategic leadership necessary to maintain and continuously improve the physical structure, HVAC, mechanical, electrical,



Phillip Amos

plumbing, utilities, steam, fire safety, elevators, janitorial, painting and grounds keeping throughout all LeeSar/CSF locations.

Amos was previously director of facilities for AdventHealth Sebring, where he was responsible for facilities management of three hospitals, an outpatient surgery center and nearly 40 office buildings across three counties. He managed multiple construction and renovation projects ranging up to \$31.5 million, including the construction of a new critical access hospital in Wauchula. Amos was also responsible for overseeing safety, security, engineering, biomedical equipment, courier services and environmental services.

Amos has served more than 20 years in the U.S. Navy.

LeeSar/CSF recently completed a \$20 million expansion to accommodate growth. The operation runs 24/7 with a dedicated workforce of approximately 500 employees. In 1998, Lee Health and Sarasota Memorial Healthcare System developed LeeSar/CSF as a means to reduce costs for medical goods and services while providing safe, high quality patient care. They have since been joined by Central Florida Health and most recently Jupiter Medical Center.*

From page 1

Davis Art Center

theories in art and created extensive documentation of their art making processes in a series of sketchbook entries.

Students will be presenting works of art created in fulfillment of their 2019 International Baccalaureate Visual Arts requirements. Works presented will explore a wide range of visual media including traditional and digital photography, acrylic and oil painting, printmaking, fiber arts, sculpture and ceramics.

Showing on the second floor in the Capital Gallery is the most recent work of creative artist Mariapia Malerba, using a technique that is inspired by shodo; a Japanese word used for the art of calligraphy. "Shodopia is a fusion of the way I paint and the philosophy of the

Japanese calligraphy where I explore the connection between east and west culture," said Malerba. "A work of shodo is considered a work of art. I am fascinated and inspired by shodo and the zen philosophy behind it." Malerba makes her own technique "Shodopia" using a tool of common use, the broom.

Inspired by the size of the art gallery, Malerba decided to completely cover all of its walls. Her solo exhibit will feature 208 feet of artwork. She has created an impactful visual, a storytelling about nature and the extinction of animals.

Both shows will be on display through Friday, February 28.

The Sidney & Berne Davis Art Center is located at 2301 First Street in the historic downtown Fort Myers River District. For more information, visit www.sbdac.com or call 333-1933.*

Noted Director Of Former President To Give Lecture

The Sidney & Berne Davis Art Center will host the second in the Famous Author Lecture Series on Monday, February 10 from noon to 2 p.m. The event begins with lunch then continues with a lecture by Karna Small Bodman.



Karna Small Bodman

Bodman is the author of five published thrillers that have hit No. 1 on Amazon and won several international awards. These stories were inspired by Karna's six years serving on President Reagan's White House staff, first as deputy press secretary, later as senior director and spokesman for the

National Security Council where she was the highest-ranking woman on The White House staff.

Karna's White House National Security Series includes her newest thriller *Trust But Verify* as well as *Castle Bravo*, *Checkmate*, *Gambit*, *Final Finesse* and her short story *The Agent*. She is currently working on *Affairs Of The State*.

In addition to her government service, Karna was on the air for 15 years as a television news reporter and anchor in San Francisco and Washington, DC. She also did political commentary for the ABC Network in New York. She and her husband maintain homes in Naples, Washington, DC and Rancho Santa Fe, California.

The Famous Author Lecture Series is sponsored by FineMark Bank. Tickets are \$40 per person or \$300 for a table of eight.

The Sidney & Berne Davis Art Center is located at 2301 First Street in downtown Fort Myers. For more information, visit www.sbdac.com/author-lecture-karna-small-bodman.✱

Organization Achieves Millions In Shared Savings

Best Care Collaborative (BCC), a wholly-owned subsidiary of Lee Health, achieved \$15.7 million in shared savings in performance year 2018 as a participant in the Next Generation Accountable Care Organization (ACO) Model created by the Centers for Medicare & Medicaid Services (CMS).

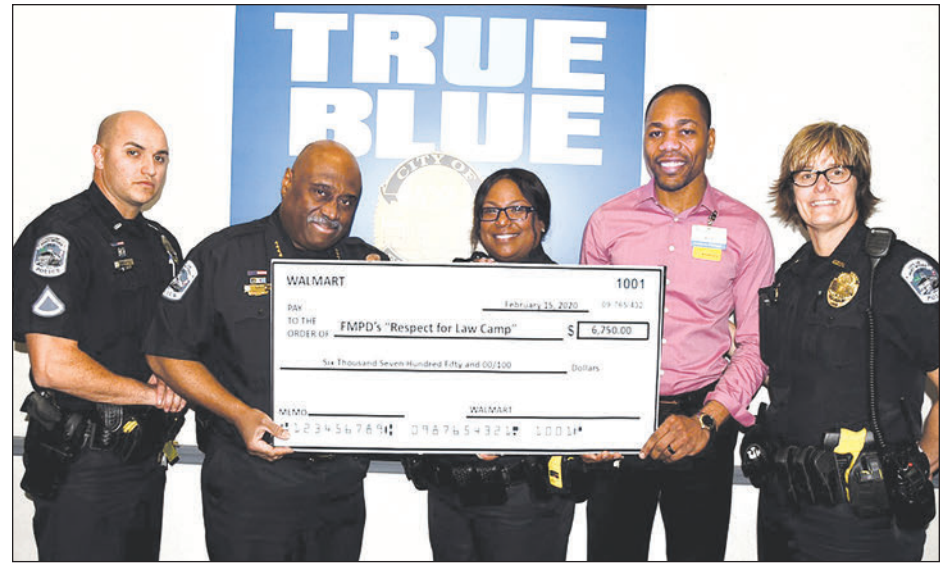
BCC, which is led by local physicians and providers, was one of 50 Next Generation ACOs in the country selected to participate in the initiative, the highest risk accountable care organization model. Next Generation ACOs differ from traditional models in requiring physicians to take financial risk of the total cost of caring for their patients. This structure incentivizes physicians to coordinate care, develop innovative care models, improve quality and reduce cost to the Medicare program. BCC achieved these cost savings by utilizing robust data analytics, high-risk care management and improved care coordination between primary care physicians, specialty physicians, hospitals, home health agencies and local nursing homes.

"Participation as a Next Generation

ACO provided us with the opportunity to seek innovations in treating Medicare patients. With innovation comes risk, and our physicians and community partners did not shy away from finding improved ways to care for patients in Southwest Florida," said John Chomeau, Lee Health chief population health officer. "Our Lee Physician Group participants and partner providers were instrumental in achieving these savings while improving the quality of care for our region's Medicare patients. We look forward to continuing to lead the way in provider-led innovation for Southwest Florida."

ACOs participating in the Next Generation Model preselect savings benchmarks, and are committed to providing those savings to Medicare. If the savings are met, the ACO shares in the savings with CMS, while ACOs who fail to reach their savings threshold must reimburse CMS for the difference.

BCC's share of the total savings is used to cover operating expenses, and the remaining amount is distributed among participating partners, including Lee Physician Group (LPG), Florida Cancer Specialists and Shell Point Retirement Community, for the 2018 performance year. BCC also participated in the Next Generation ACO Model in 2019 and will remain a participant in the model through 2020.✱



From left, Officer Gil Benitez, Chief Derrick Diggs, Officer Yvetta Dominique, Wal-Mart Co-Manager David Pierrelus and Sgt. Jacquelyn Garrett photo provided

Retail Chain Store Supports Respect For Law Camp

Three area Wal-Mart stores have banded together to donate \$6,750 to support the Fort Myers Police Department's 2020 Respect for Law Camp. Wal-Mart's charitable contribution will assist with scholarships for deserving campers and other expenses.

The Respect for Law Camp is a non-profit program open to children ages 11 to 14. The goal of the camp is to bridge communication between law enforcement

and youth. The campers learn respect for laws, develop leadership skills and engage in teamwork. During the four-day/three-night experience, children will participate in/or observe live police scenarios, SWAT and K-9 demonstrations, obstacle courses, dodgeball, hands-on equipment displays, and learn about social media and internet safety. Campers experience some of the challenges and expectations that come with being a member of law enforcement, in a fun and relaxed setting.

For more information on the camp, upcoming registrations or support opportunities, contact Sgt. Jacquelyn Garrett via email at jgarrett@fmpolice.com.✱

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Book Review

The Giver Of Stars



by Di Saggau

The *Giver of Stars* by Jojo Moyes is about a group of female horseback librarians in 1930s Kentucky who face challenges from the landscape, the weather and the men who live there.

The book delivery is part of First Lady Eleanor Roosevelt's mission to bring reading to the masses. Along their travels, the women discover deep friendships, independence and, of course, adventure. Universal Pictures has optioned the rights of a film adaptation of the book.

Alice thought marrying handsome American Bennett Van Cleve would be her escape from a stifling life in England. However, Baileyville, a small-town in Kentucky, offers her a boring existence and getting yelled at constantly by her overbearing father-in-law. Just as she is about to resign herself to a life of boredom, she meets Margery, the library's leader, who doesn't care what anyone thinks of her. Margery refuses to marry and is happier on horseback than in a kitchen. This doesn't make Margery popular in the town, but Alice quickly grows to admire her.

Along with several other women, they bring magazines, Bible stories and copies of books like "Little Women" to the poor residents who live in remote areas of

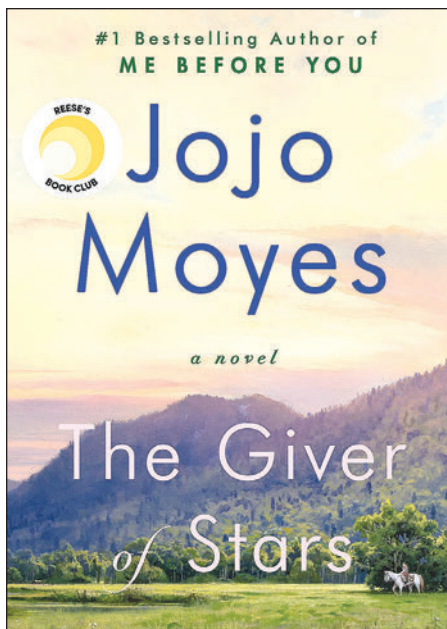


image provided

Kentucky. Alice's marriage is failing, but she is happy in her work. Bennett's father does everything he can to shut their library down.

Moyes brings this forgotten slice of history to life in a powerful story about the bonds between the women of the library. *The Giver of Stars* is funny, heartbreaking and enthralling.

In recent news, Moyes has been accused of publishing a novel with "alarming similarities" to another author's book, something she denies. I won't get into that, you can google it if you like. Meanwhile, I loved every page of this book and highly recommend it.✧

School Smart



by Shelley M. Greggs, NCSPP

Dear Shelley, My two teens have sensory processing issues and are struggling with social interactions with their peers both in and outside

of school. Do you have any tips for me to help them or ways they can help themselves when they feel that they are losing control?

Isabel M, Sanibel

Isabel,

Sensory processing is a neurophysiologic condition in which sensory input either from the environment or from one's body is poorly detected, modulated, or interpreted and/or to which atypical responses are observed. The basic sensory systems are visual, auditory, olfactory (smell), gustatory (taste), tactile, vestibular (sense of head movement in space) and proprioception (sensations from muscles and/or joint movements).

Sensory processing refers to the way the nervous system receives messages from the senses and turns them into responses. Children (and adults) with sensory processing concerns do detect sensory information but the sensory information gets "mixed up" in their brain and therefore the responses are inappropriate in the context in which they find themselves.

For your kids and other teens who also experience sensory concerns, the middle and high school social environments and their peers in that environment can be unpredictable, which is not typically a good thing when someone is experiencing sensory processing difficulties. Predictable, structured routines and responses are much easier to process when kids have sensory overload.

Sensory strategies can truly help kids on overload to feel calmer and regain their equilibrium more quickly. When working with teens and older children with sensory processing needs, it is important to understand what appeals to them, and then work this into sensory strategies.

Explaining the "why" behind the strategies you are suggesting is important for teens and often helps with compliance. For example, you could say that a particular strategy will help calm their body so they can sit and focus on homework.

Here are some suggestions:

Try a chair ball for extra movement during homework time

Use lavender scented sheets, a heavy blanket and/or a body pillow to help with sleeping

Experiment with foods that change arousal levels: crunchy, sour and spicy tend to be alerting and warm foods are often calming

Use scented lotions or a calming essential oil spray to support the

olfactory sense

Suggest an eye mask, kaleidoscope or lava lamp to visually calm

To provide proprioceptive feedback, use a mini massager, weighted blanket/cushion, compression clothing, or mini-trampoline

There are many other strategies as well, a google search will lead you to websites that can suggest them. Find the ones that work best for your children and make sure they understand when, where and why they should use them.

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.✧

Flea Market

The annual Bayside Estates Flea Market will be held inside and outside the clubhouse on Friday, February 7 from 8 a.m. to 2 p.m. and Saturday, February 8 from 8 a.m. to 12 p.m.

The sale features appliances, a bakery, books, clothing, collectibles, furniture, jewelry, linens, seasonal items, sporting goods, tools and toys, large items on consignment, a Chinese raffle and lunch refreshments.

Bayside Estates clubhouse is located at 17601 San Carlos Boulevard in Fort Myers.✧

From page 1

Garden Festival

horticulture director. "There will also be some scrumptious chicken wings and other tasty treats, so visitors can shop for plants, get something to eat and enjoy some music with us."

Vendors will have many types of plants and trees, including palms, fruit trees, bromeliads, hibiscus, butterfly plants, African violets, orchids, air plants, herbs, succulents, cacti and more. Vendors will also offer garden supplies, such as mulch and special fertilizers. The Edison Garden Shoppe will be open and stocked with unusual tropical and Florida native plants. Ceramic flower pots, vegetable and flower seeds, garden art and gardening gift items will also be available for purchase.

A limited number of carts will be available, so guests are encouraged to bring a cart or wagon for transporting plants. A designated plant holding tent and loading spot will be offered for anyone needing assistance. Parking and admission to the festival is free (tours of the homes, museum and lab are not included).

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

EPIC FIRES OF FORT MYERS

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



THOMAS P. HALL
ROBIN C. TUTTILL, EDITOR

Available at
www.Amazon.com
www.OutSkirtsPress.com

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

Marketing Firm Captures Four Davey Awards

Priority Marketing has earned four Davey Awards for its outstanding creative design work in developing brand identities for four clients across Southwest Florida.

Produced by the Academy of Interactive and Visual Arts (AIVA), the Davey Awards is an international competition among advertising agencies, digital agencies, production firms, in-house creative professionals, graphic designers, design firms and public relations firms.

Priority Marketing, a full-service marketing, advertising, public relations and digital marketing agency, won two gold awards and two silver awards, all in the Design/Print category for corporate identity and logos.

The firm's gold winners include logos for The Ingenuity Lab, a workplace consultancy firm operated by Dave Fleming, and Hoke Fishing Charters, a fishing charter boat company.

Priority Marketing won silver awards for logos developed to promote the 2019 Southwest Florida Wine & Food Festival, a fundraising event that benefits SWFL Children's Charities, and Pine Manor's Food Forest, a community garden that serves as both a source of nutrition and education.

"Our design team creates brilliant works of art on a daily basis, and it's extremely gratifying to see our talented graphic designers and artists recognized by the AIVA as the top professionals in



From left, Christi Finger, Teri Hansen and Phil Barrera photo provided

the industry," said President and Creative Director Teri Hansen. "Developing a new logo isn't just about adopting a bright color palette or creating a splashy design; the logo also must help convey a message. Each of these award-winning logos had a clear connection to the client's overall mission and purpose."

The firm has won 20 international Davey Awards since 2006.

"We are proud to once again showcase the outstanding work that comes from small shops across the globe," said AIVA Executive Director Derek Howard. "The Davey Awards recognize those who utilize flawless execution, groundbreaking technology and a fresh approach to the thought process to produce top-tier content."✱

Contracts For Operation Of Triage Center

The Lee Board of County Commissioners recently authorized contracts with The Salvation Army and SalusCare to support operations of the Bob Janes Triage Center.

Open since April 2008, the Bob Janes Triage Center provides emergency shelter to people who are experiencing homelessness and might otherwise enter the criminal justice system. An estimated 800 people will receive shelter in the center during the fiscal year ending September 30, 2020.

The center operates as a multi-agency community collaboration. It is located on the campus of SalusCare, a community-based provider of substance abuse/mental health treatment services. It is managed by The Salvation Army 24 hours a day. Lee County Human & Veteran Services provides administrative services.

The center provides an alternative to incarceration or inappropriate use of hospital emergency departments for individuals experiencing a behavioral health crisis. People served at the center, in addition to being in crisis, are at risk of being charged with a minor ordinance violation or non-violent offense, such as open container, disorderly conduct, disturbing the peace, loitering/prowl

or trespass charges. More than 5,300 people have been served by the center.

Additional contracts may be executed with nonprofit agencies as specific needs are identified in the Homeless Continuum of Care Strategic Plan and/or the Gap Analysis.✱

Food Bank Officer To Speak At Dinner

The Imperial River Chapter of the American Business Women's Association (ABWA) invites the public to hear Barbara Evans, chief development officer at the Harry Chapin Food Bank, speak on fundraising at their monthly networking and dinner meeting at Holiday Inn Fort Myers Airport on Wednesday February 12. Networking begins at 5:30 p.m. followed by dinner and speaker. Tickets are \$35.



Barbara Evans

Holiday Inn Fort Myers Airport is located at 9931 Interstate Commerce Drive in Fort Myers. For tickets, visit www.abwaimperialriver.eventbrite.com.✱

ESTATE PLANNING WORKSHOP

IN THIS FREE WORKSHOP, YOU WILL LEARN:

How Florida residency affects your estate plan (even if your northern attorney told you it's ok).

How your revocable trust may not avoid probate.

Why you should update your power of attorney, health care surrogate, living will and other ancillary documents.

How recent tax law changes affect your estate plan.

How to keep your legal documents Florida compliant, up-to-date and available at all times.

Tuesday, February 4

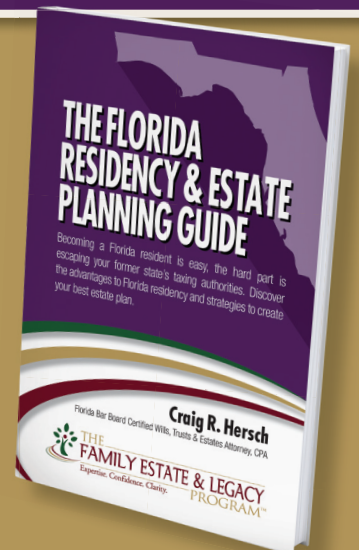
2:00 p.m. – 4:00 p.m.
Sanibel Community House
2173 Periwinkle Way
Sanibel, FL 33957

Tuesday, February 11

2:00 p.m. – 4:00 p.m.
Naples Daily News
Community Meeting Room
1100 Immokalee Road
Naples, FL 34110

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Will Power

My 30 Secrets To A Successful Marriage



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

Rather than focusing on estate planning in this article, I plan on sharing the wisdom from clients who have successfully navigated many years of successful marriage. I'm grateful that Patti and I have 30 years behind us which, I suppose, is a great accomplishment these days.

Nevertheless, all of us have a lot to learn from those who have travelled a longer path. So over the years, I wrote down these nuggets from those who had been married 50 years or more:

1. Be a good listener and don't offer an opinion unless asked.
2. If you think marriage would have been easier with someone else, think again.
3. Grow together. You're both going to change, but do so on the same path rather than taking separate paths.
4. While you want to grow together, also have some separate interests and friends. It's okay to take some time away from one another every now and then.
5. Everyone has their own quirks that make us difficult to live with. Do your best to minimize your own, and accept those of your spouse.
6. Marriage is an "on the job training" proposition. When the going gets rough, it's a sign that we may need new skills, not a new spouse.
7. Remind yourself daily why you fell in love in the first place.
8. Don't let the kids become the No. 1 priority. Your marriage is your first responsibility.
9. When you're angry, it is not the time to fight.
10. If you are thinking, "I really shouldn't say this" – Don't.
11. Be the first to apologize and the first to forgive.

12. Try new things together. Don't do the same thing over and over.
 13. Trying new things also applies to the bedroom.
 14. Surprise your spouse in a good way every now and then. Whether that means to bring her flowers for no reason, book a trip 'just because' or do something nice for her parents – those things go a long way.
 15. When you screw up, don't blame your spouse. Take responsibility for your own mistakes.
 16. Be willing to compromise but also realize some situations can't be compromised (like where you live, how many kids you have, etc.) Realize that when your spouse gives in on such a matter, it is both a gift to you, and potentially dangerous. Before acting you should be certain that both of you can live with the consequences.
 17. Don't always make your spouse give in when compromise isn't possible.
 18. Don't rehash the past.
 19. Don't hold grudges – accept apologies graciously and move on.
 20. Keep a good sense of humor.
 21. Don't take yourself too seriously.
 22. Realize that even tragic times will end.
 23. None of us are happy 24/7 – nor do we need to be.
 24. Trust is more valuable than all the money you could possibly save.
 25. Most good marriages have one person who brings up difficult subjects, or stays hopeful in difficult times. While you may wish that both of you take on this role, be grateful when one of you is willing to do it.
 26. Marriage can make you a better person or a worse person – your choice.
 27. Better to request a change than to complain and criticize.
 28. Fights are usually not about the content of the argument du jour. It's usually better to define the underlying issues of what is really upsetting and address those rather than continue arguing over trivial matters.
 29. Learn how to make up properly, as two people can't be in a marriage without upsetting one another from time to time.
- And my final marriage tip?
30. Enjoy life together – and appreciate the small things.
- ©2020 Craig R. Hersch. Learn more at www.sbslaw.com.✴

Southwest Florida Named U.S. Talent Hub

Southwest Florida has been designated a Talent Hub by Lumina Foundation in partnership with The Kresge Foundation and will receive a \$125,000 grant to support local efforts to increase educational attainment.

Southwest Florida joins Cleveland, Northeast Indiana and Tampa Bay, along with 22 other Talent Hubs selected in 2017 and 2018. These communities meet rigorous standards for creating environments that cultivate, attract and retain talent, particularly among today's students, many of whom are adults, Black, Hispanic, or Native American, students from low-income households, or the first in their families to go to college.

"This designation and grant are the direct result of the FutureMakers Coalition building on five years of transforming systems in Southwest Florida to increase the number of working age adults with the credentials needed to fill in-demand jobs in the region," said Sarah Owen, president and CEO of the Southwest Florida Community Foundation, the backbone organization of the FutureMakers Coalition. "Leveraging efforts that promote programs that encourage adults returning to finish a degree, the coalition will accelerate efforts that support the region's adult population with some college, but no credential."

"Talent Hubs are not just trying to be some of the best places to live, work and learn," said Jamie Merisotis, Lumina's president and CEO. "These communities also are taking today's students and transforming them into tomorrow's talent."

For Southwest Florida, this includes a stop-out initiative targeting students previously enrolled at Florida Gulf Coast University (FGCU) and Florida SouthWestern State College (FSW) and personalized advising for current completion options through degree programs designed to provide flexibility and interdisciplinary study.

According to Owen, the designation connects Coalition partners with a national learning community striving to increase attainment among individuals who face the greatest challenges to attainment. Given more than half of Southwest Florida's working-age adults do not hold a credential beyond high school, this is a tremendous boon to businesses, economic development, communities and the citizens in our region.

With the one-time award, the coalition will work with FGCU and FSW to propel the region's attainment numbers over the next 15 months. A portion of the award, \$15,000, will go to the FutureMakers Fund at the foundation to support overhead of the backbone organization. The remaining dollars will go to FGCU to support a position and marketing to recruit former FGCU students – adult learners who have stopped-out – back to FGCU or FSW to complete a degree in an effort to significantly increase attainment in the near-term.

"FGCU is excited to work with the FutureMakers Coalition and Lumina to take advantage of this grant and enhance existing programs that are already bearing fruit," said FGCU President Mike Martin.

Martin referenced the FGCU Complete program, which offers stop-out students who have previously earned college credits the chance to work toward a bachelor's degree in select programs. Students fulfill degree requirements by taking a combination of on-campus,

in-community and online classes, depending on their program.

"They are full-fledged Eagles who enjoy the same privileges as all full-time students," he said. "We have already graduated two students from this program and look forward to upwards of 20 more this term."

Enhanced coordination between the two institutions and a prior learning experience program utilizing non-traditional credentials for credit toward a degree will accelerate completion. A form of debt-forgiveness program will reduce financial barriers for adults returning to FGCU and help sustain the work in perpetuity. Informed by best practices and lessons learned through FutureMakers' technical college and adult education programs targeting adults without post-secondary experience, FGCU and FSW will engage in best practices to prepare students for reentry through academic support, promote flexible enrollment and completion, ease transfer practices and ultimately increase academic credentials among returning students. Together, FGCU and FSW's initiatives will bolster the FutureMakers Coalition's progress toward its goal of transforming Southwest Florida's workforce by increasing attainment from 38.85 percent to 55 percent by 2025.

"This award will further accelerate the synergistic efforts of FGCU and FSW in creating degree completion opportunities that will help prepare a more educated and productive workforce in the Southwest Florida community," said FSW President Dr. Jeff Allbritten.

To learn more about the FGCU Complete program, visit fgcu.edu/complete or email Kristen Vanselow at fgcucomplete@fgcu.edu. More information about DestinationFGCU is available from FGCU Admissions at fgcu.edu.

edu/destinationFGCU or by contacting Dean Batchelder at dbatchelder@fgcu.edu.

FSW students who are interested in learning more about educational attainment can visit www.fsw.edu/twoplustwo or contact Whitney Rhyne, director of strategic initiatives, at 433-6943 ext. 1643 or email whitney.rhyne@fsw.edu.

Talent Hubs are part of Lumina's \$13 million community mobilization strategy, which focuses on local and regional efforts to increase attainment in ways that can inform other communities.

"Each of these areas truly understands what it takes to pull together around shared goals," said Danette Howard, Lumina's senior vice president and chief strategy officer. "We applaud the businesses, educators and civic organizations working to create more ways for people to earn college degrees and certificates, industry certifications and other quality credentials after high school."

The FutureMakers Coalition encourages residents to join and support this community-changing initiative. For more information, visit www.futuremakerscoalition.com, call 274-5900 or email Tessa LeSage at tlesage@floridacommunity.com.✴

From page 1

ACT Gallery

art show, at Herons Glen Golf and Country Club, is in March and presents a great opportunity for the member artists to display and sell their work. The exhibit runs through Monday, March 2.

Arts for ACT Gallery is located at 2265 First Street in downtown Fort Myers. For more information, visit www.artsforactgallery.com.✴

Frankly Speaking

by Howard Prager



On a weekly column it's hard to report on a breaking event. The sudden loss of Kobe Bryant – the Los Angeles Lakers star who cared greatly for both his family and community – and

his daughter is just shocking. As the outpouring of tributes from so many who admired this man for both his athletic prowess and humanity continues, I'll share more in the future.

With Super Bowl week upon us, let's look at the NFL at 100. *The New York Times* ran a great supplement on the NFL at 100 before the playoffs started. Here's some NFL history, facts and figures.

The league was started in an auto showroom in Canton, Ohio in 1920 (hence the focus on Midwestern teams and location of the Pro Football Hall of Fame). The first teams were Akron, Decatur (Illinois), Buffalo, Chicago, Rock Island, Dayton, Rochester, Canton, Detroit, Cleveland, Hammond, Muncie, Columbus and Chicago (yes, Chicago had two teams, neither of which is around today.) The Decatur Staleys became the Chicago Bears in 1921 when Player-Coach George Halas moved them to Chicago, and the Chicago Cardinals (eventually) became the Arizona Cardinals. The league was first

called the American Professional Football Association, becoming the NFL in 1922 at the same time the Staleys changed their name to the Bears (or for those of you who remember, Da Bears.) The Green Bay Packers entered the league in 1921, beginning their famous rivalry with the Bears. The Super Bowl bound 49ers were founded in 1946, and the Chiefs in 1970.

The first president of the ALPFA? The great Jim Thorpe. He was succeeded in 1921 by Joe Carr, who was president until 1939. In 1941, the owners created the title of commissioner. Paid attendance in the first year it was recorded, 1934, was 527,743. The league record is 18,137,224 in 2007. Football is the most popular sport in the country favored by 37 percent of Americans as compared to basketball (11 percent), baseball (yes, America's pastime is just the third most popular with 9 percent) and rising fast is soccer (7 percent). Frank DeFord, former *Sports Illustrated* writer said, "Baseball is what we used to be. Football is what we have become." Given the popularity, where does the average football salary compare? The NBA leads this category with \$7.77 million average, MLB follows with \$4.51 million, the NFL is third at \$2.91 million and the NHL trails slightly at \$2.78 million.

Speaking of money, which of these NFL teams is the most highly valued? 1) Dallas Cowboys; 2) New York Giants; 3) New England Patriots; 4) Los Angeles Rams? (Answer at the end of the column). And where does that football money come from? TV revenue for one: \$15.2 billion from ESPN, \$9.9 billion from Fox,

\$9 billion from CBS and \$8.5 billion from NBC. The largest league sponsors includes Verizon (\$300M), Anheuser Busch Inbev (\$230M), Nike (\$120M) and Pepsi (\$100M). On the flip side, the NFL Foundation has donated \$430 million to charities since 1973.

Some other interesting statistics. Before 1959, there were no 300-pound players in the NFL. By 1989, there were 52 and, in 2019, there are 416. Nine of the 416 are over 350 pounds. Thinking about the size and speed in the modern era maybe sheds some light on the greater tendency of players to suffer from chronic traumatic encephalopathy (CTE) and other neurological problems after their careers. It's such a dilemma to enjoy the sport and yet worry about the seriousness of injuries so many players suffer.

The only undefeated teams? In the modern era, it's the 72 Dolphins. Before that, the Packers in 1929 at 12-0-1, the Canton Bulldogs in 1923 at 11-0-1, Canton in 1922 at 10-0-2 and, in the very first season, the Akron Pros went 8-0-3. And to keep fans interested and excited today, more than 47 million people play fantasy football. My pick for the Super Bowl? The Chiefs by 6.

Feel good story of the week has to be Derek Jeter's election to the Hall of Fame with a near-unanimous 99.7 percent vote of the Baseball Writers Association. As Jeter said: "I'm just looking at all the votes I got. When you think that only one percent of all the players who played the game are in the Hall of Fame, it's very humbling." He's joined by Larry Walker, the right fielder with the Rockies, Expos

and Cardinals, who squeaked through the election by six votes, 76.6 percent, in his final year the ballot. Jeter's stats include 3,465 hits, a .310 lifetime batting average, the highest OPS (.871) of any shortstop in the Hall of Fame and being captain of five New York Yankee World Championship teams. Jeter was a model of consistency throughout his 20-year Yankee career. He played 150 or more games 13 times, hit .300 or more 12 times, scored 100 or more runs 13 times, stole 15 or more bases 12 times, and hit .308 with a .838 OPS and 111 runs in 158 postseason games. Jeter played the game during the steroid era. When asked why he was able not to succumb to the temptation to use steroids, he simply said that his father, Charles, was a drug and alcohol counselor.

"I always took a lot of pride in preparing myself and doing everything I could to help my team," Jeter said in a Baseball Writers conference call after the announcement. "I know the game has been through a lot across the years and (the sign-stealing scandal) is just another thing. People made mistakes, and they're going to pay for them. But the game will go on and, in time, will be in a better place for it."

Answer: The highest valued NFL team? The Dallas Cowboys at \$5.5 billion.

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. ✨



Twins players, coaches and alumni

photo provided

Minnesota Twins Celebrity Golf Classic Fundraiser

Minnesota Twins players, coaches and alumni will join baseball fans and business sponsors on Thursday, February 13 at the 22nd annual Minnesota Twins Celebrity Golf Classic to raise support for the Integrative Medicine Program at the Regional Cancer Center.

This annual event includes golf with a Minnesota Twins player or personnel,

lunch before the 1 p.m. shotgun start, on-course refreshments and hole-in-one prizes. A dinner following the tournament is open to players and non-players and includes cocktails, delicious food and the opportunity to bid on exclusive silent auction items.

Proceeds from the Golf Classic will support the Integrative Medicine Program at the Regional Cancer Center, Southwest Florida's premier cancer care center that treats all aspects of patient care under one roof. The Center's Integrative Medicine Program, created in response to higher rates of cancer survival and patients living longer,

incorporates traditional services like physical rehabilitation, peer counseling and dietician services with therapies such as acupuncture, reiki and others. The center has received accreditation with commendation from the American College of Surgeons' Commission on Cancer.

"In addition to providing state-of-the-art cancer care, the Regional Cancer Center is implementing strategies to support a healthy body, mind and spirit with integrative medicine that goes beyond managing cancer symptoms and side effects," said Dr. James Orr, Regional Cancer Center medical

director. "This program enhances life during treatment, promoting the patient's wellbeing as they struggle with their health. Integrative medicine incorporates innovative techniques such as acupuncture and reiki with tried and true strategies such as peer counseling, physical rehabilitation and dietician services."

Sponsorship opportunities to golf with Minnesota Twins players and personnel are available. Dinner tickets for non-golfers are \$70 per person. For more information, call 214-0687, email sue.robbs@leehealth.org, or visit www.leehealthfoundation.org/twins. ✨

SPORTS QUIZ

- Who was the last Montreal Expos pitcher to lead the National League in saves for a season?
- Pitcher Nolan Ryan had the most strikeouts in the decades of the 1970s (2,678) and 1980s (2,167). Name either pitcher who finished second to him in those decades.
- In 2018, Notre Dame's Brian Kelly became the third person to win the AP College Football Coach of the Year Award twice since 1998. Name either of the other two to do it.
- Which NBA team was the first to visit the White House after winning a championship?
- Who holds the NHL record for most Game Seven career points in the NHL playoffs?
- When was the last time before 2019 that Denny Hamlin captured a spot in the NASCAR Cup Series Championship 4?
- How many times has Canada reached the finals of tennis' Davis Cup?

ANSWERS

1. Ugueth Urbina, with 41 saves in 1999. (The franchise moved to Washington after the 2004 season.) 2. Tom Seaver (2,304 strikeouts in the 1970s) and Fernando Valenzuela (1,644 strikeouts in the 1980s). 3. Nick Saban (2003, 2008) and Gary Patterson (2009, 2014). 4. The Boston Celtics, in 1963. 5. Justin Williams, with 15 points. 6. It was 2014. 7. Once, in 2019.



Audrey Rodriguez and Alberto Maldonado Jr.
photos provided

Awareness And Funding Raised At Center Benefit

The challenges and triumphs of deaf culture were the subject of a comedy performance by Selena



Lisa Myhand and Betty Rodriguez

Minogue and Casavina, two drag queens who make up the deaf duo Deafies in Drag, at a recent event at the Collaboratory. Portraits of program participants donated by photographer Brian Tietz were on display at the fundraiser. A post-event gathering was hosted by Millennial Brewing.



From left, Martha Essig, Susan Cable, Jane Sither-Schuler and Richard Schuler

The Sally J. Pimentel Deaf & Hard of Hearing Center provides a wide range of services to the deaf and hard of hearing community, including education, advocacy and community involvement in Lee, Charlotte, Collier, Hendry, Glades and DeSoto counties. The event raised \$5,100 for center programming.

Sponsors of the event were SVRS, Millennial Brewing Company, Glory Days Grill, Wildlife Task Force, Edison National Bank, Studio+, Sanibel-Captiva Community Bank, Jessica Harris Interpreting Services Inc., All Heart Entertainment, Kelly Tawley, Brittany Carroll and Carolyn Dahlman Writes.✧



From left, Ashlee Rivera-Bell, Brenda Lander and Keri Decelles



From left, Melissa Rathburn, Cindy Demers, Susan Cable and Londa Pawlak



From left, Alex Santiago, Steve Gasco and John Couger



Deafies in Drag event to raise funds and awareness for the Sally J. Pimentel Deaf & Hard of Hearing Center

Grieving Hockey Player Visits Valerie's House

Florida Everblades player Hunter Garlent is building connections with children of Valerie's House, while at the same time addressing his own grief. The 24-year-old visited the organization's Fort Myers grieving center recently and shared his experience of losing his father six years ago to a heart attack.

"I have never been embarrassed about losing a parent, and you shouldn't either," Garlent told the children. "It is good to keep their memories alive and find someone to talk to about your feelings. Don't keep it bottled up inside."

At Valerie's House, Garlent met with a group of about 40 middle and high schoolers who've also suffered the loss of a parent. He answered questions from the group about how he stayed strong when he was sad and how his father's death has motivated him to be successful in hockey, a sport his father also played.

"Hunter's presence during our group nights has enabled children to see that if he can rise out of his pain and loss, maybe they can too," said Valerie's House Founder and CEO Angela Melvin. "He's a big deal to them and



Hunter Garlent speaking to Valerie's House student groups

they listen to him."

Garlent said he wants to provide opportunities for Valerie's House

families to attend Florida Everblades games regularly and go behind the scenes at Hertz Arena, where the team play. Garlent is going to be visiting several Valerie's House group nights over the month, and is hopeful to

become a volunteer and work directly with the children he identifies with.

"I've really grown from my grief," Garlent told the children. "We learn to cherish every moment we have with the people we love." ✨

photo provided

Lee Health Gains Top Marks For Stroke Care

Cape Coral Hospital, Gulf Coast Medical Center and Lee Memorial Hospital each earned the American Heart Association/American Stroke Association's Get With The Guidelines – Stroke Gold Plus Target Stroke Elite Plus Honor Roll Quality Achievement Award – the highest possible level.

HealthPark Medical Center received Get with the Guidelines Gold Plus Target: Stroke Elite Honor Roll Quality Achievement Award.

These awards are based on the proper use of medications and other stroke treatments aligned with the most up-to-date, evidence-based guidelines for a speedy recovery and reducing death and disability for stroke patients.

"We're thrilled that all of our adult, acute care hospitals earned high-level awards for stroke care," said Cindy Drapal, DNP, system director, Lee Health neurosciences. "Every second matters when treating stroke and by continuing to incorporate the best evidence-based guidelines into our processes, we're ensuring our patients receive the best care possible."

According to the Centers for Disease Control and Prevention, stroke is one of the leading causes of death and serious, long-term disability in the United States. On average, someone has a stroke every 40 seconds, someone dies of a stroke every four minutes and nearly 800,000 people suffer a new or recurrent stroke

each year.

Get With The Guidelines – Stroke is an in-hospital program for improving stroke care by promoting consistent adherence to the latest scientific treatment guidelines. It uses the "teachable moment" after a patient has a stroke and when they are most likely to listen to and follow their health care professionals' guidance. Before discharge, patients receive education on managing their health, schedule a follow-up visit and other care transition interventions.

"Studies show that patients who are taught how to manage their risk factors while still in the hospital reduce their risk of a second stroke," said Dr. Michael Horowitz, Lee Health medical director for neuroscience and stroke. "Our aim is to prevent patients from having another stroke because it drastically increases the risk of death and other long-lasting health impacts."

To achieve the Target: Stroke Honor Roll – Elite Plus recognition, hospitals must administer clot-buster tissue plasminogen activator (tPA) medication within 60 minutes of arrival to the facility in 75 percent or more of eligible acute ischemic strokes and within 45 minutes of arrival in 50 percent of eligible acute ischemic stroke patients treated with IV tPA.

Offering 24/7 neurointerventional coverage with a full team of specialists, support staff, a dedicated neuroscience intensive care unit for stroke patients and a dedicated neurointerventional suite equipped with state-of-the-art biplane angiography systems, Gulf Coast Medical Center provides lifesaving care around-the-clock and close to home. Gulf Coast Medical Center also is Lee County's only certified comprehensive stroke center. ✨

JOIN US FOR A FUN, INTERACTIVE TALK

ARTHRITIS | CHRONIC PAIN | NEUROLOGICAL CONDITIONS



The Doctor & the Dietitian

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

Sponsored by Caring Medical Regenerative Medicine Clinics in Fort Myers. Learn more at: CaringMedical.com

dearRPharmacist

Surprising Benefits Of Deer Nut Oil



by Suzy Cohen, RPH

Dear Readers: There is a plant that has beautiful foliage that also provides year-round food for deer, so they call it the deer nut plant. But you might know it as jojoba.

Just like cactus plants, jojoba is one of those plants that is a desert plant which can tolerate high heat, long hours of sunlight and very little water. It's botanically known as *Simmondsia chinensis*. Other delightful, hilarious names include goat nut, pignut and quinine nut. Call it what you will, this is still an exceptional ingredient to find in your lotion, face cream and serum.

It's so similar to your own sebum that jojoba absorbs immediately into your skin, penetrating deep into the skin's layers where it can enhance the absorption of other topical treatments, nutrients or medication. I think jojoba is one of the healthiest, most moisturizing, skin-healing, and wrinkle-reducing oils one can use on the skin. It's available nationwide and online, and I've put it in a facial serum that I formulated for anti-aging benefits. Here are six scientifically proven benefits of jojoba oil.

1. Collagen synthesis – In several studies, jojoba oil has been used to accelerate the production of both keratinocytes and fibroblasts. This could mean improved skin-wound healing, reduced scar formation and hair growth.

2. Anti-inflammatory – Jojoba-based products may be useful for rosacea, psoriasis, dermatitis, acne, sensitive skin and redness.

3. Hair Growth – If you are currently dealing with some eyebrow loss due to aging, dieting or hypothyroidism, jojoba oil might be good to apply to your brows.

4. Strengthen the Barrier – Our skin's barrier is termed the *stratum corneum*, and it traps moisture inside while keeping out pollutants, environmental toxins, dirt and pathogens. This strength of your barrier is important because it is what keeps your skin looking clear and moisturized. Studies have proven that jojoba oil has major skin barrier reparative powers.

5. Scars – Jojoba oil is known to be a wonderful scar healer, especially for those pitting, acne scars. There was a study showing that after just six weeks, 154 participants using a jojoba oil-based face mask experienced a 55 percent perceived reduction in acne scars. The magic is from the high content of vitamin E in jojoba, which is an age-old remedy used on scars.

6. Nourishing – Jojoba oil contains a natural source of skin-loving nutrients such as Vitamins E, zinc, iodine, copper, selenium and chromium. Zinc

is known to help with acne. Vitamin E protects us from sun damage and free radicals. Copper and selenium may help with collagen formation. Iodine is a natural type of skin antibiotic.

Jojoba is a perfect oil, and you can simply buy a plain bottle of it to use for manicures or pedicures, or even a massage. You can add any essential oil to jojoba as well. One of my favorite things to do is rub jojoba oil onto my dry, itchy or cracked heels. It keeps my feet looking pretty and softer. Be well and pamper yourself like crazy with this hydrating, natural oil.

*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.**

Health Classes Offered At Estates

Health and wellness classes, including meditation and massage are being offered at Edison and Ford Winter Estates. On February 1, Yomassage classes will be offered at 11 a.m. and Full Moon Meditation Alchemy of the Senses will be held at 1:30 p.m. Classes will be held in the air conditioned lecture hall of the South Florida Water Management building, located at 2301 McGregor Boulevard in Fort Myers. Parking is available in the lot behind the building.

Yomassage is a fusion of relaxing and supported restorative yoga positions with hands-on massage therapy. During the class, participants hold each position for approximately eight to 10 minutes while a massage therapist performs manual massage techniques. Participation is limited to five students per class and each class lasts approximately 90 minutes.

Benefits of Yomassage can include improved joint range of motion and neuromuscular balance, and reduced joint surface compression, all of which can lead to a reduced chance of injury. Yomassage classes are \$45 for Edison Ford members and \$55 for non-members. Tickets can be purchased at the membership desk, the ticket counter or online at www.edisonford.org. Advanced reservations are encouraged as space is limited.

In the meditation class, participants will learn how to relax, breathe and enjoy a personal journey through sound vibration with singing bowls and drums. Meditation has been shown to reduce stress and help people experience a deep sense of peace. Participants should bring something to lie on such as a yoga mat or towel, water and a small pillow. Cost of the meditation class is \$20 for Edison Ford members and \$25 for non-members.

The classes are taught by Dolores J. Gozzi, a licensed massage and alternative therapist who is also Yomassage certified. Registration is available online at www.edisonford.org. Admission to the site is not included.*

Doctor and Dietician

Are You Healed?



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

People commonly ask, "Are you completely healed" from the bike crash sustained in February 2019 where my foot did not come unclipped, thus I broke my pubic ramus and landed on the concrete on my right side while going over 20 mph on a bicycle. They say things like, "I see you rode 20 miles on your bike or walked five miles on the beach from your Facebook posts. You must be fine now?"

My answer is, "I am healing, but I am not 100 percent yet."

As I reflect on the end of the year and the beginning of a new year, I am thankful that the crash did not result in more severe injuries. Yet, I do pray for complete healing, pain-free living, and the ability to run, bike and perform all activities without restriction. I am not there yet but have made amazing progress. I received 12 prolotherapy treatments, as well as other therapies and exercises that I continue to do on a daily basis. I take supplements, use

a Berner, massage, eat right, do pool therapy and keep working at it.

But yet, I am not 100 percent healed. I cannot fully feel my abdominal muscles or my right arm yet. My right arm is painful much of the time. The pelvic area still experiences a weird pressure that moves around. But, yes, I can work full time, walk, hike, bike ride, swim and trot, but sometimes I tire more easily and have to sit down – and some days are better than others. Pain can wear you down, as many of you know. I am so thankful to have received prolotherapy – because it has patched me up and put me back on the road. Left to traditional means, I may still be using a walker.

God is using this injury for a higher purpose. Many blessings have arisen out of it. I learn more about myself each day. But, I am not going to sit around and do nothing until I am completely pain-free. I can still do a lot. Yes, it sometimes hurts. Yes, I may feel worse afterwards, but if I don't keep moving, things are going to be a lot worse. Movement is life. Joy is life. We are blessed to live in this beautiful place. I am keeping the faith and continuing to work towards that day of complete healing. And if you are in a similar situation, I encourage you to keep the faith too! I'll see you out there on the bike path.

*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.**

Hope Parkinson Program: Decade Of Support

In 2020, Hope Parkinson Program celebrates ten years of support provided to nearly 4,000 engaged members of the local Parkinson's community.

Throughout the past decade, Hope has built a robust Parkinson Program offering conferences and symposia with renowned Parkinson's experts and motivational speakers; educational events with community partners; professionally led support groups and workshops; movement classes, from tai chi and dancing to water aerobics; and friendship-fostering events like the annual sunset cruise and holiday ice cream social. The program also offers a Young Onset Parkinson's Dinner to connect those seeking support after an early Parkinson's diagnosis.

Hope Parkinson Program recently launched a new mobile-friendly website that makes it easy to sign up for events like the annual Symposium at Broadway Palm Dinner Theater on Friday, February 7. The program's quarterly newsletter provides its growing membership with information, resources and inspiration.

"The Hope Parkinson program educates and empowers our members – many of whom are care partners – and provides opportunities to connect with one another," said Samira K. Beckwith, president and CEO of Hope Healthcare. "Our participants share their successes and learn from each other's experiences. Within our caring community, our goal is to make the road less lonely. As we navigate the Parkinson's journey together, our members find comfort in knowing they are not alone."

Miriam Dieppa, a Hope Parkinson Program member since 2015, shared, "Hope has improved my quality of life and helped me meet other great people in my community with Parkinson's."

The Hope Parkinson Program works closely with like-minded community organizations to provide a network of resources and education for people affected by Parkinson's disease and related movement disorders.

After launching in 2009, the Hope Parkinson Program has enabled nearly 4,000 people in Lee County to experience the fullness of life through knowledge, movement and fellowship. As a community service provided by Hope Healthcare, the program is offered at no charge to participants and care partners. For more information or to donate, call 985-7727 or visit www.hopeparkinson.org.*

PETS OF THE WEEK

photos provided

Lee County Domestic Animal Services

Dude And Max



Dude ID# A767587

Hello, my name is Dude. I am a 13-year-old male rottweiler/rhodesian ridgeback who is definitely laid-back. I may be 13 in years but not in attitude. I do not look or act my age and have plenty of love left to give my new family. This handsome fellow loves to chill outside with the volunteers and has impeccable manners that you would expect a gentleman to have.

My adoption fee is \$25.



Max ID# A803224

Looking for the perfect date for Valentine's Day? My name is Max. I am a 4-year-old male domestic shorthair who has a built-in tuxedo and will travel. My lack of opposable thumbs will make giving you flowers a problem, but his cuddle-buddy skills will more than make up for it.

My adoption fee is \$25, and you can adopt me and get a feline friend free.

Lee County Animal Services kicks off Give Love promotion with adoption discounts. Take a departure from the traditional roses and chocolates and give love this year by adopting a furry Valentine from Lee County Animal Services. From February 1 through February 29, all adoptions of adult dogs and cats will be just \$25 with an approved adoption application.

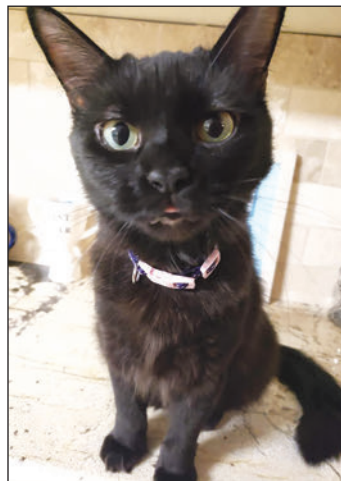
*The shelter is open to the public Monday through Saturday at 5600 Banner Drive in Fort Myers. Adoptions are available 10:30 a.m. to 3:30 p.m. Monday through Saturday. For information, visit Lee County Domestic Animal Services at www.lee.gov/animalservices or call 533-7387.**

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 havononearthanimalleague@yahoo.com.

*We are being cared for by Haven on Earth Animal League. For more information, call Diane at 860-833-4472 or email havononearthanimalleague@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	https://www.audubonswfl.org/
Caloosahatchee Chapter DAR	482-1366
Caloosahatchee Folk Society	321-4620
Cape Coral Barbershop Chorus	1-855-425-3631
Cape Coral Stamp Club	542-9153
duPont Company Retirees	454-1083
Edison Porcelain Artists	415-2484
Embroiderers Guild of America - Sea Grape Chapter	239-267-1990
FM UDC Chapter 2614 - United Daughters of the Confederacy	728-3743
Friendship Force Of SW FL	561-9164
Garden Club of Cape Coral	239-257-2654
Horticulture and Tea Society	472-8334
Horticultural Society	472-6940
Lee County Genealogical Society	549-9625
Lee Trust for Historic Preservation	939-7278
NARFE (National Active & Retired Federal Employees)	482-6713
Navy Seabees Veterans of America	731-1901
Paradise Iowa Club of SWFL	667-1354
Sons of Confederate Veterans	332-2408
Southwest Florida Fencing Academy	939-1338
Southwest Florida Music Association	561-2118
Kiwanis Fort Myers Beach	765-4254 or 454-8090
Kiwanis Fort Myers Edison	694-1056
Kiwanis Fort Myers South	691-1405
Iona-McGregor	482-0869
Lions Club Fort Myers Beach	463-9738
Lions Club Fort Myers High Noon	466-4228
Lions Club Estero/South Fort Myers	898-1921
Notre Dame Club of Lee County	768-0417
Organ Transplant Recipients of SW Florida	247-3073
POLO Club of Lee County	477-4906
Rotary Club of Fort Myers	332-8158
Sanibel-Captiva Orchid Society	472-6940
United Way of Lee County	433-2000
United Way 211 Helpline (24 hour)	211 or 433-3900

AREA ATTRACTIONS

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

To be listed in calling card email your information to: press@riverweekly.com

PUZZLES

Answers on page 28

Super Crossword

GROUND FOR LIFE

ACROSS

- | | | | | | | |
|--|--|--|--|--|--|--|
| ACROSS | 12 Blind as — | 15 “Pshaw!” | 18 Ukr., Est. or Lith., once | 21 Scam | 24 Pledges | 27 Big name in transmission |
| 1 Tostada relative | 16 Run- — (rap trio) | 19 At the crest | 20 Clung | 21 “Ticklish” doll | 22 Prefix with 53-Across | 23 Result of an error in DNA replication |
| 5 Canonized nun of Assisi | 12 Blind as — | 16 Run- — (rap trio) | 19 At the crest | 20 Clung | 21 “Ticklish” doll | 22 Prefix with 53-Across |
| 19 At the crest | 20 Clung | 21 “Ticklish” doll | 22 Prefix with 53-Across | 23 Result of an error in DNA replication | 25 “— Enuff” (1986 top 10 hit) | 26 Pantry pest |
| 21 “Ticklish” doll | 22 Prefix with 53-Across | 23 Result of an error in DNA replication | 25 “— Enuff” (1986 top 10 hit) | 26 Pantry pest | 27 Put back to 000, perhaps | 28 “You Needed Me” singer |
| 22 Prefix with 53-Across | 23 Result of an error in DNA replication | 25 “— Enuff” (1986 top 10 hit) | 26 Pantry pest | 27 Put back to 000, perhaps | 28 “You Needed Me” singer | 31 Hit song whose title means “kiss me a lot” |
| 23 Result of an error in DNA replication | 25 “— Enuff” (1986 top 10 hit) | 26 Pantry pest | 27 Put back to 000, perhaps | 28 “You Needed Me” singer | 31 Hit song whose title means “kiss me a lot” | 37 Klutzy guy |
| 25 “— Enuff” (1986 top 10 hit) | 26 Pantry pest | 27 Put back to 000, perhaps | 28 “You Needed Me” singer | 31 Hit song whose title means “kiss me a lot” | 37 Klutzy guy | 38 Dogma |
| 26 Pantry pest | 27 Put back to 000, perhaps | 28 “You Needed Me” singer | 31 Hit song whose title means “kiss me a lot” | 37 Klutzy guy | 38 Dogma | 39 Burden |
| 27 Put back to 000, perhaps | 28 “You Needed Me” singer | 31 Hit song whose title means “kiss me a lot” | 37 Klutzy guy | 38 Dogma | 39 Burden | 40 Commas indicate them |
| 28 “You Needed Me” singer | 31 Hit song whose title means “kiss me a lot” | 37 Klutzy guy | 38 Dogma | 39 Burden | 40 Commas indicate them | 42 Vientiane native |
| 31 Hit song whose title means “kiss me a lot” | 37 Klutzy guy | 38 Dogma | 39 Burden | 40 Commas indicate them | 42 Vientiane native | 46 “I’m cold!” |
| 37 Klutzy guy | 38 Dogma | 39 Burden | 40 Commas indicate them | 42 Vientiane native | 46 “I’m cold!” | 47 Reactions to baby pictures |
| 38 Dogma | 39 Burden | 40 Commas indicate them | 42 Vientiane native | 46 “I’m cold!” | 47 Reactions to baby pictures | 50 Tree cultivated to feed silkworms |
| 39 Burden | 40 Commas indicate them | 42 Vientiane native | 46 “I’m cold!” | 47 Reactions to baby pictures | 50 Tree cultivated to feed silkworms | 52 “Pshaw!” |
| 40 Commas indicate them | 42 Vientiane native | 46 “I’m cold!” | 47 Reactions to baby pictures | 50 Tree cultivated to feed silkworms | 52 “Pshaw!” | 53 Stylishness |
| 42 Vientiane native | 46 “I’m cold!” | 47 Reactions to baby pictures | 50 Tree cultivated to feed silkworms | 52 “Pshaw!” | 53 Stylishness | 55 Instant, in some product names |
| 46 “I’m cold!” | 47 Reactions to baby pictures | 50 Tree cultivated to feed silkworms | 52 “Pshaw!” | 53 Stylishness | 55 Instant, in some product names | 56 Guinea- — (African country) |
| 47 Reactions to baby pictures | 50 Tree cultivated to feed silkworms | 52 “Pshaw!” | 53 Stylishness | 55 Instant, in some product names | 56 Guinea- — (African country) | 57 Month no. 10 |
| 50 Tree cultivated to feed silkworms | 52 “Pshaw!” | 53 Stylishness | 55 Instant, in some product names | 56 Guinea- — (African country) | 57 Month no. 10 | 58 Giant statues |
| 52 “Pshaw!” | 53 Stylishness | 55 Instant, in some product names | 56 Guinea- — (African country) | 57 Month no. 10 | 58 Giant statues | 61 T.Sgts., e.g. |
| 53 Stylishness | 55 Instant, in some product names | 56 Guinea- — (African country) | 57 Month no. 10 | 58 Giant statues | 61 T.Sgts., e.g. | 63 Edible fungus cultivated in felled logs |
| 55 Instant, in some product names | 56 Guinea- — (African country) | 57 Month no. 10 | 58 Giant statues | 61 T.Sgts., e.g. | 63 Edible fungus cultivated in felled logs | 67 Spanish muralist Joan |
| 56 Guinea- — (African country) | 57 Month no. 10 | 58 Giant statues | 61 T.Sgts., e.g. | 63 Edible fungus cultivated in felled logs | 67 Spanish muralist Joan | 71 Acorns, e.g. |
| 57 Month no. 10 | 58 Giant statues | 61 T.Sgts., e.g. | 63 Edible fungus cultivated in felled logs | 67 Spanish muralist Joan | 71 Acorns, e.g. | 72 Notion, to Gigi |
| 58 Giant statues | 61 T.Sgts., e.g. | 63 Edible fungus cultivated in felled logs | 67 Spanish muralist Joan | 71 Acorns, e.g. | 72 Notion, to Gigi | 73 — and bred |
| 61 T.Sgts., e.g. | 63 Edible fungus cultivated in felled logs | 67 Spanish muralist Joan | 71 Acorns, e.g. | 72 Notion, to Gigi | 73 — and bred | 74 Beelzebub |
| 63 Edible fungus cultivated in felled logs | 67 Spanish muralist Joan | 71 Acorns, e.g. | 72 Notion, to Gigi | 73 — and bred | 74 Beelzebub | 75 Bygone U.S. gas name |
| 67 Spanish muralist Joan | 71 Acorns, e.g. | 72 Notion, to Gigi | 73 — and bred | 74 Beelzebub | 75 Bygone U.S. gas name | 76 Output of R.E.M. or Nirvana |
| 71 Acorns, e.g. | 72 Notion, to Gigi | 73 — and bred | 74 Beelzebub | 75 Bygone U.S. gas name | 76 Output of R.E.M. or Nirvana | 79 R&B great Marvin |
| 72 Notion, to Gigi | 73 — and bred | 74 Beelzebub | 75 Bygone U.S. gas name | 76 Output of R.E.M. or Nirvana | 79 R&B great Marvin | 80 Hematite, for one |
| 73 — and bred | 74 Beelzebub | 75 Bygone U.S. gas name | 76 Output of R.E.M. or Nirvana | 79 R&B great Marvin | 80 Hematite | |

King Crossword

ACROSS

- ACROSS**

1 Venomous viper
 4 Incense
 8 Pop
 12 Ball-bearing item
 13 Beelzebub's doings
 14 From square one
 15 Supreme Court Justice Thurgood —
 17 Calm before the storm
 18 Comedian Rivers
 19 Refuge
 20 Downright
 22 Road's shoulder
 24 Hard to find
 25 Almond confection
 29 " — Got a Secret"
 30 Left-hand page
 31 Ostrich's cousin
 32 Union
 34 Valhalla VIP
 35 Loathe
 36 Loses traction
 37 Drive away
 40 "Wozeck" composer
 41 Summertime treats
 42 — Thatcher
 46 Command-

DOWN

1 \$ dispenser
 2 Vast expense
 3 Storyteller in court
 4 Detox center
 5 Terrible guy?

6 " — Abner"
 7 Right angle
 8 Sandwich sausage
 9 Burden
 10 Place to buy 8-Down
 11 Piercing tools
 16 Slightly
 19 Ricelike pasta
 20 — and proper
 21 Volcanic spillage
 22 Cleopatra's boat
 23 Gaelic
 25 Vegan's no-no
 26 Distinguished ancestry

27 In the thick of
 28 Sisters
 30 Test tube
 33 Variety of macaque
 34 Gumbo base
 36 Music transition
 37 Ceremony
 38 Canyon phenomenon
 39 Lowly worker
 40 Author Stoker
 42 Encountered
 43 " — was saying ..."
 44 Mess up
 45 Bill

[illegible]

MAGIC MAZE ● **ADMINISTERED
PRESIDENTIAL
INAUGURAL OATH**

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

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

Brady	Hazel	Roberts	Waite
Burger	Hughes	Stone	Warren
Chase	Marshall	Taney	White
Fuller	Rehnquist	Vinson	



"Here's a toast to our
— wherever it may be!"

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!

Mislead
DUELED

Fit
BONGLE

Vision
IMAGER

Warden
RUGAD

TODAY'S WORD

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

SUDOKU

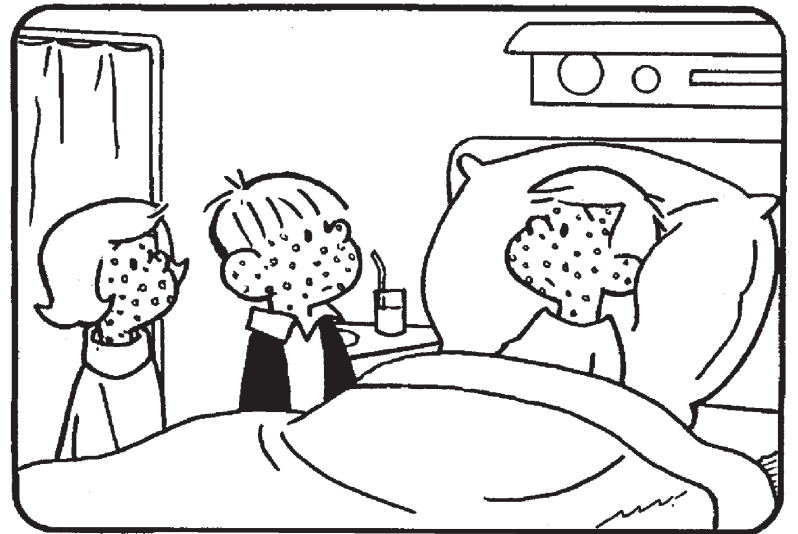
To play Sudoku:

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.

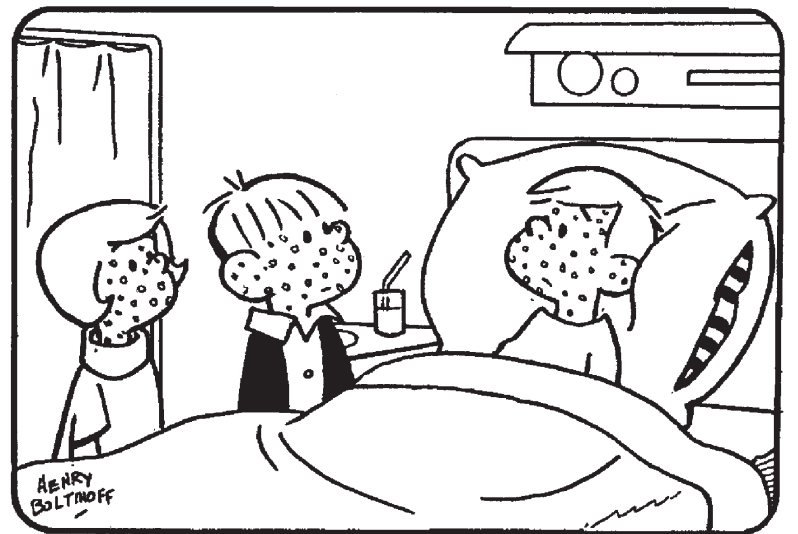
Answer on page 28

HOCUS-FOCUS

BY
HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Button is added. 2. Straw is moved. 3. Pillow is different. 4. Hair is different. 5. Knob is moved. 6. Sleeve is shorter.

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FRIDAY
Cloudy
High: 72 Low: 67



SATURDAY
Chance Showers
High: 68 Low: 63



SUNDAY
Sunny
High: 64 Low: 59



MONDAY
Sunny
High: 68 Low: 63



TUESDAY
Sunny
High: 67 Low: 62



WEDNESDAY
Partly Cloudy
High: 69 Low: 64



THURSDAY
Sunny
High: 66 Low: 58

Redfish Pass Tides					Point Ybel Tides					Punta Rassa Tides					Cape Coral Bridge Tides				
Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low
Fri	4:48 am	10:33 am	5:14 pm	11:58 pm	Fri	3:53 am	10:35 am	4:19 pm	None	Fri	4:38 am	10:16 am	5:14 pm	None	Fri	6:58 am	2:01 am	7:24 pm	1:49 pm
Sat	6:11 am	11:02 am	5:50 pm	None	Sat	5:16 am	12:00 am	4:55 pm	11:04 am	Sat	5:57 am	12:09 am	5:41 pm	10:30 am	Sat	8:21 am	3:14 am	8:00 pm	2:18 pm
Sun	8:12 am	1:16 am	6:32 pm	11:32 am	Sun	7:17 am	1:18 am	5:37 pm	11:34 am	Sun	7:17 am	1:31 am	6:22 pm	10:55 am	Sun	10:22 am	4:32 am	8:42 pm	2:48 pm
Mon	7:22 pm	2:31 am	None	None	Mon	6:27 pm	2:33 am	None	None	Mon	8:30 am	2:31 am	7:18 pm	11:45 am	Mon	9:32 pm	5:47 am	None	None
Tue	8:19 pm	3:37 am	None	None	Tue	7:24 pm	3:39 am	None	None	Tue	9:48 am	3:26 am	8:20 pm	1:55 pm	Tue	10:29 pm	6:53 am	None	None
Wed	9:18 pm	4:33 am	None	None	Wed	8:23 pm	4:35 am	None	None	Wed	10:58 am	4:21 am	9:32 pm	2:59 pm	Wed	11:28 pm	7:49 am	None	None
Thu	1:35 pm	5:23 am	10:15 pm	3:30 pm	Thu	12:40 pm	5:25 am	9:20 pm	3:32 pm	Thu	11:44 am	5:13 am	10:35 pm	4:06 pm	Thu	3:45 pm	8:39 am	None	6:46 pm

PUZZLE ANSWERS

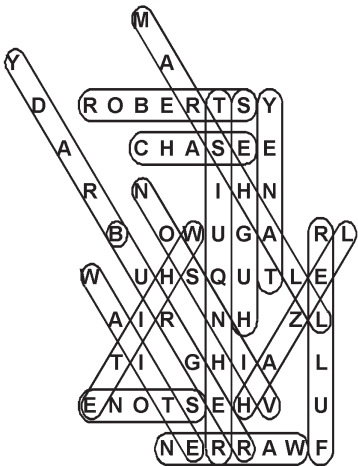
SUPER CROSSWORD

T	A	C	O		S	T	C	L	A	R	E		A	B	A	T		D	M	C			
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KING CROSSWORD

A	S	P		R	I	L	E		S	O	D	A	
T	E	E		E	V	I	L		A	N	E	W	
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MAGIC MAZE



SUDOKU

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

- TRIVIA TEST
- U.S. States:** Which two states share no borders with any other U.S. state?
 - Television:** What is Richie’s last name in the 1970-80s series *Happy Days*?
 - Food & Drink:** What is whey?
 - Games:** What are “bedposts” in bowling?
 - Animal Kingdom:** What kind of creature is an ocelot?
 - U.S. Presidents:** By how many Senate votes was President Andrew Johnson spared removal from office after he was impeached by the House?
 - Literature:** What is the end of the nursery rhyme that starts: “Humpty Dumpty sat on a wall/ Humpty Dumpty had a great fall ... “?
 - Astronomy:** Which is the largest planet in our solar system?
 - Bible:** Who was John the Baptist’s father?
 - Music:** How many Top 10 songs were released on Michael Jackson’s *Thriller* album?

- TRIVIA ANSWERS
1. Hawaii and Alaska 2. Cunningham 3. The watery part of milk that remains after curds have formed 4. A 7-10 split 5. A small, wild cat 6. One vote short of the necessary two-thirds majority to convict 7. “... All the king’s horses and all the king’s men/ Couldn’t put Humpty together again.” 8. Jupiter 9. Zechariah 10. Seven

My Stars ★★★★★
FOR WEEK OF FEBRUARY 3, 2020
Aries (March 21 to April 19) Mixed signals could create problems. Make sure your views are presented clearly, and insist others do the same. Don’t let an unanswered question go by without a full explanation.
Taurus (April 20 to May 20) Financial pressures ease, allowing for more budget flexibility. But as the money-wise Bovine will appreciate, thrift still beats out splurging. Expect news from someone special.
Gemini (May 21 to June 20) Getting things done is what you do so well. But be careful not to overtax your energy reserves. Take time out to relax or to do something different to help keep them at optimum levels.
Cancer (June 21 to July 22) This is a good time to satisfy the Moon Child’s growing sense of wanderlust. Choose a really special place to go to, with a very special person to share it all with you.
Leo (July 23 to August 22) You love being in the spotlight. But be careful it doesn’t blind you to the truth behind a seemingly wonderful opportunity. Look closer and you might be sadly surprised at what you find.
Virgo (August 23 to September 22) Isn’t it time to take a break from your hectic schedule? Sure it is. And the sooner you do, the sooner you can return fresh and more than ready to take on all those new projects.
Libra (September 23 to October 22) A recent family incident can help bring everyone closer, and there’s no one who’s better at making that happen

than you. Accept (indeed, insist on!) help from others to get things off and running.
Scorpio (October 23 to November 21) Long-held habits are often difficult to break. But the change from how you always did things to how you can do them now can be liberating. So, be flexible and give it a try.
Sagittarius (November 22 to December 21) Someone you met in your professional world last year and thought you would never hear from again could make a sudden reappearance in your life, along with an interesting offer.
Capricorn (December 22 to January 19) Once again, you delight everyone by coming up with a solution for a problem that actually works. On another note, it’s not too early to get started on those travel plans.
Aquarius (January 20 to February 18) Before you go ahead with finalizing your plans for your new project, check them over to see if you can make some improvements or if you can find ways to cut costs.
Pisces (February 19 to March 20) The Fabulous Fish might have been out of the social swim for too long, and it’s time you plunge back in. Reinforce your old friendships and be open to starting new ones.
Born This Week: Your creative talents help bring beauty to the world and the people in it. On their behalf, thank you.

MOMENTS IN TIME

- On Feb. 8, 1587, after 19 years of imprisonment, Mary Queen of Scots

is beheaded at Fotheringhay Castle in England for her complicity in a plot to murder Queen Elizabeth I. In 1542, while just six days old, Mary had ascended to the Scottish throne upon the death of her father, King James V.
• On Feb. 4, 1913, Rosa Parks is born Rosa Louise McCauley in Tuskegee, Alabama. Parks’ name has become synonymous with her refusal to give up her seat to a white man on a segregated bus in 1955.
• On Feb. 6, 1928, a woman calling herself Anastasia Tschaikovsky and claiming to be the youngest daughter of the murdered Russian czar Nicholas II Romanov arrives in New York City. It wasn’t until 1994 that Anastasia’s DNA showed her to be Franziska Schanzkowska, a Polish-German factory worker.
• On Feb. 5, 1934, Henry Louis Aaron Jr., the baseball slugger who broke Babe Ruth’s legendary record of 714 homers, is born in Mobile, Alabama.
• On Feb. 3, 1950, Klaus Fuchs, a German-born British scientist who helped develop the atomic bomb, is arrested in Great Britain for passing top-secret information to the Soviet Union. His arrest led authorities to Julius and Ethel Rosenberg and their subsequent execution.
• On Feb. 9, 1960, Adolph Coors disappears while driving to work from his Morrison, Colorado, home. Adolph, grandson of Coors’ founder and the chairman of the Golden, Colorado, brewery, was kidnapped and held for ransom before being shot to death.

continued on page 31



Buffalo Hot Wings

24 Chicken wings (separated into 2 pieces)
 1 (12-ounce) bottle hot sauce
 1 stick unsalted butter
 1 teaspoon Worcestershire sauce
 1 teaspoon garlic powder
 ¼ teaspoon cayenne pepper (optional)
 1 tablespoon all-purpose seasoning
 Sea salt and fresh ground pepper, to taste
 Preheat oven to 300 degrees. In a small saucepan over low heat combine hot sauce, butter, Worcestershire sauce, garlic powder, cayenne, salt and pepper and cook for 5 minutes. Remove from heat and set aside. Spray a baking sheet with nonstick spray. Spread out wings in one layer, season with all-purpose seasoning and bake for 45 minutes. Turn oven up to 425 and bake for additional 15 minutes or until golden brown and crispy. Remove from oven and toss with buffalo sauce and garnish with chopped fresh herbs. Serve with vegetables on the side.✱



Buffalo Hot Wings

photo courtesy Fresh From Florida

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Red Kettles At Bank Branches Secure Donations

Last month, Achieva Credit Union hosted Salvation Army “red kettles” at the credit union’s Lee County branches from Thanksgiving until Christmas Eve. The campaign raised a total of \$20,294.89, which included donations from Achieva members and the general public who visited Achieva branches, along with contributions from Achieva.

The 2019 holiday season was expected to be a challenge for The Salvation Army that relies on donations during the period, because there were six fewer days between Thanksgiving and Christmas to accept donations.

“Achieva’s culture is perhaps best displayed through our community partnerships and contributions,” said David Oak, Achieva’s chief marketing officer. “We’re extremely pleased that we could help contribute to the Salvation Army’s funding goals, and we want to thank our members who contributed so generously.”

The Red Kettle campaign is The Salvation Army’s single largest fundraiser of the year. Funds raised during the holiday season go towards its programs all year long. Programs are wide-ranging, including such services as Emergency Transitional Services, Family Shelter, Meals with Compassion and sending children to Summer Camp.

“We were so overjoyed when we were informed of the blessings provided by the Achieva locations,” said Major Carlyle Gargis, area commander for The Salvation

Army of Lee, Hendry and Glades counties. “That amount can help fulfill more than 1,400 food pantry orders for those in need right here in our community.”

In addition to the Red Kettle campaign in Lee County, Achieva partnered with The Salvation Army to support its Angel Tree program with trees at branches in Pasco County, Pinellas County, Bradenton, Sarasota, Venice and North Port. The Angel Tree program provides new clothing and toys for children of needy families during the holiday period.✽


Our email address is
press@islandsunnews.com

Grant For Program To Bring Deaf Awareness

Sally J. Pimentel Deaf & Hard of Hearing Center (DHHC) recently received a \$5,000 grant from the Southwest Florida Community Foundation for Sign the City, a program to provide lunch and learn opportunities to businesses throughout the community.

As part of the Community Foundation’s Community Impact Grants, DHHC received funding to bring lunch for 15 to 20 people and teach employees how to sign the alphabet, common introductions and specific words related to business to help with communication with any deaf clients. In addition to lunch, an American Sign

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SEASONAL RENTAL	To advertise in the Island Sun and The River Weekly News call 395-1213			
EAST ROCKS HOME SANIBEL On River, Sanctuary land, Beach access, Deluxe 3 BR. March, April. 405-307-8949. 12/27 ✽ TFN				

Language instructor and all materials are provided.

“We are excited to get this grant and launch this program that will raise awareness and help the deaf community,” said Alicia Miller, executive director of the center. “There are about 36 million hard of hearing and deaf people in the United States. By learning even a little sign language, you can communicate with 17 percent more of the population than you did before.”

Any business interested in scheduling a lunch and learn program can call 461-0334 (voice phone) or 247-5821 (video phone).✱

From page 28

Moments In Time

- On Feb. 7, 1984, while in orbit 170 miles above Earth, Navy Capt. Bruce McCandless becomes the first human to perform an untethered spacewalk. McCandless flew up to 320 feet away from the space shuttle Challenger while testing a rocket backpack of his own design.

STRANGE BUT TRUE

- It was noted Irish author and wit Oscar Wilde who made the following sage observation: “There are only two tragedies in life: one is not getting what one wants, and the other is getting it.”
- The very first CD of a musical recording was made in 1982. The album was *The Visitors* by Swedish pop superstars ABBA.
- Immigrants arriving at New York’s Ellis Island in the early years (1892-1920s) were given bananas to eat. Many had never seen a banana and didn’t know how to eat one – some ate the whole thing, peel and all.

SCRAMBLERS

1. Delude; 2. Belong;
3. Mirage; 4. Guard

Today’s Word
LUGGAGE

- In the small African nation of Swaziland, the Civil Aviation Authority has set a ceiling of 500 feet on light aircraft. These aircraft, as well as kites and remote controlled toys, are not allowed to go above that limit. Also included in the category of light aircraft are broomsticks. Any witch who flies on a broomstick above that limit is subject to a fine of more than \$50,000 and possible arrest.
- If you’re thinking about moving to another country, you might want to consider Finland. In that country, employees are offered, on average, 44 paid vacation days every year. Of course, you might want to consider that even in the warm southwestern part of the

- country, winters last about 100 days, with snow covering the ground from mid-October to early May.
- The name of the state of Iowa (unsurprisingly) comes from a Native American language. The original word, “ayuxba,” means “sleepy ones.”
 - Early science-fiction author EE “Doc” Smith wasn’t just a writer; he also was an engineer. He’s the guy who figured out how to get powdered sugar to stick to doughnuts.

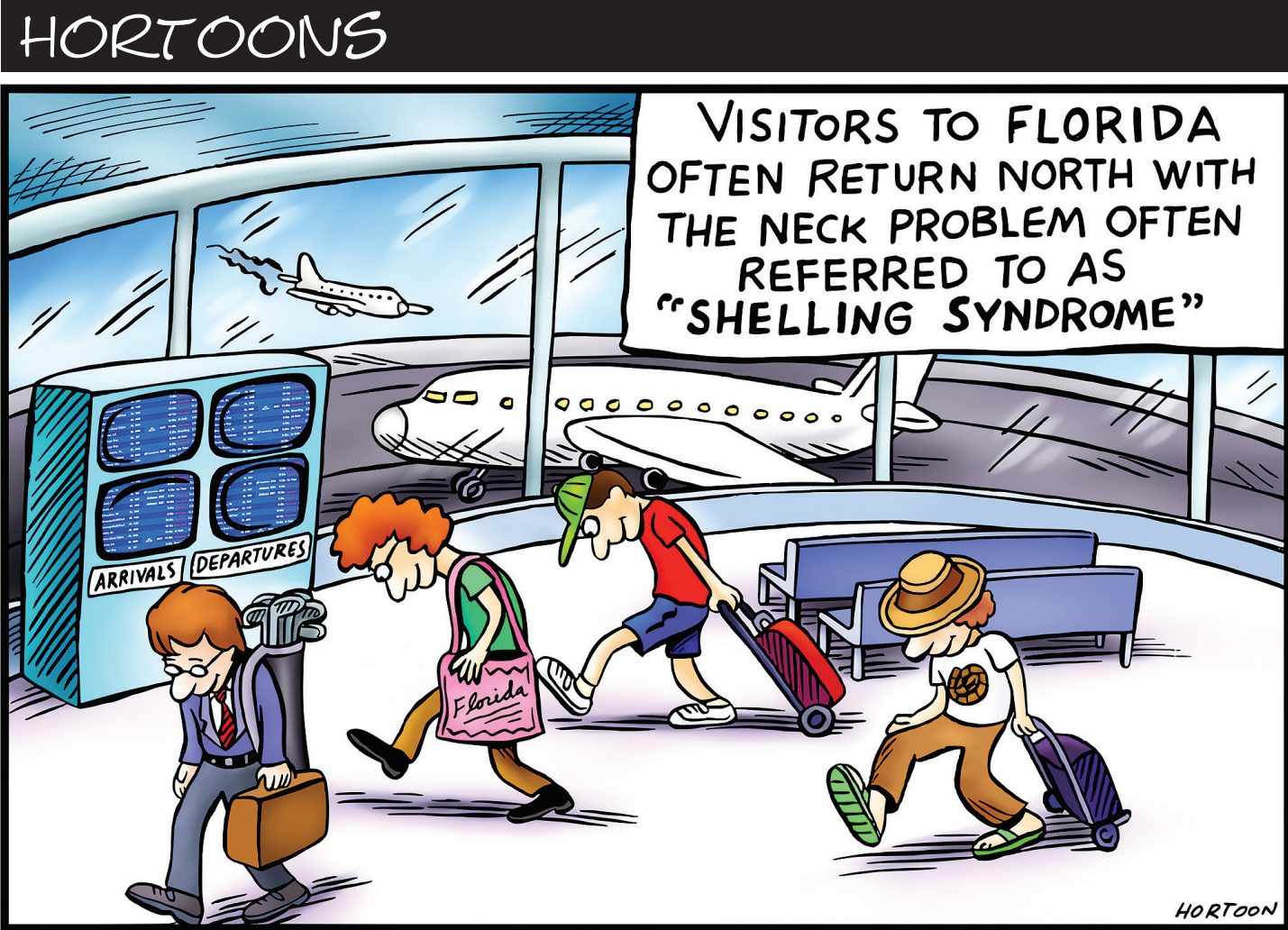
THOUGHT FOR THE DAY

“To be capable of embarrassment is the beginning of moral consciousness. Honor grows from qualms.” – John Leonard

Fake Pills Can Cause Overdoses

Narconon warns friends and family that even the pharmaceutical drugs are dangerous. Dealers are now pressing pills to look identical to the ones you get from your local pharmacy. They are recklessly adding fentanyl to not only heroin, but making their own homemade pills, posing as another drug. In this case, you don’t have to take a handful of the pills you buy to overdose and die. One little pill is killing people.

Visit www.narconon-suncoast.org/blog/fake-xanax-kills-9-people-in-floridawhat-else-was-in-it.html to learn more about the dangers of homemade pills.✱



Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Captiva Beach	Captiva	1997	6,979	\$6,499,000	\$5,150,000	600
Venetian Gardens	Fort Myers Beach	2012	2,338	\$1,399,900	\$1,313,000	238
Mahogany Ridge	Bonita Springs	1999	2,991	\$1,350,000	\$1,305,000	0
Catalpa Cove	Fort Myers	2002	5,679	\$1,300,000	\$1,070,000	71
Upper Captiva Shores	Upper Captiva	1997	3,441	\$1,200,000	\$750,000	16
Anchors Aweigh	Sanibel	2003	3,284	\$1,175,000	\$1,150,000	7
Shell Harbor	Sanibel	1969	1,792	\$1,150,000	\$1,000,000	76
Shell Harbor	Sanibel	1969	1,800	\$1,065,000	\$970,000	364
Cape Coral	Cape Coral	2003	3,717	\$998,000	\$970,000	145
Cape Coral	Cape Coral	2006	3,334	\$924,900	\$885,000	46



Randy Wayne White

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