

Happy  
New Year!

# THE RIVER WEEKLY NEWS

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Home

VOL. 20, No. 1

From the Beaches to the River District downtown Fort Myers

JANUARY 1, 2021

## Entries Needed For Functional Art Exhibition

The Sidney & Berne Davis Art Center has opened a call for artists now through April 23 for the Functional Art Exhibition. The group show, curated by Cesar Aguilera, will open in the Capital Gallery on Friday, May 7 from 6 to 10 p.m. and close on Thursday, May 27.

Functional art is generally applied art – art created for use, not necessarily everyday use, but designed to serve a purpose and with an aesthetic in mind. It's art that serves a function, but is designed artistically for the purpose of beauty. The genre is remarkably inclusive: it encompasses everything from furniture and lighting to dishes and even books.

Submission is at no cost. The following are guidelines to submit artwork for consideration:

Art created for this exhibit has to be functional (a lamp, a chair, a table, etc.);

Art can be from a repurposed piece of furniture or created from scratch;

Artists can submit up to three pieces for consideration;

There are no size restrictions, as long as it can fit through the door and in the



Table lamp

photo provided

elevator;

Provide a title for the piece(s), as well as the dimensions, media used, weight and a sale price. There is a 60-40 percent split of cost for artist-venue;

Any media can be used.

Experimentation is encouraged;

Attach quality images (no larger than

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## Holiday Sale Continues At Beach Art Gallery

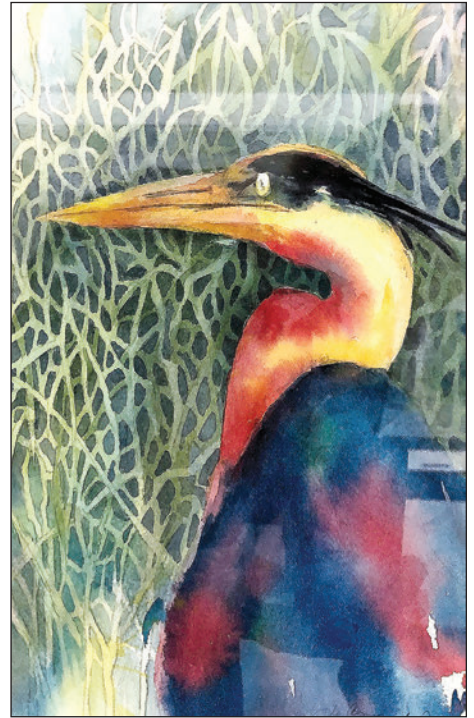
The Fort Myers Beach Art Association (FMBAA) Art Divine Holiday Sale – Nothing over \$150 continues at the gallery until Thursday, January 7. Hours are Monday through Thursday from 10 a.m. to 3 p.m. with limited capacity and masks required.

At least 300 works of framed and matted original art are for sale with 100 percent of the commission going to the artists. On Monday, January 4, artists' mini masters, priced at only \$10 apiece for matted original artwork, will be unveiled.

Artists are being sought to enter the Open Winter Juried Show that receives on January 8. The show, which is open to all artists in the area, including nonmembers, offers more than \$1,000 in prizes. To view the prospectus, visit [www.fortmyersbeachart.com/shows.php#wjs](http://www.fortmyersbeachart.com/shows.php#wjs).

FMBAA member Kathleen Taylor is the January Artist of the Month at Shucker's Galleria, located at 1250 Estero Boulevard on Fort Myers Beach.

FMBAA is located at 3030 Shell Mound Boulevard on Fort Myers Beach.



Heron by JoAnn LaPadula

photo provided

For more information, visit [www.fortmyersbeachart.com](http://www.fortmyersbeachart.com), call 463-3909, email Pam Flaherty at [fmbaapublicity@gmail.com](mailto:fmbaapublicity@gmail.com) or stop by the gallery.\*

## Five Concerts To Feature Rare Performances

The Fort Myers Community Concert Association has revised its concert series at the Barbara B. Mann Performing Arts Hall for 2021, including five performances by world-class musicians playing classical to contemporary music.

"We are happy to offer this outstanding roster of performances by musicians from throughout the United States, Canada and beyond," said Community Concert Association President Mary Lee Mann. "All COVID-19 safety protocols will be followed to keep everyone safe."

The organization's 72nd annual concert series involves all five concerts included in one ticket price, which ranges from \$165 for prime orchestra and mezzanine seats to \$155 for other orchestra and mezzanine seats, \$85 for lower balcony seating and \$65 for upper balcony.

Beginning January 15, tickets to individual concerts will be sold at the box office, located at 13350 FSW Parkway in Fort Myers.

The following five performances will begin at 7:30 p.m.:

A Celebration of Song – Classics to Broadway – February 16: This elegant concert program features international



Internationale Concerto Soloists

photo provided

soloists performing popular selections from classical to Broadway with full orchestra and a live on-stage master of ceremonies.

Barber of Seville Opera – February 24: Bribery, deception and disguise are the keys to this two-act comedic masterpiece by Rossini. Figaro, the Barber of Seville, needs all of his wiles to help the Count and ensure true love wins the day.

Pianist Jeremy Denk – March 3: Jeremy Denk is one of America's foremost pianists. Winner of a MacArthur "Genius" Fellowship and the Avery Fisher Prize,

Denk recently was elected to the American Academy of Arts and Sciences. He returns frequently to Carnegie Hall and has appeared with the Chicago Symphony, New York Philharmonic, Los Angeles Philharmonic, San Francisco Symphony and the Cleveland Orchestra.

The New York Philharmonic String Quartet and Drew Petersen, Piano – March 11: The New York Philharmonic String Quartet consists of four principal musicians from the New York Philharmonic, who formed in 2017 during the Philharmonic's

175th anniversary season. Petersen, critically-acclaimed pianist, joins the string quartet for this performance.

Violinist Blake Pouliot with Hsin-I Huang, Piano – March 23: At age 25, Pouliot has been praised by the *Toronto Star* as "one of those special talents that comes along once in a lifetime." The program will include Beethoven's *Violin Sonata No. 3 in E-flat major* and Prokofiev's *Violin Sonata No. 1 in F minor*.

Temperatures will be taken of every patron before being admitted to the Barbara B. Mann Performing Arts Hall. Masks will be required of all attendees and staff. Hand sanitizing stations will be located throughout the hall.

"The wellbeing of our patrons is a prime consideration," said Mann. "We will continue to monitor the local COVID-19 positivity rates, and if our 2021 series should have to be canceled, all subscribers would receive a complete refund, or if they choose, a credit toward our next season."

The Fort Myers Community Concert Association 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 season tickets for all five performances, contact Mann at 693-4849 or email her at [mleymannconcerts@aol.com](mailto:mleymannconcerts@aol.com). For membership forms, visit [www.fortmyerscommunityconcerts.org](http://www.fortmyerscommunityconcerts.org).\*



Historic Downtown Fort Myers, Then And Now:

# Concert In The Park



by Gerri Reaves, PhD

The array of activities on offer in the peak boom year of 1926 was impressive, even by today's standards. Club meetings and programs, dances, parades, concerts, drama productions, community gatherings and celebrations, and excursions by boat or automobile all were part of an ongoing round of social, cultural and civic events.

One indispensable component at many of them was the Fort Myers Band, possibly the town's first arts organization, pictured here in 1926 at the bandstand in Evans Park. The band was a staple at just about any public event that called for music.

Here's just a sampling of their performance schedule in 1926: two park concerts per week during the summer, leading a march for Masonic members at the dedication of the cornerstone of Edison Park School, and five performances during the three-day July Fourth Pageant.

Band concerts featured everything from musical comedy pieces and Irish melodies to popular songs and light classical, typically closing with the *Star Spangled Banner*. The bandstand was located in Evans Park, the first city park. It lay south of McGregor Boulevard and west of Heitman Street, extending down to the river, which was much closer in pre-fill days.

The town's first band organized in 1885 under the direction of young attorney and cornet player Peter O. Knight. One of their first gigs was serenading honeymooners Thomas and Mina Edison.

Over the decades, the band name and members changed. Names included Brass, Concert and Military Band. The band's importance is suggested by the fact that the town built a band gazebo at Second and Lee streets in the late-19th century.

Typical of volunteer organizations, it went through down periods too, sometimes



The Fort Myers Band: first row, from left, J. Bert King, George Peterson, George Zweifel, Morris McWilliams, Harry Morrow, OS Vaughn, Bob Moger and Charlie Lienard; second row, from left, DA Page, Oscar Sheets, Leslie Sheets, Nick Lienard, Albert Jackson and Orion White; third row, from left, Ralph McWilliams, HC Willis, Bob Thompson, George Dupuy, Harvey Lutes and George Haas

photo courtesy SWFL Historical Society



The former bandstand location is now part of a bank parking lot photo by Gerri Reaves

fading away altogether, only to revive. The band's heyday was during the 19-teens under the direction of Prof. Francis W. Perry, a professional composer and teacher.

In summer 1926, a notable addition was J Bert King, who was engaged by the city as director. The band gave two band concerts per week that summer. King, who hailed from Vincennes, Indiana, was touted as a nationally known director of orchestras and bands, and skilled at both classical and instrumental directing. He had been in charge of the First Regiment band of that city and had been a member of the Fort Myers Band the previous winter.

King is pictured circa 1926 in a white uniform with the band posed at the eastern entrance to the Lee County Courthouse. The bandstand no longer exists, and the music that floated through the park on summer evenings is lost to time.

The main section of Evans Park is now a bank and parking lot, and the riverfront lies much farther away than when delighted concert-goers flocked to see the Fort Myers Band.

Stroll toward Heitman Street and imagine you're going to a band concert by the river. Then learn more about the legendary Fort Myers Band by visiting the followig two research centers.

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The bandstand in Evans Park was located on the west side of Heitman Street between McGregor Boulevard and West First Street. The Caloosahatchee is on the horizon.

photo courtesy of IMAG History & Science Center

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**Accounting**  
Mike Terry

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**Graphic Arts/ Production**  
Ann Ziehl, Manager  
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**Reporters**  
Gerri Reaves, PhD  
Kathy Kurtz Ferrari

**Contributing Writers**  
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Suzy Cohen  
Linda Coin  
Marcia Feeney  
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Shelley Greggs  
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## Meals On Wheels Program Returns, Volunteers Sought

With the growing need for meals to be delivered to homebound neighbors who cannot shop or cook for themselves, Community Cooperative has returned its Meals on Wheels services to five days per week and seeks volunteer drivers to serve throughout Lee County.

"Since the pandemic, the Meals on Wheels program did not miss delivering one meal and in fact has continued to grow by more than 20 percent as more seniors, disabled and chronically ill adults remain at home to mitigate their risk of COVID-19 exposure," said Tracey Galloway, chief executive officer of Community Cooperative. "Our Meals on Wheels program ensures that our neighbors receive freshly prepared home-delivered meals and related services while they remain in the safety and comfort of their own homes. To help us keep this vital program operating, we need volunteers, specifically drivers, to keep our program running as we meet the growing needs of our elderly neighbors."

The Meals on Wheels program has over 30 meal delivery and transport routes in North Fort Myers, Cape Coral, Fort Myers, Lehigh Acres and Bonita Springs, supplying daily nutritious home-delivered meals, groceries, pet food and friendly safety and security checks to eligible homebound neighbors who cannot shop or cook for themselves.

Volunteers will be scheduled at their convenience and are needed



Grace Martin delivers Meals on Wheels to George Sand before the pandemic

photo by Kin fay Moroti

Mondays through Fridays between 9 a.m. and noon. Background checks are conducted and volunteers who drive must have current driver's license and vehicle insurance information.

Meals on Wheels volunteers are among more than 3,000 volunteers who help Community Cooperative ease hunger and offer hope to people in need.

For information on how to get help, how to donate, or to learn about volunteer requirements and opportunities and fill out a volunteer application, visit [www.communitycooperative.com](http://www.communitycooperative.com). For information on volunteering for Meals on Wheels, call 337-1055.✪

## Home And Garden Show

The 2021 Semi-Annual Home & Garden Show will take place at the new Caloosa Sound Convention Center on Saturday and Sunday, January 9 and 10 from 10 a.m. to 4 p.m.

Now in its 25th year, the semi-annual Home & Garden Show features more than 100 local and regional companies that display and present products and services to homeowners. In 1991, Bill Anderson's Home & Garden Show was the first event to be held at the then new Harborside Event Center in downtown Fort Myers.

"We had a great show in September as the first event at Caloosa Sound and we are looking forward to returning to this beautiful new facility," said Anderson, president of Expo Management that produces the Home & Garden Show. "January is a beautiful month to welcome attendees to the heart of Fort Myers Downtown River District."

Attendees can experience the newest in-home improvement products and services inside and out from furnishings, accessories, decorating and remodeling

ideas to landscaping and more.

"The real estate market has been going gangbusters in Southwest Florida in recent months, and this is the perfect event for current and future homeowners to gain information and learn about products and services for their residences," Anderson said.

Expo Management Inc. was established in Fort Myers in 1987. The company has successfully produced 545 events over the past 33 years. In 2021, they will operate 19 events in Florida, Georgia, South Carolina and Tennessee.

The Caloosa Sound Convention Center renovations include major updates to the interior and exterior of the building, including a new roof, windows and exterior walls and will feature 39,000 square feet of function space, including a riverfront terrace.

CDC guidelines will be observed during the show and face masks will be required. Attendees without face coverings will be provided a complimentary mask.

Caloosa Sound Convention Center is located at 1375 Monroe Street in downtown Fort Myers. For more information, visit [www.expomanagementinc.com](http://www.expomanagementinc.com) or contact Bill Anderson of Expo Management at 855-321-2111, ext. 20 or [bill@expomanagementinc.com](mailto:bill@expomanagementinc.com).✪

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Fort Myers Art:

# Spelling Bee Musical Filled With Touching Songs



by Tom Hall

The 25th Annual Putnam County Spelling Bee is known for its edgy humor, effortless wit, originality and heartfelt story. The Melody Lane Theater Department

presentation will be held at Cape Cabaret for three performances only – at 3 and 7 p.m. on Saturday, January 9 and at 3 p.m. on Sunday, January 10.

“Our production of *The 25th Annual Putnam County Spelling Bee* is finally happening,” said over-the-moon Drama Director Dana Alvarez. As happened with so many other productions, the riotous musical comedy was postponed in May because of the COVID-19 pandemic.

The story revolves around this group of misfit sixth graders who are engaged in a winner-take-all competition.

Olive Ostrovsky: Sweet and shy, Olive brings her only friend (the dictionary) to the bee.

William Barfee (pronounced with an accent aigu): Bold and hyperallergic, the



The cast of *The 25th Annual Putnam County Spelling Bee* photo courtesy www.artswfl.com

“insufferable genius” uses his “magic foot” to propel him to greatness.

Logainne Schwartz-and-Grubenierre: The youngest competitor in the spelling bee, the adorably precocious “Schwarzy” only wants to impress her gay parents.

Marcy Park: One of those annoying people who is good at everything, this overachiever derives no joy from her incessant success.

Leaf Coneybear: Like his family and friends, this kindhearted simpleton is convinced he doesn’t deserve to be in the spelling bee at all.

Charlito Tolentino: The former champion, Chip, is distracted by his

burgeoning puberty.

As they make their way through the competition, the spellers reveal their hopes, struggles and passions in a series of hilarious, touching and catchy songs. With an engaging score by William Finn and a sweet, funny book by Rachel Sheinkin, *The 25th Annual Putnam County Spelling Bee* will cause you to fall in love with the show and its “perspicacious,” “jocular” and “effervescent” spellers. Alas, there can only be one winner. But don’t fret, the losers do get a juice box.

In addition to the competitors, the show features such memorable characters as successful real estate agent Rona Lisa Peretti, her hopeless (hapless) suitor Vice Principal Douglas Ranch and an ex-con by the name of Mitch Mahoney.

The cast “includes college kids who

are in programs in NYC and Chicago,” Alvarez effuses. “Our Chip is played by Gianni Gizzi who was the High School Musical Best Performer in a musical 2019 for his role in *Theory of Relativity* and he goes to the Institute for American Musical Theatre in New York. Additionally, we have students from Cypress Lake Center for the Arts, Bishop Verot, Cape Coral High, Florida Virtual School, Florida SouthWestern College, Florida Gulf Coast University, Chicago College of Performing Arts and the New York Conservatory of Dramatic Arts.”

“This is one of the funniest and most inventive musicals to come along in decades,” said one prominent artistic director when his company produced the show several years ago. “It is smart, irreverent, full of heart and keeps you laughing. It is a really refreshing coming-of-age story that will take audiences back to ‘tween years to relive the triumphs and defeats with a great score and clever characters. This will be the hottest ticket in town, so don’t miss out.”

So grab your dictionary! With only three shows and limited seating, tickets to this multiple Tony-winning show won’t last long.

Cape Cabaret is located at 4725 Vincennes Boulevard in Cape Coral. For ticket information, visit [www.docs.google.com/forms/d/e/1FAIpQLSfXcIVaXN\\_M9fbJDRsv4eKd\\_oMPB3q8s8OUUVetDgtANKCSTQ/viewform](http://www.docs.google.com/forms/d/e/1FAIpQLSfXcIVaXN_M9fbJDRsv4eKd_oMPB3q8s8OUUVetDgtANKCSTQ/viewform).

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



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## Seniors Provided With Concierge Transportation

Hope PACE, the program of all-inclusive care for the elderly, has expanded participants’ options for safe, convenient rides to physician’s appointments, essential errands and Hope PACE Care Centers through a new partnership with SendaRide, a concierge non-emergency medical transportation service.

SendaRide’s door-to-door transportation services are paired with state-of-the-art technology that records all rides. PACE participants’ caregivers can stay in contact with the drivers before and during the ride through the SendaRide app.

“Reliable transportation is an essential element of Hope PACE’s personalized approach that helps aging adults at risk for nursing home placement to stay healthy, live independently in the community, and avoid unnecessary hospitalizations for as long as possible,” said Samira K. Beckwith, president and CEO of Hope Healthcare. “SendaRide gives PACE participants and their caregivers peace

of mind knowing they will arrive at their destination safely and on time.”

“SendaRide is excited to launch in Florida, and we couldn’t ask for a better partner than Hope PACE,” said SendaRide CEO Laura Fleet. “Their program is invaluable to local seniors, and we’re happy to be an extension of their comprehensive services.”

SendaRide was developed specifically for the health care industry and is focused on maintaining the highest level of service, safety, security and efficiency for their riders, business partners and families. SendaRide’s user-friendly HIPAA-compliant technology provides constant GPS monitoring and quality assurance. Their services help the healthcare industry reduce costs, increase efficiency and improve quality of life. To learn more, visit [www.sendaride.com](http://www.sendaride.com).

Hope PACE is a comprehensive, coordinated health care program designed to meet the social, emotional and practical challenges of older adults. This innovative program helps seniors live safely in the place they call home. To be eligible, participants must live in Charlotte, Collier or Lee county and be 55 years of age or older. Learn more by visiting [www.hopepace.org](http://www.hopepace.org).✽



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## Southwest Florida Reading Festival Goes Fully Virtual

After more than 20 years celebrating the power of reading in the community, the Southwest Florida Reading Festival will carry on its traditions in a new way this March by adopting a fully virtual format.

Nearly 30 acclaimed and bestselling authors are scheduled to give virtual presentations and participate in live, interactive meet and greets on the event website from March 1 to 13. All of the virtual author presentations will be recorded for on-demand viewing throughout the month of March. The event website will be available the week of February 22 to familiarize attendees with the new, online Event Hub platform.

In addition to engaging with the bestselling authors, this year's attendees can experience activities for all ages, including an online reading challenge, grab-and-go crafts, and online STEAM contests challenging participants to create masterpieces with LEGO and art materials. As in previous years, the festival will provide each participating child and teen with a free book. This year, the free books will be distributed in age-appropriate, grab-and-go craft bags, which can be requested from any of the 13 Lee County Library System branches starting Monday, February 22, while supplies last.

"We are pleased to be able to continue reading festival traditions in a new and engaging online format this year," said event coordinator Melissa Baker. "The expanded timeline will allow all of our attendees to enjoy the content from wherever they are and at their own pace."

The lineup of award-winning authors scheduled to attend the festival includes adult authors Jennifer Chiaverini, Gregg Hurwitz, Jayne Ann Krentz and Kyle Mills, as well as youth and teen authors JC Cervantes, Greg Pizzoli, Julie Berry and Ryan LaSala.

Another feature adapting to the online format is the return of the Local Author Marketplace, which for years was a hallmark of the Southwest Florida Reading Festival. A select number of approved authors will be granted virtual vendor booths on the event website to promote and sell their work and engage with attendees using video and text chat functionality. Applications are now being accepted with a deadline of Friday, January 15. Local authors will have the opportunity to participate in the interactive Author Hour Meet & Greets offered from 1 to 3 p.m. the first two Saturdays in March. Interested authors should apply online to book an event space at [www.eventhub.net/events/Southwest-Florida-Reading-Festival-2158](http://www.eventhub.net/events/Southwest-Florida-Reading-Festival-2158).

The Southwest Florida Reading Festival is free and community-supported through donations, sponsorships and grants. For more information, a complete list of authors or to donate, visit [www.readfest.org](http://www.readfest.org) or call 533-4832.✱

## Author Series Lecture, Lunch And Workshop

The 2021 Famous Author Series kicks off with a lecture and lunch with Craig Pittman at the Sidney & Berne Davis Art Center on Monday, February 8 from noon to 2 p.m. Then from 3 to 5 p.m., interested writers may take part in his writing workshop.

Pittman is a native Floridian and an award-winning journalist. He spent 30 years at the *Tampa Bay Times* and now writes a weekly column on environmental issues for the *Florida Phoenix*.

Pittman is the author of five books, including *The New York Times* bestseller *Oh, Florida! How America's Weirdest State Influences the Rest of the Country*, which won a gold medal from the Florida Book Awards. His latest, published in January, is *Cat Tale: The Wild, Weird Battle to Save the Florida Panther*. The Florida Heritage Book Festival recently named him a Florida Literary Legend, and he is co-host of a podcast called *Welcome to Florida*. Pittman lives in St. Petersburg with his wife and children.

The writing workshop is entitled *That's a Fact, Jack!* He will talk about how to write non-fiction.

The Famous Author Lecture Series is sponsored by FineMark Bank. Tickets are \$45 or \$360 for a table of 8. Cost for the workshop is \$50.

The Sidney & Berne Davis Art



Craig Pittman

photos provided

Center is located at 2301 First Street in downtown Fort Myers. For more information, visit [www.sbdac.com/author-lecture-series-craig-pittman](http://www.sbdac.com/author-lecture-series-craig-pittman).✱

## College Scholarships

Two Fort Myers natives have been admitted into the incoming class for the fall 2021 semester at Culver-Stockton College in Canton, Missouri. Both received academic scholarships.

Ra'heem Gibson, a senior at South Fort Myers High, was awarded the Hilltop Scholarship, a \$10,500 per year scholarship for four years.

Maddy Logan, a senior at Bishop Verot High, was awarded the President Scholarship, a \$13,000 per year scholarship for four years.✱

## Southwest Florida Living

NEW



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## Plant Smart

# Wondrous Coontie Cones

by Gerri Reaves

**N**ative coontie (*Zamia integrifolia*) is a beautiful wildlife-friendly asset for a landscape any time of year, with deep green shiny foliage resembling a palm or fern frond.

But when the cones are present at the center of the plant, they make it a colorful curiosity too.

Coontie is dioecious, meaning that separate plants bear the male and female parts, pollen cones and seed cones, respectively.

Both male and female cones are velvety in texture and vary from reddish brown to purple. Male cones are slender and generally cylindrical. Up to seven inches long, they have brown scales and interior pollen sacs. In contrast, the female cones are squatter and more round. The bright orange-red angled seeds remain hidden until they mature and swell enough to cause the cone to fall apart.

The large seeds are reminiscent of candy corn... but beware. They are poisonous, so take care to keep them away from children and pets. However, they are a food source for large birds such as jays and small mammals.

Despite the compound leaf structure, this cycad that dates to the pre-dinosaur era, is more closely related to pines than to ferns or palms. It is a gymnosperm, a member of a group of cone-bearing plants



**Male coontie cones have a velvety surface and interior pollen sacs**

photos by Gerri Reaves

that includes conifers, cycads and ginkgo. In fact, zamia is Latin for pine nut or cone.

It is the only cycad native to the U.S. and thus closely related to cypresses and cedars. Gymnosperms have seeds that are unprotected by an ovary or fruit, and they lack fruit and flowers.

In the wild, coontie grows in pine flatwoods and rocklands, shell mounds, scrubs and hammocks. A member of the sago-palm family, it is slow-growing and drought-tolerant once established. It prefers full sun, dry conditions. It is not salt tolerant.

Another reason to plant this shrub-like



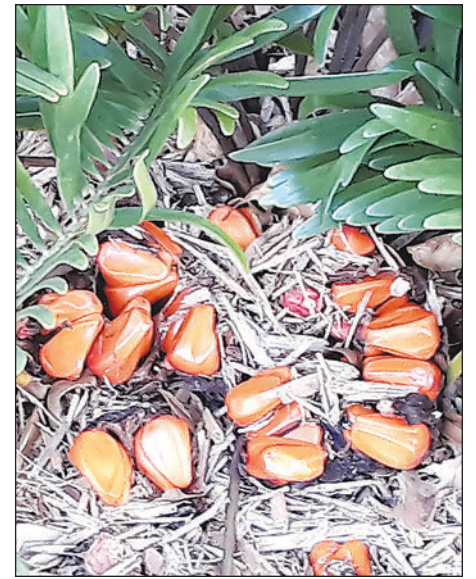
**Female cones are shorter and rounder than male cones**

groundcover in your yard is because it's the host plant of the atala butterfly, once thought to be extinct, and the echo moth.

The state lists it as "commercially exploited." An alternative common name, Florida arrowroot, points to one of the reasons for that status.

The starchy underground stems, or tubers, of the slow-growing plant have long been harvested for flour by native peoples and pioneers using a special process to neutralize the toxins.

Sources: *A Gardener's Guide to Florida's Native Plants* by Rufino Osorio, *Gardening for Florida's Butterflies*



**Upon maturity, the female plant's swollen, brightly colored toxic seeds break the cone apart**

by Pamela F. Traas, *Growing Native* by Richard W. Workman, *National Audubon Society Field Guide to Florida* by Peter Alden et al., *Native Florida Plants* by Robert G. Haehle and Joan Brookwell, *The Right Plants for Dry Places* by Sheryl Bowman et al., *Wild Plants for Survival in South Florida* by Julia F. Morton, [www.chronicleonline.com](http://www.chronicleonline.com), <https://fairchildgarden.org>, [fnps.org](http://fnps.org), <http://sfrc.ufl.edu>, and [www.regionalconservation.org](http://www.regionalconservation.org).

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



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CGC034850



# Christmas Cool Down



by Capt. Matt Mitchell

The coldest Christmas we have had in 25 years meant a drastic drop in our water temperature. The cold snap kept all but the most diehard anglers off the water for at least a few days. Anglers who braved the conditions were rewarded with some of the best sheepshead action so far this winter. This amazing sheepshead bite occurred in a variety of places.

Having to wrap up in ski gear to brave this bone-chilling cold is not our usual Florida fishing. We stayed deep in mangrove creeks and in

out-of-the-wind conditions, but it was quite pleasant when the sun came out. These sheltered creeks held lots of rat redfish and trout. This action was nonstop once you located the spot these fish had chose to ride out the cold. Holes deeper than five feet often held these fish by the hundreds. This is the normal pattern during extreme cold temperatures as both these species seek refuge from the colder shallow flats.

Dock fishing both around the passes and off the intercoastal was also a good choice. The moving tide was the major factor to locating the best dock to fish. My anglers not only caught sheepshead up to 20 inches while fishing this pattern but also lots of redfish too.

The colder the water, the smaller and slower you need to fish your bait. Chunks of fresh shrimp rigged on a jig head and allowed to sit stationary on the bottom got bites when no other method would. Even though there were plenty of shiners around, they just did not get bit when the water was in the low 60s.

This weather proves that there is not bad weather just bad clothing. Our Florida cold is always manageable when you're wrapped up in layers. Dress in layers when heading out on the water. Seeing clients from some frigid northern location show up in shorts this time of year is a recipe for an unpleasant experience. Even if you think you're going to be way overdressed, it's always better than not being prepared. When it's 50 degrees on the water and you're moving 30 mph in an open boat, it is cold no matter where you are from.

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](mailto:captmattmitchell@aol.com).✱



Sam from Austin, Texas caught a big redfish with Capt. Matt Mitchell this week

photo provided

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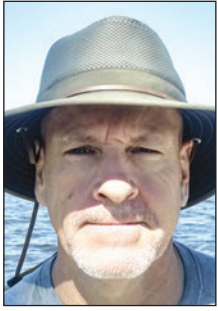
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## CROW Case Of The Week:

## White Pelican



by Bob Petcher

The white pelican (*Pelecanus erythrorhyncho*) is a large aquatic bird with a hefty bill and an oversized throat pouch. White pelicans spend a lot of time on the water and nest on isolated

islands in lakes, rivers or bays.

At CROW, an adult female white pelican was admitted from Sanibel where it was found floating just off Picnic Island between Sanibel and St. James City. It was reported that the bird could not fly and did not appear to have mobility in her legs. Upon examination, the pelican was not responding to visual stimuli and had limited use of the legs – both indications of possible red tide poisoning.

“Given the patient’s response to IV fluids, injectable lipid therapy which provided calories/nutrients and reversed neurologic/cardiac toxicity and supportive care, we feel fairly confident that this animal was suffering from brevetoxicosis – red tide poisoning,” confirmed Dr. Sasha Troiano, CROW veterinary intern. She reported that CROW sees roughly 400 red tide cases annually and took in 100 cases of the toxin illness in the past couple months.

In addition, the pelican had lacerations and a severe parasite infestation in her



Patient #20-5405 has company during her rehabilitation

photo by Becca Wehmeier

pouch. The pelican was given IV fluids, oral medication and placed in supportive care.

“The pouch laceration was old and already healed, and likely completely unrelated to the reason for admittance,” said Dr. Troiano. “White pelicans are susceptible to many different parasites, both internal and external. Oftentimes, there are low levels of infestation even in healthy animals, but if an animal becomes debilitated, these levels can increase, causing secondary issues. It is likely that the feather lice and pouch lice burden was heavier in this bird due to the brevetoxicosis.”

Five days after admittance, staff noted that the patient was still not eating voluntarily, but was tolerating assisted feeding well and gaining weight. Later that same day, the pelican was found lying down and had regurgitated her food. Veterinarians suspected the cause was a rare, but potentially life-threatening reaction to one of the medications, leaving her in critical condition. The staff’s quick action helped the pelican get back on the road to recovery and, two days later, she had recovered from the suspected drug reaction.

“We suspect this pelican had an individualized adverse reaction to the

deworming medication it was given,” said Dr. Troiano. “Adverse drug reactions can develop unpredictably in susceptible individuals and do not occur at any dose in most patients, making these reactions essentially impossible to predict.

“Pelicans often have a variety of gastrointestinal parasites and, once they are stable, we deworm them to lessen the worm burden. If the worm burden is high enough, or the patient is not stable/well hydrated, as the worms die, they can sometimes cause gastrointestinal obstruction, which is a serious complication. This usually occurs in 24 to 48 hours after deworming. In this case, the neurologic reaction was within an hour or two of drug administration, which has not been reported in literature. Adverse drug reactions can occur in any species with any medication.”

Four days later, the white pelican was eating well on her own and was moved to an outdoor enclosure to continue her recovery.

“The patient is doing very well and is currently continuing rehabilitation in an outside enclosure,” said Dr. Troiano. “The pelican is eating well and continuing to gain weight. It will be released once it is in a better body condition.”

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

## County Approves Conservation Land Purchase

The Lee Board of County Commissioners recently voted to pursue the purchase of two parcels totaling about 27 acres in Cape Coral and southern Lee County.

The parcels are:

About 22 acres in Cape Coral, along Yellow Fever and Hancock creeks, south of NE Pine Island Road and north of Pondella Road near Lee County’s Judd Park.

About five acres in southeast Lee County, considered an infill parcel for the Corkscrew Regional Ecosystem Watershed.

Each parcel was recommended for purchase by the Land Acquisition and Stewardship Advisory Committee (CLASAC) earlier this year.

There are 30,424 acres within the Conservation 20/20 Land Acquisition Program. Conservation lands help the county protect drinking water, enhance water quality, provide nature-based recreational opportunities, protect areas from flooding and provide wildlife habitat. For more information, visit [www.conservation2020.org](http://www.conservation2020.org).

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## Artists Sought For Project

There is a call for artists now through Friday, January 22 for the Great Collab Challenge at the Sidney & Berne Davis Art Center. This art exhibition will open on Friday, February 5 from 6 to 10 p.m. and close on Friday, February 26 at 3 p.m.

The Syzygy Collaborative Art Project was founded in 2016 in the spirit of a blending of unique and distinctive styles to produce artwork that challenged expectations. The results are extraordinary when you take a chance with someone, and it is in that same spirit that Syzygy would like to invite local artists to undertake the same challenge. Artists are encouraged to come together, as a pairing or a group, to create something unexpected and profound.

The Great Collab Challenge is an open call group show, and collaborative teams can submit their efforts for consideration for inclusion in the exhibition. The minimum number of participating artists in any given project is two, and there is no maximum. Syzygy only asks that each participant contribute an equal amount of effort toward the finished artwork using their preferred tools or media. There is no age requirement, and participants needn't be established artists themselves. They need only be active participants in the process. Submitted artwork must abide by the guidelines provided in the

official call for artists, and the names of each participating artist must be included in the submission. All 2D and 3D media is acceptable.

There is no charge to submit to the Great Collab Challenge. You can submit up to two pieces for the open-themed show.

To read all guidelines or enter your submission, visit [www.sbdac.com/the-great-collab-challenge](http://www.sbdac.com/the-great-collab-challenge). For questions, contact [szyzygycollab@gmail.com](mailto:szyzygycollab@gmail.com).

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](http://www.sbdac.com) or 333-1933.✱

## Spotted Seatrout Season Reopens

As of January 1, spotted seatrout has reopened to recreational harvest in the central east seatrout management zone, which includes all state and federal waters from Palm Beach through Volusia counties.

Spotted seatrout, as well as red drum and snook, also remain catch-and-release only in Southwest Florida through May 31 in waters from the Hernando/Pasco county line south through Gordon Pass in Collier County.

To learn more about spotted seatrout, visit [www.myfwc.com/marine](http://www.myfwc.com/marine) and clicking on "Recreational Regulations" and "Spotted Seatrout" under the "Regulations by Species – General Species" tab.✱

## Free Virtual Educational Events

The League of Women Voters of Lee County (LWVLee) is inviting league members and the public to free and virtual educational events during the next few months. They include:

Saturday, January 9 at 9:30 a.m. – Behavioral Health Community Issues and Partnerships in Lee County. Panelists: Judge Howard Andrew Swett, 20th Judicial Circuit Behavioral Courts; Lieutenant LaDonna Brady, Lee County Sheriff's Office; Phillip Brooks, COO, Community Assisted and Supported Living, Inc.

Saturday, February 6 at 9:30 a.m. – Coastal Resilience and Climate Change Preparedness in Southwest Florida. Speaker: Michael Savarese, professor of coastal resilience and climate adaptation, The Water School, Department of Marine & Earth Sciences, Florida Gulf Coast University (FGCU).

Saturday, March 6 at 9:30 a.m. – Social Justice in Education. Panelists from the School District of Lee County will discuss diversity, safety, mental health and juvenile justice.

Monday, March 15 at 6 p.m. – Celebrate 100 Years of Women's Suffrage and Explore Today's Challenges. Sponsored by LWVLee and FGCU. Speaker: Jamie R. Abrams, professor of law, University of Louisville. Moderator: Precious Gunter, Office of Institutional Equity and Compliance, FGCU.

Saturday, April 3 at 9:30 a.m. – Environmental Issues in Lee County. Panelists to be determined.

For more information, visit the website calendar at [www.lwvlee.org](http://www.lwvlee.org).✱

## LeeTran To Resume Beach Seasonal Service

LeeTran will resume seasonal service to and along Fort Myers Beach, including the free open-air tram, beginning January 3.

The routes include:

Service between Bowditch Point Park and Lovers Key (Route 410). Service on Fort Myers Beach will run 5 a.m. to 10:30 p.m. daily.

Service between Times Square on Fort Myers Beach and the Beach Park and Ride at 11101 Summerlin Square Drive (Route 490). The Beach Park & Ride provides free parking with more than 125 available spaces for people to take the trolley to the beach. Passengers can also connect to LeeTran's routes to Southwest Florida International Airport (Route 50) or to Edison Mall (Route 130) from the Beach Park & Ride.

Routes 410 and 490 will now become year-round, permanently replacing Route 400, which previously operated in the same area from May through December. Operating two routes allows LeeTran to better manage

buses as they carry passengers to and along Fort Myers Beach. These route changes are the result of the 2020 LeeTran Comprehensive Operational Analysis and are expected to increase LeeTran's ability to adapt to significant traffic delays, manage operating costs and provide flexibility for future passenger needs.

In addition to the routes, the Beach tram offers:

Fare-free service, running from Bowditch Point Park to Matanzas Pass Preserve. The beach tram service will include three trams and is estimated to run every 15 minutes, depending on traffic. Tram service will run seven days a week starting at 8 a.m. at Bowditch Park with the last pickup at 11:30 p.m. at Matanzas Pass Preserve. The open-air, multi-car trams provide an easy, fun way to travel along the beach from hotels to restaurants, to shopping and other attractions.

For schedules or more information, visit [www.rideleetrans.com](http://www.rideleetrans.com), call 533-8726 and press option 1, or email [rideleetrans@leegov.com](mailto:rideleetrans@leegov.com).✱

## Dean's High Honors List

Nolan Reese of Fort Myers has been named to the fall 2020 Dean's High Honors List at Marietta College in Marietta, Ohio.

Reese is majoring in petroleum engineering and is a graduate of Ashwaubenon High School in Ashwaubenon, Wisconsin.✱

## Local Students Make Honor Roll

Two Fort Myers natives – Cameron Stephen Guay and Amanda Katherine Oleksa – were recently named to the fall 2020 Chancellor's Honor Roll at the University of Mississippi in Oxford, Mississippi.

The Chancellor's Honor Roll is reserved for students who earn a semester grade point average of 3.75 to 4.0.✱

From page 1

## Functional Exhibit

1.5 megabytes) of each completed piece;

Artists not from the Southwest Florida area are responsible for any and all shipping costs for the delivery of accepted artwork and the return of unsold work;

Pending acceptance, artwork must be ready to display. Pedestals can be provided for small-scale works. Any works not display-ready upon the drop-off date are subject to rejection;

Artwork must have been produced within the past 24 months;

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

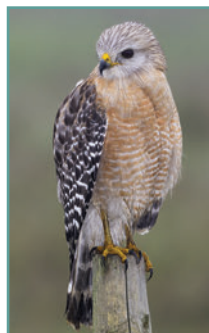
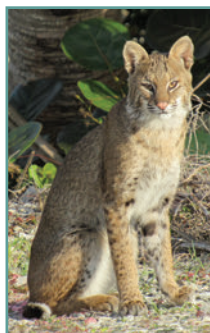
## Help SCCF Bring Back the Barn Owls

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



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## Health First

# Understanding COVID-19 Vaccines



by Julie Rosenberg, MD

On December 11, 2020, the FDA issued the first Emergency Use Authorization (EUA) for the Pfizer/BioNTech mRNA vaccine for prevention of coronavirus disease 2019 (COVID-19) in individuals 16 years of age and older. The authorization of this vaccine for prevention of COVID-19 infection, and the knowledge that more vaccines will soon follow, allows us to see the beginning of the end of the COVID-19 pandemic.

The COVID-19 vaccines have been developed at record speed. In less than one year, scientists were able to develop several efficacious COVID-19 vaccine candidates. The two lead candidates, the Pfizer/BioNTech and Moderna vaccines, represent a new and exciting platform of mRNA (messenger RNA) vaccines. Previously, no new vaccine had been developed in less than four years.

How was the speed of development of these mRNA COVID-19 vaccines possible?

**SARS-CoV-2 Structure** – Within weeks of identifying the virus responsible for COVID-19, SARS-CoV-2 (severe acute respiratory syndrome coronavirus 2), scientists in China had determined its genetic structure. SARS-CoV-2 is composed of a single-stranded ribonucleic acid (RNA) structure, which belongs to the  $\beta$ -coronavirus ( $\beta$ -CoVs). SARS-CoV-2 contains four main structural proteins, namely spike (S), membrane (M), nucleocapsid (N) and envelope (E) proteins. To make these proteins, the RNA genes of the virus make messenger RNA (mRNA); which then makes the proteins. An mRNA of a specific structure in turn makes a protein of a specific structure.

**Designing mRNA COVID-19 Vaccines** – Once the genetic structure of the SARS-CoV-2 was known, scientists began working on the design of an mRNA vaccine. While some traditional vaccines are developed through use of weakened (attenuated) virus, the COVID-19 vaccines of Pfizer/BioNTech and Moderna contain a small piece of the SARS-CoV-2 virus' mRNA that instructs cells in the body to make the virus' distinctive "spike" protein. When a person receives this vaccine, their body produces copies of the spike protein, which does not cause disease, but rather triggers the person's immune system to produce an immune response against SARS-CoV-2.

The mRNA technology offers new efficiencies in vaccine development, as the process can be standardized and

scaled up quickly. Traditional vaccine development – growing large amounts of a virus and then weakening the virus or extracting the critical piece – takes a considerable amount of time. It is relatively easy to make mRNA in the laboratory in large amounts. Decades of work on the mRNA vaccine platform preceded the development of COVID-19 vaccines. In fact, mRNA vaccines have been studied before for flu, Zika, rabies and cytomegalovirus. Once the COVID-19 mRNA sequence was determined, the specific sequence could be inserted into the existing vaccine platform, bringing this important technology to the forefront at this critical time.

**Rigorous Scientific Evaluation** – The mRNA COVID-19 vaccine candidates are presently undergoing rigorous clinical evaluation. Prior to granting Emergency Use Authorization of the Pfizer/N, the FDA conducted a thorough evaluation of the available safety, effectiveness and manufacturing quality.

As relates to development of the Pfizer/BioNTech COVID-19 Vaccine, prior to granting the EUA, the FDA evaluated safety and efficacy data in over 37,000 individuals who participated in an ongoing randomized, placebo-controlled international study. Data on the vaccine, which is delivered in two doses 21 days apart, showed that the vaccine was 95 percent effective in preventing COVID-19 disease. Side effects were mild. The most common side effects were pain at the injection site, fatigue, headache, muscle pain, chills, joint pain and fever.

Pfizer BioNTech will continue its clinical trials to obtain additional safety and effectiveness information and pursue approval (licensure). More data are also needed to understand how long the vaccine will provide protection and whether it prevents transmission of COVID-19 from person-to-person.

In summary, COVID-19 vaccine candidates are undergoing careful scientific evaluation and scrutiny. In the United States, FDA has rigorous scientific and regulatory processes in place to facilitate development and ensure the safety, effectiveness and quality of COVID-19 vaccines. The federal government has implemented a centralized system to order, distribute and track COVID-19 vaccines. To end this pandemic, public health officials hope that at least 70 percent of the population will get vaccinated to achieve herd immunity and stop the virus' spread. We are all part of the solution.

*Julie Rosenberg, MD, is a global healthcare leader, medical consultant and the author of two books, Beyond the Mat and Be True. For more information, visit her website at [www.drjulierosenberg.com](http://www.drjulierosenberg.com). For consulting and speaking requests, email inquiries to [info@drjulierosenberg.com](mailto:info@drjulierosenberg.com).\**

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Book Review

# Anxious People



by Di Saggau

Anyone who read *A Man Called Ove* by Fredrik Backman, no doubt has wished for another as good as that one. His latest *Anxious People* meets that challenge. I

chuckled throughout it. The story is about a bunch of idiots and a hostage drama with the worst hostages ever.

Viewing an apartment is usually a normal experience, but during this particular open house things turn into a life-or-death situation, or so it first seems. A failed bank robber rushes in and takes everyone hostage. As the situation intensifies, the eight strangers begin to slowly open up to one another and reveal long-hidden truths.

Zara is a wealthy bank director obsessed with visiting open houses to see how ordinary people live. Roger and Anna-Lena are an IKEA-addicted retired couple always looking for fixer-uppers. Julia and Ro are a young lesbian couple, nervous about their chances for a life together because they rarely agree on anything. Estelle, an 80-year-old woman, has lived long enough to not be intimidated by a gun-waving masked bank robber.

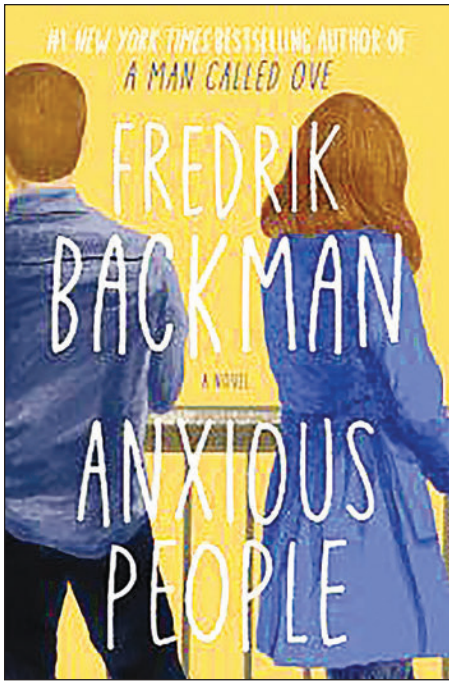


image provided

The book is full of Backman's perfect dialogue and the way he understands human nature. The tension mounts as police surround the premises and TV channels broadcast live from the scene. Soon the robber must decide whether to go out and face the police or stay in the apartment with a group of impossible people.

*Anxious People* is a delightful, insightful read with character-driven narratives. It's about how kindness and compassion count in surviving each day.\*

# School Smart



by Shelley M. Greggs, NCSPP

**D**ear Readers, Happy New Year! I am passing along this wonderful poem (again) with excellent New Year's resolutions for parenting. These

suggestions are worth considering.

*Parental New Year's Resolutions* by Dr. Alex Thomas:

Well, it is time for Parental New Year's Resolutions. Pick any five from the suggestions below and, if you are still following them when the school year ends, you probably will see improvement in your child's school performance and/or behavior around the home as well as within your relationship.

I resolve to provide a regular daily or weekly chore for my child and will assure that it is completed on time.

I resolve that I will cut our junk food budget, including soda, by 25 percent.

I resolve to see to it that my child will complete all tasks that are started.

I resolve that my child will not easily quit a team or club once it is joined, or quit music or other lessons once started.

I resolve that no more than two meals a week will be eaten in front of the

television.

I resolve to allow my child the opportunity to deal with failure and frustration without interfering, providing support but not excuses.

I resolve that my child will spend no more than 20 hours a week watching television.

I resolve that my child will spend at least one half hour, at a designated spot and time, on homework or reading, every school night.

I resolve to see to it, by providing incentives if necessary, that my child reads independently, even if it the reading includes comics, sports pages, or romance books.

I resolve to say at least two positive things to my child every day.



I resolve to make the opportunity, weekly, to spend at least a half hour with my child on some mutually needed activity (shopping, dishes, working on the car).

I resolve to lower my NQ (Nagging Quotient) and act instead of yak.

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

# EPIC FIRES OF FORT MYERS

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**THOMAS P. HALL**  
ROBIN C. TUTHILL, EDITOR

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

# Hospitals Earn High Marks For Patient Safety

**F**or the fourth straight report card, all four of Lee Health adult acute care hospitals have earned the highest national marks for safe care.

The Leapfrog Group announced its Fall 2020 Hospital Safety Grades, awarding Cape Coral Hospital, Gulf Coast Medical Center, HealthPark Medical Center and Lee Memorial Hospital each "A" grades.

"Every patient should feel confident they are receiving safe healthcare when they visit one of our hospitals. We thank all of the doctors, advanced providers, nurses and support staff for their commitment to providing safe and compassionate care to our patients," said Larry Antonucci, MD, MBA, Lee Health president and CEO.

The Safety Grade assigns an A, B, C, D or F grade to all general hospitals across the country. It is based on a hospital's performance in preventing medical errors, injuries, accidents, infections and other harms to patients in their care.

Since 2000, The Leapfrog Group has promoted improved healthcare safety, quality and affordability in the United States through a commitment to transparency. The nonprofit organization releases its hospital safety grades twice a year, rating hospitals on 27 measures of safety data. Only 34 percent of the more than 2,600 acute care hospitals Leapfrog graded received an "A." To earn a top grade, hospitals must receive a raw score

of at least 3.159.

Lee Health's full report card is as follows:

Cape Coral Hospital, A, 3.2512  
 Gulf Coast Medical Center, A, 3.1650  
 HealthPark Medical Center, A, 3.2944  
 Lee Memorial Hospital, A, 3.3848

To learn more about Leapfrog's Fall 2020 Hospital Safety Grades, visit [www.hospitalsafetygrade.org](http://www.hospitalsafetygrade.org).\*

From page 2

# Historic Downtown

Hours might be affected by the coronavirus pandemic, so call first.

The Southwest Florida Historical Society is an all-volunteer, nonprofit organization open Wednesday and Saturday between 9 a.m. and noon and Wednesday 4 to 7 p.m. It is located at 10091 McGregor Boulevard on the campus of the Lee County Alliance for the Arts. Call 939-4044 for more information.

The Lee County Black History Society is located at 1936 Henderson Avenue, adjacent to the Williams Academy Museum at Roberto Clemente Park. Hours for the nonprofit organization are Wednesday through Friday from 11 a.m. to 4 p.m. and on Saturday by appointment only. For more information, call 332-8778 or visit [www.leecountyblackhistorysociety.org](http://www.leecountyblackhistorysociety.org).

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

Sources: The Archives of the Southwest Florida Historical Society, the *Fort Myers Press* and *The Story of Fort Myers* by Karl H. Grismer.\*



## Coalition Conducts Study On Conversation

The FutureMakers Coalitions' (FMC) outcomes have demonstrated significant achievement gaps for Black and Latinx students of all ages.

In order to reduce these gaps, earlier this year, the Equity Action Team of the coalition launched daylong conversations about how structural racism and implicit bias is impacting the region's education and workforce outcomes.

Ten volunteers from the 18-member FMC Equity Action Team facilitated the conversations either in full-day formats or two-hour virtual intro formats with 775 Southwest Floridians since February 2020 and during COVID-19 – adapted from in-person to virtual.

"Our format was modeled after conversations developed by our partners in Broward County from the Broward Children's Services Council who presented to the coalition at our annual Breakfast of Champions in September 2019," said Tessa LeSage, FutureMakers Coalition director, Southwest Florida Community Foundation, which serves as the backbone organization for the FutureMakers Coalition. "In order to meet our goals, we believe we must change the policies, practices and beliefs that are resulting in inequitable outcomes."

The FutureMakers Coalitions' goal is to transform Southwest Florida's workforce by increasing the percentage of working age (25 to 64 year old) adults that hold the post-high school credentials to 55 percent by 2025.

The courageous conversations are designed to support the development of equity imperatives among the FutureMakers partner organizations in hopes of establishing the foundational knowledge needed to create the anti-racist policies, practices and beliefs needed to improve outcomes for all and reach the goal of 55 percent.

"The Minnesota Twins are committed to being a community leader in the areas of diversity and inclusion," said Mark Weber, manager of Florida Business Operations for the Minnesota Twins Baseball Club. "We were honored to participate in the FutureMakers initiative to educate individuals and businesses on this important topic."

The coalition plans to continue these introductory conversations with the five-county region. The introduction to a conversation about structural racism and implicit bias can be held virtually and provides an overview of the history of racism, including local history, and concepts related to implicit bias.

"Now, more than ever, we need to have open discussions about structural racism and implicit bias," said Indera Devi DeMine, an immigration attorney in Fort Myers. "The events that occurred in 2020, most notably, the tragic death of Mr. George Floyd, was a turning point for me as a business owner. I felt a need to listen, to become educated, to train my staff and to become actively anti-racist. The training that our office received from the FutureMakers Coalition has given us the tools and guidance to not only recognize our own biases, but to be advocates for change in our community."

Implicit bias refers to attitudes or stereotypes that impact understanding, actions and decisions in an unconscious manner.

"The FutureMakers Coalition is committed to facilitating community conversations to shine a light on these topics to strengthen our community's educational systems and workforce and to co-create a better future for Southwest Florida," said Michele Hylton-Terry, executive director of the Fort Myers Community Redevelopment Agency and a member of the FutureMakers Coalition's Equity Action team.

The FutureMakers Coalition aims to transform Southwest Florida's workforce by increasing the proportion of working age adults with college degrees, workforce certificates, industry certifications and other high-quality credentials to 55 percent. The coalition has grown to over 300 FutureMakers representing business, education, government, nonprofits, philanthropy, residents and students across Glades, Hendry, Collier, Lee, and Charlotte counties.

In January of 2020, Southwest Florida was designated a Talent Hub by Lumina Foundation in partnership with The Kresge Foundation and received a \$125,000 grant to support local efforts to increase educational attainment.

The FutureMakers Coalition encourages businesses to join and invest in sustaining this community-changing initiative by visiting [www.futuremakerscoalition.com](http://www.futuremakerscoalition.com) or emailing [tlusage@floridacommunity.com](mailto:tlusage@floridacommunity.com).✱

## Florida Bar Leadership Graduate

Dawn Maselli, an attorney with

Associates and Bruce L. Scheiner, Attorneys for the Injured, has graduated from the Florida Bar Association's Wm. Reece Smith Leadership Academy. Maselli was one of only 30 statewide applicants accepted into the intensive and specialized training. Her Leadership Academy training began in June 2019 and was just recently completed.

The Leadership Academy is a multi-session training program designed to help a diverse group of lawyers grow as leaders. Each year, a select group of participants is chosen to become academy fellows from applications submitted to the Florida Bar. Applicants are selected based on their history of leadership and involvement within the Florida Bar, their community and their firm.

"It was an honor to be selected to the academy. I applied because I wanted to be equipped to pursue



Dawn Maselli

greater opportunities within the legal community. I also wanted to expand and develop leadership and collaboration skills to serve my clients and my community better," said Maselli. "Additionally, we had the opportunity to visit with many of our state legislators and learn more about the inner workings of Florida's judicial and representative process."

During their one-year term, academy fellows follow a curriculum tailored to enhance their professional development, knowledge base and experience. Academy fellows are given the opportunity to learn more about the bar and its role in the legal profession while enhancing their leadership skills.

Maselli has filled several leadership positions within the community, having served as president of the Lee County Association of Women Lawyers, as secretary of the Lee County Injury Prevention Coalition, as a planning committee member of the Lee County Coalition for a Drug-Free Southwest Florida and being involved with Mothers Against Drunk Driving Southwest Florida.

Maselli graduated Magna Cum Laude from Florida Gulf Coast University with a degree in legal studies in 2009, and from the Ave Maria School of Law in Naples in 2012. A valued member of the firm, Maselli joined Associates and Bruce L. Scheiner while attending Florida Gulf Coast University in 2007 and continued working through law school to present day.✱

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# You Can't Get Everything Online



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

A friend of mine officiated at another friend's wedding some time before the pandemic. I asked him (in jest) if he was acting in his official capacity as a notary public.

"No," he replied, "I'm an ordained minister!"

"You're a WHAT?!?" I quizzically responded. My surprise registered because this particular friend of mine was never the religious type. I didn't recall him attending any regular church. As it turns out, he got ordained by an online church on a free Internet site. Good enough, I suppose, to officiate a friend's wedding!

Today, there are all sorts of honors, accreditations, recognitions and certifications. Some of them are quite difficult to obtain, others

you can get by sending in a couple cereal box tops and a few bucks. How can you tell the difference?

When choosing a doctor, lawyer or other professional, the right certification can mean all the difference in the quality of care or service that you receive. Not all professionals are equal. Each one of us has a different educational background and work experience. In order to differentiate between those that may have superior skills, many professional regulatory agencies offer board certification credentials.

The Florida Bar offers such a program for consumers to differentiate between specialists and generalists.

Estate planning, for example, has become so complicated through all of the myriad laws, rules and regulations that have to be addressed, that there could be a big difference in skills between a "generalist," someone who might do a little divorce work, a real estate deal or two, as well as prepare wills and trusts, and those skills of a "specialist" that works solely in estate planning.

A Florida lawyer cannot call himself or herself a "specialist" without becoming board certified in his or her respective field. There are over 40 certifications available. I happen to be board certified by the Florida Bar in Wills, Trusts & Estates, earning my certification back in 1996.

John Sheppard, one of my law partners who retired some time ago, was one of the first board certified wills, trusts and estates specialists in Florida. Michael Hill, one of my current law partners, became board certified in 2008. Mike and I are two of fewer than 315 attorneys throughout the entire state with such a distinction.

You can look up Florida Bar Board Certified Attorney specialists in various fields on the Florida Bar website at <http://www.floridabar.org/certification>.

That website explains what it means to become board certified in a particular field.

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Generally speaking, board certification recognizes attorneys' special knowledge, skills and proficiency in the area of law in which they are certified. These attorneys must also display the highest degree of professionalism and ethics.

To become a board certified attorney in Florida, one must have a minimum of five years of law practice and substantial involvement in the field of law certified. We must also obtain a satisfactory peer review assessment of competence in the specialty field including character and ethics assessments.

Board certified attorneys in wills, trusts and estates must meet stringent continuing legal education requirements (90 hours in advanced estate planning topics in the three years leading up to initial certification alone, then similar amounts each and every reporting period) and be recertified every five years after passing an initial rigorous board certification examination.

Because of Southwest Florida's plethora of retirees, I am blessed with a practice that allows me to earn a living concentrating in a narrow area of the law. Because of our unique demographic, I have the luxury of being able to make a living concentrating in one specialty as opposed to having to be a generalist.

That's why there may be a difference between what your northern attorney may have told you about updating your will and trust to Florida law and what a board certified specialist here in Florida tells you. It's kind of like asking a question of your primary care physician as opposed to asking a specialist in, say, neurology, cardiology or gastroenterology.

So, if you are looking for a professional, it's not a bad idea to determine if there is a board certification in the field that applies, then go to the appropriate website to determine who might meet those criteria in your area.

©2021 Craig R. Hersch. Learn more at [www.sbslaw.com](http://www.sbslaw.com).

## First Round Of Vaccinations

On December 22, Lee Health administered the COVID-19 vaccine to its first employees. The Pfizer vaccine arrived at the health system on Tuesday and Samara Marin, RN, Henry Jackson, Transportation Services, and Dr. Stephanie Stovall, Pediatric Infection Prevention, were the first to receive the vaccine.

"We are ready. Lee Health has followed guidelines from the CDC and the State of Florida to establish our vaccination plan," said Larry Antonucci, MD, MBA, president and CEO of Lee Health. "This vaccine provides hope that we can soon put an end to this long, arduous journey. I am so proud of our frontline workers. Throughout this pandemic, they never wavered in their commitment to provide safe, compassionate care to our patients."

To ensure a safe and effective rollout of the COVID-19 vaccine, it is being administered at Gulf Coast Medical Center and Cape Coral Hospital where the health system has deployed deep freezers to keep the vaccine at the appropriate temperatures. Vaccination of healthcare workers and patients in Lee Health's three skilled nursing facilities began on Tuesday as well.

Due to demand for the vaccine, supplies are limited at first. Currently, there is no official timetable on when the public will be able to receive the vaccination. Upon availability, Lee Health will begin to schedule appointments for those who want to be vaccinated. The health system will have more information to share in the coming weeks.

"While we wait for the vaccine to become widely available in our community, we ask that residents and visitors continue to practice physical distancing, wear a mask in public and wash their hands often," said Alex Daneshmand, DO, MBA, FAAP, chief quality and patient safety officer at Lee Health. "Until we reach herd immunity and the CDC changes its guidance on wearing PPE, Lee Health staff will continue to wear the appropriate level of PPE even after they are vaccinated."

The roll out of the coronavirus vaccine

has paved the way for the biggest mass vaccination effort in U.S. history.

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

## Chronic Disease Management

Lee Health's Lee Health Solutions, in partnership with many local community agencies and supported in part initially by a grant from the Southwest Florida Community Foundation, is offering It's All About You – a research based Chronic Disease Self-Management program originally developed at Stanford University Patient Education Research Center.

The program is designed for people 18 years of age or older with chronic health conditions to help them learn ways to better manage their chronic conditions and the symptoms that often accompany chronic health conditions.

The virtual workshop is two hours once a week for six weeks and it is free.

Virtual workshops will be offered on:  
Tuesdays beginning January 12 from 9:30 to 11:30 a.m.

Thursdays beginning January 14 from 1 to 3 p.m.

For more information or to register, call 343-9264.

## Sweethearts And Scholarships

The Women in Business Committee is hosting Sweethearts & Scholarships at Millennial Brewing on Wednesday, February 3 from 4 to 6 p.m. This event raises funds for Women in Business scholarships awarded annually to non-traditional students at Florida SouthWestern State College, Florida Gulf Coast University and Hodges University.

Attendees will have the opportunity to gather indoors and outdoors, and purchase tickets to bid for prizes. This year's prizes include wines/wine-related items, spirits and desserts. Due to the pandemic, pre-packaged food items (nothing homemade)

continued on page 15



## Superior Interiors

## Have Some Fun With Color



by Katie Frederick

**T**oday's fabrics and designs in home furnishings are often color coordinated to help you take the guesswork out of your next decorating project. Fabrics, wall coverings, area rugs, bed linens,

accessories and, yes, even lampshades feature a wide variety of motifs and patterns, all designed to work in harmony as you work to create your room's new "look."

Still, no matter the design, motif or pattern, the common denominator in successfully creating the look you want to achieve is color!

So, how do you begin selecting color for your next project? Why not start by playing favorites – and selecting colors you're comfortable with. Even if your favorite colors might not work as a major player in your new room, you could possibly consider using that favorite color as an important accent shade.

Here are some tips in helping you "hone in" on your perfect color selection:

Take a look in your closet. What colors do you see in your wardrobe that you

particularly enjoy? Pastels? Dark jewel tones? Neutrals? Bright, lively shades?

Doesn't it stand to reason that the very colors you're attracted to in your wardrobe might just be the perfect shades to consider in re-coloring a room?

Survey the area around your room. Is there an accessory, piece of art, even an area rug that "speaks" to you? Entire room designs have been beautifully accomplished by focusing on one simple multi-colored vase.

What's your personal style? Do you enjoy a more casual lifestyle? Perhaps the contemporary style is more "you." Knowing your style will give you an important clue as to the color options you might want to consider.

Once you've done your homework and decided on your perfect color palette, be sure to select one dominant color, a maximum of three adjacent hues and a dramatic accent color to complete your overall color scheme. When developing your color scheme, remember the 60-30-10 percent rule of thumb. Your favorite color should play a leading role, while other colors should be proportionate to your dominant color focus.

Traditionally, there were definite rules about what colors went in what room of your home. Pale colors tended to be used in more formal settings, while bright primaries were associated with more contemporary, fun looks... but for today's wide selection of color choices, go for what speaks to you!

*Katie Frederick is an interior designer on Sanibel/Captiva Islands. She can be reached at [katie@coindecaden.com](mailto:katie@coindecaden.com).*✧

## Lee Health Auxiliaries Allocate Funds

**T**he Lee Health Auxiliaries of Lee Memorial Hospital/HealthPark Medical Center/Golisano Children's Hospital of Southwest Florida, Cape Coral Hospital and Gulf Coast Medical Center have made commitments totaling more than \$1.11 million for Fiscal Year 2020 to benefit Lee Health patients, their families, staff, physicians and the Southwest Florida community. This continues the auxiliaries' legacy of compassion, service and support.

Funds raised are earmarked for projects, programs, technology, equipment, supplies and education. Auxiliary donations are made possible because of the generous support of Lee Health employees at fundraising sales, gift and uniform shops, thrift shops, Scooter's coffee bars, onsite U.S. Post Offices, and other events and programs. Additionally, volunteers, auxiliaries, visitors and patients contribute to this success.

The 2020 highlights include: \$150,000 was donated to the SWFL Stronger Together campaign to help protect and recognize caregivers and other staff at Lee Health. These individuals put themselves at risk every day to serve patients and their families in this time of COVID-19. An additional \$13,843 was donated to purchase masks for visitors, and iPads and stands for COVID-19 patients to connect with their loved ones.

\$165,000 was allocated to the Lee Health Education Grant Fund which

helped 123 recipients fulfill their dream of furthering their health care education. This program helps Lee Health as it strives to maintain quality staffing to meet the area's growing healthcare needs.

\$785,581 was earmarked for Cape Coral Hospital, Gulf Coast Medical Center, HealthPark Medical Center, Golisano Children's Hospital of Southwest Florida, The Rehabilitation Hospital, the Regional Cancer Center, Skilled Nursing Center and many outpatient centers and physician offices throughout the area. These funds support programs such as the Compassionate Blanket Program to bring comfort to families of terminally ill ICU patients, provide advanced technology such as patient monitoring devices and other items, purchase equipment for increased staff efficiency, buy furniture for patient rooms and common areas, and address other needs throughout the system. The focus is excellence in patient safety, care and comfort.

From birth through the end stages of life, this auxiliary support encompasses both complicated technology and the emotional support needed to help in the healing process.✧

From page 14

## Scholarships

only this year.

Cost is \$10 for members of the Greater Fort Myers Chamber of Commerce and \$20 for future members. All proceeds from this event benefit the Women in Business scholarships.

If you are interested in donating a wine or dessert item for the event, call 332-2930.✧

## Executive Named Among Nation's Top Women

**P**riority Marketing President and Creative Director Teri Hansen, APR, was named by PRNEWS as a 2020 "Top Women in PR" honoree.

Hansen was one of just 89 women selected across the country for this recognition.

This year's honorees were recognized for their ability to think outside the box, creating new programs that are driving business results in the midst of a global pandemic. According to PRNEWS, "honorees demonstrated significant passion for their work even beyond their (virtual) office doors, often taking on pro bono communications work, in addition to advancing women leadership and/or diversity initiatives, both inside their respective organizations as well as in volunteer capacities outside of office hours."

Hansen founded Priority Marketing in 1992 as the firm's sole employee. Today, Priority Marketing is the region's largest marketing firm delivering solutions to for-profit and nonprofit clients across the region, state and nation.



Teri Hansen

"It's truly humbling to be named as one of the top women in the PR industry," Hansen said. "To be recognized among this group of women who are making such an impact on this industry and across the nation is an incredible honor."

Individuals recognized by PRNEWS as Top Women in PR cover the breadth and depth of the industry, from internal communications and community relations to crisis management, media relations and beyond. They represent healthcare, finance, education, entertainment and additional fields.✧

## New Customer Service Member

**C**indy Guido has joined Sanibel Captiva Community Bank as a customer service representative and teller at the Bridge Branch, located at 9311 College Parkway. She is responsible for assisting customers with personal and business banking transactions. Prior to joining the bank, she was employed by another financial institution as a teller supervisor and customer service representative.✧

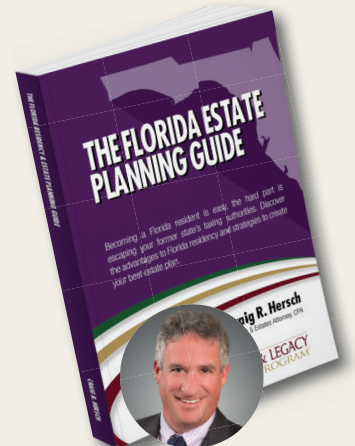


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**by Craig R. Hersch**  
Florida Bar Board Certified Wills,  
Trusts & Estates Attorney, CPA &  
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# Frankly Speaking



by Howard Prager

My final column for 2020 and first column of 2021. So many areas to talk about. Cancellations and dropouts still in NCAA football. NBA starting up in near empty arenas. An amazing

success story in NCAA men's basketball. Northwestern, next to last in the Big Ten last season and predicted to finish last this year, is in first place. They have beaten two ranked teams and are 6-1 and 3-0 in the Big Ten for the first time in over 50 years. By the time you read this, they will either be continuing a miracle season with a victory over No. 4 Iowa or coming down to Earth. Either way this is a team to be reckoned with, and I'm delighted to see them competitive once again. That said, let's look back on who and what was lost last year, and what to anticipate in 2021.

We lost the ability to gather and watch our favorite teams and games in person. We started out in COVID-19 cheering on an NBA HORSE competition and watching Korean baseball. Can you believe that? We've come a long way from those days, but we're still cheering from our couches. Even with our movie-sized home TVs and smart TV clarity, it's just not the same as being there. The new NBA season has started and the NHL will soon too, without fans. The NFL has cities with some fans, but currently the vast majority of us are watching at home. I, along with so many stadium employees, vendor, and parking lot attendants, miss the crowds of

people going to see a game in person and miss the experience the action, excitement and atmosphere of being at a live sporting event. May we find our ways back to the stadiums and teams we love sometime next year, most likely towards the end.

We bid adieu to team names and mascots, the former Washington Redskins and the former Cleveland Indians. It is definitely time and the right thing to do. Perhaps other teams will follow suit in 2021 as we anticipate the new names and monikers.

We missed the NCAA tournament. There was madness in March, but it wasn't March Madness. In fact, I played tuba with the band at the last Northwestern home basketball game right before the Big Ten tournament was supposed to start. And then - silence. All action stopped. Now that we've started the 2021 season, let's see if we can make it to March Madness once again, though several teams have already opted out of playing due to COVID-19, most notably the Duke women's basketball team.

We lost our sense of timing. A Labor Day Kentucky Derby and Indy 500 the week before? A Master's in November, with worry about getting the rounds in before dusk? Yes. The World Series was the right time of year but after only a 60-game season, one-third the normal number of games. The NBA Finals happened in a bubble just a little more than two months before the season started up again at home stadiums. The favored teams won both the NBA Finals and World Series. NHL has a little more time between seasons but had a surprise winner, Tampa Bay. Both basketball and hockey seasons ended with the NFL, MLB and NCAA football seasons in full swing, a first for confluence of seasons. It all felt out of synch, and we went from going nuts trying to find sports to watch, to trying to

take it all in at once. May 2021 be a little more normal with the seasons and may it soon be safe for fans to come back.

As always, we lost many greats, including seven baseball Hall of Famers - the most in one year since 1972 - with Lou Brock, Tom Seaver, Bob Gibson, Al Kaline, Whitey Ford, Joe Morgan and Phil Niekro passing. The untimely death of Kobe Bryant, his daughter Gianna, Orange Coast College baseball coach John Altobelli and his wife Keri and daughter Alyssa, Mamba Academy basketball coach Christina Mauser, mother and daughter Sarah and Payton Chester, and pilot Ara Zobayan in an accident heard around the world. Honored football coaches including Don Shula and Sam Wyche and players Gale Sayers, Paul Hornung, Jim Kiick, Tom Dempsey, Johnny Majors, Chris Doleman and Willie Wood to name a few. Harlem Globetrotters Curly Neal and NBA Commissioner David Stern along with greats Wes Unseld, Jerry Sloan, Cliff Robinson and Tommy Heinsohn. College coaches including Auburn's Pat Dye, Arizona's Lute Olson, Michigan States' George Perles, Oklahoma State's Eddie Sutton, Illinois' Lou Henson, Texas' Fred Akers and Georgetown's John Thompson. Hockey's legendary Henri Richard. Groundbreaking broadcaster Phyllis George. Soccer phenom Diego Maradona. And, most recently, 19-year-old Utah running back Ty Jordan. Many others too, but I hope some of the ones mentioned bring back some great memories.

My predictions for next year are more games played in all sports but with some of the same interruptions due to COVID-19. By the end of the year we will

start seeing fans attending some sports. If luck is with us, we will have the delayed 2020 Tokyo Olympics this summer, albeit I project with only fans from Japan and team member families.

And there's always hope. The good news story of the day features Thomas Panek, a blind runner. He lost his sight in his 20s and has been able to run thanks to trained dogs or people holding onto him. He missed the freedom of running solo, as does everyone who has lost their vision. Recently, Panek became the first blind runner to complete a 5K race without the aid of a guide dog or human partner. How? He reached out to Google. "They went to work and created a camera-assisted artificial intelligence cell phone app. Using painted track markers, the app calculates a runner's location and orientation and responds with audio cues to guide them in the right direction," according to the Good News Network. Panek tried it out and said, "It's a real feeling of not only freedom and independence but you get the sense that you're just like anybody else." Through his efforts, Panek has brought the freedom of running "like anybody else" to many who never thought they would do so. After a year that brought too much darkness, may this story provide the spirit and light we all need to have a great and safe 2021.

Howard Prager is the son-in-law of longtime columnist Ed Frank. Prager is a sports enthusiast from the Chicago area who also writes and blogs about leadership. Email comments or questions to [press@islandsunnews.com](mailto:press@islandsunnews.com).✧

## Fort Myers High Student Named Miss Volleyball

The School District of Lee County is proud to congratulate Fort Myers High School Senior Paris Thompson for being named 2020 Florida Dairy Farmers Miss Volleyball. The outside hitter won the award following a final round of voting by a statewide panel of high school volleyball coaches and media representatives.

"It is such an honor to be voted Miss Volleyball," Thompson said. "I was in shock hearing that I had been selected with the amount of talent currently in Florida. Looking through the past winners it represents some of the most talented volleyball players in the country. I feel so honored to now be a part of that list. I could not have done it without coach Steph Martin and my teammates these past four years."

Thompson led Fort Myers High to the 2020 Class 6A Final Four, posting 413 kills, 228 digs and 42 aces. She was named the Class 6A Player of the Year in November. The second-team Under Armour All-American has signed to play college volleyball at the University of Notre Dame.



Paris Thompson photo provided

The Florida Dairy Farmers High School Sports Awards program exemplifies Florida Dairy Farmers' commitment to the state's youth. This marks the 29th year of these unique awards to honor the state's top athletes and coaches in all 30 FHSAA sanctioned and recognized sports. The program also emphasizes to young people the importance of keeping dairy products a primary part of their diet in their overall nutrition plan.✧

## Most Valuable Players Named For All-Star Classic

A player and cheerleader from each team were recognized as most valuable players at the recent Rotary Club of Fort Myers South 32nd annual All-Star Classic (ASC), supported by title sponsor Acentria Insurance and Tower Hill Insurance Group.

Each year, the ASC brings together some of Lee County's most talented high school football players for one more game before they move on to college. The

game created teams from the north and south end of the county and welcomed 78 football players and 37 cheerleaders from Lee County high schools.

The 2020 Most Valuable Players (MVP) were Malik Curtis, wide receiver from Bishop Verot of the South All-Stars team, and Jason Joseph, wide receiver from Island Coast of the North All-Stars team. Cheerleaders who received the Spirit Winner award were Maddie Childers from Riverdale, who represented the North All-Stars team, and Anenesha Elizer from Fort Myers High School, who represented the South All-Stars team. Every All-Star player and cheerleader participant also

continued on page 17

## SPORTS QUIZ

1. What Atlanta Falcons player had his house set on fire by Lisa "Left Eye" Lopes of hip-hop group TLC in 1994?
2. Who became the first Swedish golfer to win a major championship with her victory at the 1988 U.S. Women's Open?
3. An anthropomorphic citrus fruit named Otto is the official mascot of what university's athletic teams?
4. The College Punter of the Year Award is named in honor of what Pro Football Hall of Famer?
5. Following his retirement from the Boston Celtics in 1963, Bob Cousy returned to the NBA in 1969 as a coach (and occasional player) for what NBA team?
6. What two-time Norris Trophy winner (1992, '97) had his No. 2 jersey retired by the New York Rangers?
7. What motorsports facility occupies the former site of Florida's World War II-era Hendricks Army Airfield?

## ANSWERS

1. Andre Rison. 2. Liselotte Neumann. 3. Syracuse University. 4. Ray Guy. 5. The Cincinnati Royals. 6. Brian Leetch. 7. Sebring International Raceway.



dearRPharmacist

## Tea Seed Oil: A Resolution You Can Stick With



by Suzy Cohen, RPh

**Dear Readers:** As we move into 2021, I started thinking that a good way to start the new year is to “feed” your body better.

This will ensure a stronger immune response through the winter season, and also help you with gut concerns, mood, sleep and mitochondrial health.

So I want you to start the new year with what I think is the best oil on Earth. Tea Seed Oil – you cook with it! It’s not an essential oil and completely unrelated to tea tree oil which cannot be consumed.

I’ve mentioned tea seed oil as an ingredient in many of my recipes (all posted at my website). But what is it exactly?

Tea seed oil comes from the seeds of the *Camellia oleifera* plant, which is a cousin to *Camellia sinensis*. The latter provides us with leaves that we can turn into black or green tea, matcha, white tea and oolong.

Tea seed oil gives your body a refreshing clean “oil change.” Just like a car needs certain oils for its breaks and gears, your body needs certain oils to keep cell membranes healthy, cholesterol ratios in good balance and maintain a healthy, content mood. Oils contain a host of healthy vitamins, antioxidant enzymes, minerals and nutrients in them. They are not just

grease or fat designed to keep the food from sticking to the pan. They impart health benefits.

Think of oils like you would a dietary supplement. You can choose an oil by its nutrient profile so that it nourishes your body the way a supplement does. Just like olive oil and grape seed, tea seed oil has potent antioxidant compounds with extremely high level of unsaturated fats.

It contains a similar fatty acid profile to olive oil too, however, except it has more omega-3 fatty acids and less omega-6 fatty acids. It’s free of cholesterol. As for nutrients, tea seed oil boasts vitamin E, vitamin A, B vitamins and minerals.

Tea seed oil provides incredible antioxidant protection too, and it’s not lost when you cook this oil. It contains B-carotene and vitamin E. Tea seed oil contains powerful antioxidants called “catechins” which is exactly why people drink so much green tea. They’re after the catechin!

One major difference with olive oil is that tea seed oil has a high smoke point, so you can cook and grill with it. It’s something like 485 degrees. Both olive oil and coconut oil will rapidly degrade if you heat it that high.

It has a light flavor that will enhance recipes, and I love the pale green to yellow color. It smells very mild, it will not overpower you, or any recipe the way that other oils do. It does not impart any flavor, nor does it taste bitter the way that some green teas do. You cannot keep oils for years. In fact, after opening them, they may go rancid after a few months. It’s widely available at specialty health foods, some grocery stores and online.

*This information is not intended to treat, cure or diagnose your condition. Suzy Cohen is the author of The 24-Hour Pharmacist and is a registered pharmacist. To contact her, visit [www.SuzyCohen.com](http://www.SuzyCohen.com).✱*

Doctor and Dietician

## New Year, New Start For 2021



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

When the clock strikes midnight on December 31 and many are cheering in the new year, thoughts turn inward about what we want to accomplish in the upcoming year. This year is no different, right? Due to the uncertainty that our nation is facing, many are feeling more uneasy about what this year will bring.

The top 10 New Year’s resolutions include the following: lose weight and get into shape; quit smoking and/or drinking; reduce stress; enjoy more quality time with friends and family; volunteer or help others; find a soul mate; learn something new or improve education; get organized; find a better job; and stick to a budget and reduce debt.

As you know, we are strong proponents of eating real food, setting time for daily movement and activity, reducing stress, finding faith and staying out of debt. If these become a lifestyle, then each year you do not have to face those resolutions, because you are already doing them, right?

Before you pen some lavish goals, we encourage you to take a minute to think about what is truly important in life.

Consider resolutions that help make the world a better place, not just goals that focus on yourself.

A current song by Danny Gokey called *Love God, Love People* says it well (check it out!):

*I’ve been running in circles, jumping the hurdles, getting caught in that rush of doing so much, I’m feeling kinda worn out...*

*...All this checking the boxes, trying to be flawless, has me spinning my head, catching my breath, afraid to slow down...*

*...I tell myself to keep this up, that God wants more than just my love, but I’ve been complicating things, it’s just like me to overthink...*

*...Gotta keep it real simple, keep it real simple, bring everything right back to ground zero, because it all comes down to this – Love God and love people...*

*...Love is patient, love is kind, rescues hearts and changes lives, love is all we need to make things right, gotta keep it real simple, oh, it’s really so simple...*

*...Keep on loving, love God and love people...it’s how we change the world.*

Think about this year. It is almost as if God said, “I need you to slow down, so here you go, stay home.” We now see families having dinner together, having game nights, reading books, learning how to cook, getting outside to ride bikes or take walks, and so on. People are getting back to basics. Many now realize that the simplest things in life are most important: Love God, Love People. Wishing you a blessed and beautiful New Year!

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

Beautifulife:

## Blessings



by Kay Casperson

This time of year, we are usually so busy running around to find the perfect gift for others or getting ready to host or attend an event or family gathering. But, as we all know, many things have changed for the time

being. This year has become quite different from all the other years at holiday time, even though the blessings continue to shine through.

Our company and associates missed hosting our annual Luminary Christmas Karaoke party. Our locals and visitors to the islands come and enjoy food and drinks while listening to others sing their hearts out to win beauty bucks to spend at the spas. But we were still blessed to have our consultants participate in a Christmas dress-up event to celebrate the season.

We usually have our company “bootcamp” this time of year for all of our associates to learn about new products, protocols and enhanced team building and activities. Instead, we have had mini breakout sessions based on various topics and will host those throughout the year. We feel blessed that we can continue to inspire each other.

I usually have my 85-year-old Dad here to visit the first couple of weeks in December to participate in all the fun activities like Luminary and our company Christmas party. Oh well, I will have to wait until a safer time for him to travel. Yet, I still feel blessed to regularly talk to him and toast a good glass of wine with him while reminiscing about life in general and all the things we are looking forward to soon.

Yes, many things are different for all of us. Some of you would typically travel back to see your loved ones, and some of you would have your loved ones come to visit you right where you are. We are blessed to have the opportunity to share special moments with loved ones on the phone or the computer.

My husband and I celebrated our 19th wedding anniversary on Christmas Eve.

Our actual wedding date was September 13, 2001 and as we were preparing to leave for our big day on September 11, we both watched the planes crash into the twin towers. We were in shock, crushed, and scared like everyone was as life changed, and we postponed everything we had worked so hard to plan. But, we were blessed to say our vows and get married on Christmas Eve at my parents’ home that same year in Minnesota in front of the Christmas tree with family surrounding us. We then went off to Australia to visit his family and share in our celebrations.

My point is, no matter what we go through, no matter what life throws our way, there is a blessing to be found. I am confident that if we focus on what we can do differently or better, and learn from the experience, we will always move closer to our best and most beautiful life. Remember, the most significant blessings are the ones that you see and feel every day, like your family, friends, health and your happiness.

My affirmation for you this week is: “I am grateful for the blessings that surround me every day and will always look for the lessons learned in every situation.”

Happy New Year!

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

From page 16

## All-Star Classic

received a customized commemorative ring or charm. The South All-Stars won the game.

The classic was the first countywide high school football all-star game in Florida when it was founded in 1989. John Carrigan, a Sanibel resident, teacher, and referee wanted to showcase talented players who weren’t getting their due. Since then, it’s grown into a hotbed of top-level prospects. Nearly two dozen players who have taken part in the game have gone on to NFL careers, including Sammy Watkins, Tommy Bohanon, Phillip Buchanon, Nate Allen and Jevon Kearse.✱





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

<b>ARTS</b>	
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

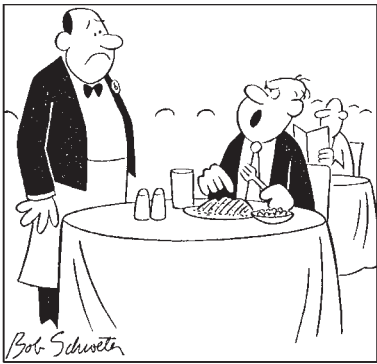
<b>CLUBS &amp; ORGANIZATIONS</b>	
American Legion Post #38	239-332-1853
Angel Flight	1-877-4AN-ANGEL
Animal Refuge Center	731-3535
American Business Women Association	357-6755
Audubon of SWFL	<a href="https://www.audubonswfl.org/">https://www.audubonswfl.org/</a>
Caloosahatchee Chapter DAR	482-1366
Caloosahatchee Folk Society	321-4620
Cape Chorale Barbershop Chorus	1-855-425-3631
Cape Coral Stamp Club	542-9153
duPont Company Retirees	454-1083
Edison Porcelain Artists	415-2484
Embroiderers Guild of America - Sea Grape Chapter	239-267-1990
FM UDC Chapter 2614	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

<b>AREA ATTRACTIONS</b>	
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@islandsunnews.com

PUZZLES

Answers on page 23



"About this dish called "Chef's Delight" ...  
is there anything on the menu called  
" \_\_\_\_\_ ' Delight"?"

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!

Respect  
**GRADER**   

Seek  
**RIVETS**   

Bestow  
**OWNED**   

Waive  
**FREED**   

TODAY'S WORD

HOCUS-FOCUS

BY  
HENRY BOLTIHOFF



Find at least six differences in details between panels.

Differences: 1. Santa's boots are black. 2. Building is shorter. 3. Back pattern is different. 4. Car wheel is black. 5. Boy's coat has pocket. 6. Santa's beard is longer.

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.

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



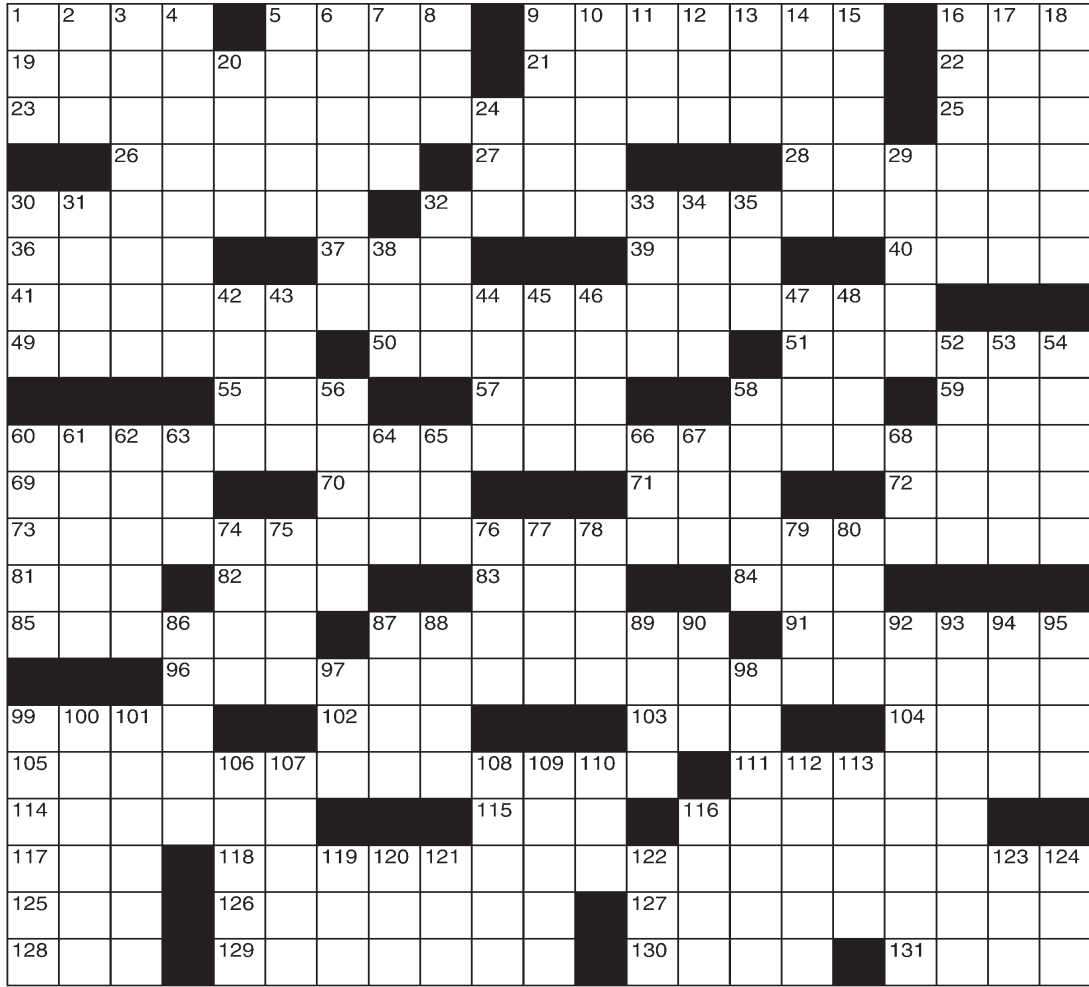
PUZZLES

Answers on page 23

Super Crossword

EMCEE RIVALRY

- ACROSS**
- 1 Moves like a dog's tail  
5 Sicilian erupter  
9 Not too swift  
16 Slack-jawed feeling  
19 Question to an unknown caller  
21 Portable grill  
22 See  
23 38-Down  
25 Start of a riddle  
26 In favor of  
27 Downhillers, e.g.  
28 "— -haw!" (rodeo yell)  
29 Magazine agent's success  
30 Total failure  
32 Riddle, part 2  
36 Run — (buy drinks on credit)  
37 Title for Lancelot  
39 Sleep study acronym  
40 Big vases  
41 Riddle, part 3  
49 Cab  
50 Calloway catchphrase  
51 Lovingly, to a musician
- 51 Common folks  
55 Similar to  
57 Actor Kilmer  
58 Peppery  
59 Boxer Clay, later  
60 Riddle, part 4  
69 PC combo key  
70 Water, in Vichy  
71 A, in Italy  
72 "Zip- — -Doo-Dah"  
73 Riddle, part 5  
81 Author Rand  
82 Fall Classic mo.  
83 12, on a sundial  
84 Small kid  
85 Clorox, e.g.  
87 Having no 131-Across  
91 Sarajevo locale  
96 Riddle, part 6  
99 Some vipers  
102 — -pah-pah  
103 Gen. Lee's side: Abbr.  
104 Half-pint  
105 End of the riddle  
111 — Stone (hieroglyphic discovery)
- 114 Gretel's brother  
115 Metal source  
116 Painter's undercoat  
117 A Gershwin brother  
118 Riddle's answer  
125 Sci-fi author Stanislaw  
126 Email, e.g.  
127 Some overcrowded houses  
128 Historic span  
129 Smiled villainously  
130 See  
131 Top of a car
- DOWN**
- 1 It follows "I/" in a URL  
2 "Feels so nice!"  
3 Loses one's hair  
4 Not guaranteed only to float  
5 Merman of song  
6 British prime minister May  
7 Small peevish  
8 Enzyme-name suffix  
9 Transparent  
10 Dwells
- 11 Shikoku sash  
12 Is no longer  
13 Here, in Le Havre  
14 Sandbar  
15 Indian language  
16 Public scandal  
17 Like Afghans  
18 Act of exiting  
20 Clic — (Bic brand)  
24 Drain-clearing stuff  
29 Shocks  
30 Quick race  
31 Sewing case  
32 Baby buggy, to Brits  
33 Tolkien meanies  
34 Fish in a Pixar title  
35 Doctors' gp.  
38 With 22-Across, spaced out  
42 "If — a Hammer"  
43 Mouselike animal  
44 1970s Chevy  
45 "Curses!"  
46 Shed skin or feathers  
47 Doctors' gps.  
48 Curse  
52 Resident of Riyadh
- 53 Page of "Juno"  
54 Album's first half  
56 Make — in (begin working on)  
58 "Grand" hotel  
60 1983 comedy with Mr. T  
61 Gasoline additive  
62 Wading bird  
63 Sickly  
64 Label  
65 Color shade  
66 "Say again?"  
67 Rock's Brian  
68 Boat mover  
74 With 130-Across, home of a Scottish "monster"  
75 Say again  
76 Old lovers  
77 "Say it — so!"  
78 — Field (Mets' home)  
79 Drifting sort  
80 English prep school  
86 Aides: Abbr.  
87 "Hmm, I guess so"  
88 Grandiosity  
89 In the past  
90 Magazine or book divs.
- 92 Wall — (financial district employee)  
93 Nearly massless particle  
94 Lacks entity  
95 "— boy!"  
97 Vie for the love of  
98 Lurches from side to side  
99 For a spell  
100 Generous type  
101 It's west of Colombia  
106 Bursts (with)  
107 Of the past  
108 Ski cottage  
109 Like pop flies  
110 Co.'s top dog  
112 Hall's pop partner  
113 Slightly built  
116 Admiral Graf — (German warship)  
119 Mao — -tung  
120 Sugar-name suffix  
121 Big rabbit feature  
122 Peak: Abbr.  
123 Siouan tribe member  
124 Abbr. on a bounced check



King Crossword

- ACROSS**
- 1 Doctrine  
4 Commotions  
8 Mid-May honorees  
12 Cattle call  
13 "Arrivederci"  
14 "So be it"  
15 Wordplay specialists  
17 Hindu royal  
18 Locate  
19 Piece of cheesecake?  
20 Subsequently  
22 Reedy  
24 Concoct  
25 Good news for bargain hunters  
29 Bard's "always"  
30 Unrefined  
31 Id counterpart  
32 Ruins  
34 Touch  
35 Cincinnati team  
36 Gets up  
37 — Valley (California ski resort)  
40 Family member  
41 Cather's "One of —"  
42 Expensive seafood  
46 Platter
- 47 Between jobs  
48 Carnival city  
49 Remain  
50 Ball-bearing items  
51 Agent
- 7 "Mayday!"  
8 Leatherneck  
9 Mideast nation  
10 Options list  
11 Use scissors  
16 Gush forth  
19 Snapshots  
20 Sleeping, perhaps  
21 Release  
22 Cafeteria stack  
23 Greet the villain  
25 Motivate  
26 "— Dictionary"
- 27 Chills and fever  
28 Deteriorates  
30 Staff  
33 In poor taste  
34 "— She Sweet?"  
36 Strategic tricks  
37 Turfs  
38 Resign  
39 — Major  
40 Competent  
42 Illuminated  
43 Rhyming tribute  
44 Tear  
45 Tofu base
- DOWN**
- 1 Mischievous tyke  
2 Old French coin  
3 2001 movie, "—, Inc."  
4 Thespian  
5 Regimen  
6 Scull tool

MAGIC MAZE ● WHAT'S YOUR FAVORITE — ?

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally  
Unlisted clue hint: HUMOROUS ANECDOTE

- |             |              |        |             |
|-------------|--------------|--------|-------------|
| Airline     | Dessert      | Movie  | Sports team |
| Car brand   | Holiday      | Pet    | U.S. city   |
| Coffee shop | Kind of book | Season | Website     |
| Color       | Magazine     | Song   |             |





Chicken and Vegetable Pot Pie

photo courtesy Fresh From Florida



**Chicken and Vegetable Pot Pie**  
3 chicken breasts or 4 thighs, medium dice  
2 cups carrots, medium dice  
2 cups potatoes, medium dice  
1 stalk celery, small dice  
½ sweet onion, small dice  
2 cups frozen peas  
4-6 cups chicken or vegetable broth  
1 cup heavy cream  
1 tablespoon garlic, minced  
2 tablespoons fresh thyme  
2 tablespoons unsalted butter, to taste  
2 tablespoons olive oil  
½ cup all-purpose flour  
Frozen/prepared pie crust or puff pastry for topping  
1 egg, beaten  
Sea salt and fresh ground pepper, to taste  
Preheat oven to 375 degrees.  
Preheat a large pot over medium-high heat. Season the chicken with salt and pepper and sauté for 5 minutes. Add in

the fresh thyme, garlic, onions, carrots, celery, peas, and potatoes. Stir to combine and season with salt and pepper. Sprinkle mixture with flour and stir to coat everything, cook for 1 to 2 more minutes before slowly whisking in the stock (start with the least amount of liquid and add more until desired thickness). Bring to a boil for 3-5 minutes then remove from heat and add in heavy cream, stir to combine.  
Before filling dish or dishes, cut out shape of crust making sure it is larger than the diameter of the dish. Pour pot pie mixture into individual ramekins or casserole dish. Brush the outside of the dish with egg wash and top with pie crust or puff pastry, press to seal or crimp the edges. Cut small slits in the middle of the pie crust or puff pastry for venting, and brush tops with remaining egg wash. Place onto baking sheet and bake for 30-60 minutes (depending on size of baking dish), or until tops are golden brown. Remove from oven and serve (will be extremely hot).  
Fresh Tip: Any extra filling can be turned into a soup for a bonus meal. Just add more chicken or vegetable broth, more vegetables, and cook until vegetables are tender.\*

PETS OF THE WEEK



Ellie photos provided

Lee County Domestic Animal Services

Ellie And Joey

Hello, my name is Ellie. I am a 3-year-old domestic shorthair cat who came to LCDAS with my sibling who has since found her Home for the Holidays. I am by far the more independent of the pair and have personality for days. I will no doubt keep you entertained with my feline antics and spunky fierceness. I am missing having my sibling for company, so having another cat around for me would be a bonus.  
My adoption fee is \$10 and you get a feline friend free when you adopt me.  
Hi, I'm Joey. I am a 4-month-old male domestic shorthair cat. Are you still working from home? Finding yourself yearning for some co-worker



Joey

companionship? Well, look no further! I would like to apply for the position. I have previous experience on a keyboard and will take care of any crumbs that you may inadvertently get on your paperwork. And there is nothing better for work anxiety than the companionship of a furry friend!  
My adoption fee is \$10 and you get another kitty at no additional fee.  
Lee County Domestic Animal Services is located at 5600 Banner Drive in Fort Myers. Adoptions are available by appointment Monday through Saturday from 10:30 a.m. to 3:30 p.m. Visit [www.leelostpets.com](http://www.leelostpets.com) to complete an online application. As always, cats and kittens are adopt one and get a feline friend at no additional charge. For more information, call 533-7387.\*

My Stars ★★★★★  
FOR WEEK OF DECEMBER 28, 2020

**Aries** (March 21 to April 19) Handle a potentially awkward situation by warming up your confidence reserves and letting it radiate freely. Also, expect an old friend to contact you.  
**Taurus** (April 20 to May 20) It's not too early for the practical Bovine to begin planning possible changes for 2021. A recent contact can offer some interesting insights.  
**Gemini** (May 21 to June 20) A request for an unusual favor should be carefully checked out. Also check the motives behind it. Your generosity should be respected, not exploited.  
**Cancer** (June 21 to July 22) Party time beckons, but for some Moon Children, so do some workplace challenges. Deal with the second first, then you'll be free to enjoy the fun time.  
**Leo** (July 23 to August 22) A warm response to an earlier request might be a positive indicator of what's ahead. Meanwhile, Cupid could pay a surprise visit to single Leos looking for love.  
**Virgo** (August 23 to September

22) How you respond to a proposed change in a project could affect your situation. Be prepared to show how well you would be able to deal with it.  
**Libra** (September 23 to October 22) The revelation of a secret could cause some changes in how to deal with a workplace matter. It very likely also validates a position you have long held.  
**Scorpio** (October 23 to November 21) An attempt to get too personal could upset the very private Scorpio. Make it clear that there's a line no one crosses without your permission.  
**Sagittarius** (November 22 to December 21) The savvy Sagittarian might be able to keep a family disagreement from spilling over by getting everyone involved to talk things out.  
**Capricorn** (December 22 to January 19) Be careful not to push people too hard to meet your ideas of what the holiday weekend's preparations should be. Best to make it a cooperative, not a coerced, effort.  
**Aquarius** (January 20 to February 18) An unexpected request could make you rethink a position you've had for a long time. Meanwhile, plan a family

get-together for the weekend.  
**Pisces** (February 19 to March 20) Someone might find that it was a fluke to try to use your sympathetic nature to get you to accept a situation you're not comfortable with. Good for you.  
**Born This Week:** You like challenges that are both mental and physical, and you enjoy always beating your personal best.  
**MOMENTS IN TIME**  
• On Jan. 7, 1789, Congress sets today as the date by which states are required to choose electors for the country's first-ever presidential election. A month later, on Feb. 4, George Washington was elected president by state electors and sworn into office April 30.  
• On Jan. 10, 1901, a drilling derrick at Spindletop Hill near Beaumont, Texas, produces an enormous gusher of crude oil, signaling the advent of the American oil industry. The geyser flowed at an initial rate of 100,000 barrels a day. Today, only a few oil wells still operate in the area.  
• On Jan. 5, 1920, the New York Yankees announce the purchase of

heavy-hitting outfielder George Herman "Babe" Ruth from the Boston Red Sox for \$125,000. Ruth had played six seasons with the Red Sox, leading them to three World Series titles.  
• On Jan. 6, 1936, Porky Pig makes his world debut in a Warner Brothers cartoon, *Gold Diggers of '49*. When Mel Blanc joined Warner Brothers the following year, he became the famous voice behind Porky as well as Bugs Bunny, Daffy Duck, Sylvester and Tweety.  
• On Jan. 8, 1966, ABC's rock and roll TV variety show *Shindig* airs its last episode. The show had debuted in September 1964, featuring acts including the Everly Brothers, the Rolling Stones and The Beach Boys.  
• On Jan. 9, 1972, a fire breaks out aboard the lavish *Queen Elizabeth*, and by the next morning the world's largest passenger ship lies in a wreck on the bottom of Hong Kong harbor. Launched in 1938, the *Queen Elizabeth* steamed across the ocean as a troop transport during World War II.  
• On Jan. 4, 1999, 11 nations adopt a single currency, the euro, and "locked

continued on page 22





FRIDAY  
Sunny  
High: 72 Low: 62



SATURDAY  
Sunny  
High: 71 Low: 63



SUNDAY  
Sunny  
High: 69 Low: 59



MONDAY  
Partly Cloudy  
High: 68 Low: 60



TUESDAY  
Sunny  
High: 69 Low: 59



WEDNESDAY  
Sunny  
High: 74 Low: 66



THURSDAY  
Partly Cloudy  
High: 73 Low: 64

Redfish Pass Tides					Point Ybel Tides					Punta Rassa Tides					Cape Coral Bridge Tides				
Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low
Fri	12:57 am	8:48 am	4:25 pm	6:51 pm	Fri	12:02 am	8:50 am	3:30 pm	6:53 pm	Fri	12:35 am	8:54 am	3:30 pm	7:45 pm	Fri	3:07 am	12:04 pm	6:35 pm	10:07 pm
Sat	1:44 am	9:28 am	4:51 pm	7:57 pm	Sat	12:49 am	9:30 am	3:56 pm	7:59 pm	Sat	1:13 am	9:33 am	4:17 pm	8:43 pm	Sat	3:54 am	12:44 pm	7:01 pm	11:13 pm
Sun	2:36 am	10:09 am	5:20 pm	9:14 pm	Sun	1:41 am	10:11 am	4:25 pm	9:16 pm	Sun	2:02 am	10:11 am	5:00 pm	9:43 pm	Sun	4:46 am	1:25 pm	7:30 pm	None
Mon	3:37 am	10:51 am	5:51 pm	10:43 pm	Mon	2:42 am	10:53 am	4:56 pm	10:45 pm	Mon	3:14 am	10:52 am	5:40 pm	10:54 pm	Mon	5:47 am	12:30 am	8:01 pm	2:07 pm
Tue	4:50 am	11:34 am	6:24 pm	None	Tue	3:55 am	11:36 am	5:29 pm	None	Tue	4:53 am	11:41 am	6:18 pm	None	Tue	7:00 am	1:59 am	8:34 pm	2:50 pm
Wed	6:25 am	12:17 am	7:00 pm	12:16 pm	Wed	5:30 am	12:19 am	6:05 pm	12:18 pm	Wed	6:41 am	12:38 am	6:55 pm	12:44 pm	Wed	8:35 am	3:33 am	9:10 pm	3:32 pm
Thu	8:22 am	1:47 am	7:39 pm	12:57 pm	Thu	7:27 am	1:49 am	6:44 pm	12:59 pm	Thu	8:06 am	1:56 am	7:32 pm	1:44 pm	Thu	10:32 am	5:03 am	9:49 pm	4:13 pm

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WEEKLY NEWS  
FROM THE BEACHES TO DOWNTOWN FORT MYERS

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From page 20

# Moments In Time

in” their exchange rates relative to each other and to the euro. At midnight, their currencies officially ceased to exist.

## NOW HERE’S A TIP

- Candles will burn more evenly if you refrigerate them for a few hours before lighting.
- “I have drafty windows. I took a plastic shower curtain and cut it to fit the windows. Then I secured it with tape. It’s worked well to keep out the drafts, and I just remove it once a week and clean the windows with vinegar to discourage any mold from growing. It will work until next spring, anyway.” – PS in Michigan
- There is a reason that most refrigerators have more than one crisper drawer. Some items need to be stored separately. For example, keep apples and carrots in different compartments. The apples give off a gas that can give the carrots a bitter taste.
- A great tip from the American Society for the Prevention of Cruelty to Animals: During the winter, outdoor cats sometimes sleep under the hoods of cars. They can be injured or even killed by the starting of the motor. Before you start your car in the morning (or any time of day, really) give your hood a

nice loud rap to give the cat a chance to escape.

- “To keep melting snow, mud and leaves out of your house and off of your floors, line a wide, shallow box bottom with plastic wrap or a kitchen-size garbage bag. Place the lined box near the front door to hold dirty shoes.” – RI in Ohio
- Mix some salt with a little bit of water and rub the mixture over your hands for a few minutes to get rid of the smell of garlic or onions from cooking. Rinse under cold water.” – JJ in Nevada

## STRANGE BUT TRUE

- Snakes can help predict earthquakes. They can sense a coming earthquake from 75 miles away, up to five days before it happens.
- Pure cocoa can help prevent tooth decay.
- According to Roger Highfield, author of *The Physics of Christmas: From the Aerodynamics of Reindeer to the Thermodynamics of Turkey*, Rudolph’s red nose is probably the result of a parasitic infection of his respiratory system.
- The original game of Clue, patented in 1947 by a British man who invented it to pass time during World War II air-raid blackouts, included a lead pipe token made of real lead (it was eventually replaced by steel, then pewter). The original version also included slightly

more exotic weapons like a hypodermic syringe and an Irish walking stick.

- There are no muscles in your fingers. Their function is controlled by the muscles in your palms and arms.
- No one ever called *The Lion King* a documentary, but one hyena researcher was so incensed by the film’s inaccuracies that he sued Disney for defamation on behalf of hyenas everywhere.
- There’s a town called “Big Ugly” in West Virginia.
- The Eiffel Tower was originally supposed to be erected in Barcelona, but the project was rejected because citizens considered it an eyesore.
- It’s illegal in New Zealand to name your child Sex Fruit, Fat Boy, 4Real, Cinderella Beauty Blossom, or Fish and Chips.
- Your tonsils can grow back if there was tissue left behind during the removal process.
- If you could use your nose in space, you’d discover it smells like a mixture of hot metal, diesel fumes and barbecue, thanks to compounds called polycyclic aromatic hydrocarbons that emanate from dying stars.

## THOUGHT FOR THE DAY

“Not only must we be good, but we must also be good for something.”  
– Henry David Thoreau

## TRIVIA TEST

1. **Movies:** In how many movies did Sean Connery play the character James Bond?
2. **Advertising Slogans:** What product is touted as “the fabric of our lives”?
3. **General Knowledge:** How many laps do drivers have to complete in the Indianapolis 500 race?
4. **History:** How many Pyramids of Giza (Egypt) were constructed?
5. **Music:** Which pop song repeats the chorus, “Why can’t you see? You belong with me”?
6. **Literature:** What kind of novel is written in a series of letters?
7. **Measurements:** How many cups are in 1 pint?
8. **Mythology:** What is the home of the Greek gods?
9. **Anatomy:** How much of the adult human body is made up of water?
10. **Geography:** What is the most densely populated continent on Earth?

## TRIVIA ANSWERS

1. Seven
2. Cotton
3. 200
4. Three
5. *You Belong With Me* by Taylor Swift
6. Epistolary
7. 2 cups
8. Olympus
9. About 60 percent
10. Asia

# CLASSIFIED

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12/25 ★ 1/1

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# Do Not Enable An Addict

Narconon asks friends and family if they are loving an addict to death. Loving someone to death would be labeled as enabling someone.

Enabling would be to excuse, justify, ignore, deny and smooth over the addiction. This allows the addicted person to avoid facing the full consequences of his or her addiction. Enabling a person can put them in their grave. When you stop enabling the person, it does not mean you stop loving them. Learn healthy ways to help them.

To learn more about enabling and when it goes too far, visit [www.narconon-suncoast.org/blog/when-does-not-enabling-an-addict-go-too-far.html](http://www.narconon-suncoast.org/blog/when-does-not-enabling-an-addict-go-too-far.html).

Narconon can help you take steps to overcome addiction in your family. Call 1-877-841-5509 for a no cost screening or referral ❄❄

## SCRAMBLERS ANSWER

1. Regard 2. Strive;  
3. Endow; 4. Defer

Today's Word  
**DINER'S**

# HORTOONS



# PUZZLE ANSWERS

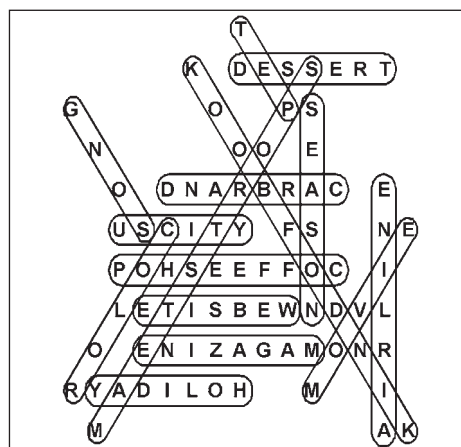
## SUPER CROSSWORD

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

## KING CROSSWORD

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

## MAGIC MAZE



## SUDOKU

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

## Top 10 Real Estate Sales

Development	Year Built	City	Square Footage	Listing Price	Selling Price	Days On Market
Lake Forest At Shadow Wood	2007	Estero	4,633	\$1,585,000	\$1,585,000	161
Magnolia Bend	2005	Estero	3,605	\$1,369,500	\$1,325,000	98
Siesta Isles	2001	Fort Myers Beach	3,091	\$1,295,000	\$1,275,000	2
Shell Harbor	1987	Sanibel	2,220	\$1,249,000	\$1,240,000	2
Palm Isles	2015	Fort Myers Beach	2,146	\$1,245,000	\$1,150,000	0
Hidden Harbor	2000	Bonita Springs	3,751	\$1,185,000	\$1,076,600	63
Edgewater	1995	Fort Myers	4,414	\$1,075,000	\$1,042,750	0
The Dunes	1981	Sanibel	2,689	\$1,050,000	\$1,000,000	31
Lakemont	1991	Bonita Springs	3,008	\$967,000	\$950,000	4
Cape Coral	2013	Cape Coral	3,284	\$1,049,000	\$950,000	60

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A close-up photograph of a dish of Yucatan Shrimp. The shrimp are large, pink, and cooked, garnished with fresh green herbs and red chili peppers. A slice of lime is visible in the bottom left corner. The background is a soft-focus image of a bread roll.

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