



## A Walk Down Memory Lane

by Di Saggau

**H**appy Days, A New Musical is now showing at Broadway Palm Dinner Theatre. It takes us back to the old TV sitcom that made “The Fonz” a household name. All the familiar characters are there. Jonathan Acorn is Richie Cunningham with Heather Setzler and Marc Ciemiewicz as his parents, Marion and Howard. The problem at hand is how to save the iconic soda shop, Arnold’s, from the wrecking ball.

It isn’t long before Arthur Fonzerelli, “Fonzie,” comes on scene in his black leather jacket and lots of attitude. Adam Silory plays the role in a different style than Henry Winkler did in the sitcom. It took me awhile to get used to it. But once I did, all was well. After all, the show is about the character as presented. The Fonz is nursing a bad knee from a motorcycle accident, but he imbues the role with his laid-back pizzazz and getting in his signature “Aaaay” and



A scene from *Happy Days, A New Musical*

finger clicks at all the right moments.

Danielle Mouch is Pinky Tuscadero, Fonzie’s old flame, and she’s a bundle of

singing to the roles of Chachi, Ralph and Potsie, respectively. Amy Fenicle is Joanie, Richie’s kid sister, and she offers some lovely moments, especially in *What I Dreamed Last Night*, one of the show’s strongest numbers. I also liked *Guys Like Us* when the Fonz is visited by the ghosts of Elvis and James Dean. They sing up a storm in that one. Another gem was the bake sale tap dance with the gals holding their pie creations overhead.

The plot of the show is simple. How to save Arnold’s. And they do. The cast is energetic and the show has its funny moments. It’s fun to be reminded that, back then, gas was 12 cents a gallon. *Happy Days, A New Musical* is a well-choreographed production with pleasing songs providing family-friendly entertainment that is easy on the eyes and ears. The show runs through February 14 at Broadway Palm. Tickets can be reserved by calling 278-4422, visiting [www.broadwaypalm.com](http://www.broadwaypalm.com) or in person at 1380 Colonial Boulevard in Fort Myers. Broadway Palm continues to follow CDC guidelines in a safe and socially distanced atmosphere.\*

photo provided

energy with a lovely voice. Tony Ardolino, Michael Motkowski and Michael Corey Hassel bring lively comedy and strong



The Alliance for the Arts is holding a virtual field trip to New York

image provided

## Virtual Fashion Show At The Met

**A**lliance for the Arts is inviting members and nonmembers to travel to the Big Apple and (virtually) experience the iconic Metropolitan Museum of Art with your friends on Saturday, January 23 from 1 to 2 p.m. This opportunity lets you spend intimate time with The Costume Institute’s 2020 exhibition titled *About Time: Fashion and Duration*.

Exploring the symbiotic relationship between fashion and time, this exhibition – a celebration of The Met’s 150th anniversary – presents 150 years of

fashion, culled almost exclusively from The Costume Institute’s collection, along two parallel timelines.

The first timeline features 60 ensembles in chronological order from 1870 to the present. Progressive, continuous and relentlessly forward moving, the timeline draws attention to the way fashion is inherently governed by novelty, ephemerality and obsolescence.

The second timeline intersperses a series of 60 interruptions or disruptions that pre- or post-date the fashions in the first timeline but relate to them in terms of shape, motif, material, technique or decoration.

Marvel at how clothes generate temporal associations that conflate past, continued on page 10

## Blues Band To Perform Saturday



Marty Stokes and Jennifer Mazziotti

photo provided

**T**he Alliance for the Arts will host The Marty Stokes Band – outdoors and with social distancing – on its GreenMarket stage on Saturday, January 16 from 7:30 to 8:30 p.m.

The Marty Stokes Band is an award-winning, four-piece blues band that has produced four CDs. Marty Stokes was originally raised on Sanibel and Captiva islands, a true native islander and Floridian, and has been playing different variations of blues music since he was a child. His style is raw, melodic, and reaches to the core. Stokes and his band always brings strong applause and positive reaction to the true blues audience.

The GreenMarket stage is an intimate,

open-air venue where attendees can purchase a pass for a six-by-six-foot square space on the lawn. Seating is limited. In order to maintain social distancing, all lawn spaces will be six feet apart. Guests are required to bring their own lawn chairs and blankets. A pass for a square space is \$12.50 for one person, \$25 for two people or \$50 for a group of four people. The average per person price is \$12.50 plus fees. Pets are not allowed.

Attendees are able to pre-order snack boxes for two, provided by Broadway Palm Dinner Theatre. Beverages will be available for purchase on site.

Event staff and volunteers are required continued on page 13



Historic Downtown Fort Myers, Then And Now:

# A Lingerin Void In Historic District



by Gerri Reaves, PhD

Anyone walking down First Street between Hendry and Broadway can't help but notice the glaring eyesore in the otherwise picturesque historic district, a vacant lot screened by a chain-link fence.

It was only a little more than a year ago, October 1, 2019, that a structure more than a century old was demolished during the night as crowds watched with rapt attention. In fact, the building probably received more attention that night than it had in decades.

In fact, one could say that that very lack of attention over the years was what led to the demolition.

The last business to occupy the building had been Ida's Downtown Pub and Eatery, which closed in 2006.

The wood-frame building was eventually condemned and, after being vacant for about eight years, it was demolished, having been deemed beyond repair or restoration. Engineers determined that saving even the façade was a hopeless case. That, at least, would have preserved the exterior appearance of the block, argued preservationists.

The building is pictured in 2008 at a low ebb with a for-sale sign in the window. The photo was taken a couple of years before it received a dusky teal paint job, as seen in the 2010 photo. That cosmetic attention at least made it somewhat respectable alongside better-maintained historic structures.

Despite its ramshackle final condition, however, it should be remembered that it had finer days and a substantial role in downtown business life.

For example, it held, perhaps, the record for the longest total time as a location for restaurants.

Constructed between 1908 and 1914, it survived clear into the 20th century, undergoing along the way some inventive remodeling -- not all of it properly done, apparently.

It was actually two buildings with a common façade and an interior connecting doorway. In the early years, a second-floor porch extended full across the front, contributing to the illusion of a unified structure.

As was typical in the 1920s boom, it was converted into a stucco building with a Mediterranean Revivalist-style façade, the signature style of the period.

Features such as a wrought-iron balcony and tiled window overhangs replaced ones such as the porch.

A long list of businesses occupied the storefronts over the century, and the apartments above were homes for early residents.

Here are just a few to illustrate the variety and vitality of the structure that is no more.

In the 19-teens, it housed Taminosian Electric Shoe Shop, Corrigan's Lunch Room



In 2010, a teal-colored paint job greatly improved the building's appearance



Two years after the final tenant moved out, this historic building on First Street was at a low point in 2008

photos by Gerri Reaves



The vacant spot awaits redevelopment

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### THE RIVER

#### WEEKLY NEWS

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Kinfay Moroti: Inseparable Exhibit will be on display in the Theatre Conspiracy lobby  
photo provided

## Exhibit On Race Connection At Alliance Theatre

**B**lack and white people are intimately connected. Their union is formed by shared life moments. Birth, joy, violence, wonder, faith, sport, protest, death and peace, bind them in time and place. Conscious and unconscious efforts to permanently break these humanistic ties are futile.

This experience in Southwest Florida is presented in documentary photojournalism and accentuated by everyday items that illuminate the raw, inseparable union and acceptance of black and white in everyday life.

Kinfay Moroti: Inseparable Exhibit will be on display in the lobby of Theatre Conspiracy inside Alliance for the Arts through Friday, January 29. This pop-up exhibit installation is presented in conjunction with the annual Dr. Martin Luther King Jr. Legacy Weekend hosted by the Dunbar Festival Committee.

There will also be a Virtual Walk and Talk with Kinfay on Thursday, January 21

at 6 p.m. Hear from Moroti as he takes you on an up-close-and-personal tour of his exhibition during this interactive event. Free to attend, but an RSVP is required.

Moroti is a documentary visual journalist and creator of – hopeful images – an initiative that helps nonprofit and community organizations tell their stories through compelling visuals and campaigns. He is a partner at The Collaboratory (Southwest Florida Community Foundation) in Fort Myers.

Prior to creating hopeful images, Kinfay captured moments for The News-Press/USA Today Network from 2004 to 2019 and during the Iraq War in 2003. His award-winning moments from the war, impoverished communities, mass shootings and on social topics speak to life's beautiful struggles.

Kinfay was born in Chicago, is an U.S. Air Force veteran, avid runner and father.

Connect with Kinfay via email ([hi@hopefulimages.com](mailto:hi@hopefulimages.com)), Instagram (@kinfay) and Facebook (Kinfay Moroti).

Admission to the gallery is free all day, every day.

Alliance for the Arts is located at 10091 McGregor Boulevard in Fort Myers. For more information, visit [www.artinlee.org/event/inseparable](http://www.artinlee.org/event/inseparable).✱

## Foundation For County Schools 5K Run And Walk

**T**he Foundation for Lee County Public Schools is holding its 10th annual Strides for Education 5K Run/Walk on Saturday, February 6. Participants can run at Florida SouthWestern State College or sign up for the virtual option. CDC guidelines will be followed to ensure the safety of all participants.

Suncoast Credit Union is the event's Title Sponsor, and funds will benefit the foundation's Take Stock in Children scholarship program. Check-in starts at 6:30 a.m. and the race will begin at 7:30 a.m.

Schools and businesses throughout Lee County are challenged to create the largest team. More than 1,300 business leaders, community partners and

educators participated in last year's race. The first 1,100 registered participants will receive a long sleeve, dry-fit race shirt and goody bag.

To register online, visit [www.flcpsstrides5k.com](http://www.flcpsstrides5k.com) through Friday, February 5. Registration will not be available the day of the event.

The Strides for Education 5k raises money for college scholarships to benefit students entering the Take Stock in Children program, which was established in 1995 as a statewide scholarship program that provides a unique opportunity for deserving low-income youth to escape the cycle of poverty through education. Students enter the program in sixth or ninth grade and commit to remaining crime- and drug-free, maintaining a 2.5 GPA or higher, and meeting with a mentor regularly. Having kept this commitment, students will be awarded a four-year college tuition scholarship upon their high school graduation.✱

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Fort Myers Art:

# Bonita Springs Art Center Postpones Virtual Event



by Tom Hall  
The Centers for the Arts Bonita Springs' (CFABS) Off the Walls 2021 has been rescheduled to Friday, April 9. Here's how it works. Three hundred items ranging from trips

to artworks have been donated to CFABS, which will sell just 200 tickets to the virtual event. On the night of the event, tickets are drawn at random. Since all of the tickets will be drawn, every ticket is a winner – even if yours is the last ticket drawn since there are more items than tickets. And, you'll receive a gift certificate for a ticket to next year's Off The Walls event, absolutely free. So truly, everyone is a winner.

CFABS' entire catalog of items will be posted on its website on Tuesday morning, January 12. Explore the phenomenal selections and create your priority list of top 15 choices. You don't even need to be present to be a part of this year's amazing "lottery" event. Nor do you need to personally select your winning item. CFABS has a cadre of personal shoppers ready to help you. Just provide



Art lovers gather at a previous Off The Walls event

photo courtesy www.artswfl.com

CFABS with your Personal Priority List of pre-selected items, and they'll take it from there. Simply tune in the evening of the Off the Walls Ticket Draw to share in the fun and excitement. Your personal shopper will select your item and staff will wrap and hold your winning item until you're ready. "This year is certainly a challenge," said CFABS President Susan Bridges. "But we worked hard to design a terrific virtual experience on Zoom that you can enjoy from the (safety and) comfort of home. And we've come up with some brilliant 2021 alterations we think everyone will appreciate, incorporating all the needed safety precautions."

Those who have attended this unique event in the past know what a great

evening it is.

No auction, no bidding. Just purchase a ticket and you're entered into the random drawing for beautiful artworks, collectibles, travel experiences, cuisine adventures, décor and luxury living items valued from \$275 to \$6,000.

To purchase tickets or for more information, call 495-8989 or email [cfabs@artsbonita.org](mailto:cfabs@artsbonita.org).

## Funny Shorts LIVE! returns January 15

The Center for Performing Arts Bonita Springs presents Funny Shorts LIVE! at 7:30 p.m. on Friday, January 15. This fast-moving evening consists of five short, fully-performed comedic 10-minute plays, one written by a local playwright such as Leslie Sanderson and Peter De Fresco. Many of the plays were published as part of CFABS' Stage It, the annual international 10-Minute Play Competition. More than 200 plays were entered in the 2020 competition alone.

The January 15 performances kick off a new year of Funny Shorts LIVE!, which is performed every four months

throughout the year in rotation with The Staged Reading Series and Just for Laughs. Each series includes five 10-minute plays (total of 20 performed through the year).

To amp up the humor, wear your funny shorts to this event. CFABS gives away free tickets for upcoming shows at Center for the Performing Arts to the person wearing the funniest shorts.

The show takes place in the Moe Auditorium. Tickets start at \$18. Call 495-8989 or email [cfabs@artsbonita.org](mailto:cfabs@artsbonita.org).

## Sanibel SCA Fine Arts Festival postponed

Because it was unable to obtain a permit, Boulderbrook Production has been forced to postpone the Sanibel SCA Fine Arts Festival, which was scheduled to take place on Friday and Saturday, January 22 and S23 on the grounds of The Community House, located at 2173 Periwinkle Way on Sanibel.

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.✧

## Supporting Guide Dogs

The Rainbow Movement and the Calendar Girls will present Donuts and Dancing at Jaycee Park on Friday, January 15 at 8 a.m. The free community performance is in support of Southeastern Guide Dogs (SEGD).

There will be free coffee and donuts courtesy of Bennett's Fresh Roast. Participants are asked to wear a mask and practice social distancing at the family-friendly event.

The Calendar Girls is a lively senior women's dance team with a mission to support SEGDD and bring service dogs to veterans in need. Visit [www.rainbowbill2.com](http://www.rainbowbill2.com) for more information.✧

From page 2

## Historic Downtown

and a cigar factory, and extending into the 1920s, Lee County Hat Shop, Royal Dry Cleaning, Satchell's cleaners, and the Postal Telegraph Company.

The spaces were filled with real estate firms during the boom, including the Birmingham Florida Co., which sold lots in new subdivisions such as Alabama Groves Terrace.

From the 1930s until the previous decade, a string of restaurants was located there: Royal Palm, Malaterra's, the Blue Lantern, Miller's Restaurant, Oleander Ice Cream, the Brown Derby, the Lyons Den and Town & County Restaurant.

Starting in the 1970s, there was Nelson's Kitchen and then Sam's Kitchen, followed by Ida's, the final tenant, in the 1990s.

The now-vacant lot cries out for redevelopment. The stark exposure and gaping space have been visually jarring at the very least over the last year.

What's next? A mixed-use building? A public space or mini-park?

And is it coming soon?

Walk down to the former site of one of

downtown's oldest buildings and envision the future of the cleared lot.

Visit the following two research centers to learn more about the two-in-one historic structure that a wrecking crew felled one dramatic night.

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 News-Press.✧

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## Health First

# Four Health Goals For The New Year



by Julie Rosenberg, MD

**H**appy New Year – 2021! Most people were happy to bid 2020 farewell and are looking forward to what will hopefully be a much better year.

A majority of Americans indicate that they want to learn something new, make a lifestyle change, or set a personal goal in an effort to better themselves in 2021. Health-related New Year's resolutions are typically at the top of the list, especially this year, as the world continues to confront the uncertainties of the COVID-19 pandemic. However, despite our best efforts to usher in a new era of health and wellbeing in 2021, research shows that even the most resolute among us are likely to lose momentum toward our personal betterment plan early in the new year.

Why? Our plans are often non-specific (I want to lose weight), negatively framed (I won't eat cookies and ice cream this year) or too challenging (I will run a marathon this year). So, in this week's column, I offer four health goals that are simple and readily achievable with a little effort.

Adopting these goals will positively impact your health – and likely, your entire life!

**Move your body** – People often set high fitness goals for the new year and then fall off after a few weeks. This can lead to upset and poor self-esteem. So, stop thinking of daily exercise as a commitment with minimum requirements, such as running 10 miles. Keep it simple – commit to moving your body daily. Take 15-minute "movement breaks" throughout each day. If you are relatively sedentary, you might start with three times per day and then gradually increase your movement time. Take a walk outdoors, practice yoga for 15 minutes, or do some weight bearing exercises such as stair climbing or yard work (pushing a lawn mower or gardening). Your daily accomplishments will help you maintain a positive mindset around movement, and you will be less likely to abandon your plan.

**Make one change toward healthier eating** – People often make New Year's resolutions around diet that are challenging and unattainable. A goal such as, "I want to lose 30 pounds in six months," is difficult to achieve (although not impossible and kudos to anyone who meets such a goal). Consider making one change at a time toward healthier eating. For example, a more easily attainable goal might be, "I will reduce saturated fat in my diet." Determine what you need to do to achieve this goal (e.g., eat more whole fruits and vegetables, eat more fish and chicken, use egg whites instead of whole eggs for cooking, avoid cream sauces). Consult with your doctor or a nutritionist if you need

help with developing and executing a plan.

**Clear the clutter** – Evaluate your personal surroundings. If your desk is piled high with papers, if you're constantly searching through junk in your drawers, and if your shelves and cabinets are stuffed to the brim, it's time to clear the clutter. A cluttered space is often associated with a cluttered mind. Clearing clutter offers a sense of relief and greater clarity. Individuals who feel anxious and stressed typically they feel better when they organize their physical space. If you want to take on this goal, it's important to avoid overwhelm; don't try to tackle everything at once. Clear the clutter one room at a time.

**Learn something new** – Challenge your brain by learning something new that you think will be interesting and useful. What about learning to paint, sew, scuba dive, or speak a new language? Learning a new skill stimulates neurons in the brain and allows electrical impulses to travel faster across them. This helps to maintain and may even enhance cognitive function. So, think: New Year, New Skill. What's it going to be?

In summary, I invite you to focus on your health in the new year. Consider adopting any of the above health-related goals or make up your own. Whatever you choose, make your plan simple, achievable and about you. Take notice and celebrate the success you achieve, no matter how minor it may be. Achieving small goals can lead to bigger changes that will benefit you for a lifetime.

*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).✧*

## School District Hiring Event

**T**he School District of Lee County is seeking guest teachers and will host a virtual hiring event on Thursday, January 21 from 9 a.m. to 3 p.m. The goal is to increase the number of available guest teachers at the elementary, middle and high school levels.

Guest teachers play an important role in maintaining continuity of instruction for students, assuming the role of a teacher when they are absent for the day. The district will conduct virtual interviews to add qualified candidates to its pool of guest teachers. Positions offer flexible scheduling and compensation beginning at \$92.70 per day.

To qualify for a guest teaching position with the district, candidates must have a minimum of 60 credit hours in college coursework, provide three qualified references, including one from a current or most recent employer and complete a background check.

Interviews for the virtual hiring event are by appointment. To schedule an interview, visit [www.leeschools.net/careers/hiring\\_now](http://www.leeschools.net/careers/hiring_now).✧

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## OBITUARY



PAUL DILLON GODDARD

The Rev. Paul Dillon Goddard died in Fort Myers, Florida on Tuesday, December 29, 2020 after a month's long battle with failing health, including cancer.

Paul was born on September 23, 1938 in Lancaster, Pennsylvania, the second child of Alpheus John Goddard Jr. of Freeport, Illinois and Jane Dillon Goddard of Sterling, Illinois.

He attended public schools in Lancaster until his family moved to Sterling, Illinois in 1950. Paul graduated

from the Eaglebrook School in Deerfield, Massachusetts in 1953, and Shattuck Military Academy in Faribault, Minnesota in 1956.

In 1960, he graduated from the University of the South and The General Theological Seminary in New York, New York in 1963.

Upon ordination as an Episcopal priest, he served as associate rector at St. John's Episcopal Church in Lancaster, Pennsylvania and then as rector of a mission parish in Rochelle, Illinois, where he directed the building of its first church.

His final parish was Grace Episcopal Church, in Galena, Illinois. He then retired and moved to Madison, Wisconsin, where he and his lifelong companion, the late Boyd Johnson, enjoyed many good years. During this time, he and Boyd owned and operated a restaurant and gift shop in Middleton, Wisconsin, known as The Gallery.

Eventually, Paul established his residence on Sanibel Island, Florida and spent his summers in the Madison area.

Paul was always an active and devoted clergyman in retirement, serving his churches gratuitously, both in Madison and Sanibel, in whatever capacities may have been needed.

He was steadfast in his faith, and a comfort and friend to many. Aside from his professional pursuits, he, with Boyd, enjoyed traveling, boating and entertaining, always in the company of their beloved poodles.

Paul is survived by his brother, Alpheus John Goddard III of Rockford, Illinois and nieces Katherine Page, Sarah Adler and

Mercy Goddard, nephews Paul Goddard and Christopher Goddard, and eight grandnephews and grandnieces.

Paul was especially grateful to nieces Kate and Mercy, nurse Linda, nurse Wendy, case worker Michelle and care consultant Lisa for their special attention during his final days, as well as his good friends in Madison, and the wonderful and caring parishioners and clergy of St. Michael and All Angels Episcopal Church

of Sanibel, Florida.

A memorial service for Paul will be scheduled for a later date.

Memorial gifts may be made through Harvey-Engelhardt Funeral & Cremation Services, 1600 Colonial Blvd., Fort Myers, FL 33907, [www.wecare@harvey-engelhardt.com](http://www.wecare@harvey-engelhardt.com), for the benefit of St. Michael and All Angels Episcopal Church of Sanibel, FL.

Descansa en paz, Pablo.✱

## Three One-Act Plays Outdoors At The Alliance

Live theatre returns – outdoors and with social distancing – at the Alliance for the Arts with *Confusions* by Alan Ayckbourn and *George S. Kauffman* on Thursday, January 21 from 7:30 to 8:30 p.m. This production is a series of three short one-act comedies on the outdoor GreeMarket stage.

*The Still Alarm*, originally written for a Broadway revue, concerns two businessmen who are sharing a hotel room. This fairly placid duo discover that smoke is coming into their room and that the hotel's alarm bells are ringing furiously. Rather than panic, they handle the affair with proper English aplomb.

*Between Mouthfuls* is a fate-fraught dinner encounter in a hotel restaurant where two couples at adjoining restaurant tables realize an unwelcome common

bond, assisted by an interactive waiter. There's clever direction of the alternation between the two sets of conversations. A twist to the plot-line spices the ending.

A Talk In The Park is a hilarious encounter about lonely strangers who vie for available park benches.

Seating is limited and attendees will purchase a pass for a six-by-six-foot square space on the GreenMarket lawn. In order to maintain social distancing, all lawn spaces will be six feet apart. Guests are required to bring their own lawn chairs and blankets.

A pass for a square space is \$12.50 for one person, \$25 for two people or \$50 for a group of four people. The average per person price is \$12.50 plus fees. Pets are not allowed. Seating is limited to inside each square.

Attendees are able to pre-order snack boxes for two, provided by the Broadway Palm Dinner Theatre. Beverages will be available for purchase onsite. For more information or to reserve your square, visit [www.eventbrite.com/o/alliance-for-the-arts-30822833011](http://www.eventbrite.com/o/alliance-for-the-arts-30822833011).✱

## Churches/Temples

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

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

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

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

**BIBLESHARE** 10 a.m. Sunday and 7 p.m. Tuesday, [www.simplysimpleworship.com](http://www.simplysimpleworship.com), 7050 Winkler Road, Suite 121, 437-8835.

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

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

**CHAVURAT SHALOM** (Fellowship of Peace) Friday Shabbat services led by members at 6 p.m. Saturday morning Jewish current events at 10 a.m. Talks by members on topics of interest Thursdays at 11 a.m. Contact [ChavuratShalom@gmail.com](mailto:ChavuratShalom@gmail.com) to participate on Zoom.

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

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

**CROWN OF LIFE LUTHERAN CHURCH AND CHRISTIAN ACADEMY**

Sunday 8 and 10:45 a.m. Jan 1 – Easter; 9 a.m. after Easter – Dec 31. [www.crownoflifelutheran.com](http://www.crownoflifelutheran.com). 5820 Daniels Pkwy, 482-2315.

**REDEEMER CHURCH** Sunday 9:45 and 11 a.m., 7 p.m.; Wednesday 6:30 p.m. 8400 Cypress Lake Drive, 481-5442.

**CYPRESS LAKE PRESBYTERIAN** Sunday 8, 9, 10 and 11 a.m. [www.clpc.us](http://www.clpc.us), 8260 Cypress Lake Drive, 481-3233.

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

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

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

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

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

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

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

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

**JESUS THE WORKER CATHOLIC** Friday and Saturday, 7 p.m.; Sunday 8, 10

a.m. and 6 p.m., 881 Nuna Avenue, 481-1143.

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

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

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

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

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

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

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

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

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

**SAINT JOHN THE APOSTLE METROPOLITAN** Sunday 10 a.m., 3049 McGregor Boulevard, 344-0012.

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

**SAINT NICHOLAS MONASTERY** Sunday 9:30 a.m., [www.saintnicholasmonastery.org](http://www.saintnicholasmonastery.org), 111 Evergreen Road, 997-2847.

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

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

**TEMPLE BETH EL SYNAGOGUE** Friday Shabbat 7:30 p.m.; Torah Saturday 9 a.m.; Religious School Wednesday 5:30 p.m. and Sunday 9:30 a.m., [www.templebethel.com](http://www.templebethel.com), 16225 Winkler Road, 433-0018.

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

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

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

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

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

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

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

**ZION LUTHERAN** Sunday 8, 9:30 and 10:45 a.m., [www.zionfm.org](http://www.zionfm.org), 7401 Winkler Road, 481-4040. *Email changes to [press@islandsunnews.com](mailto:press@islandsunnews.com) or call 395-1213.*✱





Native slender flattop goldenrod is not in the goldenrod genus photos by Gerri Reaves

#### Plant Smart

## Misnomers

by Gerri Reaves

Most of us know plants by their common names rather than the Latin binomial, or scientific, name, which consists of the genus and the species.

While common names are convenient, they can also cause confusion for several reasons, chief among them that a name might suggest an inaccuracy.

After all, American century plants (*Agave americana*) don't live for 100 years, and sevenyear apples (*Casasia clusiifolia*) produce fruit yearly.

The tendency to name plants for their superficial physical characteristics can result in a misnomer.

For example, naming a plant a fern or a moss just because it has fern- or frond-like leaves is misleading, as with fern tree (*Filicium decipiens*). Furthermore, while one species might have only one common name, others have a dozen!

To add to confusion, a common name might refer to two or more species (often relatives similar in appearance), thus emphasizing the necessity of the scientific name for identification.

But even it, with all its seeming exactness, can be problematic rather than authoritative. Botanists continually reassess and reassign species classifications, so even experts sometimes differ on what a plant's legitimate scientific name is.

Here are only four familiar plants whose common names illustrate some of the difficulties with common names.

Native Spanish moss (*Tillandsia usneoides*) does not hail from Spain,



Largeflower Mexican clover – neither Mexican nor a clover – is a category-II invasive species in the state

nor is it a moss. Those masses of silvery gray tendrils hanging on the trees – an iconic image of the South – are in fact bromeliads and thus a member of the same family as the pineapple.

An air plant, or epiphyte, is rootless but not a parasite on the trees it inhabits, often live oaks and cypresses. It absorbs nutrients and moisture through overlapping scales that trap dust and detritus.

Reasons to welcome it in your yard? Birds and other animals use the “moss” to build nests. The plant is sensitive to air pollution, so if it grows in your yard your air quality is pretty good.

Native slender flattop goldenrod (*Euthamia caroliniana*) might have narrow leaves and slender upright stems, and the flower clusters might be flat on top, but it's not in the goldenrod genus.

This member of the innumerable aster family has another more suitable name, slender goldentop.

The flowerheads range from only a few inches across to almost a foot. A fast grower, it attracts butterflies, birds and bees, and is virtually maintenance-free.

Largeflower Mexican clover (*Richardia grandiflora*) sprinkles the South Florida landscape time of year.

This species is not Mexican, but South American. Nor is it related to clover. Who would guess at first glance that it is a member of the coffee family?

Another common name seems more appropriate, Florida snow flower, for it dots the landscape with tiny pale pinkish six-petaled flowers – and does it so well that the Florida Exotic Pest Plant Council lists it as a category-II invasive plant.

At least bees and butterflies visit the flowers for nectar.

Non-native sago palm's (*Cycas revoluta*) stiff evergreen leaves are



Non-native sago palm is a cycad, not a palm

feather-like in structure, like those of an areca palm. However, despite the palm-like appearance, it is not a palm but a cycad, a group of plants dating to the age of the dinosaurs. There are specimens more than 2,000 years old. Even the scientific name sews confusion, for *cycas* is Greek for “palm.”

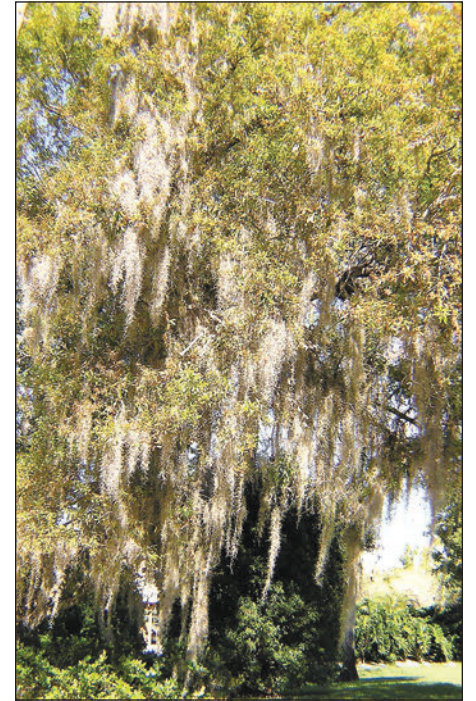
This cone-producing plant is more closely related to conifers than to palms or ferns. Native to the tropical islands of southern Japan, it has separate male and female plants, the latter usually flowering in alternate years.

While this species is deemed Florida friendly, it does suffer from a couple of common diseases.

Consider planting Florida's only native cycad instead, cootie (*Zamia integrifolia*).

Note: Both cycads are toxic, so keep children and pets away from the plants.

Sources: *Everglades Wildflowers* by Roger L. Hammer, *Florida Plant*



Iconic Spanish moss is a native epiphyte common on South Florida trees. This bromeliad is neither Spanish nor a moss.

*Selector* by Lewis S. and Betty M. Maxwell, *Florida Wildflowers and Roadside Plants* by C. Ritchie Bell and Bryan J. Taylor, *Wildflowers of Florida* by Jaret C. Daniels and Stan Tekiela, <http://edis.ifas.ufl.edu>, [www.floridata.com](http://www.floridata.com), and [www.regionalconservation.org](http://www.regionalconservation.org), and [www.south-florida-plant-guide.com](http://www.south-florida-plant-guide.com).

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

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# Keep On Shiner Fishing



by Capt.  
Matt Mitchell

Never-ending cold fronts over the past few weeks have kept our water temperatures hanging in the mid- to upper-60s. Usually when we have had long periods of cooler weather, our shiners disappear and we make that winter switch to shrimp fishing. This has not been the case so far with snook and redfish action on shiners still being the best bite in town. Shiners have remained easy to catch in the deeper water around the causeway bridges.

Clients who had a chance to go fishing this week took part in some of the most wide open catch-and-release action on snook and redfish that I can remember in January. With so many fish packed together in and around the passes, catching 50-plus fish during half-day trips was normal.

Lower tide periods along with fast-moving water made for a nonstop bite. Live shiners were the bait of choice, although bouncing a live shrimp along the bottom on a jig also caught them.

With this cold weather forecast to stick around for at least the next 10 days, I'm hopeful our sheepshead bite will kick into high gear. Docks, bridges and jetties are some of the most productive areas to catch this wintertime fish. Make sure to bait up with pieces of shrimp and fish close to the structure. Fiddler crabs and sand fleas are also a good choice. Sheepshead love to gnaw on the barnacles that grow on these structures.

After an emergency closure implemented in 2017, the rebound we have seen in our snook, redfish and trout fishing over the past few years has to be experienced to be believed. Redfish fishing is currently as good as I have ever seen it. Last year at this time, we caught tons of them all on the smaller side.

This year the numbers of redfish are still increasing with the average size being much larger. Unfortunately, this closure is scheduled to end after May 31. Its fabulous our fishery has improved but imagine how much better yet it could get with a continued closure.

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).✱



Bob McGuire got in on the redfish action with Capt Matt Mitchell this week

photo provided

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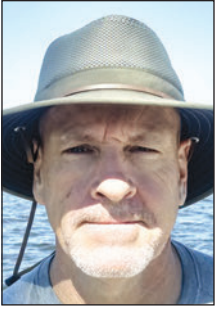
Dave Doane



## CROW Case Of The Week:

## Cooper's Hawk

by Bob Petcher



The Cooper's hawk (*Accipiter cooperii*) is often referred to as one of the most skillful flyers in the world, although you may see one tear through crowded tree canopies in

high speed pursuit of other birds. In fact, due to their affinity for birds as prey, you may want to temporarily take down your bird feeders if you notice a Cooper's hawk hanging out in your yard, so that not to tempt it.

The medium-sized woodlands hawk has short-rounded wings, a rounded tail and a strongly hooked bill. Adults have blue-gray feathering and reddish-barred chest, while the younger Cooper's hawks have brown upperparts and white underparts with brown streaking. The adult call of this species of hawk is a "cack," more prominent than a juvenile's squeaky whistle.

At CROW, a juvenile Cooper's hawk was admitted to CROW after being found on the ground with a bent wing, unable to get up or fly. The hawk was observed down in the same spot for six hours. Upon initial examination, the patient presented with partial paralysis of its lower limbs.



**Patient #20-5596 recovered from its partial paralysis, received physical therapy and was successfully returned to the wild**

photo by Brian Bohlman

"Although we don't know exactly what happened, the fracture in the shoulder girdle is consistent with blunt force trauma," Dr. Sasha Troiano, CROW veterinary intern. "The treatment is cage rest, anti-inflammatories and pain medications, as well as physical therapy."

In this case, rehabilitation therapy was definitely needed due to the partial paralysis.

"Yes, after a few days of cage rest, we start physical therapy exercises to build up muscle strength," said Dr. Melanie Peel, CROW veterinary intern. "As inflammation

resolves around the spine and affected nerves, function can return. It takes time to determine if patients will fully recover from these spinal injuries, or if they will have permanent deficits."

Radiographs also revealed a pellet lodged in the right shoulder/pectoral region and a right-wing coracoid fracture. There was no visibility of an entry wound from the pellet which led the hospital staff to suspect an older gunshot wound. The patient was held in supportive care and given pain medications.

Since the pellet was lodged in a

favorable part of the body for some time, it was not removed.

"Yes, the bullet is not causing any issues for the hawk, and it is not necessary to go in and remove it," said Dr. Troiano. "Based on its location, there is minimal risk for lead toxicity from this bullet. There would be higher likelihood of lead poisoning if it is within the GI tract, or a joint."

Nine days after intake, the patient successfully cast healthy pellets, perched, ate on its own and displayed proper digestion. As a result, the patient was moved to an outdoor enclosure and immediately began to fly.

"After showing improvement with physical therapy inside, the hawk was moved to an outside flight enclosure to do further exercise and build endurance," said Dr. Peel.

The patient's medications were then discontinued, and the hawk was continually monitored for improved flight. Its stay at CROW ended shortly after that.

"This hawk recovered well from its shoulder fracture and spinal trauma, and was successfully released in an appropriate habitat near where it was rescued," said Dr. Peel.

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



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Cast members of *Seussical The Musical*

photo provided

# Dr. Seuss Musical Begins Friday

*Seussical The Musical* will be performed at the Creative Theater Workshop beginning Friday, January 15 at 7 p.m. Other 7 p.m. show dates

include Saturday, January 16, Friday, January 22 and Saturday, January 23. There will also be 2 p.m. Sunday matinees on January 17 and 24. This fantastical family musical is based on the books of Dr. Seuss, including favorites like *Horton Hears a Who!*, *Horton Hatches the Egg* and *Miss Gertrude McFuzz*.

Horton hears a noise coming from a speck of dust on a clover and commits himself to protecting it and the Whos who live on it; Jojo, a misfit Who who “doesn’t Think normal Thinks,” struggles to find his place in the tiny Who society; Gertrude McFuzz tries to catch the attention of her love – the kind and compassionate Horton.

Through mishaps and adventures, these unique characters finally find what they seek – their places in their world. Creative Theater Workshop is located at 5916 Winkler Road in Fort Myers. To purchase tickets, visit [www.ticketor.com/ctw](http://www.ticketor.com/ctw) or buy them at the door (limited seating).✱

# Chamber Manager Earns Accreditation

SWFL Inc. marketing manager Nina Barbero recently earned Accreditation in Public Relations (APR).

Barbero joins the more than 4,300 active public relations professionals worldwide who represent an elite group of skilled professionals committed to practicing with high ethical standards, including SWFL Inc. President and CEO Tiffany Esposito.

Barbero is the marketing and communication manager for SWFL Inc., the regional chamber of commerce for Lee, Collier and Charlotte counties. The Connecticut native earned her bachelor’s degree in economics from Florida Gulf Coast University in 2016. She is the newsletter chair for the Southwest Chapter of the Florida Public Relations Association. To earn public relations accreditation, candidates must pass an oral presentation and rigorous written examination administered by the Universal Accreditation Board (UAB).✱



Nina Barbero

Michael Savarese, professor of Coastal Resilience & Climate Adaptation, The Water School, Department of Marine & Earth Sciences at Florida Gulf Coast University (FGCU), will discuss local water issues and global consequences. Dr. Savarese is an expert in sea-level rise and environmental change; he studies the history of environmental change in coastal areas and how this can inform the future. His research has helped foster environmental management and restoration efforts in Southwest Florida and has assisted archaeologists to understand the environmental context of the Calusa Native American cultural evolution. The Water School at FGCU has an interdisciplinary approach to explore water-based issues of Florida’s complex freshwater and saltwater systems. The health of waterways impacts surrounding ecosystems, regional and state economies, and people who rely on water for life and leisure.

The LWV has a long history of concern and action for climate issues and promotes an environment beneficial to life through the protection and wise management of natural resources in the public interest. The LWV supports climate goals and policies that are consistent with the best available climate science and that will ensure a stable climate system for future generations.✱

From page 1

# Virtual Fashion

present and future – all in a safe, virtual, interactive way. Learn something new and explore the museum with others. The tour includes question-and-answer sessions.

Cost is \$15 for members and \$35 for nonmembers. Spots are selling out fast. The tour can only be accessed through Google Chrome or Microsoft Edge web browsers. It is suggested you use a desktop or laptop computer to access this tour. To RSVP, visit [www.artinlee.org/abouttime](http://www.artinlee.org/abouttime).✱

# Program On Climate Change Preparedness

The League of Women Voters of Lee County (LWV) will hold a virtual educational program on Coastal Resilience and Climate Change Preparedness in Southwest Florida on Saturday, February 6 from 9:30 to 11 a.m.

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## Book Review

## Daylight

by Di Saggau



Author David Baldacci never writes a bad novel, and his latest, *Daylight*, starts off strong and never lets up. It's another Atlee Pine novel and if you haven't read the previous novels,

this one stands alone because he gives enough information to fill you in.

Atlee has been tormented for years by the abduction of her twin sister, Mercy, who was taken at age 6 and has never been seen again. Atlee eventually finds out who the kidnapper was, Ito Vincenzo, and starts investigating along with her CID agent John Puller, who is investigating a drug dealer case. They uncover a connection between Vincenzo's family and a scheme that strikes at the heart of global democracy.

Pine and Puller become involved in a dark journey of murder, high level corruption and entitlement as they discover people who will stop at nothing to hide their dark past. They get caught in the crosshairs of a threatening killer more than once. Meanwhile, Pine is learning more about what happened to her sister, and the news is not good. Puller has been seen in another

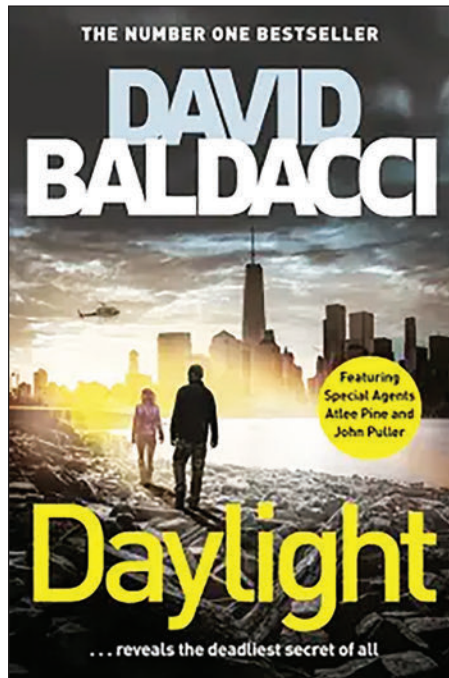


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Baldacci series, and it's nice to see him again in this one. Baldacci knows how to interweave a character into two different series. Puller is a likeable character. I had met him before, and it was great having him back on the page working with Pine. The action in *Daylight* is non-stop, and it will keep you turning the pages to see what happens next. It ends on a cliffhanger, leaving the reader anxious for the next book in the series.\*

## School Smart

by Shelley M. Greggs, NCSP



**D**ear Shelley, My daughter is in third grade and, so far, has seemed to be a very good reader. She can sound out words pretty well and her test scores

are quite acceptable. She loves school and is overall a good student. This year though, her teacher has said that her reading fluency needs improvement. This is confusing to me. What does this mean? Will her grades decline?

Amalia R, Cape Coral

**Amalia,**

What a great question! Reading fluency is really the next step after decoding that makes for a proficient reader. First of all, it's wonderful that your daughter has had success at school and is learning how to decode well. As her decoding skills improve, her fluency will improve but it sounds like the teacher has noticed a lag with fluency. Below is some information that may be helpful.

Reading fluency as defined by the National Reading Panel (2000) is evidenced by, "students who can decode text accurately, read at an acceptable rate and read aloud with appropriate expression." Fluency is the ability to read text with speed, accuracy and proper expression. Fluent readers can recognize words automatically, read aloud effortlessly and with expression, do not have to concentrate on decoding and can focus on comprehension.

Fluency doesn't ensure comprehension, but comprehension is difficult without fluency. If a reader is constantly stopping to decode and figure out unknown words, most likely meaning will be disrupted and the process of reading becomes long and laborious. When students make gains in reading fluency, they are able to put their energies into comprehension and are able to analyze, interpret, draw conclusions and infer meaning from texts.

There are some very simple and effective strategies to help students increase their reading fluency. Below, I have detailed a very simple but effective one. Practice for reading fluency also helps increase the reader's accuracy and reading comprehension according to the National Reading Panel (2000), so it's worth the extra time and energy to improve this skill.

Increasing reading fluency requires very little except a quiet location, a good book, the reader and the parent or other proficient adult reader.

1. Sit with your child in a quiet location without too many distractions. Position the book selected for the reading session so that both you and the student can easily follow the text. (Or get two copies of the book so that you each have your own copy).

2. Ask your child to begin reading out loud, encouraging her to "do your best reading."

3. Follow along silently in the text as your child reads.

4. If your child mispronounces a word or hesitates for longer than five seconds, tell her the word. Have her repeat the word correctly and then ask her to continue reading aloud through the passage.

5. Occasionally, praise your child in specific terms for good reading (e.g., "You are reading with such good expression!")

Practice this technique with your daughter three to four times a week for about 10 to 15 minutes per reading session. You, your daughter and her teacher will see results quickly and, as a side benefit, you and your daughter will have built a wonderful reading bond between the two of you.

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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## Republican Women To Meet

Larry Hart and Ken Wilkinson, newly retired Lee County Constitutional officers, are scheduled to receive the Fort Myers Republican Women's Club annual GEM award during a luncheon meeting at Broadway Palm on Thursday, January 21. A social hour begins at 11:15 a.m. The noon lunch will be followed by the awards presentations and installation of officers.

The GEM award represents Great leadership, Excellent programs and policies, and Major contribution of time and effort in our community. The club's 2021 officers will also be installed.

Broadway Palm follows all CDC guidelines; tables are arranged for proper social distancing and hand sanitizer is provided in numerous locations. Those attending are expected to wear masks; temperatures are taken at the door.

The public is invited to attend the luncheon and the program. Luncheon cost is \$20. Reservations are required by Thursday, January 18. For more information and to register, contact Tina Laurie at 489-4701 or email astout34@comcast.net or social.lady@yahoo.com.

FMRWC membership is available at \$25. Associate members (men) may join at \$15. Checks may be paid at the luncheon meeting or sent to Tina Laurie, 2560 South Landings Drive, Fort Myers, FL 33919.\*



## Local Leaders Join Cause For Affordable Homes

Habitat for Humanity of Lee and Hendry Counties has a new chairman and five new board members for 2021. Chairman Carl Barraco joins new members Diana Giraldo, Heather Turco, Nancy Ramos, Sandra Stilwell Youngquist and Shiva Sharma.

The new officials and the rest of the board will work together to expand affordable homeownership opportunities for low-income families in need of a decent and affordable place to live. "Each of these individuals brings a wealth of knowledge and experience to the board," said Habitat Lee and Hendry CEO Becky Lucas. "We couldn't ask for a better group of individuals to help govern, represent and advocate for the work we do here at Habitat."

Barraco is a professional engineer in the state of Florida, having received bachelor's and master's degrees from the University of South Florida. Along with his associates, he founded Barraco and Associates in 1998 and has been providing civil engineering services throughout Southwest Florida for 29 years.

Giraldo is the business development director at E3 Building Sciences. Born and raised in Colombia, she received a bachelor of science degree in architecture and urban design from Universidad de America in Bogota and a master of science degree in management at Hodges University. Giraldo is the president and co-founder of the nonprofit Streets Alive of SWFL. She is a sustainable communities leadership professional, a member of the Lee County Horizon Council, chairwoman for Run the Arts, as well as the operations leader for ArtFest Fort Myers.

Turco is a crime prevention specialist for the Lee County Sheriff's Office Community Response Unit (CRU). She works to establish and maintain grassroots partnerships designed to help deputies identify, address and resolve quality of life issues. Prior to joining the Lee County Sheriff's Office in 2017, Turco worked as a news anchor/reporter for NBC2.

Ramos has been a Florida state contractor since 1991. As the owner of Ramos Builders Incorporated, she has transformed her business into one of Cape Coral's premier single and multifamily home builders. As a member of the Cape Coral Construction Industry Association's Building Industry Oversight Committee, Ramos is responsible for reviewing the annual financial budget and monthly financial reports for the Department of Community Development for the City of Cape Coral.

Stilwell Youngquist is the CEO and owner of Stilwell Enterprises & Restaurant Group, owning six local restaurants, inns, a marina and



Carl Barraco



Diana Giraldo



Heather Turco



Nancy Ramos



Sandra Stilwell Youngquist



Shiva Sharma

shopping centers based out of Captiva Island, Fort Myers and Conch Key. She serves as president of SWFL Children's Charities, on the executive board of directors for Hope Hospice Healthcare, on the board of trustees for Lee Health, and as vice president of a performing arts organization called Player's Circle.

Sharma is an experienced business leader with 20-plus years of information technology (IT) experience in cyber security, ERP, CRM, data science and mobile applications. As an entrepreneur, he has founded and built multiple IT and non-IT businesses organically and grown them into multimillion-dollar corporations. Shiva serves on the board of advisors at Florida Gulf Coast University and a leading national retail organization as well as several local small business organizations.\*

From page 1

## Blues Band

to wear masks at all times. Attendees are required to wear masks indoors at the Alliance, for bathrooms and when social distancing is not possible. In the event of inclement weather, staff will contact ticket holders to refund or reschedule the performance.

For more information, reservations and meal options, visit [www.eventbrite.com/o/alliance-for-the-arts-30822833011](http://www.eventbrite.com/o/alliance-for-the-arts-30822833011).\*

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Will Power

# Fear And Anxiety



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

As we head into a new year, it's important to note how the past year affected us. My children, for example, have been shaken to the core over the coronavirus. They're fearful of contracting it or that their three living grandparents, or my wife and I, get sick and die.

My oldest daughter lives and works in New York City. The start to her life after graduation consists of quarantine and Zoom meetings with coworkers she's yet to meet in person. My middle and youngest daughters, in graduate and undergraduate programs respectively, must meet daily challenges of limited

in-person interaction with classmates and professors along with countless hours of video conferenced classes.

Workers and business owners have been hit hard. Start again? Retool? Life has always been uncertain; today seems notably precarious.

My firm's clients, many of them retired, long for face-to-face interaction with loved ones, or with anyone, for that matter. Travel plans have been put indefinitely on hold. The virus is especially deadly for seniors, causing fear and anxiety.

The theologian Paul Tillich wrote about the difference between fear and anxiety. Fear is of something, you can name it and face it, and in the facing of it lift your own morale, show yourself what's in you. Anxiety is amorphous; it doesn't quite have an object, it's a state. Some call it being "overwhelmed." It's harder to shake. No empowering necessarily comes from it.

How are we to move forward? In 2021, we'll have to break down anxiety into specific fears and deal with them courageously. Perhaps you've suffered a loss, human, intellectual or emotional. By examining the work of three cognitive behavioral therapists, it's possible to reframe tragedy into opportunity, scarcity into abundance.

Victor Frankl, the Auschwitz survivor, developed logotherapy theory based on what he called "man's search for meaning." Though the Nazis took away almost every vestige of humanity from those they consigned to the death factories, Frankl argued there was one thing they could never take away from their prisoners – the right to respond. So long as a person has an unfulfilled purpose, he may choose to fight on rather than to die.

Aaron T. Beck, called the founder of Cognitive Behavioral Therapy, found that patients suffering from depression linked their feelings to highly negative thoughts

about themselves, the world and the future. By getting them to think more realistically, he found that their moods tended to improve.

Martin Seligman, the founder of Positive Psychology, aims to not just treat depression but actively promote "authentic happiness" and "learned optimism." Depression, Seligman argued, is often linked to pessimism, which comes from interpreting events in a way he calls "learned helplessness." Pessimists tend to see misfortune as permanent ("It's always like this"), personal ("It's my fault") and pervasive ("I always get things wrong"). This leaves them feeling that the bad they suffer is inevitable, beyond their control. Optimists look at things differently. For them, negative events are temporary, the results of outside factors, and exceptions rather than the rule. Within limits, you can unlearn pessimism, and the result is greater happiness, health and success.

What links all three thinkers is their belief that there is always more than one possible interpretation of what happens to us. We can choose between different interpretations, and the way we think shapes the way we feel.

Frankl, Beck and Seligman's combined work suggests the best way of changing the way we think and feel is to ask, "What does this bad experience enable me to do that I could not have done otherwise?" That can be life transforming.

Looking back, I now realize that the largest gains I've made in life were the result of the most difficult challenges I faced. At the time, I confronted those challenges and I was fearful and anxious. Rather than succumbing, I would plough ahead with determination and persistence – essentially my modus operandi to confront my fears one by one.

As an aside, I've noticed some of my clients have a fear of completing an estate plan. We begin, converse about the possibilities and I draft documents. Sometimes, the drafts sit for months, if not years, before the client gets around to signing, almost as if they believe that upon signing, a lightning bolt will appear from heaven striking them down.

Fear of death must be one of the biggest each of us faces. The coronavirus certainly moved those fears to the forefront. Don't let fear and anxiety stop you from your progress toward your bigger future. Vaccines are arriving. A new year has dawned.

Let's make the most of it.  
©2021 Craig R. Hersch. Learn more at [www.floridaestateplanning.com](http://www.floridaestateplanning.com).\*

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## Superior Interiors

## Peaceful Outdoor Sanctuaries



by Marcia Feeney

As our patios, porches and lanai areas are becoming more sophisticated and refined, today's homeowners are driven to find peaceful sanctuaries as a prescription for relaxation.

Creating your perfect outdoor space will be the result of the successful combination of many design elements such as landscaping, stonework, carpentry, furnishings, lighting and accessories. Careful pre-planning will be the key to creating this space, so begin with creating your personal wish list. You may be amazed at how long this list might become!

Think about incorporating your year-round needs. Do you frequently entertain outdoors? Do you spend time outdoors in the evenings simply relaxing? Is an outdoor grilling a requirement for you? Do you enjoy planning for simple family meals outdoors? Once you've accessed your needs, then planning your outdoor space becomes much easier. Think about incorporating these simple ideas:

Comfortable Furniture – This should

be the most important element in your design. Today's outdoor furnishings have been manufactured to withstand all that Mother Nature can bestow. The age of folding, vinyl-strapped furniture is definitely now obsolete. Many furniture pieces of today look identical to indoor furniture but have been constructed and designed to stand up to all the outdoor elements.

Fabulous Fabrics – The biggest and most consistent name in outdoor fabrics today is Sunbrella. This company's collection of fabrics is colorful, design-oriented and totally durable. Sunbrella features gorgeous fabrics manufactured to resist fading from ultraviolet rays, mildewing from damp conditions and odor absorption. It is just the ultimate outdoor upholstery or drapery fabric that will be used and enjoyed by your family for years.

Let There Be Light – Be sure to consider incorporating various types of lighting in your outdoor space design, just as you would inside your home. Landscape lighting, overhead lighting, ceiling fans, sconces and decorative side table lighting are all great ideas. Develop a creative lighting plan to help you create a space with increased ambiance and functionality.

Remember to create a space that is perfect for you and your needs. This is a space where memories will be made, so please consider it an important investment – both financially and emotionally.

Marcia Feeney is an interior designer on Sanibel/Captiva Islands. She can be reached at [marcia@coindceden.com](mailto:marcia@coindceden.com).✽

## Public Relations Group Seeks Competition Entries

The Southwest Florida Chapter of the Florida Public Relations Association (SWFL-FPRA) is making a call for entries for its annual Local Image Awards competition, which recognizes outstanding communications programs, presentations and campaigns. Entries are open to marketers, communicators, graphic designers, advertising gurus and public relations professionals.

"The Image Awards are for any marketing and communications professional or college student who has executed a successful public relations, marketing or communications project during the last year. From press releases and brochures, to website redesign, to GIFs and videos, there is a category for everyone in this competition. Now is the perfect time to receive recognition for all the hard work you put into this past year," said Lisa Murray, APR, CPRC, Local Image Award event chair for SWFL-FPRA.

The Local Image Award competition is open to businesses or residents in Lee, Collier, Charlotte, Hendry, and Glades counties regardless of membership affiliation with FPRA. The local competition is the precursor to FPRA's

Golden Image Awards where Florida PR professionals participate in a state-wide competition.

The competition includes four divisions, with multiple categories within each division:

1. Division A – Public Relations Programs – A public relations program is defined as a broad-based communications endeavor using two or more public relations tools.

2. Division B – Collateral of Public Relations – Public relations collateral is any printed material used for a public relations purpose, either standing alone or as part of a public relations program. It includes written material and specialty items. In the case of regularly produced printed materials, such as newsletters or magazines, one to three issues should be included in the support material.

3. Division C – Digital Tools of Public Relations – This division includes any online, audio or audio/visual presentation or program that serves a public relations objective. Audio, video or electronic presentations should be submitted with a copy of the script or storyboard, if available.

4. Division D – Student Projects in Public Relations – This division is restricted to entries submitted by full- or part-time students enrolled at an accredited Florida university or college. Student projects in public relations include printed material and campaigns created for a public relations purpose, whether

continued on page 16

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Frankly Speaking



by Howard Prager

So good to have sports which seems to be a uniter of our country. The Heisman, first weekend of NFL playoffs, more firsts for women in sports, NBA and NCAA basketball in action

but stumbling a bit out of the bubble. And a 100-year celebration. DeVonta Smith, wide receiver from Alabama won the Heisman. He's the first wide receiver in 29 years and only the fourth in the history of the Heisman. It's just tough for a wide receiver to win this, because their touches per game are far less than a quarterback or running back, so they have to truly stand out. Smith does, and he leads the Fottball Bowl Subdivision in receptions (105), receiving yards (1,641) and receiving touchdowns (20). He has dropped only two passes all season. Other stats include rushing for one touchdown and returning a punt for another score this season. He set the Alabama record for career receiving yards and set an SEC record for career touchdowns. Last week, Smith was named The Associated Press Player of the Year, becoming the first receiver to win the award. "The two main reasons I came back was to get my degree and win a national championship," he said. "I checked one box, and I'm trying to check the other now." He did.

The biggest surprise in the NFL's wild card weekend was that the only rout was the rematch between Cleveland and Pittsburgh. All the games provided plenty of action for viewers with no shutouts. Tom Brady has the Bucs moving to the next round and another matchup with Drew Brees and the Saints, the first time two 40-plus quarterbacks ever faced each other in the playoffs. Jared Goff of the Rams became the first quarterback to complete under 50 percent of his passes and win a playoff game since Tom Brady did so during the 2016 season. Brady later led the Patriots to the 2017 Super Bowl. Let's hear it for the Browns and Bills, who both hadn't won a playoff game since 1994 and 1995, respectively.

I keep reading about NBA challenges to field teams. Not playing in a bubble and the NBA's COVID-19 protocol has forced several teams to field the bare minimum of eight players. The 76ers played their game against the Nuggets last weekend with only seven healthy players, suiting up injured Mike Scott so they wouldn't have to forfeit their game. NCAA basketball also keeps getting cancellations and postponements because of COVID-19. I wonder what may be different in baseball this year, and even what MLB plans are going to be. In the meantime, the Mets are stocking up to be a real threat under new ownership, and the Padres have made some bold additions and are now favored in the NL West.

Two woman firsts last week. Bianca Smith became a minor league coach for the Red Sox, working with position players at JetBlue Park. She is the first black woman to coach in professional baseball. Smith was an assistant coach and

hitting coordinator at Carroll University in Wisconsin. Jaime Faulkner was named president of business operations for the Chicago Blackhawks, the highest front office position for a woman in their 94-year history. Said Kathleen Francis, chair of Women in Sports and Events: "It's happening because leagues and teams are being more intentional about diversifying their workforce. In order to make change, you have to be open to looking beyond what may be your current circle. Jaime and Kim Ng of the Miami Marlins will continue to have a positive impact on the future of women in sports."

Speaking of women in sports, one woman in sports just celebrated her 100th birthday, and that's the good news story today. Agnes Keleti is also the oldest living Olympic champion, with 10 Olympic medals. A Holocaust survivor, she hid in the Hungarian countryside during the Holocaust and assumed a false identify working as a maid. Her mother and sister also survived the war, but her father and other relatives were killed at Auschwitz. After the war, she tried to resume her career but an ankle injury kept her out of the 1948 London Olympics. At 32, she finally made her debut and won four medals in Helsinki. In 1956, she won six more medals in Melbourne, becoming the oldest medalist in gymnastics history. However, the Soviet Union invaded Hungary late that fall following an anti-Soviet uprising, and Agnes remained in Australia and sought political asylum, immigrating to Israel the following year where she worked as a trainer and coach for the Israeli Gymnastics Team. Her life philosophy? "I love life. Health is the essence, without it, there is nothing." Her doctor's advice? Avoid full leg splits! She said the experience gained traveling the world were more precious to her than her 10 Olympic medals. Agnes, your story is an inspiration to us all.

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).✪

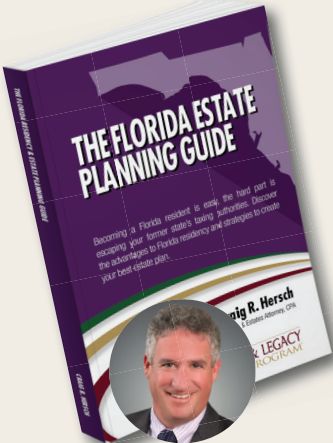
Court Services Phone Scam Threatens Victims

Lee County Clerk Linda Doggett is warning residents about a phone scam threatening victims of an impending lawsuit against them. The calls appear to come from the clerk's office number 533-5000, but the numbers are spoofed. The scammers leave a case number and claim to have legal documents that require signature. If the calls are not answered, the scammers leave a voicemail instructing the victims to call 877-202-3619, where they may fall victim to fraud or theft. "You will never receive an unsolicited call about court services from the clerk of courts," Doggett said. "If you are targeted for a scam, do not provide any personal or financial information either." The clerk's office only returns customer calls that are initiated using the new call-back feature. If you ever doubt who you are speaking with over the phone, disconnect and call the Clerk's office at 533-5000 to speak with a customer service representative. Anybody who receives a call appearing to come from the clerk's office about a lawsuit should report the scam to the Lee County Sheriff's Office Fraud Unit. For more information about the Clerk's office and other Scam Alerts visit [www.leeclerk.org](http://www.leeclerk.org).✪

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by Craig R. Hersch  
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Public Relations

assigned for a course or completed outside the classroom. A photocopy of the entrant's valid student ID must be attached to the entry form. Winners will be evaluated based on evidence of sound research and planning as well as having met the highest standard of production, execution and

evaluation of results and budget. The deadline for entries is February 18. Cost is \$55 for SWFL-FPRA members, \$75 for non-members and \$40 for students. Visit [www.fpraimage.org](http://www.fpraimage.org) for more information, guidelines and to submit entries. Select "Southwest Florida Chapter" to begin the online submission process. Winners will be announced at the SWFL-FPRA Local Image event scheduled for Thursday, April 15 at 6 p.m.✪

SPORTS QUIZ

1. In 2012, what pro bowler celebrated his fifth U.S. Open title by exclaiming, "Who do you think you are? I am!"
2. Before beginning his broadcasting career in 1978, Bob Trumpy played tight end for what NFL team?
3. At the 1998 Nagano Winter Olympics, who scored the first ever Olympic goal for the U.S. Women's National Hockey Team?
4. The Bedlam Series is the name given to the athletic rivalry between what two universities?
5. What Seattle sports facility was demolished by implosion in March 2000?
6. In 1993, what Detroit Pistons "Bad Boy" was involved in a scuffle with teammate Isiah Thomas that resulted in Thomas suffering a broken hand?
7. What 1986 comedy film included a character named Cameron who wore Gordie Howe's No. 9 Detroit Red Wings jersey?

ANSWERS

1. Pete Weber. 2. The Cincinnati Bengals. 3. Cammi Granato. 4. Oklahoma and Oklahoma State. 5. The Kingdome. 6. Bill Laimbeer. 7. Ferris Bueller's Day Off.



dearRPharmacist

## Six Solutions For Gastrointestinal Upset



by Suzy Cohen, RPh

**Dear Readers:**

Heartburn, nausea, constipation or other gastrointestinal (GI) symptoms are no fun. Unfortunately, neither are many of the medications used

to treat them. Some popular categories of medication that can upset your stomach include antibiotics, cholesterol pills, acid blocking heartburn drugs and hormones such as oral contraceptives.

By a mile, acid blockers are the most popular over-the-counter (OTC) drug that people take. Millions of people use them due to easy accessibility. If you do, you should know they are one of the strongest “drug muggers” out there, capable of robbing your body of practically every essential nutrient you need for health. They can reduce levels of probiotics, magnesium, folate, B12, calcium, vitamin C, iron and others.

Laxatives can help safely relieve a person's occasional constipation, but when used excessively, they'll reduce levels of several minerals including blood-pressure stabilizing potassium and the fat-soluble vitamins A, D, E and K. Complications from muscle cramps, to vision problems, to heart palpitations can result. If you get diagnosed with diseases related to your eyes, muscles or heart, it could be related to routine use of laxatives. I have a longer version of this article at [www.suzycohen.com](http://www.suzycohen.com).

Whatever the problem and whatever cause, here are some natural solutions to help you if you're experiencing GI discomfort:

1. Zinc Carnosine – If you have

mouth sores, this could be helpful. These supplements help heal the mucosal lining, and there is research that shows it helps repair the gut and reduce inflammation in the mouth. It can help a little with gastric ulcers/pain. It is generally taken twice daily, once before breakfast and again at bedtime, for a total of 8 weeks.

2. Marshmallow Tea – If you have reflux (GERD), heartburn, peptic ulcers, hiatal hernia, Crohn's disease, irritable bowel syndrome, indigestion, diarrhea, celiac disease, or H. pylori infection, then this remedy can help you. The magic happens because marshmallow root (not the fluffy confection) contains a lot of mucilage, a gooey, gelatinous substance that some plants naturally produce. When you drink it, it acts as a demulcent, creating a soothing film that coats your irritated mucous membranes and relieves pain and inflammation quickly. My recipe video is on youtube which shows how to make it.

3. Mastic Gum – Mastic gum is a resin extracted from the mastic tree, *Pistacia lentiscus*. It's used as a natural remedy for many intestinal and bowel disorders, including indigestion, acid reflux, inflammatory bowel disease, gastritis, ulcers and dyspepsia.

4. Fiber – One of the easiest ways to relieve constipation is to get enough fiber. You don't have to supplement necessarily, just increase your intake of vegetables and fruits.

5. DGL – Licorice root contains an abundance of healing flavonoids and phytoestrogens, along with the anti-inflammatory compound glycyrrhizin. It can soothe irritated membranes. DGL is best taken in a chewable tablet about 20 minutes before meals.

6. Probiotics – These are the friendly bacteria in your digestive tract that make up your microbiome. The more friendly ones you have, the better you feel and faster your transit time.

*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

## Top Diets To Start 2021



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

As people move into a new year, the most common New Year's resolution made is to get healthier. *U.S. News and World Report's* expert panel reviewed around 40 eating plans and came up with those they felt would be best to help people improve overall health. Here are the top three: Mediterranean diet, DASH and Flexitarian diets. Keto came in fifth, for those of you who are wondering!

Some of you may know that we have our own eating plans called The Hauser Diet ([www.hauserdiet.com](http://www.hauserdiet.com) for more information.) Basically, it is comprised of five different diet types (Lion, Otter, Bear, Monkey, Giraffe) varying in amounts of carbs, protein and fat for each. Why? Because each person's physiology is different, requiring differing amounts of these macronutrients.

We are, however, big fans of the Mediterranean diet because it fits many people's nutritional needs well and promotes overall health through eating fresh, whole foods. The Mediterranean diet is high in vegetables (yes!), fruits, whole grains, legumes, nuts, seeds and olive oil. It also allows for moderate

consumption of dairy and red wine. Meat is eaten in much smaller amounts. This type of diet typically stabilizes blood sugar and improves cholesterol and triglycerides, thus reducing cardiac risk factors. However, those with significantly elevated blood glucose and lipid levels may need to follow a higher protein/fat diet due to their individual physiology – thus the keto-type diet is more effective in reducing these levels, similar to the Hauser Lion or Otter diets.

The DASH and Flexitarian diets tied for second place. DASH stands for Dietary Approaches to Stop Hypertension and adds more fat-free or low-fat dairy products, fish and poultry, as well as lower salt consumption. Flexitarian eating plans encourage people to consume a mostly vegetarian diet with occasional meat-based meals, also limiting sugar and sweets like both above diets do as well.

Our take on the sodium issue is that if you consume a fresh food diet, then your food will be naturally very low in sodium. Living in a hot weather climate causes us to perspire more, thus, we typically lose more minerals, such as sodium, when we sweat, particularly if we are avid exercisers. So, we do caution against going too low in sodium.

In summary, as we have said many times in prior articles, eat real food; eat your veggies; eat fresh; control portions; reduce sweets; and keep moving! You only live once! Let us live well and prosper! Happy New Year, friends! Here is to a fantastic 2021!

*This information is not intended to treat, cure or diagnose your condition. Ross Hauser, MD, and Marion Hauser, MS, RD, established Caring Medical in 1991. Caring Medical Florida and the Hauser Neck Center are located in Fort Myers. They can be reached at [info@caringmedical.com](mailto:info@caringmedical.com).*

Beautifulife:

## Rise Above



by Kay Casperson

We have all found ourselves in situations that can test our ability to walk away, take a deep breath, or just blow it off altogether. These circumstances can happen daily, weekly, or only every once in a while. Still, regardless of the frequency, it takes reasonable control and practice to rise above the situation and ultimately win at achieving your most balanced and beautiful life.

Regardless of what comes your way to distract you, I believe that we can change each situation's outcome and are in control of the end result.

Examples of some of these are below, and how you handle them could help your outlook and attitude.

Disappointments – We tend to put our trust in the fact that people will do the right thing. I have learned long ago that you should not put all of your faith in any individual but continue to hope and pray that people will come through for you. If you do this, it won't be such a disappointment if it doesn't happen. Unfortunately, people can and will let you down, so don't let it rock your world, and you will continue to stay positive and happy.

Disagreements – We cannot and will not agree with everyone all the time. We are all programmed differently in terms of how we think, what we believe, and what we feel is essential. That being said, there are sure to be disagreements, and that is OK. Get your point across, stay focused and don't take things personally.

Disapproval – Do you find yourself wanting to seek approval from those

around you? Are there times when you feel your message is lost in the shuffle or that you just can't seem to get others to get on board with who you are or what you're trying to do? Maybe this makes you feel like they disapprove of you, your mission or your goals. Stay unique, be true to who you are and don't worry about the rest.

Situations will arise every day that will affect how you think, feel and react. Still, the most important thing you can do is rise above all of it to ultimately stay on top of your game.

My affirmation for you this week is: “I will rise above all that comes my way to distract me from staying positive, focused, unique and happy to enjoy my beautiful life.”

*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.*

## Be Cautious With Effects Of Soma

Many people would find it surprising but Soma abuse is very common, and Soma is being prescribed by many pain management clinics. Be cautious of the effects this medication could have on you or someone else. A person abusing Soma also builds a tolerance and dependence for the drug. In a study of 20 Soma users, 13 of them admitted to using more than prescribed.

To learn more about Soma abuse, visit [www.narconon-suncoast.org/drug-abuse/soma-effects.html](http://www.narconon-suncoast.org/drug-abuse/soma-effects.html).

Narconon can help you take steps to overcome addiction in your family. Call 1-877-841-5509 for free screenings or referrals.





|                                      |                |
|--------------------------------------|----------------|
| 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



"I don't think so. I have to be  
home by \_\_\_\_\_."

SCRAMBLERS

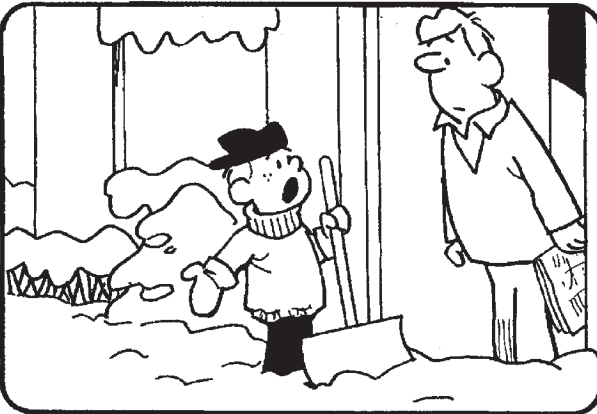
Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

|             |  |  |  |  |
|-------------|--|--|--|--|
| Waver       |  |  |  |  |
| L A F T E R |  |  |  |  |
| Help        |  |  |  |  |
| V E R S E   |  |  |  |  |
| Thick       |  |  |  |  |
| N E E D S   |  |  |  |  |
| Rebuff      |  |  |  |  |
| L E P E R   |  |  |  |  |

TODAY'S WORD

HOCUS-FOCUS

BY  
HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Panes are missing. 2. Cap is reversed. 3. Arm is moved. 4. Handle is shorter. 5. Neckline is different. 6. Paper is moved.

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.

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



PUZZLES

Answers on page 23

Super Crossword 21 AND SINGLE

- ACROSS**
- 1 Alcatraz Island locale, for short
- 6 Info-filled
- 11 Subjective paper pieces
- 16 Yeshiva student, e.g.
- 19 Land, in Italy
- 20 Fast Amtrak service
- 21 Salsa singer Cruz
- 22 Pal, in Nice
- 23 Concerning the effects of drugs on the mind
- 27 Maestro — -Pekka Salonen
- 28 12:00, half of the time
- 29 South, in Spanish
- 30 Flinch in fear
- 31 Squid feature
- 34 "Chill out!"
- 37 Amply skilled
- 38 Belief in a national power structure
- 42 Acting signal
- 43 Blarney
- 44 Stone's land
- 44 "Sometimes you feel like —"
- 45 Get moving
- 48 Org. for tooth drillers
- 50 Lid
- 52 Bullfight yell
- 55 Official endorsement via an amendment, say
- 61 Savings acct. addition
- 62 Days before holidays
- 63 Rises
- 64 Heaps
- 65 Ornamental hairnets
- 67 Jogged
- 69 — Pointe, Michigan
- 71 Gazpacho, e.g., in Spanish
- 72 Talisman
- 73 Cookie for 100+ years
- 75 He's a doll
- 76 Ear, nose and throat doctor
- 81 B-ball official
- 82 Sneak off to say "I do"
- 83 The same: Prefix
- 84 — Carlo
- 85 Street — (popular acceptance)
- 86 Video file format, in brief
- 89 Wrestling win
- 90 Quality among identical things
- 100 TV's Griffin
- 101 Oaths
- 102 Swiss city on Lake Geneva
- 103 Shelling out
- 106 Moo goo — pan
- 107 Short comic sketch
- 108 Fist bump, colloquially
- 109 Machine for a brain test
- 115 Palme — (film award)
- 116 Coiled
- 117 Sprightly
- 118 China's Zhou
- 119 Mil. officer
- 120 Taunts in fun
- 121 Swift
- 122 Nation south of Sicily
- DOWN**
- 1 Fla. Gulf city
- 2 Admits guilt, with "up"
- 3 Kobe of hoops
- 4 Curved path
- 5 "Boo- —!" ("All right!")
- 6 Port southeast of Roma
- 7 Canyon comebacks
- 8 Stop nursing
- 9 35mm camera type
- 10 Thanksgiving staple
- 11 Like mystical practices
- 12 City in Illinois
- 13 Added wing
- 14 Fashionable Christian
- 15 Stuffing herb
- 16 "I, Claudius" star Derek
- 17 PC-to-PC letters
- 18 Actor Dafoe
- 24 Aunt's spouse, in Paris
- 25 Unified
- 26 "Sorry, already have plans"
- 32 Cantina snacks
- 33 Bordered on
- 34 Roman 901
- 35 Above, in verse
- 36 Country crooner Randy
- 39 Fire output
- 40 Mother of Don Juan
- 41 Magical glow
- 45 Clip out, as a coupon
- 46 Imply in its definition
- 47 In addition to
- 48 Gorged on
- 49 Fluffy floor-cleaning tool
- 50 Walking aid
- 51 They can't be taught new tricks, in a saying
- 52 Raincoat material
- 53 Most baggy
- 54 Pact among nations
- 56 ER hookups
- 57 Bit of land in l'oceano
- 58 Mink relative
- 59 In smart garb
- 60 Eastern spiritual path
- 66 Crew tool
- 68 Precept
- 69 Salon goop
- 70 Suitemates, say
- 72 Like one of a battery's terminals
- 74 Pal of Piglet
- 77 That girl's
- 78 "How did — this happen?"
- 79 Close by
- 80 Fixin' to
- 85 Longtime Honda model
- 86 Rock or jazz
- 87 Thanksgiving staple
- 88 Suffix with host or lion
- 89 Mickey's dog
- 90 Obstruct
- 91 Kevin of "Aliens in the Attic"
- 92 Maytag products
- 93 Rocker Ted
- 94 Big pianos
- 95 High-pH substance
- 96 Skipped out (on)
- 97 Ultimate purpose
- 98 Be short with
- 99 Old compact Kia model
- 104 Abbr. on a food carton
- 105 Escalate
- 107 Clipper, e.g.
- 110 "Sure," in Soissons
- 111 Pointy part of Mr. Spock
- 112 Links gp.
- 113 Ruby or onyx
- 114 Stuff in some viral genes

|     |    |    |   |    |     |     |     |    |     |    |    |     |     |     |     |    |    |     |     |     |
|-----|----|----|---|----|-----|-----|-----|----|-----|----|----|-----|-----|-----|-----|----|----|-----|-----|-----|
| 1   | 2  | 3  | 4 | 5  |     | 6   | 7   | 8  | 9   | 10 |    | 11  | 12  | 13  | 14  | 15 |    | 16  | 17  | 18  |
| 19  |    |    |   |    |     | 20  |     |    |     |    |    | 21  |     |     |     |    |    |     | 22  |     |
| 23  |    |    |   |    |     | 24  |     |    |     |    |    | 25  |     |     |     |    |    | 26  |     |     |
| 27  |    |    |   |    |     | 28  |     |    |     |    |    | 29  |     |     |     |    | 30 |     |     |     |
| 31  |    |    |   | 32 | 33  |     |     |    |     |    |    |     |     |     | 36  |    |    |     | 37  |     |
| 38  |    |    |   |    |     |     |     |    | 39  |    |    |     |     |     |     |    | 40 | 41  |     |     |
|     |    |    |   | 42 |     |     |     |    | 43  |    |    |     |     |     | 44  |    |    |     |     |     |
| 45  | 46 | 47 |   |    |     |     | 48  | 49 |     |    |    |     | 50  | 51  |     |    |    |     |     | 52  |
| 55  |    |    |   |    |     | 56  |     |    |     | 57 | 58 | 59  |     |     |     |    |    |     | 60  |     |
| 61  |    |    |   |    | 62  |     |     |    |     | 63 |    |     |     |     |     |    |    |     | 64  |     |
| 65  |    |    |   | 66 |     |     |     | 67 | 68  |    |    |     |     |     |     | 69 | 70 |     |     |     |
| 71  |    |    |   |    |     |     | 72  |    |     |    |    |     |     | 73  | 74  |    |    |     |     | 75  |
| 76  |    |    |   |    | 77  | 78  |     |    |     |    |    |     | 79  |     |     |    |    |     | 80  |     |
| 81  |    |    |   |    | 82  |     |     |    |     |    |    |     | 83  |     |     |    |    | 84  |     |     |
|     |    |    |   | 85 |     |     |     |    |     | 86 | 87 | 88  |     |     |     | 89 |    |     |     |     |
| 90  | 91 | 92 |   |    |     |     |     |    | 93  | 94 |    |     |     |     | 95  | 96 |    |     |     | 97  |
| 100 |    |    |   |    |     |     |     |    |     |    |    |     |     |     | 102 |    |    |     |     |     |
| 103 |    |    |   |    |     | 104 | 105 |    | 106 |    |    |     |     | 107 |     |    |    |     |     | 108 |
| 109 |    |    |   |    |     |     | 110 |    |     |    |    |     | 111 | 112 |     |    |    |     | 113 | 114 |
| 115 |    |    |   |    | 116 |     |     |    |     |    |    | 117 |     |     |     |    |    | 118 |     |     |
| 119 |    |    |   |    | 120 |     |     |    |     |    |    | 121 |     |     |     |    |    | 122 |     |     |

King Crossword

- ACROSS**
- 1 Nile vipers
- 5 Cistern
- 8 Sprint
- 12 Guitarist Atkins
- 13 — -de-France
- 14 Formerly
- 15 Antelope's playmate
- 16 Its days are numbered
- 18 Degree of excellence
- 20 Endures
- 21 "Nova" ailer
- 22 Lass
- 23 Regions
- 26 Volcanic crater
- 30 "Entourage" agent
- 31 Branch
- 32 Felon's flight
- 33 Trinidad
- 36 Fountain drinks
- 38 Fine, at NASA
- 39 Marry
- 40 Dishonor
- 43 Actor Rory
- 47 Squid dish
- 49 Big fair, for short
- 50 "Oops!"
- 51 Drench
- 52 Peruse
- 53 Facts and figures
- 54 Guitar master Paul
- 55 Tolkien creatures
- 11 Towel word
- 17 Israeli airline
- 19 Small ammo
- 22 Leg, in slang
- 23 Efron of "Parkland"
- 24 Man-mouse link
- 25 Zero
- 26 — -Magnon
- 27 Right angle
- 28 Squealer
- 29 Early hrs.
- 31 Request
- 34 Motorcycle maker
- 35 "The Raven," for one
- 36 Actor Gibson
- 37 Stick
- 39 Is patient
- 40 Gulf War missile
- 41 "Funny!"
- 42 Oodles
- 43 Manitoba tribe
- 44 They can take a yoke
- 45 — the crack of dawn
- 46 Agrees silently
- 48 Piercing tool
- DOWN**
- 1 Outlet letters
- 2 The Mets' old home
- 3 Rind
- 4 American flag feature
- 5 Bad habits
- 6 Winged
- 7 Aviv preceder
- 8 Disney duck
- 9 &&&&
- 10 Ella's style

|    |    |    |    |    |    |    |   |    |    |    |    |    |
|----|----|----|----|----|----|----|---|----|----|----|----|----|
| 1  | 2  | 3  | 4  |    | 5  | 6  | 7 |    | 8  | 9  | 10 | 11 |
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| 18 |    |    |    |    | 19 |    |   |    | 20 |    |    |    |
|    |    |    |    | 21 |    |    |   | 22 |    |    |    |    |
| 23 | 24 | 25 |    |    |    | 26 |   |    |    | 27 | 28 | 29 |
| 30 |    |    |    |    | 31 |    |   |    |    | 32 |    |    |
| 33 |    |    | 34 | 35 |    |    |   |    | 36 | 37 |    |    |
|    |    |    |    |    | 38 |    |   |    | 39 |    |    |    |
| 40 | 41 | 42 |    |    |    | 43 |   |    |    | 44 | 45 | 46 |
| 47 |    |    |    |    |    | 48 |   |    |    | 49 |    |    |
| 50 |    |    |    |    |    | 51 |   |    |    | 52 |    |    |
| 53 |    |    |    |    |    | 54 |   |    |    | 55 |    |    |

MAGIC MAZE ● CONTAINERS

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally  
Unlisted clue hint: SUSPENDED FROM A NECKLACE

- Breadbox  
Briefcase  
Capsule  
Cask  
Compact  
Decanter  
Gripsack  
Inkwell  
Jerry can  
Kit  
Pillbox  
Pouch  
Quiver  
Vase  
Vessel





Strawberry and Sweet Chili Cocktail Meatballs photo courtesy Fresh From Florida



Strawberry and Sweet Chili Cocktail Meatballs

- 1 cup fresh strawberries, hulled, rinsed and diced
- 3/4 cup strawberry jam
- 1 pound lean ground beef
- 1 cup yellow squash, grated fine
- 1 cup zucchini, grated fine
- 1 cup mushroom, chopped fine
- 1 cup carrot, shredded fine
- 1 cup panko (Japanese breadcrumbs)
- 1 egg
- 1/2 cup milk
- 1 tablespoon all-purpose seasoning (your favorite)
- 1/2 cup Parmesan cheese, grated
- Sea salt and fresh ground pepper to taste
- 2 cups sweet chili sauce
- Vegetable oil for cooking

In a large mixing bowl, combine egg, milk, cheese, seasoning blend, and panko. Season with salt and pepper. Stir until well combined. Let mixture sit for 5 minutes. After 5 minutes, stir mixture again. Add the ground beef and vegetables to the bread crumb mixture. Continue to stir mixture, until everything is uniformly incorporated.

Preheat a large sauté pan over medium-high heat. Roll the beef mixture into bite sized balls. Working in batches and making sure not to overcrowd the pan, cook the meatballs in a small amount of vegetable oil. The meatballs need to reach an internal temperature of 165 to be completely done. Continue to cook meatballs in sauté pan until they are browned all over and are completely done. Drain any excess fat from the pan and turn the heat to medium low. Add the strawberry jam and sweet chili sauce to the cooked meatballs. Stir and simmer the meatballs and sauce until combined and heated throughout. Add the fresh strawberries to the meatballs and sauce. Gently stir in fresh strawberries and serve immediately. Garnish with fresh chopped chives if desired.\*

PETS OF THE WEEK



Jet A837156 photos provided Lee County Domestic Animal Services

Jet And Hannah

Hello, my name is Jet. I am a 2-year-old male pit mix. I am the part of the Gray Dogs Club, where the motto is "Go Gray and Go Home!" Lee County Domestic Animal Services (LCDAS) currently has several beautiful platinum canines, and I am proud to be the president. I won the popular vote with my stunning good looks and charm of course! My ability to run the class doesn't hurt either. I am very decisive and will pick out my favorite toy or treat without a moment's hesitation. Mr. President would be happy to meet you during office hours.

My adoption fee is \$30.

Hi, I'm Hannah. I am a 1-year-old female domestic short hair. I have been



Hannah A845566

with LCDAS for a few weeks now and am ready for a home of my own. While the staff and volunteers will certainly miss me, they know I deserve my own family. They would love to see me start out the new year with the perfect match. I am quite independent, so I would fit perfectly if you have a busy lifestyle.

My adoption fee is \$50, and you can adopt me and 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 JANUARY 11, 2021

- Aries** (March 21 to April 19) Aspects call for care in preparing material for submission. Although you might find it bothersome to go over what you've done, the fact is, rechecking could be worth your time and effort.
- Taurus** (April 20 to May 20) The week is favorable for Bovines who welcome change. New career opportunities wait to be checked out. You also might want to get started on that home makeover you've been considering.
- Gemini** (May 21 to June 20) You might have to be extra careful to protect that surprise you have planned, thanks to a certain snoopy someone who wants to know more about your plans than you're willing to share.
- Cancer** (June 21 to July 22) Family ties are strong this week, although an old and still-unresolved problem might create some unpleasant moments. If so, look to straighten the situation out once and for all.
- Leo** (July 23 to August 22) Although the Lion might see it as an act of

- loyalty and courage to hold on to an increasingly shaky position, it might be wiser to make changes now to prevent a possible meltdown later.
- Virgo** (August 23 to September 22) Your gift for adding new people to your circle of friends works overtime this week, thanks largely to contacts you made during the holidays. A surprise awaits you at the week's end.
- Libra** (September 23 to October 22) Don't hide your talents. It's a good time to show what you can do to impress people who can do a lot for you. A dispute with a family member might still need some smoothing over.
- Scorpio** (October 23 to November 21) Be open with your colleagues about your plan to bring a workplace matter out into the open. You'll want their support, and they'll want to know how you'll pull it off.
- Sagittarius** (November 22 to December 21) Trying to patch up an unraveling relationship is often easier said than done. But it helps to discuss and work out any problems that arise along the way.
- Capricorn** (December 22 to January 19) While your creative aspect remains high this week, you might want to call

- on your practical side to help work out the why and wherefore of an upcoming decision.
- Aquarius** (January 20 to February 18) Dealing with someone's disappointment can be difficult for Aquarians, who always try to avoid giving pain. But a full explanation and a show of sympathy can work wonders.
- Pisces** (February 19 to March 20) Getting a job-related matter past some major obstacles should be easier this week. A personal situation might take a surprising but not necessarily unwelcome turn by the week's end.
- Born This Week:** You can be both a dreamer and a doer. You consider helping others to be an important part of your life.
- MOMENTS IN TIME**
- On Jan. 19, 1809, poet, author and literary critic Edgar Allan Poe is born in Boston. In 1836 Poe married his 13-year-old cousin, Virginia Clemm, and completed his first full-length work of fiction, *Arthur Gordon Pym*.
  - On Jan. 23, 1941, Charles Lindbergh, a national hero since his nonstop solo flight across the Atlantic, testifies before Congress and suggests

- that the U.S. negotiate a neutrality pact with Hitler. He publicly denounced "the British, the Jewish and the Roosevelt Administration."
- On Jan. 21, 1950, former State Department official Alger Hiss is convicted of perjury in testimony about his alleged involvement in a Soviet spy ring before and during World War II.
  - On Jan. 20, 1961, 87-year-old Robert Frost recited his poem *The Gift Outright* at the inauguration of President John F. Kennedy. Although Frost had written a new poem for the occasion, faint ink in his typewriter made the words difficult to read, so he recited *The Gift Outright* from memory.
  - On Jan. 24, 1972, after 28 years of hiding in the jungles of Guam, farmers discover Shoichi Yokoi, a Japanese sergeant who was unaware that World War II had ended. Yokoi went into hiding in 1944 rather than surrender.
  - On Jan. 22, 1984, during Super Bowl XVIII, audiences first see a commercial now widely agreed to be one of the most powerful and effective of all time. Apple's "1984" spot
- continued on page 22





**FRIDAY**  
Mostly Cloudy  
High: 66 Low: 52



**SATURDAY**  
Mostly Cloudy  
High: 63 Low: 51



**SUNDAY**  
Sunny  
High: 61 Low: 47



**MONDAY**  
Partly Cloudy  
High: 63 Low: 51



**TUESDAY**  
Mostly Cloudy  
High: 65 Low: 50



**WEDNESDAY**  
Mostly Cloudy  
High: 60 Low: 48



**THURSDAY**  
Sunny  
High: 62 Low: 47

### Redfish Pass Tides

| Day | High    | Low      | High    | Low      |
|-----|---------|----------|---------|----------|
| Fri | 1:11 am | 8:47 am  | 4:11 pm | 7:22 pm  |
| Sat | 1:57 am | 9:20 am  | 4:29 pm | 8:26 pm  |
| Sun | 2:46 am | 9:52 am  | 4:51 pm | 9:35 pm  |
| Mon | 3:40 am | 10:23 am | 5:16 pm | 10:50 pm |
| Tue | 4:46 am | 10:55 am | 5:45 pm | None     |
| Wed | 6:13 am | 12:09 am | 6:17 pm | 11:27 am |
| Thu | 8:11 am | 1:28 am  | 6:54 pm | 12:00 pm |

### Point Ybel Tides

| Day | High     | Low      | High    | Low      |
|-----|----------|----------|---------|----------|
| Fri | 12:16 am | 8:49 am  | 3:16 pm | 7:24 pm  |
| Sat | 1:02 am  | 9:22 am  | 3:34 pm | 8:28 pm  |
| Sun | 1:51 am  | 9:54 am  | 3:56 pm | 9:37 pm  |
| Mon | 2:45 am  | 10:25 am | 4:21 pm | 10:52 pm |
| Tue | 3:51 am  | 10:57 am | 4:50 pm | None     |
| Wed | 5:18 am  | 12:11 am | 5:22 pm | 11:29 am |
| Thu | 7:16 am  | 1:30 am  | 5:59 pm | 12:02 pm |

### Punta Rassa Tides

| Day | High    | Low      | High    | Low      |
|-----|---------|----------|---------|----------|
| Fri | 1:04 am | 8:48 am  | 3:14 pm | 8:27 pm  |
| Sat | 1:46 am | 9:26 am  | 3:57 pm | 9:18 pm  |
| Sun | 2:42 am | 10:00 am | 4:37 pm | 10:08 pm |
| Mon | 3:49 am | 10:31 am | 5:15 pm | 11:07 pm |
| Tue | 4:55 am | 11:00 am | 5:54 pm | None     |
| Wed | 6:08 am | 12:27 am | 6:34 pm | 11:28 am |
| Thu | 7:21 am | 1:40 am  | 7:15 pm | 12:31 pm |

### Cape Coral Bridge Tides

| Day | High     | Low      | High    | Low      |
|-----|----------|----------|---------|----------|
| Fri | 3:21 am  | 12:03 pm | 6:21 pm | 10:38 pm |
| Sat | 4:07 am  | 12:36 pm | 6:39 pm | 11:42 pm |
| Sun | 4:56 am  | 1:08 pm  | 7:01 pm | None     |
| Mon | 5:50 am  | 12:51 am | 7:26 pm | 1:39 pm  |
| Tue | 6:56 am  | 2:06 am  | 7:55 pm | 2:11 pm  |
| Wed | 8:23 am  | 3:25 am  | 8:27 pm | 2:43 pm  |
| Thu | 10:21 am | 4:44 am  | 9:04 pm | 3:16 pm  |

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WEEKLY NEWS  
FROM THE BEACHES TO DOWNTOWN FORT MYERS



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From page 20

# Moments In Time

featured a young woman throwing a sledgehammer through a screen on which a Big Brother-like figure preached about “the unification of thought.”

• On Jan. 18, 1990, Washington, D.C., Mayor Marion Barry is arrested and charged with drug possession and use of crack cocaine. Barry was caught on camera at a downtown hotel smoking crack with Rahsheeda Moore, who had agreed to set up Barry in exchange for a reduced sentence on a drug conviction.

## NOW HERE’S A TIP

- Purchase New Year’s celebration items that are on sale in January if you have a graduating senior in 2021. You can get all kinds of items for a fraction of the price, and you will be ready with all the 2021 things you need.
- Got a neckache? Grab a pair of long socks, fill each with 2 cups of uncooked white rice and a couple of drops of your favorite essential oil. Knot the sock tightly to seal. Microwave for up to 2 minutes, and test temperature before draping it over your shoulders to apply heat to sore muscles. It’s so nice, especially when you’re laying down.

- JP in New Jersey advises that instead of using candles during a power outage – it can be dangerous! – try a battery-operated lantern instead. You can even use solar garden lights in a vase. You’d be surprised how much they can light a room.
- “To trick yourself into saving money, round up purchases when you enter them into your checkbook register.” – SW in Arkansas
- “If you’re storing clothes in a storage tote, put a sheet of fabric softener in as well. It can help repel bugs and keep the fabrics smelling fresh.” – MW in Iowa
- “Spray nonwashable plush toys with dry shampoo to clean and freshen them. Rub vigorously with a terry cloth to remove any extra residue and fluff up.” – PH in Pennsylvania

## STRANGE BUT TRUE

- Many people in South Korea opt to compress the remains of the dead person into gem-like beads in different colors, which are then displayed at home.
- Greenland sharks don’t reach puberty until they are 150 years old.
- The first hoop skirt was worn by Queen Juana of Portugal, in a bid to

- hide the fact she was pregnant.
- In 2015, Canadian astronaut Chris Hadfield released the first ever album recorded entirely in space, titled *Space Sessions: Songs from a Tin Can*.
- The oldest known customer service complaint was written on a clay cuneiform tablet in Mesopotamia 4,000 years ago. In it, a customer named Nanni complains that he was sold inferior copper ingots.
- Russia only classified beer as an alcoholic drink in 2011.
- Japanese trains, reputedly the most punctual in the world, issue passengers with a “delay certificate” if a train is running more than five minutes behind schedule. The documents can be shown to bosses or teachers to explain a passenger’s lateness.
- In 1984, New Zealand Prime Minister Robert Muldoon got drunk and decided to spontaneously call a general election, which he lost.
- Before battles, some Roman gladiators read product endorsements. The makers of the film *Gladiator* planned to show this but nixed the idea for fear that audiences wouldn’t believe it.
- A person with geomelophagia has the urge to eat raw potatoes.

- In the late 1800s in Corinne, Utah, you could buy legal divorce papers from a vending machine for \$2.50.
- Late in his life, Guglielmo Marconi believed no sound ever dies completely. He dreamed of building a device strong enough to pick up the actual words of Jesus at the “Sermon on the Mount.”

## THOUGHT FOR THE DAY

“There are years that ask questions, and years that answer.”  
– Zora Neale Hurston

## TRIVIA

1. **U.S. Presidents:** The poem *O Captain! My Captain!* was written after the death of which president?
2. **General Knowledge:** What is the weight of a U.S. quarter?
3. **Movies:** What was the name of the skyscraper in the drama *Die Hard*?
4. **Television:** What city was the setting for the sitcom *Mork and Mindy*?
5. **Science:** What is the study of knowledge, reality and existence called?
6. **Animal Kingdom:** What are male blue crabs called?
7. **Geography:** What is the highest point in Japan?

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1/1 ★ 1/22

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**ANNUAL RENTAL**  
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1/8 ★ 4/2

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**HELP WANTED**  
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1/15 ★ 1/22

**HELP WANTED**  
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1/8 ★ 1/29

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1/8 ★ TFN

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- 8. **Food & Drink:** The acai berry is native to which continent?
- 9. **Literature:** Who wrote the *Winnie-the-Pooh* book series for children?
- 10. **Measurements:** What is an angstrom?

TRIVIA ANSWERS

1. Abraham Lincoln 2. 0.2 ounces  
3. Nakatomi Plaza 4. Boulder, Colorado  
5. Philosophers 6. Jimmies 7. Mount Fuji  
8. South America 9. A.A. Milne 10. One  
ten-billionth of a meter, used to measure very  
small distances.

SCRAMBLERS ANSWER

1. Falter 2. Serve;  
3.Dense; 4. Repel

Today's Word  
**ELEVEN**

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PUZZLE ANSWERS

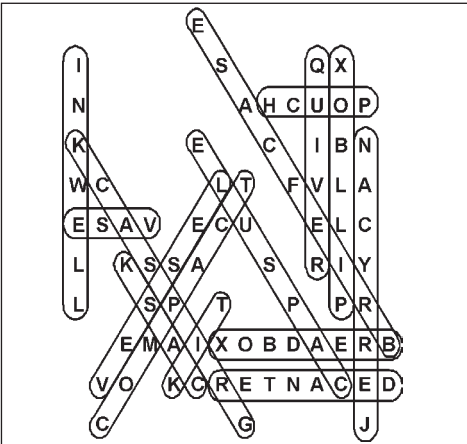
SUPER CROSSWORD

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

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

MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

| Development        | Year Built | City           | Square Footage | Listing Price | Selling Price | Days On Market |
|--------------------|------------|----------------|----------------|---------------|---------------|----------------|
| Sanibel Isles      | 2020       | Sanibel        | 3,320          | \$2,749,000   | \$2,725,000   | 9              |
| Cape Coral         | 2018       | Cape Coral     | 3,860          | \$2,400,000   | \$2,300,000   | 5              |
| Cape Coral         | 2002       | Cape Coral     | 5,047          | \$2,550,000   | \$2,300,000   | 161            |
| Cape Coral         | 2012       | Cape Coral     | 4,684          | \$2,550,000   | \$2,112,000   | 231            |
| Cape Coral         | 2016       | Cape Coral     | 2,521          | \$1,499,900   | \$1,510,000   | 8              |
| Cape Coral         | 2016       | Cape Coral     | 3,001          | \$1,050,000   | \$1,010,000   | 108            |
| Cape Coral         | 2001       | Cape Coral     | 2,880          | \$950,000     | \$900,000     | 23             |
| San Carlos Estates | 2016       | Bonita Springs | 3,178          | \$859,000     | \$850,000     | 13             |
| Grande Estates     | 2006       | Estero         | 3,183          | \$875,000     | \$840,000     | 68             |
| Corkscrew Shores   | 2017       | Estero         | 2,852          | \$845,000     | \$832,000     | 47             |





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