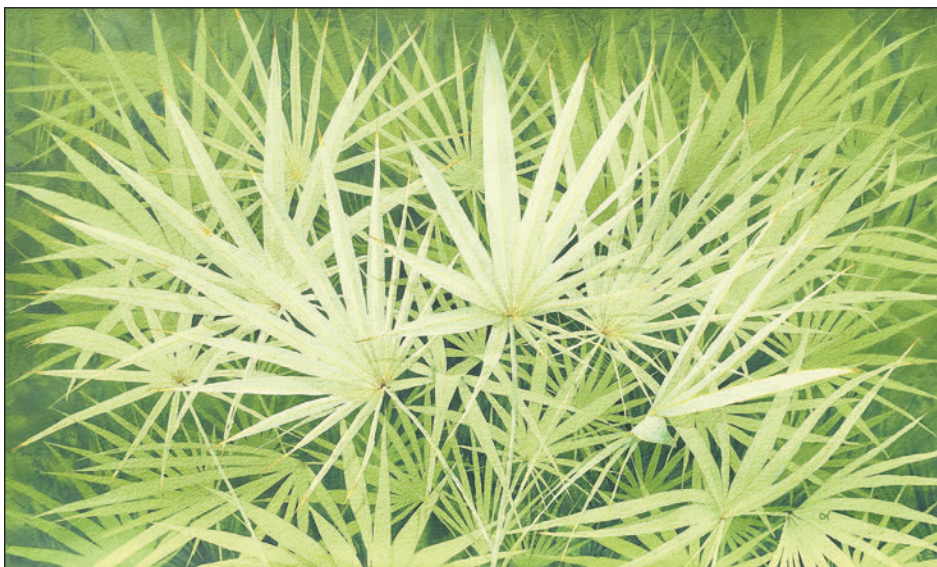




John-13-1-17 by Gianna Santucci
images provided

Artists Chosen For All Florida Juried Exhibition

The 35th annual All Florida Exhibition is on view at the Alliance for the Arts through Sunday, March 28. This exhibit features pieces for juried entries created by artists working in a wide variety of media from all over the state of



Palmetto Scrub by Curtis Whitwam

Florida.

From more than 800 entries, 62 pieces were selected by the juror. Artists include Diane Baires, Cynthia Barbanera-Wedel, David Belling, Guinevere Bortnicker Kiniry, Hernan Brito Pena, Carol Coates, Geraldine Crawford, Debra Danley, Laurent Dareau, Sally Dutko, Patricia Esposito, Breah Fyffe, Maureen Ginipro,

Carolyn Gora, Raven Gould, David Hatchett, Lily Hatchett, Stephen Hayford, Steve Kalb, Mike Kiniry, Mary Klunk, Ray Lyle, Susan Maas, Doug MacGregor, John Merchant, Victoria Milne, Lynn Ondercin, Jose Pardo, Katrina Parker, Anita Prentice, Marcela Pulgarin, Diane V. Radel, Susan Ritter, Whitt Robins, Sharon Rodgers, Myriah Rohl, Sherry Rohl, Sonia



Hip Check by Victoria Milne

Rosa, Carol Rosenberg, Caitlin Rosolen, Thomas Roth, Melinda Russek, Gianna Santucci, Ellen Sayet, Alicia Schmidt, Elise Sewall, Tammra Sigler, Doug Smithwick, continued on page 6



Hotter Than July, Stevie Wonder tribute band

photos provided

Nostalgic Tribute Bands To Perform In Retro Series

The Hotter Than July: Stevie Wonder Tribute Show will kick off the Vinyl Vibes series at The Sidney & Berne Davis Art Center on Friday, March 19. Doors open at 6:30 p.m. for cocktails and the concerts will begin at 7:30 p.m.

Hotter Than July is a high energy,

soulful group of talented and experienced musicians. Led by professional musician Gerry Williams, an unbounded vocalist and percussionist who brings funk on the keys, the band is backed by rhythm and horns, performing Stevie Wonder's greatest hits from *Sign Sealed Delivered* to *I Wish*.

Stevie Wonder is beautifully portrayed by Williams, an industry veteran vocal coach with a background in artist development that garnered him the reputation as the "boy band guy" since the onset of the pop groups that emerged in



Turnstiles, Billy Joel tribute band

the mid 1990s. His vocal students include Grammy and Dove Award-winners: Mandy Moore, Jordan Knight (New Kids on the Block), Jeff Timmons (98 Degrees) and Chris Kirkpatrick (N'Sync). Williams has

also produced and written songs for artists such as Knight and C'Note.

Visit www.sbdac.com/hotter-than-july-stevie-wonder-tribute for more information.

continued on page 25

Historic Downtown Fort Myers, Then And Now:

Art Deco And Germ-Zapping Lights At First And Jackson



by Gerri Reaves, PhD

When Bay Drugs opened on March 8, 1941, it was estimated that as many as 15,000 people visited the store between the hours of 7 a.m. and midnight. And no wonder, given the store's streamlined Art Deco or Moderne style that curved around the southeast corner of First and Jackson.

The store is visible in the right background of the below photo, probably taken in the 1940s.

Note the rounded corners, bands of windows and strong horizontal lines.

The woman in the foreground is identified only as Gloria.

Bay Drugs was one of only a few downtown buildings with even a flourish of Deco or Moderne style. Today, few such flourishes remain amidst the predominately Mediterranean Revivalist structures.

Perhaps the Edison Theatre Building, opened in 1941, is the best example of the period.

The drug store's air-conditioned interior was filled with stainless steel, mirrors, a profusion of lighting and coral-colored accents.

If that level of modernity wasn't enough to lure people to the Walgreen affiliate, the scientific marvel in the prescription department was: lights with germ-squelching florescent rays, according to *The News-Press*.

News coverage made much of the florescent lighting in general, for it was still fairly new on a large scale.

That lighting promised to flatter the complexions of customers, banish shadows from corners, reduce eye strain and, of course, destroy bacteria.

In addition, merchandise ranged far beyond that of the old-time pharmacy to include



In this photo probably taken in the 1940s, a woman identified only as Gloria stands on First Street. In the background is Bay Drugs on the southeast corner at Jackson, with the Franklin Arms Hotel rising behind it.

photo courtesy Bob Clark

cosmetics, cameras, household items, sporting goods, electrical appliances and much more.

A 35-foot lunch counter and soda fountain were located on the Jackson Street side.

In 1941, downtown already had plenty of independent drug stores and even some soda fountains, but Bay Drugs nevertheless presented stiff competition.

As one of about 500 Walgreen stores nationwide, it had access to bulk buying and could offer low prices.

It also exuded an aura of a new "big city" store like you'd see in Chicago, Miami, or Tampa.

Bay Drugs became a Liggett's affiliate in 1946 and later a Rexall store. In 1971, when it had become Tilson's Downtown Rexall Store, it moved to the Heitman Arcade, thus ending drug store history on the southeast corner.

Today, the former Bay Drugs location is vacant and slated for redevelopment.

Walk down to First and Jackson and imagine that the most modern drug store you've ever seen has just opened.

Then visit the following research centers to learn more about the decades when downtown had more drugstores and soda fountains that you ever thought it could support.

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.

Visit the IMAG History & Science Center at 2000 Cranford Avenue or at www.theimag.org.

Sources: Archives of the Southwest Florida Historical Society and *The News-Press*.☆☆



The corner stands ready for redevelopment

photo by Gerri Reaves

Independently Owned And Operated
COPYRIGHT 2021 The River Weekly News
LORKEN Publications, Inc.



Publisher
Lorin Arundel

Accounting
Mike Terry

Advertising
Bob Petcher

Graphic Arts/ Production
Ann Ziehl, Manager
Amanda Hartman
Willow Peterson

Reporters
Gerri Reaves, PhD
Kathy Kurtz Ferrari

Contributing Writers

Kay Casperson	Capt. Matt Mitchell
Suzu Cohen	Trinette Nelson
Linda Coin	Howard Prager
Marcia Feeney	Julie Rosenberg, MD
Katie Frederic	J. Brendan Ryan, CLU,
Shelley Greggs	ChFC, MSFS
Tom Hall	Di Saggau
Marion Hauser, MS, RD	Jeanie Tinch
Ross Hauser, MD	Allison Havill Todd
Craig R. Hersch	

Published every Friday for the people and visitors of Fort Myers River District.
Distribution: 6,000-8,000 per week (seasonal).

Readers with news, tips, comments or questions, call 239-395-1213,
write to: The River Weekly News, 1640 Periwinkle Way, Suite 2, Sanibel, FL 33957
or email: press@islandsunnews.com. To advertise, email: ads@islandsunnews.com.

*The River Weekly News reserves the right to refuse, alter or edit any editorial or advertisement.
We will correct factual errors or matters of emphasis and interpretation in news stories.*

Read Online: www.IslandSunNews.com



Jamie Abrams photoS provided

Virtual Event On Women's Suffrage

The League of Women Voters of Lee County (LWVLee) and Florida Gulf Coast University (FGCU) will hold a virtual event titled 100 Years of Women's Suffrage and Today's Challenges: Unmasking The Nineteenth Amendment Centennial Through The Pandemic Lenses Of Liberty, Loss, And Leadership on Monday, March 15 from 6 to 7:30 p.m.

This event will celebrate women's suffrage, honor the struggle and encourage participants to understand today's issues and the importance of voting.

The featured speaker will be Jamie Abrams, professor of law at the University of Louisville. She will use the lessons of history to inform the present and the future, what has it meant for women to vote, to serve as elected officials, changes in last 100 years and



Precious Gunter

challenges today.

Abrams' research focuses on reproductive and birthing decision-making, gendered violence, legal protections for immigrant victims of domestic violence and legal education pedagogy. Her most recent publications include *The Polarization of Reproductive Decision-Making* and *Parental Decision-Making* forthcoming in the *Florida State Law Review* and *The #MeToo Movement: A Feminist Invitation to Critique the Crisis Framing of Sexual Assault Responses* published in the *University of Richmond Law Review* (2018).

Precious Gunter, Title IX coordinator at the office of institutional equity and compliance at FGCU, will be the moderator. Event sponsors include League of Women Voters of Lee County, Office of Community Outreach Florida Gulf Coast University (FGCU), and Institutional Equity and Compliance Florida Gulf Coast University (FGCU).

To register, visit www.tinyurl.com/arofy55, email reservations@lwvlee.org or call 278-1032.✱

Fundraiser For Garden Club Set For Saturday

March in the Park, a plant and garden art sale, will be held at Jaycee Park on Saturday, March 13 from 9 a.m. to 3 p.m. The major fundraiser of the Garden Club of Cape Coral will feature more than 30 vendors, including the local garden club, Calusa Palm from Naples, SunLand Orchids and Judy's Jungle from Arcadia. There will be everything from ground covers, natives, succulents, herbs, bromeliads, tropicals and unique exotics. Garden art will include stepping stones, essential oils, gemstone jewelry, hand-painted pots, ceramic planters, glass creations and metal sculptures.

Every hour, there will be informative speakers. Bring your problems as master gardeners will be available to answer questions through out the day. A kids

booth will have take-home creative projects and a face painter for all ages. Opportunity drawings, music and food prepared by the Boy Scout Troop 34 will be available all day.

Parking and Admission are free.

The Garden Club of Cape Coral is a non profit organization and all proceeds from 'March in the Park' go to the club's yearly commitments: Marty Ward Merit Awards in horticulture, civic beautification for local high school senior; youth campers to Camp Wekiva; Habitat for Humanity projects; local middle and high school garden projects; and to promote civic awareness of environmental and conservation concerns.

All visitors will be asked to wear a mask. If you are a vendor selling plants or do a garden-related craft and want to join the juried show, contact Ginny at 257-2654 or huffmom5@aol.com.

Jaycee Park is located at 4125 SE 20th Place in Cape Coral. For more information, visit www.gardenclubofcapecoral.com.✱

STIFEL

Investment Services Since 1890

Jennifer Basey
First Vice President/Investments

**Call me for a
personalized plan**



KNOWLEDGE

For 130 years, Stifel has served as a trusted financial advisor to individuals, just like you. Our knowledge and service have helped clients navigate all market cycles, even the difficult ones.

SERVICE

Stifel, a full-service wealth management and investment banking firm, has the professional expertise and resources to assist you in developing a financial strategy designed for the challenges of today's up-and-down market and your long-term goals.

EXPERTISE

Contact our office in
Fort Myers, Florida.

(239) 985-6540
baseyj@stifel.com

12800 University Drive, Suite 300
Fort Myers, Florida 33907

Stifel, Nicolaus & Company, Incorporated | Member SIPC & NYSE | www.stifel.com



Southwest Florida Symphony String Quartet at Bell Tower Shops photo provided

Symphony Concerts In Intimate Settings

The Southwest Florida Symphony continues its revamped 2020-21 season with TinyPops concerts in various locations throughout Southwest Florida from March 25 through 28. The lineup includes:
Thursday, March 25 – Sidney &

Berne Davis Art Center, 2301 First Street in Fort Myers. Cocktail hour begins at 6:30 p.m. with the performance starting at 7:30 p.m. Tickets are \$25; occupancy capped at 125 patrons.
Friday, March 26 at 5 p.m. – Bell Tower, 13499 South Cleveland Avenue in Fort Myers. Outdoor performance. Tickets are \$10 suggested donation.
Saturday, March 27 at 7 p.m. – The Community House, 2173 Periwinkle Way on Sanibel. Tickets are \$39; occupancy capped at 61 patrons.
Sunday, March. 28 at 4 p.m. – Gulf

Theater at the Military Heritage Museum, 900 West Marion Avenue in Punta Gorda. Tickets are \$25; occupancy capped at 120 patrons.
TinyPops concerts are uniquely designed programs that sprung from orchestras’ needs to change how they deliver live music during the pandemic. The Southwest Florida Symphony developed TinyPops in creative collaboration with critically acclaimed guest pianist Andrew Armstrong. TinyPops concerts are pared down traditional pops concerts, featuring timeless pops standards, in this case, arranged for piano and string quartet by Armstrong. The concerts are no more than 75 minutes long, with no intermission in order to provide the safest environment possible, while still honoring the mission of performing orchestral music for the benefit of the public.

Armstrong said, “This program is a luxurious chance to bend popular music toward the classical world I’ve been inhabiting these last few decades; and to pull the classical world back toward popular. We’ll dress old favorites like *Tea for Two* and *I Ain’t Got Nobody* in the instrumentation of the piano quintet, create variations and rhapsodies on the themes, to revel in all the ways this rich and incredible musical Americana can be developed and revelled in. I can’t wait to explore it all with the spectacular musicians of the Southwest Florida Symphony.”
For more information or tickets, call 418-1500, visit www.swflso.org or stop by the Southwest Florida Symphony box office, located at 7500 College Parkway, Suite 200, in Fort Myers.✽

shell mound between the ancient Calusa and Anglo-Pioneer eras. Explore the site’s archaeology and history through the unearthed clues about this multicultural society.
The outdoor program requires everyone over age 6 to wear masks and observe social distancing. Cost is \$5 per person that does not include Mound House admission.
The ‘Fishing Rancho’ period from approximately 1700 to the early 1800s falls between two primary focuses – the ancient Calusa of roughly 2,000 years ago and the Case Family 1921 timeframe through today.
Mound House is located at 451 Connecticut Street on Fort Myers Beach. For more information, visit www.moundhouse.org.✽

Disney On Ice Returns to Estero

Disney On Ice presents Dream Big at Hertz Arena from March 18 to March 21. Dream Big features Disney favorites such as Mickey, Minnie, Miguel, Moana, Elsa, Belle, Genie and more highlighting all the magic and adventure of Disney’s tales through world-class figure skating.
Feld Entertainment is introducing Guest Wellness Enhancements to help keep families safe at its live events. It is working closely with venue partners to establish and follow COVID-19 health and safety standards in accordance with all federal, state and local guidelines. Additionally, Pod Seating has been created for family and friends to safely experience Disney On Ice while social distancing from other groups that are also in attendance. Seating capacity at Hertz Arena for Disney On Ice will be reduced with the Pod Seating structure in place. As an additional precaution, a face covering is required for those age 2 and older, except when eating or drinking in their seats, unless otherwise exempted by law.
Tickets start at \$25. To order tickets online, visit www.disneyonice.com.
Hertz Arena is located at 11000 Everblades Parkway in Estero. For more information about Disney On Ice, visit www.facebook.com/disneyonice channel.✽

New Program At Mound House

The Fishing Rancho Outside Guided Tour, a 30-minute program that examines the multicultural fishing village, known as a “Rancho,” that existed on the Mound House shell mound between two eras through archaeology evidence unearthed on-site, will be offered at 2 p.m. on Tuesdays, March 16, 23 & 30; Thursday, March 25; and Saturday, March 27.
Learn about the Latino fishing village known as a “Rancho” that existed on the



FORT MYERS OLIVE Oil and BALSAMICS

Ask us about our CBD oils!

Monday - Saturday 10 am - 6 pm • Sunday 11 am - 4 pm • 239.275.5100
FortMyersOliveOil.com • 7101 Cypress Lake Dr. #57, Fort Myers, FL (Costco Plaza)

Where you can “taste” the difference!

We carry the freshest, finest quality Extra Virgin Olive Oil and Balsamic Vinegars.

Dozens of flavors to choose from!

FREE 60ml bottle of Sicilian Lemon Balsamic Vinegar with any purchase of Olive Oil.

Must present coupon. Limit one per person. Expires 4/30/21





Boutique-style group exercise and dance studio. Unique classes, friendly and inviting atmosphere.

DANCE FITNESS
Dance fitness, group exercise, contemporary movement, step aerobics, body sculpting.

SOCIAL DANCING
Foxtrot, waltz, cha-cha, rumba, tango, swing, and more! Private and private group lessons.

1400 Colonial Blvd. #27, Fort Myers • 239.822.9226
sdf@DanceSuzannes.com • www.DanceSuzannes.com

Visit our **Pick Up Sticks** (jewelry company) Boutique

Whimsical, unique, collectible jewelry charms. Original art, under glass, framed in polished pewter. Super affordable. Great for gift-giving!

By appointment: 239-822-9226
View online: shop.pickupsticks.net

Still Time For Zonta Peek Appraisals

Zonta supporters are excited about Peek at the Unique Repurposed, the re-imagined annual fundraiser created for 2021 by the Zonta Club of Sanibel-Captiva. While the online auction is over (closed at midnight on March 10), you can still book a personal appointment with either a gem/jewelry expert or an antiques appraiser who has Antiques Roadshow experience for Saturday, March 13 from 10 a.m. to 4 p.m. .

This is a rare opportunity to have valuables informally assessed in a relaxed setting, the new Blue Giraffe in Beachview Estates at Sanibel Island Golf Club. For jewelry, book with Carlos Fernandez of Congress Jewelers on Sanibel. Fernandez, who has been with Congress since 1998, is a diamond graduate of the Gemological Institute of America with over 30 years of experience, specializing in antique and vintage jewelry, watches and signed period pieces.

For lap-size antique items – pictures, glassware, china ornaments – book with H. Peter Curran. For larger items, bring a photograph. Curran, a member of Appraisers Association of America, has extensive experience appraising American and European paintings, prints, silver and furniture from the



Could this grandfather's watch help fund college for a grandchild?

photo courtesy Nic Co UK, Unsplash

18th, 19th and 20th centuries; for six years, he toured with Antiques Roadshow. He also served behind the scenes, pre-screening material.

Reservations are still available for both appraisal types. For a \$100 donation (tax-deductible), receive a 15-minute session covering up to three items. Book at www.zontasancap.org or bit.ly/zontapeek. COVID-19 protections will be observed.

Zontians Barbara Beran and Halle Smith, event co-chairs, said: "Retiring

and moving to Sanibel, many of us downsized from larger homes, and brought favorite items to new homes here. Our idea is to bring them for evaluation, then you can display them prominently because they turn out to be valuable, or finally discard them, having hung on to them for too long."

If you purchased items in the online auction, you can pick them up on March 13 at The Community House and then head for the Blue Giraffe for lunch and your appraisal appointment.



Is grandmother's china worth the cupboard space?

photo provided

And while these are not certified appraisals, both experts will offer a discount should participants need a formal appraisal later.

As always, all proceeds will go in grants to organizations whose mission of empowering women mirrors Zonta's own. Since 2002, the "Peek" home tour has enabled Zonta to distribute over \$1 million in grants to area non-profits. Visit www.zontasancap.org for information about the club, the "Peek," and to donate.*



YOU DESERVE
custom,
NOT
cookie-cutter.

A custom home, on the lot of your choosing, with quality finishings, a layout that functions with your lifestyle, and a builder who understands *are* all possible. Daniel Wayne Homes has years of experience and takes a one-on-one approach to ensure that your next home is your dream home.



Explore your many floor plan options and get in touch at DanielWayneHomes.com.

Fort Myers Art:

Paying Tribute To Local Women In The Arts



by Tom Hall

Each day during Women's History Month, Art Southwest Florida is honoring someone past or present who has or is advancing arts and culture in Southwest Florida. On March 4, we

recognized Carrie Lund Cacioppo, a local community theater actor, producer, pioneer and visionary who has helped build Southwest Florida into one of the most vibrant theater regions in the entire country.

Cacioppo's groundbreaking work in this regard dates back to 1984, when she and a young actor by the name of Robert Toperzer reopened the Pirate Playhouse on Sanibel after veteran Broadway actress Ruth Hunter and her husband Philip decided to retire and close the schoolhouse theater that they'd transformed into an intimate 90-seat theater. The company enjoyed so much success that it was replaced seven years later by a bigger and better playhouse further up Periwinkle Way.

But Carrie and husband Robert



Carrie Lund Cacioppo

photo courtesy www.artswfl.com

Cacioppo did not abandon the old schoolhouse facility. Instead, they brought JT Smith to the island and, with the help of Bob Wigley and others, he reconstituted the venue as the place for upbeat musical comedies under the name of The Old Schoolhouse Theater. But both playhouses owed their existence and viability in large measure to Lund. In recognition, the Sanibel & Captiva Islands Chamber of Commerce honored Carrie with their distinguished citizen award in 1987 and a lifetime achievement award in 1997.

In 1998, the Cacioppo's launched a new and even more successful venture,

founding Florida Repertory Theatre, for which she served as associate producer and board member until 2018. Over this two-decade span, Carrie, Bob and their team of dedicated professionals and volunteers built Florida Rep into an award-winning regional theater that *The Wall Street Journal* has called "one of America's top repertory companies." During Lund's tenure, Florida Rep was named Best Performing Arts Group numerous times by *Gulfshore Life* magazine and *Florida Weekly*, and its work was featured in *The New York Times* and covered in *American Theatre Magazine*. Today, the Rep is one of Lee County and Southwest Florida's most important cultural assets, attracting more than 87,000 people annually to the downtown Fort Myers River District during its September to May season. Not surprisingly, *Florida Weekly* recognized Carrie as one of its Power Women of Lee County in 2012.

Two years ago, the Cacioppo's moved across the slow-flowing Caloosahatchee, co-founding and serving as producing director of the Players Circle Theatre in North Fort Myers, which has morphed over the course of the pandemic into a socially-distanced nightclub under the name of Players Circle Performing Arts Center.

As if that were not enough, Carrie also served as a theater faculty member at Florida Gulf Coast University for three years, taught theater for Cypress Lake Middle School for the Arts, and directed SOURCE Teen Theatre for Planned Parenthood.

Through these schools and theater companies, and the associated education and outreach programs that reach more than 30,000 young people annually, Carrie has exerted a pervasive influence on generations of performing artists, including scores of stage and film actors, directors, choreographers, dancers, musicians and crew.

She has also paved the way through her example as one of the region's hardest working actors. As a member of the Actor's Equity Association, she performed 451 weeks over 21 years. In Florida Rep's 19th season, she starred in the one-woman show *Erma Bombeck: At Wit's End*, and all nine of Florida Rep's nationally-acclaimed, *Wall-Street-Journal*-reviewed productions: *The House of Blue Leaves*, *The Cocktail Hour*, *One Slight Hitch*, *Arsenic and Old Lace*, *The Little Foxes*, *God of Carnage*, *Sylvia*, *You Can't Take It With You* and *Dancing at Lughnasa*. She also performed in the casts of the regional premieres of *Heart Song*, *The Last Romance* and *Miracle on South Division Street*. Other productions include roles in *The Incident of the Dog in the Night Time*, *AJ Gurney's The Dining Room*, *Doublewide*, *Becky's New Car*, *The Unexpected Guest*, *Tribes*, *Clybourne Park*, *August Osage County*, *Other Desert Cities*, *Enchanted April*, *To Kill a Mockingbird*, *Noises Off*, *The Tale of the Allergists Wife*, *Rumors*, *All My Sons*, *I'm Not Rappaport*, *The Last Night of Ballyhoo*, *Same Time Next Year*, *Tally's Folly*, *God of Carnage* and *Private Lives*.

She was *Florida Weekly's* Best Actress in 2012.

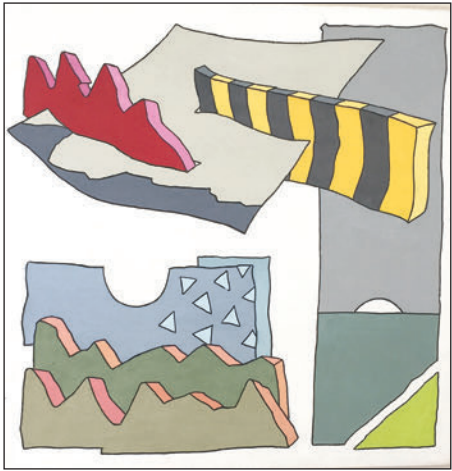
Whether as a theater company founder and co-owner, a producer or actor, Carrie Lund Cacioppo has worked assiduously for more than 35 years to make theater tangible and enhance the lives of Southwest Floridians through the performing arts. And for that, Art Southwest Florida recognizes and applauds her during Women's History Month.

To read more article about honorees past or present who have or are advancing arts and culture in Southwest Florida, visit www.artswfl.com/newsfeed and click on the most recent "Actors, Artists, Directors, Filmmakers and Events" headline.

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.✧

From page 1

Juried Exhibition



Road-Block-1 by Lily Hatchett

image provided

Joan Sonnenberg, Carolyn Steele, Lisa Tracy, Daniel Venditti, Mary Voytek, Herman Weinberg, Curtis Whitwam, LouAnn Wukitsch, Roseline Young and Pat Zalisko.

Awards for this show include \$1,000 Best In Show, a \$250 Golden Colors Gift Certificate for second place, \$100 for third place and a complimentary Alliance membership for the Juror's Choice Award.

This year's juror is Shawn Pettersen, who received a master of fine arts degree from Montclair State University in 2005, and a bachelor of fine arts from Ringling College in 2003. His work is primarily based in sculpture and drawing, and often surrounds themes of displacement, memory and being lost.

Pettersen has worked as a graphic designer, creative director, adjunct professor, jeweler and artist's assistant for several prominent artists in New York. His work has been shown regionally and nationally. Shawn currently teaches sculpture and is the studio coordinator at Florida Gulf Coast University.

The Alliance for the Arts is located at 10091 McGregor Boulevard. For more information about the Alliance, visit ArtInLee.org or call 939-2787.✧

COME AND EXPERIENCE MISS CHARLOTTA'S CHARM

Miss Charlotte's Tea Room (1926)

MUSEUM HOURS:
Tues.-Sat.
10 a.m. to 4 p.m.

GIFT SHOP:
11 a.m. to 3 p.m.

MUSEUM TOURS:

Guests can SELF-TOUR using written guides and audio recordings available in every building.

GUIDED TOURS are available only by advance registration. Tours must be in groups of at least six and no more than 10 people.

ADMISSION: \$10.00 adults 18 & over; children are free. Masks are required.

Donate or become a member today!

Visit sanibelmuseum.org or call 239-472-4648

950 Dunlop Road, Sanibel, FL 33957

Adaptive Tricycles Gifted To Special Needs Children

Robbie's Riders, Grampy's Charities and Sanibel Captiva Community Bank presented four adaptive tricycles – worth nearly \$5,000 – to Southwest Florida children. The recent presentation is part of an ongoing partnership between the three organizations to support the needs of local disabled children who are unable to ride a standard bicycle.

Since 2017, funds raised through Grampy's Charities and major donations from Sanibel Captiva Community Bank have allowed Robbie's Riders to deliver 86 bikes to special needs children in Southwest Florida.

Children selected receive custom tricycles that assist with general strengthening, new proprioceptive sensory input and improved reciprocal coordination of the legs. With the custom-made tricycles, they can participate in activities with their families and peers and enjoy the normal childhood experience of riding a bike.

Robbie's Riders provides special adaptive bicycles and tricycles to children with disabilities, according to their individual capacities and needs. The charity works to donate special needs cycles as quickly as they can raise funds to purchase them. Working with Golisano Children's Hospital of



Officials from Robbie's Riders, Grampy's Charities and Sanibel Captiva Community Bank present four custom-made, adaptive tricycles to local special needs children and their families photo provided

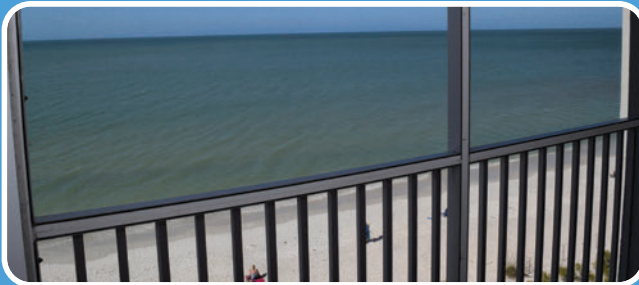
Southwest Florida, children are evaluated and fitted for their own special adaptive cycle. Southwest Florida children with disabilities that limit them from riding a standard bike may be eligible to receive a bike. For more information about Robbie's Riders or bike eligibility inquiries,

visit www.savethekid.com or email Jack Johannemann at john_johannemann@yahoo.com.

Grampy's Charities raises funds and support for children's organizations by partnering with comfort and research-based charities to make a difference in

the lives of kids who need it most. An all-volunteer organization with no paid staff, they have donated more than \$3 million to children's charities over more than 25 years. For more information, visit www.grampyscharities.org.

Southwest Florida Living



CASA BONITA BEAUTY

On-the-Gulf-beach views in Bonita! Nicely turnkey furn. & updated. Big lanai. Newer appliances and A/C. Electric shutters. Covered parking. Storage unit. Mere feet to the beach! MLS#221013777 \$674,900



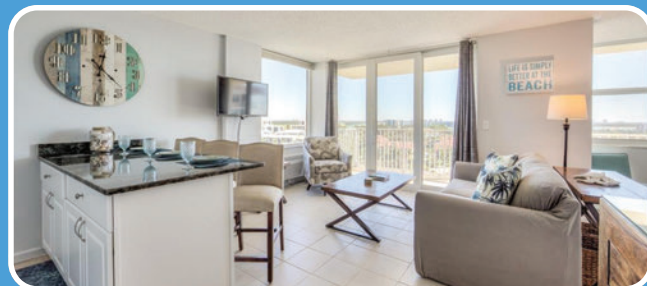
GREAT OPPORTUNITY IN ST. JAMES CITY

13.7 acre Fruit Tree Farm w/ 2BD/2BA home w/fenced yard. Newer floor tile throughout, roof shingles replaced in last 5 years. Over 1200 fruit producing trees. MLS#220024251 \$980,000



WELCOME TO BERMUDA DUNES

Situated at the south end of Fort Myers Beach. Covered parking, 2 storage areas. Laundry in unit. Close to shopping, dining & a marina. Home Tech Gold warranty included. MLS#220068162 \$239,900



IMMACULATE BEACHSIDE CORNER CONDO

All new essentials to make this Estero Beach & Tennis Club Turnkey Furnished. Panoramic views. Recently renovated. Pet friendly. Min 7-day rentals. 1 yr. home protection plan. MLS#221001573 \$389,000

6035 Estero Blvd., Fort Myers Beach, FL 33931

239-463-0000 | sales@fmbsun.com | www.fmbsun.com



Profound Love Story Comes To Life On Stage

Gulfshore Playhouse will bring audiences to the Deep South this spring with its production of *Maytag Virgin*. Gulfshore Playhouse's second equity-approved production this spring will feature a preview on Thursday, March 18 and Friday, March 19, followed by regular performances Saturday, March 20 through Wednesday, April 3.

Written by Audrey Cefaly and directed by Broadway veteran Jeffrey Binder, this romantic comedy will have audiences falling in love with the starring couple as they go on an unexpected journey of self-discovery, love and healing. On leave from her job as a high school teacher after a sudden loss, the last thing Lizzy Nash expected was a blossoming relationship with the mysterious man who moves in next door. Both hiding a world of secrets, Lizzy and her new neighbor Jack intrigue and bewilder one another as their relationship progresses.

"Audiences will enjoy seeing the romantic connection build between Lizzy and Jack," said Kristen Coury, CEO and producing artistic director for Gulfshore Playhouse. "Watching their story unfold is sure to bring smiles to patrons' faces."

Real-life spouses Karen and Ian



Karen Peakes

photos provided

Merrill Peakes star as Lizzy and Jack. Karen has performed extensively on the stages of Philadelphia, appearing at venues including the Walnut Street Theatre (*Curious Incident of the Dog in the Nighttime*, *A Woman of No Importance*, *A Comedy of Tenors*) and Arden Theatre Company (*A Little Night Music*, *Prayer for Owen Meany*, *Twelfth Night*). She has received Barrymore Award nominations for *The Real Thing* at the Wilma Theater; and *Born Yesterday* at People's Light. Karen has also performed at Shakespeare Santa Cruz, Peterborough Players and Folger Theatre; and



Ian Merrill Peakes

narrates audiobooks for Brilliance Audio, Tantor Audio, and others.

Ian Merrill Peakes has previously appeared at Gulfshore Playhouse in *Something Intangible*. His frequent Philadelphia-area appearances include performances at Lantern Theater Company (*Molly Sweeney*, *The Craftsman*), Wilma Theater (*Body of an American*, *The Invention of Love*), and Theatre Exile (*Red Light Winter*, *Invisible Hand*). He has received Barrymore Awards for *Something Intangible* and *All My Sons* at Arden Theatre Company, and *Sideman* at Philadelphia Theatre Company. Ian also

boasts a number of regional credits in productions at venues such as Seattle Rep, Folger Theatre, Denver Center for the Performing Arts, Actors Theatre of Louisville, Shakespeare Santa Cruz, and Pittsburgh Irish and Classical Theatre.

Members of the creative team include Scenic Designer David Arsenault; Costume Designer Jennifer Bronsted; Sound Designer Sean McGinley; Lighting Designer Dalton Hamilton; and Stage Manager Jamie A. Eckhold.

Tickets for *Maytag Virgin* range from \$23 to \$71, and are available at www.gulfshoreplayhouse.org.

As part of Gulfshore Playhouse's commitment to keeping patrons safe at the theater, protocols have been implemented including mandatory face masks, physically distanced seating with 50 percent capacity, extensive cleaning and disinfecting measures, air purification, ticketless entry and digital playbills. For a list of safety measures, visit www.gulfshoreplayhouse.org/health-and-safety.✧

College Graduate

Justin Dobbs of Fort Myers recently graduated from Coastal Carolina University during the in-person fall 2020 commencement ceremony. Dobbs graduated with a bachelor's degree in management.✧

Churches/Temples

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

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

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

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

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

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

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

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 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. 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, 8260 Cypress Lake Drive, 481-3233.

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

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

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

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

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.fpcforymyers.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.lambogodchurch.net, 19691 Cypress View Drive, 267-3525.

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

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

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

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

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

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

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

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

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

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

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

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

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

TEMPLE 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, 16225 Winkler Road, 433-0018.

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

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

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

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

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

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

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

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

Email changes to press@islandsunnews.com or call 395-1213.✧

Seeking your best retirement?

JUST ADD WATER



SHELL POINT'S WATER AMENITIES

- Waterfront location along the Caloosahatchee River
- Marina with free boat dockage and Gulf access
- Residences with expansive water views
- Fishing, boating, sailing, kayaking and canoeing
- LifeQuest Aquatic Center plus five additional resort-style pools
- Community pontoon boat with daily outings and sunset cruises
- Beaches just minutes away on Sanibel, Captiva Island and Fort Myers Beach

EXPLORE SHELL POINT TODAY!

ATTEND A DISCOVERY SEMINAR & TOUR | 9:30 A.M.

Tuesday,
March 23

Wednesday,
March 24

Tuesday,
March 30

Wednesday,
March 31

REGISTER for your tour at shellpoint.org/seminars or call (239) 228-4080.

SHELL POINT
RETIREMENT COMMUNITY®

Unparalleled setting. Unparalleled lifestyle.™

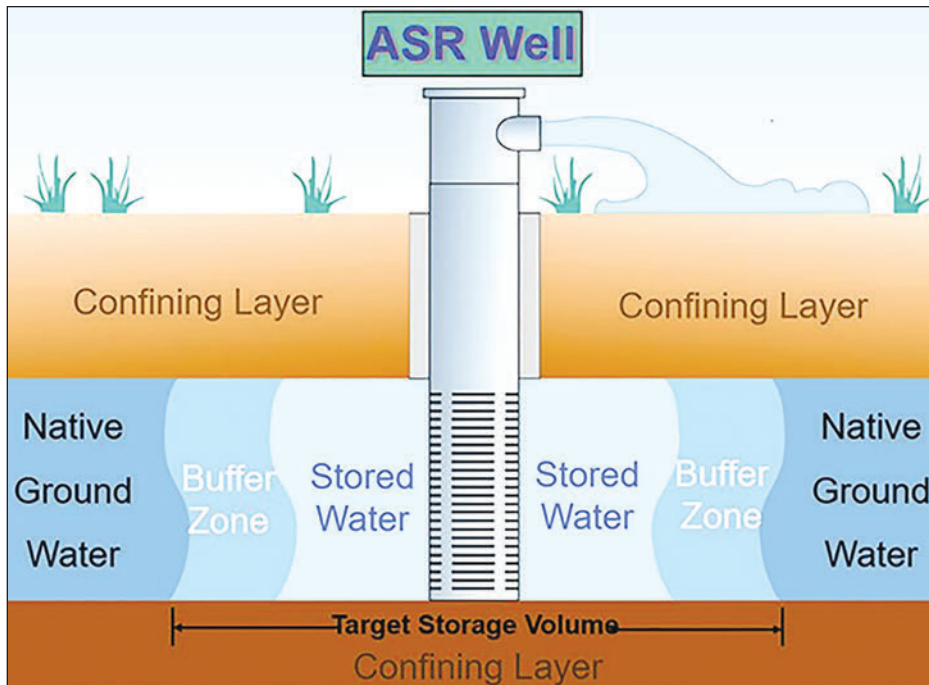
Only Shell Point provides all the resort-style amenities you love — including boating with free boat dockage, championship golf, racquet sports, dining, arts and entertainment — along with an unparalleled waterfront location and the peace of mind that comes with lifecare.

Private appointments also available if you prefer.

Shell Point is a nonprofit ministry of The Christian and Missionary Alliance Foundation, Inc.

WE ABIDE BY CURRENT CDC GUIDELINES TO PROTECT YOUR HEALTH AND THE SAFETY OF OUR RESIDENTS AND STAFF. WE WILL NOTIFY YOU ABOUT WHAT TO EXPECT BEFORE ARRIVING FOR YOUR TOUR.

©2021 Shell Point. All rights reserved. SLS-4332-21



Aquifer Storage and Recovery Science Plan

photo provided

Comment Sought On Aquifer Science Plan

As part of the ongoing effort to increase public participation and engagement, the South Florida Water Management District (SFWMD) encourages people to provide input on the Final Draft 2021 Aquifer Storage

and Recovery (ASR) Science Plan.

The final draft plan is available for public and peer review at www.sfwmd.gov/asr. Note that the public review period has been extended from 30 days to 45 days. Public comments can be submitted via email to asrwwells@sfwmd.gov now through March 22.

The SFWMD and the United States Army Corps of Engineers (USACE) prepared the Final Draft 2021 ASR Science Plan to address uncertainties

identified in the National Research Council's (NRC's) review of the ASR Regional Study Final Technical Data Report. There are potential benefits of ASR wells, and there are some technical uncertainties regarding regional effects of large-scale ASR implementation.

To address these uncertainties, the SFWMD and USACE developed a Final Draft 2021 ASR Science Plan, describing potential studies to be conducted as ASR wells are implemented in a phased manner. The ASR Science Plan was developed with review and input from an independent peer-review panel of scientists. The ASR Science Plan presents the first version of an overarching program of scientific studies that supports a phased ASR implementation schedule for the Lake Okeechobee Watershed Restoration

Project (LOWRP).

Although the studies proposed in the Final Draft 2021 ASR Science Plan are intended to be conducted at ASR locations identified in the LOWRP Integrated Project Implementation Report and Environmental Impact Statement, they may have broad application beyond the LOWRP's scope.

The South Florida Water Management District is a regional governmental agency that manages the water resources in the southern part of the state. It is the oldest and largest of the state's five water management districts with a mission to safeguard and restore South Florida's water resources and ecosystems, protect the communities from flooding and meet the region's water needs while connecting with the public and stakeholders.✧

What Parents Should Know For Next School Year

submitted by Andrew R. Campanella

Yes, it's January, not June, and you may feel like you're finally settling into a routine during a challenging school year. But as the saying goes, "The secret to getting ahead is getting started." Despite the disruptions of COVID-19, January is the ideal time to check in with your child about your school choice and start planning for the 2020-21 school year.

That's why National School Choice Week takes place the last week of January. Each year, the public awareness effort features thousands of independently-planned community activities that help parents across the nation learn more about school choices and prepare for the next school year.

As families and teachers in Florida celebrate the week with 3,467 virtual events and activities, don't miss doing these three things to start planning now for an extraordinary school year:

First, talk to your child.

You see your child every day and know what makes them happy, nervous, or inspired. But make time during School Choice Week to speak with your child about their current school experience. What are they learning? What would they change? What are they doing when they feel happiest?

If you talk to other parents about their school choice, remember: What's important to you and your child in a school may be different than what's important to your neighbor – and that's OK. One family may prioritize a school's location; another may consider a school's language offerings or extracurriculars more important. Be confident in what matters most to you and your child in a school.

Second, know your options.

You might know your child better than anyone else, but you may not know all the school options in your area. Here in Florida, there are a variety of educational options available to attend including: traditional public schools with flexible open enrollment,

charter schools, magnet schools, private schools, online schools and homeschooling. Florida's state-run scholarship programs extend to students in families with modest incomes, with an Individualized Education Plan, or victims of violence in public schools, in addition to a few other student groups.

If reading this helped you learn something new about education options in your area, share that knowledge. A simple conversation with a neighbor about school options could transform their child's life.

Third, find and celebrate your community.

Starting in January gives you plenty of time to consider new schools. Even if you're not sure a school is for you, learning more via a call or visit may surprise you. Look for what seems to motivate the students and teachers. Is it an environment you could see your child thriving in?

Or, maybe you already love your current school and plan to stay. If so, use this time and your child's feedback to make a simple plan to truly invest in your school choice. Maybe you'll volunteer at the school once a month. Maybe you'll supplement classroom learning with monthly museum trips, or use Khan Academy one evening a week to help your child fill in their weak spots in math.

At the end of the day, navigating the K-12 education process is an adventure – celebrate it! Use School Choice Week to spread positivity about your school on social media or send a thank you note to a teacher. Spreading positivity can start a domino effect, reminding teachers of their love for education and inspiring other parents to be more engaged.

A child's learning environment is one of the single-biggest influencers of their life, and it's worth putting in the time to find a great school fit. Whether it's finding a new school or showering your current school with love, now is the time to start deciding what school choices to make next.

A nationally recognized advocate for children and families, Andrew R. Campanella serves as president of National School Choice Week, the world's largest annual celebration of opportunity in education.✧

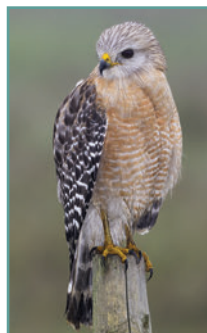
Help SCCF Bring Back the Barn Owls

Poisoned rats can kill the eagles, hawks, bobcats and owls that eat them.

Tell your pest control professional to **NOT use these rat poisons:**

• brodifacoum • bromailone • difenacoum • difethialone

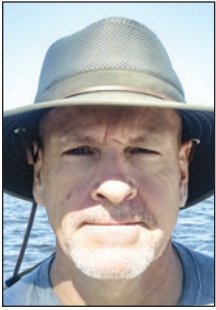
Or consider not using any rat poisons at all. Instead, seal all entry points to your home.



SCCF 472-2329 • www.SCCF.org

CROW Case Of The Week:

Softshell Turtle



by Bob Petcher

The softshell turtle (*Apalone ferox*) is a large turtle with a flattened shell and leathery skin. It is distinguishable from other species by its long, pig-like nose.

At CROW, a female Florida softshell turtle was

admitted from a partnering veterinary clinic after it was hit by a car and found in the road. Veterinarians found a slight fracture on the front right portion of its shell, but it was not displaced and would be able to heal on its own. Radiographs were taken to ensure there was no internal trauma. The x-rays also revealed the patient was carrying 27 eggs.

"This is a pretty typical number of eggs for a large Florida softshell turtle. They typically have anywhere up to 35 eggs with some cases exceeding that number," said CROW Rehabilitation Manager Breanna Frankel. "The average number of eggs per clutch is between 20 and 30."

The average breeding female softshell turtle reportedly weighs in at around seven kilograms, and this female weighed 12 kilograms at intake.

"The weight doesn't indicate any additional health issues. As she has grown, her muscles and bones have grown just



Dr. Sasha Troiano examines patient #21-756

photo by Shelli Albright

like ours. Her weight is merely an indicator of how long she has lived, though we can't put a definitive number on that," said Frankel. "She is significantly larger than most softshell turtles we see at the clinic and is a very impressive size. We are very lucky to have been witness to such a magnificent animal."

Frankel reported no obvious complications with the patient's eggs following the initial trauma or during her stay at CROW.

"In some hit-by-car situations, the eggs can be severely damaged inside the mother, but we had no indication of that with this patient. Our biggest concern was for the wellbeing of the patient," she added. "She was in a situation where she would heal best and lay her eggs best in the wild instead of in a stressful environment at the clinic. In reptiles that are gravid (carrying eggs), there is concern for them becoming egg bound – also known as dystocia, egg retention, egg

binding – if they aren't getting appropriate nutrients, sunlight, etc., so she was safest back in the wild.

The mother-to-be was placed in an outdoor turtle tank and was released after only two days at the clinic.

"She was able to move all four limbs appropriately, support her weight and was neurologically in good shape. She was monitored for 24 hours in which time she made quick improvements and was assessed for release," said Frankel. "This turtle was released by a CROW staff member on March 5. She received initial pain medication upon admit to the clinic, but otherwise showed no abnormalities, and it was determined she would do best if returned to the wild, especially because she was heavily gravid."

Partnerships between clinics benefit wildlife in the short term and long run.

"We are lucky enough to have 11 veterinary clinics that partner with us to hold CROW patients until we can pick them up," said Frankel. "By partnering with these clinics, we are able to have convenient drop-off locations all over Lee County for people who find an injured or ill animal. After the animals make it to the drop-off site, the veterinary clinic calls us, and we schedule a patient pickup."

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.

Help Stop Spread Of Invasive Zebra Mussels

The Florida Fish and Wildlife Conservation Commission (FWC) is asking for the public's help in stopping the spread of the invasive zebra mussel. This species might cause devastating impacts to Florida's ecology and economy, and has recently been discovered in a Florida pet store and stores in other parts of the country. The FWC is working with state and federal partners to address this national issue.

Zebra mussels are considered one of the most troublesome invasive species in North America. They clog pipelines used for water filtration, render beaches unusable and damage boats. They also can have harmful effects on native aquatic organisms. These filter feeders outcompete other native species in infested rivers and lakes. The waste they produce accumulates and degrades the environment, using up oxygen, making the water acidic and producing toxic byproducts.

Zebra mussels and their microscopic larvae have been found in a species of aquarium plants known as "moss balls" that are being sold in some pet stores under a variety of names throughout parts of the United States,

including Florida. The moss balls are up to a few inches in diameter and are sold separately as an aquarium plant or may be provided with a fish being sold. Because the larvae might not be noticeable in the aquarium material, any purchased moss balls can contain zebra mussels or their larvae.

The FWC is urging pet stores to remove "moss ball" aquarium plant products from their shelves and properly dispose of them. If an aquarium owner has already bought one of these moss balls, they should safely dispose of it. The safest way to do this is by completely drying, freezing or placing the moss balls into a plastic zipper bag. Then throw that bag into a garbage bag. Aquarium water should be replaced, and filters/cartridges replaced and disinfected before disposal. Aquarium water can be disinfected prior to disposal by adding one cup of bleach per gallon and allowing it to sit for 10 minutes before disposing of the water down the drain. This method can also be used to disinfect gravel, filter and other structures – highly recommended if zebra mussels are found attached to the moss or in the aquarium.

Zebra mussels are a small shellfish with triangular, brownish shells. As their name implies, they often have zebra-like stripes. They typically grow no bigger than an inch in size and some found in the pet store plants are less than a quarter of an inch long.*

In the Moo-d for UDDERLY GREAT FOOD!



Get a taste of Key West right here on Sanibel.

For the past 18 years, The Island Cow is Sanibel's award-winning family dining destination with great cookin', lavish island cocktails, specialty coffees, outdoor games, and live entertainment.



BODYGUARD
Ultimate
NO-SEE-UM DEFENSE
SOLD HERE



Family Owned & Operated | 300+ Menu Items | Open Daily 8 am - 8 pm
2163 Periwinkle Way, Sanibel Island | 239.472.0606 | SanibelIslandCow.com

Instant Gratification Fishing



by Capt.
Matt Mitchell

March started off with a bang as clients experienced amazing spring-like snook and redfish action. With warming water, we caught fish from the back country creeks, oyster bars, mangrove islands in the middle sound and all the way into the passes. Slow to notide days made things a little tougher, though we still managed respectable outings.

Jacks, ladyfish, mackerel and even a few blue fish have begun to show up all through the region. Look for feeding birds both in the sound and around the faster moving tide rips just outside the passes. Lighthouse Point was on fire this week with the edges of

the long sand bar that drops off to deep water giving up a variety of these fish. This fishing can be done very productively on both small diving plugs, spoons, plastics and my favorite – a small buck tail jig.

Flats fishing really lit up this week with lots of trout being caught out in three to five feet of water. Grass flats with sand patches from Chino Island to Demere Key were a great area to bend a rod. A soft plastic on a quarter ounce jig head was all it took. Another option was a popping cork rigged with the same soft plastic jig roughly three feet below it. Drifting was the best way to locate these fish. Then, you simply anchored up.

During higher periods of the tide, snook and large trout could be found around the many oyster bars throughout our waterways. When picking an oyster bar, I like to fish the side that both the wind and tide are pushing against. After pitching live shiners, I have my clients gently lift and reel. This method is just like slow fishing a soft plastic jig and keeping the bait fish from tangling in the grass. By making the bait flutter down, these fish fed often and blew up on the surface.

Mangrove creek fishing was my daily choice. Some of these magical creeks went off with snook of all sizes along with some big redfish. These narrow tight-winding mangrove waterways may be my favorite place to catch fish this time of year. To be successful in this environment, it requires a really accurate cast. When you do land that perfect “money shot,” the bite is explosively quick, sometimes faster than you can close the bail off the reel. Once your hooked up, steering these fish out from around mangrove limbs can only be described as full combat fishing. Talk about instant gratification, this creek fishing is it.

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.✪



Charlie got this big snook on an afternoon trip with Capt. Matt Mitchell this week
photo provided

CAPT. MATT MITCHELL

Light Tackle Sport Fishing
Sightseeing • Eco Tours
Tarpon • Snook
Redfish & More
C: (239) 340-8651
www.captmattmitchell.com
email: captmattmitchell@aol.com

CLEAR YOUR GEAR™
It Catches More Than Fish
Lead is toxic.
Choose non-lead weights

Send Us Your
Fish Tales

We would like to hear from anglers about their catches. Send us details including tackle, bait and weather conditions, date of catch, species and weight, and include a photograph with identification. Email to press@islandsunnews.com or call 395-1213.

Cycling Safety Notes

Ride to the right
Warn to pass
Wear a helmet
Use lights at night
Always be courteous

SANIBEL BICYCLE CLUB

ISLAND MARINE SERVICES, INC.
• NEW MOTOR SALES • REBUILT POWERHEADS •
• FACTORY TRAINED •
MERCURY – MARINER – JOHNSON – EVINRUDE
SUZUKI – YAMAHA – OMC – I/O'S – MERCURUISER
Courteous Professional Marine Repair Service • Dockside Service
Serving Sanibel & Captiva For Life
472-3380 • 466-3344

**Your Bottom
Specialist
Call on Paint Prices**

Dave Doane

Plant Smart

A Sweet Sign Of Spring

by Gerri Reaves

As the cooler months draw to a close and spring approaches, mango trees (*Mangifera indica*) burst into bloom with a promise of delectable summer fruit.

Mango is not native to South Florida, but it has long been cultivated in the state, thanks mainly to the efforts of renowned plant scientist David Fairchild. There are now more than 200 cultivars in the state.

This fruit native to India and tropical Asia isn't called "the king of fruits" for nothing, as any mango-lover knows.

Another well-known fact about the fruit is that, like other members of the cashew, or sumac, family, it can cause allergic reactions.

Some people get a rash from the sap on the leathery skin, even though they can consume the fruit safely. Take care and wash it thoroughly before preparing.

Some people, however, are allergic to the fruit, too, or react to the pollen, so exercise caution.

Cultivars abound, each with its own taste and texture, from turpentine-y to peachy, from stringy to buttery. The Haden is generally agreed to be the best.

Fruit also varies in shape, size and color. It might be egg-shaped or round, small as a pear, or large as a football, and be yellow, orange, or red.

Mango is an important commercial crop in Florida, so much so that it's easy



The erect panicles are filled with both male and female flowers photos by Gerri Reaves

to find Mexican mangoes in the grocery store but not local ones, most of which are apparently shipped out of state.

A mango tree can be more than 50 feet tall with a wide spread, so it makes a good shade tree. However, some types will grow in containers on a patio or balcony.

The alternate leaves are narrow and droop like ribbons on the tree. They measure a foot or more long and have wavy edges.

The erect panicles are loaded with tiny male and female flowers, five-petaled and usually pinkish, although some cultivars have white or yellow ones.



As spring approaches, mango trees are festooned with flowers

Give this tree full sun, fertile soil and plenty of moisture but good drainage. It is a fast grower and moderately drought-tolerant.

Trees are known to live as long as 300 years and still bear fruit.

There's no end to how you can eat mangos: warm from the tree over the sink (they're delicious but messy), in jams, fruit salads, chutneys, smoothies, or breads and cakes.

The fruit is a good source of vitamins A

and C and has a host of medicinal uses.

Among the drawbacks are the tree's susceptibility to various pests and diseases, as well as breakage. Squirrels, birds and other wildlife go after the fruit, often leaving it partially eaten on the ground.

The seeds are within a large flat husk.

Sources: <https://edis.ifas.ufl.edu>, www.growables.org, www.plantbook.org, and www.plants.usda.gov.

Plant Smart explores the diverse flora of South Florida.✽

Deadline Nears For Refuge Scholarships

Application deadline for several scholarships from the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS), ranging from \$1,000 to \$3,000 each, is March 31, 2021. High school seniors, college students and graduate students in or from Lee, Collier, Charlotte, Hendry, and Glades counties pursuing degrees in environmental-related studies may apply.

DDWS will award the scholarships at a special ceremony at the JN "Ding" Darling National Wildlife Refuge in June 2021, if prevailing pandemic guidelines permit.

Now in its 15th year, the DDWS scholarship program presented its first awards in 2006, donated by Tarpon Bay Explorers, the refuge's official recreation concession. To date, the program has awarded \$147,100.

Interested students can find more information and printable application forms at www.dingdarlingsociety.org/articles/student-scholarships.

Named scholarships to date for 2021 include:

Richard Bailey Memorial Scholarships
Mike and Terry Baldwin Scholarship
Dr. Andrew and Laura Dahlem Scholarship

Dr. H. Randall Deming Scholarship for Conservation and Environmental Studies, a permanently endowed scholarship

Hans & Leslie Fleischer Scholarship
Mary Elaine Jacobson Memorial Scholarship

Win & Marilyn Kloosterman Education Scholarship, a permanently endowed scholarship

Francine and Barry Litofsky Scholarship
Tarpon Bay Explorers Scholarships
Jane Werner Environmental Scholarship, DDWS' first permanently endowed scholarship

To learn more about the scholarship program, establish a permanently endowed scholarship or to support DDWS and the refuge with a tax-deductible gift, visit www.dingdarlingsociety.org or contact Birgie Miller at 472-1100 ext. 4 or director@dingdarlingsociety.org.

Creek Trailhead To Close Temporarily

Starting Wednesday, March 10, the trailhead of Telegraph Creek Preserve located on North River Road in Alva will be closed to visitors for a few weeks for gopher tortoise habitat improvement.

The improvements will be funded through the Florida Fish and Wildlife Conservation Commission's Gopher Tortoise Habitat Management Assistance program. The project is designed to clear heavy undergrowth on 43 acres, which allows the tortoises to better forage and burrow. Deer, turkey, quail and a variety of plants will also benefit from this work.

The main entrance of Telegraph Creek Preserve, located on Argo Drive, will remain open for equestrian and hiking access to this preserve and onto Bob Janes Preserve unless closed for upcoming prescribed burning. Visitors looking for nearby comparable alternative hiking trails can visit Daniels Preserve at Spanish Creek, located on Persimmon Ridge Road.

For updates on re-opening, visit www.leeparks/preserves.org or the Conservation

continued on page 14



Call for Free Estimates 239-246-7528

Custom Florida Landscapes and Maintenance

Custom Landscape Designs and Installation and Monthly Lawn Maintenance



SanibelLaurie@aol.com

www.CustomFloridaLandscapes.com

PERSONALIZED ADDRESS PLAQUES

- Weatherproof PVC
- Up to Six Numbers














Order at www.naturebrackets.com (Free Shipping) • 239.454.1001

Virtual Sanibel Community MobilePack



During the **Month Of March 2021** we ask you to join us in Feeding Starving Children by supporting a **Virtual Fundraiser**



Feed My Starving Children is a Christian non-profit organization committed to feeding God's starving children around the world

Double your Donation!
Be a part of a matching gift for the first \$10,000!



Donations will be accepted throughout March and can be made online at give.fmssc.org/sanibel

or checks can be sent to **Feed My Starving Children**
401 93rd Avenue NW
Coon Rapids, MN 55433
write Sanibel #2103-039NO in the memo.

Please help us reach our \$40,000 goal
(160,000 meals)



Small grow light kits make growing herbs and microgreens indoors easy and convenient for harvesting and cooking photo courtesy of Gardener's Supply Company

Growing Nutritious Microgreens

by Melinda Myers

Add fresh flavor to your meals year-round with microgreens. These easy-to-grow greens need minimal space and no special equipment for a flavorful and nutritious harvest in little more than a week.

Use microgreens on salads, soups, pizzas, omelets, in stir fries or as a snack. These tiny seedlings are packed with more nutrition than their mature counterparts.

Add a bit of spice to soups and sandwiches with radish and mustard microgreens. Try red cabbage, chard, beets and amaranth for some added color. Sunflower's somewhat nutty flavor makes it perfect for snacking. Let some of your pea microgreens grow a bit taller to use in stir fries.

Fill a shallow container with a two-inch layer of moist potting or seed starting mix. Sprinkle seeds over the soil surface and lightly cover with potting or seed starting mix. Water gently to ensure good seed-to-soil contact.

Continue to water often enough to keep the soil slightly moist. Reduce your workload and keep the planting mix consistently moist by covering freshly planted containers with plastic. Once the greens break through the soil, remove the cover and move the container to a sunny location or under artificial lights.

Increase the fun and success with a microgreen growing kit like the Organic Herb and Microgreens Grow Kit from Gardener's Supply (www.gardeners.com). This set up is the perfect size for your countertop or other small space. The full spectrum light is adjustable so you can raise or lower it as needed whether growing short microgreens or taller herbs.

Or skip the growing mix and mess with a Jute Microgreens Starter Kit. Set the jute mat in the shallow tray, add seeds and water. Then compost the jute mat after harvesting your greens.

Follow the planting directions on the seed packet. You typically need two to three tablespoons of seeds for an 11-inch by 21-inch tray. Buy enough seeds to make additional plantings every week or two to ensure a constant supply. Microgreens, like most vegetables, taste best and are most nutritious when eaten fresh. And these tasty bundles do not last long in storage.

The microgreens are ready to harvest once the plant forms the first set of true leaves. These are the leaves that resemble those of the mature plant. This takes anywhere from seven to 14 days, depending on the room temperature and type of microgreens you are growing.

Use scissors to clip the greens off at ground level. If you prefer to use the whole seedling, roots and all, you will need to wash off any of the seed starting mix clinging to the roots.

Once you harvest all the greens, it is time to replant. Save money and be kind to the environment by composting the used planting mix and reusing containers. Convert shallow fast-food containers into planting trays. Disinfect these or other planting trays before using them for subsequent plantings. Just soak the containers in a 10 percent bleach and water solution for 10 minutes. Then rinse in clear water before planting.

Melinda Myers is the author of more than 20 gardening books, including Small Space Gardening. She hosts The Great Courses How to Grow Anything DVD series and the nationally-syndicated Melinda's Garden Moment TV and radio program. Myers is a columnist and contributing editor for Birds & Blooms magazine. Her website is www.MelindaMyers.com.

Creek Trailhead

20/20 Facebook page. Telegraph Creek Preserve was acquired through the Conservation 20/20 program in January of 2009 and comprises 1,727 acres of land, including 506 acres of dry prairie. Public use includes 10 miles of

marked trail, along with the Great Calusa Blueway paddling trail, which crosses through the southeastern portion of the preserve.

For more information about Lee County Parks & Recreation locations, amenities and other special events, visit www.leeparks.org, call 533-7275 or email leeparks@leegov.com.



Pam Flaherty, FMBAA's Artist of the Month for March, included festive works in her show in the Shuckers Galleria photo provided



Michele Barron Buelow's *Found* collage



Lonely Beaches by Gerri Zoppa

FMBAA is pleased to welcome Pam Flaherty as March Artist of the Month at the Shucker's Galleria, located at 1250 Estero Boulevard on Fort Myers Beach.

The FMBAA gallery is open daily Monday to Saturday from 10 a.m. to 3 p.m. Artists work on Tuesdays and Wednesdays.

The Fort Myers Beach Arts Association is located at 3030 Shell Mound Boulevard on Fort Myers Beach. For more information, visit www.fortmyersbeachart.com, send emails to FMBAA publicity chair Pam Flaherty at fmbaapublicity@gmail.com, call 463-3909, or stop by the gallery.✧

New Exhibits On Saturday For Beach Art Group

Beginning on Saturday, March 13, the Fort Myers Beach Art Association (FMBAA) presents a new show in the main gallery titled *Anything Goes* and a new show in Studio 2 called the COVID Arts Collection, the latter exhibition includes paintings that artists did during the "COVID lockdown."

For stimulation, artists were presented with a "9-Week Painting Challenge" during April and May of 2020. Each Wednesday, a photo and title was emailed to the artists. The artists would then either paint the photo or paint a similar subject of their choice. On the following Tuesday, the artists would share images of their paintings with fellow artists.

Mini masters continue to be for sale, priced at only \$10 apiece for matted original artwork.

To advertise in The River Weekly News, call 395-1213



BAILEY-MATTHEWS
**NATIONAL
SHELL
MUSEUM**

Martini's AND MOLLUSKS

FRIDAY, MARCH 26, 2021 • 6-9 p.m.
3075 SANIBEL CAPTIVA ROAD, SANIBEL, FL 33957

Join us at the Museum for an exceptional evening of cocktails, individually-packaged appetizers, and socially-distanced fellowship!

Plus an exciting raffle with prizes valued at over \$5,000! Raffle tickets on sale at Museum front desk now through April 17.

FOR TICKETS & SPONSORSHIP DETAILS, VISIT:
ShellMuseum.org

A takeout option is offered for those who prefer to support the Museum from a distance.

For more information, please contact
info@shellmuseum.org or (239) 395-2233.

Southwest Regional Manufacturers Association

SRMA

Sponsored by

McGriff

GEIS

Roundtable Discussion

Managing Financial Risk

Speakers

Donald Trummer
CEO
HBK'S Tax Advisory Group

Scott Gregory
Vice President &
Business Insurance Agent
McGriff

Joseph Janoschka
Senior Vice President
General Relationship Manager
Commercial Banking
Bank of America

Neil Shnyder
CPA, CVA, MBA
Florida SBDC
Florida Gulf Coast University

What they will share:

Cash flow management

Accounting tips

Tax tips

PPP funds and more

Everyone is welcome.
No cost to attend.

Online registration required

Wednesday, March 17 | 8:00 a.m.

Zoom virtual meeting

Register online today at

srma.net/category/events

Questions?

Please contact us at 258-258-1385 or
via the contact at srma.net

The SRMA Flyer photo provided

Roundtable On Managing Financial Risk

Managing cash flow and financial risks during a pandemic can get complicated and frustrating. To assist manufacturers and other business owners, Southwest Regional Manufacturers Association (SRMA) will host the Financial Risk Management Roundtable on Zoom on Wednesday,

March 17 at 8 a.m. There is no cost to attend.

“Addressing the urgent needs of SRMA’s manufacturer and affiliate members is our top priority,” says SRMA Board Chair Jeff Poirier. “This month’s webinar will address some of the biggest financial challenges manufacturers and businesses alike seem to face – managing cash flow and mitigating risks.”

This roundtable webinar is generously sponsored by GEIS Construction and McGriff and open for all to attend. Participants will learn how to mitigate risks, navigate PPP funding, tax law and cash flow management. Featured speakers include Donald Trummer, certified public accountant (CPA) at HKB’S Tax Advisory Group; Scott Gregory, vice president and business insurance agent at McGriff; Neil Shnyder, CPA, CVA, MBA at Florida SBDC at Florida Gulf Coast University; and Joseph Janoschka, senior vice president and Senior Relationship Manager of Business Banking at Bank of America. SRMA Board Chair Jeff Poirier will moderate the discussion and guests will have an opportunity to ask the panel questions that relate to their business.

To register for this free event, visit www.srma.net/category/events and a Zoom link will be sent to you. For more information about the Southwest Regional Manufacturers Association, visit www.srma.net, call 258-1385 or email info@srma.net.✧

New Species Added To Reel Big Fish Program

The Florida Fish and Wildlife Conservation Commission (FWC) and its saltwater angler recognition program, Catch a Florida Memory, has announced the addition of two new qualifying fish. Effective March 1, anglers are able to earn Reel Big Fish recognition for vermilion snapper and saltwater catfish.

To qualify for a Reel Big Fish achievement, a fish must reach or exceed the qualifying length listed for each species in youth (under age 16) or adult categories. The qualifying length for vermilion snapper is 17 inches for adults and 13 inches for youth, while the qualifying length for saltwater catfish (gafftopsail or hardhead) is 22 inches for adults and 16 inches for youth.

All Reel Big Fish catches must be photographed over a qualifying measuring device clearly showing the exact full length of the fish. A photo of the fish with the angler submitting the catch is also required.

These new Reel Big Fish additions give both inshore and offshore anglers new goals to keep them on the water targeting a variety of fish species. Vermilion snapper and saltwater catfish are also great table fare and are worth taking home to try out a new fish recipe.

Successful anglers who submit an approved Reel Big Fish receive a colorful certificate, custom-designed

T-shirt by Tony Ivory Art and Apparel; Tervis tumbler from Discover Martin County; monthly raffle entry to win great prizes from partners like Mount This! Fish Company and SeaDek Marine Products; and other goodies in recognition of their achievement. New Reel Big Fish recipients will also be listed in the *Saltwater Recreational Fishing Regulations* booklet and on the Club Members page. Anglers who are missing a photograph of their fish over a measuring device can be awarded a Reel Big Fish Honorable Mention digital certificate instead (emailed to the angler).

Looking to catch even bigger fish? The FWC maintains state records in conventional tackle and fly-fishing categories for 81 species caught in Florida state waters or in federal waters extending directly outward of Florida state waters. Saltwater record-holders receive a certificate of accomplishment, prize pack, recognition in various publications and a custom ink fish print to memorialize their catch courtesy of Fish Print Shop. There are currently vacancies in white grunt, blueline tilefish and schoolmaster snapper categories, giving anglers an opportunity to get their name on the record listing for these species.

For more information and to view current records, visit www.catchafloridamemory.com and click “Records.”

Are you interested in signing up for Catch a Florida Memory? Participate by visiting www.catchafloridamemory.com and check out the latest catches on facebook.com/catchaflmemory. For questions, contact anglerrecognition@myfwc.com or call 850-487-0554.✧

Superior Interiors Does Your Closet Need A Makeover?



by Katie Frederick

When sifting through your closet and wardrobe, are you often leaving piles of discarded clothing behind you? Perhaps you can’t find what you’re looking for, or maybe you just can’t seem to pull your clothing options together. Don’t worry, this happens to everyone. Many will blame the clothes within the closet, but did you ever stop to consider it might actually be the closet itself to blame?

You’re fashion forward, so you likely wouldn’t purchase something without a killer outfit in mind. But if it gets stuffed to the back of your wardrobe, you might also be stuffing away your inspiration. Dressing yourself is all about visualizing what you need, but that immediately becomes a tremendous task when you don’t know where anything is. If you’re currently thinking that this situation sounds like you, then your closet needs a makeover.

A good layout will give you the space and organization to see everything in front of you so you can put together compliment worthy outfits each and every day. How can your closet get the look, you wonder?

If you’re throwing your bodyweight into your clothes to move them aside as you look for your desired garment, then

you probably need to find a better way to maximize your space. The answer isn’t always to throw away your clothes. Instead, strategize how you can maximize organization in your space and give your clothes room to breathe.

This doesn’t necessarily have to be a project that turns your closet into a construction zone – unless you are looking to completely reconfigure the entire space. There are options like tiered racks or supplemental storage units that can be easily retrofitted. A good makeover will do away with any unnecessary space wasters like overlay sliding doors. Instead, utilize creative solutions to address this important access. It is preferable to have accessibility to the whole closet without the annoyance of having to reach around the doors.

Organization is made just a little easier when you dedicate drawers and shelves to various clothing items. An example would be all your dresses should be in one place and your sweaters in another. You can even go so far as to break things down into seasonal categories. It’s important that your closet space makes sense organizationally.

Add some personality and diversify your closet with some unique organization methods. For example, repurpose a bar cart to become a mini vanity or accessory display case. And, most importantly, give your shoes the spotlight they deserve by filling a bookshelf with your heels instead of novels – and voila... you’ll never have to scour the house for a missing shoe again. With a little planning and forethought in determining your needs, you’ll have your dream closet to enjoy for years to come!

Katie Frederick is an interior designer on Sanibel/Captiva Islands. She can be reached at katie@coindecaden.com.✧

Class Of 2021 Hall Of Fame Inductees

The School District of Lee County recently announced the Lee County Athletic Conference (LCAC) Hall of Fame inductees for 2021. The five high school athletes, two coaches and two contributors to high school sports inductees will be honored at a banquet scheduled at the Crowne Plaza Hotel on Wednesday, April 21 at 6 p.m.

Jatlen Watkins of Cape Coral High – A dual threat who played quarterback and defensive back for the Seahawks, he was First Team – All Area, Second Team – All State, along with being the FACA District 16 Player of the Year. He participated in the U.S. Army All-American Bowl. After high school, he attended the University of Florida where he participated in 48 games with 28 starts. He was drafted in the fourth round by the Philadelphia Eagles and is currently with the Los Angeles Chargers.

De Angelique Waithe of East Lee County High – A four-year letter winner in basketball for the Jaguars where she led her team to a district runner-up, she was All Area in 2014, with a 1,000-point

career along with being a finalist for Miss Basketball in Florida. After high school, she went onto a stellar career at Long Island University. She currently is playing professional basketball in Europe for the Essex Rebels where she is averaging 16 points per game.

Jessica Wagner of North Fort Myers High – She played volleyball for the Red Knights and then went onto the University of Tampa (UT) to continue her playing career. At UT, she was a three-time, first-team All American and All Conference player. Her Tampa team was Nnational champions and she was MVP of the tournament along with being Player of the Year. She currently is playing professionally in Europe.

Mario Henderson of Lehigh Senior High – He played football for the Lightning and then went onto Florida State University to star on their offensive line. He was selected to participate in the Senior Shrine Bowl. After college, he was drafted in the third round by the Oakland Raiders where he was a four-year starter at offensive tackle.

Joeseeph Casey Coleman of Mariner High – He played baseball for the Tritons where he was a four-year letterman, first team All-State and the Class 5A Player of the Year. Following high school, he

Auditions For Teen Summer Camp Production

Gulfshore Playhouse will hold auditions for its Student Theatre Artists in Residence (STAR) Academy teen summer camp production of *Grease* on Tuesday, March 16 from 5 to 8 p.m.

Auditions are open to students ages 13 to 18. To audition, interested parties are asked to prepare the following: two musical theater selections (no longer than two minutes) or one song and one monologue (no longer than one minute); the character in the monologue should be one of the same age and gender as the actor, provide sheet music in the correct key; and headshot and resume, if possible.

An accompanist will be provided. The audition will also include a dance call. Appropriate footwear is required. Face coverings must be worn at all times except during the audition. To sign up for an audition, visit www.gulfshoreplayhouse.org/education/star-academy/grease. For more information or inquiries, contact Steven Calakos at scalakos@gulfshoreplayhouse.org.

Weekday rehearsals for *Grease* will take place July 12 to August 6, with performances on August 5 through 8. Participating students will receive training in acting, voice and movement from theater professionals as they perform one of the world's most popular musicals, which follows "greaser" Danny Zuko, new girl Sandy Dumbrowski and their cadre of pals as they sing and dance their way through high school.

Tuition for the STAR Academy

summer program is \$1,000, and need-based scholarship applications are currently being accepted. COVID-19 safety procedures will be followed during the summer program; student temperatures will be taken upon arrival, students will rehearse in groups of 10 or fewer, and students and staff will wear face coverings at all times.

Younger students can also experience the magic of theater by participating in the Gulfshore Playhouse Education Department's summer programs for elementary and middle schoolers. Students ages 8 to 13 can take on roles in the STAR Academy Jr. production of *Junie B. Jones – The Musical*. This hilarious story about friendship and change features a tremendously loveable cast of characters and fun-filled songs inspired by the popular book series. Rehearsals will take place June 21 to July 9, with performances on July 8 and 9. Tuition is \$750.

Students ages 6 to 8 can enroll in Broadway Bootcamp Jr.'s What Time Is It? Summer Time! program. This musical theater workshop taking place June 14 to 18 will teach students summer-themed songs and dance routines to selections from the *Beach Boys*, *High School Musical 2*, *Teen Beach Movie* and more. Tuition is \$250.

Registration for the STAR Academy Jr. and Broadway Bootcamp Jr. summer programs will open to City of Naples residents on April 1st and to all interested students April 15th. To guarantee placement, complete the pre-registration form by visiting www.gulfshoreplayhouse.org/education/star-academy/summer-2021-theatre-camps. Both programs will follow the same COVID-19 safety procedures detailed above.✽

Plasma Donors Needed To Help Refill Supply

Lee Health is in need of convalescent plasma donations to help refill supply levels. Under an emergency use authorization (EUA), the U.S. Food and Drug Administration has made investigational convalescent plasma available for the treatment of COVID-19 in hospitalized patients as part of the agency's ongoing efforts to fight COVID-19.

Convalescent plasma refers to blood plasma collected from people who have recovered from COVID-19. That plasma is then used to treat others with COVID-19. The blood donor must have had a positive test for SARS-CoV-2 (the virus that causes COVID-19), be symptom free for at least 14 days and be otherwise eligible to donate blood.

The procedure is the same as any routine blood donation. After donation, the blood is processed in the lab to obtain the plasma component. The patient is transfused with the donor's convalescent plasma, which contains

antibodies that may attack the virus and may help the patient recover more rapidly.

Here's how the donation program works at Lee Health:

Individuals who have previously tested positive for COVID-19 whose symptoms have resolved for at least 14 days can volunteer to donate blood.

Donors are screened by clinical personnel with questions and tests to make sure they are appropriate to donate blood that will be processed to make COVID-19 convalescent plasma.

To volunteer, call 343-2332 or email covid.plasma@leehealth.org (email preferred).

Documented routine blood donation consent is required; forms provided by Lee Health.

If potential donors are appropriate, an appointment for blood donation is scheduled at a Lee Health donation site.

All donations collected by Lee Health stay in the community and are used exclusively for Lee Health patients.

For more information, visit www.leehealth.org/health-and-wellness/healthy-news-blog/coronavirus-covid-19/convalescent-plasma-for-covid-19-what-is-it-and-how-can-it-help.✽

Doing Well By Doing Good



UHLER &
VERTICH
FINANCIAL PLANNERS

Experience the benefits of using a comprehensive, independent, fee-based financial planning firm.

Our team offers full-service, concierge-level financial planning services that are designed to help you achieve financial freedom.

239-936-6300

www.uhlerandvertich.com

1510 Royal Palm Square Blvd. #103
Fort Myers, FL 33919

An Independent Registered Investment Advisor
Investment Advisory Services Are Offered Through Uhler and Vertich Financial Planners LLC.
Securities Offered Through Raymond James Financial Services, Inc.
Uhler and Vertich Financial Planners LLC is not a registered broker/dealer and is independent of Raymond James Financial Services, Inc.
Member FINRA/SIPC

Book Review

Fool Me Twice



by Di Saggau

I was a big fan of the *Dexter* TV series based on Jeff Lindsay's books. However, I had never read his books. A recent article focused on his latest *Fool Me Twice*, and it really grabbed my attention so I quickly acquired the book. The main character is Riley Wolfe, and this is the second novel in Lindsay's series about a self-proclaimed greatest thief in the world. When he receives a call from Patrick Boniface, Riley knows he's in trouble.

They meet and Riley discovers that he wants him to steal a priceless work of art, a fresco by Raphael titled *The Liberation of St. Peter*. This priceless work of art doesn't hang on a wall, it's part of a wall, and the wall in question is 18 feet long, located in the Vatican, one of the most heavily guarded places in the world.

Riley says that it's impossible, but after meeting Bernadette, Boniface's terrifying, psychopath side-kick, he agrees to steal it, rather than be put in a room with Bernadette. The job is impossible, but failure is not an option.

Boniface is an arms dealer who scares other arms dealers. He lives on an impregnable fortress in the middle of the Indian Ocean, and he wants the fresco,

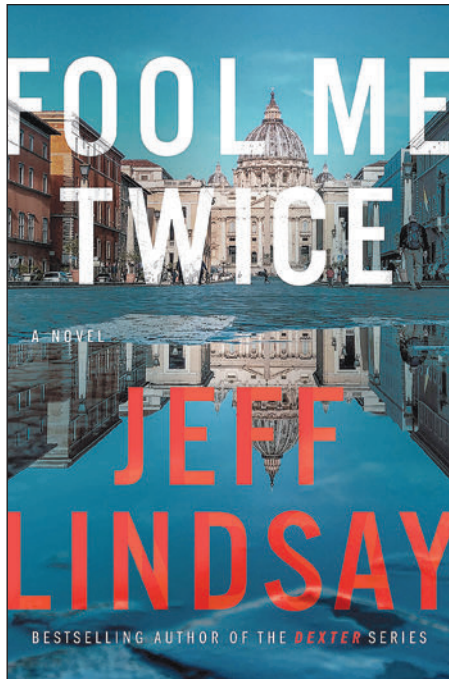


image provided

or else Riley will be tortured and killed.

Adding to the tension, a rival arms dealer, Bailey Stone, learns about the case and threatens to kill Monique, Riley's art-forger love interest, unless Riley betrays Boniface. The chemistry between Monique and Riley is fascinating as they work together in this impossible heist. The story is dark and violent but not without humor, and it is definitely a well-written, tension-filled tale. I decided to read his 2019 Riley Wolfe book *Just Watch Me*, which was also an intriguing read.*

School Smart



by Shelley M. Gregg, NCS

Dear Shelley, Everyone in our family loves to read except my daughter who is 12. She can read well and is a very good student, but she just doesn't have that

passion for reading that the rest of us have. Being passionate about reading is really a wonderful thing, and I wish I could help her develop that feeling. What can I do?

Paula S. Sanibel

Paula,

I agree with you that being a passionate reader is wonderful and something we all want for our children. There is nothing better than getting lost in a well-written book and in knowing that the love of reading can take us on amazing journeys.

Research tells us that book choice is a critical element in developing a lifelong love of reading. "The most important thing is to offer choice that students are excited about; get to know students and ensure preferred material is available (Fountas & Pinnell, 2012). Choice optimizes intrinsic motivation. Options combined with instruction in self-selecting materials allows students to self-differentiate."

Donalyn Miller, author and reading teacher, reports that students who do not develop or maintain a passion for reading will often give the following as reasons for not reading: usually saying that they don't have time in school to read anymore, they have too much homework and too many outside activities, or that they can't find anything good to read.

According to Miller, one of the most important behaviors to nurture for increased reading pleasure is to allow children to choose their own books. This builds ownership in the book selection, develops engagement and increases reading motivation and interest. Miller says that, "when students select their own books to read and enjoy, they develop confidence in their abilities to make reading choices and build their capacity

for choosing books in the future. If a book choice doesn't work out, students can fine-tune their book-selecting skills and reflect on what they will do differently next time."

Below are some additional ideas from Miller to help parents encourage reading with their children:

Parents need to make sure that there is time dedicated to reading. A family reading time can be established where time is set aside just for reading and discussing books. Perhaps a family book club can be implemented.

Teach your children how to use wasted time for reading. Avid readers capitalize on the moments in their days when they are bored, riding the bus or waiting for the next event to take place. These empty moments can significantly increase reading time if we teach children to read at such times.

Share books and reading with other readers. Avid readers enjoy talking about books almost as much as they like reading. As literacy expert Stephen Krashen reminds us, "Children read more when they see other people reading."



Help your child develop a reading plan. Avid readers plan to read beyond their current book. One way to help a child make a reading plan is to suggest and promote reading series. Students will anticipate the next installment in a beloved series. Reading series can help students who struggle to maintain reading momentum and motivation. Research indicates that students who read series develop confidence and increased comprehension with each subsequent book because they build background knowledge as they go.

Miller says that students need encouragement and practice to develop the habits of avid readers and that, as the adults in their lives must never lose sight of our true goal, fostering a lifelong love of reading, which lasts long after school ends.

Shelley Gregg is former faculty at Florida SouthWestern State College, where she taught 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 or at www.schoolconsultationservices.com.*

EPIC FIRES OF FORT MYERS

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

THOMAS P. HALL
ROBIN C. TUTHILL, EDITOR

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

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

Earn College Credit In High School And Save

One way to save money on higher education is to earn college credits while in high school, according to Kentucky Higher Education Assistance Authority (KHEAA).

High school students, whether they plan to get a technical degree or four-year degree, can take advantage of several programs that let them earn college credits. Doing so can save them thousands of dollars as they continue their training or education after high school.

These programs include:

Dual credit courses – Dual credit courses let students earn both college and high school credit. In some cases, students will pay less than the college tuition rate.

Advanced Placement courses – AP classes count as high school credits, but many colleges will give students college credit if they earn a certain grade on AP exams. Offered by the College Board, which provides the SAT, AP classes are widely available.

International Baccalaureate Diploma and Cambridge Advanced International programs – IB and CAI, for students 16 to 19 years old, are similar to AP. Students may be able to receive college credit for the IB and CAI classes they take.

For more information, visit www.advantageeducationloan.com.*



Officials are seeking public input to develop new lake management plans photo provided

Input Needed On Plan For Lake Management

Spraying herbicides to manage Florida's aquatic vegetation is a blanket approach that damages water quality, affects ecosystems and threatens human health. Unfortunately, this chemical assault has long been the go-to method for controlling non-native aquatic and subaquatic vegetation.

Thankfully, the Florida Fish and Wildlife Conservation Commission (FWC) and partners are engaged in a growing effort to reevaluate the current system and seek improved management strategies based on public input.

In fact, FWC is hosting virtual meetings over the next two weeks to facilitate public involvement in developing those management strategies, and the public is encouraged to participate.

Here's the lineup of upcoming public meetings:

March 16 – Lake Okeechobee Management Plan. To register, visit [http://register.gotowebinar.com/register/2239401033942149133?ct=t\(herbicide-spraying\)&mc_cid=75fee9ad8&mc_eid=134861e4f2](http://register.gotowebinar.com/register/2239401033942149133?ct=t(herbicide-spraying)&mc_cid=75fee9ad8&mc_eid=134861e4f2).

March 23 – Kissimmee Chain of Lakes Management Plan. To register, visit [https://register.gotowebinar.com/register/8493910256383232269?ct=t\(herbicide-spraying\)&mc_cid=75fee9ad8&mc_eid=134861e4f2](https://register.gotowebinar.com/register/8493910256383232269?ct=t(herbicide-spraying)&mc_cid=75fee9ad8&mc_eid=134861e4f2).

Everglades Restoration

The South Florida Water Management District (SFWMD) recently released the South Florida Environmental Report for Water Year 2020 (May 1, 2019 to April 30, 2020) showing the continuing major progress being made for Everglades restoration and water quality under Gov. Ron DeSantis.

The 2021 South Florida Environmental Report highlights the restoration, scientific and engineering accomplishments in SFWMD's 16-county jurisdiction. The report also provides extensive peer reviewed research summaries, data analyses, financial updates and a searchable database of environmental projects. The report covers environmental information for Water Year 2020 and project budgetary information for Fiscal Year 2020 (October 1, 2019 to September 30, 2020).

Highlights of Everglades restoration progress detailed in the report include:

Progress expediting and completing more than two dozen projects identified by Gov. DeSantis in his Achieving More Now For Florida's Environment Executive

Order (19-12). Signed less than 48 hours after Gov. DeSantis took office, the order directs SFWMD to expedite the completion of these projects and, during Water Year 2020, several of these projects have been completed or reached major milestones.

Progress made fulfilling the requirements of the Everglades Forever Act (EFA) restoring the water quality and reducing the total content of nutrients such as phosphorus in Everglades-bound water.

Progress made fulfilling the requirements of the Northern Everglades and Estuaries Protection Program, which includes the implementation of restoration projects and other programs to improve water quality north of Lake Okeechobee and the coastal estuaries and reduce the flow of water into the lake.

Progress being made completing components of other restoration plans for the Everglades such as the Comprehensive Everglades Restoration Plan (CERP) and Restoration Strategies that will help improve the quality, quantity, distribution and timing of water in the Everglades.

The report also details environmental monitoring and permitting work that SFWMD undertakes to safeguard South Florida's environmental resources.

De-ionized Water Leaves your Windows Spotless



De-ionized Window Cleaning
Starting at
\$8*
per window

- Interior & Exterior
- Clean Windows, Doors, Frames & Screens
- Eco Friendly
- Locally Owned & Operated
- Residential & Commercial
- Satisfaction Guaranteed
- Additional Services Available:

* Pressure Washing (roofs excluded)

* Maintenance Programs * Annual Contracts

\$25 off*
\$250 min
Cleaning
March 2021
ONLY!

Keep Your View CRYSTAL CLEAR!



Call Today for a Free Estimate

239-313-7930

Licensed & Insured

* Residential customers only. Some Restrictions may apply

Will Power

Common Missing Elements In Estate Plans



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

I've reviewed many estate plans in my 30-plus years of practice. It is not uncommon for a new client to say that another attorney assured him that his plan is fine when, in fact, after a meaningful discussion, it's apparent that the plan fails to achieve his goals. Here, I'll detail some of the common missing (or inappropriate) estate planning elements I find:

Florida law. Every state has different laws affecting estate plans. Florida is no different. Laws surrounding the proper execution of testamentary documents, what can or cannot be included in those documents, taxes, marital property rights, disinheriting children, distribution to minor beneficiaries, Florida

homestead disposition, and how principal and income are determined are a few examples. Each one could result in unintended consequence if not properly addressed. Many lawyers licensed in Florida miss spotting these issues.

IRA and 401k plans. Normally the bequest of IRA and 401k accounts are not governed by a will or trust, but instead are distributed in accordance with a beneficiary form. I've seen estate plans where the will or trust calls for specific distributions that are over and above the amounts that the will or trust governs. In other words, the estate or trust will not have enough money to satisfy the bequests because the client mistakenly believed her will or trust would satisfy those distributions from her IRA or 401k accounts. Also, many estate plans miss income planning opportunities for their beneficiaries with these accounts.

Income Tax Planning. An inordinate amount of estate plans that I review are designed to minimize estate taxes, when those taxes won't be a problem given the current high federal exemptions. The provisions commonly used to limit estate taxes work against the provisions used to reduce the income tax burden to a client's beneficiaries. If you're in a first marriage with children of that marriage, for example, have under \$11 million of net worth, and have two trusts rather than a joint trust, chances are your plan is constructed to minimize the wrong type of tax.

Estate Tax Planning. For those estates that will suffer an estate tax, or for those clients who own real property in a state that has a state level tax, the laws have changed over the past several years, as have the strategies (read on). It's easy to spot these simply by looking at the tax formula language or the date the plan was signed.

Disability Provisions. Here's another common miss, and that's the failure to define disability, and when you shouldn't act as your own trustee any longer. Moreover, if you're in the habit of giving gifts, or if you financially support a beneficiary, these provisions need to be present in your trust. Should gifts or unrepaid loans to a child count against his inheritance? That's one question. Should the support continue? What about supporting a spouse who is not the mother or father of your children, the ultimate beneficiaries? How far should that go? Is your spouse the primary concern or are the children? A simple distribution calling for "health, maintenance and support" fails to provide enough direction.

Lacking Up-to-Date DPOA, HCS and LW. So many clients don't have up-to-date durable powers of attorney, healthcare surrogates or living wills.

Failure to Protect Inheritance. The old school thought was to distribute the inheritance outright to your beneficiaries. The thinking is to not "rule from the grave," and let them decide how to use the assets and where to leave them. Outright distributions, however, may subject the inheritance you leave your loved ones to creditors, predators, estate taxes and divorcing spouses. What if I told you that you can leave an inheritance to a loved one, give them control over the investment and distribution decisions, and let them decide who receives the assets upon their deaths and still shield the assets from those dangers? Consider yourself told. I'm also here to tell you that the ability to protect the assets for your loved ones dies with you. Your beneficiaries can't easily create a trust that will do so for themselves.

Failure to Sign Prenuptial with New Spouse. Along those lines, your revocable trust won't protect you from a divorcing spouse or limit that spouse's rights to your estate when you die. This issue is common in second marriages where each spouse has different beneficiaries. Even if you and your spouse agree that what's yours is yours and what's his/hers is his/hers, you should reduce that understanding to a written document, otherwise called a nuptial agreement. Absent a nuptial agreement, a surviving spouse (or someone on his or her behalf) can exercise those rights and thwart your estate plan.

Failure to Use Today's Strategies. Keeping up with the ever-changing estate, trust and tax laws can be daunting. That's why my law partners and I each attend more than 40 hours of high-level continuing education annually. I happen to also serve on a highly regarded trade journal's (*Trusts & Estates Magazine*) editorial advisory board. Each month, the publication details strategies that could help clients achieve their goals. You'd be surprised at the number of attorneys who don't keep up with the times. Further, it's unwise for you to let your estate plan sit in a drawer for several years without dusting it off and taking a look at it. Clients often feel that their plans are boiler plate because they are! A carefully thought out plan is anything but.

Failure to Align Assets with the Estate Plan. This is perhaps one of the biggest issues that I find. Even if you have a revocable trust, your estate won't avoid probate if your assets aren't properly titled in the trust. As mentioned earlier, if your baskets of assets (such as the IRA and 401k) aren't all coordinated with your intent, your plan may fail. Many clients do take the time to align their assets with the plan but fail to keep it up when they sign amendments, or when they purchase a new property or open a new account.

These are just a few of the common areas of concern that arise during my initial conversations with clients. If any sound like you, it's time to review with a competent attorney.

©2021 Craig R. Hersch. Learn more at www.floridaestateplanning.com.✧

From page 16

Hall Of Fame

attended Florida Gulf Coast University where he was All-American. Following college, he was FGCU's first baseball player to make the Major Leagues when he was drafted by the Chicago Cubs.

Dwayne Donnell of Dunbar High – Coach Donnell has had girls' basketball teams make it to the Florida Final-Four seven times. In 2012, he became the first girls' basketball coach in Lee County to win a state title. He has accumulated 537 career victories and still going.

Richard Hoptar of Fort Myers High – Coach Hoptar started the first girl's cross-country program in Lee County in 1977. He coached two team state champions in Cross Country. He started one of the longest running cross country meets in the state, The Fort Myers Optimist XC Meet. He also coached track and tennis.

Richard Anglickis of Lehigh Senior High – Richard was instrumental in Lehigh Senior and other schools getting built for the community of Lehigh. He has raised hundreds of thousands of dollars since 1994 for Lehigh athletics. Because of his love and dedication to Lehigh Senior Athletics, the LSHS gymnasium was dedicated to him in 2006.

Vito Mennona of Mariner High – He

was the first baseball coach in the history of Triton athletics. Along with coaching at Mariner, he also coached at Cypress Lake and Fort Myers high schools. He is most known for the 20 years that he was the athletic director at Mariner along with the transforming work he did with the Lee County Athletic Conference and the Florida Interscholastic Athletic Administrators Association (FIAAA.)

Each high school can nominate as many as three people per year to be considered for induction into the Hall of Fame. Outside organizations can nominate one person. Athletes must have graduated at least seven years prior to their nomination. Coaches and contributors must have a minimum of 20 years' service in the district. The LCAC Hall of Fame Committee narrows the field and selects the inductees. The first class was inducted in August of 2012.

The Hall of Fame Class of 2020 will also be honored at this year's banquet since the ceremony was cancelled last year.

Members of the Class of 2020 are: Kurt Benkert; Thomas "Tommy" Bohanon; Lynda Brown Case; Brodrick Jenkins; Kacy Smith; Cyndi Capel; Frank Drake; Stephanie Martin; Andre McGill Sr.

Tickets are \$25 per person. To purchase tickets to the Hall of Fame Banquet, email David LaRosa at davidpl@leeschools.net.✧



MYERS INSURANCE

Condo Insurance Experts

Celebrating 39 Years in Business!

Call Us For A Free Quote

800-336-9377

www.MyersInsures.com



Frankly Speaking

by Howard Prager



With the NBA taking an All Star break and NCAA conference tournaments heating up, it's time to stoke the debate between the Chicago White Sox and Minnesota Twins. Baseball

Prospectus has the Twins winning the Division, but Vegas oddsmakers have the Sox ranked higher than the Twins to go all the way. I interviewed two passionate fans about their reasons why their beloved team will win. Charlie, a lifelong Twins fan, was far more passionate than Stu, a Sox fan. I don't know if this small sample size is representative of the fan base for each team, although a survey just came out that said Sox fans drink more at games than any other team. Will they drink in joy or sadness this year?

What are the three top reasons the Twins (Sox) are going to win this year?

Charlie – 1. The Twins have the best starting rotation in recent years. Kenta Maeda was the runner-up for the Cy Young Award in 2020 and he's at the top of the rotation, along with Jose Berrios a fairly close second. Michael Pineda is a solid third, JA Happ is the best fourth in a while and Matt Shoemaker is the best number five for the Twins in a long time.

2. The Twins haven't been afraid to tinker with a first place team that needs to try something new to get to the next level. Eddie Rosario put up good numbers but didn't hustle. The Twins young players

are going to get opportunities in left field and in the middle of the line-up – hopefully Alex Kirilloff will get the most playing time in left.

3. The re-signing of Nelson Cruz was huge as every team needs a superstar with a ton of experience to get them over the finish line. A healthy Josh Donaldson and Nelson Cruz hitting second and third with Kepler, Sano, Arraez, Polanco, Garver, and Buxton hitting anywhere near them is a line-up I can't wait to see throughout this upcoming season.

Stu – 1. The top pitchers in the game, starters through relievers.

2. Incredibly talented young players, poised to break out this year (for example, Robert, Jimenez, Madrigal, Anderson, Moncada, Vaughn).

3. Veteran leaders who know how to win – Grandal, Eaton, Abreu.

What are two things that can derail them?

Charlie – Injuries continue to plague the Twins, and it would truly be a miracle if our veterans make it through the season. After losing four key relievers, the Twins are counting on the new faces in the bullpen to shine and gel like the ones of the past few years have for the Twins.

Stu – Veterans could have a significant decline in their talent while young players don't yet achieve their potential.

Can Rocco Baldelli get the Twins over the hump? How about seasoned 76-year old Tony LaRussa?

Charlie – Rocco won Manager of the Year in his rookie season with 101 wins in 2019 with the Bomba Squad. This past season, he got the Twins another first place finish in the AL Central. He is not the problem for the Twins. The players choke in the playoffs and have for the past

18 playoff games over the course of a decade plus.

Stu – Young players need the guidance of a manager who has been to the promised land. They will respect Tony. In addition, his fluency in Spanish will be a tremendous asset with the White Sox.

Does Nelson and Jose still have what it takes? Can they carry their teams?

Charlie – Nelson Cruz still has it. He is a monster of a player, and I am so happy the Twins signed him for a third season. His teammates love him and he just hit a mammoth three-run home run in an early spring training game.

Stu – Jose Abreu has shown no signs of decline or fatigue. He started his major league career late, which should sustain him for at least a few years yet.

How can each team beat the other in a series?

Charlie – The Twins can beat the Sox in a series by hitting the ball out of the ballpark and riding the starting rotation to the finish line. If the Twins can go back to their 2019 hitting form with the addition of the young players like Kirilloff, Rooker and Jeffers, get quality starts of at least five solid innings from the starting pitchers and get their relief core to come through after the sixth, the Twins can absolutely beat the Sox in a series. (Frankly Speaking – That's a lot of ifs).

Stu – To beat the Twins, the White Sox need to play error-less baseball. They can't give them extra outs because the Twins will take advantage of it. (Frankly Speaking – That's a lot to ask).

Goal for the year?

Charlie – I hope that this season will bring us back to the World Series like the '87 and '91 teams. It would truly be such a thrill to see them win it again!

Stu – We have one goal... to win the whole enchilada. When you have it all, exciting young players, proven veterans, team speed, the best pitchers, big boppers, the most experienced, successful manager, why would you settle for anything less?

It's going to be a great season, just like it was a great NBA All-Star Game (if you like no defense and lots of highlights.). But what I liked most was what I shared last year. The NBA is the only league that uses the All-Star game to support charities. This year, nearly \$3M was donated to the Thurgood Marshall College Fund (TMCf), UNCF (United Negro College Fund), National Association for Equal Opportunity (NAFEO) and Direct Relief's Fund for Health Equity, all benefiting HBCU schools that were featured throughout the game. From the NBA website: "When you combine the economic impact, the health impact, and the psychological and social impact on our students, they're getting hit from a lot of different directions," said Dr. Michael Lomax, president and CEO of the United Negro College Fund. "We know that our students have had to work. We know that they've had to become breadwinners. We know that they've had to become caregivers. And all at the same time, they're trying to remain students. To have the All-Stars shining a bright light on the needs of people who all too often don't have their story told and remain in the shadows, their encouragement and their support and their attention are going to mean the world to them. Yes.

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.✴



Largemouth bass artwork

photo provided

Deadline Nears For Art Contest

The deadline is approaching for the 2021 Art of Conservation Florida Fish Art Contest, hosted by the Florida Fish and Wildlife Conservation Commission (FWC). This contest is open

to youth in kindergarten through 12th grade from across the globe. The deadline to enter is March 31.

Students from Florida can win top honors, international recognition and prizes while learning about fish, fishing and aquatic conservation. The Art of Conservation inspires young people to get involved in the great outdoors and ignites a

passion to become lifelong activists for the natural world.

To enter, artists create an original illustration of their chosen fish from the Official Fish List. Students in fourth grade and older should also submit a one-page creative writing piece based on the habitat conservation needs of their species. Artwork and essays will both be judged and awarded.

Winners will be awarded in four grade categories, kindergarten through third grade; fourth through sixth grade; seventh through ninth grade; and 10th through 12th grade. Judging will occur in April and winners will be announced in May.

For more information about the Florida Fish Art Contest, contact Laura Rambo Walthall at 850-488-0520 or laura.walthall@myfwc.com.✴

SPORTS QUIZ

1. In 1932, Phillip E. Young established what brand of golf equipment in Massachusetts?
2. What ailment plagued NBC sportscaster Bob Costas during the 2014 Sochi Winter Olympics broadcasts?
3. Running back Curt Warner and quarterback Kurt Warner both played (at different times) for what NFL franchise?
4. Theagenes of Thasos, Sostratus of Sicyon and Polydamas of Skotoussa were participants in what ancient Olympic combat sport that was similar to modern mixed martial arts?
5. What team selected California Golden Bears basketball standout Shareef Abdur-Rahim with the third overall pick in the 1996 NBA Draft?
6. What was the name of the first U.S.-based team to play in the Canadian Football League?
7. What Asian arena was the site of James "Buster" Douglas' shocking 1990 knockout victory over Mike Tyson?

ANSWERS

1. Titleist. 2. Conjunctivitis (pink eye). 3. The Los Angeles/St. Louis Rams. 4. Pankration. 5. The Vancouver Grizzlies. 6. The Sacramento Gold Miners. 7. The Tokyo Dome.



Priority Marketing's Teri Hansen and Christine Finger with Tim Hennessy photos provided

Winners At Advertising Awards Gala

The region's advertising industry shined bright recently at the American Advertising Awards ADDY Night Live gala, hosted by the American Advertising Federation-Southwest Florida (AAF-SWFL). The evening's festivities were emceed by comedian Sheena Reagan with musical guest The Rosada Project. What was judged to be Southwest Florida's best advertising of the past year was showcased at the gala from among 150 advertising executions and campaigns entered into the competition. Entrants included advertising agencies, advertiser creative teams and freelance professionals.

AAF-SWFL also named Bob Beville, vice president of sales at Waterman Broadcasting, as its 2021 AAF Silver Medal honoree. The Silver Medal award program recognizes business community leadership and contributions to advertising by actively furthering industry standards, creative excellence and responsibility in areas of social concern.

The AAF-SWFL American Advertising Award winners are:

Myra Janco Daniels Best of Show Award:

Conservancy of Southwest Florida

Best of Category Awards:

Best of Print – Wilson Creative Group for client Collins DuPont Design Group

Best of Sales & Marketing – Priority Marketing for client Southwest Florida Children's Charities, Inc.

Best of Out-of-Home and Ambient Media – Shell Point Retirement Community

Best of Online Interactive – Wells Marketing for client Fords, LLC

Best of Film, Video and Sound – Celsius Marketing Interactive for client Rocky Mountain College of Art & Design

Best of Cross Platform – Shell Point



Caryn Clark of VoiceChick Productions LLC

Retirement Community
Best of Elements of Advertising – Caryn Clark...The Hip Chick Voice! for client Your CBD Store

Best of Public Service – Quenzel & Associates for client Player's Circle Theatre

Judge's Choice Awards:

Celsius Marketing Interactive for client Wicked Dolphin Rum

Sun Broadcasting for client Just One of Those Days

Priority Marketing for client TwinCutz Barbershop

People's Choice Award:

Priority Marketing for client Guadalupe Center

Gold ADDY winners:

AAF-Southwest Florida
Caryn Clark...The Hip Chick Voice!

Celsius Marketing Interactive
CONRIC PR & Marketing

Conservancy of Southwest Florida
NOISE INC.

Priority Marketing

Quenzel & Associates

Shell Point Retirement Community

Sun Broadcasting

Waterman Broadcasting

Wells Marketing



Rich Cerrina and Lynn Schneider of Shell Point Retirement Community



Colleen and Earl Quenzel of Quenzel & Associates



Kate Kintz of the Conservancy of Southwest Florida

Wilson Creative Group
Silver ADDY winners:
AAF-Southwest Florida
Absher Design Group, Inc.
Celsius Marketing Interactive
CONRIC PR & Marketing
Conservancy of Southwest Florida
Hodges University
Naples Zoo
NOISE Inc.
Payton Brands
Priority Marketing
Quenzel & Associates
Shell Point Retirement Community
Wells Marketing
Wilson Creative Group

Conducted annually by the American Advertising Federation (AAF), more than 30,000 entries are submitted each year into the nationwide American Advertising Awards. The local chapter phase is the first of the three-tier, national competition. Concurrently, across the country, local entrants vie to win ADDY Award recognition as the very best in their markets.

At the second tier, local ADDY winners compete against winners from other local clubs in one of 15 district competitions. District ADDY winners



Tim Hennessey and Nancy Monteith of Celsius Marketing Interactive

are then forwarded to the third tier, the national stage of the American Advertising Awards. Entry in your local ad club competition is the first step toward winning a national ADDY.

Entering the American Advertising Awards supports the advertising industry. AAF uses the proceeds to enhance advertising through programs such as public service, student scholarships, legislative advocacy, advertising education and consumer awareness.

AAF-SWFL is the unifying voice for advertising in Lee, Collier, Charlotte, Hendry, and Glades counties. The 501(c)6 nonprofit business organization provides industry advocacy and knowledge sharing. It hosts a number of programs and initiatives that support its membership through government relations, professional development, advertising education, mentorships, networking, diversity and inclusion, and recognition of excellence. AAF-SWFL is a local chapter of the American Advertising Federation, the nation's oldest and largest advertising industry trade organization of its kind. Learn more at www.aafswfl.com.✧

Board Officers Re-Elected At Lee Health

Lee Health's newly elected officers of its board of directors for 2021 are as follows:

David F. Collins has been re-elected as board chairman for 2021. A resident of Lee County since 1984, he has been a mortgage banker for more than 29 years and has served as a board member for Pace Center for Girls of Lee County, and as treasurer for the Pace Capital Campaign. In 2018, he served on the Junior Achievement Hall of Fame Committee and serves on the De LaSalle Academy Finance Committee. He is a graduate of Leadership Lee County Class of 2012.

Therese Everly has been re-elected as vice chairman. She is a registered respiratory therapist and licensed Florida realtor who also serves on the boards of the Lee County Homeless Coalition and Alzheimer's Association Florida Gulfcoast Chapter. Everly has served as a member of the City of Cape Coral Financial Advisory Board, Human Trafficking Awareness Partnerships Board and is a former adjunct professor at Florida Southwestern State College. She has over 30 years of health care and management experience accompanied by a degree in health care administration.

Donna Clarke has been re-elected as treasurer. She is a former Florida state representative and has served as an adjunct professor with State College of Florida. Clarke earned a master's degree in industrial management from

Georgia Institute of Technology, and has previously owned and operated an environmental consulting firm. She is past president of the Fort Myers Kiwanis Club and has served as vice-chair of the STARS Advisory Board. She has also volunteered as a math tutor at the Pace Center for Girls of Lee County.

Diane Champion has been re-elected as secretary. A resident of Lehigh Acres for 41 years, she is a nine-year board liaison to the Lee Health volunteers. Champion has served as the committee chair for Children's Activities of the American Cancer Society's Relay for Life event and is an elected member of the Community Council of Lehigh Acres as well as a volunteer at Southwest Florida International Airport.

"We appreciate the officers' commitment to serving our community and we are thankful to have such an accomplished group of board members working to further our dedication to provide the highest quality care," said Larry Antonucci, MD, MBA, Lee Health president and CEO.

In addition to the officers, other board members include: Stephen R. Brown, MD; Sanford Cohen, MD; Kathy Bridge-Liles; Chris Hansen; Nancy McGovern, RN, MSM; and Stephanie Meyer, BSN, RN.

The board of directors' primary goal is to set the mission and vision of Lee Health. The board consists of 10 officials, from five districts, who are elected by the residents of Lee County. The board holds regularly scheduled public meetings to set goals and objectives and to hear recommendations from the health system's administrative and medical staffs.

Learn more at www.leehealth.org.

Chronic Pain Workshops

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

Lee Health will hold a free six-week virtual workshop, entitled Chronic Pain Self-Management, on:

Wednesdays beginning March 17 from 9:30 to 11:30 a.m.

Thursdays beginning March 18 from 1

to 3 p.m.

Fridays beginning March 19 from 9:30 to 11:30 a.m.

The research-based program originally developed by Stanford University can help you become empowered to improve your quality of life. Learn how to more easily manage your medications; understand the benefits of exercise; manage symptoms of stress, pain and fatigue; and make smarter decisions related to health eating. Participants will also receive a copy of the book *Living a Healthy Life with Chronic Pain*.

Call 343-9264 for more information.



**ISLAND
INSURANCE
SERVICE**



Mark O'Brien
Owner/Agent



Susan Barnes
Personal Lines



Trish Barbone
Agent



Justin Wheeler
Agent

Call our office today
for a new Auto
quote.

We are **HERE**
for all your insurance needs

Have an insurance question?

703 Tarpon Bay Rd, Sanibel, FL (239) 472-3022

Free Virtual Program On Alzheimer's

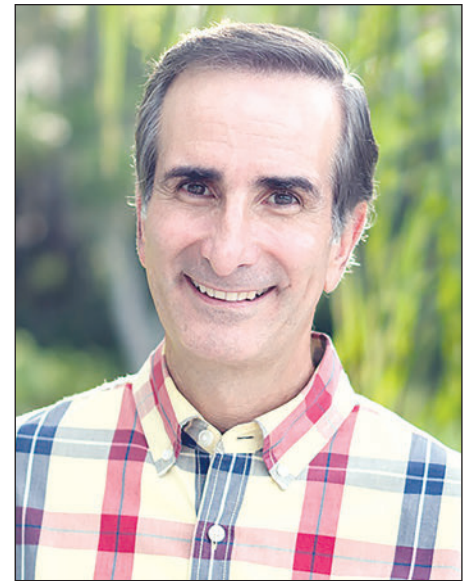
As part of its virtual Ask the Expert program series, the Alzheimer's Association will host Medicine Cabinet Mayhem, a free, educational program on Thursday, March 18 at 11:30 a.m.

Featuring Dr. Miguel Rivera as guest speaker, the program will explore how prescription and over-the-counter medications can contribute toward cognitive impairment.

"Just because a medicine is sold over-the-counter, without a prescription, does not make it safe," said Rivera, an adult psychiatrist in private practice in Sarasota. "It is important to educate ourselves regarding everything we put in our body – this includes our food, drinks, supplements, medications and more."

Rivera dedicates his practice to the evaluation and management of neurodegenerative disorders like Alzheimer's disease, Parkinson's disease, Lewy body, frontotemporal and other types of dementia. Also the medical director of TriYoga International, Rivera graduated from the University of Missouri School of Medicine and completed his psychiatry residency training at the University of South Florida.

Following Rivera's presentation, attendees of the program will also hear from dementia specialist and Alzheimer's Association community educator Louise



Dr. Miguel Rivera

Gallagher to learn more about the common signs of cognitive impairment.

Bernice Pelea, program manager for the Alzheimer's Association, noted: "There are some medications and supplements that can have negative effects on cognitive health. It's important to share all medications and supplements you're taking with your clinician, so then you can have a conversation about the benefits and decide what is best for you."

Medicine Cabinet Mayhem is sponsored in part by Sarasota County. To register, visit www.bit.ly/medicinemayhem or call the Alzheimer's Association 24/7 Helpline at 1-800-272-3900.

BECOMING A FLORIDA RESIDENT IS EASY!

ESCAPING YOUR FORMER STATE'S TAXING AUTHORITY IS THE HARD PART!

GET YOUR FREE GUIDE TODAY!

LEARN HOW STATES TRAP YOU EVEN IF YOU'VE DECLARED FLORIDA RESIDENCY!!



floridaestateplanning.com/escape



CRAIG R. HERSCH
Florida Bar Board Certified Wills, Trusts & Estates Attorney, CPA



MICHAEL B. HILL
Florida Bar Board Certified Wills, Trusts & Estates Attorney



HAYLEY E. DONALDSON
Wills, Trusts & Estates Attorney, CPA



SHEPPARD LAW FIRM
ATTORNEYS AT LAW
SHEPPARDLAWFIRM.COM

Main Office: Fort Myers | 9100 College Pointe Ct. Fort Myers, FL 33919
Sanibel & Naples by Appointment | 239.322.3831

Doctor and Dietician

Advice On Longevity From A 100-Year-Old



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

If you have not read the book *The Blue Zones*, we recommend you do. Author Dan Buettner researched and wrote about the cultures that possess the highest incidence of longevity (i.e. many living into their 100s). One of his

recent articles discusses an interview he had with Panchita from Costa Rica. Let's discuss her words of wisdom to improve longevity:

1. Do your own yard work – it provides free exercise. We are so blessed in Southwest Florida to be able to get outside 365 days per year. We enjoy working in our yard, too. We like to take cuttings from our succulents and plant them in interesting pottery. We grow herbs and a few vegetables. We add a variety of colorful flowers throughout the yard that we can use for table bouquets for dinner parties. Our latest venture has been making “yard art” from glassware, plates, pedestals etc. – found in our own home or at consignment shops.

2. Eat beans and corn tortillas every day – combined they provide complete protein. Adding beans to your daily food intake provides additional fiber, vegetarian protein source and loads of nutrients. We like roasted spiced garbanzo beans for a snack or to add to salads. We also enjoy refried beans, black bean and corn salad, and beans and rice. We encourage you to find

ways to add beans to your diet!

3. Go to church – This lovely centenarian walks to her village every Sunday to give thanks and to connect with friends. We cannot stress the importance of having a grateful heart and sharing life with your “tribe.” Studies support this!

4. Be generous – Our centenarian lived on a very limited budget, yet she offered a meal to any visitor. While society tells us to achieve more, make more money, gain more toys – to be happy – there is no proof that this does us any good. People end up working to get more and often feel miserable and defeated because they do not achieve true happiness. There is scientific evidence showing a link in the brain between giving and happiness. Researchers determined that generosity improved the level of happiness.

5. Make everyday a festival – She dresses and prepares for a beautiful day, every day. Wake up. Get up. Dress up. It does the body good.

6. Make friends with children – She has kids stopping by daily to check on her, and she provides them with love

and treats! Nothing beats being friends with children. You can learn a lot about yourself and them. Such joy!

7. Thank God for what you have, not what you do not have – This woman could hardly see yet was always delighted in hearing the voices of her visitors. Have a grateful heart.

8. Do not rely on lovers; they will let you down – Develop independence but retain and foster the love you have for others in your heart.

Note: When Buettner took Dr. Oz to meet her, he discovered that her doctors had her on the wrong medicine. When he changed it, she was then able to see. As you can imagine, she cried with joy!

Consider changing your focus. Think more outward and less inward. Be intentional and improvements will happen!

*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.**

dearPharmacist

Six Natural Ways To Improve Eyesight



by Suzy
Cohen, RPh

Dear Readers: Just imagine what it would be like to read with more clarity, and be able to focus better and see the leaves on the trees without squinting.

How about reading a book without discomfort. We live in a time where we can correct many eyesight problems with professional help. For people with problems like nearsightedness, farsightedness and astigmatism, there are eyeglasses, contact lenses, LASIK and refractive surgery options. Today, I'd like to share some other options you can do, as well as the controllable lifestyle factors that help you protect your eyesight naturally.

In particular, you should focus on retinal and macular health, light and dark adaptation, eye fatigue and strain, and crispness of vision. Maintaining eye comfort and moisture is also important.

Here are some six valuable tips:

1. Eat foods rich in saffron – Saffron may improve retinal sensitivity, color perception and visual contrast, according to studies on supplementation. So, I think incorporating this spice could be helpful. You can add this spice to rice, soup and sauce recipes and even marinades.

2. Consume more fresh spices – Carotenoids are natural dyes that impart orange color to fruits and vegetables. Two potent ones are lutein and zeaxanthin, which sweep away poisonous, dirty free radicals before they harm the structure of your eyes. Foods rich in lutein include fresh spices like basil and parsley. Other

foods include leek, spinach, red peppers and kale.

3. Minimize or eliminate smoking – Smoking damages the eyes and may lead to blindness because of macular degeneration and cataracts. If you're smoking a pack a day, and you cut that in half, even that would help. Smokers need additional vitamin C because nicotine is a drug mugger of C.

4. Control blood sugar – Having hyperglycemia is a known risk factor for many eye problems, including a condition where the high blood sugar (which acts like an acid wash) causes damage to the capillaries of the light sensors in the back of the eye (the retina). It's called diabetic retinopathy. Hyperglycemia also contributes to glaucoma. Managing blood sugar through diet, exercise and herbal supplements is ideal, and this topic is covered extensively in my book *Diabetes Without Drugs*.

5. Try tinted plastic reading sheets – There are many brands of this available online, and the most useful colors are orange, yellow, blue and red. The sheets are placed on top of any reading literature (magazine, newspaper, novel, journal, etc), and they reduce harshness of bright paper. They may help with conditions that affect reading, such as dyslexia, color blindness and/or some people with autism-related reading issues.

6. Invest in good eye vitamins – Shamefully, the ingredients known to help are put into the commercial brands that don't bother to either coat, or encapsulate the ingredients in acid-resistant capsules... otherwise it is not doing you any good.

As for medications to treat eye conditions, those are always an excellent choice so remain on whatever your ophthalmologist has prescribed. If we take good care of our macula, cornea and retina now, we'll have them for a lifetime.

*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.**

Beautifulife:

Anchored



by Kay Casperson

Boating is a big deal for many here in Florida. Our islands are the perfect place for boating since you can access the water from the gulf, bay and canals. Anyone

familiar with boating knows a thing or two about an anchor. An anchor is to keep a vessel in place when out on the waters. This anchor would secure the boat in turbulent waters and keep it from drifting away on a calm day.

I happen to believe that it is essential for us to have an anchor for our own lives. What happens when chaos hits your life? How do you hold on during the high tides and the low tides? Remember that storms can be predicted at times but can also come unexpectedly. The waves of life can be big or small, but we can withstand them all if we anchor ourselves correctly.

What is your anchor? Is it hope that everything will be good again? Is it faith that things are working out as they should? Is it love for someone so deep that it keeps you thriving? Be anchored in knowing that regardless of whether things are calm or a storm arises, you have the hope, faith and love to get you through, that all will be well again, and this too shall pass.

Life will always have waves that can rock your boat. Some will be little, and some may be big. There is rarely a day where the waters are calm like glass. Growing up in Minnesota, I used to waterski at our lake home in the summers. I even still dabbled in it when we had our vacation home there a few

years back. It was rare and exciting to wake up and see the lake like glass. When it was, I would instantly jump in my boat to go out for a ski before anyone was on the lake to make a ripple.

Today, I want to encourage you to cherish the calm, embrace the waves and stay anchored during the storms of life. Make it a point to surround yourself with hope, faith and love as your anchor. If you do, you will not have to worry about drifting away into the turbulent waters that life might occasionally blow your way.

My affirmation for you this week is:

“I am anchored in hope, faith and love and will continue to stand strong through the calm times as well as the storms.”

*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 or follow on social media @kaycasperson.**

Don't Wait For Rock Bottom To Seek Treatment

Narconon reminds families that an addict or alcoholic does not need to hit rock bottom before they reach out for treatment. The truth is, it can always get worse, and there will be another rock bottom. Will the next bottom be one they can't come back from? Get them help now so that you don't lose your loved one.

For more information, visit www.narconon-suncoast.org/blog/the-concept-of-hitting-rock-bottom.html. Call 1-877-841-5509 for a no cost screening or referral.*

Health First

Five Women Who Made History In Medicine



by Julie Rosenberg, MD

March is Women's History Month. I've always considered it a privilege to work as a physician and to serve people and communities in need of medical

care. In this week's column, I celebrate five female pioneers in medicine. These women made history – they helped pave the way not only for women in medicine, but for the betterment of all.

Elizabeth Blackwell, MD (1821 to 1910):

"It is not easy to be a pioneer but oh, it is fascinating! I would not trade one moment, even the worst moment, for all the riches in the world."

– E. Blackwell

Elizabeth Blackwell was the first woman in America to receive a medical degree. Blackwell was inspired to pursue a career in medicine by the words of a dying friend who said that her situation would have been better had she had a female physician.

Blackwell faced many obstacles on her path to medical school, including being shunned by local townspeople for stepping outside her gender role. However, through perseverance, she eventually earned the respect of professors and classmates, graduating first in her class in 1849. In 1868, she opened her own medical college for women in New York City.

Virginia Apgar, MD (1909 to 1974): "Nobody, but nobody, is going to stop breathing on me!"

– V. Apgar

In 1929, Virginia Apgar enrolled in the Columbia University's medical program and later graduated fourth in her class of 90 medical students. She embarked on a career in anesthesiology, and pioneered advancements in obstetrical anesthesiology. She was particularly interested in the effects on the newborn of pain medications given to mothers during childbirth.

Apgar is best known for inventing the Apgar Score in 1952. The letters of her last name serve as a reminder of five key things to check when a baby is born: Appearance, Pulse, Grimace, Activity and Respiration. The Apgar score was the first standardized method for reevaluating a newborn's transition to life outside the womb. It is still widely used today and has helped to lower infant mortality rates.

Rebecca Lee Crumpler, MD (1831 to 1895):

"I early conceived a liking for and

sought every opportunity to relieve the sufferings of others."

– RL Crumpler

Rebecca Lee Crumpler was the first African American woman to become a physician in the United States, although she was significantly challenged both by being female and by racial prejudice. In 1864, she graduated from the New England Female Medical College (now Boston University School of Medicine). Crumpler practiced medicine in Boston for a short while and then moved to Virginia, after the Civil War ended in 1865. There, she cared for freed slaves who did not have access to healthcare. Crumpler is also one of the first African American physicians to publish a medical book: *Book of Medical Discourses*.

Ann Preston, MD (1813 to 1872):

"Wherever it is proper to introduce women as patients, there also it is in accordance with the instinct of truest womanhood for women to appear as physicians and students."

– A. Preston

Ann Preston was a pioneer in women's medical education and the first woman dean of a medical school in the United States. She graduated from the first class of the Female Medical College of Pennsylvania in 1851 and went on to become a professor there. Preston founded the Woman's Hospital of Philadelphia and a nursing school, prior to becoming first woman dean of the Female Medical College in 1866. As dean, Preston was faced with a lack

of support from male physicians, but she remained undeterred in her efforts to provide women with both education and experience.

Elisabeth Kübler-Ross, MD (1926 to 2004):

"Learn to get in touch with the silence within yourself and know that everything in this life has a purpose."

– E. Kübler-Ross

Elisabeth Kübler-Ross, a Swiss-American psychiatrist, was a pioneer in the study of death, dying and grief. In her bestselling book, *On Death and Dying*, Kübler-Ross first established her theory of the five stages of grief – denial, anger, bargaining, depression, acceptance (the Kübler-Ross model). The five stages are still widely utilized, as they provide insight into the emotional and social experience of grief and dying.

These five women influenced my career by their work and teachings. They are among many women who have changed the face of medicine as we know it today. However, it's important to recognize and validate the contributions of all physicians, both women and men, who have served tirelessly and selflessly for the greater good.

Julie Rosenberg, MD, is a global healthcare leader, medical consultant and author of two books. For more information, visit her website at www.drjulierosenberg.com. For consulting and speaking requests, email inquiries to info@drjulierosenberg.com.✧

Student Money Tip: Watch For Cyber Attacks

Students should be aware of the financial risks that accompany their social media activity, according to the Kentucky Higher Education Assistance Authority (KHEAA).

Each new social media platform – Facebook, Instagram, TikTok and whatever else is on the way – unfortunately presents criminals with the opportunity to steal from unsuspecting people. Students should be especially cautious of any unsolicited messages asking them to open a file or click on a link.

Criminals exploit vulnerabilities in social media software and hope that users won't realize that they're being phished. One of the most common ways is to send a link to what appears to be a legitimate website. Never click on a link without first ensuring it's real by checking with the company that is the supposed sender.

KHEAA also advises social media users to be wary of any kind of online survey that asks them to fill out a long list of information, such as their favorite car or where they were born. The answers can give scam artists all they need to steal someone's identity.

For more information, visit www.kheaa.com. In addition, KHEAA disburses private Advantage Education Loans. For more information, visit www.advantageeducationloan.com.✧

From page 1

Retro Series

The next act to perform in the Vinyl Vibes series is Turnstiles: The Billy Joel Tribute band on Friday, April 16. Turnstiles has performed renditions of Billy Joel's classic songs for hundreds for five years with band leader Tony Monaco as Billy Joel. As lifelong fan of the Piano Man, Monaco has used that inspiration to grow as a pianist, vocalist and songwriter.

After years of performing with various original projects and cover bands, Monaco formed Stormfront, his first Billy Joel tribute back in 1993, which played to critical acclaim in the New York Area.

Never intending to be an impersonator, his focus instead is simply on the music and delivering a faithful and completely live experience to share with those that truly appreciate the music of Billy Joel.

For more information, visit www.turnstiletributeband.com.

For each Vinyl Vibes Concert, tickets are \$50 for general admission or \$65 for VIP seating.

Vinyl Vibes is a retro records series that features some of the nation's best tribute acts.

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

CARING MEDICAL FLORIDA & THE HAUSER NECK CENTER

3 UNIQUE SPECIALISTS IN REGENERATIVE & CHIROPRACTIC MEDICINE TREATING:

- CERVICAL SPINE DISORDERS
- CHRONIC NEUROLOGICAL SYMPTOMS
- JOINT AND SPINE PAIN
- OSTEOARTHRITIS
- POST-SURGICAL JOINT PAIN
- SPORTS INJURIES



9738 Commerce Center Ct., Fort Myers, FL 33908 | (239) 308-4725 | CaringMedical.com

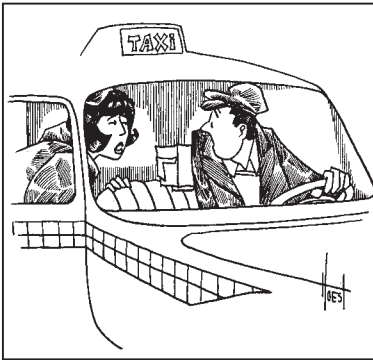


Emergency	911
Lee County Sheriff's Office	477-1200
Florida Marine Patrol	332-6966
Florida Highway Patrol	278-7100
Poison Control	1-800-282-3171
HealthPark Medical Center	1-800-936-5321
Ft. Myers Chamber of Commerce	332-3624
Foundation for Quality Childcare	425-2685
Fort Myers Beach Chamber of Commerce	454-7500
Fort Myers Beach Library	463-9691
Lakes Regional Library	533-4000
Lee County Chamber of Commerce	931-0931
Post Office	1-800-275-8777
Visitor & Convention Bureau	338-3500
ARTS	
Alliance for the Arts	939-2787
Arts For ACT Gallery & Studio	337-5050
Art League Of Fort Myers	275-3970
Barbara B. Mann Performing Arts Hall	481-4849
BIG ARTS	395-0900
Broadway Palm Dinner Theatre	278-4422
Cultural Park Theatre	772-5862
Edison Festival of Light	334-2999
Florida Repertory Theatre at the Arcade	332-4488
Florida West Arts	948-4427
Fort Myers Harmonica Band	610-653-7940
Fort Myers Symphonic Mastersingers	288-2535
Gulf Coast Symphony	489-1800
Harmony Chorus, Charles Sutter, Pres	481-8059
Naples Philharmonic	239-597-1111
The Schoolhouse Theater	472-6862
SW Florida Symphony	418-0996
Theatre Conspiracy	936-3239
Young Artists Awards	574-9321
CLUBS & ORGANIZATIONS	
American Legion Post #38	239-332-1853
Angel Flight	1-877-4AN-ANGEL
Animal Refuge Center	731-3535
American Business Women Association	357-6755
Audubon of SWFL	https://www.audubonswfl.org/
Caloosahatchee Chapter DAR	482-1366
Caloosahatchee Folk Society	321-4620
Cape Coral Barbershop Chorus	1-855-425-3631
Cape Coral Stamp Club	542-9153
duPont Company Retirees	454-1083
Edison Porcelain Artists	415-2484
Embroiderers Guild of America - Sea Grape Chapter	239-267-1990
FM UDC Chapter 2614	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
Navy Seabees Veterans of America	731-1901
Paradise Iowa Club of SWFL	667-1354
Sons of Confederate Veterans	332-2408
Southwest Florida Fencing Academy	939-1338
Southwest Florida Music Association	561-2118
Kiwanis Fort Myers Beach	765-4254 or 454-8090
Kiwanis Fort Myers Edison	694-1056
Kiwanis Fort Myers South	691-1405
Iona-McGregor	482-0869
Lions Club Fort Myers Beach	463-9738
Lions Club Fort Myers High Noon	466-4228
Lions Club Estero/South Fort Myers	898-1921
Notre Dame Club of Lee County	768-0417
Organ Transplant Recipients of SW Florida	247-3073
POLO Club of Lee County	477-4906
Rotary Club of Fort Myers	332-8158
Sanibel-Captiva Orchid Society	472-6940
United Way of Lee County	433-2000
United Way 211 Helpline (24 hour)	211 or 433-3900
AREA ATTRACTIONS	
Bailey-Matthews National Shell Museum	395-2233
Burrough's Home	337-9505
Calusa Nature Center & Planetarium	275-3435
Edison & Ford Winter Estates	334-7419
Fort Myers Skate Park	321-7558
Imaginarium Hands-On Museum & Aquarium	321-7420
JN "Ding" Darling National Wildlife Refuge	472-1100
Koreshan State Historic Site	239-992-0311
Langford Kingston Home	239-334-2550
Ostego Bay Foundation Marine Science Center	765-8101
Skatium	321-7510
Southwest Florida Historical Society	939-4044
Southwest Florida Museum of History	321-7430
True Tours	945-0405

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

PUZZLES

Answers on page 31



"Quick, Hopkins Maternity Hospital,
and don't worry...
I'm a _____ there."

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!

Nimble

TAPED

Creak

ARGON

Crate

ASTECK

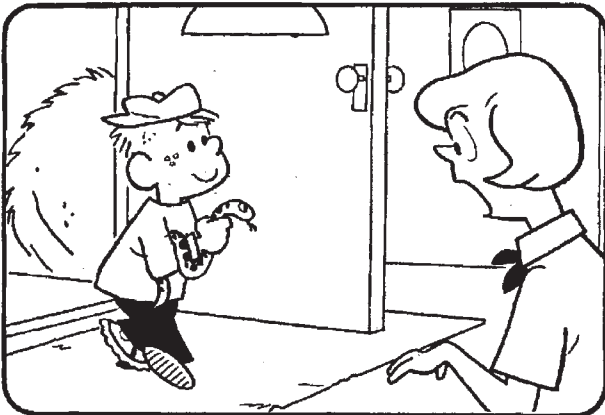
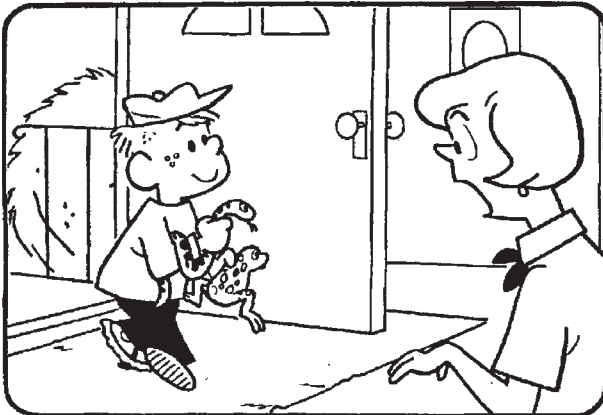
Rebound

BUNCOE

TODAY'S WORD

HOCUS-FOCUS

BY
HENRY BOLTINOFF



Differences: 1. Window is different. 2. Frog is missing. 3. Door knob is higher. 4. Railing is missing. 5. Cap is reversed. 6. Earring is missing.

To Play
Sudoku:

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

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

PUZZLES

Answers on page 31

Super Crossword

STICKY SITUATIONS

- ACROSS
- 1 Plates, e.g.

6 "Star Wars" villain — the Hutt

11 Longtime fashion mag

16 "Got it!"

19 Muslim god

20 Has left the office, say

21 Bilbao locale

22 "Whether — nobler ..."

23 Sudden-death extra in a golf tournament

25 Supermodel Klum

26 Hi-fi platters

27 Cook gently

28 Behave obsequiously

31 Secretive U.S. org.

32 Redding of song

36 Opp. of horizontal

37 Film preview

38 Sort who's at hand whenever needed

42 Part of a hunting outfit

43 Lucy of "Kung Fu Panda"

44 French painter Rosa

45 Narcissists

48 Bone: Prefix

50 Insult, informally

51 YWCA part

54 Yule, briefly

57 Small Vlasic offering

63 Domestic

67 Explorer Ericson

68 Glossy surface

69 "As above," in a footnote

70 Morning joe, maybe

75 Tear to bits

76 Gambols

78 Inventory

79 Board, as a ship

81 One who's distraught with feelings

86 1/16 ounce

87 Perfectly

88 "— aboard!"

90 Baker's unit

94 Pec-building exercises

98 Tilling tools, to Brits

101 King, in Caen

102 Old Peruvian

103 Connections making people feel close

108 Big name in hygiene products

111 "QED" part

112 Beneficiary

113 Certain PC readout

114 Purplish fruit spread

117 Male ducks

120 — Lingus

121 Rivulet

122 What the last word of 23-, 28-, 38-, 57-, 70-, 81-, 103- or 114-Across is a synonym of

126 Hang behind

127 Giant in life insurance

128 Televised

129 "... and vice —"

130 Hip-hop "Dr."

131 Hide, as loot

132 Old Russian dynasts

133 German city

DOWN

1 Does a fist bump, colloquially

2 Chicago's home

3 Close loudly

4 The Caribbean's — Islands

5 Slipper, e.g.

6 Peanut butter brand

7 Volcano stuff

8 Startling cry

9 Light source in a socket

10 Had dinner at a friend's house, e.g.

11 Note equivalent to 66-Down

12 Not necessarily against

13 Spoke

14 In the — of (during)

15 In readiness

16 Map-filled references

17 Most with it

18 Alleges

24 Ice-cream alternative, for short

29 "Scream" director

30 Sitarist

33 Weight unit

34 With a sharp picture, briefly

35 Shrek creator

38 "Gigli" co-star, familiarly

39 Certain nuclear weapon, for short

40 "Be silent!"

41 Adolescent

46 Country's econ. measure

47 Suffix of medical conditions

49 Free (from)

51 Plump bird

52 "— From Muskogee" (1969 hit)

53 Annoys

55 Circle part

56 Ionian, e.g.

58 Upper crust

59 Purity of a color

60 Razor-sharp

61 Advanced

62 Lead-in to skeleton

63 Give a job to

64 Former Laker

65 Office letter

66 Note equivalent to 11-Down

71 Do a tax task

72 J.D. Salinger title girl

73 "— be my pleasure"

74 Baby of a boomer

77 In — (as first found)

80 Big name in beer brewing

82 "Alley —!"

83 Condé —

84 Mall lure

85 Spill clumsily

89 Guitar's kin

91 Con artists

92 Abridge

93 Took cover

94 Patchy horse

95 Vague

96 Plague

97 Fit as a fiddle

98 Sound of falling hail

99 F-J link

100 One of two in "crocodile"

104 Wading birds

105 R&B singer — Badu

106 — Mahal

107 Accuses

109 PLO head

110 Brimless cap

115 "The Godfather" score composer

116 Some med. scans

118 All-night bash

119 Comic Laurel

123 Eon subunit

124 Bonn article

125 TSA requests

	2	3	4	5		6	7	8	9	10		11	12	13	14	15		16	17	18	
19						20						21						22			
23						24						25						26			
27									28		29							30			
	31					32	33	34	35		36					37					
38					39					40					41			42			
43					44										45	46	47				
48				49				50				51	52	53							
				54		55	56		57		58							59	60	61	62
63	64	65						66			67						68				
69						70				71	72					73	74		75		
76					77			78						79				80			
81						82	83					84	85		86						
					87							88		89			90		91	92	93
94	95	96	97								98				99	100			101		
102							103	104	105	106								107			
108					109	110		111						112					113		
114							115					116					117	118			
120					121						122		123	124	125						
126					127						128						129				
130					131						132						133				

King Crossword

- ACROSS
- 1 Peruke

4 Touse

8 Labyrinth

12 Altar constellation

13 Isaac's eldest

14 Modern taxi alternative

15 World of organized crime

17 Dross

18 Earth (Pref.)

19 Poetic feet

21 Ohio city

24 Actress Long

25 Mentalist

26 Candied veggie

28 Knight wear

32 Stagger

34 Gaiety

36 Flintstones' pet

37 Seoul setting

39 Fawn's mom

41 Dol. fractions

42 Bearded beast

44 Salsa scoopers

46 "La Mer" composer

50 4, on a phone

51 Pre-diploma hurdle

52 Ruffian

56 Church area

57 Rochester's

love

58 Citrus drink

59 Privation

60 Source

61 At once

DOWN

1 Witty one

2 A Gershwin brother

3 More like a string bean

4 Tune

5 "Born in the —"

6 Grit

7 Egypt's neighbor

8 Hot dog condiment

9 With skill

10 Gusto

11 Work units

16 "Gosh!"

20 "Homeland" org.

21 Ankara resident

22 Crunchy cookie

23 Klutz

27 Wet dirt

29 State made of two peninsulas

31 Colonial seamstress

33 Lentils, for example

35 Dijon denial

38 Reply (Abbr.)

40 Aerie newborn

43 Leading man?

45 Greek X

46 Transaction

47 Big fair, for short

48 Striped fish

49 Vacillate

53 Spanish gold

54 Hubbub

55 Just out

MAGIC MAZE

"IT" WORDS

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

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

- Acquit
- Bandit
- Benefit
- Circuit
- Counterfeit
- Credit
- Deposit
- Explicit
- Forfeit
- Inherit
- Profit
- Solicit
- Transmit
- Unit
- Whodunit



Scalloped Potatoes

photo courtesy Fresh From Florida



Scalloped Potatoes

- 1 pound potatoes, unpeeled, sliced 1/4 inch thin
 - 1 medium onion, diced fine
 - 1/2 to 1 cup chicken broth
 - 1 cup heavy cream
 - 1 cup shredded cheese (such as cheddar, Swiss, Italian blend, or pepper jack)
 - 1 tablespoon garlic, minced
 - 2 sprigs fresh thyme, chopped fine
 - 1 tablespoon fresh parsley, chopped fine
 - 2 tablespoons butter
 - 1 tablespoon olive oil
 - Sea salt and fresh ground pepper to taste
- Preheat oven to 375 degrees. Preheat a large cast-iron (or nonstick) skillet to medium-high. Add butter and olive oil to pan and allow to melt. Add onions, season

with salt and pepper, and sauté for about six minutes. Next add the fresh thyme and garlic and cook for additional two minutes. Pour in chicken stock and heavy cream and bring to a boil then reduce to simmer. Add in cheese 1/2 cup at a time, making sure cheese fully melts each time. Taste for salt and pepper. Remove from heat and set aside.

Slice potatoes and toss with the heavy cream mixture. This step helps the potatoes to cook evenly and ensures flavor on each potato slice. Arrange in a skillet in desired pattern, ensuring they are evenly distributed in skillet. Pour any remaining liquid over potatoes. Liquid should barely come to top layer of potatoes. If it doesn't, simply add more chicken stock or heavy cream. Place in oven and bake approximately 30-40 minutes, depending on how thick your potato slices are. When cooked thoroughly, the potatoes should be easily pierced with a fork. Remove from heat and add more cheese and parsley if desired. Serve while warm.

Fresh tip: For additional flavor, try infusing the cream mixture with poblano or chipotle peppers.✧

PETS OF THE WEEK



Daisy ID# A852679 photos provided Lee County Domestic Animal Services

Daisy And Winnie

Hello, my name is Daisy. I'm a 12-year-old salt and pepper female pit bull mix. The volunteers absolutely adores me! I am so loving, beautiful and as close to perfect as Animal Services could find. I would be so thankful to find a loving home where I can enjoy my golden years. I am wise beyond my years, which can come in handy for any lucky family that adopts me. My adoption fee is \$25.

Hi, I'm Winnie. Who could resist the beauty of a 7-month-old kitten? I'm a tortie female domestic shorthair, and a petite girl with a big personality. While LCDAS officials think I'm going



Winnie ID# A852778

to remain on the small side, they have no doubt that my spirit will continue to grow. You will never have to know what I want because I'm not afraid to let you know. I'm fun and love wrapped up in one adorable ball of fur! My adoption fee is \$20, and you can adopt a friend for me 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 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 MARCH 8, 2021
Aries (March 21 to April 19) You might feel more encouraged about changes in your personal and/or professional life. However, it might be best not to rush things but rather work with them as they evolve.
Taurus (April 20 to May 20) The Bovine's business sense is especially keen this week. But remember that it's always best to investigate before investing. Make sure there are no hidden factors that can rise up later on.
Gemini (May 21 to June 20) Working on a family project could create tension between and among those concerned. Your good sense and your patience can help reduce bad attitudes and raise positive feelings.
Cancer (June 21 to July 22) You should be seeing more progress in the development of your plans and more supporters joining in. News from the past could help change someone's long-held position.
Leo (July 23 to August 22) With personal aspects strong this week, Leos and Leonas might want to spend more time with family and others who are especially close to them. Also expect

news of a possible career change.
Virgo (August 23 to September 22) Taking a strong stand can be helpful this week. But be careful you don't cross the line into obstinacy. Best to take a position on facts as they are, not as you want them to be.
Libra (September 23 to October 22) You have a strong sense of the needs of others. This week, turn some of that sensitivity into an honest self-appraisal, and let it find places where you can help yourself.
Scorpio (October 23 to November 21) Creating an emotional comfort zone to handle a personal problem helps at first. But by midweek, you'll realize you need to deal with it directly or it could linger for too long.
Sagittarius (November 22 to December 21) Turning the page on a mistake to start fresh might not be the thing to do. Better to go over each step that led up to the decision you made and see which one misled you.
Capricorn (December 22 to January 19) Goats enjoy a varied diet, but eating crow isn't on the menu – at least not this week. An embarrassing situation might have gone wrong before you got into it. Check it out.
Aquarius (January 20 to February

18) Your sense of honesty might impel you to speak up about a situation you disapprove of. That's fine. But do so without sounding accusatory. You might not know all the facts behind it.
Pisces (February 19 to March 20) Being asked to create a reassuring attitude in the middle of chaos isn't easy, but you can do it. Support for your efforts comes slowly, but it does come. Enjoy an arts-filled weekend.
Born This Week: Your honesty about people and issues is expressed in a positive, not painful, way.

MOMENTS IN TIME

- On March 20, 1861, President Abraham Lincoln's sons, Willie and Tad, are diagnosed with the measles. The boys recovered, but in 1862 Willie contracted typhoid fever and died. Tad died at age 18 in 1871. Of Lincoln's four boys, only the first child, Robert, lived to an advanced age; he passed away at age 82 in 1926.
- On March 18, 1911, Irving Berlin copyrights the biggest pop song of the early 20th century, *Alexander's Ragtime Band*. The song was easier to play than Joplin's *The Entertainer*, which encouraged sheet music sales. Those topped 1.5 million copies in the first 18

- months after publication.
 - On March 16, 1926, Robert Goddard successfully launches the world's first liquid-fueled rocket at Auburn, Massachusetts. The 10-foot-tall rocket traveled for 2.5 seconds at a speed of about 60 mph, reaching an altitude of 41 feet and landing 184 feet away.
 - On March 19, 1953, for the first time, audiences are able to watch from their living rooms as the movie world's most prestigious honors, the Academy Awards, are given out at the RKO Pantages Theatre in Hollywood, California.
 - On March 15, 1968, construction starts on the north tunnel of the Eisenhower/Johnson Memorial Tunnel on I-70 in Colorado west of Denver. At more than 11,000 feet, the project became the world's highest vehicular tunnel when it was completed in 1979.
 - On March 21, 1971, *The Andromeda Strain*, the first movie to use computer animation, opens. Based on a Michael Crichton book, the sci-fi thriller featured scientists racing against time and an alien virus.
 - On March 17, 2000, Julia Roberts becomes the first actress ever to command \$20 million per movie when
- continued on page 30



FRIDAY
Sunny
High: 78 Low: 65



SATURDAY
Sunny
High: 81 Low: 69



SUNDAY
Sunny
High: 78 Low: 64



MONDAY
Mostly Sunny
High: 76 Low: 65



TUESDAY
Mostly Cloudy
High: 71 Low: 57



WEDNESDAY
Sunny
High: 69 Low: 58



THURSDAY
Partly Cloudy
High: 67 Low: 53

Redfish Pass Tides**Point Ybel Tides****Punta Rassa Tides****Cape Coral Bridge Tides**

Day	High	Low	High	Low
Fri	1:30 pm	6:41 am	None	6:18 pm
Sat	12:42 am	7:04 am	1:38 pm	6:57 pm
Sun	3:22 am	8:24 am	2:48 pm	8:34 pm
Mon	3:01 am	8:42 am	3:01 pm	9:12 pm
Tue	3:42 am	9:00 am	3:18 pm	9:53 pm
Wed	4:28 am	9:17 am	3:40 pm	10:38 pm
Thu	5:23 am	9:33 am	4:06 pm	11:31 pm

Day	High	Low	High	Low
Fri	12:35 pm	6:43 am	11:47 pm	6:20 pm
Sat	12:43 pm	7:06 am	None	6:59 pm
Sun	1:27 am	8:26 am	1:53 pm	8:36 pm
Mon	2:06 am	8:44 am	2:06 pm	9:14 pm
Tue	2:47 am	9:02 am	2:23 pm	9:55 pm
Wed	3:33 am	9:19 am	2:45 pm	10:40 pm
Thu	4:28 am	9:35 am	3:11 pm	11:33 pm

Day	High	Low	High	Low
Fri	12:53 pm	6:41 am	None	6:41 pm
Sat	12:29 am	7:15 am	1:15 pm	7:21 pm
Sun	3:02 am	8:45 am	2:37 pm	8:59 pm
Mon	2:38 am	9:11 am	2:56 pm	9:37 pm
Tue	3:19 am	9:32 am	3:05 pm	10:12 pm
Wed	4:06 am	9:44 am	3:13 pm	10:48 pm
Thu	4:56 am	9:51 am	3:36 pm	11:28 pm

Day	High	Low	High	Low
Fri	2:09 am	9:57 am	3:40 pm	9:34 pm
Sat	2:52 am	10:20 am	3:48 pm	10:13 pm
Sun	4:32 am	11:40 am	4:58 pm	11:50 pm
Mon	5:11 am	11:58 am	5:11 pm	None
Tue	5:52 am	12:28 am	5:28 pm	12:16 pm
Wed	6:38 am	1:09 am	5:50 pm	12:33 pm
Thu	7:33 am	1:54 am	6:16 pm	12:49 pm

PROFESSIONAL DIRECTORY

CONSTRUCTION/REMODELING

COOPER
CONSTRUCTION
Custom Homes & Remodeling Specialists
We can design, build and manage any endeavor you can dream up.
239.454.5699
cooperconstruction@embarqmail.com
Kerry Cooper • An Island Business Since 1982 • License # CBC1255742

GENERAL CONTRACTOR

D.BROWN
GENERAL CONTRACTORS LLC
CGC1517615
BBB
A BBB Accredited Business with an A+ Rating
NEW CONSTRUCTION & REMODELS
239-593-1998 | www.dbrowngc.com

TREE TRIMMING, ARBORIST

Arbor Specialist Since 1995
TREE WEST
• Tree Trimming • Tree Removal
• Stump Grinding
239-910-3256
info@treewestflorida.com
www.treewestflorida.com
P.O. Box 564, Sanibel, FL 33957
Licensed, insured, workers compensation

FISHING CHARTER

Light Tackle Sport Fishing
Sightseeing • Eco Tours
CAPT. MATT MITCHELL

USCG Licensed & Insured
C: (239) 340-8651
www.captmattmitchell.com
email: captmattmitchell@aol.com

AUTOMOBILE

RANDY'S CAR REPAIR, LLC
"FIXED RIGHT THE FIRST TIME"
WWW.RANDYSCARREPAIRLLC@YAHOO.COM
16191 SAN CARLOS BLVD SUITE 1
FORT MYERS, FL 33908
(239) 267-2556

MASTER AUTO TECHNICIANS
FLORIDA MV 94239
Woman Owned Business – We Hire Veterans

HOME SERVICES

YARD SERVICE • TREE SERVICE • POOL SERVICE
HOME WATCH • CLEANING SERVICE

JUERGEN SCHREYER
OWNER
ISLAND HOME SERVICE
P.O. Box 1050 • SANIBEL • FLORIDA 33957
WWW.ISLANDHOMESERVICE.COM
INFO@ISLANDHOMESERVICE.COM
PHONE: (239) 472-5247 • CELL: (239) 229-6366

CLEANING SERVICES


Professional Cleaning Services
Residential & Commercial
Construction Clean Up
Interior Windows
Home Watch
Jennifer Watson
(239) 810-6293
brightntidy@gmail.com
Licensed & Insured

WINDOW CLEANING


JC Window Cleaning
239-203-5913
407-902-7845
Juan Penaloza
Residential-Commercial-New Construction
Pressure Washing, Window Cleaning and
Gutter Cleaning
LICENSED and INSURED
jccpcleaning@aol.com / jccpwindowcleaning.com

CLEANING SERVICE

RON'S
CLEANING SERVICE
Sanibel, Captiva, Fort Myers
Professional, Residential Cleaning
& Misc. Services
Licensed
Sanibel & Lee County • Excellent References
Call Ron @
239-463-4227 or cell 239-728-7206



Harry Chapin Food Bank
OF SOUTHWEST FLORIDA

Mail your tax-deductible donation to:

The Harry Chapin Food Bank

3760 Fowler Street, Fort Myers, FL 33901

Call (239) 334-7007 or donate online at:

harrychapinfoodbank.org




Spring Into Action!
1-800-432-JOIN (5646)
savethemanatee.org
Photo © David Schuchman
Adopt-A-Manatee.

From page 28

Moments In Time

Erin Brockovich is released. At the time, \$20 million was the standard paycheck for Hollywood’s male stars.

NOW HERE’S A TIP

- If your pooch doesn’t like to poop in the snow, here’s a great trick to secure a patch of grass (even if frozen). Lay a square of plywood down on the ground, with a rope secured as a handle. After a snow, pull up the wood to reveal the ground underneath.
- Use mismatched socks to protect glass items when transporting them from place to place, or even in storage.
- Refillable spray bottles work best for cleaners. Refills can be economical, they put less waste in the system, and here’s one more reason: less propellants used, which can be a serious irritant to lungs. Purchase

an attractive bottle, and then look up some recipes for eco-friendly cleaners. You might be surprised how well they work and how great they smell.

- “Add some nuts to your morning cereal or smoothie for a nutritious boost. It’s not just for oatmeal or granola. I like to crush a handful of walnuts and sprinkle them across my waffles.” – JE in Maine
- Get rid of the smell of burned popcorn in your microwave by setting a bowl of coffee grounds in it overnight. Somehow, when you remove it in the morning, it smells of neither popcorn nor coffee!
- Before removing a splinter, ice the area. There’s less fussing and a wooden splinter might absorb some liquid, causing it to swell enough to pop out a bit more.

STRANGE BUT TRUE

- Ladies, before you put a ring on it, you might want to consider that a survey of 17,000 people across 28 countries found that the amount of time a man spends

doing chores on a weekly basis decreases significantly after he marries.

- The name for the shape of a Pringles potato chip is “hyperbolic paraboloid.”
- In 1862, the King of Siam offered Abraham Lincoln many elephants on the grounds that a “country as great as the United States should not be without elephants.” President Lincoln politely declined.
- The stage before frostbite is called – wait for it – frostnip.
- Boeing uses potatoes to test their in-flight Wi-Fi, as they reflect and absorb the signals in a fashion similar to humans. The process is called Synthetic Personnel Using Dialectic Substitution, or SPUDS.
- “Digging a hole to China” is theoretically possible if you start in Argentina.
- The first roller coaster was used to transport coal down a hill. After people found that it could reach speeds up to 50 mph, tourists started asking to ride on it for

a few cents.

- A flower that smells like chocolate? Yep, but you’ll have to limit your enjoyment of this dark-red Mexican native to sniffing, as the “cosmos atrosanguineus,” or “chocolate cosmos,” isn’t edible.
- In 2014, a missing woman on vacation in Iceland was found when it was discovered that she was in the search party looking for herself.
- Donkey Kong got his curious moniker because his creator, Shigeru Miyamoto, believed “donkey” meant “stupid” in English and wanted to convey the impression that the character was a “stupid ape.”

THOUGHT FOR THE DAY

“By walking on the right path, you create a golden fate for yourself and you also become a silver lining for the others!”

– Mehmet Murat ildan

TRIVIA TEST

1. **Television:** Which 1980s-’90s sitcom

CLASSIFIED

REAL ESTATE

CAYO COSTA HOME FOR SALE

Waterfront, Gulf Access Custom built home. Updated with NEW solar, generator, windows, appliances and too many updates to list. Includes boat and leased boat slip on Pine Island.

SUNSET COAST REALTY
239-233-9455

3/12 ★ 3/19

VACATION RENTAL

SEAGRAPE COTTAGE

APRIL 3 – MAY 2

walk to beach from lane, East end 2bed/1bath, big kitchen, fully furnished, stocked w/ all beach needs, wood floors, Lg. yard, screen porch, bbq, Beachy decor, neat, SUPER CLEAN, small dog ok. Local Owners/Chamber members. \$4,000 Rent. Phone 727-644-6493. www.seagrapecottageatsanibel.com

3/12 ★ 3/12

ANNUAL RENTAL

ANNUAL RENTAL

SANIBEL

This Beautiful UF home is located on a large 2+ lot parcel affording privacy. This piling home offers: 3 BR/3 BA, screened enclosed Pool, 2 car garage and porches to bring the outdoors in. Wood floors thru great room, high end appliances. Includes pool and yard care. \$3,700/mo.

472-6747

 Serving The Islands Rental Needs Since 1975 
Gulf Beach Properties, Inc.

3/5 ★ TFN

HELP WANTED

THE BUBBLE ROOM

The Bubble Room is now hiring f or our new soda fountain/ice cream parlor concept! Job responsibilities include: making espresso/coffee drinks, serving Bubble Room cake, scooping ice cream and giving excellent customer service We have additional positions available in the restaurant and Emporium gift store! Great pay and benefits! Please email your resume to bubbleroomemporium@gmail.com or stop in for an interview

3/12 ★ 3/26

GARAGE SALE

MOVING SALE

Household goods, furniture, bikes, John Deere riding mower, and more. Sat. 3/13, 8 a.m. to noon. 1753 Bunting Lane, Sanibel.

3/12 ★ 3/12

COMMERCIAL RENTAL

PELICAN PLACE SHOPPING CENTER

Palm Ride Road on Sanibel 3 units available or combined 2,400 sq. ft. (2 at 700 sq. ft., 1 at 1,000 sq. ft). Call 703-593-7024

6/21 ★ TFN

VACATION RENTAL

SANIBEL

You can’t find a long term seasonal rental on Sanibel Until NOW! Stunning remodel and decorated by Designer owner. All High End!! This Gorgeous home offers 3 BR/2 BA, private pool, large 2 car garage, overlooking conservation area, Walk to beach. Available for a minimum of 6 months for the 2021/22 Season. Call to inquire & book this property before it’s Gone II!.

472-6747

 Serving The Islands Rental Needs Since 1975 
Gulf Beach Properties, Inc.

2/26 ★ TFN

SERVICES OFFERED

ROGER NODRUFF ELECTRIC

Dock Lighting, affordable LED conversion. FPE panel replacement, Landscape Lighting. Generator Sizing, etc, etc, etc. Call or text Roger 239-707-7203 State License #13002788

4/20 ★ TFN

ADMINISTRATIVE ASSISTANT

The Bailey-Matthews National Shell Museum on Sanibel Island is seeking an Administrative Assistant. Experience with Word, Excel, databases, other business applications, and good writing skills required. To apply for this 20 hour/week position, please send a resume to info@shellmuseum.org.

1/22 ★ TFN

MOVING SALE

9 a.m. to 4 p.m., Saturday, March 13, 1683 Bunting Lane, Sanibel in GUMBO LIMBO. Coastal artwork, 2007 BMW 530xi (if still available), household decorations, kitchen ware, outdoor furniture, pool accessories, books, bike, rugs.

3/12 ★ 3/12

VACATION RENTAL

Island Vacations

Of Sanibel & Captiva *Million \$ Views Await You!*

- Cottages • Condos • Homes • Miles of Beaches & Bike Paths

239-472-7277
1-888-451-7277

1/4 ★ TFN

ANNUAL RENTAL

RENTING FOR OVER \$1,500?

Inbox me your monthly rent amount and I'll send you 3 houses you could OWN for the same monthly payment. chip@chipwolfe.com chipwolfe.com 239-848-0906 REMAX OF THE ISLANDS

6/5 ★ TFN

HOME WATCH

239-233-2152 Island Resident / Insured

1/8 ★ 4/2

FOR SALE

EXERCISE BIKE VARIABLE SPEED SCHWINN AIR-DYNE

Good Condition. Asking \$325. Call 472-4420.

3/5 ★ 3/12

MOVING SALE

Leaving Sanibel. Big Sale. Tools (hand and electric), CDs, Kitchen goods (Krupps Toaster Oven and Deep Fat Fryer, Cuisinart bread maker), Hobie 2 person kayak, bicycle, books, DVDs, silver-plated service, lots of small items. From 10 a.m. to 4 p.m. on March 13th, 1667 Sabal Sands Road (off Casa Ybel) on Sanibel.

3/12 ★ 3/12



Cottages To Castles
Unique Vacation Rentals

2427 Periwinkle Way Sanibel, FL 33957 Local: (239) 472-6385 Toll Free: (800) 472-5385 Fax: (239) 472-5858 www.cottages-to-castles.com

1/26 ★ TFN

HELPER

Are you elderly, disabled or just don't have free time? I can help! Just give me a call... 973-919-2116

12/11 ★ TFN

APPLIANCES

- White LG Dishwasher – Mint Condition
- White LG 30" French Door Refrigerator – One tiny dent on front – barely noticeable
- White Kenmore oven with white cooktop – Mint Condition.

Non-smoking household. Single Mother, empty nester so not a lot of usage. Selling due to renovation in kitchen. Email for pictures or appointment to see them. LisaSanibel@centurylink.net

12/11 ★ TFN

To advertise in the Island Sun and The River Weekly News Call 395-1213

- featured the Conner family?
2. **Language:** What does the Greek prefix “pan” mean in English?
3. **Movies:** Which artist sang the song that inspired the movie title *Pretty Woman*?
4. **General Knowledge:** What is the first primary color that babies can see?
5. **Geography:** What is the world’s longest cave system?
6. **Medical:** What is a fasciculation, the medical term for a common ailment?
7. **U.S. Presidents:** Which president was the only one to be elected a U.S. senator after leaving office?
8. **Geology:** Emerald and aquamarine are types of which mineral?
9. **U.S. States:** What was the first state to ratify the U.S. Constitution?
10. **Measurements:** What dosing measurement (metric) is used to administer liquid medication?

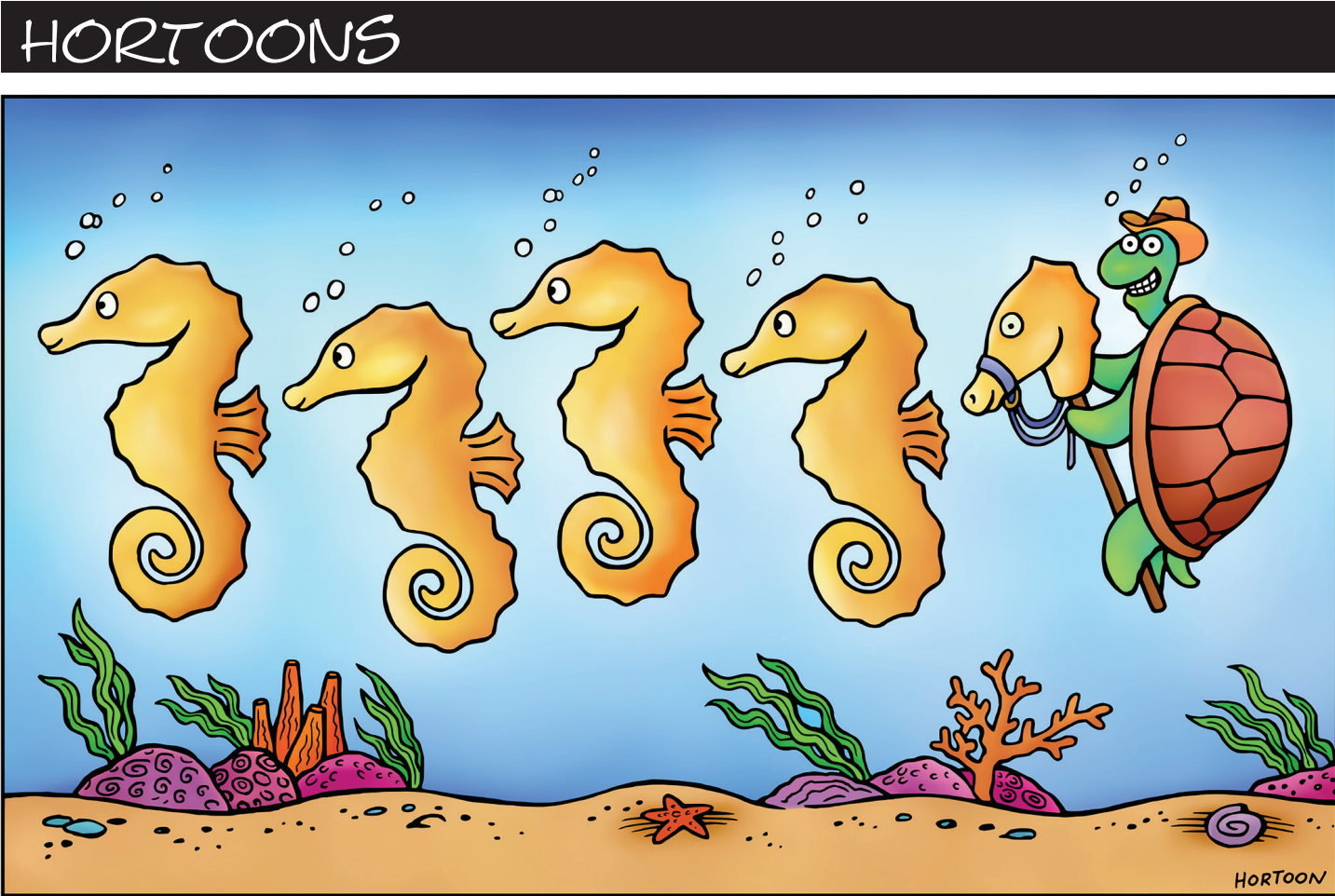
TRIVIA ANSWERS

1. Roseanne 2. All 3. Roy Orbison 4. Red 5. Mammoth Cave, Kentucky 6. involuntary muscle twitch 7. Andrew Johnson 8. Beryl 9. Delaware 10. milliliter or ml

SCRAMBLERS ANSWER

1. Adept 2. Groan;
3. Casket; 4. Bounce

Today’s Word
DOCTOR



PUZZLE ANSWERS

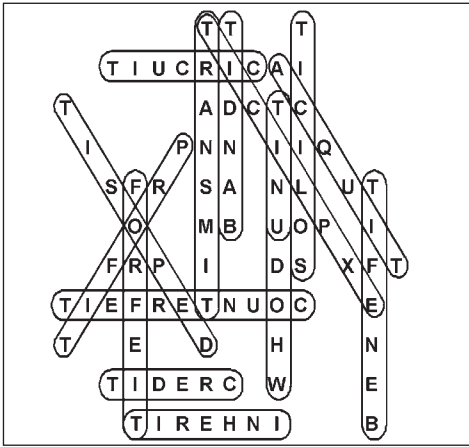
SUPER CROSSWORD

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

KING CROSSWORD

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

MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Bellamare	Miromar Lakes	2007	4,668	\$2,999,950	\$2,950,000	87
Jonathan Harbour	Fort Myers	1990	6,805	\$2,885,000	\$2,900,000	58
Bay Woods	Bonita Springs	2001	5,222	\$2,775,000	\$2,775,000	129
Costa Amalfi	Miromar Lakes	2014	4,417	\$2,499,000	\$2,500,000	108
Tuscany Isle	Bonita Springs	2008	5,827	\$2,565,000	\$2,400,000	177
Fa Lanes Bayview	Captiva	2011	4,032	\$2,495,000	\$2,400,000	67
Butterknife	Sanibel	2007	4,603	\$2,195,000	\$2,100,000	40
Seagate	Sanibel	2005	3,177	\$2,200,000	\$2,100,000	40
Cortona	Miromar Lakes	2018	3,030	\$2,098,000	\$2,050,000	55
Southport On The Bay	Bonita Springs	2001	4,540	\$1,995,000	\$1,900,000	91



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

The New York Times
Magazine

Sanibel • Captiva • Ft. Myers Beach • Downtown St. Pete Pier



WWW.DOCFORDS.COM

THE ORIGINAL
YUCATAN SHRIMP!

Visit Our Sister Locations on Ft. Myers Beach
The Dixie Fish Co. & The Whale

