



## Earth Day Event To Debut At Babcock Ranch

The inaugural Edison Awards Earth Day Event at Babcock Ranch will be held on Wednesday, April 22 beginning at 8:30 a.m.

The Solar-Powered Earth Day event, in partnership with Babcock Ranch and Florida Power & Light (FPL) Company, is planned as part of the 34th annual Edison Awards celebration. A full day of live and virtual educational activities will be offered.

Attendees will have the opportunity to hear from a number of innovators and experts in science and technology during the Meet the Innovators panel sessions. Panelists include Syd Kitson, chairman and CEO of Kitson & Partners; Matt Valle, FPL's vice president of development; Mario Azar, president of Global Power Business at Black & Veatch; Reinhold Schmieding, founder and president of Arthrex; and Dr. Jennifer Holmgren, CEO of LanzaTech.

"The speakers at this event are real changemakers who are reinventing a more sustainable future for our planet," said



A solar tree at Babcock Ranch

photo provided

Kitson. "We can't think of a better way or a better place to celebrate Earth Day."

In addition to the honor of hosting the first Solar-Powered Earth Day, Babcock

Ranch is also among an elite group of finalists for the 2021 Edison Awards. Babcock Ranch and FPL are new sponsors of the 2021 Edison Awards.

The event will be part of the 34th annual Edison Awards celebration.

"We are really looking forward to hosting this one-of-a-kind, innovative event with two of our great partners and biggest players in the field of solar energy," said Edison Universe Executive Director Frank Bonafilia. "The outdoor venue space at Babcock Ranch has allowed us to follow COVID-19 precautions. What better way to celebrate Earth Day than to safely educate our attendees about solar energy within a community that thrives on it?"

Babcock Ranch developer Kitson & Partners and FPL partnered and broke ground on the FPL Babcock Ranch Solar Energy Center in 2015. The solar energy center now delivers emissions-free energy to FPL's energy grid, powering Babcock Ranch and beyond. In 2018, FPL created the largest combined solar-plus-storage facility operating in the U.S. when it added a 10-megawatt battery storage system to the FPL Babcock Ranch Solar Energy Center. The system captures energy generated by the solar energy center and stores it for later use, improving reliability for thousands of local homes and businesses. In 2020, the FPL Babcock Preserve Solar Energy Center

continued on page 4



Ronin Earthclan

photo by Jesi Cason Photography

## Zine Fest To Draw Artists, Musicians And Designers

Southwest Florida arts nonprofit Love Your Rebellion (LYR) returns to live events with Fort Myers Zine Fest at Neenie's House on Friday, April 23 from 6 to 10 p.m. The celebration features New York City artist Lauren

Barnett and Southwest Florida designer Victor Matos' new brand, Injoy.

LYR hasn't hosted an in-person event since February 2020. Marking its return means bringing in the most diverse, original zinemakers, artists, artisans, musicians and clothiers.

Barnett will be selling her newest book, *In Case of Emergency*. She writes about the art that inspired the book, "With (...) the pandemic raging on, I've been thinking a lot about the



Lauren Barnett's *In Case of Emergency* exhibition

photo by Candice Borden

things I miss and what I wish I could stockpile. I've been working on a project to capture that feeling, making paper mache canned and boxed goods to illustrate what I'd be stocking my cupboards with if I could." The 2D versions pictured in the book were featured at Desert Island in Brooklyn in November 2020. To learn more about

Barnett, visit [www.melikesyou.com](http://www.melikesyou.com).

Matos will be debuting his new line, Injoy. Matos has made a name for himself in the local alternative art scene with his pop-art portraits and creative vendor events. Now, he's entering the world of fashion. Injoy's launch will be celebrated with a runway performance

continued on page 20



Historic Downtown Fort Myers, Then And Now:

# Action Shot At Broadway And Main



by Gerri Reaves, PhD

This movie still captures some Keystone Cops-style action from a fun-loving Lions Club production filmed in 1938 on the streets of Fort Myers and surrounding area.

*Movie Queen* was intended as a fundraiser for the club's Blind Fund.

This movie version, featuring all local talent, was an extension of the live musical comedy that had earlier been performed at the Edison Elementary School Auditorium.

The film depicting a movie star's visit to Fort Myers relies on two basic repeated plot lines: business-promoting segment's enacting spoofy kidnapping scenes at the businesses, as in the

one scene here, and segments focusing on community life with visits to churches and schools.

The popular Lillian Tooke (Kagan) played the title role. Among her accolades was reigning as the third Queen of Edisonia for the 1940 Edison Festival of Light and Pageant.

The film still taken on Broadway shows the "gangsters" escaping in a car as others pursue them on foot.

On the right are the fan-shaped windows of the 1925 Colquitt Building, topped by decorative friezes, a signature Mediterranean Revivalist architectural flourish.

Note the many cars parked curbside, indicating just how bustling that block was in 1938.

That block of Broadway had opened only about 14 years earlier when the Post Office Arcade was completed – the first building on the block.

But by the late 1930s, the Belmar, Colquitt and Kress buildings had been built too, and the busy block teemed with restaurants, a variety of professional offices, a beer



This film still from the Lions Club production *The Movie Queen* captures gangsters' Keystone Cops-type escape by car as they head north on Broadway at Main Street

photo courtesy SWFL Historical Society



Today, there are no gangsters in sight, but the 1925 Colquitt Building (right) and the Lee County Courthouse (center distance) remain much as they were in 1938

photo by Gerri Reaves

garden, fish market, tea room, barber shop, beauty salon, business college, an auto supply store and others.

At the Main Street corner marked by the Colquitt's bell tower is the prominent signage of the Fort Myers Cafe. That restaurant, opened in 1926, was deemed the longest running eatery in the town's history when it closed in 1962.

In the sign's background stands the Lee County Courthouse facing Main.

Today, the scene from 1938 is still recognizable, although the Colquitt's pretty fan-shaped windows have been filled in.

Other changes are the parallel, not angled, parking on Broadway and the presence of the Lee County Administration Building facing Second Street and rising above the tree tops in the current photo.

The long-lived restaurant is gone, of course, along with the signage, but the bell tower reminds us of the block's original boom-time architectural style.

Walk down to Broadway, look north, and imagine it's 1938 and a film shoot is underway.

Then visit the following research centers to learn more about how various community organizations raised money for good causes.

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

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

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

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

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

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



Read Online: [www.IslandSunNews.com](http://www.IslandSunNews.com)

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

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](mailto:press@islandsunnews.com). To advertise, email: [ads@islandsunnews.com](mailto: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.*





## Indie Film Examines Police Shooting



A scene from *For Fear of Kofi*

photo provided

The Fort Myers Film Festival will screen *For Fear of Kofi* at Sydney & Berne Davis Cultural Center on Saturday, May 15 at 10:30 a.m.

The indie film investigates the causes and effects of a police shooting that took place inside a University of Florida graduate housing complex on March 2, 2010.

University police responded to a 911 call from a graduate student who was concerned about her neighbor, Kofi, a fellow PhD student from Ghana. The

film tackles the issue of excessive force by police and invites the viewer to examine how the use of deadly force could have been avoided.

*For Fear of Kofi* received Donald E. Lacy, Jr. Social Justice Award from the Studio City International Film Festival. Marina Petrovskaia is the producer and director of the film.

The Fort Myers Film Festival will be held from May 12 to 16. For more information, visit [www.filmfreeway.com/fortmyersfilmfestival](http://www.filmfreeway.com/fortmyersfilmfestival).

## Inaugural Virtual Career Exploration Fair

Junior Achievement of Southwest Florida (JA) hosted its first-ever virtual career exploration fair, JA Inspire, on March 24. The event provided more than 3,500 Collier County School District eighth-graders the rare opportunity to explore potential career paths and connect with local employers for the high-wage and high-demand jobs in our community.

After five explorative lessons integrating work and career readiness, including a personalized career assessment, students attend the interactive virtual career expo on March 24, exposing them to various industries, career opportunities and required education levels in Southwest Florida.

Students virtually participated in webinars and presentations, and explored career booths from various industries, including technology, business and finance, hospitality and tourism, health and life sciences and more.

Two additional JA Inspire events are planned for this summer. High school and private school students in Lee, Collier, and Charlotte counties will have the opportunity to experience JA Inspire on June 10, while Lee County School District eighth-grade students will participate on June 11.

There is still time to sponsor this important program and become a virtual exhibitor at the remaining career expos.

Sponsorships begin at \$500 to have a customized virtual career exploration booth, with levels and sponsor benefits increasing from there.

The JA Inspire events are only a piece of Junior Achievement of Southwest Florida's mission of inspiring and preparing our local students to succeed in work and life.

The organization's goal is to certify every student in Southwest Florida with JA programs by 2025.

For more information on JA Inspire or sponsorship opportunities, visit [www.jaswfl.org/ja-inspire-virtual](http://www.jaswfl.org/ja-inspire-virtual). Inquiries can also be directed to Junior Achievement of Southwest Florida at 225-2590 or [info@jaswfl.org](mailto:info@jaswfl.org).

## Honor Society Inducts New Members

The following people were recently initiated into The Honor Society of Phi Kappa Phi, the nation's oldest and most selective collegiate honor society for all academic disciplines.

Misty Brueckner of Fort Myers at Fordham University;

Nazma Niles of Fort Myers at Fordham University;

Zach Rudich of Miromar Lakes at Fordham University;

Alyssa Collins of Fort Myers at Florida State University; and

Gabrielle Mastando of Fort Myers at Florida State University.

# 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.**

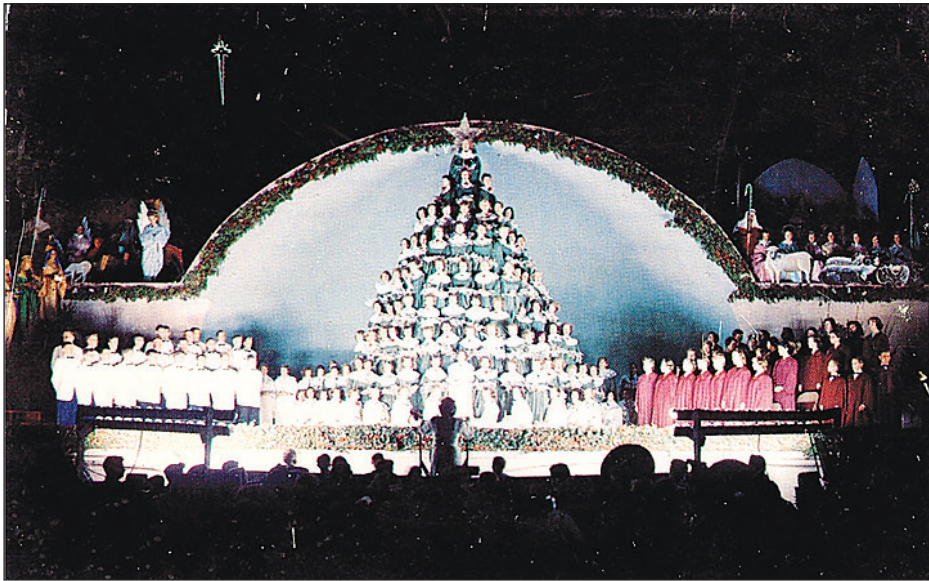
**(239) 985-6540**

**[baseyj@stifel.com](mailto:baseyj@stifel.com)**

12800 University Drive, Suite 300  
Fort Myers, Florida 33907

Stifel, Nicolaus & Company, Incorporated | Member SIPC & NYSE | [www.stifel.com](http://www.stifel.com)





Singing Christmas Tree of the 1960s

## Memories Of Early Lee County To Highlight Dinner

**D**id you know that Fort Myers once had a dance hall in the middle of the Caloosahatchee? Or – did you know that 75 students formed a singing Christmas tree for years that performed for former President Dwight Eisenhower?

These and other little known memories about the early days of Lee County will be revealed at the annual

Cracker Dinner at the Broadway Palm Dinner Theatre on Monday, May 10. Dinner starts at 5:30 p.m. and the program begins at 7 p.m.

Long-time resident Genevieve Bowen researched some of the area's oldest residents to obtain memoirs for the annual dinner, hosted by the Southwest Florida Historical Society.

Mike Pcolar and Bonnie Chappelle will be the storytellers for the evening, which brings together pioneers of Lee County along with newcomers who are curious about the area's past.

The presentation will be accompanied by music performed by

photos provided



Pleasure Pier in 1925

Barbara Peterson at the piano with vocals by Roger Peterson, John Goulet and Beverly Cox.

Tickets cost \$35 and are available at Broadway Palm. Food will be served. There also will be music, door prizes and a silent auction. Masks and social distancing will be observed.

The annual Cracker Dinner is sponsored by Barbee & Sons, Sam Galloway Ford, George T. Mann General Contractor and Susan Bennett Marketing & Media, LC.

Funds raised at the annual dinner will be used to support the mission of the Southwest Florida Historical Society, which is dedicated to preserving the history of our area by archiving donated historical documents,

photos and maps and stimulating public interest and appreciation for local history.

The Southwest Florida Historical Society (SWFLHS) was established in 1960 by a group of citizens to “preserve the history of our area.” In 1983, the SWFLHS received as a gift a building that was destined to be demolished for a new parking lot, The building was then moved to the campus of the Lee County Alliance for the Arts, located at 10051 McGregor Boulevard in Fort Myers.

The Broadway Palm Dinner Theatre is located at 1380 Colonial Boulevard in Fort Myers. For more information, visit [www.facebook.com/swflhs](https://www.facebook.com/swflhs) or call 939-4044.\*





2 Islands Gallery is a whimsical fun place to shop for fabulous one of a kind art created by local artists. We feature a large selection of custom made jewelry, unique pottery, paintings, artful clothing, handbags, decorative baskets, painted silk scarfs, island decor, mermaids, creative gifts, cards, prints and more.

Stop in and say hi to the artist on duty.

**Voted the best gallery on the islands.**

 **TRIP ADVISOR ★★★★★**

**At Chadwick's Square Captiva Island**  
**239.472.2772**  
**[www.2islandsgallery.com](http://www.2islandsgallery.com)**  
 10:00 to 5:00 Mon.-Sun.



## University Wins National Awards In Marketing

**H**odges University's marketing team earned 10 national awards in the 36th annual Educational Advertising Awards.

“It's always gratifying when peers from around the country and the world recognize the work we do,” said Teresa Araque, assistant vice president of marketing at Hodges. “Working with such a talented team of professionals is rewarding. We appreciate the support from our president, Dr. John Meyer, who continues to give us the creative space to push boundaries.”

Hodges University won a Gold Award for its magazine ad, “What's New at Hodges U.” The university earned four Silver Awards for: Digital Video More Than 2 Minutes: PTA; Logo Design: 30th Anniversary logo; Aviation billboard; and TV ad “TEC.” Hodges University won two Bronze Awards for: Digital Video less than 2 Minutes: TEC; and Outdoor signage “Start Here to Get There.” The university also earned three Merit Awards for: External Publication: *Talon* magazine; Brochure: Aviation brochure; and Digital Video Less Than 2 Minutes: Modern Marketing.

This is the second year Hodges University has entered, bringing the total number of awards to 14.

More than 2,000 entries were received from over 1,000 colleges, universities and secondary schools in all 50 states and several foreign countries. Judges awarded 313 Gold Awards, 170 Silver Awards and 104 Bronze Awards. The judge's national panel included higher education marketers, advertising creative directors, and marketing and advertising professionals.\*

From page 1

## Earth Day

came online, creating a total of 150 megawatts of solar power generated at the ranch.

“We are thrilled to support the Earth Day celebration at Babcock Ranch, home of the nation's largest solar-plus-storage system powered by FPL, alongside Edison Awards for its 2021 conference,” said Crystal Stiles, senior director of economic development for FPL. “Investments and partnerships like these demonstrate FPL's continued commitment to a more innovative and sustainable future for Florida.”

Babcock Ranch is located at 42850 Crescent Loop in Punta Gorda. For more information, visit [www.babcockranch.com/edison-awards-to-host-solar-powered-earth-day-event](http://www.babcockranch.com/edison-awards-to-host-solar-powered-earth-day-event).\*



*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,  
April 20

Wednesday,  
April 21

Tuesday,  
April 27

Wednesday,  
April 28

**REGISTER for your tour at [shellpoint.org/seminars](https://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-4380-21



Fort Myers Art:

# Deadline Nears For Functional Art Submissions



by Tom Hall  
The Sidney & Berne Davis Art Center will be staging a functional art exhibit in May. Functional art is art created for use. However, while functional art is intended to serve

a utilitarian purpose, it is designed artistically, with an aesthetic or “chi” in mind so that it takes on a life of its own.

The genre is remarkably inclusive. It encompasses everything from furniture and lighting to dishes and even books. While the terms “fine” or “high” art typically apply to works that carry an intellectual and emotional sensibility alongside a dose of old-fashioned beauty, functional art infuses these aesthetic ideals into things that you might never have expected to view as art, like, say, a switchblade.

From an art history perspective, you could say that functional art is the inverse of Marcel Duchamp’s famous readymades, where he transformed utilitarian objects – a urinal, a bottle rack, etc. – into conceptual artworks by fiat. It became art because he said it was. Functional artworks, by contrast, are highly crafted artistic creations that can perform utilitarian jobs, but that collector’s might prefer to keep on the



Two examples of functional art display shelf.

Today, many functional art objects are as avidly acquired by collectors as their fine art brethren, and are appreciated just as much for their beauty as their use. Ancient Chinese vases, for example, while still capable of performing their originally intended function (displaying flowers), are prized for their historic and aesthetic value more than anything else. And, this is equally true of clocks, jewelry and valet boxes, lights and chandeliers, intricately carved limestone fireplaces, and life-size figurines and wildlife sculptures which, positioned at the edge of a pond or pool, function as fountains, helping purify and circulate its water. Of course, one need look no farther than Artis Naples for two prominent examples of functional art – the Paley Gates at the Baker Museum of Art and the door handles to the performing arts hall.

The deadline for submissions is April 23. To submit artwork, visit [www.sbdac.com/functional-art](http://www.sbdac.com/functional-art).

The Sidney & Berne Davis Art Center is located at 2301 First Street in



photos courtesy [www.artswfl.com](http://www.artswfl.com)

downtown Fort Myers. The exhibition will show in the Grand Atrium from May 7 through 27.

## David Mamet Play Opens At Lab Theater On April 28

The Laboratory Theater of Florida is bringing David Mamet’s *Race* to the stage at the end of April. Directed by Sonya McCarter, the production features Brian Linthicum, Cantrella Canady, Michael A. Massari and Lemec Bernard.

Mamet is a multiple award-winning playwright/director. In *Race*, he tackles America’s most controversial topic in a provocative new tale of sex, guilt and bold accusations. Two lawyers find themselves defending a wealthy white executive charged with raping a black woman. When a new legal assistant gets involved in the case, the opinions that boil beneath explode to the surface. When Mamet turns the spotlight on what we think but can’t say, dangerous truths are revealed, and no punches are spared.

McCarter is a gifted director whose credits include Lorraine Hansberry’s *A Raisin in the Sun*, August Wilson’s *King Hedley II*, *Seven Guitars* and *Ma Rainey’s Black Bottom*, Lydia Diamond’s *The Bluest Eye* and George C. Wolff’s *The Colored Museum*.

So who better to understand how mixed audiences and casts react to themes involving institutional racism and race relations?

McCarter currently works as the community engagement coordinator

and Communities Harnessing the Arts to Nurture and Grow Equity (CHANGE) program director at Alliance for the Arts in Fort Myers. Her heart’s passion is to help facilitate engaging, compelling and meaningful theater in Fort Myers that acknowledges and celebrates our cultural differences while exploring the universal ties that bind us all together.

“Theater,” McCarter observes, “equals transformative power – the power to enlighten, challenge and inspire; the power to connect us to our own humanity while encouraging us to recognize the humanity of others; the power to dispense laughter like medicine for the heart; to provoke consideration of ideas and concepts that are contrary to our own; to unify and speak truth to power.”

The show opens Friday, April 30. Lab Theater is located at 1634 Woodford Avenue in downtown Fort Myers. For more information, visit [www.laboratorytheaterflorida.com](http://www.laboratorytheaterflorida.com).

## Gallery’s April Show Honors Legends In Entertainment And Art

On view through May 1, DAAS CO-OP Art Gallery is featuring a collection of pieces submitted by artists from Southwest Florida who responded to an invitation posted on the venue’s website.

Entitled ICONIC, this exhibition honors legends in the entertainment and artistic industry throughout the ages. Artists were challenged to turn their love for legends like Marilyn Monroe, Myles Davis, Elvis Presley, Rita Moreno, Maya Angelou, Madonna, Bob Marley and others into equally iconic works of art. Their creations incorporate imagery that clearly represent the icon, whether in portrait or suggestive.

DAAS CO-OP is located at 1815 Fowler Street, in the Butterfly Estates complex in Fort Myers. For more information, visit [www.daascoop.com](http://www.daascoop.com) or calling 590-8645.

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.\*

**ALL ABOUT**

**HOME**

**REAL ESTATE EXPERT**

SW Florida, Fort Myers Beach, Sanibel & Captiva Islands is All About Home

**Cathie Lewis, Realtor**

I will Sincerely work for You

Phone: 239-745-7367

[Cathie@AllAboutHome.Life](mailto:Cathie@AllAboutHome.Life)

Pfeifer Realty Group

**LUCILLE’S BOUTIQUE**

**PREMIUM WOMEN’S CONSIGNMENT**

**15675 McGregor Blvd. Extension**

**Ft. Myers, Florida 33908**

**239-489-3554**

[lucillesboutique@hotmail.com](mailto:lucillesboutique@hotmail.com)

**BRING THIS AD IN FOR 10% OFF YOUR PURCHASE**

Mon - Fri 10 to 5

Sat 10 to 4

Consignment by appt. only

## Mound House To Host Earth Day Events

Mound House officials will offer two new and free Earth Day events on Thursday, April 22. Advance registration is required at [www.moundhouse.org](http://www.moundhouse.org).

The Earth Day Beach Walk & Clean Up is for all ages at 9 a.m. Meet at the Bay Oaks Recreational Center at 2731 Oak Street. Mound House staff will lead the walk while providing educational lessons about wildlife and plants. Gloves and buckets will be provided. Participants are asked to wear masks.

Earth Day Clean Up: BYOK is for ages 12 and older at 1 p.m. (BYOK stands for bring your own kayak.)

Departing from the Mound House launch, kayakers will cut monofilament lines from mangroves and clean up litter while exploring Matanzas Pass and Hell Peckney Bay. The Mound House has limited kayaks, so it encourages participants to bring their own. Gloves, buckets and scissors will be provided. Everyone is asked to wear masks on land and life jackets on water.

There will be an ‘Ask Me’ Pop-up Environmental Adventure Booth will be available at both events. The booth, which is an initiative of the Marine Resources Task Force (MRTF) and debuted on March 31, will feature environmentalists answering participants’ questions subjects.

For more information on the events, visit [www.moundhouse.org](http://www.moundhouse.org). For more information on the booth, contact MRTF member Jennifer Rusk at [jruskmb@gmail.com](mailto:jruskmb@gmail.com) or 757-450-5451.\*



## Alliance Hosting Conversations For Change Online

The Alliance for the Arts is creating spaces to have meaningful, authentic discussions about racial inequities within the arts, education, health and workforce systems through a series of online conversations. This equity series begins with Conversations for Change on Sunday, April 18 at 2 p.m. and will be hosted online via Zoom.

The conversation begins with an artistic presentation by Urban Bush Women (UBW) of New York. UBW was formed in 1984 and is a women-centered perspective dance troupe and seeks to bring untold and under-told stories to light through dance. UBW artists Chanon Judson (co-artistic director and performer) and Stephanie Mas (performer) will join the conversation.

The performance will be followed by a facilitated discussion with Lydia Black, who served as the executive director of the Alliance for the Arts for 13 years, and field expert Dr. Ted Thornhill who is the director of the Center for Critical Race and Ethnic Studies and associate professor of sociology at Florida Gulf Coast University.

Black is a member of the Southwest Florida Community Foundation Equity Action Team and has been recognized as *Gulfshore Life's* Person of Year, a *Florida Weekly's* Power Women,



Urban Bush Women

*Gulfshore Business* 40 Under 40, a *News-Press* Trailblazer and Lee Art Educators Arts Advocate of the Year in 2015 and 2019. She has also received the Citizenship and Voter Advocate Awards from the League of Women's Voters. Lydia is an active community volunteer and serves on the boards of WGPU Public Media and Fort Myers Community Concerts. She has more than 20 years of experience in the nonprofit sector with emphasis in community building, arts and culture and education

Dr. Thornhill's research and writing examines how colorblind ideology and organizational policies and practices

promote racial inequality, particularly in kindergarten through 12th grade and higher education. His research, teaching and commentary has been featured in numerous media outlets including CNN, *The Washington Post*, *Forbes*, NPR, *U.S. News*, *The Progressive*, *The Conversation*, *The Root*, *The Chronicle of Higher Education*, *The Grio*, BBC, *The Boston Globe*, *Diverse Issues in Higher Education*, *TIME*, *Inside Higher Ed* and *Newsweek*.

Join in and explore avenues to better understand and advocate for social and economic equity within the communities as the arts are used as a vehicle to shed light on policies and practices within

photo provided

systems that perpetuate disadvantages and learn how to shatter misconceptions, confront inequities and transform our community.

To keep programming affordable and accessible, the event has a price of \$15 and pre-registration is required online at [www.artinlee.org/equityseries](http://www.artinlee.org/equityseries) or by calling 939-2787.

This program is sponsored in part by the United Way.

For more information about the Alliance, visit [www.artinlee.org](http://www.artinlee.org) or call 939-2787.✱

## Southwest Florida Climate Summit To Be Virtual

The Coastal & Heartland National Estuary Partnership (CHNEP) is excited to virtually host the 2021 Southwest Florida Climate Summit on Thursday, May 6 from 9 a.m. to 4:30 p.m. The summit will feature experts with interactive audience question-and-answer sessions, to exchange ideas on expanding the region's capacity to respond to climate challenges and to build climate resilience in the communities.

The 2021 Southwest Florida Climate Summit will cover topics including the State of Climate Change in Southwest Florida, Policy and Legal Framework for Climate Action, Growing Climate Awareness and Actions to Move

continued on page 10



# Home is more important THAN EVER.

As life continues to change, so do your needs for a new home. You need a place that functions well, a place where you can be productive, but one that is also beautiful and relaxing.

That's where Daniel Wayne Homes steps in. Let our 25 years of experience and dedication to quality bring your dream home to life.

Explore floorplans and get in touch today at [DanielWayneHomes.com](http://DanielWayneHomes.com). CGC034850



# Helmets For All Ages, At All Times

Bicycling has become an important means of transportation for both adults and children in Lee County. Helmets are an essential part of being on a bicycle (or any kind of wheels, such as skates, skateboards and scooters); it has been documented that wearing a helmet can save a life.

But, you say, “I don’t need to wear a bicycle helmet; I’m only riding in my community.” Would you rather have a messed-up hairdo or brain damage? Many bicyclists think that just because they’re biking in their own community, it’s not necessary to wear a helmet – they feel they’re invincible.

But crashes happen when least expected, and can occur riding around your home just as often as if you were on a long ride or going to work. There are bumps in the streets (or sidewalks) and an individual, no matter how experienced he or she is, can take a bad tumble. That helmet that wasn’t needed might be the reason the person survives the tumble.

Helmets should not be purchased or obtained just because the adult or child likes the color or shape. They must be fitted to the individual who will be wearing it. It’s also important that the helmet is worn properly; an improperly fitted or worn helmet is like no helmet at all.

Helmets need to be replaced



Pilot Club member Patsy Tortora helps a child with a properly fitted helmet photo provided

periodically, especially for children as they grow and their heads increase in size. Bicycle helmets have an expiration date, typically five years after date of manufacture, tied to how the materials used in making the helmet can break down over time. Also, be careful in accepting a used helmet – and never purchase a helmet that’s been involved in a crash.

Johns Hopkins All Children’s Hospital recommends the following five steps in the proper procedure for fitting and wearing a bicycle helmet:

1. The helmet should be level on the head.

2. You should be able to place one or two fingers on the forehead between the bottom of the helmet and the eyebrow.

3. The front and back straps should be equally tight and meet a “V” just below the ears.

4. You should be able to fit one or two fingers between the chin and the chin strap.

5. A proper fitting helmet will not move on your head.

A helmet worn at the back of the head won’t protect the bicyclist’s head (and brain); it must cover the front part of the forehead. Also the helmet should not be worn over something else (such

as a baseball cap).  
Note: Motorcyclists in Florida are especially vulnerable to traffic mishaps. That’s why they are required to wear helmets unless they have proof of \$10,000 insurance in medical benefits, and they must be 21 years of age, to legally not wear a helmet.

The Injury Prevention Coalition of Lee County in partnership with other nonprofit organizations, promotes safety in all walks of life. Visit [www.leecountyinjuryprevention.org](http://www.leecountyinjuryprevention.org) to learn more.

The Pilot Club of Fort Myers distributes (and fits) about 1,000 helmets at various children’s safety events each year under normal circumstances; these are provided at no charge. Visit [www.facebook.com/groups/246664288701838](https://www.facebook.com/groups/246664288701838) to learn more.

BikeWalkLee is a community coalition raising public awareness and advocating streets that are designed, built, operated and maintained for safe and convenient travel for all users: pedestrians, bicyclists, motorists and transit riders of all ages and abilities. For more information, statistics and background, visit [www.bikewalklee.blogspot.com](http://www.bikewalklee.blogspot.com).

Children’s Network: The Pilot Club of Fort Myers participates in the Children’s Network of Southwest Florida annual “Walk.” At a recent “Walk,” Pilot Club member Patsy Tortora is with a child who has just been fitted properly with a bicycle helmet.✱

## Churches/Temples

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

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

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

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

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

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

**CHAPEL OF CYPRESS COVE**  
Sunday 10 a.m., [www.revtedalhouse@aol.com](mailto: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](mailto:ChavuratShalom@gmail.com) to participate on Zoom.

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

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

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

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

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

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

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

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

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

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

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

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

**FIRST PRESBYTERIAN CHURCH OF FORT MYERS**  
11 a.m. Sunday, [www.fpcforymyers.org](http://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](http://www.lambogodchurch.net), 19691 Cypress View Drive, 267-3525.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



## Coupon Book Fundraiser Offers Dining Discounts

The Fort Myers Metro-McGregor Kiwanis has recruited 46 local restaurants in Lee County to offer dining discounts in a Delicious Dining Discount coupon book for \$25. Most discounts are valid April 15 through November 15. Now in its 13th year, the coupon book is the club's largest fundraiser with all profits going back to help local children and the local community. Typically, the coupon is "buy one entrée, get one of equal or lesser value, with the purchase of two beverages," but some restrictions may be applied depending on the restaurant. Each coupon can only be redeemed one time.

"There has never been a better time to support our local restaurants," said club Treasurer and Dining Book Chair Todd Adams.

A few of the restaurants featured in the coupon book include: 3 Fisherman Seafood Restaurant, Buon Appetito Restaurant & Bar, Cantina Laredo, Doc Ford's Rum Bar & Grille, Edison Restaurant, Haney's Café, Il Pomodoro, Indian Palace, Maria's Pizzeria & Italian Restaurant, Matanzas on the Bay, Mona Lisa Italian Restaurant, Monarca's Authentic Mexican Cuisine, Nick & Stella's Family Sports Pub, Old 41 Restaurant, Paradise Deli & Grill, Parrot

Key Caribbean Grill, PierSide Grill, Sasse's Restaurant, The Saucy Meatball, Trattoria Mia, The Whale and Wylds Café.

To purchase a book, visit one of the following locations:

Bennett Chiropractic, 7130 Estero Boulevard Suite #1, Fort Myers Beach  
Cape Coral Chamber of Commerce, 2051 Cape Coral Parkway East, Cape Coral

Cozette Salon, 16731 McGregor Boulevard, Suite #113, Fort Myers  
Fort Myers Beach Chamber of Commerce, 2450 Estero Boulevard, Fort Myers Beach

Gavin's Ace Hardware, 16025 San Carlos Boulevard, Fort Myers

Gavin's Ace Hardware, 290 Nicholas Parkway NW, Cape Coral

Indian Creek RV Resort, 17340 San Carlos Boulevard, Fort Myers Beach  
Kiwanis Fort Myers Beach Thrift Store, 11050 Summerlin Square Drive, Fort Myers Beach

My Pack & Ship, 15271 McGregor Boulevard, Suite #160, Fort Myers

The UPS Store, 16970 San Carlos Boulevard, Suite #160, Fort Myers

The book can also be purchased online at [www.fortmyersbeach.org/product/bogo](http://www.fortmyersbeach.org/product/bogo) for \$28.

To purchase the book by mail, make \$25 checks payable to Fort Myers Metro-McGregor Kiwanis, P.O. Box 61104, Fort Myers, FL 33906-1104. For more information, email [discountdining@metro-mcgregor.com](mailto:discountdining@metro-mcgregor.com) or visit [www.metro-mcgregor.com](http://www.metro-mcgregor.com).✱

## Foundation Appoints New Board Members



Ryan Carter



Matthew Roepstorff

Ryan Carter of Scotlynn USA and attorney Matthew Roepstorff of GrayRobinson, PA have been elected to two-year terms as members at large for the board of the Horizon Foundation. Carter and Roepstorff will serve to grow the foundation's stable of investors and build a stronger foundation for Lee County businesses and citizens.

"We were fortunate to have several outstanding nominees for our two open board seats and are excited to welcome Ryan and Matthew to the board," said Horizon Foundation Board President Dan Eveloff.

Carter is executive vice president and co-founder of Scotlynn USA Division Inc., a logistics and transportation company that specializes in hauling refrigerated

produce. The University of Kentucky graduate with a degree in economics was named 2020 Small Business Person of the Year in Florida by the U.S. Small Business Administration and 2019 Distinguished Entrepreneur of the Year for Southwest Florida by the Small Business Development Council at Florida Gulf Coast University.

"I am honored to be elected to the board of the Horizon Foundation," said Carter. "While this past year brought challenges and uncertainty, many have found ways to adapt, thrive and invest in a better future for Lee County."

Roepstorff serves as counsel and liaison between community development and redevelopment entities and local government to foster and facilitate economic growth. He focuses his practice in the areas of corporate law, litigation and government law. He also assists the boards of nonprofit organizations to assess risk management and overall corporate governance. He has handled a variety of matters that include business formation and development, merger and acquisition transactions, asset sale and purchases, large commercial leases, corporate governance and commercial litigation.

"My hope is to foster more investments that flow into the community in order to better our infrastructures such as roads, parks and schools, which translate into a higher quality of life for all," said Roepstorff.✱

## Broadway Palm To Hold Local Adult Auditions

Broadway Palm is holding open auditions for adults (age 18 and older) for its upcoming productions on Sunday, May 2 at 1 p.m. Roles are available for both musical theatre actors and comedic actors.

All auditions are by appointment only and can be made by emailing Brian Enzman at [brian@broadwaypalm.com](mailto:brian@broadwaypalm.com). All appointments must be requested by Friday, April 30 at 5 p.m.

The following are the productions that are available:

*Beehive*, plays May 27 to June 26 (Rehearsals May 13 to 26)

*Grease*, plays July 1 to August 14 (Rehearsals June 17 to 30)

*A Night On Broadway*, plays September 9 to October 7 (Rehearsals August 28 to September 8)

*The Sound of Music*, plays October 7 to November 20 (Rehearsals September 23 to October 6)

Also casting for The Off Broadway Palm Theatre productions of:

*Farce Of Nature*, plays June 3 to 25 (Rehearsals May 20 to June 2)

*Social Security*, plays September 23 to November 6 (Rehearsals September 7 to September 22)

*No Claus For Alarm*, plays November 11 to December 25 (Rehearsals October 28 to November 10)

Anyone interested in auditioning should bring a current headshot and resume. Those auditioning for a musical need to be prepared to sing 32 bars of two contrasting songs that best shows off your vocal range. Bring sheet music in the proper key; an accompanist will be provided (no recorded music is accepted). Songs should be in the musical theatre genre. After the vocal audition, actors/actresses may be asked to attend a dance and/or reading audition. Those auditioning for an Off Broadway Palm comedy need to have a prepared comic monologue for their audition. Allow yourself enough time to be seen and possibly be called back to read and/or dance. Social distancing will apply in the theatre, and masks need to be worn while waiting for your appointment and when entering the theatre.

Broadway Palm and The Off Broadway Palm are professional theatres. Productions require a two-week rehearsal process with rehearsals daily. Anyone interested must be available for the two-week rehearsal process and all performances. Performances are Tuesday through Sunday evenings with selected matinees on Tuesday, Wednesday, Thursday, Friday, Saturday or Sunday. Performance schedules are available at [www.broadwaypalm.com](http://www.broadwaypalm.com). All auditioning must have local housing in the Southwest Florida area or be able to commute from their home location.

Broadway Palm is located at 1380 Colonial Boulevard in Fort Myers. For more information, visit [www.broadwaypalm.com](http://www.broadwaypalm.com) or call 278-4422.✱

In the Moo-d for  
**UDDERLY GREAT FOOD!**

**LIVE MUSIC**  
Fri, Sat & Sun  
5pm - 8pm

**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.

**ISLAND COW**  
UDDERLY GREAT FOOD

**BODYGUARD Ultimate NO-SEE-UM DEFENSE SOLD HERE**

Family Owned & Operated | 300+ Menu Items | Open Daily 8am - 9pm  
2163 Periwinkle Way, Sanibel Island | 239.472.0606 | [SanibelIslandCow.com](http://SanibelIslandCow.com)





A certified Calusa Waterkeeper Ranger works the waterway

photo provided

## Waterkeeper Rangers Wanted

The Estero Council of Community Leaders (ECCL) is looking for members of the Southwest Florida community to become certified Calusa Waterkeeper (CWK) Rangers.

The program is divided into three levels, and all levels are required in order to successfully become a CWK Ranger. If you are interested and able to commit to all three sessions, complete the inquiry form at [www.calusawaterkeeper.org/](http://www.calusawaterkeeper.org/)

rangers/registration. Note that filling out the inquiry form does not guarantee a spot in the course, as seats are limited. Applications will be reviewed for admission into the ranger program.

The Ranger Academy is an educational and training resource for volunteers interested in working with the Calusa Waterkeeper in Southwest Florida. Rangers volunteer as citizen monitors of area waterways and will be trained to conduct surveys and report conditions and observations while on local waters. Volunteers set their own schedules and monitor in project area

zones of their choice. Water access by boat is not required but can be helpful.

Upcoming Ranger Academy courses will be held:

Saturday, April 17 from 9 a.m. to 11:30 a.m.

Saturday, June 19 from 9 a.m. to 11:30 a.m.

Saturday, October 16 from 9 a.m. to 11:30 a.m.

The first session will be a virtual class, held via Zoom.

Applicants must be a Calusa

Waterkeeper member in good standing to earn and maintain ranger status.

Cost of the Ranger Academy is \$60. This fee covers course materials, completion certificate, a CWK Ranger hat and a secchi disc measurement kit. You must attend all three sessions in order to graduate from the Ranger Academy.

To register, visit [www.calusawaterkeeper.org/rangers/registration](http://www.calusawaterkeeper.org/rangers/registration).

## Free Activities On Earth Day At 'Ding' Darling

JN "Ding" Darling National Wildlife Refuge is throwing a free Earth Day at the Refuge celebration on Sanibel on Thursday, April 22. It will feature no-fee admission to Wildlife Drive for cyclists and hikers, free guided tours, paint-alongs and on-your-own activities.

In compliance with pandemic protocols, refuge staff will carefully curate the event for participant safety. Guides will be leading five free tours that day, limited to 10 participants each. Two painting sessions with this year's refuge Artist in Residence Rachel Pierce are also limited to 10 participants. See the following schedule and pre-register for free at [www.dingdarling.eventbrite.com](http://www.dingdarling.eventbrite.com), where details about each event are also available.

7 a.m. to 7 p.m. – Free admission to Wildlife Drive for cyclists and hikers; vehicles pay \$10 for admission

8 a.m. – Mindfulness Walk at the Bailey Tract

8:30 a.m. – Birding the Refuge Caravan Tour

9:30 a.m. – Biking the Refuge Tour

10 a.m. – Paint a Roseate Spoonbill with Artist in Residence Rachel Pierce

11:30 a.m. – Paint a Roseate Spoonbill with Artist in Residence Rachel Pierce

1 p.m. – Junior Ranger Walk

2 p.m. – Bailey Tract Walk

Ongoing outdoors – New Junior Ranger Booklet Debut: Complete it that day and receive a gift.

Ongoing outdoors – Pick up a compostable bag to fill with trash and return for a commemorative postcard.

Participants in any of the tours, paint-alongs, and trash-collecting will receive a 10 percent discount coupon for use in either Sanibel Island Nature Store location: the flagship store in the "Ding" Darling Visitor & Education Center or Nature Store2 at 2250 Periwinkle Way. Coupons not valid for online store use.

The refuge celebrates Earth Day in partnership with the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS) and Tarpon Bay Explorers, the refuge's recreational concession.

For more information, call 472-1100 ext. 237 or visit [www.dingdarlingsociety.org/articles/events](http://www.dingdarlingsociety.org/articles/events).

## Virtual Talk On Health Literacy

The Barbara Bush Foundation for Family Literacy will hold a virtual conversation about the vital importance of health literacy on Thursday, April 29 at noon.

Join the panel of national health experts for a discussion about the critical role that literacy plays in health outcomes for families and communities nationwide.

Featured speakers include:

Dr. Georges C. Benjamin, executive director of the American Public Health Association

Ambassador Nancy G. Brinker, founder of the Susan G. Komen for the Cure nonprofit organization

Tricia Reilly Koch, partner and founder of BB&R Wellness Consulting

The virtual conversation will be moderated by British A. Robinson, Barbara Bush Foundation president and CEO. For more information or to register, visit [www.bushhoustonliteracy.org/celebration](http://www.bushhoustonliteracy.org/celebration).

# Lighthouse Cafe

*The World's Best Breakfast*



## WE'RE OPEN!

Breakfast 7-3, Lunch 11-3, Dinner 5-9

Providing you with enhanced safety measures

### Nightly Specials:

Small Plates • Full Dinners

Home Made Soups, Salads,

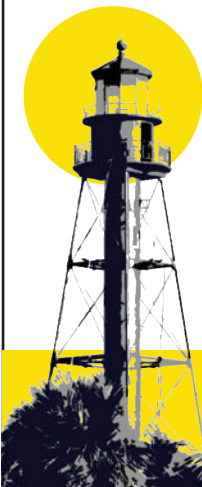
Fresh Fish & Seafood, Steak & Pasta.

SAVE ROOM FOR OUR FABULOUS DESSERT SELECTIONS!

**239.472.0303**

CALL AHEAD SEATING | TAKE OUT AVAILABLE

362 PERIWINKLE WAY, SANIBEL | [LIGHTHOUSECAFE.COM](http://LIGHTHOUSECAFE.COM)



From page 7

## Climate Summit

Resiliency Forward in Southwest Florida. Presenters from Florida Gulf Coast Water School, Environmental Defense Fund, Florida Clinicians for Climate Action, CLEO Institute, Growing Climate Solutions and more will be sharing their expertise and answering questions from the audience. Additionally, there will be addresses from climate leaders such as Florida's chief resiliency officer, Secretary of the Florida Department of Environmental Protection Noah Valenstein and Senator Marco Rubio.

"With continued sea level rise, severity

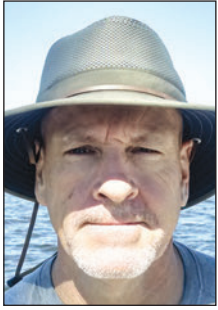
and frequency of severe storms and wildfires, and other climatic changes occurring here in Southwest Florida," said Jennifer Hecker, executive director of the Coastal & Heartland National Estuary Partnership, "it is imperative that we accelerate our efforts to build more resilient communities. The climate summit is intended to convene climate professionals and the public to advance collective climate work in our region."

Event sponsors include the Environmental Defense Fund, Florida Gulf Coast University's Water School and WGCU Public Media. Registration is free and required in advance. For registration and more information, visit [www.chnep.org/2021-climate-summit](http://www.chnep.org/2021-climate-summit).



## CROW Case Of The Week:

## Bald Eagle



by Bob Petcher

Since 1782, the bald eagle (*Haliaeetus leucocephalus*) has been the national emblem of the United States. It has also been a spiritual symbol for Native Americans for long before that time.

At CROW, a nestling bald eagle was admitted after it fell from its nest in Bokeelia. Upon intake, the nestling was emaciated and had a heavy parasite load of feather lice. Radiographs revealed a fracture of its major metacarpal bone in the right wing that was well-aligned. Since it did not need any type of brace, the eaglet was put on strict cage rest to keep the bone from becoming displaced while it healed.

"Only the major metacarpal bone was fractured, so the intact minor metacarpal bone that runs parallel to it acted like an internal splint and stabilized the fracture," said Dr. Robin Bast, CROW staff veterinarian. "Because the fractured bone pieces were well-aligned and not displaced, external coaptation like a wing wrap was not necessary in this case, only strict cage rest."

Ten days later on March 23, another nestling bald eagle was admitted after



Sibling patients #21-918 and #21-1108 are recovering nicely

photo by Brian Bohlman

falling from the same nest, which was reported to be falling apart. The second nestling was severely emaciated and also had a feather lice infestation. Radiographs revealed fractures of both the major and minor metacarpal bones in its left wing. The eaglet was placed in a wing wrap for stabilization.

"Patient 1108 had fractured both the major and minor metacarpal bones. We were able to realign the fractured bone under anesthesia and place an external splint to keep the bones stable while they healed. It was splinted until a stable boney callus had formed at the fracture

site," said Dr. Bast. "Because this bird is young, it reached this stage of the healing process quickly and only had the splint on for one week, then continued cage rest after splint removal."

Both injuries limited the patients from properly taking care of themselves.

"We typically see higher external parasite burdens, including feather lice, in patients that are debilitated and haven't been grooming themselves. Both eaglets were very thin and had fractures," said Dr. Bast. "These were the only two eaglets in the nest, to our knowledge. The nest was falling apart, and due to

their injuries, the eaglets couldn't be re-nested."

Medical staff was asked how to determine when an eaglet's fracture is stabilized.

"Veterinarians repeated physical exams regularly and could palpate a firm, boney callus forming where the fracture was and they could no longer feel any instability," Dr. Bast answered. "Additionally, radiographs were taken at regular intervals to monitor the progression of healing."

Twelve days after admittance, the first eaglet's fracture was stable, and it was moved to an outdoor enclosure. An additional 12 days later, the second eaglet's fractures also stabilized and it was moved outside to join its sibling.

"Both eaglets have been moved to outdoor rehabilitation enclosures to allow them space to learn how to fly and build endurance," said Dr. Bast. "They will remain in our care for several more weeks until they are flying well on their own, essentially the same amount of time they would have fledged their nest normally. They will be released in the same area as the original nest."

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

## April Is Water Conservation Month

The South Florida Water Management District (SFWMD) Governing Board recently declared April to be Water Conservation Month, an annual declaration highlighting the district's efforts with communities, utilities and local partners to encourage water conservation efforts.

Demand for water is projected to increase by 533 million gallons per year (15 percent increase) districtwide over the next 20 years. These projected demands could be reduced by using water more efficiently through conservation measures.

One of the biggest impacts that residents can make to conserve water is to adjust irrigation controller settings to reduce the irrigation frequency and duration. South Florida yards normally only need to be irrigated up to twice a week for 15 minutes. The majority of residential water use occurs outdoors with landscape irrigation accounting for 50 percent of home water use on average.

The district supports community outreach efforts to educate the public about ways to conserve water as well as supporting Florida Water Star aimed at helping new construction projects save water and Water CHAMP aimed at helping hotels save water.

SFWMD also supports water conservation projects by providing cost sharing grants with its local partners for more than 10 years. In the past two years, the district has provided more than \$2.1 million in grants to 24 projects that are estimated to conserve approximately 963 million gallons per year.

Residents can learn more about things they can do around the house to conserve water including:

Ensuring rain sensors are operating properly. Irrigating during or after significant rainfall is a major cause of outdoor water waste and can cost you money;

Replacing aerators in kitchen and bathroom sinks;

Switching to WaterSense-labeled and high-efficiency including indoor showerheads, bathroom facets and toilets.

Implement Florida-Friendly landscaping by using native plants;

Update appliances like dishwashers and washing machines to Energy Star rated products;

Wash only full loads of laundry;

Thawing frozen food in the refrigerator; and

Scraping your dishes before loading in the dishwasher without rinsing.

The efforts being highlighted by the Water Conservation Month declaration are working. Since 2005, the average amount of water used by each resident in South Florida has decreased from about 170 gallons per day to less than 130 gallons per day.\*

**FORT MYERS**  
**OLIVE**  
*Oil*  
**and BALSAMICS**

**Ask us about our CBD oils!**

**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

**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)**



Guide Life



by Capt. Matt Mitchell

Seems I'm always writing about the constantly changing weather conditions we experience while out on the water. Taking advantage of the good days while having places to duck and hide during the not-so-good periods is the life of a charter captain. Producing fish for clients is generally always much easier during those perfect days. But, being able to catch fish during the more often far-from-perfect windy or no tide days are what it takes to keep happy clients.

Never does any day quite go as planned. Days as a guide start early with the daily task of catching bait. Windy mornings can make this a challenge. How well we do on our trips is often decided with the amount of quality bait caught well before clients even board our boats. Plentiful bait means having enough to live chum and can fire up fish that some days don't want to eat.

Bait catching is the morning coffee club of guides. We are usually anchored close together in tight knit groups. While chumming and throwing cast nets, we discuss our catches along with stories of clients as we evolve our game plans for the day's trips. Once loaded up with bait, boats get cleaned up and tackle gets a quick once over to make sure everything is ready to go before heading off to pick up clients.

Once on the water with our day's clients, if things are going good, there is often very little communication. If you're struggling, you initiate contact with other captains to locate the fish. We are not in competition and are eager to put everyone on fish. Finding clients some action comes much easier if you have multiple boats communicating. Having a tight network of other captains on the water can be priceless on those tougher days.

Time spent on the water – or as we say time served – cannot be replaced. As fishing guides, we take our experiences from the previous trips and return to where we caught fish. If conditions remain the same, it's often possible to return on the same stage of the tide and catch em day after day. When conditions change like wind direction, water temperature and tide, it's time to reach a little deeper in the memory bank to where you caught them during this same set-up. When it comes right down to it, I get paid for my gut instinct of where the fish will be.

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



Stephen with a gator trout caught while fishing with Capt. Matt 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](http://www.captmattmitchell.com)  
email: [captmattmitchell@aol.com](mailto:captmattmitchell@aol.com)

**CLEAR YOUR GEAR™**  
It Catches More Than Fish  
Single hooks cause less  
damage than treble hooks

Send Us Your  
Fish Tales

**W**e 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](mailto: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

## Cherokee Bean

by Gerri Reaves

**C**herokee bean (*Erythrina herbacea*) is a low-growing deciduous shrub of the pea, or bean, family. It is not only native to the state, but is endemic to the southeastern U.S., meaning that it occurs naturally in no other geographical region.

In addition, it is the only species of the genus *Erythrina* that is native to Florida.

Its natural habitats are well-drained open sandy clearings, hardwood hammocks, and coastal dunes and thickets.

Often leggy, multi-branched and shrubby in northern parts of Florida, in the south, it can grow to tree size, as tall as 20 feet or so. The rough bark is nearly whitish or yellowish.

The glossy alternate leaves have three deltoid or arrowhead-shaped leaflets. They are somewhat three-lobed and have long petioles, or stems.

Leaflets measure approximately three by three inches. Curved thorns at the bases and prickles on the undersides help protect birds seeking cover.

After leaf fall, brilliant red spikes of tubular flowers appear in spring. Up to a foot long, the spikes are all the more striking because of the bare branches.

Spikes appear on “new” stems, not the older woody ones on which the leaves appear. In South Florida, the plant might bloom year ‘round.

Each flower is one and a half to three inches long and composed of five united sepals and five petals.

The upper petal wraps around the others, endowing the flower with an overall crescent shape accessible to pollinating hummingbirds and butterflies on the lower



**Cherokee bean's spikes of flowers typically bloom after leaf drop and attract butterflies and hummingbirds**

side.

After the flowers are fertilized, the pod begins to develop and protrudes even before all the petals fall.

Black-brown pods of up to eight and a half inches long persist on the plant after flowering. The constrictions between the beans make the pod resemble a string of beads – an effect similar to that of the familiar native necklace pod (*Sophora tomentosa* var. *truncata*), another member of the pea family.

Twisting and contraction split the pod to reveal scarlet seeds with a black stripe. A thread attaches each to the pod, so they remain on the plant for months.

The color of the beans and flowers inspires other common names, including coralbean, red cardinal and cardinal spear. In fact, *erythrina* derives from *erythros*,

an ancient Greek word meaning red.

Plant Cherokee bean in sandy soil with high organic content in fun to partial sun.

This fast-growing easy-to-grow plant has moderate water requirements and is salt tolerant, thus a good landscape choice for coastal gardens. It can even be used as a climbing plant along a fence.

A long taproot makes it highly drought tolerant but difficult to transplant.

Propagate it with the seeds, hardwood cuttings, or root division. It sometimes self-sows near the parent plant.

Take care, for the pretty beans, which have been used in bead-making and are attractive to curious children, are toxic to humans if ingested. The bark and leaves are also toxic.

Nevertheless, the plant has been used by Native Americans for medicinal



**The brilliant red seeds are toxic to humans purposes.**

It is the larval host for the native *Erythrina* twig borer moth, whose larvae kill the stem tips.

Sources: *Everglades Wildflowers* by Roger L. Hammer, *A Gardener's Guide to Florida's Native Plants* by Rufino Osorio, *Growing Native* by Richard W. Workman, *The Guide to Florida Wildflowers* by Walter Kingsley Taylor, *Wildflowers of Florida Field Guide* by Jaret C. Daniels and Stan Tekiela, *Native Florida Plants* by Robert G. Haehle and Joan Brookwell, *The Shrubs and Woody Vines of Florida* by Gil Nelson, <https://edis.ifas.ufl.edu>, [www.regionalconservation.org](http://www.regionalconservation.org), and [www.wildflower.org](http://www.wildflower.org).

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

## FEMA Updates Flood Insurance Rating Method

**F**EMA is updating the National Flood Insurance Program's pricing methodology to communicate flood risk more clearly, so policyholders can make more informed decisions on the purchase of adequate insurance and on mitigation actions to protect against the perils of flooding.

The 21st century rating system, Risk Rating 2.0 – Equity in Action, provides actuarially sound rates that are equitable and easy to understand. It transforms a pricing methodology that has not been updated in 50 years by leveraging improved technology and FEMA's enhanced understanding of flood risk.

“The new pricing methodology is the right thing to do. It mitigates risk, delivers equitable rates and advances the agency's goal to reduce suffering after flooding disasters,” said David Maurstad, senior executive of FEMA's National Flood Insurance Program.

The National Flood Insurance Program provides about \$1.3 trillion in coverage for more than five million policyholders in 22,500 communities across the nation. Understanding the magnitude of even the smallest changes of a program of this

scale, FEMA devoted thousands of hours to develop the new pricing methodology to ensure equity and accuracy.

In developing the new rates, FEMA coordinated with subject matter experts

continued on page 14

**PERSONALIZED ADDRESS PLAQUES**

- Weatherproof PVC
- Up to Six Numbers

Order at [www.naturebrackets.com](http://www.naturebrackets.com) (Free Shipping) • 239.454.1001

**EXPERIENCE: HUNDREDS OF SUCCESSFUL LANDSCAPES**

**ALL NATIVE**  
GARDEN CENTER, NURSERY & LANDSCAPES

300 Center Road, Fort Myers FL 33907  
PHONE **239.939.9663** • FAX **239.939.8504**  
**www.NoLawn.com • www.AllNative.biz**  
OPEN DAILY: 9 to 5 Mon - Sat • 10 to 3 Sun

**OUR NURSERY FEATURES OVER 200 SPECIES OF NATIVE PLANTS ON SEVERAL ACRES**

- Butterfly Gardens ■
- Wildlife/Bird Sanctuaries ■

We also offer landscape design, consultation, installation and maintenance.



# Shell Museum Lecture Series On Water Continues

To celebrate the current H2O Art Exhibition, on display at the Bailey-Matthews National Shell Museum through April 30, the museum is continuing its free lecture series on water.

The next lecture will be held via Zoom at 5 p.m. on Thursday, April 22 with Cynthia Barnett, award-winning environmental journalist. “Water defines us as Floridians no matter where we live: Idyllic beaches surround us on three sides,” Barnett said. “Rivers and streams flow for ten thousand miles through the peninsula. We’re blessed with nearly eight thousand lakes and a thousand more freshwater springs – the largest concentration of artesian springs in the world. Florida’s economy and idyllic lifestyle are built on a foundation of pure and plentiful water. Yet the latest generation of Floridians has not inherited waters as clean and abundant as when they were born.”

In her program titled *Blue Revolution: A Water Ethic for America & Florida*, Barnett shows audiences how one of the most water-rich states in the nation could come to face water quality and scarcity woes – and how it doesn't have to be this way. With a shared ethic for water, Floridians come together to use less and pollute less.



**Cynthia Barnett** photo provided

and work with nature as they prepare for sea level rise and the other tremors of a changing climate. Barnett describes how Florida can live well with water today, in ways that don't jeopardize fresh, clean water for children, ecosystems and businesses tomorrow.

To register for the lecture series, visit [www.shellmuseum.org/h2o-lecture-series](http://www.shellmuseum.org/h2o-lecture-series).

The museum's goal for the H2O lecture series and art exhibition collaboration is to build momentum on addressing the great importance of water quality to the ecosystem. The exhibition can be viewed daily from 10



***Rolling Water* by Marie Laforge is part of the H2O exhibit**

photo by Marie Laforge

a.m. to 5 p.m. (with paid admission).  
Most artwork on display is for sale and  
a commission will be donated to the  
museum.

Bailey-Matthews National Shell Museum is located at 3075 Sanibel-Captiva Road. For more information, visit [www.shellmuseum.org](http://www.shellmuseum.org). ✨

# Flight Training Business To Triple Aircraft Fleet

Fort Myers-based Paragon Flight Training has signed a 10-year contract with Lee County Port Authority that will triple its aircraft fleet operations at Page Field, and expand its training and aviation technology services.

The contract clears the way for the nationally recognized flight academy to increase its available equipment from 15 aircraft to 45 to 55 within five years. It also includes the purchase and renovation of a 14,000-square-foot hangar that will be used as a maintenance hub for the growing fleet. The one-of-a-kind, state-of-the-art facility will bring education, employment and economic development opportunities to Southwest Florida.

Paragon Flight offers pilot training and education to people from around the world who want to fly for recreation or as a profession, including commercial, military and government pilots.

With headquarters at Page Field in Fort Myers, the award-winning Paragon Flight Training operates a modernized fleet, including digital electronics that require specialized tools, training and maintenance. For more information about the expansion, call 274-3170.

Lee County Port Authority owns and operates Page Field. For port authority news and other information, visit [www.flylcpa.com/lcpa](http://www.flylcpa.com/lcpa). ✨

From page 13

## FEMA Updates

from the U.S. Army Corps of Engineers, U.S. Geological Survey and the National Oceanic and Atmospheric Administration along with experts from across the

insurance and actuarial industries to ensure alignment with federal regulations, systems, guidance and policies.

The new methodology allows FEMA to equitably distribute premiums across all policyholders based on the value of their home and the unique flood risk of their property. Currently, many policyholders with lower-value homes are paying more than they should, and policyholders with higher-value homes are paying less than they should.

To provide more equity, FEMA now has the capability and tools to address rating disparities by incorporating more flood risk variables. These include flood frequency, multiple flood type – river overflow, storm surge, coastal erosion and heavy rainfall – distance to a water source, and property characteristics such as elevation and the cost to rebuild.

The cost to rebuild is key to an equitable distribution of premiums across all policyholders because it is based on the value of their home and the unique flood risk of their property. This has been an industry standard for years.

FEMA is conscious of the far-reaching economic impacts COVID-19 has had on the nation and existing policyholders and is taking a phased approach to rolling out the new rates.

In Phase I: New policies beginning October 1 will be subject to the new rating methodology. Also beginning October 1, existing policyholders eligible for renewal will be given the option to take advantage of immediate decreases in their premiums.

In Phase II: All policies renewing on or after April 1, 2022 will be subject to the new rating methodology.

FEMA continues to engage with Congress, its industry partners and state, local, tribal and territorial agencies to ensure clear understanding of these changes.

For the latest information on Risk Rating 2.0, visit [www.fema.gov](http://www.fema.gov).✱

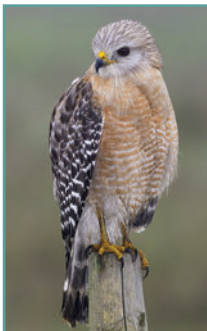
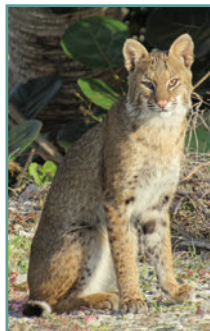
## Help SCCF Bring Back the Barn Owls

**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](http://www.SCCF.org)**





Scotlynn group at Salus Care

photo provided

## Business Team Continues To Help United Way

Volunteers from Scotlynn Division USA have been hard at work through this pandemic. They have participated in several United Way Days of Caring throughout the last few months. The United Way Partner Agencies really appreciate these volunteers. They are such hard workers.

In February, the group helped LARC, Inc. with some projects that had been on their wish list once they were able to reopen. Volunteers took time to rake, mulch, put up part of a roof on a shade structure, weed and trim, and really put a lot of muscle into the time spent on the campus.

"We want to thank United Way for connecting LARC with the amazing group of volunteers from Scotlynn. This was the first volunteer group we have been able to have back on campus since last March, and their passion and energy to tackle our list of projects was unparalleled. The pandemic has left behind a list of "to-do's" on campus, and the Scotlynn volunteers were more the eager to help us cross some of those off. From raising a roof, to revitalizing our water feature, their hands and hearts have left a mark here at LARC and we could not be more grateful!" Angela Katz, interim executive director at LARC, Inc.

"We were grateful for the opportunity to give back to an organization such as LARC, which selflessly does so much for others in our community. The longevity and growth of LARC is a testament to just how important they are to Southwest Florida," said Jeff Taylor, logistics account manager at Scotlynn USA. "We would also like to thank United Way for putting us in contact with the team at LARC, and helping to organize the project. We were all so excited to be able to participate. It was a fulfilling experience for our volunteers, and we are eager for future

opportunities to do anything we can to contribute to the continued success of LARC."

The Scotlynn team also helped another United Way Partner Agency to freshen up their campus. Saluscare's Colonial campus was able to benefit from the hard work of the volunteers. They painted parking lot lines and a fence; power washed, pulled some old bushes and gave the entrance a facelift. "Thanks to the volunteer group from Scotlynn, Saluscare's Colonial campus now has a fresh look on the outside with trimmed landscaping, a freshly washed building and new parking lot lines. Staff working at that location have commented on how the changes have made a huge difference and how appreciative they are of all the hard work the volunteers put into it," said Todd Cordisco, vice president and chief communications officer at SalusCare.

"We appreciate our relationship with United Way as we partner with them throughout the year to give us opportunities to give back to our local community," said Chris Neptune, general manager of the Scotlynn USA Division.

Scotlynn has several more projects planned with United Way in the upcoming months.

United Way's Days of Caring is a year-round program that connects groups with nonprofit agencies in need of assistance. Groups who have participated in United Way Volunteer Center projects report they feel more connected to their community and their group members while working to help people in need. It is one of the best ways for individuals to make an impact in their community. Groups have many choices as they select projects needed by the agencies, including the type of project, location in the community, degree of physical labor, and full-day or half-day time commitment. Even in the COVID era, there are still projects to be done and agencies that need assistance. If your company is interested in setting up a Day of Caring, contact Kim Berghs at 433-7547 or kim@unitedwaylee.org ✨

# Venture safely into the AMAZING world of mollusks!

BE WOWED BY OUR GIANT PACIFIC OCTOPUS

ENCOUNTER LIVE ANIMALS IN OUR TOUCH POOLS

EXPLORE 40 SPECTACULAR EXHIBITS OF EXQUISITE MOLLUSKS AND THEIR SHELLS

WIN A PRIZE ON OUR SCAVENGER HUNT



BAILEY-MATTHEWS  
**NATIONAL  
SHELL  
MUSEUM**

3075 Sanibel-Captiva Rd.  
Sanibel, Florida 33957

(239) 395-2233

Open Daily, 10-5



Enjoy our spacious new renovation with lots of room for social distancing. Masks are required for all guests 2 and older. We can't wait for your visit!

**ShellMuseum.org**



## Superior Interiors

# Minimalist Design For A Child's Bedroom



by Katie Frederick

**L**et's be honest: Your child's bedroom likely looks like a nightmare on most days. Between piles of clothes, toys and general disorganization, it can be difficult to make it feel like it's

a living space that's cohesive with the rest of your home.

Thankfully, you don't have to live with a cluttered mess forever. Following a minimalist design style can help you eliminate the mess and teach your kids at an early age that sometimes less means more. You don't have to take away all of their toys, get rid of their clothes and paint their room completely white to achieve the minimalist look; there are plenty of simple tips and tricks for achieving this scheme in a way that works with your kids' lifestyles.

Here are a few ways you can take a more minimalist approach when redesigning your child's bedroom:

Pick one color and play with different shades. Minimalism doesn't have to necessarily mean white walls and

furniture, especially in a room that's normally bursting at the seams with colors. Don't plan to take away all of the bright hues in your child's room. Instead, stick to a monochromatic theme instead. Pick your child's favorite color and play around with different tones throughout the room.

The color you pick can also inspire different emotions throughout the living space. Orange can "expand your thinking" which is perfect for a developing adolescent who may be using the bedroom as a place to complete schoolwork. Yellow is also helpful for clearing your head and increasing focus. Blue promotes peace and tranquility, which can also be helpful for getting your little one to wind down after a long day.

Design a subtle spot for creativity. With your kids spending more time in their bedrooms than usual, especially during the winter, there should still be a space for them to get creative and entertain themselves. Following the minimalist approach, design a creative corner for your kids to express themselves and have fun. A sleek table or desk works well here – just so long as they have a large surface to use, the desk doesn't need to go over the top or step outside of your minimalist idea. This area should be designated for studying, crafting or any creative and thought-provoking activities, so make sure the desk or table comes with storage space to keep everything organized. A comfortable chair that matches the design scheme is also essential.

Take advantage of multifunctional

furniture and storage options. Similar to keeping the creative space organized, you should be thinking about finding opportunities to keep the entire room as a whole more formulated and coordinated. Multifunctional storage can be very helpful in this instance: a bed with drawers for clothing can help you eliminate a dresser, and a hollow ottoman can keep toys stored in a discrete way.

Even with these design tips, you may still feel like there's too much on your plate to get started. Don't let the idea of getting overwhelmed keep you from completing your home project. Consult with a design professional instead to

assist with the new minimalist design. He or she will discuss your current ideas and goals for the new bedroom. It's important to include your child in the discussion, it's their room after all, and they should have a slice of creative control. This is a great opportunity for the designer to get to know your child and understand their personality, style preferences and other details that can help during the design process.

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

## What's The Market Going To Do?



Tom Uhler

submitted by Tom Uhler

**I**f you agree with my premise that no one can predict the short-term movement of the stock market, and if you agree that in the long term the stock market will grow faster than

bonds and that inflation will erode your purchasing power, the final piece of the puzzle is... how do I avoid permanent loss of my principal if I invest in stocks?

The answer isn't easy, but it's simple: don't sell stocks when they're down in value.

If you own the stocks of good companies, individually or through mutual funds, the management of those companies are there to make a profit – and you, as a company owner, share in that profit. But markets do go down periodically. How do you avoid selling when something is worth less than you

paid for it?

Assuming you are taking periodic withdrawals, you only need enough money not in stocks to withstand the period that the stocks are down in value. Calculate the amount you're going to spend during that time and put it in a money market account or a short-term bond fund, which won't fluctuate like the stock market.

I don't know when this is going to happen, and I don't know for sure how long it will last, but if you Google it, you'll find that the average down market lasts for 15 months, with stocks declining 32 percent.

That's not the longest it's taken for the stock market to get back to where it was, so why not put two, three or four years of spending money away? Then, annually, you can harvest your spending money from the stock portion when it makes money and from the bond portion when stocks are down.

If this makes sense to you, congratulations. You're on the way to becoming a long-term investor, minimizing your likelihood of loss and maximizing your retirement income. You still don't know what the market's going to do, but you'll be ready for it.

*Tom Uhler is a principal with Uhler and Vertich Financial Planners, a locally owned comprehensive financial advisory firm.*

### VIRTUAL 5K

**SHATTERPROOF™**  
**RISE UP**  
**AGAINST ADDICTION**

**On Saturday, April 17, 2021** at 9 a.m., an informal 5K walk will take place at Lakes Park in Fort Myers to raise funds and awareness for more than 20 million Americans with addiction. By coming together, we are breaking down the stigma those with addiction face and creating a path to a full and fulfilling life. Shatterproof is changing the conversation about addiction. They are advocating for policy change, educating our communities, transforming addiction treatment, and shattering stigma. Your support helps expand their efforts to support prevention, treatment and recovery of addiction.

On the morning of March 20, 2019, our lives changed forever. Our son, brother, grandson, nephew, cousin and friend, Matthew "Matt" Harris lost his struggle with addiction by taking something that was laced with Fentanyl. By honoring Matt's memory, we would like to take part in this fundraiser to help those still struggling with addiction. There are too many loved ones dying every day from the epidemic. If we can prevent others from this heart-wrenching loss, we will be most grateful.

Team Matt consists of Kathy, Rebecca and Paul Harris along with Rebecca's fiancé, Rick and family, and Matt's friends. Please consider donating or walking and **"Rise Up Against Addiction."** Together, we are stronger than addiction. Together, we are Shatterproof!

**If you would like to donate, please copy and paste the link below in your browser or contact Kathy at [goulet.harris@gmail.com](mailto:goulet.harris@gmail.com). Thank you.**  
**<https://fundraise.shatterproof.org/participant/4047>**

Shatterproof - US 501(c)(3) Nonprofit Organization  
Shatterproof is a national nonprofit dedicated to reversing the addiction crisis in the United States.



## LeeTran To Change To Offseason Plan

**S**everal bus routes will return to their off-season schedules beginning Sunday, April 25, affecting service for Fort Myers Beach, Estero, Bonita Springs, the Downtown River District and the LinC connection with Collier Area Transit (CAT). The routes that will be changing are Route 40, Route 110, Route 150, Route 410/490, Route 515 and Route 600.

Details are as follows:

Fort Myers Beach – Seasonal tram service will end Sunday, April 25, and Beach Trolley service will transition to off-season schedule.

The Fort Myers River District Trolleys (Gold 505 and Blue 500 lines) will end seasonal service on Sunday, April 25.

Route 600 will transition to the off-season schedule.

The Lehigh routes 110 and 515 will now be interlined on all trips. Interlined routes allow riders to continue on to their destination without transferring buses. At the end of the route 110, the bus will continue on to the route 515 and vice versa. Riders on board will not have to pay an additional fare to continue on this interlined route. Anyone taking the 515 to Fort Myers or the 110 to Lehigh will no longer have to get off the bus and transfer at Homestead Plaza where as of April 25, this stop will no longer exist. The 110 becomes the 515 at the Plaza Drive and Homestead Road bus stop #10971. This is also true the opposite way.

Details are available on [www.rideletran.com](http://www.rideletran.com)

Complete information about these changes can be found after the changes take place at [www.rideletran.com](http://www.rideletran.com) or by calling customer service team at 239-533-8726.



# Loca | Bank. Commitment. Decisions.

## We bank on relationships.

With Sanibel Captiva Community Bank, you get more than a bank – you get a partner who cares. Our customers are more than account numbers to us – they're our partners, neighbors and friends.

We take pride in knowing our customers and providing one-on-one personal service that meets their banking needs. Our team is committed to providing smart, thoughtful banking solutions that meet our customers' needs.

Stop by today and experience the SanCap Bank difference.



8 convenient SWFL locations

239-472-6100 | [www.SanCapBank.com](http://www.SanCapBank.com)



NMLS #411904





## Book Review

# Birds Of The Gulf Coast



by Di Saggau

Chances are, if you are a birder, you are familiar with Jim Stevenson. He has written numerous bird books and his latest, *Birds of the Gulf Coast*, is unique because it's the first bird field guide of the Gulf Coast/South. Stevenson said he made the first chapter reader friendly, such as putting all water birds in a chapter and then the land birds next. He said, "Using the supposed phylogenetic order has always been a fool's errand, especially since there is so much debate on who goes where. Lastly, the special sections on South Florida and South Texas, given their unique biota, make learning them and visiting these areas much easier."

The extensive book took about 10 weeks to put together, and he credits his graphic artist for much of the book's success. Stevenson shares great photos of 400 species along with descriptions. I asked which birds were the most difficult to capture on camera and, of course, it was the rare ones. He

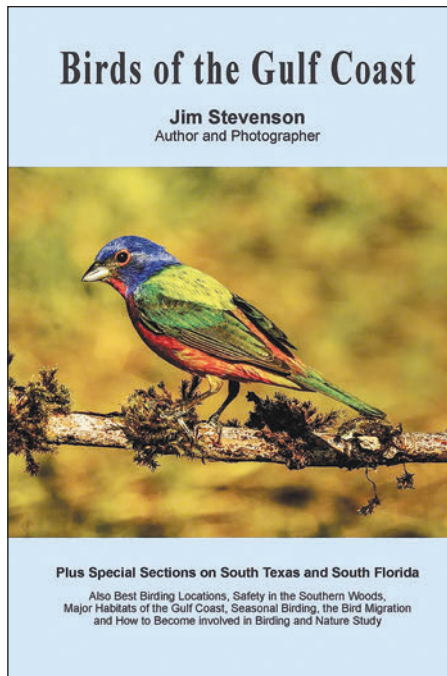


image provided

said, "Getting flight shots of birds like nighthawks and willets that have unique wings was a must, and not always easy. Others like woodcocks are extremely shy and hidden, some are wary like Krider's and Harlan's hawks and some have plumages which aren't readily seen."

Stevenson is a Florida native, born in Tallahassee, and now resides in Galveston, Texas where he founded the Galveston Ornithological Society

in 1995. He works tirelessly for the conservation of the island and public environmental education. I asked him if we will come out ahead in the area of conservation and he said, "No. We'll have better times than others, and I have some optimism about the current national administration. Public opinion has moved the needle a bit, but birds are disappearing at an alarming rate. Space is finite, and we have nearly eight times as many people as we had during the Civil War. Some areas like Europe, Costa Rica and Australia are doing well, but overall, our biota is in deep trouble."

His book has received high praise. Here's one example. "Based on his decades of experience along the coast

of the Gulf of Mexico from Florida to Texas, Jim Stevenson has produced this special field guide for birders. He provides detailed notes about specific places, habitats and behaviors of the birds. The book is beautifully illustrated with hundreds of his own high-quality photographs, often several for each species. I think this guide will serve as an important supplement to standard field guides, which are usually illustrated with drawings, or photographs," said Frances C. James, professor emerita at Florida State University.

Stevenson is a former columnist for the *Island Sun*. His book is available at MacIntosh Books and Paper in The Village Shops.✧

## School Smart



by Shelley M. Greggs, NCSF

**D**ear Shelley, I'm looking through my file on Yoga, and I see a School Smart you wrote (and I kept) about the benefits of deep breathing

for children and adults to "relieve stress and calm down." Recently, you received your yoga certification. What new discoveries did you learn about yoga, and how does it benefit your profession as a psychologist and private educational consultant?

Gari L, Sanibel

**Hi Gari,**

Thank you for your question. As a yoga enthusiast and practitioner, I find that using yoga can teach us many ways to increase our emotional health. It is a valuable means to reduce stress, encourage calmness and increase breathing capacity for both children and adults. When we are under stress, the body moves into the "fight or flight" response which causes the heart rate to increase, and the breathing to become shallower. No matter the stressor – from road rage, to not understanding the directions in class, or feeling left out – the stress response is the same and learning how to cope and reduce the stress is crucial to our well-being. The more skilled we become at reducing our stress, the healthier, both physically and mentally, we will be.

Figuring out how to "calm down" is a learned behavior. While we may feel quieter by telling ourselves or our kids to "let it go" or just to "forget it," whatever was bothering us is still right there under the surface. To move to a different emotional state and gain some perspective on a difficult situation requires harnessing some internal resources. Teaching children to learn how to move from this negative reactive state to a more relaxed, restful state is very powerful for both the teacher and the learner.

Mariam Gates, a well-known innovator of childhood yoga instruction and author of *Good Night Yoga*, *Good*

*Morning Yoga* and *Breathe with Me: Using Breath to Feel, Strong, Calm and Happy* has several suggestions on teaching children (and adults) how to develop this type of resiliency. These are very simple tools that kids can start using immediately to build their inner resources, but it is important to practice this when children are relaxed so that they can use them comfortably when they need them.

She says that, "The first step for children in developing more skilled responses is learning how to pause and be aware of what they are feeling. When children are able to identify how they feel and feel it, without rushing to react, they are practicing resiliency in action. When they can choose a response, they have a lot more options."

For all of us, the fastest way to shift the stress response is by slowing down and focusing on the breath. The following breathing exercises can help a child or adult access more ease and clarity in any situation. Here are two of Ms. Gates' most useful breathing techniques:

**Counting Breath** – Use this breath to self-regulate and gain clarity in frustrating situations. How to: Sit up and let your spine grow tall. Take a deep breath in, counting silently 1 . . . 2 . . . 3. Then let your breath out, counting silently 1 . . . 2 . . . 3. Repeat three times.

**Balloon Breath** – Use this breath to calm nighttime restlessness and worry. Lie down on your back and let your hands rest by your sides, palms up. Inhale through your nose and imagine filling your body with breath like a big balloon. Exhale and blow the air out through your mouth. What color is your balloon? Repeat three times.

For more information on yoga techniques for kids visit [www.kidpoweryoga.com](http://www.kidpoweryoga.com).

Shelley Greggs 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](mailto:smgreggs@gmail.com) or at [www.schoolconsultationservices.com](http://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

"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

**Available at**  
[www.Amazon.com](http://www.Amazon.com)  
[www.OutSkirtsPress.com](http://www.OutSkirtsPress.com)



## Life Insurance

## Disability Carve-Out



J. Brendan Ryan, CLU, ChFC, MSFS

Ed and Harry were on a short road trip to a customer's plant a few hours away. Ed was an executive of a manufacturing firm, and Harry was one of his sales managers. They

were both well-paid. Ed made \$360,000 plus his bonuses, and Harry made \$120,000 plus bonuses.

Along the interstate, a truck in front of them lost a huge tire and slammed their passenger car. Both survived, but both had severe injuries that will likely render them crippled and totally unable to work ever again.

Fortunately, their employer had heeded the advice of their insurance agent and had obtained group long-term-disability insurance (LTD) for the employees. So, after sick pay and short-term disability coverage paid out for six months, the long-term policy began to pay its monthly benefit. Each started to get a check each month, for as long as to age 65, for \$6,000 per month.

In this case, the formula called for a payment of 60 percent of base salary, not including bonuses. Since the employer pays the whole premium and does not charge the employees for it, the full benefit will be taxable as ordinary income.

But why does each of these two employees get the same benefit? After all, Ed's salary was three times that of Harry's, so he should be getting a monthly benefit of \$18,000.

Many people do not know this, but most employers choose to limit the amount of benefit payable under their LTD policy. This keeps the premiums down.

In this case, the policy has a cap of \$6,000 of monthly benefit. Another way to say this is that only the first \$10,000 in monthly salary is recognized for the LTD benefit.

For Harry, that should be palatable. But poor Ed was making \$30,000 per month, so he should be getting \$18,000 in monthly benefit. But, he is getting in LTD benefits only \$6,000 per month, or 20 percent of salary, not 60 percent. That will be hard for Ed and his family to deal with.

How could have this dire crunch been avoided? If Ed could qualify medically, the employer could have provided a supplemental, individual income-replacement policy that would have paid in addition to the LTD. The employer can pick and choose which employees to grace with this benefit... and the premium would be tax-deductible for the employer and not taxable to the employee. But any benefits received by the employee would then be taxable to the employee.

Alternatively, Ed could have bought an individual policy for himself with his own after-tax dollars. If he did this, any benefits received would be tax-free.

Such individual policies are superior to the typical LTD policy in many ways:

It can cover partial and residual disabilities;

It can provide a cost-of-living benefit that increases the monthly benefit after disability occurs;

Depending on age and future income and before disability occurs, benefits can be guaranteed to increase to keep pace with rising salary;

The premium will be fixed regardless of any future worsening of health;

The policy can continue for Ed regardless of future changes in employers. It can go with him from job to job;

The plan can be figured on all earned income, including bonuses, not just base salary; and

There will be no offset due to other benefits payable, such as Social Security or Worker's Compensation.

J. Brendan Ryan is a Cincinnati insurance agent. He can be reached at [jbryanclu@aol.com](mailto:jbryanclu@aol.com).✴

## Nationwide Day Of Second Chances Job Fair

For the second consecutive year, Better Together is breaking down employment barriers with its Nationwide Day of Second Chances job fair on Thursday, April 29 from 10 a.m. to 2 p.m.

Every year, more than 650,000 Americans are released from prison and faced with challenges for re-entering the workforce. Better Together created a Day of Second Chances to help people overcome barriers to employment, such as incarceration, by bringing churches, volunteers, businesses and nonprofits together to host job fairs across America.

"Better Together is a firm believer in second chances and showing grace to anyone seeking economic stability for a better, purpose-driven life," said Megan Rose, CEO of Better Together. "In the wake of COVID-19, struggling Americans need work more than ever. Our team

is committed to finding solutions and restoring hope for the second annual Nationwide Day of Second Chances."

Hosted by church partners and job coaches nationwide, the Second Chance Job Fair will feature employers around the country who are prepared to interview job seekers.

Participating church locations include: Turning Point Church, 3405 Pelican Landing Parkway, Bonita Springs  
Rise Christian Church, 50 Bell Boulevard North, Lehigh Acres

Additionally, Better Together and church partners will offer free workshops as well as one-on-one job mentoring sessions. Trained volunteer coaches will review resumes and public speaking skills in preparation for job interviews.

To date, Better Together has helped more than 32,000 job seekers connect with employment opportunities through church-based job fairs across 20 states. As a result, two-thirds of job fair attendees get a job interview, and one out of four receive a job offer on the spot.

To find an in-person event near you and register online, visit [www.bettertogetherus.org/events](http://www.bettertogetherus.org/events).✴

## Executive Vice President Named At Local Bank

Sanibel Captiva Community Bank

promoted Kyle DeCicco to executive vice president. DeCicco has been part of the executive management team since January 2020 and this promotion is further recognition of his exceptional leadership and strong commitment to the bank. He will continue to lead the bank's lending programs, as well as focus on the bank's strategic priorities.

DeCicco leads the bank's efforts in administering the Small Business Administration Paycheck Protection Program. Under his direction, the bank has successfully secured over 800 loans totaling nearly \$100 million, helping to save thousands of Southwest Florida jobs in the wake of the COVID-19 crisis.

DeCicco joined the bank in 2016 as vice president and commercial loan officer, focusing on commercial



Kyle DeCicco

real estate lending and relationship development with local businesses and investors. With over a decade of banking experience, he has worked in commercial real estate and lending, credit analysis, portfolio management of performing and nonperforming loans, and management of FDIC insured loss-share assets.

DeCicco's efforts have resulted in the bank closing nearly \$170 million in commercial loans in six years, the majority of which support local individuals and businesses seeking to launch a business, grow operations or purchase real estate.

DeCicco is a recent graduate of the Florida Bankers Association – Florida School of Banking. He also holds a bachelor's degree in business administration from Florida Atlantic University in Boca Raton.

With the bank's support, DeCicco is currently enrolled in the American Bankers Association Stonier Graduate School of Banking at the Wharton School of the University of Pennsylvania.

As a Southwest Florida native, DeCicco is committed to supporting community organizations by serving as a board member of The Foundation for Lee County Public Schools and a member of the foundation's grant selection committee. He is also a Captain-level Keel Club member of the United Way of Lee, Hendry, Glades and Okeechobee Counties.✴



**MYERS  
INSURANCE**  
**Condo Insurance Experts**  
**Celebrating 39 Years in Business!**

**Call Us For A Free Quote**  
**800-336-9377**

**[www.MyersInsures.com](http://www.MyersInsures.com)**





Will Power

# The Scoop On Unfavorable Estate Tax Legislation



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

Sen. Bernie Sanders released his proposed tax reform legislation on March 25, which outlined major changes to the estate and gift tax rules. This bill, co-sponsored by Senators Gillibrand (D-NY), Whitehouse (D-RI), Reed (D-RI) and Van Hollen (D-MD), will have a similar version in the House sponsored by Rep. Gonzales (D-CA).

This bill is impactful and complex from a financial aspect but is straightforward in how it would achieve its goals – by reducing the current estate tax exemption from its present \$11.7 million down to \$3.5 million, and the lifetime gift tax exemption down to \$1 million, beginning in 2022. It will also eliminate or curtail many important planning techniques used by estate planners upon enactment.

The exemption decreases mean that they will be reduced \$7 million per person, which is a 70 percent reduction! Moreover, the exemption will no longer be indexed for inflation. Many individuals, for good reason, will likely seek advanced estate planning strategies to gift their existing exemption (up to \$11.7 million) prior to year-end 2021. If the gift exemption is not used, then it will be wasted.

This is best illustrated by example: Bob has made \$2 million of taxable gifts and has \$9.7 million of his exemption remaining. If Bob uses another \$1.5 million of his exemption, then he will have nothing left for 2022 and beyond if the legislation becomes law, since his total gifts would now be \$3.5 million.

Bob may be encouraged to use at least \$6.2 million of his exemption prior to year-end so that he does not lose that amount and should consider using the full \$9.7 million of exemption remaining. Bob would have to give more than \$3.5 million to take advantage of the current exemption amount.

The amount in the example may be transferred to an irrevocable trust for the

benefit of Bob’s spouse and descendants. That trust may also benefit Bob in the event Bob were to suffer any financial hardship, so long as the trust is properly formed and operated in a creditor-protected jurisdiction.

It’s likely that many married couples, in response to this rule, have one of the spouses establish a trust for the other and the couple’s descendants, while the other spouse establish a trust that may solely benefit the couple’s descendants. The IRS challenges spouse’s trusts that are too similar under something known as the Reciprocal Trust Doctrine. There are many strategies to mitigate the possibility of an IRS challenge. Each family should seek competent counsel to guide through the strategies that make sense relative to the family’s goals.

Perhaps some of the most problematic features of this legislation can be found in the gifting limitations. Currently, individuals enjoy an \$11.7 million gift tax exemption, reduced by any taxable gifts made during life. If you’ve made more than \$1 million of transfers outside of annual exclusion gifts to your loved ones (or others), and don’t take advantage of your current exemption prior to this legislation becoming law, you won’t have the opportunity to make transfers outside of the annual exclusion gifts without paying gift tax.

As I mentioned earlier, the bill does away with several common planning techniques as well. These include Intentionally Defective Grantor Trusts (IDGTs), Grantor Retained Annuity Trusts (GRATs) that are less than 10 years in duration, Irrevocable Trusts that last more than 50 years in duration, and family partnership valuation discounts.

Annual exclusion gifting techniques will also be curtailed if the legislation becomes law. Crummey transfers for insurance is one such technique, as would be other transfers where the donee doesn’t have the ability to liquidate the gift.

No one is certain whether this legislation will pass, or whether aspects of it will change before becoming law. Nevertheless, the clock is ticking, leaving taxpayers with less than eight months to decide whether to use the current law to their advantage.

It promises to be a busy year for estate planning. I published a whitepaper covering this bill in greater detail, that you can download for free. Go to [www.floridaestateplanning.com/thank-you-scoop-of-unfavorable-tax-legislation/](http://www.floridaestateplanning.com/thank-you-scoop-of-unfavorable-tax-legislation/) to download your copy.

Stay tuned to this column for further developments or join my firm’s Facebook group (found at that same URL) to get the news as it happens.

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

## County Strategic Planning Priorities Approved

The Lee Board of County Commissioners recently approved the consensus direction set at its annual strategic planning workshop held earlier this year that identifies priorities for fiscal year 2021-22.

The workshop, advertised on February 12 and conducted on February 23, was held at Sanibel Harbour Resort as it had been in a previous year. During the daylong event, which was open to the public, the board discussed the progress the county made in 2020 as well as priorities for the coming year. Those priorities are:

Financial – Approach multiple fund reserves holistically to enhance project funding; report on individual fund balances and policies annually.

Transportation – Look for ways to expedite Tier 1 road projects; bring back options at the May 4 board workshop on transportation priorities.

Water – Continue water quality initiatives, including septic-to-sewer/alternatives planning. Staff will provide the North Fort Myers final source testing results and septic alternatives at the board’s April 20 workshop. Countywide source testing results and alternatives will be provided at a workshop at the end of the year or early next year.

Human Services – Concentrate efforts on improving capacity and efficiency of the Rapid Re-Housing Program; continue efforts approved at the March 16 board meeting.

Tourism – Increase parks amenities and access to Conservation 20/20 preserves. Analyze local and state sports facilities to assess potential niche opportunities that can be considered at a board workshop in fall 2021.

Economic Development – Propose amendments to the economic element of the LeePlan and explore further redevelopment opportunities in North Fort Myers and Lehigh Acres; bring back options at a board workshop in fall 2021.

Procurement – Buy locally as much as possible, including potential changes to local bidder preference policies; bring back options at the June 1 board workshop.

Communications – Continue to build communication strategies on multiple platforms to include traditional and digital communication channels. Focus on education of public on important policies and develop tools to allow the public to have access to the information the board uses when setting policy and making decisions.

The board also reviewed its 2020 priorities and reviewed the accomplishments achieved amid the COVID-19 pandemic, including:

Water quality projects such as the completed Nalle Grade Stormwater project and the Southern Lee County Flood Mitigation Study;

Transportation priorities such as the widening of Homestead and Allico roads and the realignment of Littleton Road and Kismet Parkway;

Continued efforts in the Conservation 20/20 program, with more than 30,000 acres of preserved land.

For more information on the Strategic Planning Workshop, visit [www.leegov.com/bocc/strategicworkshop](http://www.leegov.com/bocc/strategicworkshop).✴

## Transition To Fully Electronic Submittal Process

The Lee County Department of Community Development (DCD) is transitioning to a fully electronic submittal process beginning Monday, April 19, for building permit, zoning, planning and development order applications.

Contractors, design professionals and agents will be required to submit applications and supporting documents through the DCD Public Portal, which is called eConnect. Any paper submittals received before April 19 will remain a paper process through issuance and/or approval.

As DCD transitions to a fully electronic process on April 19, paper drop-offs will no longer be accepted unless the customer qualifies for an exception, including:

Property owners who qualify as “owner-builders” may submit building permit applications in-person.

Property owners without a professional agent may submit zoning, planning and development order applications in-person.

Submission of documents required by state statute, Lee County or other agencies to be provided as original signed hard copies are exempt from electronic submittal; for example, bond riders, bond reductions, conservation easements, plat recording documents and easement agreements. Application submittal requirements will indicate which documents must be provided as hard copies. Anyone who is unsure may

contact DCD Planners or Reviewers at 533-8585.

To ease the transition, DCD offers free eConnect training. The training covers the eConnect Public Portal and how to register for an account, apply for and track permits and petitions, and how to upload documents to resolve conditions. To sign up for training, visit [www.leegov.com/dcd/eserv/econnect](http://www.leegov.com/dcd/eserv/econnect).

To learn about the online process at Lee County DCD, visit [www.leegov.com/dcd/eserv](http://www.leegov.com/dcd/eserv). For more information, email [econnect@leegov.com](mailto:econnect@leegov.com) or call 533-8343.✴

## From page 1 Zine Fest

by Just Bee and the Sole Eaters Crew. To learn more about Matos, visit [www.instagram.com/saiyajinka](http://www.instagram.com/saiyajinka).

Musical performances include hip hop and R&B from Ronin Earthclan, Ivan the Hippy, Sling and Delarose from 7:30 to 10 p.m. DJ Rios and DJ Delay will be spinning tracks from 6 to 7:30 p.m.

Attendees can also expect a variety of zine, art and artisan vendors. LYR added a remote zine vending option, so expect to see writing and art booklets from across the country. Standout participants include Fifth Estate, the longest running political zine in the United States. LYR will also be selling selections from Microcosm, one of the country’s largest zine distributors.

LYR’s Zine Library is located at Neenie’s House, 481 Marsh Avenue in Fort Myers. For more information, visit [www.loveyourrebellion.org](http://www.loveyourrebellion.org).✴



# Frankly Speaking



by Howard Prager

Let's look at some new NBA records, MLB records, and The Masters. Denver Nuggets center Nikola Jokic had his 81st career 10-assist game recently, passing Wilt Chamberlain

for the most double-digit assist games by a center in NBA history. Jokic had 16 assists to go with 17 points and nine rebounds in the Nuggets' 119-109 win over the Orlando Magic. The 26-year-old leads the team in assists, averaging 8.4 assists per game this season – a career-high for Jokic. And he's already had more double-digit assist games since breaking the record. He could end up setting a very high bar for anyone who follows him. And that's not all – he's hitting a torrid .570 field goal percentage and .862 free throw percentage. He could very well be on his way to an MVP this season.

The Padres had their first no-hitter

in their 53 year franchise history when Joe Musgrove threw one last week. They are the last MLB franchise to have a no hitter. And here's an amazing stat for you. The catcher for this no hitter is the same catcher who caught the most recent major league no-hitter when he was with the Cubs last September. That was when Victor Caratini caught Alex Mills' no-hitter, making him the first starting catcher in league history to catch consecutive no-hitters for different clubs. A starting catcher with consecutive no-hitters has happened 10 previous times in MLB history, but all of those instances occurred with the same team. Caratini also made a bit of history in his native Puerto Rico. He's only the second Puerto Rican catcher to catch multiple no-hitters, joining Ivan Rodriguez.

Former Yankees are branching out. After Derek Jeter became a part-owner of the Miami Marlins, Alex Rodriguez is looking to become a part-owner of the Minnesota Timberwolves (NBA) and Lynx (WNBA). If the deal goes through, it gives those players an owner with a strong background in sports and name recognition.

The Masters. The second green jacket awarded in a five-month span went to Japanese Hideki Matsuyama, the 2021

Masters champion. Matsuyama entered the final round with a four-stroke lead on the field, and he grew it to five strokes through his first nine, bouncing back from a first-hole bogey with three birdies. He is the sixth first-time green jacket winner in the last seven Masters Tournaments with Tiger Woods' rousing victory in 2019 the lone outlier. Matsuyama, 29, is the first Asian-born man to win the Masters. He shot a 1-over 73 – his highest score of the week – to finish at 10 under. He made it interesting down the stretch but held on to win by just one stroke ahead of runner-up Will Zalatoris. Matsuyama's previous best finish in a major came at the 2017 U.S. Open, when he tied for second. He also finished as the low amateur at the Masters in 2011, when he tied for 27th as a 19-year-old. He joins Hisako Higuchi (1977 LPGA Championship) and Hinako Shibuno (2019 Women's British Open) as Japan's major champions. He is a very unassuming champion, carrying his green jacket through Atlanta Hartsfield airport over his arm the day after winning.

You may have already seen the good news story of the week about NBA great Shaquille O'Neal. He recently was in an Atlanta-area jewelry store and saw a man buying a ring and offered to purchase it for him. Shaq said the man buying the ring was a "young kid, a hardworking guy" and the ring was on layaway. "I said, 'You know what, tell your girlfriend I got it. Take care

of her.' And at first he didn't want to take it," Shaq said. He told the man not to worry, he does it all the time. The gesture was caught on camera and the video quickly went viral. Shaq is seen slyly taking out his credit card and handing it to the store clerk as the stranger was getting ready to pay. The two shook hands and posed for a photo after. "This is something I do every day," Shaq said, adding that he and his mother were recently furniture shopping and he offered to pay for a mom who had an autistic daughter. "I'm into making people happy. So, whenever I leave the house, I just try to do a good deed," he said.

To me, this assist deserves applause and is as record breaking as Nikola Jokic's. It also fits with a book I'm publishing this fall, *Make Someone's Day*. It's all about doing something for others, even strangers, in a way that's so powerful for them that they say "you made my day." If you're interested in hearing updates on my progress towards publication, sign up at [howard@howardhprager.com](mailto:howard@howardhprager.com). And, thank you Shaq for being so sensitive and providing life assists for others who need some help. Let's all make someone's day in our own ways.

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

## Rotary South Mini Golf Madness Title Sponsor

The Edison Mall has signed up as the Title Sponsor for the Rotary Club of Fort Myers South's inaugural Mini Golf Madness Tournament, slated to be held at Alico Family Golf on Saturday, April 24 from 4 to 7 p.m.

Event proceeds will benefit the Rotary Club of Fort Myers South Foundation, which issues grants to multiple nonprofits in the Southwest Florida community. Tournament registration is \$50 per person, which includes admission into the mini golf tournament, food and beverage at the event. Those wishing to attend the event without playing mini golf can register at a rate of \$35.

"We are thrilled that the Edison Mall is our Title Sponsor for this creative and

engaging fundraiser to benefit our local community," said Suzi Ward, Rotary Club of Fort Myers South Club president. "Our foundation has provided grants recently to Project Dentists Care, Habitat for Humanity, Harry Chapin Food Bank, Midwest Food Bank, Keep Lee County Beautiful, Alliance for the Arts, LARC, local law enforcement community programs and many more."

The Rotary Club is seeking donations and sponsors to help cover the cost of the event. Businesses and individuals can sponsor the Mini Golf Madness tournament with sponsorships starting at \$100. Contact Suzi Ward by calling 834-8643 for details on how you can sponsor.

Alico Family Golf is located at 16300 Lee Road in Fort Myers. Visit [www.rotaryfmsouth.org](http://www.rotaryfmsouth.org) to learn about all the initiatives the Rotary Club of Fort Myers South undertakes to promote community stewardship.✧

## SPORTS QUIZ

1. What baseball executive served as president of the American League from 1974-83?
2. Name the NFL running back who repeatedly said "I'm just here so I don't get fined" at a Super Bowl XLIX media-day press conference.
3. Brazilian footballer Manuel Francisco dos Santos, famous for his spectacular dribbling, was better known by what nickname?
4. On June 30, 1970, the Atlanta Braves' Hank Aaron hit the first home run in the history of what stadium?
5. What boxing writer and sports historian, known for his signature fedora and cigar, was editor and publisher of *The Ring* magazine from 1979-83?
6. What sport, originating in Spain in 2005, combines volleyball, soccer and gymnastics with music, and is played on an inflatable court with trampolines on both sides of the net?
7. Mexico's premier motorsports track is named after two brothers who both died in auto-racing incidents nine years apart. Who are they?

## ANSWERS

1. Lee MacPhail. 2. Marshawn Lynch. 3. Garrincha. 4. Cincinnati's Riverfront Stadium. 5. Bert Sugar. 6. Boosabail. 7. Pedro and Ricardo Rodriguez.

## 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](http://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](http://SHEPPARDLAWFIRM.COM)

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



# Tickets Available For Community Concert Series

Internationally-acclaimed violinist Itzhak Perlman will once again headline the five concerts planned for 2022 by the Fort Myers Community Concert Association.

Tickets are now on sale for the five-performance season, which organizers say bring the best in classical ballet, symphony and big brass performances to Southwest Florida. All performances will be at the Barbara B. Mann Hall on the Florida SouthWestern State College campus.

“We are so happy to be back for 2022 after canceling our 2021 season due to the pandemic,” said Community Concert Association President Mary Lee Mann. “Community Concert Association members and guests will love seeing Itzhak Perlman again as well as our other artists from around the world.”

All five concerts are included in one ticket price, which ranges from \$165 for prime orchestra and mezzanine seats to \$155 for other orchestra and mezzanine seats, \$85 for lower balcony seating and just \$65 for upper balcony. Most \$165 orchestra seating already is sold out, Mann said.

For tickets and membership information, visit [www.fortmyerscommunityconcerts.org](http://www.fortmyerscommunityconcerts.org) or call 693-4849. Tickets to individual performances are not available at this time.

The following five performances in 2022 all begin at 7:30 p.m.:

The Polish Wienlawski Philharmonic Orchestra – January 17. The orchestra was founded in 1944 and is making its first ever tour of the United States in 2022. They will perform Brahms’ *Variations on a Theme of Haydn*, Chopin’s *Piano Concerto No. 2* and Schubert’s *Symphony No. 9, “The Great Symphony.”*

VOCES8 – February 17. The British vocal ensemble VOCES8 will present an a cappella concert celebrating diverse musical expression. The ensemble of eight has released acclaimed recordings that have all reached the top of the



Itzhak Perlman photos provided classical charts.

The Rodney Marsalis Philadelphia Big Brass – March 3. The internationally acclaimed brass ensemble is dedicated to bringing the joyous experience of great music. The group breaks the usual barriers between genres playing Handel, Sousa and New Orleans traditional. The ensemble is composed of some of America’s top brass musicians, who have appeared on the world’s most prominent stages and performed with the Metropolitan Opera Orchestra, the Chamber Music Society of Lincoln Center and the Boston Brass.

Itzhak Perlman – March 5. Perlman is the reigning virtuoso of the violin and is returning to the Community Concert series for a third time. Perlman will highlight personal remembrances of his career interspersed with live performances. It will give listeners the opportunity to explore the man behind the artistry. He has been honored with more than 20 Grammy Awards (including one for Lifetime Achievement in 2008), four Emmy Awards and the Presidential Medal of Freedom in 2015.

Russian National Ballet – March 22. The Russian National Ballet will perform the timeless *Swan Lake*. The music, lush scenery and romance will be captured through the classical ballet in Tchaikovsky’s beloved masterpiece. The Russian National Ballet Theatre was



The Polish Wienlawski Philharmonic Orchestra



VOCES8 founded with the support of the Ministry of Culture of the Russian Federation and invigorates the tradition of classical Russian ballet with developments in dance from around the world.

The Fort Myers Community Concert Association, now in its 72nd concert season, is an all-volunteer not-for-profit organization founded by the legendary Barbara B. Mann in 1949 to bring world-class entertainment to Southwest Florida at affordable prices. The association consists of more than 1,700 members, underwriters and sponsors.\*



The Rodney Marsalis Philadelphia Big Brass



Russian National Ballet performing Swan Lake



## Small Business Conference With Florida Senator

Florida's small businesses are invited to register for the Virtual Small Business Resiliency Conference: Sustain the Pivot, a no-cost event hosted by the Florida Small Business Development Center (SBDC) Network and the Office of U.S. Sen. Marco Rubio. The conference will take place on Tuesday and Wednesday, May 18 and 19.



Sen. Marco Rubio

This virtual conference will equip Florida's small businesses with the strategies and resources needed to navigate the ongoing challenges of COVID-19 and connect them with resource providers who can aid in their long-term recovery.

The event will feature presentations from Florida SBDC Network business consultants on topics including marketing, cybersecurity, capital access and human resources. Consultants will share business insights and discuss how attendees can leverage the network's service offering of no-cost consulting, training and resources. Each half-day session will conclude with a post-event presentation in Spanish.

"We are thrilled to partner with the Office of Senator Marco Rubio on this important event," said Dr. Cheryl Kirby, interim CEO of the Florida SBDC Network. "Small businesses need help

now more than ever. The event will offer a dynamic lineup of speakers and resources to help business owners navigate the long-term challenges of COVID-19 and jumpstart their recovery."

Sen. Rubio will deliver a welcome address emphasizing the importance of small businesses to the state's economy. There will also be keynote presentations by Emily Ley, CEO of Simplified, and John Gilmore, former tight end for the Tampa Bay Buccaneers and president and CEO of Brandthumb. During these presentations, attendees will learn additional skills and knowledge to help their business succeed despite difficult circumstances.

As a member of the U.S. Senate Committee on Small Business and Entrepreneurship, Sen. Rubio has made it his priority to ensure America's 30 million small businesses have access to the resources and capital they need to help them compete in the 21st-century global economy.

"This past year has been incredibly hard for all of us, and small businesses were no exception," said Sen. Rubio. "They form the backbone of our communities, drive innovation and create good jobs, but many were uniquely vulnerable to the economic fallout from the pandemic and public health lockdowns. The Paycheck Protection Program was designed to help both small business owners and their employees survive this crisis. Now, as we look toward fully reopening our economy, we must pivot to ensuring these small businesses have access to the tools they need to thrive."

Register by May 13 by visiting [www.sustainthepivot.eventbrite.com](http://www.sustainthepivot.eventbrite.com). If you have any questions, contact Allison Romer at [Allison.Romer@FloridaSBDC.org](mailto:Allison.Romer@FloridaSBDC.org).

## Shell Point Certified As Great Place To Work

Shell Point Retirement Community, one of Lee County's top 100 employers, has been certified as a Great Place to Work (GPTW) by the Great Place to Work Institute.

According to Karen Anderson, vice president of human resources and corporate compliance for Shell Point, the retirement community employs 1,145 people in a wide variety of positions including healthcare, administration, construction and trades, dining and hospitality, transportation, sales and marketing, resident life, housekeeping, landscaping and grounds, and maintenance.

The GPTW Institute conducted a survey of Shell Point's employees, evaluating more than 60 elements of their experience on the job. Findings from the survey revealed that employees feel a sense of pride in the organization's community impact, believe that their work makes a difference, and that their work has special meaning.

Additionally, 80 percent of employees

at Shell Point Retirement Community say it is a great place to work compared to 59 percent of employees at other typical U.S.-based companies. Not only did employees report job satisfaction, the survey revealed that the diverse workforce stayed with the company longer.

"We were excited by the results of the survey," said Anderson. "Shell Point has a respected 53-year history in Lee County of caring, serving and satisfying both our residents and employees. Happy employees equal happy residents because they interact so much throughout the day. Many employees feel that Shell Point's ministry is an extension of their own. They like the idea that what they are doing is more than just a job."

Shell Point, a nonprofit ministry of The Christian and Missionary Alliance, is the largest single-site continuing care retirement community in Florida and second largest in the country. For information about careers and current job openings, visit [www.shellpoint.org/careers](http://www.shellpoint.org/careers).

Great Place to Work is a global authority on high-trust, high-performance workplace cultures. Through its certification programs, Great Place to Work recognizes outstanding workplace cultures and produces the annual *Fortune* 100 Best Companies to Work For.

## 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  
April 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



Beautifulife:

# Longevity



by Kay Casperson

This past week, we all heard of the passing of Prince Philip, Duke of Edinburgh and husband of 73 years to Queen Elizabeth. Prince Philip would have turned 100 years old in June, and the queen will be 95 this month. They seemed to have lived a long, happy and active life together as she referred to him as her “strength and stay” at their 50th wedding anniversary.

I would venture to say that we all want to live a long beautiful life, which is not as difficult as you think. Research has shown that life expectancy has risen dramatically over the past several years due to many factors. I have spent some time studying centenarians and what people do to live to 100 and beyond, and there are a few

things that continue to pop up as common threads.

Many think that our parents determine our lifespan. While genetics can play a role, surprisingly, this is a small percentage, between 20 and 30 percent. The other portions come from improving the quality of your life. It is not all about living longer, but more about living better. We want to avoid growing old and being unhealthy. We can do this by paying attention to the things we do today.

Following are a few suggestions to help you live a longer, healthier, happier, beautiful life.

Stay active – Research shows that even small amounts of movement a day will give you excellent benefits over living a life of little or no activity. Walking, yoga, biking, working around the house or outside can keep you fit in your mind and body.

Be positive – Keeping a positive mindset plays a crucial role in longevity. Research shows that negative, pessimistic and non-trusting individuals don’t live as long as people looking on the bright side of things.

Eat less – Scientists have found that eating less can slow down the aging

process at a cellular level and protect the cells from harmful deterioration. Try skipping a meal a day or partaking in smaller meal portions.

Volunteer – Studies have shown that lending a helping hand can lead to a longer, more fulfilled life. Volunteerism is linked to lower rates of depression and overall greater wellbeing.

Take naps – Every once in a while, a little rest can make a big difference. Research has shown that as few as three 30-minute naps per week can lower your risk of heart-related death by over 30 percent.

Drink coffee – Studies show that coffee is one of the most significant sources of antioxidants in the Western diet. Coffee drinkers tend to have a reduced risk of diseases like Alzheimer’s, diabetes and depression.

Daily affirmations – Remind yourself how important you are, how healthy you are, and how special you are. Then, you will continue to stay happy, fulfilled and realize your life’s purpose.

Go to church – Many surveys have shown that people of all ages who attend worship services of any kind feel supported, grounded, fulfilled, connected

and inspired. All of these things bring a stronger sense of faith and stability throughout your lifespan.

Be social – If you continue to surround yourself with positive and inspiring friends and family, you can increase your lifespan dramatically. Surrounding yourself with people that continue to make you happy and that you can also inspire makes a big difference.

Enjoy life – This was the single most common thread with people who lived to be 100 or beyond. These individuals lived every day like it was their best. They felt good about their health, wellbeing and support systems in place, and made a conscious effort to enjoy living.

My affirmation for you this week is: “I am learning new and better ways to live and embrace my long, happy, healthy and beautiful life!”

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

dearPharmacist

# Causes Of Muscle Twitching



by Suzy Cohen, RPH

Dear Readers: Do you ever get a little twitch near your eye, or on your ankle or calf? How about your finger or near your elbow? Almost everyone

gets an occasional twitch, and you feel it for a microsecond, then it goes away. This is normal.

Muscle twitches are almost always benign issues and not based in serious neurological disorders. If you’ve ever had an eyelid twitch for three days straight, you know it’s more annoying than anything else. The medical term for this symptom is called “benign fasciculation.”

The typical eye fluttering you get, or thigh twitch is rarely a cause for concern.

Here are some of the most common causes for muscle twitching:

Hypercalcemia – This means you have excess calcium in your blood and that will cause your muscles to contract and twitch. It can be from excessive calcium supplementation, overdoing vitamin D or magnesium supplements, or from elevated parathyroid hormone (PTH). There are other causes for hypercalcemia too. A deficiency of calcium will most often feel like a cramp, not a twitch.

Elevated Vitamin D – This causes more calcium to go inside the cells, causing hypercalcemia, then the twitching begins.

Hyperventilating – If you breathe very fast, you will hyperventilate. This occurs during a panic attack or while exercising very hard, and could trigger twitching too. Hyperventilating can occur as a side effect of certain medications, as well as with asthma or emphysema.

Caffeine – Too much coffee will do it. It causes production of catecholamines in your nervous system – think of dopamine and adrenaline – and these guys cause your skin to flutter and twitch like crazy, if you’re sensitive.

Medications for Attention Deficit Hyperactivity Disorder or Antidepressants – Some medications excite the nervous system and trigger the twitch. Usually a dosage reduction or discontinuation is necessary to stop this type of twitch.

Nicotine – If you smoke tobacco, you are apt to occasionally twitch due to the stimulant you’re smoking.

B12 Deficiency – You can take a blood test to determine B12 levels and, if they’re low, just supplement. A B12 deficiency can also lead to high homocysteine levels.

Anxiety – This can become very pronounced in bed, as you’re trying to sleep but you keep twitching. Anxiety twitching stops while you’re sleeping and has to do with stress. It shouldn’t recur each night unless you’re constantly stressed and you’re dealing with insomnia.

Hyperhomocysteinemia – If you have constant, never-ending twitching, have your blood levels checked for homocysteine and, if they are high, you might need B12.

Pinched Nerve in the Spine – A gentle chiropractor or massage therapist or acupuncturist may be able to help tease this one out.

Exercising – Occasional muscle twitches will occur sometimes after doing a lot of physical activity or working out. These are frequently felt in the forearms, calves, thighs, tummy and back.

If you have muscle twitches that don’t go away after a few days and you are worried about them, see a qualified physician for a proper medical work-up to tease out what’s really going on.

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

Doctor and Dietician

# Reduce Your Healthcare Costs By Staying Active



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

In a study by Diarmuid Coughlan, PhD, Newcastle University, being physically active throughout life reduces healthcare costs throughout adulthood. Those Americans who maintained or increased their physical activity from their preteen years into their adult years experienced lower average annual healthcare costs than those who were consistently inactive over time by 10 to 22 percent. Those who used to be active when younger, but became inactive later in life, did not show any benefit from their earlier active lifestyles in reducing healthcare costs. Other studies have shown that middle-aged women who were active throughout their entire lives resulted in 40 percent reduction in healthcare costs.

We are sure you have heard us say this before, “Sitting is the new smoking.” If you find that you are sitting for most of the day, you may be contributing to increased healthcare costs later in life. As we wrote this article, we saw a Caring Medical patient’s husband powerwalking around our parking lot/office park monitoring his “steps.” Staying active does not necessarily mean you have to go

to a gym.

Five Tips to Keep You Moving:

1. Live an active lifestyle – We love that Southwest Florida allows for an active lifestyle 365 days per year. Walk your dog. Climb stairs. Play catch with the grandkids or neighbors’ kids. Ride a bike to the local coffee shop. Take a walk on the beach. Catch a sunrise or sunset.

2. Do household chores – Do your own yard work. Plant a vegetable garden. Vacuum or mop your floors. Fold laundry standing up. Wash windows. Make yard art (see our previous articles.)

3. Try a new sport or activity – Pickleball is available everywhere you look. Swim in your pool – don’t just look at it – or power walk and exercise in the pool. Join the bike club – Fort Myers and Sanibel have wonderful clubs. This is a great way to make new friends, too.

4. Cook meals at home – This may not seem like “exercise,” but cooking keeps you moving and is a great way to stay active. Cooking not only helps you eat healthier but improves your strength and stamina.

5. Stand up – Most of the team at Caring Medical uses sit-stand desks. You can easily adjust a table/desk to become sit-stand using an Ergotron or Varidesk workstation. If you do not want to invest in this type of set-up, a couple of reams of printer paper will elevate your computer monitor to standing height. If you find yourself sitting a lot, set a timer for every hour to remind you to stand up and walk around.

We are all in charge of our own health. We control our activities. Take charge and make a concerted effort to keep your body moving. Be intentional about it. Nobody else will do it for you. We will be looking for you out there!

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



## Health First

# Commemorating Yom HaShoah



by Julie Rosenberg, MD

**Y**om HaShoah, the Holocaust Remembrance Day, was commemorated this year on April 7.

Yom HaShoah honors the six million Jews who lost their lives during the Holocaust.

This week, as I considered the six million who perished, I reread one of my favorite books, *Man's Search for Meaning*. This riveting memoir written by psychiatrist Viktor Frankl offers life lessons for personal and spiritual survival.

Between 1942 and 1945, Frankl labored in four different concentration camps. During this time, his parents, brother and pregnant wife perished.

Frankl's argument in *Man's Search for Meaning* is that we cannot avoid suffering but we can choose how to cope with it, find meaning in it and move forward with renewed purpose. If you have not read this book, I strongly recommend it.

In today's article, I share three universal life lessons from *Man's Search for Meaning*. I include these lessons in this column, as living a life of meaning and purpose is a deep driver of wellbeing. I hope that these lessons will support each of you as you move through life's challenges.

1) He who has a "why" to live for can bear almost any "how" – Throughout the book, Frankl discusses his "why" and its power to help him to endure his situation in the camps. Frankl and his fellow prisoners endured atrocities in their daily lives such as performing manual labor for 20 hours each day while subsisting on one small piece of bread and some thin soup. Understanding his "why" gave Frankl the strength to bear the "how" of his existence.

Other prisoners who no longer had a sense of purpose in their lives too often lost their drive to carry on. These prisoners who completely lost their

"why" quickly lost their lives as a result.

There are three "whys" that stand out to me from Frankl's writing:

- Work;
- Love; and
- Dignity in suffering.

Frankl asserts that it doesn't matter if we have nothing to expect from life. We can still find meaning. He states: "Life ultimately means taking the responsibility to find the right answer to its problems and to fulfill the tasks which it constantly sets for each individual."

2) There is meaning in suffering – Many of us attempt to completely eradicate suffering. We believe that happiness will come when suffering is gone.

Frankl, on the other hand, shares his belief that suffering can offer meaning. The way in which an individual accepts his fate (and the suffering that it entails) offers an opportunity to add deeper meaning to his life. Frankl asserts that suffering is a key part of life; without suffering and death, human life cannot be complete.

Think about this: When suffering fills your life, what do you do? How do you negotiate challenges? Serious illness?

3) We always retain the ability to choose our attitude and our actions – Frankl and his fellow prisoners had most everything stripped away from them – their families, friends, jobs, possessions and, in some cases, their names.

Frankl asserts that, "Everything can

be taken from a man but one thing: the last of the human freedoms – to choose one's attitude in any given set of circumstances, to choose one's own way." When all else is stripped from you, you still have the ability to choose your attitude and your actions. No matter how difficult things get, you have the power to choose to be something better.

While many Holocaust survivors state that "luck" helped them to survive, Frankl observed that individuals survived because of the daily choices they made and actions they took or chose not to take.

In summary, these life lessons from Dr. Victor Frankl can be correlated with health and wellbeing. People who find meaning and purpose in life live longer. Embracing the inevitability of suffering helps us to thrive through life's challenges. Asserting the power of choice gives us freedom – the freedom to choose our attitude and our actions in any circumstance. Finally, I'll add that we have the power to create hope. Creating and maintaining hope, especially during these times of uncertainty, can support a healthier, longer life.

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

## Campaign To Benefit Golisano Children's Hospital

**N**ow through April 20, Winn-Dixie and Fresco y Más grocery stores in Southwest Florida will be inviting customers to Round Up their purchase to the next dollar to benefit Golisano Children's Hospital of Southwest Florida.

Southeastern Grocers, Inc. (SEG), parent company and home of Fresco y Más, Harveys Supermarket and Winn-Dixie grocery stores, together with the SEG Gives Foundation, announced the collaborative partnership with eight children's hospitals throughout the Southeast.

Anthony Hucker, president and CEO of Southeastern Grocers, said, "We are a people-first company that is dedicated to supporting our local communities, and we are honored to partner with our local health care heroes to serve as committed advocates for the well-being of children and families. We understand the value that local children's hospitals offer as a beacon of hope to families facing challenging times and a vital community health resource to ensure children of all ages receive specialized, quality care. This is just the beginning of our partnership, and we look forward to building stronger, healthier communities together."

There are 17 Winn-Dixie grocery stores in Lee, Charlotte, Collier and Hendry counties that are supporting the program, which will raise funds for the most critical areas of need at Golisano benefitting patients at not just Golisano Children's Hospital but also its pediatric specialty clinics in

Port Charlotte and Naples. Funds from this campaign will play a key role in advancing innovative programs, technologies and services to strengthen the future of the hospital and meet the region's expanding healthcare needs in the five county service area. Golisano is a non-profit children's hospital and relies on community partnerships and philanthropy to continue to provide state-of-the-art care for all children in Southwest Florida.

"We can't do what we do to save kids' lives without community partners like Winn-Dixie. When you shop Winn-Dixie and round up, your purchase is helping to change kids' lives forever. Your nickels and dimes add up in big ways to help fund the most urgent needs of sick and injured children in Southwest Florida," said Amy Frith, senior director of development for Golisano Children's Hospital. "Over half the families that enter Golisano are underinsured, not insured, or on Medicaid; yet no child is denied care because of partnerships like this with area businesses and the people in our community who give so generously."

By donating at the register at Winn-Dixie, you are giving to back to help all kids in Southwest Florida. The campaign is featuring neonatal intensive care unit (NICU) twins who are alive and well today because of the lifesaving care they received at birth at Golisano. Jorden and Jayden Smith will be featured on signage in area stores to promote the campaign and show why the donations matter. The twins were born prematurely and immediately placed in the Level Three NICU at Golisano where they spent several weeks. Despite overcoming many challenges, the 7-year-old twins are now healthy, happy and represent the resiliency of the tiniest patients.✱

## 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](http://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                                                                |
| <b>ARTS</b>                                       |                                                                         |
| Alliance for the Arts                             | 939-2787                                                                |
| Arts For ACT Gallery & Studio                     | 337-5050                                                                |
| Art League Of Fort Myers                          | 275-3970                                                                |
| Barbara B. Mann Performing Arts Hall              | 481-4849                                                                |
| BIG ARTS                                          | 395-0900                                                                |
| Broadway Palm Dinner Theatre                      | 278-4422                                                                |
| Cultural Park Theatre                             | 772-5862                                                                |
| Edison Festival of Light                          | 334-2999                                                                |
| Florida Repertory Theatre at the Arcade           | 332-4488                                                                |
| Florida West Arts                                 | 948-4427                                                                |
| Fort Myers Harmonica Band                         | 610-653-7940                                                            |
| Fort Myers Symphonic Mastersingers                | 288-2535                                                                |
| Gulf Coast Symphony                               | 489-1800                                                                |
| Harmony Chorus, Charles Sutter, Pres              | 481-8059                                                                |
| Naples Philharmonic                               | 239-597-1111                                                            |
| The Schoolhouse Theater                           | 472-6862                                                                |
| SW Florida Symphony                               | 418-0996                                                                |
| Theatre Conspiracy                                | 936-3239                                                                |
| Young Artists Awards                              | 574-9321                                                                |
| <b>CLUBS &amp; ORGANIZATIONS</b>                  |                                                                         |
| American Legion Post #38                          | 239-332-1853                                                            |
| Angel Flight                                      | 1-877-4AN-ANGEL                                                         |
| Animal Refuge Center                              | 731-3535                                                                |
| American Business Women Association               | 357-6755                                                                |
| Audubon of SWFL                                   | <a href="https://www.audubonswfl.org/">https://www.audubonswfl.org/</a> |
| Caloosahatchee Chapter DAR                        | 482-1366                                                                |
| Caloosahatchee Folk Society                       | 321-4620                                                                |
| Cape Chorale Barbershop Chorus                    | 1-855-425-3631                                                          |
| Cape Coral Stamp Club                             | 542-9153                                                                |
| duPont Company Retirees                           | 454-1083                                                                |
| Edison Porcelain Artists                          | 415-2484                                                                |
| Embroiderers Guild of America - Sea Grape Chapter | 239-267-1990                                                            |
| FM UDC Chapter 2614                               | 728-3743                                                                |
| Friendship Force Of SW FL                         | 561-9164                                                                |
| Garden Club of Cape Coral                         | 239-257-2654                                                            |
| Horticulture and Tea Society                      | 472-8334                                                                |
| Horticultural Society                             | 472-6940                                                                |
| Lee County Genealogical Society                   | 549-9625                                                                |
| Lee Trust for Historic Preservation               | 939-7278                                                                |
| Navy Seabees Veterans of America                  | 731-1901                                                                |
| Paradise Iowa Club of SWFL                        | 667-1354                                                                |
| Sons of Confederate Veterans                      | 332-2408                                                                |
| Southwest Florida Fencing Academy                 | 939-1338                                                                |
| Southwest Florida Music Association               | 561-2118                                                                |
| Kiwanis Fort Myers Beach                          | 765-4254 or 454-8090                                                    |
| Kiwanis Fort Myers Edison                         | 694-1056                                                                |
| Kiwanis Fort Myers South                          | 691-1405                                                                |
| Iona-McGregor                                     | 482-0869                                                                |
| Lions Club Fort Myers Beach                       | 463-9738                                                                |
| Lions Club Fort Myers High Noon                   | 466-4228                                                                |
| Lions Club Estero/South Fort Myers                | 898-1921                                                                |
| Notre Dame Club of Lee County                     | 768-0417                                                                |
| Organ Transplant Recipients of SW Florida         | 247-3073                                                                |
| POLO Club of Lee County                           | 477-4906                                                                |
| Rotary Club of Fort Myers                         | 332-8158                                                                |
| Sanibel-Captiva Orchid Society                    | 472-6940                                                                |
| United Way of Lee County                          | 433-2000                                                                |
| United Way 211 Helpline (24 hour)                 | 211 or 433-3900                                                         |
| <b>AREA ATTRACTIONS</b>                           |                                                                         |
| Bailey-Matthews National Shell Museum             | 395-2233                                                                |
| Burrough's Home                                   | 337-9505                                                                |
| Calusa Nature Center & Planetarium                | 275-3435                                                                |
| Edison & Ford Winter Estates                      | 334-7419                                                                |
| Fort Myers Skate Park                             | 321-7558                                                                |
| Imaginarium Hands-On Museum & Aquarium            | 321-7420                                                                |
| JN "Ding" Darling National Wildlife Refuge        | 472-1100                                                                |
| Koreshan State Historic Site                      | 239-992-0311                                                            |
| Langford Kingston Home                            | 239-334-2550                                                            |
| Ostego Bay Foundation Marine Science Center       | 765-8101                                                                |
| Skatium                                           | 321-7510                                                                |
| Southwest Florida Historical Society              | 939-4044                                                                |
| Southwest Florida Museum of History               | 321-7430                                                                |
| True Tours                                        | 945-0405                                                                |

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

PUZZLES

Answers on page 31



"Well, your \_\_\_\_\_  
seem to be okay."

SCRAMBLERS

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

Waver

ARTFEL

Bird

AGLEE

Explore

REEKES

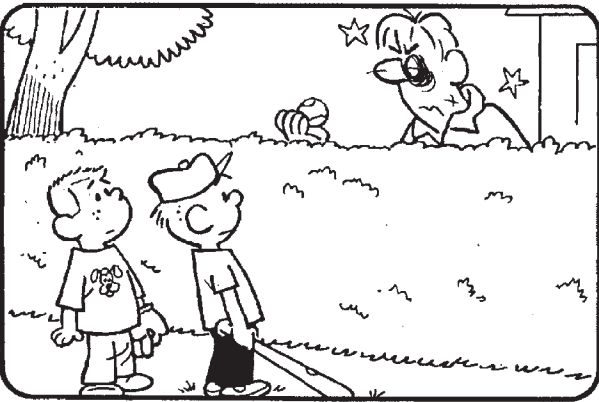
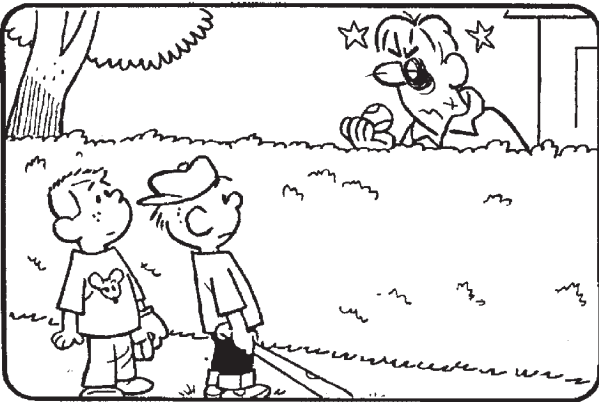
Emanate

DEUXE

TODAY'S WORD

HOCUS-FOCUS

BY  
HENRY BOLTINOFF



FIND AT LEAST 6 DIFFERENCES BETWEEN PANELS.

Differences: 1. Cap is reversed. 2. Star is reversed. 3. Sleeve is shorter. 4. Hand is moved. 5. Cuffs are missing. 6. Shirt is different.

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.

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



PUZZLES

Answers on page 31

Super Crossword

EQUIVALENT  
FIGURES

- ACROSS
- 1 Napoleon exile locale

5 Lobby gp.

8 — Bill (Old West hero)

13 Soda shop drink

19 Diving bird

20 Glass of public radio

21 Large crowd

22 Muzzle-loading tool

23 "You Light Up My Life" singer's good friend?

26 Orange-and-black bird

27 Many times o'er

28 Real ladies' men

29 Close examination of the "Room at the Top" novelist?

31 Some of a "Waltons" actor's furniture?

34 Blast creator

35 Camera variety, for short

36 Mets' old ballpark

37 Ballgame cry

40 Sugar suffix

42 Help

44 Heap

48 What the penner of "Tristram Shandy" spoke with?

51 Toward the rudder

54 Lures

58 Paris-to-Berlin dir.

59 Aviating guys

60 "You Send Me" crooner's preferred cruise destinations?

63 Mr. or Dr.

65 Seraglios

66 — Ben Adhem

67 A&E part

68 Greedy gullet

71 TV awards

72 "Uncle Tom's Cabin" writer not at home?

74 Pie serving

76 Coloring stuff

77 Litigious one

78 Gillette's — razor

79 Truthful

80 Longtime SeaWorld whale

82 "Two Treatises of Government" philosopher making a choice?

84 Not eternal

87 Me, to Mimi

89 Tranquil

90 Long time

91 Red fruit for an "L.A. Law" actress?

94 Joins closely

96 Smith and Jones film, for short

97 WWW access inits.

98 PC b-board admins

102 Google Play purchases

106 1998 Angelina Jolie film

108 Gmail alternative

110 "Gladiator" Oscar winner's kin?

114 "House" co-star's estimate?

118 Get more profound

119 Mil. VIP

120 Queued

121 Doctor's plan for the author of "Common Sense"?

124 Secondary divinity, in Greek myth

125 Break in, say

126 Pooch checker

127 Teeny bit

128 Firstborn

129 Unpopular plants

130 Quaint ending for 100-Down

131 Black stone

39 "Taps" hour

41 Devilish

43 Forest home

45 List units

46 Luau favors

47 Mushroom ends?

49 Made a new outline of

50 Miner's haul

51 Pined

52 Frothy

53 Singer Mel

55 Diamond official at home

56 Fife player's drum

57 Blizzard stuff

61 Crucial

62 Because of

64 Suffix with absurd

67 See 114-Down

68 The press, TV, etc.

69 Serving perfectly

70 Pie serving

72 Total

73 Brow curves

74 Established the tempo for

75 Pen filler

77 Product rep

79 Mention

80 Haloed Fr. woman

81 Cards dealt

82 Tulip's kin

83 Foot with fur

84 "2001" studio

85 Not a copy

86 Sent a new invoice to

88 Photo —

92 Baseball's Matty

93 Top-row PC key

95 Actor Elliott

99 Demands

100 Verse creator

101 Zig or zag

103 Cooing bird

104 Oodles

105 Sentence structure

107 Stop on —

109 Cartoon skunk Pepé

111 Duel swords

112 Notable acts

113 Bug in "A Bug's Life"

114 With 67-Down, up and no longer sleepy

115 Baseballer Slaughter

116 Not crazy

117 Location

122 Toon Flanders

123 "O Sole —"

|     |     |    |     |     |     |    |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
|-----|-----|----|-----|-----|-----|----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| 1   | 2   | 3  | 4   |     | 5   | 6  | 7   |     | 8   | 9   | 10  | 11  | 12  |     | 13  | 14  | 15  | 16  | 17  | 18  |
| 19  |     |    |     |     | 20  |    |     |     | 21  |     |     |     |     |     | 22  |     |     |     |     |     |
| 23  |     |    |     | 24  |     |    |     | 25  |     |     |     |     |     |     | 26  |     |     |     |     |     |
| 27  |     |    |     | 28  |     |    |     |     |     |     | 29  |     |     |     | 30  |     |     |     |     |     |
| 31  |     |    | 32  |     |     |    |     |     |     | 33  |     |     | 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 |
|     |     |    |     | 97  |     |    |     | 98  |     |     | 99  | 100 | 101 |     |     |     | 102 | 103 | 104 | 105 |
|     | 106 |    | 107 |     | 108 |    | 109 |     | 110 |     |     |     |     | 111 | 112 | 113 |     |     |     |     |
| 114 |     |    |     | 115 |     |    |     | 116 | 117 |     | 118 |     |     |     |     |     |     | 119 |     |     |
| 120 |     |    |     |     |     |    | 121 |     |     | 122 |     |     |     |     |     |     |     | 123 |     |     |
| 124 |     |    |     |     |     |    | 125 |     |     |     |     |     | 126 |     |     |     | 127 |     |     |     |
| 128 |     |    |     |     |     |    | 129 |     |     |     |     |     | 130 |     |     |     | 131 |     |     |     |

King Crossword

- ACROSS
- 1 Zilch

5 Male swan

8 "Ditto"

12 Mideast airline

13 Glacial

14 "Let's go!"

15 Pattern

17 Help a hood

18 Old photo tint

19 Walks with pride

21 Yuletide tune

24 Archipelago unit (Abbr.)

25 Verifiable

28 Carton sealer

30 Mimic

33 Hostel

34 Goes belly up

35 Water tester

36 "Acid"

37 French 101 verb

38 Quick look

39 Online address

41 Ump's call

43 Steak choices

46 Toy bricks

50 Actor McGregor

51 Intensify

54 Damon of Hollywood

55 Essen exclamation

56 Grand tale

9 Walk

10 Champagne brand

11 Tolkien creatures

16 Thai language

20 Cravats

22 Coup d' —

23 Hideaways

25 Up to

26 ER workers

27 Move in waves

29 Entreaty

31 "The Raven" writer

32 "A mouse!"

34 Fedora fabric

38 Kitchen gadget

40 Oscar de la —

42 Ga. neighbor

43 Disaster aid org.

44 "As — saying ..."

45 Barking critter

47 Be slack-jawed

48 Elevator name

49 Faction

52 High school subj.

53 "Evita" role
- DOWN
- 1 Tennis barriers

2 Sheltered

3 Slightly wet

4 Skiing style

5 Spy org.

6 Halloween mo.

7 Tournament passes

8 Surgery reminders

|    |    |    |    |    |    |    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 1  | 2  | 3  | 4  |    | 5  | 6  | 7  |    | 8  | 9  | 10 | 11 |
| 12 |    |    |    |    | 13 |    |    |    | 14 |    |    |    |
| 15 |    |    |    |    | 16 |    |    |    | 17 |    |    |    |
| 18 |    |    |    |    |    |    | 19 | 20 |    |    |    |    |
|    |    |    |    | 21 |    | 22 | 23 |    | 24 |    |    |    |
| 25 | 26 | 27 |    |    | 28 |    | 29 |    |    | 30 | 31 | 32 |
| 33 |    |    |    |    | 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 |    |    |

MAGIC MAZE

SMOOTHIE  
INGREDIENTS

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

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

- Banana

Blueberries

Chocolate

Honey
- Ice cream

Ice

Kale

Milk
- Nuts

Protein

Seeds

Spinach
- Syrup

Tea

Whey





Potato Nachos

photo courtesy Fresh From Florida



**Potato Nachos**  
1-pound small gold potatoes  
1 cup cherry tomatoes, halved  
½ pound lean ground beef  
⅓ cup scallions, sliced thin  
1 cup queso, plus extra for garnish (store-bought)  
2 tablespoons taco seasoning  
Salsa or Pico de Gallo for garnish and dipping  
Oil for cooking  
Sea salt and fresh ground pepper, to taste

Preheat oven to 425 degrees. Cut potatoes in half, drizzle with oil, season with salt and pepper, and roast until crisp and golden brown, 20-25 minutes. Remove from oven and set aside.  
While potatoes are in the oven, cook the ground beef in a skillet over medium-high heat and season with taco seasoning. Remove and drain grease. Scatter the cooked ground beef over potatoes, add cherry tomatoes, drizzle with queso (the warmth from the ground beef and potatoes will melt the queso), and garnish with scallions. Serve warm with salsa and extra queso for dipping if desired.  
Fresh tip: feel free to add additional toppings such as pickled jalapenos, sweet peppers, or shredded lettuce.✱

My Stars ★★★★★

**FOR WEEK OF APRIL 12, 2021**  
**Aries** (March 21 to April 19) It isn't always easy for the rambunctious Aries to give a second thought to their often spur-of-the-moment choices. But aspects favor rechecking a decision before declaring it final.  
**Taurus** (April 20 to May 20) Information emerges for the business-driven Bovine who feels ready to restart a stalled project. Be prepared to make adjustments as needed at any time during the process.  
**Gemini** (May 21 to June 20) Part of you wants to complete plans for an upcoming event, while your other self wants to see how things develop first. Compromise by moving ahead with your plans while being open to change.  
**Cancer** (June 21 to July 22) An unexpected change in a relationship could open up a problem or could lead to a much-needed and too-long-delayed reassessment of a number of matters. The choice is yours to make.  
**Leo** (July 23 to August 22) Time for the Lion to total the plusses and minuses resulting from recent personal and/or professional decisions. See what worked, what didn't and why, and base your next

big move on the results.  
**Virgo** (August 23 to September 22) The clever Virgo can make persuasion work by presenting a case built on hard facts. Sentiment might touch the heart, but it's good, solid information that invariably wins the day.  
**Libra** (September 23 to October 22) You usually can win over the most stubborn skeptics on your own. But this time you can benefit from supporters who have been there, done that and are willing to speak up on your behalf.  
**Scorpio** (October 23 to November 21) You win admiration for your determination to do the right thing. Don't be distracted from that course, despite the offer of tempting alternatives that might suddenly turn up.  
**Sagittarius** (November 22 to December 21) While you still need to maintain control of a dominant situation, a new development emerges, making the task easier and the outcome potentially more rewarding.  
**Capricorn** (December 22 to January 19) New factors might have a positive effect on a still-pending matter, but only if the information proves to be credible. Trusted colleagues might be able to offer needed advice.  
**Aquarius** (January 20 to February 18) The week favors moderation, especially

PETS OF THE WEEK



Freya ID# A784125 photos provided  
Lee County Domestic Animal Services

Freya And Betty

Hello, my name is Freya. I'm a 2-year-old tan female black mouth cur mix. I had been adopted from Lee County Domestic Animal Services (LCDAS) when I was just two months old. Due to a change in circumstances (and no fault of mine), I was returned to LCDAS. I was very frightened after being in a home for two years and suddenly back at the shelter. LCDAS' clinic manager lets me hang out in her office so I can adjust and come out of my shell. As you can see in my picture, I am now enjoying spending time with the staff and volunteers here, but I still long to be back in a loving home. My adoption fee is \$75.  
Hi, my name is Betty. I'm a 3-year-old female black domestic shorthair. I have



Betty ID# A803958  
been waiting for my 'person' to come and give me a chance to show what a loving cat I can be when someone has the patience to give me time to trust them. You just need to supply a lap, some food and litter. Throw in a springy toy or two, and I come out of my shell out of curiosity. I am truly a sweetheart that just needs someone to love. My adoption fee is \$50, and you can adopt a feline friend for me at no additional charge.  
Lee County Domestic Animal Services is located at 5600 Banner Drive in Fort Myers. Adoptions are available by appointment Monday through Saturday from 10:30 a.m. to 3:30 p.m. Visit [www.leelostpets.com](http://www.leelostpets.com) to complete an online application. As always, cats and kittens are adopt one and get a feline friend at no additional charge. For more information, call 533-7387.✱

if a health problem is involved. Resist the impulse to do more than might be good for you at this time. You can catch up later.  
**Pisces** (February 19 to March 20) You could feel more than a mite upset by someone or some people who might be creating problems for you. Find out why they won't change their ways. Their reasons might surprise you.  
**Born This Week:** You know how to inspire others to do their best by setting a persuasive example of your own.

MOMENTS IN TIME

• On April 25, 1719, Daniel Defoe's *The Life and Strange Adventures of Robinson Crusoe* is published. The book, about a shipwrecked sailor who spends 28 years on a deserted island, is based on the experiences of Alexander Selkirk, a Scottish sailor who spent four years on a small island off South America.  
• On April 24, 1800, President John Adams approves legislation to appropriate \$5,000 to establish the Library of Congress. The first books, ordered from London, arrived in 1801. Twelve years later, the library was destroyed when the British army invaded the city of Washington and burned the Capitol.  
• On April 22, 1945, Adolf Hitler, upon learning that no German defense was offered to the Russian assault

at Eberswalde, admits to all in his underground bunker in Berlin that the war is lost and suicide is his only recourse.  
• On April 23, 1954, Hank Aaron hits the first home run of his Major League Baseball career. Twenty years later, Aaron broke Babe Ruth's long-standing record of 714 career homers. Aaron retired from baseball in 1976 with 755 career homers.  
• On April 20, 1971, the Pentagon confirms that fragging incidents (tossing fragmentation hand grenades into sleeping areas) are on the rise. Fraggings in combat were usually attempts to remove leaders perceived to be incompetent and a threat to survival.  
• On April 21, 1980, Rosie Ruiz, age 26, finishes first in the women's division of the Boston Marathon. Ruiz was stripped of her victory eight days later after race officials learned she joined the race about a mile before the finish line.  
• On April 19, 1995, a massive truck bomb explodes outside the Alfred P. Murrah Federal Building in Oklahoma City. The blast collapsed the north face of the nine-story building, killing 168 people, including 19 young children in its day-care center.

NOW HERE'S A TIP

• Trying to spot roof damage but not continued on page 30





**FRIDAY**  
Mostly Cloudy  
High: 78 Low: 69



**SATURDAY**  
Mostly Cloudy  
High: 79 Low: 72



**SUNDAY**  
Mostly Cloudy  
High: 80 Low: 71



**MONDAY**  
Partly Cloudy  
High: 81 Low: 73



**TUESDAY**  
Mostly Sunny  
High: 80 Low: 71



**WEDNESDAY**  
Mostly Cloudy  
High: 81 Low: 73



**THURSDAY**  
Mostly Cloudy  
High: 80 Low: 72

**Redfish Pass Tides**

| Day | High     | Low      | High     | Low      |
|-----|----------|----------|----------|----------|
| Fri | 5:31 am  | 8:27 am  | 3:18 pm  | 11:06 pm |
| Sat | 3:54 pm  | None     | None     | None     |
| Sun | 4:38 pm  | 12:06 am | None     | None     |
| Mon | 5:36 pm  | 1:17 am  | None     | None     |
| Tue | 7:01 pm  | 2:29 am  | None     | None     |
| Wed | 11:58 am | 3:32 am  | 8:43 pm  | 2:45 pm  |
| Thu | 11:59 am | 4:24 am  | 10:12 pm | 4:12 pm  |

**Point Ybel Tides**

| Day | High     | Low      | High    | Low      |
|-----|----------|----------|---------|----------|
| Fri | 4:36 am  | 8:29 am  | 2:23 pm | 11:08 pm |
| Sat | 2:59 pm  | None     | None    | None     |
| Sun | 3:43 pm  | 12:08 am | None    | None     |
| Mon | 4:41 pm  | 1:19 am  | None    | None     |
| Tue | 6:06 pm  | 2:31 am  | None    | None     |
| Wed | 11:03 am | 3:34 am  | 7:48 pm | 2:47 pm  |
| Thu | 11:04 am | 4:26 am  | 9:17 pm | 4:14 pm  |

**Punta Rassa Tides**

| Day | High     | Low     | High     | Low      |
|-----|----------|---------|----------|----------|
| Fri | 4:39 am  | 9:06 am | 2:51 pm  | 11:05 pm |
| Sat | 5:32 am  | 9:28 am | 3:32 pm  | 11:55 pm |
| Sun | 6:37 am  | 9:56 am | 4:22 pm  | None     |
| Mon | 7:55 am  | 1:18 am | 5:19 pm  | 10:29 am |
| Tue | 9:07 am  | 2:40 am | 6:34 pm  | 11:09 am |
| Wed | 10:11 am | 3:37 am | 8:47 pm  | 2:58 pm  |
| Thu | 11:03 am | 4:27 am | 10:13 pm | 4:14 pm  |

**Cape Coral Bridge Tides**

| Day | High    | Low     | High     | Low      |
|-----|---------|---------|----------|----------|
| Fri | 7:41 am | 1:32 am | 5:28 pm  | 11:43 am |
| Sat | 6:04 pm | 2:22 am | None     | None     |
| Sun | 6:48 pm | 3:22 am | None     | None     |
| Mon | 7:46 pm | 4:33 am | None     | None     |
| Tue | 9:11 pm | 5:45 am | None     | None     |
| Wed | 2:08 pm | 6:48 am | 10:53 pm | 6:01 pm  |
| Thu | 2:09 pm | 7:40 am | None     | 7:28 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.dbrownngc.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

**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**

**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

**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

**CLEANING**

THE BEST AND PROFESSIONAL  
**CLEANING SERVICES**  
ASK ABOUT MORE SERVICES  
✓ Domestic cleaning  
✓ Office cleaning  
Ana Martínez (239) 443 6959

**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

**Be a Voice for Manatees**  
Report sick or injured manatees  
Learn more at  
savethemanatee.org/rescue

THE BEST AND PROFESSIONAL  
**OUTDOOR CLEANING**  
ASK ABOUT MORE SERVICES  
✓ Driveways ✓ Windows  
✓ Roofs ✓ Building  
✓ Pool area ✓ Decks  
✓ Fences  
Victor Lara (239) 634 0729



From page 28

## Now Here’s A Tip

quite sure you’re ready for a trip up the ladder? Before you get up on the roof, get out your binoculars. You’d be surprised how much you can see from the ground, and you can do a cursory examination and then decide if anything needs a closer look.

- Upcycle an unused bread box as a charging station. Simply mount a power strip in the back of the box on the inside, and you can put phones and other small devices directly inside to charge. Run a cord through the side so that larger tablets can sit on top of the box to charge.

- “Use lip balm to help a too-tight ring slide off a finger. This happened to me when I tried on my sister’s ring in church. I had some lip balm in my pocket, and it helped me get the ring off quickly and quietly without having to get up.” – AE in Washington

- If your phone’s buzzing and ringing with alerts has you distracted during your

workday, use the “do not disturb” function to create periods of quiet. Schedule blocks of deep focus time by making an appointment with yourself in your calendar. This can help you to organize your time to get things done.

- Using cold water for laundering protects colors and uses less energy.
- If you have some sticky gum that’s stuck on fabric, it might be best to set it aside and wait for it to harden. Or if you can’t wait that long, try using a piece of duct tape. Press the tape over the gum, then lift off from the side. You can repeat this process to pull up all of the gum.

### STRANGE BUT TRUE

- “The Whole Shabang” is a brand of potato chips once sold only in jails and prisons. It was so popular that in 2016, due to demand from ex-inmates, it was finally made available to the general public.
- The majority of people will tilt their head to the right when they kiss.
- Sherlock Holmes creator Sir Arthur

Conan Doyle helped popularize skiing by being the first Englishman to document the sport.

- In Alabama, it’s against the law to drive while impersonating a member of the clergy.
- For centuries, doctors thought that medicines made with human flesh, blood or bone could be effective in curing all kinds of ailments, from epilepsy to headaches. The practice was called “corpse medicine.”
- The original name for the search engine Google was Backrub. It was renamed after the googolplex, which is the number 1 followed by 100 zeros.
- The fear of young people is known as “ephebiphobia.”
- Gatling gun salesmen went to Civil War battlefields to demonstrate their products in actual combat.
- A newly sworn-in Barack Obama visited the U.K. in 2009 and presented some rather curious gifts to the prime minister and queen: 25 DVDs to David Cameron, and an iPod Classic to the

then-octogenarian Elizabeth II. Cameron returned the gesture with some “wellies” and Hobgoblin ale.

- In the Solomon Islands, dolphin teeth were (and still are) used as a form of currency.
- Historically, most Easter celebrants would have eaten lamb for the occasion, as the holiday has its roots in the Jewish Passover. Most American Easter dinners now feature ham, however, because years ago, hams cured over the winter would have been ready to serve in early spring.

### THOUGHT FOR THE DAY

“When writing the story of your life, don’t let anyone else hold the pen.”  
– Harley Davidson

### TRIVIA TEST

1. **Language:** What is the word for “M” in the international alphabet code used in radio?
2. **Television:** What was the real first name of the character Fonzie in the

# CLASSIFIED

## VACATION RENTAL

**DOG FRIENDLY  
TENANT WANTED  
SUMMER/FALL RENTAL**



2 Bed/1 BA adorably furnished cottage, everything for beach. Huge backyard, seating/BBQ. Walk to beach. East end 1155 Seagrape, mid-July-Nov 30, \$2,000/mo. incl. cable/elec/water. Local author/owner Dr. Richard Conrath. SUPER CLEAN/NEAT/PRIVATE. Ph 727-644-6493 [www.seagrapecottageatsanibel.com](http://www.seagrapecottageatsanibel.com)  
4/16 ★ 4/16

**VACATION RENTAL  
SANIBEL**

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 !!!

**472-6747**

 Serving The Islands Rental Needs Since 1975  
**Gulf Beach Properties, Inc.**  
3/19 ★ TFN

## 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



**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](http://www.cottages-to-castles.com)  
1/26 ★ 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](mailto:chip@chipwolfe.com)  
[chipwolfe.com](http://chipwolfe.com)  
239-848-0906  
REMAX OF THE ISLANDS  
6/5 ★ 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

**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

## HELP WANTED



**FYZICAL®**  
Therapy & Balance Centers  
**REHAB TECH**

FYZICAL Therapy & Balance Centers of Sanibel is looking for a friendly, energetic, and team oriented person to help expand and join the staff as a new Rehabilitation Tech. Job responsibilities include:

- Greeting and checking-in patients
- Assisting patients with exercises
- Demonstrating use of equipment and exercises
- Cleaning of equipment

Hours are seasonally based, and would include options for coverage of vacations as needed during off-season times. Please call Laura Holland at 239-395-1097.  
4/9 ★ 4/30

## HELP WANTED

**FULL/PART-TIME  
SALES ASSOCIATE**

Sanibel Sole is seeking an additional sales associate to join our great team! We have expanded in the Tahitian Gardens plaza and offer a wide variety of clothing and footwear. We offer competitive wages, benefits, and perks. No evenings required. Please email a resume to [sanibelsole@gmail.com](mailto:sanibelsole@gmail.com).  
4/9 ★ TFN

**ADMINISTRATIVE  
ASSISTANT**

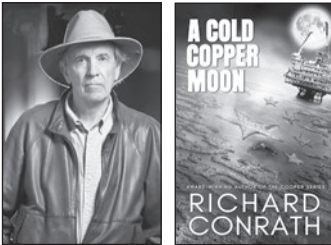
The Bailey-Matthews National Shell Museum on Sanibel Island is seeking an Administrative Assistant. Experience with Word, Excel, databases, other business applications, and good writing skills required. To apply for this 20 hour/week position, please send a resume to [info@shellmuseum.org](mailto:info@shellmuseum.org).  
1/22 ★ TFN

**CAREGIVER/HOUSE KEEPER  
URGENTLY NEEDED**

This is a live-out position work, from Monday to Thursday. \$650 weekly. Childcare and Light housekeeping. Must be able to interact with children. Speak English, and non smoker. MUST HAVE REFERENCES AND BE RESPONSIBLE. If interested you can reach Linda at [flowershop998@gmail.com](mailto:flowershop998@gmail.com)  
3/26 ★ 4/23

## FOR SALE

**A COLD COPPER MOON**



Award winning local author, Dr. Richard Conrath, Mystery/Crime fiction final book in series is out – *A Cold Copper Moon* (Please read Cooper Moon's series in chronological order!) Signed copies available at MacIntosh, Gene's, Bailey's, [www.richardconrath.com](http://www.richardconrath.com). Great beach read.  
4/9 ★ 4/16

**After 9, it's turtle time!**



**CLOSE CURTAINS & BLINDS  
OR TURN OFF LIGHTS** 

Share your community news with us.  
Call 395-1213 or email [press@islandsunnews.com](mailto:press@islandsunnews.com)



- comedy *Happy Days*?
3. **Science:** Which country has the greatest number of tornados annually?
  4. **Geography:** What is the capital of Australia?
  5. **Animal Kingdom:** What are the only two known mammals that lay eggs?
  6. **Literature:** What was the name of the first monster in *Beowulf*?
  7. **Movies:** What was the name of the villain in the movie *Three Amigos!*?
  8. **U.S. States:** What is the nickname of Wyoming?
  9. **General Knowledge:** What is the color of envy, culturally speaking?
  10. **Business:** Which country's basic currency is the sol?

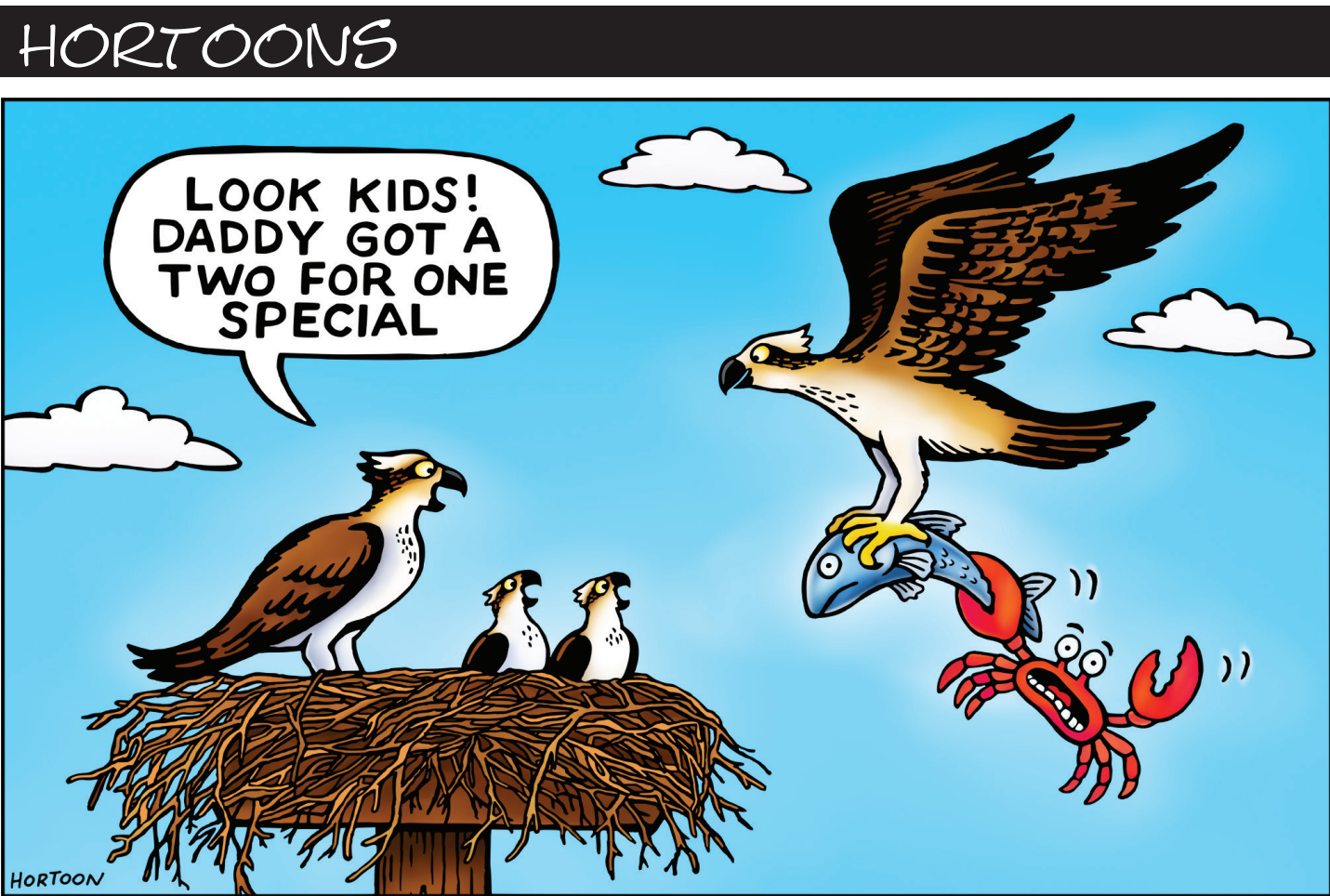
TRIVIA ANSWERS

1. Mike 2. Arthur 3. United States, central and south regions 4. Canberra 5. Duck-billed platypus and the spiny anteater 6. Grendel 7. El Guapo 8. The Equality State 9. Green 10. Peru

SCRAMBLERS ANSWER

1. Falter 2. Eagle;  
3. Seeker; 4. Exude

Today's Word  
REFLEXES



PUZZLE ANSWERS

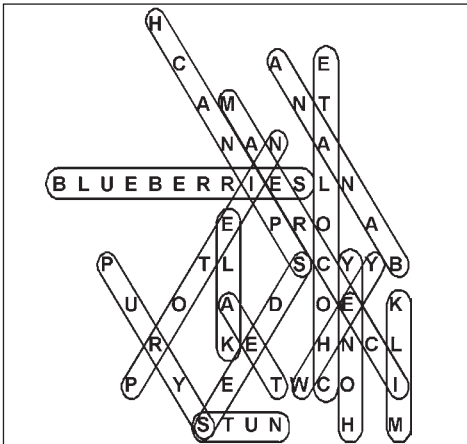
SUPER CROSSWORD

|        |           |            |         |
|--------|-----------|------------|---------|
| ELBA   | PAC       | PECOS      | FRAPPE  |
| LOON   | IRA       | HORDE      | RAMROD  |
| BOON   | COMPANION | ORIOLE     |         |
| OFT    | ROMEOS    | BRAINESCAN |         |
| WAIT   | TETABLES  | TNT        | SLR     |
| SHEA   | YEROUT    | OSE        | AID     |
| PILE   | STERNE    | VOICE      |         |
| AFT    | TEMPTS    | ENE        | AIRMEN  |
| COOKE  | ISLANDS   | TITLE      |         |
| HAREMS | ABOU      | ARTS       | MAW     |
| EMMYS  | STOWE     | AWAY       | PIECE   |
| DYE    | SUER      | TRAC       | CANDID  |
|        | SHAMU     | LOCKE      | PICKING |
| MORTAL | MOI       | SEDATE     | AGE     |
| GREENE | APPLE     | WEDS       |         |
| MIB    | DSL       | SYSO       | PS      |
| APP    |           |            |         |
| GIA    | AOL       | CROWE      | FAMILY  |
| WTL    | DEGUESS   | DEEPEN     | GEN     |
| INLINE | PAINET    | TREATMENT  |         |
| DAEMON | ENTER     | VET        | IOTA    |
| ELDEST | WEEDS     | ESS        | ONYX    |

KING CROSSWORD

|        |          |      |
|--------|----------|------|
| NADA   | COB      | SAME |
| ELAL   | ICY      | CMON |
| TEMP   | PLATE    | ABET |
| SEPIA  | STRUTS   |      |
|        | NOEL     | ISL  |
| TRUE   | TAPE     | APE  |
| INN    | FAILS    | TOE  |
| LSD    | ETRE     | PEEK |
|        | URL      | SAFE |
| FILETS | LEGOS    |      |
| EWAN   | ESCALATE |      |
| MATT   | ACH      | EPIC |
| ASEA   | LIE      | REST |

MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

| Subdivision          | City             | Year Built | Square Footage | Listing Price | Selling Price | Days On Market |
|----------------------|------------------|------------|----------------|---------------|---------------|----------------|
| Spring Ridge         | Bonita Springs   | 1999       | 4,185          | \$2,695,000   | \$2,700,000   | 2              |
| Sanctuary At Wulfert | Sanibel          | 1996       | 7,229          | \$2,998,000   | \$2,650,000   | 521            |
| Esplanade Lake Club  | Fort Myers       | 2020       | 3,299          | \$2,390,000   | \$2,275,000   | 265            |
| Palmetto Point       | Fort Myers       | 2019       | 3,941          | \$2,100,000   | \$2,100,000   | 678            |
| Cape Coral           | Cape Coral       | 2002       | 3,603          | \$1,990,000   | \$2,010,000   | 142            |
| Cape Coral           | Cape Coral       | 2016       | 3,702          | \$1,849,999   | \$1,835,000   | 146            |
| Costa Amalfi         | Miromar Lakes    | 2013       | 3,920          | \$1,687,000   | \$1,650,000   | 24             |
| Seaspray Subdivision | Sanibel          | 1990       | 4,037          | \$1,750,000   | \$1,650,000   | 88             |
| Navona               | Miromar Lakes    | 2014       | 2,600          | \$1,595,000   | \$1,525,000   | 56             |
| Siesta Isles         | Fort Myers Beach | 2007       | 3,725          | \$1,495,000   | \$1,375,000   | 6              |





**"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](http://WWW.DOCFORDS.COM)

THE ORIGINAL  
**YUCATAN SHRIMP!**

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

