



Davis Art Center Rooftop To Open During Art Walk

The Sidney & Berne Davis Art Center will hold an open house of the entire building during Art Walk on Friday, May 7 from 6 to 10 p.m. The new Sidney's rooftop sculpture garden and reception area will be highlighted, and there will be a walk-through of the Davis School of Music classroom and Six Fingers Recording Studios.

The open house will also feature two contrasting exhibitions: Unfunctional Function, a solo art show from artist Juan Abuela in the Grand Atrium; and the Functional Art group show will be on display in the Capital Gallery.

The unusual art show Unfunctional Function offers another look at how things are used, or not used. Things are not always what they appear to be once stripped of their functions. Striving to find balance by grasping at the intangible inner workings of the human mind, Abuela bends the unbendable, makes workable the unworkable and takes the



Juan Abuela with his sculpture, *Easy Way*
photo provided

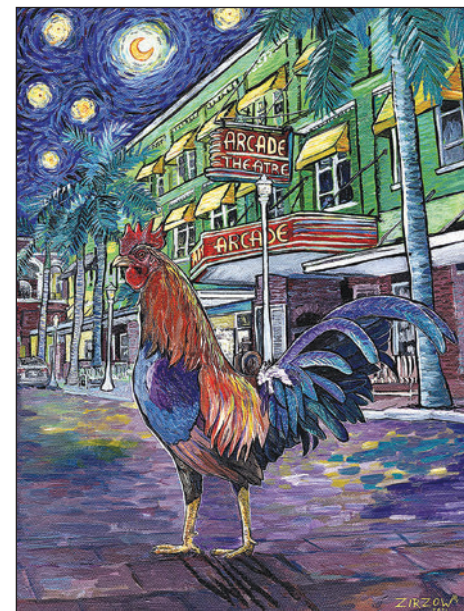
impossible into the possibilities. He comes from a long line of artists and carpenters originating from the Republic of Cuba, which is how he came to love the way simple timbers respond to his hands. He

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Starry Night Exhibition At Arts For ACT Gallery

Arts for ACT Gallery will showcase the original artwork of Amanda Zirzow during her first solo exhibition, themed A Starry Night in May. The opening reception will be held at the Arts for ACT Gallery on Friday, May 7 from 6 to 9 p.m. The exhibition will be on display in the main gallery all month.

Zirzow is a prolific, self-taught artist and an Arts for ACT Gallery member artist and volunteer. Her bold, colorful, expressionist style of artwork is inspired by encounters from wildlife and her scuba diving adventures. Combined with her unique style, she washes her subjects with texture and colors only found in her imagination. Her high-contrast style with bright colors and bold outlines draws the viewer in and sparks that wow factor. Additionally, much of Zirzow's art is framed with hand-built wood frames constructed from discarded crab and lobster traps that add a one-of-a-kind look and texture that are as original and unique



Artwork by Amanda Zirzow image provided as the art it encloses.

"Studying the life and works of Van Gogh has been a huge inspiration for me to chase my dreams and work hard," said Zirzow. A Starry Night in May will feature

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Fireworks off of Fort Myers Beach

photo provided

Fireworks Set To Go Off On July 4

by Bob Petcher

This year, Fort Myers Beach residents and beachgoers can look to the sky after sunset on Independence Day and expect more than stars.

After a quiet celebration for America's birthday on Estero Island last year, the Fort Myers Beach Town Council

unanimously approved Fourth of July fireworks this year during a meeting on April 19. However, the Fourth of July parade, which has been a staple on Estero Boulevard, is not being planned.

"This is not a decision to be taken lightly," said Mayor Ray Murphy. "I hope that everyone continues to practice social distancing, wear masks where you feel you need to and continue to stay safe."

Garden State Fireworks will again

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Taste Of The Beach This Sunday



Doc Ford's booth at a previous Taste of the Beach

photo provided

The Fort Myers Beach Chamber of Commerce will hold its 25th annual Taste of the Beach at Salty Sam's Marina on Sunday, May 2 from 11 a.m. to 4:30 p.m.

The popular food festival will include more than 12 restaurants, gift and promotional vendors, a beer garden, the crowd-pleasing server competition and live music by Steely Pan and headliner The

Collaboration Band.

Local restaurants will serve samples of their signature dishes, available for purchase with food tickets. They will be competing for Taste of the Beach awards including; Best Appetizer, Best Dessert, Best Chicken Entrée, Best Surf Entree, Best Turf Entree, Best Vegetarian/Vegan, Best Decorated Booth and the People's

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Historic Downtown Fort Myers, Then And Now:

What Uncle Sam Asks Of You: Do Your Part At Home



by Gerri Reaves, PhD

World War II (WWII) wasn't fought only by those on the battle fields.

Simply put, civilians at home were expected to be inconvenienced and to sacrifice. No one could escape the fact that there was a war on that was costing American lives.

Civilians took on a variety of volunteer efforts, from selling war bonds or planting a Victory Garden to staffing the USO or serving in the Civilian Defense Corps.

They also dealt with unusual circumstances like German U-boats prowling the coasts, which required nightly black-outs.

In fact, in his unpublished memoir in the archives of the Southwest Florida Historical Society, Bill Mellor describes encountering one in the Gulf just north of Boca Grande Pass while returning with fellow Sea Scouts from a "Sea Scout Rendezvous" in St. Petersburg.

That night, they heard an explosion in the distance, investigated and found debris but no survivors. They spotted the U-boat, which fortunately only circled the scouts and then left the scene. The scouts reported it to the authorities after arriving in Fort Myers the next day.

One wartime duty that no one could escape was rationing, for anybody who consumed sugar, coffee, meat or dairy products, wore shoes, or owned a motorized vehicle, had to strategize to get the most of the ration entitlement.

The Office of Price Administration (OPA) issued tokens and ration books.

The rationing was intended to help prevent price fixing, speculation and inflation. The Office of War Information, in cooperation with other agencies, such as the State Defense Council of Florida, worked full tilt to inform citizens.

Steel was rationed, so a new car, lawn mower, washing machine, or even auto



This westward view of First Street from Hendry shows downtown during World War II, when shoppers furnished with ration books complied with new rules

photo courtesy Southwest Florida Historical Society

parts became impossible dreams except for a few.

Early in 1942, just months after the bombing of Pearl Harbor on December 7, 1941, and the commencement of the war, Fort Myers, like the rest of the county, learned that citizens would soon be receiving their copies of *War Ration Book One*, which would contain stamps for the purchase of sugar for 28 weeks.

Unused stamps would not be good beyond the registration period.

Florida beekeepers expected to have a busy time trying to compensate for the lack of sugar with honey.

Gas rationing also began early in the war. Prior to being issued a gas ration book, car owners were required to swear that they were not in possession of more than five tires and to agree to periodic inspection of those tires.

In February 1943, families were told they could pool coupons if they desired, and that each person was entitled to three pairs of shoes per year.

A nationally syndicated column from the Regional Office of War Information, *War Questions from the Home Front*, provided advice on the intricacies of rationing, in addition to other topics such as car inspections, allowance checks, the economy of dry versus canned beans, whether puppies qualify for a ration book (no) and star window stickers symbolizing each family's service member.

Bulletins such as the information-packed circa-1943 publication, *What Uncle Sam Asks of You: General Orders for the Home Front*, laid out expectations, which involved not only ration compliance but behavior.

For example, everyone was urged not to repeat rumors, and upon hearing one, to report it to the Defense Council Rumor Clinic.

Among the many "conservation" instructions was the laundering and donation of unusable silk and nylon hose.

Even children couldn't escape the rigors of rationing. Piggybanks were denounced as "unpatriotic." The U.S. Mint had stopped producing copper pennies, and citizens were advised to turn pennies into war stamps.

Walk through downtown, imagine the WWII era, and ponder how your ration book might determine your shopping possibilities. Then visit the following research centers to learn more about how locals contributed to the war effort.

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

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

The Lee County Black History Society is located at 1936 Henderson Avenue, adjacent to the Williams Academy Museum at Roberto Clemente Park. Hours for the nonprofit organization are Wednesday through Friday from 11 a.m. to 4 p.m. and on Saturday by appointment only.

For more information, call 332-8778 or visit www.leecountyblackhistorysociety.org.

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

Sources: Archives of the Southwest Florida Historical Society, *The News-Press* and www.floridamemory.com. ✨



This circa-1943 poster urges civilians to comply with the rationing of scarce commodities needed for the war effort

photo courtesy Florida State Archives

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THE RIVER
WEEKLY NEWS
FROM THE BEACHES TO DOWNTOWN FORT MYERS



Susan (Cantrella Canady) looks on as, from left, lawyers Jack (Michael Massari) and Henry (Lemec Bernard) watch Charles Strickland (Brian Linthicum) write out his statement
photo provided

Crime Drama Opens At Lab Theater Friday

The case is anything but black and white. Charles Strickland is a wealthy white businessman charged with assaulting a young black woman. He says they had a relationship. She says he raped her. Lawyers Jack and Henry must decide whether or not to take his case. The simmering tensions continue to build until they threaten to engulf everyone.

David Mamet's *Race*, which opens at The Laboratory Theater of Florida on Friday, April 30 at 8 p.m. turns the spotlight on what we think but can't say, revealing dangerous truths and sparing no punches.

Artistic Director Annette Trossbach

says, "Pulitzer prize-winning playwright David Mamet gives us a provocative examination of guilt and prejudice in this compelling crime drama. Director Sonya McCarter has carefully guided our actors through a legal case that is a veritable minefield of simmering racial tension."

This show features strong adult language and mature themes.

Directed by Sonya McCarter, this show features Michael Massari as Jack, Lemec Bernard as Henry, Cantrella Canady as Susan and Brian Linthicum as Charles Strickland.

Tickets are \$28 each or \$10 for students with valid student IDs. Seating is limited and sold by section for safety.

Lab Theater is located at 1634 Woodford Avenue in Fort Myers. For more information, show times and tickets, call the box office at 218-0481 or visit www.laboratorytheaterflorida.com.✱

Friendship Walk Raises Over \$60,000

Best Buddies Southwest Florida recently raised \$61,613 during its third Friendship Walk – a CARE-a-Van drive thru event – at Miromar Outlets. While the Friendship Walk is one of two major fundraisers the organization hosts, the day-of event is a celebration for the progress made toward inclusion for people with intellectual and developmental disabilities (IDD).

Morgan "Moose" Wright, who has competed multiple times on NBC's *American Ninja Warrior* and is also a Golden Apple award-winning physical education teacher and decorated U.S. Army officer, served as grand marshal. With over 100 volunteers committed to set-up/take-down and manning 22 stations of give-aways, attendees left with way more than they arrived.

In addition to Best Buddies prizes, vendors included Starbucks, PDQ, Culver's, Coca-Cola, Publix Bakery, Movement Mortgage, Local Chapters

of Business Women (LCBW), WAY-FM, STARability Foundation, Florida Sibling Alliance, ABLE United and the Lee County Sheriff's Office with the United Way. Displays were provided by Cape Coral Police, Golisano Children's Hospital, Lee County Sheriff's Office and the Submarine Vets Naples Base. Beasley Media and B103.9 provided music and Way Too Tall Torrie danced the day away with Mussel Man from the Fort Myers Mussels and superheroes Captain American and Spiderman. More entertainment was provided by the dance team from Estero High, cheer squads from Ida Baker High, Bonita Springs High and FGCU. Junior ROTC from Estero High School, led by Senior Army Instructor Derek Carlson, assisted with parking.

The Friendship Walk this year was also a memorial to the life of Emma Bullock, a former Best Buddies chapter officer at Estero High School, who tragically passed in February. Forget-me-not seeds were given in her memory. The Bullock family was honored in the lead car, provided by Tamiami Ford, as the top-performing team for 2021. The commemorative traveling trophy will reside at Estero High

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Cast members of *Robin Hood The Musical*

photo provided

Children's Theatre Presents Merry Musical

Broadway Palm Children's Theatre presents *Robin Hood The Musical* playing selected matinees now through May 16. This engaging adventure captures the hearts audience members of all ages with fun-filled songs and humor galore.

The merry musical adventure is about Robin Hood, the outlaw of Sherwood

Forest who does all the wrong things for all the right reasons. When Robin Hood's childhood sweetheart Maid Marian is forced to marry the evil Prince John, it's up to Robin to stop the marriage, defeat the mean sheriff and secure Nottingham.

Broadway Palm Children's Theatre presents full-scale productions that are great for all ages. Performances are matinees with lunch beginning at noon and the show beginning at 1 p.m. – except on school days where there are early matinees with lunch beginning at 10:30 a.m. and show beginning at 11:30 a.m. The chef's special buffet includes

children's favorites like pizza, chicken fingers, french fries, pasta and more. Broadway Palm is continuing to follow CDC guidelines while providing a meal and entertainment in a safe and socially distanced environment. For a list of the extensive health and safety measures they have taken, visit www.broadwaypalm.com. It is important to

note that guests are required to wear masks while not eating or drinking. Ticket prices for the buffet and the show are \$19 for all ages. Group rates are available for parties of 20 or more. For tickets, call 278-4422, visit www.broadwaypalm.com, or stop by the box office at 1380 Colonial Boulevard in Fort Myers.✧

Premiere Chosen For Festival's Closing Night Film

The Fort Myers Film Festival has announced that the closing night film and awards ceremony will include the U.S. premiere of the documentary *The Lost Film of Nuremberg (2021)* by Jean-Christophe Klotz, and will honor local filmmakers including KC and Sandra Schulberg. Following the film screening at the Sidney & Berne Davis Art Center on Sunday, May 16 at 4 p.m., there will also be a panel and discussion.

After 75 years following the first Nuremberg trial, French journalist and filmmaker Jean-Christophe Klotz made the new documentary that delves into the making of *Nuremberg: Its Lesson for Today (1948)* and explores the reasons it was suppressed and not screened in the U.S.

Nuremberg: Its Lesson for Today, which will also screen as an official 2021 FMFF selection prior to the closing film on Sunday, May 16 at 2:30 p.m., is one of the greatest courtroom dramas in history, showing how international prosecutors built their case against the top Nazi war criminals using the Nazis' own films and records, spearheaded by filmmakers Stuart and Budd Schulberg. The trial laid the foundation for all subsequent trials for crimes against the peace, war crimes, and crimes against humanity. Both films document one of the greatest courtroom dramas in history and explores why the U.S. government suppressed it for decades.

Cost to view the film is \$10. The awards ceremony will feature local and international filmmakers, Champagne and dessert, and the



Stuart and Budd Schulberg spearheaded the collection of films for the Nuremberg trial in the 2021 FMFF closing night film *The Lost Film of Nuremberg*

photo provided

showing of short award-winning films.

The Fort Myers Film Festival's 11th annual festival will be held at the Sidney & Berne Davis Art Center and other venues from May 12 to 16 with restaurants and private parties to be announced. The festival will feature in person and virtual activities including the screening of 60 fresh international and independent films, with some throwback Florida films featuring cult classics and local filmmakers. Participants and attendees safety will be prioritized with organizers implementing reduced capacity with spaced seating, extra sanitization measures, strongly encouraging the use of masks and social distancing.

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



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Children's bicycles are part of United Way Gifts-in-Kind donations

photos provided

United Way Program Provides Millions Of Items

United Way of Lee, Hendry, Glades, and Okeechobee started the Gifts-in-Kind program in 2016. It was humble beginnings with the first year taking in 5,694 items worth over \$430,000. The items donated and distributed included office furniture, new shoes, clothing and a vehicle. In a single

year, those numbers doubled, and they have been on the rise every year since.

Each year, the United Way Gifts-in-Kind program gets a wide variety of physical donations and builds strong partnerships with a multitude of national and regional retail chains such as Publix, Jofran Furniture and Matter Brothers Furniture as well as local business and community leaders, and charitable individuals. These items go directly to partner agencies at no cost to them. This helps those agencies utilize their hard-earned money for their programs instead



Young volunteers help move boxes

of having to buy desks, decorations or filing cabinets.

In 2020 alone, the United Way saw over \$5.5 million worth of goods come into its warehouse for the program. They were then distributed directly back into the community. That is over 1.2 million items to help local agencies and programs.

United Way has been able to donate cars to those supporting their family and severely in need, furnish entire households after major hurricanes or homelessness, donate tens of thousands of school supplies to local schools and teachers, and

provide office furniture to agencies after major flooding. This program has allowed the organization to be there to donate holiday meals to those in need, Christmas toys to foster families and clean clothing to students suffering without. There have been countless smiles from those who found exactly what they were looking for in the inventory.

To date, the United Way Gifts-in-Kind program has distributed 1,919,535 items that are valued at \$12,359,317. These items have gone to the supporting

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Fort Myers Art:

Festival To Feature 60 Films In Seven Categories



by Tom Hall
The Fort Myers Film Festival opens on Wednesday, May 12 with a red carpet gala and the Caytha Jentis comedy *Pooling to Paradise*. Over the ensuing four days, it will screen 60 fresh

international and independent films, with some throwback Florida films featuring cult classics and local filmmakers. The 11th annual festival closes with the U.S. premier of the lost 1948 film *Nuremberg: Its Lesson for Today*, a documentary that chronicles how that film was recovered and restored, and an awards ceremony in the grand atrium of the Sidney and Berne Davis Art Center beginning at 6 p.m. on Sunday, May 16. The official films selected for the 2021 Fort Myers Film Festival include movies in the categories of: Features, Documentaries, Shorts, Short Shorts, Strictly Local, Student, and Environment. In addition to the Davis Art Center, this year's venues include Alliance for the Arts, Laboratory Theater of Florida, IMAG History and Science Center and



image courtesy www.facebook.com/fortmyersfilmfestival

Edison & Ford Winter Estates. For a complete list of films, times and schedules for the festival, visit www.dropbox.com/s/ash102pk42aq73i/FMFFOfficialguide2021lr.pdf?dl=0.
Friday Deadline For Broadway Palm Adult Auditions
 Broadway Palm Dinner Theatre is holding open auditions on Sunday, May 2 at 1 p.m. Adults (ages 18 and older) are needed for upcoming productions. Roles are available for both musical theater actors and comedic actors. 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)
 Casting calls are also open for Off Broadway Palm Theatre productions of:
Farce of Nature, plays June 3 to July 25 (Rehearsals May 20 to June 2)
Social Security, plays September 23 to November 6 (Rehearsals September 7 to 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 head shot and resume. Those auditioning for a musical need to be prepared to sing 32 bars of two contrasting songs that best shows off their 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 theater

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. Please allow yourself enough time to be seen and possibly be called back to read and/or dance. Social distancing will apply in the theater, and masks need to be worn while waiting for your appointment and when entering the theater. Broadway Palm and Off Broadway Palm are professional theaters. 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 select matinees on Tuesday, Wednesday, Thursday, Friday, Saturday or Sunday. Performance schedules are available at www.broadwaypalm.com. All those 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. All auditions are by appointment only and can be made by emailing Brian Enzman at brian@broadwaypalm.com. All appointments must be requested by Friday, April 30 at 5 p.m. For more information, visit www.broadwaypalm.com or call 278-4422. *Tom Hall is both an amateur artist and aspiring novelist who writes art quest thrillers. He is in the final stages of completing his debut novel titled Art Detective. A former tax attorney, he lives in Estero with his fiancé and their four cats.**

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Friendship Walk

School for the next year, according to the family's wishes.

"Thank you to everyone who made this year's CARE-a-Van a success," said Walk Chair Cindy Lingley. "From our walk committee that worked tirelessly on plans for many months to the volunteers who came to help make this event so successful. And to Emma Bullock's family who joined us to support the buddies Emma served so passionately."

Other top performers included Michael Weinstein, who was honored as the top individual fundraiser for 2021 raising \$4,078, followed by Candace Kelley (\$2,500) and Stephanie Maffeo (\$2,025). Top performing school teams were the Baker Bulldogs from Ida Baker High School that raised \$3,976 and Florida Gulf Coast University that reached \$2,904. Top performing community teams were led by Emma's Echo that raised \$8,811, followed by Southwest Florida Citizens (Best Buddies adult program) that raised \$6,905 and Movement Mortgage that contributed \$4,590.

"In a world of craziness, Best Buddies Southwest Florida shined and brought tears of joy to families that had the

opportunity to participate in this year's CARE-a-Van experience," said Jennifer Mackler, Friendship Walk chair for 2022. "Despite the times we live in, inclusion is here in Southwest Florida."

The next Friendship Walk will be held once again at Miromar Outlets on April 30, 2022. Opportunities to volunteer on the walk planning committee are available. If interested, contact Mackler at jenniferlm@leeschools.net.

Proceeds from the Friendship Walk are fundamental in supporting local programs that provide one-to-one friendships, integrated employment, leadership development and inclusive living. These programs can be found in all 50 states and will create promising opportunities for more than 350,000 people across the U.S. this year.

Sponsors and corporate partners for this year's Best Buddies Friendship Walk CARE-a-Van in Southwest Florida included: Tamiami Ford, Finemark National Bank & Trust, Conditioned Air, STARability Foundation, Cross Country Mortgage/The Wesson Group, Movement Mortgage, Kitson & Partners, Fairlife, Woods Weidenmiller Michetti & Rudnick, along with Beasley Media, Miromar Outlets and Starlight Productions.

For more information, visit www.bestbuddies.org.*

Fairy Tales Come To Life On The Outdoor Stage

Florida Repertory Theatre will present *Into the Woods Jr.* as part of the education department's popular Conservatory Program. Just like the older cast's version of *Into the Woods*, the junior edition features a professional creative team and stars a cast of local young artists on the theatre's outdoor stage. *Into the Woods Jr.* ran from April 28 through April 30 and continues to run through May 2.

All performances begin at 8 p.m., and tickets range in price from \$60 to \$100 for a socially distanced six-person square on Florida Rep's lawn.

"Producing live theatre has been a tremendous challenge, but these students have proven, time and time again, to let nothing get in their way of creating live theatre. Their professionalism and sense of responsibility never cease to amaze me," said Education Director Kody C Jones.

Into the Woods is Stephen Sondheim and James Lapine's modern classic that looks at all the famous fairy tales in one spellbinding story. Cinderella, Rapunzel, Red Riding Hood, the Big Bad Wolf, a wicked witch and a pair of handsome princes are just some of the characters who appear in this musical where everyone has a wish and everyone wants a happy ending. *Into the Woods* follows a baker and his wife on a journey through the forest as they try to break an evil witch's curse. Together, they discover just how far they'll go to make their dreams come true and how their actions have consequences they never intended.

The Spring Conservatory featured two different versions of the modern classic. The older student production opened April 14 and concluded April 24. The younger Conservatory students perform *Into the Woods, Jr.*, which is shorter and ends with the first act – where all the fairy tale characters have found their happy endings.



Cast members of *Into The Woods Jr.*

The full version of the musical takes a darker turn in the second act when the realities of wishes come true and come to haunt some of the heroes.

"We are so pleased to wind down our spring outdoor series with these two Conservatory productions," said Artistic Director Greg Longenhagen. "Performing outdoors since last November has been quite a successful experiment, and we're so grateful that our patrons and parents have been willing to join us under the stars. While nothing replaces the magic of live theatre inside the Historic Arcade and ArtStage Studio Theatres, patrons have expressed their gratitude for the socially distanced experience with Florida Rep Outdoors."

Assistant Education Director Christina DeCarlo directs *Into the Woods Jr.*, and is joined by musical director Carolann Sanita, set designer Nick Lease, costume designer Tony Toney, lighting designer Tim Billman, projections designer Rob Siler, sound designer Katie Lowe, properties designer Miranda White, stage manager Sarah

photo provided

Joyce, assistant projection designer Ben Lowe and assistant stage manager Mara Benton.

The cast of *Into the Woods, Jr.* includes Emerson Black, Sophia Brook, Ella Cameratta, Danae Teblum, Nina

Dotres, Yanissah Lynn Fabre, Trevor Gluski, Carter Gurule, Ellie Kahle, Gigi Lieze-Adams, Lulu Lieze-Adams, Macy Magas, Liam Martinez, Shennan Nelson, Justin Price, Grace Ryan, Ava Stoeberl, Aiden Thayer, Cooper VanderMeer, Maudie Wells, Marianna Young and Mia Zottolo.

Into the Woods and *Into the Woods, Jr.* are sponsored by Lynne Birdt.

Seating is limited in the outdoor venue and Florida Rep asks that tickets be purchased in advance, either online at www.FloridaRep.org or by calling 332-4488. Face coverings are required at all times when not inside the seating box, and the theatre will provide a mask to anyone who does not bring their own.

To maintain health and safety protocols, the theatre will not serve concessions at this time, so audiences are welcome to provide their own refreshments if they wish. Outdoor restroom facilities will be available as well as the restrooms inside the theatre lobby. However, any patron wishing to enter the Arcade Theatre Lobby must have their temperature checked before entry is granted.

Parking is free in the theater's lot on Bay Street between Jackson and Hendry. The outdoor stage and lawn seating are situated on the northeast side of the Hall of Fifty States.✧

Beach Pool Operating Hours Have Increased

The operating hours for the Fort Myers Beach Community Pool on Bay Oaks Recreational Campus have increased, effective April 26.

New hours are now 9 a.m. to 6 p.m. on Monday, Wednesday, Saturday and Sunday, and 9 a.m. to 2 p.m. on

Friday. The pool is closed on Tuesdays and Thursdays. Precautions remain in place (extra cleaning, social distancing) to prevent the spread of COVID-19.

Daily cost to attend the pool is \$7 for adults and \$5 for children. Weekly passes are \$20 for an individual and \$40 for a family of four. Monthly passes are \$55 for an individual and \$85 for a family of four. Annual passes are also available.

The Fort Myers Beach Community Pool is located at 2600 Oak Street. For more information or questions, call 765-0202, extension 1851.✧



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Soup kitchen volunteers pose for a photo

photos provided

Volunteers Needed For Soup Kitchen Benefit

Volunteers are needed for Community Cooperative's 18th annual Sam Galloway, Jr. & Friends Soup Kitchen Benefit on Thursday, May 6. Volunteer shifts start at 9 a.m. and run as late as 10 p.m.

The event raises money that helps thousands of men, women and children in our community who struggle with hunger and homelessness, and this year's benefit

will be particularly significant since the event's creator, Sam Galloway, Jr., passed away in March.

It was Galloway, Jr.'s idea to hold a community fundraiser in the service garages of Sam Galloway Ford, creating a unique and highly attended fundraiser. In 2020, the event raised a record \$1 million, attracting 700 supporters and 150 volunteers along with nearly 20 area restaurants that contributed to the event's success.

"Most people don't realize the effort it takes just to get the event space ready," said Stefanie Edwards, chief development and operations officer for Community Cooperative. "Oil changes, tire rotations



Volunteers serve food during the soup kitchen benefit

and other vehicle service is happening in the space in the morning, we transform the space by the evening for the event, and the next morning the service garage is back in full swing, like hundreds of people didn't have dinner there the night before."

In addition to helping coordinate the benefit event, volunteers have a role in raising money for Community Cooperative, which during the pandemic served three times more people at mobile food pantries than the prior year.

In 2019, Community Cooperative assisted more than 150,000 Lee County residents, providing nearly 1.3 million pounds of food, serving 231,008 meals to homebound seniors through Meals on

Wheels and logging 42,590 volunteer hours.

In 2020, Community Cooperative assisted more than 174,000 individuals, providing more than 2.2 million pounds of emergency food, serving 246,000 meals in the Community Café, delivering 105,000 meals to homebound seniors through Meals on Wheels and logging 34,000 volunteer hours.

For more information on volunteering at the soup kitchen benefit or other programs, visit www.communitycooperative.com, email volunteer@communitycooperative.com or call 332-0441.✴

Churches/Temples

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

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

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

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

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

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

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

CHAVURAT SHALOM
(Fellowship of Peace) Friday Shabbat services led by members at 6 p.m.

Saturday morning Jewish current events at 10 a.m. Talks by members on topics of interest Thursdays at 11 a.m. Contact ChavuratShalom@gmail.com to participate on Zoom.

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

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

CROWN OF LIFE LUTHERAN CHURCH AND CHRISTIAN ACADEMY

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

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

CYPRESS LAKE PRESBYTERIAN
Sunday 8, 9, 10 and 11 a.m. www.clpc.us, 8260 Cypress Lake Drive, 481-3233.

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

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

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

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

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

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

FIRST PRESBYTERIAN CHURCH OF FORT MYERS
11 a.m. Sunday, www.fpcfmyers.org, 2438 Second Street, 239-334-2261

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

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

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

LAMB OF GOD
Sunday 7:45 and 10 a.m., www.lambofgodchurch.net, 19691 Cypress View Drive, 267-3525.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



School supplies donated by Midwest Food Bank of Florida

photo provided

Food Bank Donates Needed School Supplies

Midwest Food Bank of Florida, a volunteer-driven, faith-based organization dedicated to alleviating hunger, malnutrition and providing disaster relief locally and throughout the world, has donated much needed school supplies to The Foundation for Lee County Public Schools.

As part of the community partnership with the local school foundation, the private, non-profit 501(c)(3) charity food bank recently donated a variety of school supplies for local children in need. This donation included pens, pencils, pencil cases, notebooks, folders, sticky post-its and coloring supplies for schoolchildren of all ages.

Midwest Food Bank Florida currently supports over 172 nonprofit partner agencies. This means that many local

churches, veteran supports, shelters, schools, soup kitchens and mobile pantries are likely getting a large portion of their food each month from the Fort Myers warehouse. Every Tuesday, the partner agencies come to the food bank's warehouse and shop for what they need, which is 100 percent free to them.

In Lee County, Midwest Food Bank supports 84 partner agencies, which also includes providing food to several Lee County public schools.

"At Midwest Food Bank Florida, our core values encompass all areas of community engagement. We continue to seek community partnerships both to strengthen our own mission of food relief for our Southwest Florida community, and to find new ways to expand available resources to people in need," says Karl Steidinger, executive director of MFB Florida.

Midwest Food Bank has 12 locations, including 10 in the U.S., and one each in East Africa and Haiti. For more information about MFB Florida, visit www.midwestfoodbank.org/florida. ❄

Florida State Park Fee Schedule Changes

In order to continue its tradition of award-winning visitor experiences and affordable nature-based recreation, the Florida Department of Environmental Protection's (DEP) state park system will implement changes to its fee schedule for camping/cabin reservations and related utility fees beginning May 5.

Currently, fees are collected for making, changing and canceling reservations. There will be no change in these fees under the new fee schedule, and they will continue to be collected at the time reservations are made, changed or canceled. Utility fees, which are currently collected from day campers using park utilities, will be extended to cabin stays and overnight campsites using electric and water. The fee will be assessed daily.

The Florida Park Service has not

increased any fees since 2009. Subsequent increases in utility fees are proportionate with increasing costs of electric power, water, sewer and utility maintenance. The increase in revenue will enable Florida's state parks to continue providing high-quality recreation in an unmatched natural setting.

Entry fees for Florida state parks and trails will remain unchanged.

The new fee schedule is as follows.

Reservation Fee – Non-refundable reservation fee per reservation for reservations online or using the call center; fee collected at the time of reservation; reservation fees do not apply to primitive sites. (No change in fee) – \$6.70

Cancellation Fee – Cancellation fee assessed for each reservation canceled; visitors canceling on the day of arrival assessed a cancellation fee and the first night's use fee. (No change in fee) – \$17.75

Transfer Fee – Visitors charged a transfer fee when making reservation

continued on page 14

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Environmental Shorts Part Of Film Festival

This year's Fort Myers Film Festival will include numerous fresh indie films from May 12 to 16 at various locations. Three environmental film blocks at the Sidney & Berne Davis Art Center will feature either beautiful cinematography of earth or highlight the importance of giving full attention to the environment.

On Friday, May 14, Environment Block 1 (*A Greenlander*; *Underwater Senses*; and *Eternal Vigilance*) will be shown at 1:30 p.m., while Environment Block 2 (*Marjory*; *Barbara Crites: Snorkeling St John, USVI*; *Stay Wild*; *A Fisher's Right to Know*; and *Soiled*) will begin at 3 p.m. All short selections give intelligent consideration to environmental issues around the world as well as shining a light on ones in Florida.

On Saturday, May 15, *The Wild Divide* will be screened at 3 p.m. The 17-minute short film features three friends that trek across Florida's imperiled backbone by horseback, foot and paddleboard. The Lake Wales Ridge



A film still from *The Wild Divide*

is an ancient ribbon of sand dunes that is a hotspot for biodiversity found nowhere else in the world. It is also a place steeped in a long tradition of agricultural heritage. Both are threatened by the rapid pace of change in Florida's wild

interior.

Tickets are \$10. Screenings will also take place at the Edison & Ford Winter Estates, Alliance for the Arts, IMAG and Lab Theater.

The Fort Myers Film Festival supports Lee County Schools filmmakers, Raddatz Foundation and Golisano's Children's Hospital. Sponsored by and partnered with The Sidney & Berne Davis Art Center, Edison and Ford Winter Estates, IMAG, Lab Theater, UNIT A, Florida Weekly, Bennett's Fresh Roast Coffee, J. Bert Davis MD, FACS, Facial Surgeon, Sam Galloway Ford, Black Tie Tuxedos, Aux Delicias, Riverside Realty, The Luminary Hotel, Blu Sushi, Douglas E. Spiegel, PA, Capone's Pizza, Five Star Talent, Alliance for the Arts and Kearns Restaurant Group.

Environmental screenings will also take place at the Edison & Ford Winter Estates and Alliance for the Artson Friday, May 15 and IMAG on Saturday, May 16. Participants and attendees safety will be prioritized with organizers implementing extra sanitization measures

Sidney & Berne Davis Art Center located at 2301 First Street in downtown Fort Myers. For tickets, visit www.fortmyersfilmfestival.com.

FWC To Hold Virtual Meeting

The Florida Fish and Wildlife Conservation Commission (FWC) will meet virtually on Wednesday and Thursday, May 12 and 13 beginning at 9 a.m. each day. The virtual link for this meeting will be provided on www.myfwc.com closer to the meeting date.

The FWC is committed to providing opportunity for public input. To accommodate as much input as possible from those participating in the meeting, the chairman reserves the right to designate the amount of time given to a topic or speaker, including time donation to other speakers. Check the agenda for the total time limits for each item. Public comment will be taken on

a first call basis.

The FWC is also offering the opportunity for stakeholders to provide their comments on agenda items in advance. Advance comments should be submitted no later than Friday, May 7. Those written comments can be submitted via a web form on the FWC meeting agenda website page. If you would like to provide your written comments by mail, send them to:

FWC Commissioners, 620 South Meridian Street, Tallahassee, FL 32399.

For the full agenda, links to background reports and ways to participate, visit www.myfwc.com/about and click on "The Commission" and "Commission Meetings."✱✱

Beach Taking Survey On Safety

People who live on, work on or visit the Town of Fort Myers Beach are being asked to take part in an online survey conducted by the Town's Public Safety Committee.

The survey is designed to determine the community's level of need and interest in the possible development of a community policing/neighborhood program. Topics that the survey addresses include pedestrians, homelessness, bike traffic lanes, law enforcement response, street lighting and neighborhoods.

The Public Safety Committee will review the results and make recommendations to Town Council. Deadline to take the survey is Friday, May 28. To take the survey, visit www.surveymonkey.com/r/ln3xt6f.

From page 1

Taste Of The Beach

Choice award. A panel of celebrity judges will judge the food competitors and winners will be announced on the main stage at 4 p.m. The server competition pits server teams from local restaurants against each other, vying for the coveted Best Server Team award.

The festival gates open at 11 a.m., and food will be served until 4 p.m. Advance tickets and discount ticket packages will be available at www.fortmyersbeach.org. Tickets will be available on site at the front entrance on the day of the event. Food tickets are \$1 each, with the average plate costing around \$5. Gate fee is \$5, which benefits the chamber's causes.

The Taste of the Beach has come a long way since its inception in a muddy field on San Carlos Island 25 years ago. Since then, Fort Myers Beach taste events have been held at various locations on San Carlos and Estero islands. In 2013, the festival was moved to Old San Carlos Boulevard on Fort Myers Beach, where it grew and drew bigger crowds and more participants each year.

Salty Sam's Marina is located at 2500 Main Street on San Carlos Island. For more details, visit www.fortmyersbeach.org/events/taste-of-the-beach.

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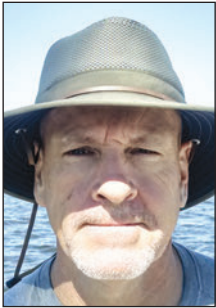
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CROW Case Of The Week:

Red-Shouldered Hawk



by Bob Petcher

The red-shouldered hawk (*Buteo lineatus*) is known as one of the nation's most distinctively marked common hawks, sporting barred reddish-pinkish underparts and a

solidly banded tail.

This medium-sized forest hawk hunts critters such as frogs, mice, snakes and other small reptiles and amphibians. Like a loggerhead sea turtle, the red-shouldered hawk returns to the same nesting territory year after year. According to the Cornell Lab of Ornithology, one red-shouldered hawk occupied a territory in southern California for 16 consecutive years.

At CROW, an adult red-shouldered hawk was admitted after it was found near the Sanibel Outlets in Fort Myers. The hawk was seen standing in the median of the road with its head hanging for over an hour. During initial examination, the head was still weak, still in a hanging position, and a bruise was noted below the right eye. In addition, the hawk was severely dehydrated.



Patient #21-1816 was in rough shape upon admittance and succumbed to its illness

photo by Haillie Mesics

"A catheter was placed in this patient for intravenous fluid administration," said Dr. Melanie Peel, CROW veterinary intern, about the hawk's first day at the clinic. "The patient was kept in an oxygen cage to aid in ease of respiration. Blood was obtained to evaluate for signs of infection."

The next day, the patient's condition seemed worse than the day before, and blood was noted coming from the mouth. Veterinarians expressed concern for rodenticide poisoning or trauma secondary to neurologic signs from possible West Nile Virus.

"We suspected this patient either had rodenticide toxicity, which can cause spontaneous bleeding due to altered coagulation or had internal bleeding from trauma of some sort. Both of which may have caused blood to be present in the mouth," said Dr. Peel. "West Nile Virus infection was only one of our differential diagnoses for this patient, but was not confirmed, as this requires more testing. West Nile Virus is not uncommon in this region of the U.S. and causes neurologic signs in red-shouldered hawks. It is also not uncommon for these birds to fall out of trees due to their neurologic signs,

which was another differential for possible trauma."

Two days after admittance, the red-shouldered hawk received a blood transfusion from CROW's red-tailed hawk ambassador, Talon.

"Ambassadors have been utilized in the past for successful transfusions," said Dr. Peel. "In addition to education and occasional temporary foster situations, they can aid in the medical treatment as well. Transfusions can be necessary after severe blood loss related to trauma or rodenticide poisoning, as two examples, which can often be successful in helping rehabilitate these animals if they are not too severely affected."

The patient continued to receive supportive care and remained under close monitoring. Sadly, the blood transfusion and efforts from the veterinary staff were not enough to help the very sick patient.

"Unfortunately, the systemic disease caused by the possible diagnoses was too advanced and severe, therefore the blood transfusion did not help this patient," said Dr. Peel. "A quality-of-life decision was made for this patient since clinical signs were not improving. Humane euthanasia was ultimately elected."

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.✱

Be Ready To Enjoy Dining Out Again!

2021 "DINER'S DELIGHT" 2 for 1 Coupon Books are now on sale!

Valid May 1 thru December 17



- Coupons good at 30 Island eating places.
- A great way to show your appreciation to our local restaurants for making it through the past year.



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 - SanCap Community Bank
 - Bank Of The Islands
 - Island Pharmacy
 - Pack & Ship
 - Bailey's
 - Periwinkle Park Office
- and from Kiwanis Members.

Full Moon Arrival



by Capt.
Matt Mitchell

After what turned out to be a few days off early last week due to a stalled front bringing rain and thunderstorms, it sure felt good to get back out on the water. Changes in weather are all part of the game and locating the fish once back at it didn't take long. After going right back to our same springtime patterns, the snook had not moved and, better yet if anything, they had been untouched for a few days. The bite was better than we had before the weather.

Extreme south winds over the weekend blew the tides up much higher than predicted by the tide chart and made for a near perfect oyster bar set up. Of all the wind we fish through, nothing fires up snook fishing more than a south wind, Add in a strong incoming tide and you often have what can only be described as a beat down.

Pick an oyster bar that sets up on a south wind. This will allow you to sit a long way out and make a super-long, wind-aided cast. The fish have no idea you're even there, and they eat with abandon.

The huge full moon of April early this week is the traditional start of our spring tarpon migration. As conditions gradually calmed down, anglers were greeted by tarpon throughout our area. From the beaches to the passes and the sound, the switch has been flipped to the "on" position as the silver king has arrived in massive numbers. While making my usual rounds while staying on the lee side of the bay, we saw tarpon everywhere we went.

Making that switch to tarpon fishing in May still excites me. We are lucky enough to live in the most premier tarpon fishery on the planet. This annual change of pace as a guide is much anticipated. Knowing that you're chasing that fish bucket list with clients makes it even higher stress than usual. Locating these fish is the easy part of the equation. Sitting in hundreds of rolling tarpon certainly does not always guarantee success, it's still up to the fish when they decide they want to eat.

When everything does come together with a face grab, there is not a better feeling.

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.✱



Pat from New York got in on the low tide, oyster bar bite this week photo provided



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Cycling Safety Notes

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Dave Doane

Plant Smart

Shiny Blueberry

by Gerri Reaves

Shiny blueberry (*Vaccinium myrsinites*) is a native evergreen shrub of special value to native bees and a nectar source for butterflies.

It requires little maintenance and works best in a natural garden or as a low hedge or border.

A member of the heath family, it is also called Florida evergreen blueberry and southern evergreen blueberry.

The blue-black berries of summer provide food for birds and small mammals, and are edible for people too. Rich in vitamin C and sugar, they resemble the familiar commercial blueberry but are only about one-third of an inch across.

This woody shrub usually grows less than three feet tall and has slender branches and stems. Its natural habitats include scrub, pine flatwoods and sandhills.

The alternate shiny leaves are about a half-inch long with very fine teeth.



Native shiny blueberry is a low-maintenance wildlife-friendly shrub with edible fruit

photo by Gerri Reaves

Elliptical or ovate in shape, they can be reddish in winter or spring. A magnified view of the lower side reveals stalked glands, a distinguishing mark.

The urn-shaped flowers appear in

branched clusters and resemble a bunch of tiny dangling bells. They range from white to dark pink, have reddish sepals, and bloom mainly in spring.

Give it full sun to partial shade in

well-drained sandy soil. It will grow in nutrient-poor soil and has a moderate growth rate.

Once established, it is drought tolerant. It does not tolerate salt.

Colonies form via underground creeping stems.

Solitary plants usually do not fruit unless two genetically unrelated plants are present. It can be grown in containers too.

Propagate it with seeds or cuttings or by division.

The Seminoles used shiny blueberry to treat a variety of illnesses.

Sources: *A Gardener's Guide to Florida's Native Plants* by Rufino Osorio; *National Audubon Society Field Guide to Florida* by Peter Alden et al.; *Native Florida Plants* by Robert G. Haehle and Joan Brookwell; *The Right Plants for Dry Places* by Suncoast Native Plant Society; *The Shrubs and Woody Vines of Florida* by Gil Nelson; www.flawildflowers.org; <http://floranorthamerica.org>; www.regionalconservation.org; and www.wildflower.org.

Plant Smart explores the diverse flora of South Florida.✧

County Accepts Grant For Water Quality Project

The Lee Board of County Commissioners has accepted a \$180,000 Innovative Technologies Grant from the Florida Department of Environmental Protection for a water quality and treatment research project.

The research, in partnership with Florida Gulf Coast University and the South Florida Water Management District, will test various methods for removal of nitrogen from the Caloosahatchee surface waters in order to improve water quality.

The research will take place at the C-43 Water Quality Treatment and Testing Project Boma site in Glades County, which includes 12 tanks, called mesocosms, containing wetland vegetation that were used to conduct a water quality assessment of nutrient removal from Caloosahatchee water that was allowed to flow through the wetland

cells.

This project will utilize some of these mesocosms to test innovative technology that could reduce nutrients in water bodies, and prevent or mitigate harmful algal blooms.

The Caloosahatchee estuary has a total maximum daily load (TMDL) state designation for Total Nitrogen and an adopted State of Florida Basin Management Action Plan to lower this pollutant. Commissioners spend millions of dollars annually on projects to reduce pollutants in the estuary.

For more information on Lee County's efforts to protect and improve water quality, visit www.leegov.com/water.✧

LCEC Sponsors Garden Club For Safe Tree Planting

Lee County Electric Cooperative (LCEC) will partner with the Garden Club of Cape Coral to sponsor a landscaping project for a Habitat for

Humanity's Cape Coral Women Build home. The club will work with Lee County Master Gardener volunteers to create a Florida Friendly landscaping in the hopes of being an example to others in the community. This project will be documented, and a video will be created volunteers to educate residents on the nine principles of Florida-friendly landscaping.

"Our decision to sponsor this initiative has to do with the importance of the first principle in the Florida-friendly landscaping program, Right Plant, Right Place," said Public Relations Director Karen Ryan. "We are passionate about helping residents in our community understand it can be life-saving to plant vegetation planted safely away from power lines and care for trees properly."

LCEC reminds all residents that:

Touching or contacting power lines with tools may cause a powerful or fatal electric shock.

When pruning trees, all tools and trimmings must remain a minimum of 10 feet away from energized lines.

Only qualified line clearance arborists may work within 10 feet of energized lines.

Always contact LCEC before performing or contracting tree work near electric lines. LCEC can schedule safe clearing in advance of your tree care or deenergize the line.

LCEC has a strong focus on tree planning and care. Contact with power lines is extremely dangerous, and in some cases, fatal. To learn more about LCEC's commitment to safe tree care practices, visit www.lcec.net.✧

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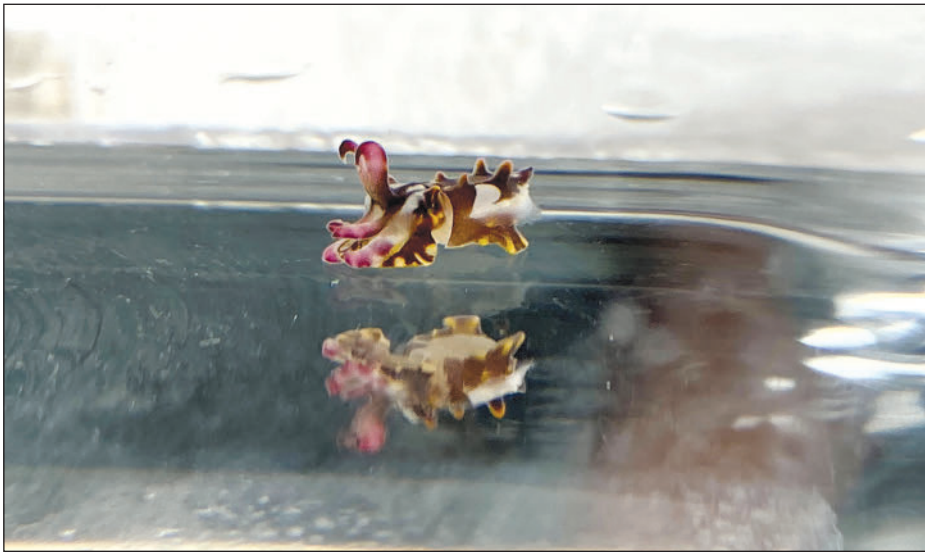
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Cuttlefish Exhibit At Shell Museum



Flamboyant cuttlefish hatchling

photo provided

Small, colorful and rather feisty cuttlefish hatchlings are now on exhibit at the Bailey-Matthews National Shell Museum on Sanibel.

Viable eggs from flamboyant cuttlefish (*Metasepia pfefferi*) arrived at the museum from Woods Hole Marine Biological Laboratory in late January. After a few

weeks of incubation, the eggs began to hatch. Shortly after hatching, they began to stalk and hunt their live prey of mysids, a small shrimp-like crustacean.

Unlike other cephalopods, flamboyant cuttlefish are very active during the day. They can not swim very far, so they use their arms to "crawl" along the ocean

floor. Rather than swim away when they are threatened, they will display a variety of colors to startle their prey, warning them that they are toxic.

The flamboyant cuttlefish are on display in the Cephalopod Gallery and can be found in a small "crib" within the exhibit. The use of the crib is so the aquarists can keep a close eye on them, to ensure that

all are eating. Once they are large enough, they will be released into the permanent exhibit.

The Bailey-Matthews National Shell Museum is located at 3075 Sanibel-Captiva Road. It is open daily from 10 a.m. to 5 p.m. For more information, visit www.shellmuseum.org or call 395-2233.✪

Smart Fishing Practices Help Protect Wildlife

Mind Your Line, a collaborative effort among Sanibel-Captiva conservation organizations, is issuing a plea to local fishing enthusiasts to use smart practices to protect the region's majestic brown pelicans.

The brown pelican (*Pelecanus occidentalis*) is protected by the U.S. Migratory Bird Treaty and included in the state's Imperiled Species Management Plan. Nonetheless, a leading cause of lethal injury in pelicans and other shorebirds is fishing hooks and monofilament entanglement.

The COVID-19 pandemic led to an increase in anglers on the water seeking outdoor, socially distanced recreation or fishing to feed their families in the face of economic hardship. As a result, many boat ramps and fishing piers in the region have seen an uptick in the number of injured and entangled wildlife – particularly brown pelicans.

As a member of Mind Your Line, Sanibel-Captiva Conservation Foundation (SCCF) is working with local partners to spread the word about proper fishing practices to reduce harmful impacts on birdlife. The popular Punta Rassa Boat Ramp on the mainland at the east end of the Sanibel Causeway has been the site of a steady stream of disturbing cases because a large group of pelicans, mostly juveniles, hang around the docks and the ramp daily. As fishing charters and private boats return to the ramp and fish-cleaning station, these pelicans gather around and beg for handouts. Many of these birds are suffering from embedded fishing hooks or monofilament entanglement. Others have torn pouches from trying to swallow bony fish carcasses.

Volunteers, county parks staff and good Samaritans have been able to corral and deliver them to the Clinic for the Rehabilitation of Wildlife (CROW) for treatment, but often the injuries are too severe, and the birds do not survive.

An traumatic incident happened recently when a juvenile brown pelican became trapped in the fish-cleaning station's carcass grinding machine. SCCF staff returned to the ramp to gain a better understanding of the situation. They observed countless birds with embedded hooks and pouch injuries. On two out of three visits recently, they captured hooked birds to deliver to CROW.

Though there is signage indicating it is illegal to feed wildlife, people still improperly dispose of carcasses and bait in the water.

Do not feed fish scraps to the pelicans or discard carcasses in the water. If caught



The brown pelican

photo provided

on a line, reel the bird in slowly to prevent further injury. Place a net under the pelican as soon as you are able to reduce stress and commotion, which can cause more injury. Remove the hook by cutting the barb and pushing it backwards to remove.

Release the pelican if it is healthy. If it is not, call CROW at 472-3644.

Visit the Mind Your Line website at www.mindyourline.org for information about proper ways to discard monofilament and fishing gear and how to unhook a bird. If you have questions, email mindyourline@gmail.com.✪

From page 9

State Park

change. (No change in fee) – \$10

Utility Fee – Non-registered, day-use sites per unit per day; all campsites with electric and water service and all cabins. Does not apply to primitive tent sites or to sites that do not use electric – \$7

Park fees are deposited into the state park trust fund and appropriated annually to support park operations and maintenance. Utility fees help cover increased utility costs, repairs and improvements. Improvements include repairing or upgrading electric connections, and improving and operating wastewater and water systems, including connection to municipal water and wastewater systems.

"Utility payments and improvements are a large and growing cost of park operations," said Eric Draper, director of the division of recreation and parks. "We are proud of continuing improvements to campgrounds and cabins to make overnight stays comfortable by providing safe and reliable electric, sewer and water service."

For more information, visit www.floridastateparks.org.✪

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Realtor Association Names Director

The Royal Palm Coast Realtor Association (RPCRA) has appointed Jeffrey Bratton as the association's new director of Multiple Listing Service (MLS).



Jeffrey Bratton

In this position, Bratton is responsible for handling the operations of the Florida Gulf Coast MLS and supporting the RPCRA in meeting the ongoing MLS needs and goals of over 8,000 real estate professionals served by the association.

Bratton is passionate about the future of the MLS industry and plans to actively contribute to the Real Estate Standards Organization and Council of MLS, leveraging new technologies and helping the industry respond to challenges faced in the market.

Providing an up-to-date listing of homes, condos, land and commercial buildings for sale in Southwest Florida,

the RPCRA's MLS is a critical resource for realtor members. With a single search, members can view Southwest Florida listings to find properties that match specific search parameters, as well as find and host virtual open houses. The RPCRA offers MLS training resources to support realtors in their efforts to list and search for properties that meet the needs of their clients. This includes monthly classes hosted by a local trainer, interactive training courses and a video library.

"Southwest Florida's real estate market is competitive, and access to MLS listings is essential for realtors to be able to best serve their buyers and sellers," said Beate Jones, CEO of the RPCRA. "We are pleased to welcome Jeffrey and know his expertise will support the RPCRA in its efforts to serve as a trusted resource for professionals within our local real estate community."

Bratton brings more than 15 years of experience in the MLS industry to his role with the RPCRA. He most recently served as the MLS manager at Southwest MLS for three years and previously worked with real estate associations in New Mexico and Texas. Bratton earned his bachelor's degree in sociology from the University of New Mexico.

To learn more about the RPCRA, visit www.rpcra.org or call 936-3537.✱

Survey Launched To Help Transform Local Workforce

FutureMakers Coalition of Southwest Florida has launched their latest employment survey, and officials from the regional collective impact initiative are asking for the region's help in completing the online form. To take the survey, visit www.surveymonkey.com/r/kg33mhz.

The survey is designed to capture the views and values of employers doing business in Southwest Florida.

"The goal is to get as many employers as possible to take the survey," said Tessa LeSage, FutureMakers Coalition director. "We have a bold goal to transform Southwest Florida's workforce by increasing the proportion of skilled workers holding the credentials needed to fill in-demand jobs locally to 55 percent by 2025. We are currently at just over 41 percent, so there is much work to be done, and it will take all of us working together to get there."

The Southwest Florida Community Foundation is the backbone organization of the FutureMakers Coalition and administers this survey on behalf of the coalition. FutureMakers is a regional initiative with the goal of transforming the workforce by increasing the number of degrees, certificates and high-quality credentials to 55 percent.

"In order to grow a regionally strong workforce in our communities, we need

to further understand the needs and perspectives of employers," LeSage said.

The survey is divided into three sections including a company's future workforce; most desired workforce skills; and current state of a company's workforce.

The survey, which takes about 15 to 20 minutes to complete, is now open and will close on May 14.

Aggregated results of the survey will be available after analysis on the FutureMakers website and as part of the annual outcomes reporting for the coalition. Data collected will be used by the Southwest Florida Community Foundation and the FutureMakers Coalition to guide regional collective impact around post-secondary attainment and workforce development. Individual responses will be completely anonymous.

FutureMakers Coalition has been designated a Talent Hub by Lumina Foundation in partnership with The Kresge Foundation to support local efforts to increase educational attainment. The coalition is committed to creating a cradle-to-career pathway to ensure success for traditional students and adult learners. It has grown to over 300 FutureMakers representing business, education, government, nonprofits, philanthropy, residents and students across Glades, Hendry, Collier, Lee, and Charlotte counties.

To take part in this community-changing initiative, visit www.futuremakerscoalition.com or email tlestage@floridacommunity.com.✱

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Winners Of Rock The Road Challenge



Lee County Tax Collector Noelle Branning and Owen Pelegrino photos provided



Lee County Tax Collector Noelle Branning and Steven Hill



Lee County Tax Collector Noelle Branning and Colton Rimes



Lee County Tax Collector Noelle Branning and Brayden Fairchild

The Lee County Tax Collector (LCTC) recently announced the winners of the 2021 Rock the Road Challenge. Owen Pelegrino from Cape Coral High School and Colton Rimes from Fort Myers High School took home top honors in the competition, which sought the best first-time student drivers in Lee County.

Both top finishers earned \$1,000 scholarships from event sponsors Dawn and Mike Sullivan at Sullivan State Farm Insurance Agencies in Cape Coral. Competition finalists Brayden Fairchild of Bishop Verot High School and Steven

Hill of Riverdale High School both earned \$250 scholarships from Brian Rist at Storm Smart.

The event finals were held on March 27 at Miromar Outlets as part of the Lee County Sheriff's Office Teen Driver Challenge. Finalists completed a series of driving exercises, including navigating a serpentine course forward and in reverse, a figure eight, backing and cornering, evasive maneuvers and emergency braking.

"This last year has been especially challenging for student drivers, with the postponement and cancellation of many

traditional driver education programs," said Lee County Tax Collector Noelle Branning, a judge of the Rock the Road Challenge finals. "I was thrilled to see the outstanding driving skills that these students exhibited during the competition."

The four finalists moved on to this final contest after earning high scores in the preliminary competitions conducted by LCTC at LeeTran in January and February. The preliminary rounds were judged by driving instructors and videos of each competitor can be viewed on the LCTC Instagram page @

leecountytaxcollector.

In all, 43 applications were received from 17 Lee County high schools. One student from each high school was selected at random to participate. Nine students participated in the competition.

The Rock the Road Challenge is one of several community projects of the Lee County Tax Collector's office. Other initiatives include Kids Tag Art, which helps fund art education and honors student creativity, and the Tree of Life, a permanent visual dedication to organ, tissue and eye donors. Visit www.leetc.com to learn more.*

From page 1

Davis Art Center

somehow hears its call to become what it wants to become rather than what is expected.

Abuela's passion for balancing matter and spirit through color and design has fueled ambiguity in his works, creating what he calls a series of Unfunctional Function. He invites the viewer into a contemplation of oneself while gazing directly into his own reflection. Learn more about him at www.juanabuelaartist.com.

Functional Art illustrates quite simply that we live in a world of practicality. There are many things in our lives we use in order to operate more easily in the modern age. These things must be in our space for functional purposes but there is no reason they should not also appeal to the eye. Functional art is designed to make us rethink the way we look at everyday things, sometimes by using unusual materials in their construction to impressively display elegance and craftsmanship which contributes positively to aesthetic value and beauty. The functional art genre can be remarkably

inclusive: it encompasses everything from furniture and lighting to dishes and even books. While the terms "fine" or "high" art typically apply to traditional works of art on canvas, panel, paper or stone, functional art infuses these aesthetic ideals into things that one might never have expected to view as art. Today, many functional art objects are as avidly acquired by collectors as some of other fine art pieces, such as sculptures and paintings. These items are appreciated just as much for their beauty as their use value. This group exhibition is curated by Cesar Aguilera.

Sidney's signature cocktails will be served at the rooftop sculpture garden and reception area while guests peruse the newest works of art including the colorful Heaven's Gate mural, created by Aguilera and Brian Weaver, and sophisticated sculptures temporarily on display from Miami artists.

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

Superior Interiors

How To Decorate Your Entryway



by Marcia Feeney

Your entryway makes a statement that can define the look of the rest of your home. It's the second impression your guests get after the initial gaze upon your home's exterior; it sets the

tone for the look and feeling exuded by your living room, kitchen, bedrooms and other gathering spaces around your house.

Because it can make such a major impact, decorating the entryway is a task that shouldn't fall under the radar. In fact, it's one that should be on the top of your priority list. While you should keep furniture and decor to a minimum to avoid cluttering the space, you should take advantage of certain colors, patterns and textures that can compensate for the small area you're working with.

Choose a color scheme that complements, or matches, the rest of your home. While this is the place in your home to make a statement, that doesn't mean it should stick out like a sore thumb in comparison to the rest of your house. The entryway or foyer tends to flow seamlessly into another room, so choosing a similar color scheme is a critical step to connecting the dots. This doesn't mean that it must follow the same pattern,

colors and textures, rather, it should be complementary to the rest of your living space (or at least the first floor). We often call this the "common thread" that establishes flow within a home.

Play around with patterns and textures, but don't go overboard. Making that initial unforgettable impression can be easily achievable if you incorporate patterns and textures into a space that could be otherwise dull and forgettable. Just remember, less is more when it comes to small areas in the home. Something as simple as replacing a hardwood floor with something more thrilling and attention grabbing like sleek and modern tile can make the statement you're looking for. A textured wall can also make a major statement in the entryway.

Have fun with a statement piece. We all know that the easiest way to make a statement is with the placement of artwork, furniture, or other accessories that does all of the talking for the room. We suggest adding interest with a gorgeous chandelier, an attractive centerpiece table, a console table, or a stunning chest. Of course, finding the best statement piece for your entryway will rely heavily on the amount of space you have to begin with. The prior suggestions may work best for someone with a large entryway over anyone who has a small, narrow space to work with.

A homeowner with a smaller entryway may consider a different route in selecting a statement piece. For example, an exquisite lamp or set of sconces, gorgeous artwork, or a large decorative mirror can make a bold statement with little effort.

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

Seminar On Legal And Tax Ramifications

Recent trends show employers using the services of independent contractors and freelancers more frequently in today's business world. While this choice offers many advantages, there are restrictions that could lead to IRS and legal entanglements for the employer if not properly followed.

To help local businesses understand this issue and better protect themselves, the Above Board Chamber of Florida has assembled a group of expert panelists for this month's luncheon seminar at the Crowne Plaza Fort Myers at Bell Tower Shops and online via Zoom on Thursday, May 13 from 11:30 a.m. to 1 p.m.

By attending this seminar, The Legal Differences and Tax Ramifications of Hiring an Employee vs. an Independent Contractor, business leaders will learn guidelines to help determine whether hiring a new employee or using an independent contractor is best for their company's needs. The panel will discuss the advantages and disadvantages, as well as the responsibilities of a business owner.

The panel will also review new and existing laws and explain the nuances involved when creating relationships with independent contractors.

This seminar will help attendees better understand:

The differences between an employee and an independent contractor;

Your rights and responsibilities as a business owner;

What withholdings are needed for employees;

The burden if you misclassify a worker or don't correctly withhold or pay the required amounts;

The degree of control the employer has – or doesn't have – with employees and contractors; and

How to protect you and your business from being fined and incurring tax penalties.

Fort Myers panelists include:

Tracy Pyles, senior managing attorney at Lee Health;

Kevin Ruane, Lee County commissioner and president of Castleton Mortgage;

Mindy LaCroix, president of Minette L. La Croix, CPA PA; and

Suzanne M. Boy, Esq, founding member at Boy Agnew Potanovic, PLLC.

The Fort Myers event is sponsored by Tom Holmlund, president of Acarté Technology, and Ruane. Jeanne Sweeney, CEO/founder of the Above Board Chamber of Florida, will emcee both seminars.

In-person registration for the seminar is \$33 for members and \$35 for non-members. Zoom registration is \$10 regardless of chamber membership. To register, visit www.aboveboardchamber.com.

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Book Review

The Paris Library



by Di Saggau

The Paris Library is based on a true World War II story of the heroic librarians at the American Library in Paris. It's a wonderful read, an unforgettable story of romance,

friendship, family and, most of all, the power of good literature. Set in 1939 Paris, we meet young Odile Souchet, the daughter of a police captain, who has just finished library school. She lands a dream job at the American Library, but when the Nazis march into Paris, Odile could lose everything she holds dear including her beloved library.

Odile falls in love with one of the officers her father brings home for dinner. As the war continues and Paris is taken over, she fears for her twin brother captured by the Germans. She transports books to Jewish patrons who are forbidden to come to the library. She also starts to question some of her boyfriend's actions.

Her story is juxtaposed with that of Lily, a teenager in Montana who, in 1983, gets to know her next-door neighbor Odile, who moved to Montana as a bride after the war. Lily begins to

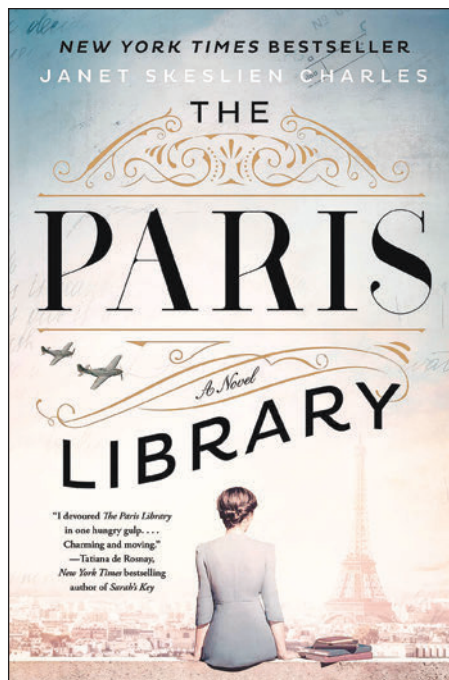


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uncover more about her neighbor's mysterious past and finds that they share a love of language and longings, never suspecting that a dark secret from the past connects them.

The Paris Library is a powerful novel that delves into the consequences of our choices and the relationships that make us who we are. The author worked as a program's manager in 2010 at the American Library, and she integrates the stories of many of the real-life employees

and patrons of the library into the story. The reader discovers an unforgettable novel about the power of books and friendship and how ordinary heroes can be found sometimes in the quietest places.

The American Library in Paris sits in the shadow of the Eiffel Tower. The

School Smart



by Shelley M. Gregg, NCSP

Dear Shelley, My daughter, who's in middle school, has recently had a series of rejections and disappointments at school and socially. She did not get the

position she wanted on her team, she's failed a few tests despite studying and her two best friends have moved away. I want to help her handle these disappointments and get her back on track at school. What could help?

*Renee P. Fort Myers***Renee,**

It is inevitable that our children will experience feelings of disappointment, rejection and defeat at times. These are powerful feelings that are to process. When we are disappointed, unhappy or sad and don't reach some of our goals, we can fall into a trap of self-blame and pessimism. Psychologists say that resiliency, sometimes called grit, is a characteristic that can help children work through these powerful feelings.

Katherine Prudent, a counselor who works with adolescents at the Freedom Institute, has recommendations for parents about teaching their children to cope with strong feelings and for developing skills to build resiliency.

Here are some suggestions for you to use:

Comfort and validate their experience – When our kids feel validated and understood, it helps them build a sense of self. It also normalizes their feelings. When children are able to feel and tolerate uncomfortable feelings, the easier it is to handle them the next time around.

For example, if your child is disappointed because she did not win, get an A, get invited, etc., you could say, "That's so disappointing, I know you were really hoping to..." Many well-intentioned parents attempt to minimize

largest English-language lending library on the European continent, it has 4,000 members and represents 60 countries. In 2020, the library will celebrate its centennial. Charles says, "The Paris Library is a reminder that we must protect and appreciate what we have."✱

feelings of disappointment for their kids, when they really should be validating their kid's feeling. Your child is disappointed and may need some comfort before she can consider the other alternatives.

Make failing safe – Most of us are afraid of failure. Failure is an excellent learning experience, albeit an uncomfortable one. It can help us reassess our goals and come up with a new game plan to try again. The old adage about learning from one's mistakes is quite accurate in this regard and should be used often with children. Encourage them to continue and preserve no matter the failure. It's very important to make them understand that to "try again" as is said shows strength and determination.

Align your children's value to their distinctive qualities and character, not their achievements. All parents want their kids to go to the best schools, get straight A's and be superstars, but this pressure to succeed can send a message that your self-worth is directly correlated to your achievement, which is the incorrect message to send. Instead celebrate their unique qualities and encourage them to use these qualities to succeed.

We all want to protect our kids from trials and tribulations, but if we shelter them for too long, it may hinder their ability to develop a sense of self-efficacy. When we try to solve problems for them or intervene on their behalf, it sends a message that we don't think they can do things on their own and they start believing that. Try problem-solving together, and it will give them the confidence to handle situations in the future and give you the reassurance that they can handle it.

Shelley Gregg is former faculty at Florida SouthWestern State College, where she taught psychology and education courses. She is also a nationally certified school psychologist and consultant for School Consultation Services, a private educational consulting company. Questions for publication may be addressed to smgreggs@gmail.com or at www.schoolconsultationservices.com.✱

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

From page 5

United Way

communities in Lee, Hendry, Glades and Okeechobee communities. This program does not resell any donated goods and ensures that each item goes to those that need it most.

This year, the United Way Gifts-in-Kind website launched as a tool partner agencies can utilize by logging in and physically seeing the items currently available. This site allows them to see photos, measurements and provides an

easy checkout process. Thus, the method of getting important items to agencies in need has been made efficient and easy. In three short months, United Way's Gifts-in-Kind program has fulfilled 121 online orders, and officials look forward to continuing to make a lasting impact within the communities.

United Way of Lee, Hendry, Glades, and Okeechobee has raised and distributed over \$199 million since it was established in 1957. For more information, call United Way at 433-2000 or visit www.unitedwaylee.org.✱

Nonprofit Group Adds Board Member

Family Initiative has named Paul Beattie to its board of directors. He is the founder and president of Beattie Development and the Beattie Family of Companies.



Paul Beattie

Family Initiative, Inc. is a Southwest Florida-based 501(c)3 nonprofit charitable organization dedicated to supporting children with autism and strengthening their families.

"We're thrilled to welcome Paul to our leadership team," said David Brown, MSW, president of Family Initiative. "He brings a wealth of business success and inspiring amounts of compassion for community that will be critical to apply as we grow to meet the demands of the thousands of kids and families impacted by autism spectrum disorder (ASD) and Florida's child welfare system. His willingness to join our board is testament to the impact our programs and services make for local families in desperate need of help."

Beattie's track record of support for Family Initiative also includes a December 2020 matching-funds challenge that raised \$10,000 for the nonprofit and enlistment of a volunteer group of Beattie company employees to paint the exterior of the newly opened Family Initiative Autism Services Center.

In addition to his role as a member of the Family Initiative Board of Directors, Beattie currently serves as president of the Lee Building Industry Association (BIA). He graduated from Clemson University with a degree in construction management.

To learn more or donate to Family Initiative, Inc., visit www.fi-florida.org.✱

Public Relations Group To Host PR University

The Southwest Florida Chapter of the Florida Public Relations Association (FPRA) will host the annual 2021 PR University at Florida Southwestern State College (FSW) on Friday, May 21 from 8:30 a.m. to 4:30 p.m. The program will take place in building AA, Room 177.

The chapter invites business leaders and PR/marketing professionals to attend the upcoming in-person event titled Tackling the Challenges of our Changing World. PR University will focus on the exploration of new

approaches within the profession, all while staying true to the guiding principles of the PR industry. Attendees will gain insight on ways to adapt, evolve and educate themselves on emerging strategies and technologies.

This year's PR University will showcase industry-leading professionals in tourism, business development, media and more, all sharing their best practices, takeaways and case studies on how to successfully execute forward-thinking public relations.

Registration for PR University is \$55 for students, \$75 for members and \$99 for future members. It includes breakfast and lunch. FPRA members can earn two accreditation in public relations continuing education credits.

FSW is located 8099 College Parkway in Fort Myers. To register, visit www.fpraswfl.org/event-registration/fpra-events/pruniversity-next-approaches-tackling-the-challenges-of-our-changing-world.✱

Base Operations At Airport Voted Among The Best

Base Operations at Page Field has been ranked in the top five percent of fixed-base operators (FBO) in an international survey conducted by Aviation International News (AIN). This is the ninth consecutive year Base Operations at

Page Field has been named a top fixed-base operator by AIN. Base Operations ranked first in the Fort Myers/Naples area, had the third best score in the facilities category, was in the top 10 for its passenger amenities' score and landed in the top 10 overall for FBOs in the Americas.

"We appreciate being recognized as a top FBO for our outstanding commitment and delivery of services to our guests at Base Operations at Page Field," said Ben Siegel, CPA, CM, executive director of the Lee County Port Authority. "The Base Operations team always does a great job, but I have never been prouder of the way they have handled themselves and our business during these difficult times."

The FBO survey is conducted annually and asks pilots, flight attendants and dispatchers to provide feedback on the level of customer care at individual business and general aviation service providers throughout the U.S., Canada, Mexico, South and Central America, and the Caribbean. AIN conducts the survey year-round online and calculated cumulative averages from 2014 to present for this year's results. The survey asked qualified subscribers to evaluate FBOs they visited the previous year in five categories: line service, passenger amenities, pilot amenities, facilities and customer service representatives.

For more information, visit www.baseoperationsfmy.com.✱



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Finding The Right Basket



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

When choosing how to approach your estate plan, it’s important to realize that the different types of assets you own have different legal and tax treatments. The way that I most often explain it is to consider them grouped into separate baskets, and then decide how you want your estate plan to distribute each type of basket.

The first basket consists of your Florida homestead. Florida law limits what you can do with your homestead in your estate plan. My book, *Asset Alignment and Your Estate Plan*, details the complex issues surrounding the devise of your Florida

homestead through your will or trust.

If you are married, for example, and do not have a nuptial agreement with your spouse, then you must bequeath your homestead in fee simple to your spouse. You cannot bequeath a life estate interest or put your homestead in some kind of a trust that benefits your spouse for life and then distribute it to others. If you do, then you have an invalid devise. I’ve written other columns on this topic before. If your plan involves bequeathing your homestead other than outright to your spouse, then this basket needs attention – and likely will need at least a limited nuptial agreement dealing with this issue.

The second basket consists of your IRA, 401(k), pension and profit sharing plans (Qualified Retirement Accounts). Here, whomever you leave these accounts to will have income tax liability associated with any withdrawals, just as you presently recognize taxable income (unless you have Roth accounts) when you take distributions. While a spouse is the only beneficiary who can “roll over” the account into his or her own account, non-spouse beneficiaries will have Required Minimum Distributions (RMDs) upon receiving an inherited IRA, regardless of their age. If a minor is named as a beneficiary, a court process will also be required without proper planning. Moreover, if you name a trust as the beneficiary of this kind of account, income taxes may be accelerated without proper planning.

The third basket consists of stocks, bonds, mutual funds, cash and bank accounts

that are not Qualified Retirement Accounts. These assets receive a step-up in tax cost basis at the death of the account owner, meaning that unrealized capital gains are usually eliminated. These types of accounts have the fewest restrictions on how you can bequeath them in your estate plan.

The fourth basket consists of closely held business interests. These assets aren’t easily disposed of, as they are not traded on any stock exchange. Moreover, you may have other family members or third parties involved in the business or entity. There may be a shareholder, partnership or membership agreement that either restricts the disposition, or requires that the interest first be offered to the other shareholders at death. In the case of “S” Corporation stock, there are important elections that must be made within a certain time period after the death of the owner, and the type of beneficiary is restricted under federal tax law.

The fifth basket consists of annuities and life insurance policies, which have beneficiary designations. Annuities are similar to Qualified Retirement Accounts because the beneficiary will usually recognize taxable income when receiving distributions. The recent SECURE Act had some major impact on these types of accounts. Wills and trusts generally do not govern the disposition of these assets unless they are named in the beneficiary designation. Trusts named as beneficiaries of annuities may incur higher income taxes than direct beneficiaries due to their compressed federal income tax rate structure.

The sixth basket consists of real estate that is not your Florida homestead. There may be inheritance taxes associated with this asset if it is owned in a state that imposes such taxes. Commercial real estate may be held in the form of a corporation, partnership or LLC discussed earlier. The ongoing management of this asset should be considered in your estate plan.

Yet another basket might be a trust in which you are a beneficiary and possess a “power of appointment” that would allow you to alter its disposition from the default provision in the governing document, which might be a parent’s will or trust. Your attorney should determine whether you have a power of appointment, whether it is limited in any way, and whether the value of the trust will be considered taxable in your estate for federal estate tax purposes.

There may be other baskets in any individual plan. So as you can see, when planning your estate, all of the different baskets should be considered, along with their unique legal and tax consequences. Failure to consider the intricacies of each type of asset might result in missing planning opportunities or in unintended adverse results.

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Legislators To Speak At Real Estate Meeting

Florida Rep. Jenna Persons-Mulicka and Sen. Ray Rodrigues will review the 2021 Legislative Session and implications for Southwest Florida’s real estate industry at the Real Estate Investment Society’s (REIS) luncheon meeting in the Osprey Room at Pelican Preserve on Tuesday, May 11 at 11:45 a.m.

Recent legislative action and budget allocations will have far-reaching impacts on the local economy and Rep. Persons-Mulicka and Sen. Rodrigues will summarize the key issues to watch. They are also expected to provide insight on the legislative process and political factors. Following the presentations, the legislators will respond to questions of specific interest to the real estate and development industry.

Rep. Persons-Mulicka was elected to the Florida House of Representatives in 2020 and serves on numerous committees, including the infrastructure and tourism appropriations subcommittee. She is a partner in the Strayhorn & Persons law firm in Fort Myers, where she specializes in government, commercial, land use and zoning.

Sen. Rodrigues was elected to the Florida Senate in 2020 after having served in the House of Representatives for eight years and being majority leader. He chairs the governmental oversight and accountability committee and serves on several others, including banking and insurance and finance and tax committees.

He has worked as budget manager for the College of Arts and Sciences at Florida Gulf Coast University.

Admission is \$30 for members and \$40 for guests, which includes lunch. Reservations are required by Thursday, May 6. The meeting is sponsored by Sallee Promotions.

Pelican Preserve’s Clubhouse is located at 9802 Pelican Preserve Boulevard in Fort Myer. For more information and to reserve, visit www.reis-swfl.org.✴

Bank Funds \$109 Million For COVID-19 Loans

Sanibel Captiva Community Bank has processed more than 1,100 loans totaling just over \$109 million under the Small Business Administration’s (SBA) Paycheck Protection Program (PPP) to help local small businesses, nonprofit organizations and independent contractors support payroll and related costs, saving tens of thousands of jobs in Southwest Florida.

The PPP, which was originally launched in April 2020 to address economic challenges caused by the COVID-19 pandemic, provides forgivable, government-guaranteed loans for the nation’s small businesses. According to the SBA, approximately 41.7 percent of Florida’s workforce are small business employees.

In the first round of the program, the bank processed 766 loans for nearly \$70 million. In the current round, almost 350 additional loans have been secured for \$37 million.

“As a community bank, we combine traditional bank functions with relationship banking, which delivers added value to our customers and enables us to help support the Southwest Florida business community,” said Kyle DeCicco, Sanibel Captiva Community Bank’s executive vice president and senior loan officer. “Over the past year, our team has worked tirelessly to process these loans, ensuring that essential funds are made available to Southwest Florida businesses.”

The average loan amount Sanibel Captiva Community Bank processed was just under \$100,000. Loan amounts ranged from as low as \$500 to more than \$3.7 million.✴

Transportation Committee To Meet On May 6

The Citizen Advisory Committee (CAC) of the Lee County metropolitan planning organization (MPO) will meet at the Cape Coral Public Works department on Thursday, May 6 at 3 p.m.

Agenda topics for the meeting include review/approval of an amendment to the transportation improvement program, update on the MPO Board Caloosahatchee Bridge pedestrian facility discussions, review/approval of the Federal and State transportation priorities, review/approval of the Joint Regional TRIP Priorities with Collier and Charlotte counties, presentation on the SR 31 Project Development and Environment Study, review of the Draft fiscal year 2021-22 through 2025-26 transportation improvement program and

proposed amendments to the 2045 Long Range Transportation Plan.

The Cape Coral Public Works building is located at 815 Nicholas Parkway East in Cape Coral. For more information, visit www.leempo.com.✴

From page 1

Fireworks

be the pyrotechnics company to set off the fireworks at the end of the Beach Pier. The show is expected to begin at approximately 9 p.m. Note that Matanzas Pass Bridge will close to oncoming traffic from 9:30 to 11 p.m. Anyone over the age of 6 will be required to wear a mask if they are unable to social distance.

Last year, due to COVID-19, Fort Myers Beach officials, along with officials from all other Southwest Florida town municipalities, postponed the annual fireworks show slated for July 4. The Fort Myers Beach Town Council did approve to authorize Town Manager Roger Hernstadt to execute a revised contract with Garden State Fireworks in the amount of \$27,000 for the 20-minute choreographed display between July 4 and December 31, 2020. A nonrefundable deposit of \$13,500 – 50 percent of the total cost – would have to be included with the signed contract, which was revised with language increasing a 90-day window to hold the fireworks show to 180 days to include New Year’s Eve.

But, due to the ongoing pandemic, Town of Fort Myers Beach officials nixed the idea of a New Year’s Eve fireworks celebration as well. They did, however, extend their previously extended agreement with Garden State Fireworks a second time, to allow the in-place contract to be applicable for July 4, 2021.✴

Frankly Speaking



by Howard Prager

We all deserve to have a great moment. Whether it's scoring the winning goal or getting a win at work. Whether it's bowling a personal high or cooking a perfect meal.

Whether it's giving advice that helps others achieve their goal, or having fun with the perfect companions on the golf course. Whether it's doing something for your community or watching your team succeed. They all count.

Sports provides us an outlet either to achieve personal bests or to watch others we root for do so. I recall seeing Kerry Woods' 20 strikeouts, Walter Payton rush for over 200 yards in a game while helping his defenders to their feet, cheering the Dolphins on to their perfect season and seeing Franco Harris' "immaculate reception." Watching Michael Jordan, tongue hanging out do the impossible with a basketball or the Miami Heat do the near impossible and almost take it to the Lakers in the Finals last year.

Have you ever felt what it was like to be in that groove? I celebrated when my mom bowled her first 200 game and 500 series. I heard about my father-in-law Ed Frank cheering on his undefeated Indiana Hoosiers in Philadelphia in 1976. I was excited for my dad when he broke some key accounts as a sales manager and

marveled as he treated his biggest and smallest customers with the same care and respect. I beamed when I won awards for world class leadership programs, and I treat my clients just like my dad did. And, I felt great pride when both my daughters-in-law got into their first choice for residency and graduate school.

As a kid, the excitement might be just making the team. Then making the lineup. Then making the catch, or a clutch hit. Or getting an 'A' on a test or paper. As we got older, the stakes are raised. For some, it's living vicariously watching the success of others we admire or care about. For others, it's satisfaction for a job well done or personal bests at various ages.

Sports is a metaphor for life, and the more we can relate, the more we share in the victories. This is whether it's one at bat or one test, one assignment or one goal, or celebrating a family member or friend who achieved a personal best in whatever they tried.

What are the moments that make you smile and will never forget? Neil Armstrong walking on the moon? Any of John F. Kennedy or Ronald Reagan's famous speeches? Hank Aaron breaking Babe Ruth's record? The longevity of ironman Cal Ripken Jr.? And these moments from 2021 alone: Tampa Bay and ageless QB Tom Brady besting young phenom Patrick Mahones and the KC Chiefs in the Super Bowl? The first woman to officiate a Super Bowl and the first team to have to women coaches in a Super Bowl? Baylor winning its first NCAA tournament and the Stanford women winning a very close NCAA final? Joe Musgrove pitching the Padres' first no-hitter, caught by a catcher (Victor Caratini) who in his previous start

caught another no-hitter from Alex Mills of the Cubs? Carlos Rodon coming back from so many injuries to throw the first no-hitter for the White Sox this year? Hideki Matsuyama making history as the first Japanese man to win the Masters?

As we cheer on our favorite players and teams to victory, as we watch the matchups and series, the signings and the comebacks, or even just the opportunity to sit in a seat for a live sports match, think about the way you have had your day in the sun. We have (just about) made it through the worst pandemic ever, and here's hoping it's almost over, but remember it's not yet. What did you learn about yourself this past year and how you were able to survive with less physical contact last year? Think about how we made it through the "time with no sports," when a HORSE contest caught our interest on TV, or when we taped or stayed up late to watch Korean baseball or the ESPN series *The Last Dance*. Think about our kids, grandkids, nephews and nieces all making it through a school year and achieved their shining moment in the most challenging of times. We did it.

Our final two stories, including the good news story of the week, is about two no-hitters by two southpaws. One, a 31-year-old MLB all-star, and one a 17-year-old high school pitcher in Kentucky. Madison Bumgarner pitched the third no-hitter of the baseball season last weekend. And in a baseball-shortened double header of 7 innings each, the Diamondbacks held the Braves to just one hit in the two games, which is an MLB record. But in 1991, baseball decided that for a no-hitter to count, it must achieve a minimum of nine

innings to be in the record book.

Let's turn your boos to cheers for Walker Smallwood, a 17-year-old at Dixie Heights High School in Edgewood, Kentucky. In 2018, he was diagnosed with bone cancer in his left leg. After numerous surgeries and treatments, all he could do was play catch. "It was pretty devastating," his mom, Pam, said. "He just kept asking, 'Can't I just pitch?' And we kept saying, 'No, you just really can't.'" His leg was just too fragile. "At the time, I guess I was just kind of in denial, because my whole life, day in and day out, was built around baseball and sports," Smallwood said. According to CBS News, "before stepping off the mound for good, his parents and coach decided to let Smallwood start one last game. 'What we agreed to was maybe an inning, a few batters,' Pam said. Smallwood added, "Say you did it, have some fun, and then that'll be it. Obviously, that's not what happened." Smallwood threw strikes. And kept throwing them. The coach decided to keep him in there until he gave up a hit. He didn't. A no-hitter in his very last game, only the second in school history. "When the last strike came, I was just in denial all over again. I was like, that didn't just happen," he said. "I was in tears, most of the stands were in tears – just one of those special moments that we'll cherish forever," Pam said. That's a lifetime record that Walker, his family and teammates will never forget.

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.✱

SPORTS QUIZ

1. On May 6, 2019, what caused an 18-minute delay in the start of a game between the San Francisco Giants and the Cincinnati Reds at Great American Ball Park?
2. The Billiken – a charm doll described as "The God of Things as They Ought to Be" – is the mascot for what Jesuit university's athletic programs?
3. What horse beat Triple Crown winner War Admiral in a head-to-head match at Pimlico Race Course in 1938?
4. Goodison Park in Liverpool is the home stadium of what English Premier League football club?
5. Billy Johnson, an NFL wide receiver and return specialist who was famous for his touchdown dances, was known by what popular nickname?
6. Michael Jordan, Wayne Gretzky and Bo Jackson were animated superheroes in what Saturday-morning cartoon series that aired on NBC in 1991?
7. What all-female professional baseball team, sponsored by Coors Brewing Company, barnstormed across America from 1994-97?

ANSWERS

1. A swarm of bees. 2. Saint Louis University. 3. Seabiscuit. 4. Everton F.C. 5. "White Shoes." 6. ProStars. 7. The Colorado Silver Bullets.

Health Alert For Alva Boat Ramp

The Florida Department of Health in Lee County (DOH) is issuing a health alert for the Alva Boat Ramp based on reports of algae toxins found by the ramp. When blue-green toxins are detected, DOH recommends individuals avoid contact with the water. DEP will continue to post updates for Alva Boat Ramp on their website.

Blue-green algae can cause gastrointestinal effects if swallowed. Children and pets are especially vulnerable, so keeping them away

from the water during a bloom is especially important. If you wish to report a new algae bloom, visit www.surveygizmo.com/s3/3444948/Algal-Bloom-Reporting-Form.

DEP, the five water management districts, DOH, the Florida Fish and Wildlife Conservation Commission and the Florida Department of Agriculture and Consumer Services all work together to respond to algal blooms. DEP has been closely monitoring and testing algal blooms and will continue to respond to any new reports.

For more information on blue-green algae, visit www.floridahealth.gov/environmental-health/aquatic-toxins/harmful-algae-blooms/index.html.✱

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Community Cooperative staff members



Melissa Vogt of Broadway Palm Dinner Theatre

Food Drive Nets Tons Of Peanut Butter And Jelly

Community Cooperative’s pantries are now filled with over four tons of peanut butter and jelly supplies thanks to community support of the nonprofit’s 2021 Peanut Butter & Jelly Food Drive.

Peanut butter and jelly are some of the most frequently requested items at mobile food pantries because it is kid-friendly, shelf-stable and protein-rich. To help keep its shelves stocked all summer long, Community Cooperative launched its annual Peanut Butter & Jelly Food Drive in March to rally the support of families, businesses and the community in collecting supplies.

A total of 8,131.5 pounds of donations were dropped off at Community Cooperative’s weigh-in on April 21, which equates to 128,000 peanut butter and jelly sandwiches for the community. Today, supplies are already landing in the hands of local children, families and seniors in need, distributed through Community Cooperative’s mobile food pantry.

“Our community helped spread the



Angela Clark delivers donations on behalf of United Mechanical

love in a big way through generous support of this year’s PB&J drive, and we are incredibly thankful for the many individuals, businesses, community groups and even entire neighborhoods that made it possible,” said Tracey Galloway, CEO of Community Cooperative. “These donations can now directly impact our neighbors in need, providing important sustenance to those who rely on these pantry staples.”

Thousands of jars of peanut, almond and alternative nut butters, jellies and



FGCU student Reese Collins helps out

jams came in from individuals and families as well as over a dozen business and community teams that organized their own collection drives. Top collection teams by community sector included real estate photographers Real Tours with 2,745.5 pounds collected, the Pelican Preserve community in Fort Myers with 961 pounds and Island Coast High School with 436 pounds.

This year’s Peanut Butter & Jelly Food Drive also honors Community Cooperative’s late founder Sam Galloway



Bob and Diane Curry delivered donations on behalf of the Fiddlesticks community

Jr., who began the Soup Kitchen 37 years ago by handing out peanut butter and jelly sandwiches after church in downtown Fort Myers to people who needed food.

To learn more about upcoming food drives and get involved, email tami@communitycooperative.com or call 332-7687 ext. 125. Monetary donations are always welcome and can be made directly at www.communitycooperative.com, or mailed to: Community Cooperative, P.O. Box 2143, Fort Myers, FL 33902.✧



Real Tours donated over 2,700 pounds of peanut butter and jelly



The PB&J collection box

Health First

Are Artificial Sweeteners Healthy?



by Julie Rosenberg, MD

Too much sugar in your diet? You're not alone. The average American consumes 17 teaspoons of added sugar daily, which is about 57 pounds of added sugar

consumed annually per person.

How much added sugar should we consume? The American Heart Association recommends six teaspoons of added sugar per day for women (100 calories) or nine teaspoons of added sugar per day for men (150 calories).

The best way to reduce added sugar in your diet is not to consume foods or drinks with high amounts of sugar such as baked goods, candy, fruits canned in syrup, fruit juices and soft drinks. Do the math. One 12-ounce can of Coca-Cola contains 39 grams of added sugar (140 calories from sugar). Drinking water with meals and in-between meals is a great, no calorie alternative!

Pros and Cons of Artificial Sweeteners – Artificial sweeteners are substances

with a very intense sweet taste that can be used in small amount to replace the sweetness of a much higher amount of sugar. If you're trying to reduce the sugar in your diet by using artificial sweeteners, it's important to understand their role in your diet and the pros and cons of using them instead of regular table sugar (sucrose).

Artificial sweeteners are synthetic sugar substitutes. They are widely used in processed foods, including "sugar-free" soft drinks, baked goods, jams and jellies, and some dairy products. They are also popular for home use and widely available in packets at restaurants for customers who want to sweeten food or beverages.

Artificial sweeteners are regulated by the U.S. Food and Drug Administration (FDA) as food additives. They must be reviewed and approved by the FDA before being made available for sale to the public. The FDA has approved five artificial sweeteners: saccharin (Sweet N Low; Sweet Twin), acesulfame (Sweet One), aspartame (NutraSweet), neotame (Newtame), and sucralose (Splenda).

Possible health benefits of artificial sweeteners – Artificial sweeteners don't contribute to tooth decay and cavities. They have virtually no calories, while a teaspoon of sugar has about 16 calories. Artificial sweeteners are not carbohydrates, so, unlike sugar, they generally don't directly raise blood sugar levels.

Possible concerns with artificial sweeteners – Recent scientific data suggest that replacing sugar with artificial

sweeteners may damage the way your body naturally processes sugar, making you more susceptible to overeating, weight gain, cardiovascular disease and diabetes. Data have also emerged suggesting that artificial sweeteners may impact the composition and function of the gut microbiome.

Novel sweeteners – Novel sweeteners are difficult to fit into a particular category because of what they're made from and how they're made. Stevia is an example. Stevia is a natural sweetener that comes from the stevia rebaudiana plant. Stevia leaf extract is Generally Recognized As Safe (GRAS) in accordance with FDA requirements. Crude stevia, or whole-leaf stevia, does not have this status and has not been permitted for use as a food additive.

Tagatose is a form of fructose (fruit sugar) that is 90 percent sweeter than sucrose. Tagatose is classified as a GRAS by the FDA. Due to its low glycemic index, tagatose may have a role in management of obesity and type 2 diabetes.

The bottom line – Avoid artificial sweeteners whenever possible. If you do use artificial sweeteners, choose them carefully and use them in moderation. Read labels. Food that are sugar-free aren't necessarily calorie-free. Processed foods often contain sugar substitutes and don't offer the same health benefits as eating a whole-foods, primarily plant-based diet.

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. For consulting and speaking requests, email inquiries to info@drjulierosenberg.com.✱

Free Program On Diabetes Prevention

Lee Health is offering a free program designed to help you make modest lifestyle changes and cut your risk of type 2 diabetes by more than half. The next program will be done virtually through an online platform held on Mondays, beginning May 3 from 6 to 7 p.m.

This year-long program with weekly meetings for the first six months, then once or twice a month for the second six months, is part of the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention (CDC).

Information presented in the workshop can help you become empowered to prevent type 2 diabetes. Learn about the benefits of physical activity; manage symptoms of stress, make smarter decisions related to healthy eating and tips to stay motivated. Participants will receive a participant guide to use as an ongoing reference tool once the classes are completed. Registration is required. Call 424-3127.✱

Learn To Manage HIV During Free Workshop

More than 1.2 million people in the United States have HIV (human immunodeficiency virus), according to the Centers for Disease Control and Prevention (CDC). In Lee County, the Florida Department of Health estimates around 2,300 community members are living with HIV, and that number continues to grow.

Lee Health is offering a free self-management program in partnership with McGregor Community Services. The six-week workshop – the next virtual workshop starts May 19 and runs through June 23 – is focused on education and awareness.

"There is a need for this kind of a program in our community, and at Lee Health, we want to meet that need," said Sharon Krispinsky, RN, chronic health program coordinator with Lee Health. "That's why we're offering a free workshop designed to teach a variety of tools to actively self-manage this condition. The workshop is for those living with HIV and their loved ones."

HIV is a virus that attacks the body's immune system and, if not treated, can lead to AIDS (acquired immunodeficiency syndrome). While there is no cure for HIV, with proper medical care, it can be controlled and managed. People with HIV who get effective treatment can live long,

healthy lives.

The McGregor Clinic is one of the largest providers of HIV care in Southwest Florida. McGregor Community Services is a division of the clinic that offers different services to the community through free HIV rapid testing, education, mobile unit outreach and community mobilization. Their team members have volunteered to teach the self-management workshop.

Through the program, which was originally developed by Stanford University, participants will learn how to:

- Live with a chronic condition;
- More easily manage medications;
- Understand the benefits of exercise;
- Make smarter decisions related to healthy eating;

Work more effectively with health professionals;

Understand ways to manage difficult emotions; and

Improve sleep through different methods and tools

"The techniques taught in this class are proven to help those with HIV successfully manage their condition," said Amy Zamot, prevention director at The McGregor Clinic. "Those with HIV and their loved ones who attend the workshop will meet and gain support from others, which is so important in self-management of the virus."

Virtual and in-person sessions are offered throughout the year. Participants of the program will be in small, confidential groups, and the classes will be lively and interactive.

For more information or to register, call 343-9264 or visit www.leehealth.org.✱

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dearRPharmacist

How Glutathione Is Depleted From The Body



by Suzy Cohen, RPh

Dear Readers: What if you were taking an over-the-counter med like an antacid, or an analgesic, and it was stripping you of an important antioxidant called

glutathione? Would you want to know?

Glutathione is made in the body, and it's found in many supplements nationwide. It is a powerful antioxidant that reduces oxidative stress. It may even help with skin conditions such as psoriasis, and alcohol-related liver injuries as well as non-alcoholic fatty liver. Special forms like the "acetylated" forms of glutathione penetrate the brain and may help with neurological diseases.

Recently, a friend who has my book *Drug Muggers* asked me to explain how medications deplete glutathione. He wasn't able to find studies on PubMed to correlate with all the medications I listed in the chapter for glutathione. He's correct, there is not a direct study to substantiate every single drug I listed because I'm thinking two steps ahead.

Today, I'll share with you my common sense reasoning behind the list of drugs included in my *Drug Mugger* book, so you can use the information and apply it to yourself or a loved one.

In the human body, you have many complex metabolic pathways, and one of them is called the transsulfuration pathway which makes cysteine. You need vitamin B6 for the transsulfuration pathway to produce cysteine. Anything that depletes or blocks B6 slows down the production of cysteine, which is required to make glutathione. The methylation cycle makes biologically active B9 (folate). And you make B12 in your gut. Think of each metabolic pathway as a spinning cycle, having different gears, and each gear needs to be well-oiled with nutrients or else the spinning stops temporarily. That would be bad for your health.

Here is a list of medication categories that impact levels of glutathione, and my reasoning behind it. By the way, if you'd like the more comprehensive version of this article, I routinely give my articles to my online subscribers and if you wish to, sign up at www.suzycohen.com:

Acid Blockers/Antacids – These medications severely impact the human gut microbiota. They suppress absorption, or block production of the entire B complex family, especially B12 which is required as a precursor nutrient in the pathway that ultimately makes glutathione.

Analgesics – The medications listed in my book all contain acetaminophen which can deplete glutathione stores. This is well known in the medical community. I hope your physician has told you that. If not, please pose the question because glutathione is directly depleted by acetaminophen (aka paracetamol in other

countries).

Antibiotics – These life-saving medications are sometimes taken for more than 14 days and, if that's the case, you can expect a total disruption of your gut flora, which suppresses B12, which then means the transsulfuration "gear" is cranked, and now you can't make glutathione.

Nicotine – Smokers may not realize that glutathione production is suppressed and supplementation may be helpful to avoid profound oxidative injury to the lungs and liver. If you're uncertain about glutathione, and if it is right for you, please ask your practitioner before self-supplementing.

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.✱

Blood Donations Urgently Needed

Lee Health is seeking blood donations to help replenish supply levels. Current blood supplies are critically low, and Lee Health's blood centers are in urgent need of donors.

As home to the region's only trauma center, it is vital that the health system's blood supply remains at healthy levels in order to quickly care for patients needing an urgent transfusion. Blood and blood products are not only used in the trauma center, but also to treat cancer patients, premature babies, anemia and a variety of other conditions.

Lee Health's blood centers are the sole supplier of all blood products for the entire health system. About 800 units of blood are needed per week, and the blood centers rely on life-saving donations from the community to maintain inventory levels.

The Lee Health Blood Mobile will be at numerous locations throughout Southwest Florida in May.

May 1 – AM Vets Post #81; 11 a.m. to 3 p.m.; 1910 North Tamiami Trail, North Fort Myers

May 2 – First Christian Church of Cape Coral; 9 a.m. to 1 p.m.; 2620 Country Club Boulevard, Cape Coral

St. Cecilia's Catholic Church; 8 a.m. to 1 p.m.; 5632 Sunrise Drive, Fort Myers

May 3 – Hahn Loeser & Parks LLP; 1 p.m. to 4 p.m.; 2400 First Street, Suite 300, Fort Myers

May 4 – Marine Concepts; 9 a.m. to 12 p.m.; 2443 SW Pine Island Road, Cape Coral

May 7 – SPADA Salon & Spa; 2 p.m. to 5 p.m.; 13161 McGregor Boulevard, Fort Myers

May 7 – Trauma Awareness Drive; 8 a.m. to 4:30 p.m.; Gulf Coast Hospital, 13681 Doctor's Way, Fort Myers

All blood donated at Lee Health stays within the health system to care for patients in Southwest Florida. If unable to attend one of the upcoming blood drives, donations can also be made at one of Lee Health's blood centers to help save lives.

For more information on how and where to donate, visit www.leehealth.org/our-services/blood-centers to find a location.✱

Doctor and Dietician

Do Your Knees Hurt When You Run?



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

Most runners get used to nagging injuries and manage to work through them. As avid runners, we have certainly done that over the years. When we were actively running marathons one or two times per year, we experienced our share of injuries, including shin splints, plantar fasciitis, back and hip pain, and yes, knee pain.

For most runners, injuries do not become "real" until the injury hampers them from running. Prior to that, the aches and pains, stresses and strains of running are considered "normal." At some point, you can no longer manage the pain with foam rollers, Ben Gay, supplements, pain relievers, and various tapes and braces.

Many runners suffer from Iliotibial Band Friction Syndrome (ITBS) due to irregular compression forces between the iliotibial band and the lateral femoral condyle (the lower bony part of the thigh bone that connects to the shin bone). This causes the irritation and inflammation of the tissue, thus the other name "Runner's Knee." Typically, runners also have weak gluteal muscles that allow the IT band to rub against the outside of the knee joint causing friction, pain and inflammation. Tight hip muscles are also common in runners, which increases their chances of developing ITBS. Runners who overpronate, or their foot rolls in, can cause the lower leg to rotate inwards, resulting in increased friction in the knee. One other interesting cause of ITBS is running on uneven surfaces such as the beach or roads with gutters that drain to one side. We have both experienced this injury from running on uneven surfaces – so watch where you are running!

Common symptoms of Runner's Knee or ITBS include pain on the outside of the knee, more specifically around the bony protrusion on the outside of the knee. Pain is typically progressive and gets worse over time and/or worsens as the runner runs. Sometimes the pain seems to disappear only to return once resuming training. Running downhill typically feels worse than running uphill.

Typical treatments include rest, ice, anti-inflammatory medications, stretching exercises, deep massage and foam roller exercises. If the injury is not too extensive, these methods may work for you. If you are not getting relief from these therapies, we utilize prolotherapy treatments at our

Caring Medical office to the ligament and tendon attachments to rebuild and strengthen the soft tissue and provide beneficial outcomes, along with a gait analysis and an individualized rehabilitation program. Sometimes the problem is more systemic and involves treating the hip, knee, ankle and/or foot.

Happy Running! We hope to see you out there on the multi-use path or beach!

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.✱

Stone Crab Season To End

Florida's recreational and commercial stone crab seasons in state and federal waters will come to a close on Sunday, May 2, with the last day of harvest being Saturday, May 1. This annual season closure date was modified last year as part of a suite of changes that were made in response to a long-term decline in harvest and because the stone crab fishery is likely undergoing overfishing. These changes are intended to increase the stone crab population and build resiliency in the fishery.

For more information on harvesting stone crabs for recreation, trap specifications, commercial stone crab regulations and licensing information, visit www.myfwc.com/marine.

Keep up to date with saltwater and freshwater fishing regulations on your phone by downloading the Fish Rules app in the App Store or Google Play. Learn more at www.fishrulesapp.com.✱

From page 1

Starry Night

new original artwork with creatures from the land and sea under the setting of the *Starry Night*, inspired by one of Van Gogh's most famous paintings.

Since graduating from George Mason University with a master's degree in biological sciences in 2011, Zirzow has worked in research labs as a biologist and taught college biology, genetics and microbiology.

When Zirzow moved to Florida in 2016, she worked at Florida SouthWestern State College, teaching and managing science laboratories. When the COVID-19 pandemic resulted in a quarantine, she turned to her first love and passion in life – art.

Zirzow loves helping others, and when she found out she could make a difference by sharing her art and raising money through the sales of her art, she knew this was her path.

Zirzow founded Zirzow Gallery, a digital art gallery to showcase and sell her original artwork, in March 2020. In January 2021, she made the move to follow her dreams to pursue a career as a full-time professional artist.

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

Beautifulife:

The Mind



by Kay Casperson

This week, I had the opportunity to have my 85-year-old Dad visit me from Minnesota. He usually travels here a couple of times a year but has not come for

quite some time since the pandemic hit. Dad was recently diagnosed with Alzheimer's, and so I wasn't sure if having him fly here alone was such a good idea. But, after many discussions over our weekly phone calls, I could tell in his voice that he was ready to get out of there for just a bit. I knew he needed some sunshine, outdoor fun and a granddaughter fix.

Spending quality one-on-one time for a week with my Dad gives me a clear indication of how he progresses with this disease. I flew out to Minnesota last July with my daughter and spent a week with him in his environment. But, when he arrived here, I have to say that I was pleasantly surprised to see just a slight decline in his memory function.

My Dad's father had Alzheimer's and ultimately died of it when he was in his late 80s. This disease is so complex as most people are very healthy in their

bodies yet see a gradual decline in their minds. Dad's doctor recently told him that he had the heart and body of a 65-year-old man. He has always been extremely healthy, vibrant and witty. I can see how frustrating it is for him when he can't remember what we talked about just minutes ago.

We can help individuals get through this mind deterioration with a sense of dignity, determination and joy. Here are my suggestions:

Talk about the past. The short-term memory is the first to go, so ask questions about long ago. You will be sure to have great conversations that bring much happiness and fulfillment.

Make it simple. Create environments that are easy to navigate in the home with little clutter and easy access to the necessities. Label bottles with everyday things such as skincare, medicine, food items, etc.

Familiar faces. Avoid crowds and ensure that you surround them with people they already know. Not only will your loved one feel more comfortable, but you can also be at ease with those that lovingly understand.

Keep a calendar. Get a calendar that your loved one can write on and keep track of daily and weekly events and tasks. These can include everything from when to take medicines, going to events, or remembering birthdays.

Exercise the mind. Make sure your loved one has plenty of things to keep their mind active. Crossword puzzles, name searches and books, to tinkering

in the garden or having a home project to work on are all excellent activities. These things will continue to give a sense of accomplishment and fulfillment.

Hygiene and health. If your loved one lives alone like my Dad, this can be tricky. Remembering to shower regularly, do laundry and eat the right foods at the right time are things that can get a bit confusing.

Luckily, my sister lives close enough to check on him to make sure he stays on top of things.

As we age, certain things seem to wear out faster than others. For some, it can be hips or knees, and for others, it can be the mind. But, what I know for sure is that regardless of what goes first, we can always make the best of what we have to make it last as long as possible. It is essential to continue to help others live their best and most beautiful lives forever.

My affirmation for you this week is:

"I will cherish every moment I have with my loved ones and will continue to help them live their best lives."

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

Gulf Red Snapper Season Set To Open In June

Gov. Ron DeSantis recently announced that the popular 2021 Florida gulf red snapper recreational season is set to open on Friday, June 4 and will run through Wednesday, July 28, with a possible fall reopening if quota is available.

"This will be the longest summer season anglers will have since the FWC (Florida Fish and Wildlife Conservation Commission) started setting seasons for fishing in the gulf state and federal waters off Florida," said Gov. DeSantis. "The state is proud to provide continued access and opportunities for Florida families to enjoy the Fishing Capital of the World."

This season will apply to those fishing from private recreational vessels in gulf state and federal waters, as well as charter vessels that do not have a federal reef fish permit and are limited to fishing in state waters only.

"Anglers across the state look forward to red snapper season each year," said FWC Chairman Rodney Barreto. "Our agency looks forward to providing 55 days of red snapper opportunities in gulf state and federal waters."

If you plan to fish for red snapper in state or federal waters from a

private recreational vessel, even if you are exempt from fishing license requirements, sign up as a state reef fish angler (annual renewal required) at www.gooutdoorsflorida.com.

For more information on recreational snapper regulations, visit www.myfwc.com/marine and click on "Recreational Regulations" and "Snapper" under the "Reef Fish" tab.✧

Season Reopens For Grouper, Hogfish, Tilefish

The following species will reopen to recreational harvest on Saturday, May 1 in Florida state and federal waters of the Atlantic: hogfish; blueline tilefish; gag, black, red, yellowmouth and yellowfin grouper; scamp; red hind; rock hind; coney; and grayby.

Hogfish will remain open through October 31 on the east coast of Florida as well as south and east of Cape Sable on the gulf coast. Blueline tilefish will remain open through August 31 and the other grouper species will remain open through December 31 on the east coast of Florida and all state waters off Monroe County.

For more information about bag and size limits, gear restrictions and fishing seasons for these species, visit www.myfwc.com/marine and select "Recreational Regulations."✧

Vaccination Appointments Open To Public

Anyone age 18 and over can now sign up online to receive a COVID-19 vaccination at Lee Health by visiting <http://leehealth.vaccine.mychart.com>. You do not need to be a Lee Health patient to get the vaccine. All vaccines will be administered at Gulf Coast Medical Center.

After signing up, you will be notified when the vaccine is available to you and given a choice of time slots of available appointments. If Lee Health has multiple brands of COVID-19 vaccines in stock, you will be able to select which vaccine you receive. Currently, Lee Health is offering the Moderna vaccine.

All self-scheduling appointments must be made online. Do not call hospitals or physician offices to inquire about vaccine appointments as it overwhelms the phone system.

Per Florida guidelines, vaccine appointments are available for Florida residents only. A mask is required to enter any Lee Health facility.

After you are vaccinated, it is still necessary to wear a mask in public and keep a safe physical distance when out in public. You are considered fully vaccinated two weeks after receiving your final dose of the vaccine. For more information on COVID-19 vaccines, visit www.cdc.gov/coronavirus/2019-ncov/vaccines/index.html.✧



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Emergency	911
Lee County Sheriff's Office	477-1200
Florida Marine Patrol	332-6966
Florida Highway Patrol	278-7100
Poison Control	1-800-282-3171
HealthPark Medical Center	1-800-936-5321
Ft. Myers Chamber of Commerce	332-3624
Foundation for Quality Childcare	425-2685
Fort Myers Beach Chamber of Commerce	454-7500
Fort Myers Beach Library	463-9691
Lakes Regional Library	533-4000
Lee County Chamber of Commerce	931-0931
Post Office	1-800-275-8777
Visitor & Convention Bureau	338-3500
ARTS	
Alliance for the Arts	939-2787
Arts For ACT Gallery & Studio	337-5050
Art League Of Fort Myers	275-3970
Barbara B. Mann Performing Arts Hall	481-4849
BIG ARTS	395-0900
Broadway Palm Dinner Theatre	278-4422
Cultural Park Theatre	772-5862
Edison Festival of Light	334-2999
Florida Repertory Theatre at the Arcade	332-4488
Florida West Arts	948-4427
Fort Myers Harmonica Band	610-653-7940
Fort Myers Symphonic Mastersingers	288-2535
Gulf Coast Symphony	489-1800
Harmony Chorus, Charles Sutter, Pres	481-8059
Naples Philharmonic	239-597-1111
The Schoolhouse Theater	472-6862
SW Florida Symphony	418-0996
Theatre Conspiracy	936-3239
Young Artists Awards	574-9321
CLUBS & ORGANIZATIONS	
American Legion Post #38	239-332-1853
Angel Flight	1-877-4AN-ANGEL
Animal Refuge Center	731-3535
American Business Women Association	357-6755
Audubon of SWFL	https://www.audubonswfl.org/
Caloosahatchee Chapter DAR	482-1366
Caloosahatchee Folk Society	321-4620
Cape 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
AREA ATTRACTIONS	
Bailey-Matthews National Shell Museum	395-2233
Burrough's Home	337-9505
Calusa Nature Center & Planetarium	275-3435
Edison & Ford Winter Estates	334-7419
Fort Myers Skate Park	321-7558
Imaginarium Hands-On Museum & Aquarium	321-7420
JN "Ding" Darling National Wildlife Refuge	472-1100
Koreshan State Historic Site	239-992-0311
Langford Kingston Home	239-334-2550
Ostego Bay Foundation Marine Science Center	765-8101
Skatium	321-7510
Southwest Florida Historical Society	939-4044
Southwest Florida Museum of History	321-7430
True Tours	945-0405

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

PUZZLES

Answers on page 31



"Thomas won't be in today —
he's _____."

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!

Insult
RESCU

Rebuff
PERLE

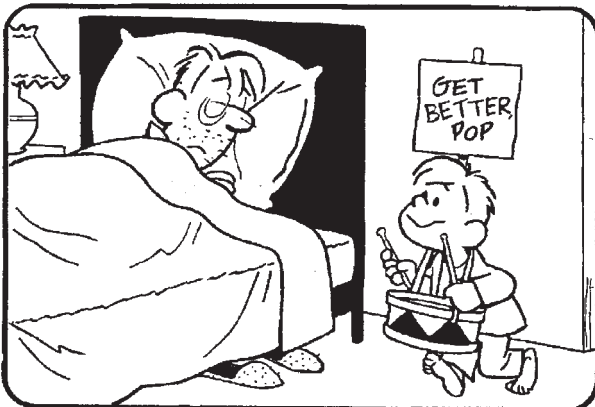
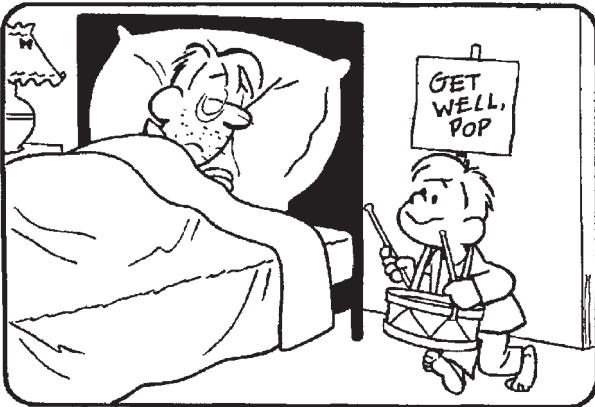
Awry
WAKES

Pest
NICEST

TODAY'S WORD

HOCUS-FOCUS

BY
HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Pillow is smaller. 2. Sign is different. 3. Drumstick is shorter. 4. Bow is missing. 5. Slippers are added. 6. Drum 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.

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

PUZZLES

Answers on page 31

Super Crossword

WELL-PRESERVED

ACROSS

1 Tribal emblems

7 Sobbing

14 Hunt for food

20 Of a big blood vessel

21 Church part near the altar

22 Mistreating type

23 Start of a riddle

25 Starts a PC session

26 Copies a cat

27 Pop singer Grande, to fans

28 Doctrine in copyright law

29 Buy that can be deleted

31 With 110-Down, decisive trial

34 Hawk's nest

37 Goldman's partner

38 Riddle, part 2

43 Fig and fir

44 Foster

45 Miner's strike

46 Unruffled

48 Plotting group

51 Pastry variety

57 Riddle, part 3

62 Pieces of gig gear

65 Bridle part

66 Of a central point

67 Perform wonderfully

68 Buck mate

69 Apple's apple, e.g.

70 Miss.-to-Minn. dir.

71 Foyer floor protectors

73 Linking word in Leipzig

74 Befogged

76 1960s radical Hoffman

78 Huge hauler

79 February 14 deity

80 Riddle, part 4

84 Weds on the fly

85 University of — Dame

86 Buddy from way back

90 Group in a roundup

93 Griffin who created "Jeopardy!"

96 Debonair

97 End of the riddle

105 Helmsley with hotels

106 Beau —

107 Rebuke to Brutus

108 "Hel-I-lp!"

109 Divided into segments

111 Cry of cheer

113 Part of OTB

116 Provoke

117 Riddle's answer

123 Fishing nets

124 Vacillated

125 Comic Boosler

126 Most eccentric

127 Cabbie's query

128 More packed

DOWN

1 Shooting marble

2 Cry of delight

3 Stomped on

4 Kin of -ess

5 Japanese soup variety

6 Investment bigwig

7 Charles

7 Hosp. section

8 Bruins' org.

9 "I did it!"

10 Bait

11 More tender

12 Mr. —! (old detective game)

13 Foxy

14 FDR's dog

15 Wind section player

16 Little kid

17 "That being the case ..."

18 Hostess in a kimono

19 Borgnine of "Marty"

24 Grouchy Muppet

28 Familial fight

29 Deeds

30 Prune

32 34th prez

33 Priest's assistant

35 Threw the dice

36 Altar avowal

39 Conducts

40 In re

41 "Dam it!"

42 Relinquish

47 The younger

49 Saarinén

49 Grammy winner Tony

50 State frankly

52 Grows older

53 Shoot down

54 Rack up

55 Old-style office scribe

56 Clings (to)

58 "Just Shoot Me!" actor George

59 Mourner of myth

60 Personal identifiers

61 Pin it on

62 Wise truism

63 Roadhouse

64 Basil-based sauce

69 Overdue

70 Boy, in Bolivia

72 DVR pioneer

75 Sci-fi power

77 Family on "Married ... With Children"

78 Jacket part

79 Finish

81 Court king Arthur

82 Cookbook writer

83 Snow queen in "Frozen"

87 Openers of many locks

88 Chevy debut of 2004

89 Some watch displays, for short

91 Leg up

92 Pop's Carly — Jepsen

94 Like a prof. emeritus

95 Flashy Chevy, for short

97 Texas city

98 Got close to

99 Doughnut-shaped figure

100 Harmonious

101 Hoists

102 Took pains

103 Physician, often

104 Lay in concealment

110 See 31-Across

112 Roll call reply

114 Proficient

115 — -Grape (Ocean Spray flavor)

117 URL part

118 "Take that!"

119 Sweaty, say

120 Old Tokyo

121 Prop- or hex-ender

122 The, in Vienna

King Crossword

ACROSS

1 Civil-rights org.

6 Crunchy sandwich

9 Eastern "way"

12 D-Day beach

13 Kanga's kid

14 Pirates' quaff

15 Stopwatch

16 "Charlotte's Web" author

18 Van Gogh painting

20 Black, in verse

21 Lass

23 Pouch

24 Raiment

25 "Rule, Britannia!" composer

27 Bush

29 Refines, as ore

31 Decrees

35 Void

37 Old U.S. gas brand

38 "West Side Story" song

41 Stashed

43 Science room

44 Shortly

45 Party snack

47 "The War of the Worlds" author

49 Did yard work

52 Enzyme suffix

53 Granola grain

54 Speak one's mind

55 USPS delivery

56 "— Clear Day"

57 Egg holders

9 Navajo or Hopi

10 Ones for the road?

11 Signs

17 Disney's "Love Bug"

19 Impudent

21 Ozone, for one

22 Branch

24 Flop

26 Broadway's Stritch

28 Pine product

30 TV schedule abbr.

32 "The Chronicles

33 Airport screening org.

34 Weep

36 California peak

38 Taj —

39 Uneasy feeling

40 Crew member

42 Matt of Hollywood

45 Family

46 Francis, e.g.

48 Privy

50 Tolkien creature

51 — Moines

MAGIC MAZE ● THINGS THAT FALL

O T Q N K I F C Z W U R P Y M

J H E C Z S X U S S Q N L T J

G E C Z K X E E V T R P N I A

L J H C O C O N U T S E C R A

Y W O W O N S V O K T R C A P

N T L K I R E I Y C S H G L E

S C B M A Z M D T E E L S U X

W U O T S R I P V S O N N P M

L D S J I V G A G E D B I O A

Y X W L E V E L A E S U A P T

T I U R F L R S S E T A R Q P

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

Unlisted clue hint: INTEREST —

Arches

Coconuts

Dominoes

Fruit

Leaves

Pine cones

Popularity

Rain

Regimes

Sea level

Skydiver

Sleet

Snow

Stars

Stocks



Beef and Sweet Pepper Skewers

photo courtesy Fresh From Florida



Beef and Sweet Pepper Skewers
24 ounces beef (tenderloin, sirloin or your favorite cut of beef) cut into 1-inch cubes
2 large bell peppers (your favorite color), cut into 1-inch squares
2 large onions cut into 1-inch squares
1 cup steak sauce (your favorite)
8 bamboo skewers (soaked in water for 1 hour) or metal skewers
cooking oil spray for grilling

Sea salt and fresh ground pepper, to taste
Make skewers by alternating the beef, peppers, and onions. The skewers can be made with all of the same ingredients or they can vary. Lightly season the completed skewers with salt and pepper. Preheat the grill to medium-high heat. Lightly spray the skewers with the cooking oil spray and carefully add the beef skewers to the grill. Cook to the desired temperature while brushing on the steak sauce. When the desired temperature or doneness has been reached, remove the cooked skewers from the grill. Let the food rest for 3 minutes before serving them warm.*

My Stars ★★★★★
FOR WEEK OF APRIL 26, 2021

Aries (March 21 to April 19)
Impatience is still somewhat of a problem. But a sign of progress should soothe the anxious Aries heart. Meanwhile, invest some of that waiting time in preparing for the change ahead.
Taurus (April 20 to May 20)
Bovines tend to excel at solving problems, not creating them. But you risk doing just that if you're slow to respond to a timely situation. If necessary, seek advice from someone you trust.
Gemini (May 21 to June 20)
The Gemini Twin might need to do more than a routine check of both a job-linked and home-based situation. Dig deeper for more data on both fronts to avoid unwanted surprises later.
Cancer (June 21 to July 22)
Moon Children facing an important workplace decision are encouraged to use their perceptiveness to see through any attempt to win them over with a supercharge of fawning and flattery.
Leo (July 23 to August 22)
Good news catapults Leos and Leonas into reconsidering a deferred decision. But time has moved on, and it's a good idea to recheck your plans and make

adjustments where necessary.
Virgo (August 23 to September 22)
The week favors relationships, both personal and professional. Take the time to look for and immediately repair any vulnerable areas caused by unresolved misunderstandings.
Libra (September 23 to October 22)
A friend's problems bring out your protective instincts. Be careful to keep a balance between meeting the obligations of friendship without being overwhelmed by them.
Scorpio (October 23 to November 21)
The temptation to take an extreme position on an issue is strong, but moderation is favored both in personal and professional dealings. Move toward finding areas of agreement.
Sagittarius (November 22 to December 21)
Getting another boss or teacher? Try to see the person behind the image. It will help you adjust more easily to the changes that new authority figures inevitably bring.
Capricorn (December 22 to January 19)
Much as you might dislike the idea, keep an open mind about using the assistance of a third party to help resolve problems that threaten to unravel an important agreement.
Aquarius (January 20 to February

PETS OF THE WEEK



Maui ID# A850255 photos provided Lee County Domestic Animal Services

Maui And Rose
Hello, my name is Maui. I'm a blondie brindle 1-year-old male boxer mix. I will go home or on vacation with you. With a name like Maui, I am ready for either. I am the life of the party and will keep you entertained. I would love to be in a home with another pup to play with and keep him/her company. My adoption fee is \$10.
Hi, my name is Rose. I'm a fawn 3-year-old female pit bull mix. I'm a happy girl that is full of smiles. I can light up a room with my personality and



Rose ID# A860021
charm. If you are active and like to go on long walks or run, I would be a great companion. My adoption fee is \$10.
Lee County Domestic Animal Services is located at 5600 Banner Drive in Fort Myers. Adoptions are available by appointment Monday through Saturday from 10:30 a.m. to 3:30 p.m. Visit www.leelostpets.com to complete an online application. As always, cats and kittens are adopt one and get a feline friend at no additional charge. For more information, call 533-7387.*

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18) Career choices that seem too confusing to deal with at this point probably are. More information would help uncomplicate them. On the personal side, a friend might need your advice.
Pisces (February 19 to March 20)
A challenge that seems easy enough at first could take an unexpected turn that might test your resolve. Decide if you feel you should stay with it, or if it's better to move in another direction.
Born This Week: You can be strong when standing up for justice, both for yourself and for others.

MOMENTS IN TIME

• On May 4, 1776, Rhode Island becomes the first American colony to renounce its allegiance to King George III. Ironically, Rhode Island would be the last state to ratify the new Constitution more than 14 years later.
• On May 8, 1792, Congress passes the second portion of the Militia Act, requiring that able-bodied males between the ages of 18 and 45 be enrolled in the militia. The act was quickly tested when farmers in Pennsylvania, angered by a tax on whiskey, attacked the home of a tax collector. President George Washington responded with 15,000

militia members.
• On May 7, 1915, the British ocean liner *Lusitania* is torpedoed by a German submarine off the coast of Ireland, sinking within 20 minutes. Of the 1,959 passengers and crew, 1,198 people were drowned. The British Admiralty had warned the ship to avoid the area, but the *Lusitania's* captain ignored the recommendations.
• On May 3, 1946, in Tokyo, the International Military Tribunals begins hearing the case against 28 Japanese military and government officials accused of committing war crimes during World War II. All but three of the defendants were eventually found guilty.
• On May 9, 1950, Ron Hubbard publishes *Dianetics: The Modern Science of Mental Health*. The book introduced a self-help psychology called Dianetics, which morphed into a belief system called Scientology, popular due to its high profile in Hollywood.
• On May 5, 1961, Navy Commander Alan Shepard Jr. is launched into space aboard the *Freedom 7* capsule, becoming the first American astronaut to travel into space. The flight lasted 15 minutes.
• On May 6, 1994, a rail tunnel

continued on page 30



FRIDAY
Mostly Cloudy
High: 81 Low: 67



SATURDAY
Sunny
High: 80 Low: 68



SUNDAY
Mostly Cloudy
High: 79 Low: 65



MONDAY
Sunny
High: 78 Low: 66



TUESDAY
Sunny
High: 81 Low: 67



WEDNESDAY
Sunny
High: 80 Low: 68



THURSDAY
Sunny
High: 79 Low: 66

Redfish Pass Tides

Day	High	Low	High	Low
Fri	3:04 pm	11:19 pm	None	None
Sat	3:49 pm	None	None	None
Sun	4:44 pm	12:29 am	None	None
Mon	6:01 pm	1:43 am	None	None
Tue	11:47 am	2:50 am	7:58 pm	1:59 pm
Wed	11:39 am	3:45 am	9:46 pm	4:01 pm
Thu	11:49 am	4:29 am	11:05 pm	5:06 pm

Point Ybel Tides

Day	High	Low	High	Low
Fri	2:09 pm	11:21 pm	None	None
Sat	2:54 pm	None	None	None
Sun	3:49 pm	12:31 am	None	None
Mon	5:06 pm	1:45 am	None	None
Tue	10:52 am	2:52 am	7:03 pm	2:01 pm
Wed	10:44 am	3:47 am	8:51 pm	4:03 pm
Thu	10:54 am	4:31 am	10:10 pm	5:08 pm

Punta Rassa Tides

Day	High	Low	High	Low
Fri	4:59 am	9:32 am	2:47 pm	11:11 pm
Sat	6:04 am	10:11 am	3:42 pm	None
Sun	7:18 am	12:13 am	5:14 pm	10:56 am
Mon	8:36 am	1:32 am	7:09 pm	12:56 pm
Tue	9:44 am	2:45 am	8:32 pm	2:51 pm
Wed	10:46 am	3:41 am	9:40 pm	3:57 pm
Thu	11:23 am	4:28 am	10:47 pm	4:53 pm

Cape Coral Bridge Tides

Day	High	Low	High	Low
Fri	5:14 pm	1:31 am	None	None
Sat	5:59 pm	2:35 am	None	None
Sun	6:54 pm	3:45 am	None	None
Mon	8:11 pm	4:59 am	None	None
Tue	1:57 pm	6:06 am	10:08 pm	5:15 pm
Wed	1:49 pm	7:01 am	11:56 pm	7:17 pm
Thu	1:59 pm	7:45 am	None	8:22 pm

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From page 28

Moments In Time

under the English Channel officially opens, connecting Britain and the European mainland for the first time since the Ice Age. The “Chunnel” runs under water for 23 miles, with an average depth of 150 feet below the seabed.

NOW HERE’S A TIP

- Spring clean your tools. Ditch half-used tubes of caulk, stiff paintbrushes, random hardware that doesn’t have any obvious use, especially screws or nails that have been pulled out of the wall.
- “When cleaning the microwave, boil a couple of cups of water in the microwave first. The steam will help loosen any stuck-on food.” – OD in Idaho
- Defrost meats on the bottom shelf only. Ideally, you should have a large bowl or container to put packages of meat in that require defrosting, so that if they leak, the leakage will be contained and

- will not get on any of your other foods.
- “The plastic liner in cereal boxes makes a good, strong container for kitchen scraps if you are saving them for composting.” – YT in Oregon
 - Another reason to get the newspaper: Crushed newspaper makes a great rag for shining windows in your home and in the car. No lint left behind.
 - “Wipe out the insides of a cornstarch container to make a handy catch-all for craft supplies or crayon sets for kids (labeled so they all have their own). These are a really good size, and several brands seem to come with a clear lid.” – HD in Florida

STRANGE BUT TRUE

- Guns N’ Roses frontman Axl Rose once earned \$8 an hour for smoking cigarettes, for a science experiment at California’s UCLA.
- If you translate “Jesus” from Hebrew to English, the correct translation is “Joshua.” The name “Jesus” comes from translating the name from Hebrew, to

- Greek, to Latin, to English.
- The tongue is the only muscle in one’s body that is attached from one end.
 - In 2007, Scotland spent 125,000 British pounds devising a new national slogan. The winning entry was: “Welcome to Scotland.”
 - The suicide palm gets its name from how it meets its demise. At the end of its life, the stem tips explode in a massive array of tiny flowers capable of being pollinated and developing into fruit, and their nectar attracts insects and birds. However, the flowers also exhaust the plant and drain its nutritional supply until it dies.
 - There is a punctuation mark used to signify irony or sarcasm that looks like a backward question mark.
 - Lipstick was considered an essential item for female nurses in the armed forces during the World War II, both to remind women they were ladies first and military second, and because it might have a calming effect on the male soldiers.

- A 2013 exhibition in Dublin displayed a variety of cheeses made with bacteria samples obtained from people’s feet, armpits and navels. No one actually ate them, so we can’t comment on the taste.
- We goofed! Our Feb. 8 “Strange But True” column contained this statement: “Baked beans aren’t baked. They’re stewed.” It should have read, “In the U.K., baked beans aren’t baked, but stewed.” We apologize for the error.

THOUGHT FOR THE DAY

“Don’t judge each day by the harvest you reap but by the seeds that you plant.”
– Robert Louis Stevenson

TRIVIA TEST

1. **U.S. Cities:** What is the name of the mountain and city where the famous Hollywood sign is located?
2. **Movies:** *Ferris Bueller’s Day Off* was filmed in and around which American city?
3. **Literature:** Which 20th-century

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4/30 ★ 5/7

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4/20 ★ TFN

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12/11 ★ TFN

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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

HELP WANTED
Sanibel Carts is looking for weekend drivers to trailer and deliver golf carts to locations on Sanibel and Captiva. Call 239-500-2278 for more details.
4/30 ★ 5/14


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.
4/9 ★ TFN

HELP WANTED
Suncatcher's Dream gift shop on Sanibel is hiring!
Looking for a people oriented person for 3 or 4 days a week.
This is an all year round position. Tolls paid. Fun work environment!
Contact Dan at suncatchers@earthlink.net
4/23 ★ 4/30

PUBLIC SERVICE

AL-ATEEN HELP LINE
Are you concerned with a friend or family member's drinking? Call the 24-hour help line of South Florida Al-Anon at 941-564-5098 or visit www.southfloridaal-anon.org.
4/24 ★ TFN

Shore Fishing:



Don't Harm The Fish
by Capt. Matt Mitchell

Landing a big fish from the beach can be hard on the fish. Dragging a fish up onto the sand if you're going to release it is not an option as it usually damages or kills the fish.

Hold the fish in the water while you unhook it if you're going to release it.

The less you can touch a fish before release the better for the fish.

If you want a picture with the fish, support it as you lift it out of the water – and do it quickly.

Before releasing, revive the fish while holding it in the water; moving it slowly back and forth so water goes over its gills. The fish will let you know when it's ready to swim off.

Florida residents as well as out of state visitors need a fishing license to fish from shore.

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

- novel featured a character named Daisy Buchanan?
4. **Television:** Which 1960s sitcom's theme song is *The Fishin' Hole*?
 5. **Animal Kingdom:** Which island nation is home to lemurs?
 6. **General Knowledge:** What is the birth flower for people born in November?
 7. **Geography:** Where are the Harz Mountains located?
 8. **History:** What kind of mammal was the first to be cloned successfully?
 9. **Music:** Which rock group performed the 1970s song *Doraville*?
 10. **Measurements:** What does a kilopond measure?

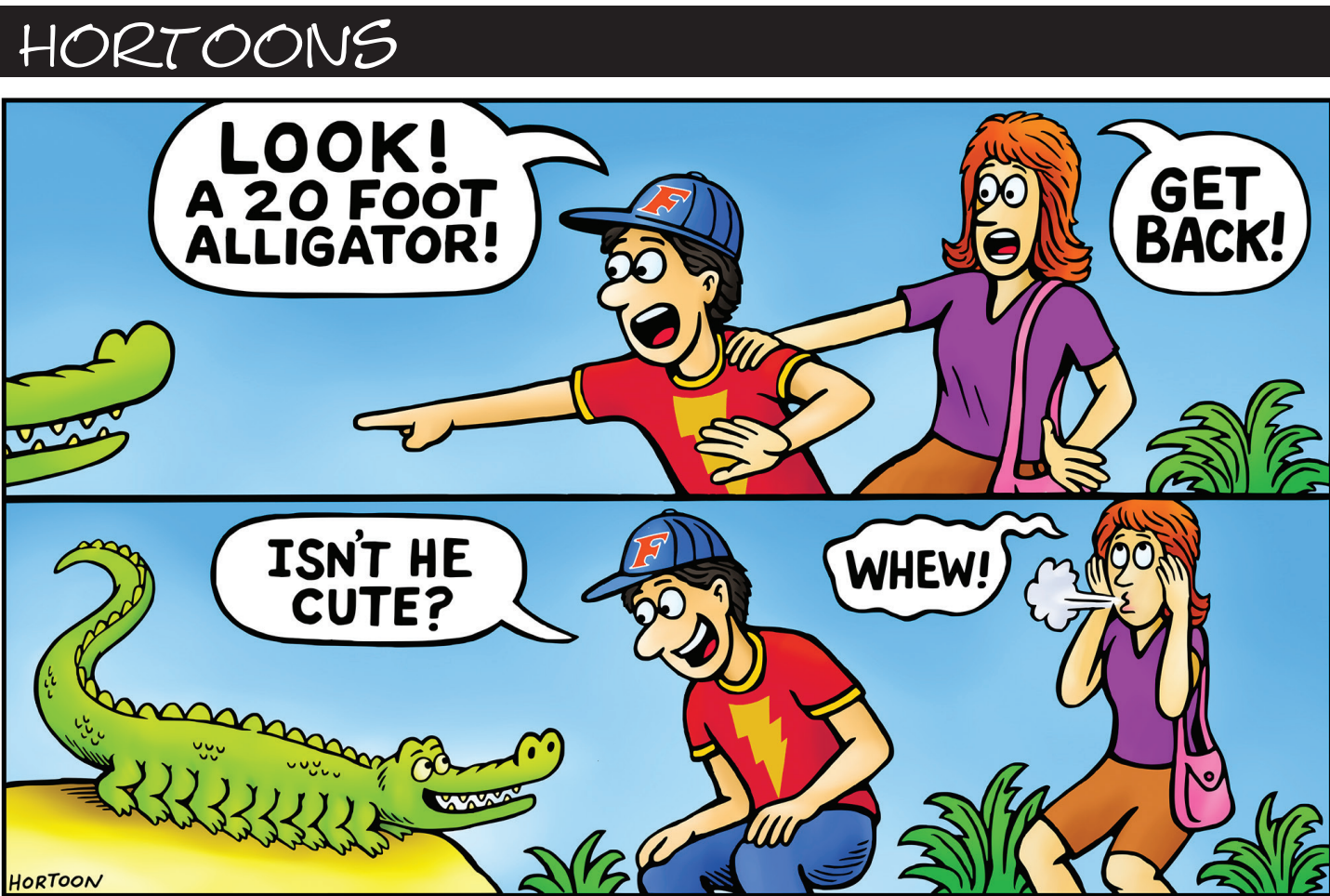
TRIVIA ANSWERS

1. Mount Lee, Los Angeles 2. Chicago 3. *The Great Gatsby* 4. *The Andy Griffith Show* 5. Madagascar 6. Chrysanthemum 7. Germany 8. A sheep 9. Atlanta Rhythm Section 10. Force.

SCRAMBLERS ANSWER

1. Curse 2. Repel;
3. Askew; 4. Insect

Today's Word
SEASICK



PUZZLE ANSWERS

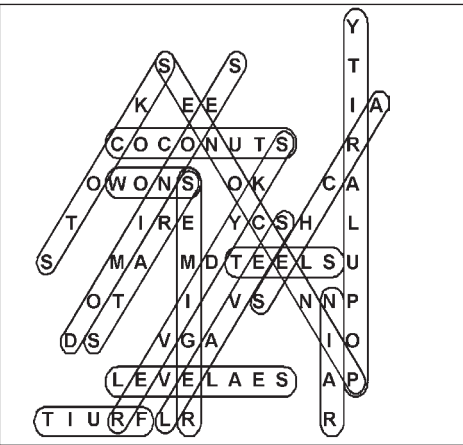
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KING CROSSWORD

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MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Captiva Beach	Captiva	2003	8,799	\$17,500,000	\$17,150,000	92
Bayfront Gardens	Bonita Springs	1997	4,470	\$3,300,000	\$3,100,000	0
Orchid Ridge	Estero	2001	7,588	\$2,250,000	\$2,250,000	0
Cape Coral	Cape Coral	2008	7,161	\$2,200,000	\$2,120,000	413
Captiva Beach	Captiva	1999	2,866	\$2,250,000	\$2,100,000	175
Metes And Bounds	Sanibel	1982	3,486	\$1,939,000	\$1,950,000	1
Southport On The Bay	Bonita Springs	1995	2,835	\$1,849,000	\$1,890,000	4
Belle Meade	Fort Myers	2007	5,613	\$1,735,000	\$1,685,000	503
Burgundy Farms	Estero	2009	5,370	\$1,750,000	\$1,650,000	17
Palm Acres	Fort Myers	2006	3,166	\$1,510,000	\$1,500,000	100



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