



Concert On Captiva Open To The Public

Tween Waters Island Resort & Spa will hold its first Tweenies Weekend Concert Series performance of 2021 on Saturday, May 15. The headliner, Fort Myers native and NBC's *The Voice* contestant Sheena Brook, will take the stage at 7:30 p.m. The concert will be hosted on the resort's private Gulf of Mexico beach, and is open to both the public and resort guests. CDC recommended protocols will be followed.

"We're thrilled to have the opportunity to host Sheena at our beach venue," said Doug Babcock, chief executive officer of Sanibel Captiva Beach Resorts. "Our goal is to provide a fun-filled, safe venue for our lineup of entertainment in 2021, and our private beach is the perfect setting, as Sheena entertains us for two hours of great live music while the sun sets. It should be an awesome and beautiful evening."

Brook, who resides on Fort Myers Beach, attended Mariner High School in Cape Coral and Southwest Florida Christian Academy in Fort Myers. She appeared on *The Voice* in 2017 on



Sheena Brook

photo provided

celebrity singer Adam Levine's team. Her renditions of Pink's *Try* and Sugarland's *Baby Girl* made her a favorite with judges and viewers.

General public tickets can be purchased in advance for \$10 at www.Tween-Waters.com/shop or at the door the night of the concert for \$20.*

Urban Farming Workshop At The Alliance

Following a tradition decades-long, the Alliance for the Arts GreenMarket free workshop series will be offered each month this summer. The first workshop will be held on Saturday, May 15 at 10:30 a.m. with a presentation by local grower, edible and medicinal herb expert and raw food enthusiast Tatiana Logvinova of Green Paradise Eco Farm.

The workshop and demonstration will provide insight on easy and efficient ways to incorporate farm fresh produce into your meals by offering tips and tricks on good selections, the right storage, diverse usage and propagation for future growth in a small space. Have fun, learn new things, then sample and shop Logvinova's booth and the GreenMarket to put your newfound knowledge to work.

Grab a chair, blanket and a notepad for this hour-long presentation followed by a question-and-answer session. All workshops are free, but small donations are accepted to help the Alliance for the Arts continue programs and activities that benefit the community.

The free urban workshop farming



Tatiana Logvinova

photo provided

series continues on Saturday, June 19 with a session on bread making presented by Jay and Carolanne of Hearth Bread.

The GreenMarket has been a hub for local backyard veggie gardeners and organic farmers for over 10 years. It acts as a space where knowledge is shared

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Fort Myers Film Festival To Begin Wednesday

The Fort Myers Film Festival will feature over 60 films at the Sidney & Berne Davis Art Center from May 12 to 16. Films will also be screened at the Edison and Ford Winter Estates, IMAG, Alliance for the Arts and Lab Theater of Florida.

The official films selected for the 2021 festival were curated from all over the world and include movies in the following categories: Features, Documentaries, Shorts, Short Shorts, Strictly Local, Student and Environment.

The black tie opening night gala kicks off the festival on Wednesday, May 12 at the Sidney & Berne Davis Art Center. Doors open at 5:30 p.m. Festivities include the rolling out of the red carpet, paparazzi, drinks, mingling with local and international filmmakers, and musical entertainment prior to the featured film at 7 p.m. Tickets are \$15 for film only or \$100 for film and VIP meet and greet. All other film tickets at the Davis Art Center can be purchased for \$10, or \$20 to screen all day, at 2301 First Street in Fort Myers, online at www.sbdac.com or by calling 333-1933.

Films at the Laboratory Theater of



A previous pre-film gathering at the Fort Myers Film Festival

photo provided

Florida will screen on Sunday, May 16. They include *Trans* at 11 a.m., *Bachelors of Broken Hill Farm* at 1 p.m. and *22 Everyday* at 3 p.m. Laboratory Theater is located at 1634 Woodford Avenue

in Fort Myers. For tickets, visit www.laboratorytheaterflorida.com or call 218-0481.

Films at the Alliance for the Arts will screen on Friday, May 14. They

include *The Fight to Save Two National Treasures* and *A Fisher's Right to Know* at 7 p.m.

Films at the IMAG History and Science continued on page 20

Historic Downtown Fort Myers, Then And Now:

Carson Home On Jackson



by Gerri Reaves, PhD

This house with decorative railings surrounded by a white picket fence was home to one of Fort Myers’ first pioneer couples – Robert Anderson and Georgia Carlton Carson. Pictured circa 1908, the house was located on the west side of Jackson Street, approximately mid-block between First and Main. Visible in the open landscape to the left of the house are the neighbors’ backyards in that mostly residential part of town. The Carsons had settled in town in the 1870s, arriving in an oxcart with their children, before the town incorporated and Lee County was created by splitting from Monroe County.

Robert was a Methodist minister and also grew sugarcane and vegetables. Georgia was a native Floridian, having been born in Fort Meade in 1846. Her father was killed and her brother wounded in a battle at the start of the Third Seminole War there in 1856.

Upon her death in 1931, Georgia was noted as the great-aunt of Florida Governor Doyle Carlton (who served from 1929 to 1933) and a resident of the town for 54 years.

The family’s large property’s north border ran behind buildings along First Street and the south border along today’s Main Street. On the west side, the property stretched more than halfway to Hendry Street.

Robert and Georgia had nine children. Perhaps the best known was Frank M. Carson, Sr., born in 1869. He went on to serve as marshal and collector in 1897 and 1898, as town councilman in 1908 and 1910, as well as deputy sheriff under the legendary Sheriff Frank Tippins.

He also became one of the biggest cattlemen and ranch owners in the region. In 1901, Frank M. married Katherine “Katie” Louise Gerald (who later remarried and took the last name of Robbins).



The Robert and Georgia Carson home, pictured circa 1908, stood on Jackson Street between First and Main. The Carson’s grandchildren, Vera Geraldine Carson (Bartleson) (Vesper) and Frank Gerald “Son” Carson, stand near the porch corner.
photo courtesy Southwest Florida Historical Society



The Carson block today photo by Gerri Reaves

They had two children, who are shown in the historic photo: Vera Geraldine Carson (Bartleson) (Vesper), born in 1902, and Frank Gerald “Son” Carson, who was born in 1906 in his grandparents’ house.

After he retired and several years after the historic photo was taken, Frank M. built a similarly constructed house next door. It stood near what is now the northwest corner at Main Street. (Main Street did not exist until about 1922.)

Frank M., who died in 1920, Katie, Geraldine and “Son” lived there and rented out the older family home until the dawn of the boom years, when the quiet neighborhood was transformed.

Main Street was extended from Hendry to Jackson, and the modern Grand Central Hotel was built on the southwest corner where a city parking garage is now.

Other businesses followed, including the Central Filling Station mid-block on Main on part of the original Carson property.

A large automobile garage was built across Jackson, and the grandparents’ home shown here became offices and a hat shop. “Son” and Katie’s home on the corner became a restaurant.

Eventually, both Carson family homes were moved. Annie Powell Dean, widow of developer John Morgan Dean, bought the house in the photo in 1940 and moved it south on McGregor.

At that time, a couple of old timers said they were sure it was the oldest residence in town.

As for the two children in the photo, Geraldine became a writer, with 10 years as the Fort Myers correspondent for the *Miami Herald* and then 21 years as a society editor for the *Fort Myers News-Press*.

Frank G. was active in civic affairs and notably served on the committee that secured the Thomas A. Edison Estate as a gift to the City of Fort Myers from Mina Edison.

Take a walk to Jackson Street and imagine it as a neighborhood where children played under the trees.

Then visit the following research centers to learn more about the houses that the pioneers built.

Hours might be affected by the coronavirus pandemic, so call first. The Southwest Florida Historical Society is an all-volunteer, nonprofit organization

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Auto Express South, the 2020 Clay Shooting Tournament winning team photo provided

Clay Shooting Tournament This Friday

Get ready to take aim. Lee Association for Remarkable Citizens (LARC) will host the third annual Aiming for Ability Clay Shooting Tournament at Sarasota Trap Skeet & Clays on Friday, May 7. Registration for the outdoor event begins at 8:30 a.m., a mandatory safety meeting is at 9:30 a.m., and shooters will head out to take their best shot at 10 a.m. Lunch and awards will immediately follow.

All proceeds will benefit LARC's programs and services that help individuals with intellectual and developmental disabilities achieve.

Entry fee is \$600 per foursome or \$150 per person and includes lunch, ear protection, 100 targets, four boxes of ammunition and a golf cart. Participants must be at least age 18. Shotgun rentals are available for an additional fee. First through third place teams will receive trophies.

"The proceeds LARC receives from events like this is are essential to our fundraising efforts and helps to raise the critical funds needed for the programs and services that help individuals with

disabilities achieve," said Angela Katz, LARC's interim executive director.

Established in 1954, LARC is a training center for success for individuals with intellectual and developmental disabilities. LARC serves more than 400 individuals annually, and participants range in age from 14 to 76.

LARC offers vocational training, community residential services, and a vast array of other state-of-the-art community inclusion services on a full-time, year-round basis. LARC's main campus is located at 2570 Hanson Street in Fort Myers. LARC also operates two residential group homes located in Cape Coral and North Fort Myers.

Sponsorship opportunities that include shooting foursomes and event recognition are available.

The venue is outdoors, and all necessary precautions for social distancing, cleaning and disinfecting will be taken.

To register or learn more about sponsorship opportunities, visit www.larccounty.org or contact Katz at 334-6285 ext. 210 or angelakatz@larccounty.org.

Sarasota Trap Skeet & Clays is located at 3445 Rustic Road in Nokomis. For more information, visit www.larccounty.org/events/clay-shooting-tournament.✱

Awards Show Extends To Full Day Of Events

Ford Entertainment Magazine will hold its fourth awards show, dedicated to celebrating Creativity, Music and Entrepreneurship in Southwest Florida, at the Cape Coral Yacht Club on June 24 from 6 to 10 p.m.

The show will feature more than 40 categories, including Best Album, Artist of the Year, Nonprofit of the Year and Most Influential Person.

Ford Entertainment has hosted three shows since 2011. The most

recent show brought in a crowd of over 350 attendees. The third awards show will feature live performances, red carpet interviews, local vendors and an awards ceremony that will be hosted by a number of Southwest Florida's most notable trail blazers.

One major addition to this year's festivities will be the extension of the awards ceremony into a full day of events. It starts with our pre-show/vendor expo from 11 a.m. to 4 p.m. featuring a cook-off, a Youth Entrepreneur Expo, a freestyle battle and more. The awards ceremony follows from 6 p.m. to 10 p.m.

To sponsor, or be a part of our show, visit www.fordentawards.com, email fordentmagazine@gmail.com or call 281-4033.✱

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Inaugural Nautical Expo Next Weekend

Southwest Florida's Nautical Mile Publications, Inc. will hold the 2021 Nautical Expo at the Lee Civic Center during the weekend of May 15 and 16. Hours are Saturday from 9 a.m. to 5 p.m., and Sunday from 10 a.m. to 4 p.m.

The inaugural show is attracting exhibitors from all over Florida with a wide variety of fine art, marine gadgets and coastal exhibits. Attendees can meet world-famous nautical artists including Craig Deitrich, Steve Whitlock and Douglas Snidely, and browse the indoor acre-sized air conditioned building along with an outdoor arts and crafts market. People can watch

custom fishing rod building, fly-tying demonstrations and see some of Southwest Florida's most popular fishing skiffs, new and used boating and fishing gear, kayaks, coastal exhibits, nautical jewelry and outdoor sportswear.

Salt and freshwater fishing seminars, sponsored by MirrOlure, will be held on the hour from local guides including Capt. Mark King, a bass fishing expert from Lake Okeechobee. The Miss Nautical Mile pageant, hosted by Miss Global United States, will be on stage Saturday from 11 a.m. and 1 p.m. Attendees can also hold a 12-foot python and pet a live alligator. Knockerball and the Go-Swim USA models are coming over from Miami, and attendees can meet International Mermaid Faith Lynn, who will be on display in an eight-foot clamshell with her 250-pound silicone tail which is a

great photo opportunity for kids.

Nautical Mile's publisher Jim Griffiths stated, "Southwest Florida offers a unique coastal environment, and Lee County deserves a bigger star on the map. Between the recent population growth, the civic center's massive size and 2,300 parking spots, the expo is expected to break a 43-year, two-day show attendance record. A system has been developed where purchases can be waiting at the gate so attendees can experience the show hands-free."

Nearly two-million impressions on social media has attracted exhibitors from all over Florida who will be participating in one of the largest nautical markets in the state. Included for attendees is a Food Truck Bonanza, where multiple food trucks will be on-site both days serving \$5 portions so people can try a bit of everything. A breakfast truck will be on site both days

with fresh coffee and a unique menu for early risers.

General admission is \$12, re-entry on Sunday is free and active police officers are invited to attend as a guest of the show. To encourage boating and fishing in youth, kids younger than age 18 may attend for free.

While they last, over \$1 million worth of two-for-one passes can be found at the following Southwest Florida restaurants and businesses: Miceli's in Matlacha, Metro Diner and Lobster Lady in Cape Coral, Eddie's Seafood in Nokomis, various Southwest Florida Ace Hardware stores, along with multiple Southwest Florida Jets Pizza locations.

The Lee Civic Center is located at 11831 Bayshore Road in North Fort Myers. For more information about Nautical Expo 2021, visit www.nauticalmilemagazine.com.*

Online Auction To Feature Tennis Stars In Fundraiser

International tennis celebrities are stepping off the court and onto the Internet with Madisen's Match founder Duane Chaney from May 10 to 14 as they work to raise money for one of the nation's leading tennis charity events.

Madisen's Match is in honor of brain cancer awareness month and Duane's niece, Madisen, who is still living with a brain tumor. Organizers won't let the pandemic stop them from raising money for the new neurosurgery program that will help bring a pediatric brain surgeon to Golisano Children's Hospital of Southwest Florida.

This year's new and expanded Madisen's Match Week features an incredible online auction and exclusive one-on-one interviews with internationally known tennis stars that replaces the event's traditional evening gala, tennis clinic and exhibition match.

Each day of the auction one international tennis star will join Madisen's Match founder Duane Chaney to talk about some of the biggest moments in sports history, highlights from Madisen's Match, and their passion for giving

back to the community. Everyone is encouraged to tune-in to get behind the scenes stories from tennis greats such as Mike and Bob Bryan, Murphy and Luke Jensen, Sam Querrey and Tom Gullikson.

Guests can bid on exclusive auction items such as a one-year membership to Useppa Island Club, an autographed photo of Roger Federer and Rafael Nadal, a diamond tennis bracelet, diamond pendant, vacations, spa packages and more. As an exclusive thank you to donors for their ongoing support, Madisen's Match custom apparel will be gifted to anyone who makes an online donation of \$250 or more during the event. Visit www.madisensmatch.com/donate to make your donation today.

The community can start bidding on auction items starting Monday at 8 a.m. with the closing bids made on or before 5 p.m. Friday.

Since its inception in 2008, Madisen's Match has raised over \$1.3 million for Barbara's Friends and Golisano Children's Hospital of Southwest Florida. These funds have provided new equipment and services to provide life-saving care at Golisano over the last decade.

For more information or to be one of the first to access the Madisen's Match online auction and get the latest event updates, visit www.madisensmatch.com.*

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FSW Students Publish Inspiring Children's Book

After Florida SouthWestern State College (FSW) students Amy Rodriguez, Joanna Francisco-Castro, Victoria Vernet and Ramir Dalencour walk across the stage during FSW's commencement ceremonies this Friday, they will each have a story to tell about their college experience. Then again, for these four students, storytelling is kind of their thing. Together, they co-wrote and published a children's book, *LimitLESS: Immigration Stories for Children*.

The students were part of FSW's Honors Scholar Program, which requires students to complete a research project.

"At the time we were deciding on our project topics, the country was such a dark place for immigrants," Rodriguez said. "I knew I wanted to focus my project on immigrants and help them feel heard, but I wasn't sure how."

Rodriguez met with FSW Provost and honors program faculty member Dr. Eileen DeLuca who suggested the idea of a children's book, and Rodriguez knew what she had to do.

Rodriguez recruited Francisco-Castro, Vernet and Dalencour to join the project. Together, the students interviewed three immigrants about their experiences coming to the



From left, Ramir Dalencour, Joanna Francisco-Castro, Victoria Vernet and Amy Rodriguez photo provided

United States. After many long hours of interviews, note-taking and storyboarding, they developed three characters based on the interviewees and co-wrote stories based on their experiences for the book.

"Our participants decided on the name of their character, and we made sure their illustrations reflected each of them," Francisco-Castro said. "We also made sure to include a very specific detail that each person shared with us about their life, so they could recognize their own story in the character."

With the help of FSW faculty

members Dr. Brandi George, Dr. Jacquelyn Davis and Dr. Wendy Chase, and illustrations by FSW alumna Marty de la Cruz, the students edited and self-published the book through www.lulu.com. They are now working on distributing *LimitLESS* in schools in areas with a high population of immigrants and getting the book professionally published to reach a wider audience. They also hope to create a series of *LimitLESS* books.

But to these four students, *LimitLESS* wasn't just about completing their research project. The book also

has a personal meaning to all of them. Like the characters in the book, they are each immigrants or children of immigrants, and they understand firsthand the struggles young children face when arriving in a new country.

"My parents are immigrants, and they inspire me every day," Vernet said. "Immigrants were in such a bad light for some time, but this book helps us shed a light of glory on immigrants."

"Having an immigrant background myself, I now see myself as a message carrier who can empower others," Dalencour said.

For more information, visit www.fsw.edu.✱

Hurricane Guide Now Available

Reviewing the Lee County Electric Cooperative (LCEC) Hurricane Guide is a good way to prepare for the start of storm season on June 1. Preparing early is key to riding out any storm that Mother Nature may bring this way.

The LCEC Hurricane Guide includes information about: storm restoration process; preparing your home and business; life support; evacuation protocol; disaster supply kit; portable generator safety; debris and vegetation; and important phone numbers and links.

To download a copy of the guide, visit www.lcec.net.✱

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Fort Myers Art:

Local Film To Roll On Throwback Thursday



by Tom Hall

The Fort Myers Film Festival returns to the River District from May 12 to 16, and this year it will feature a new category of indie – the “throwback.” And one that’s certain to excite

many locals is John Biffar’s *Captiva Island*, which he debuted in 1995, and will screen at Sidney & Berne Davis Art Center (SBDAC) on Thursday, May 13 at 6 p.m.

In case the name John Biffar is not familiar, over the course of his career as a filmmaker (he’s been a producer, director, screenwriter and cinematographer), he has directed such notable talent as Don Shula (former coach of the Miami Dolphins), Helio Castroneves (Indy Car Champion and *Dancing with the Stars* Mirror Ball winner), Ernest Borgnine (*McHales Navy*), Arte Johnson (*Laugh In*), Norma Miller (*The Queen of Swing*), Bill Cobbs (*Night At The Museum, Northern Exposure*), Ali MacGraw (*Love Story*), news legend Walter Cronkite, Olympic skater Dorothy

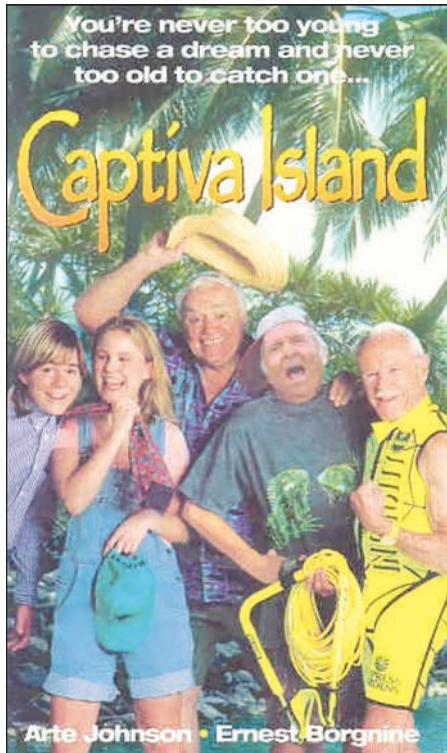
Film poster for *Captiva Island*

photo courtesy www.artswfl.com

Hamill and late explorer Jacques Cousteau.

Biffar began his career in filmmaking at the University of South Florida’s film school, during which he also interned at Channel 8. In 1983, Biffar founded one of the first independent production companies in Fort Myers. Over the next five years, the company expanded in both sales and reputation, evolving in 1987 into

Dreamtime Entertainment, Inc.

Dreamtime’s first feature film was *Captiva Island*, which boasted its theatrical release and aired on HBO, Showtime, Cinemax, Encore and Starz networks.

The plotline revolved around a teen named Jeremy (Jesse Ziegler). After his dad tells him that he’s sending him to Thomas Academy for summer school, Jeremy runs away. But his luck turns when he meets a cute girl and three kooky pensioners with a passion for life and crazy schemes. The pensioners are Johnson (who plays a character named Ernie), Borgnine (who, hilariously, plays a guy named Arty) and Cobbs (who plays Vernon).

In addition to the feature’s positive and uplifting message, *Captiva Island* drew national attention to the natural beauty and charm of the island and all of Southwest Florida. It also gave Floridians a taste of filmmaking as a majority of the cast and crew who made the film were locals.

Biffar has been a Thank God For Indie Mondays celebrity judge, and he made his towering presence (he’s 6 foot, 7 inches tall) known at last year’s 10-year anniversary Fort Myers Film Festival with his insightful documentary *Cuba Reframed*, which followed a group of artists, filmmakers, marine biologists and free spirits on an expedition aboard the Conch Republic flagship *The Wolf* to Havana just before the Trump Administration re-imposed a travel embargo on the island nation. In his inimitable trademark style, Biffar’s cinematography provided breathtaking views of pristine sandy beaches, bucolic agrarian panoramas and unexpected mountain terrain while pushing beyond the façade of bustling tourism, shimmering shores and Spanish architecture to reveal a people characterized by generosity, kindness and affection who revel in life’s simple pleasures.

Sandwiched in between *Captiva Island* and *Cuba Reframed* have been a plethora of compelling and award-winning projects. In 1999, Biffar teamed up with Cronkite and James Newton to film *Uncommon Friends of the Twentieth Century*, which examines the unique friendship that developed in the early 1900s between Thomas Edison, Henry Ford, Harvey Firestone and James Newton, who penned the book of the same name. In 2002, The History Channel commissioned Dreamtime to shoot a documentary titled *The Nazi Plan to Bomb New York*. Six years later, Dreamtime completed and debuted a documentary on the life of Pope John Paul II titled *John Paul II, A Saint for Our Times*, which experienced a national release. And, in 2010, Biffar

produced *Queen of Swing*, a 72-minute documentary narrated by Cobbs (the third “kook” who starred in *Captiva Island*) that took an inside look at Miller’s influence in the globalization of America’s jazz culture with her and her fellow artists’ roles in racial integration. (The documentary was just screened on February 8 by the Captiva Island Historical Society in its Open Air History series at McCarthy’s Marina.)

Biffar’s other accomplishments include the 2009 PBS documentary *Under the Sea* (about legendary underwater cinematographer Al Giddings) and a 90-minute History Channel documentary *Fire Boats of 9-11*, which received acclaim for its portrayal of the heroic efforts of the New York Fire Department post 9-11.

Over the course of his career, Biffar’s unique on-air abilities and innovative creative approach have garnered him numerous television and journalism awards and national recognition, including five Emmys.

The Fort Myers Film Festival opens on Wednesday evening, May 12, with a red carpet gala and the comedy adventure film *Pooling to Paradise* by Caytha Jentis at SBDAC, located at 2301 First Street in Fort Myers. Over the course of the ensuing four days, there will be 60 films shown in eight categories, including features, documentaries, environmental, short, short short, student, strictly local and throwbacks.

Estates Issues Call To Artists For Sustainable Concepts Exhibition

Did you know that Henry Ford repurposed wooden crates used to transport material into floorboards in his automobiles? Or that Thomas Edison purified chemical solvents to be reused in the experiments he conducted in his Fort Myers laboratory trying to find a replacement for rubber?

In this tradition, the Edison Ford Winter Estates has issued a call to artists for Sustainable Concepts, an exhibition of 2D and 3D works of art that will be displayed January 14 through May 29, 2022.

While the Green Movement was not popular during their lifetimes, Edison and Ford both recognized the importance of recycling and reusing materials.

The deadline for submission is November 7. For more information, contact Tayelor Kakes at tkakes@edisonford.org.

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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From page 2

Historic Downtown

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 *The Story of Fort Myers* by Karl H. Grismer.*



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# Zonta Selects Public Affairs Award Recipient

submitted by Sue Denham

The Zonta Club of Sanibel-Captiva has chosen Ekaterina (Katja) Pedersen-Diaz, a junior at Estero High School, to receive the 2021 Young Women in Public Affairs Award (YWPA). This award, which recognizes superior leadership skills and a commitment to public service, was established by Zonta International to address the disparity in the representation of women in legislature, and emphasizes the importance of women having equal participation in decision-making processes.

Pedersen-Diaz, almost 17, is very involved in both her school and home communities. She is the vice president of Estero High School's chapter of Key Club, a public service organization, and participates actively in many student organizations and the school's Gender Sexuality Alliance. Due to COVID-19, her plans to play the part of a public defender in a community teen court program have been curtailed for now. Within the greater community, she volunteers at Hope Hospice and the Hope Chest Store.

Pedersen-Diaz plans to pursue a degree in biological engineering as a first step toward the possibility of a career in medicine or pharmacology with an emphasis on women's health.

Upon learning about the award,



From left, Recipient Ekaterina Pedersen-Diaz with Michael Amabile, principal of Estero High School and Susan Delago, foreign languages teacher who recommended her. Not pictured: biology teacher Casandra Baird who also recommended Pederson-Diaz. photo provided

which includes a check for \$1,500 from Zonta, Pedersen-Diaz thanked the Zonta membership, saying that she had enjoyed writing in her application about her interests, experiences and goals, and seeing that there were others who agreed. "Sometimes," she said, "I feel like I am somehow not following the traditional gender role that society too often dictates for girls to follow, and I question myself, but just for a brief minute." She added that she is committed to doing her part to ensure that her future will follow the wider path.

The club recognized Pedersen-Diaz virtually at its May 5 club meeting, held via Zoom. Under Zonta International guidelines, YWPA recipients become eligible for further recognition and awards from Zonta, regionally and nationally.

The Zonta Club of Sanibel-Captiva empowers women through service, advocacy and funding. The club applauds young women like Pedersen-Diaz who exemplify the Zonta ideals of justice and the importance of promoting women's voices in public affairs. For more information, visit [www.zontasancap.org](http://www.zontasancap.org).

# Junior Achievement Awarded Grants

Junior Achievement of Southwest Florida has received two grants totaling \$5,500 from the Community Foundation of Collier County. These funds will support new technology for the organization as well as its JA Inspire virtual program.

JA Inspire provides eighth graders the rare opportunity to explore potential career paths and connect with local employers for the high-wage and high-demand jobs in our community. After five explorative lessons integrating work and career readiness, including a personalized career assessment, students attend an interactive virtual career expo exposing them to various industries, career opportunities and required education levels.

Collier County awards annual grants through a competitive application and review process. Selected organizations receive grant dollars from the Changing Needs Fund, which is made up of donors who believe in the foundation's ability to identify and grant to the community's most current needs.

To learn more about Junior Achievement of Southwest Florida and its programs, visit [www.jaswfl.org](http://www.jaswfl.org), call 225-2590, or email [info@jaswfl.org](mailto:info@jaswfl.org). To learn more about The Community Foundation Of Collier County, visit [www.cfcollier.org](http://www.cfcollier.org) or call 649-5000.

# Churches/Temples

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



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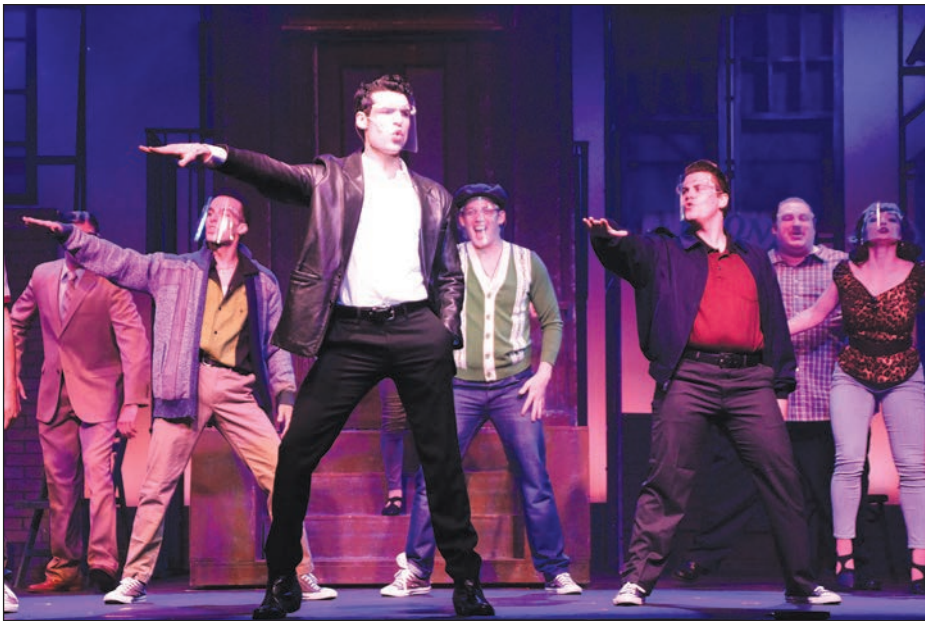
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Sage Spiker as Calogero with Doo Wop Guys

photo provided

## Streetwise Musical On Stage At Broadway Palm

Broadway Palm presents *A Bronx Tale* playing through Saturday, May 22. This streetwise musical is based on Academy Award nominee Chazz Palminteri's story.

This hit crowd-pleaser takes you to a working class Italian American neighborhood in the Bronx in the

1960s where a young man is caught between the father he loves and the mob boss he would love to be. Bursting with high-energy dance numbers and original doo-wop tunes, *A Bronx Tale* is an unforgettable story of loyalty, love, respect and, most importantly, family. The musical was adapted by Palminteri's 1989 one-man show and that same show was also made into the 1993 Robert De Niro film in which he made his directorial debut.

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 taken, visit [www.broadwaypalm.com](http://www.broadwaypalm.com). Guests are required to wear masks while not eating or drinking.

Performances are Wednesday through Sunday evenings with selected matinees. Tickets are \$48 to \$73. Children and group prices are available.

Broadway Palm is located in Royal Palm Square at 1380 Colonial Boulevard in Fort Myers. Tickets can be reserved by calling 278-4422, visiting [www.broadwaypalm.com](http://www.broadwaypalm.com) or at the box office.✱

## Lab Theater Summer Camp Registration Open

The Laboratory Theater of Florida: Education's summer camp registration is now open. The camp takes a whole actor approach to the craft and is available for students ages 12 to 18. Camp runs from July 12 to 30 with two weekends of performances of *Failure: A Love Story*, opening July 29 and running through August 8.

The Laboratory Theater of Florida takes a "whole actor" approach to acting. In addition to physical theater, stage combat, voice modulation, blocking, stagecraft and scene study, campers also learn the basics of set design, lighting elements, lighting design, costuming, stage makeup, stage management as well as theater etiquette and best practices. And, of course, theater games.

The camp culminates in a professional production of *Failure: A Love Story*, which plays for two weekends.

The theater follows both the CDC guidelines and the School District of Lee County guidelines, stating that campers must be masked indoors. This camp is limited to 15 thespians. This guarantees the maximum amount of one-on-one instruction and allows officials to keep students as safe as possible.

As this is a full production, students will be asked to sign the theater's Pandemic Protocol.

*Failure: A Love Story* by Phillip Dawkins – By the end of 1928, all three Fail sisters will be dead – expiring in reverse order, youngest to oldest, from a blunt object to the head, disappearance and finally consumption. Tuneful songs and a whimsical chorus follow the story of Nelly, Jenny June and Gerty as they live out their lives above the family clock repair shop near the Chicago River before their time unexpectedly runs out. A magical, musical fable where, in the end, the power of love is far greater than any individual's successes or failures.

A registration form must be filled out and signed for each camper. If registering multiple students, guardians may choose "First Camper" for the first and "sibling" for the others.

Weekly tuition option on request. : Hours are from 9 a.m. to 3:30 p.m., Monday through Friday. Daily arrival time is 8:30 to 9 a.m., with pick-up from 3:30 to 4 p.m.

Light snacks are provided, but

campers should bring a packed lunch. Campers should wear comfortable clothing in which they can easily move and dance. Closed-toe shoes are required; tennis shoes are recommended. Masks are required to be properly worn during camp hours.

Camp culminates in a two-week professional production on stage at The Laboratory Theater of Florida. Dress rehearsals and performances will be held at the Laboratory Theater of Florida.

Regular registration for the full three weeks (by Wednesday before start) is \$450 per camper 1, \$405 per additional sibling for the three-week camp. If a scholarship is needed, email [paularsisk@gmail.com](mailto:paularsisk@gmail.com) for details. A weekly tuition option is available upon request.

Payment and refund policy payment is required at registration. Two-week cancellation notice is required or forfeiture of the deposit will result.

Registration deadline is by the Wednesday before the start of camp, payable by credit card or checks made out to The Laboratory Theater of Florida, P.O. Box 334, Fort Myers, FL 33902. You may also register and pay online at [www.laboratorytheaterflorida.com](http://www.laboratorytheaterflorida.com).

Performance dates are:

July 29, 30, and 31 at 8 p.m.

August 5, 6, 7 at 8 p.m.

Aug 1, 8 at 2 p.m.

Tickets are \$28 each or \$10 for students with valid student IDs. Seating is limited and sold by section for safety. For tickets, call the box office at 218-0481 or online at [www.laboratorytheaterflorida.com](http://www.laboratorytheaterflorida.com).✱

## Prom Season With Pet Kings And Queens

Lee County Domestic Animal Services will reduce adoption fees for the month of May in honor of prom season. Adult dogs will be just \$30 and adult cats \$25 with an approved application. Each week will feature a Prom King and Queen and the adoption fees for those animals will be waived.

The adoption package, valued over \$500, includes spay/neuter, age-appropriate vaccinations, county license, microchip, deworming, heartworm test for dogs six months and older, and feline aids and leukemia test for cats.

Lee County Domestic Animal Services is located at 5600 Banner Drive in Fort Myers. The adoption center is open from 10:30 a.m. to 3:30 p.m. Monday to Saturday. Available pets can be viewed at [www.leelostpets.com](http://www.leelostpets.com).✱

## Dean's List

Javonte Johnson of Fort Myers has been named to the dean's list for the winter 2021 term at Central Penn College in Summerdale, Pennsylvania. Johnson is currently majoring in business administration. To qualify for the designation, an undergraduate student must carry six or more credits and earn a grade-point average of 3.5 or better for the term.✱



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## CROW Case Of The Week:

## Peninsula Cooter



by Bob Petcher

The peninsula cooter (*Pseudemys peninsularis*) is a Florida freshwater turtle that is known to be easy going and adaptable to both land and water. These reptiles are able

swimmers that spend a lot of time lounging around on embankments when they are done diving and floating.

Peninsula cooters differ from other turtle species by shell shape (ridge-like with a steep curve), color (concentric and vertical patterns of olive green, light green and yellow) and feet (sharp claws for digging in dirt, webbing in between toes for swimming).

At CROW, an adult female peninsula cooter was admitted after being found injured in Fort Myers. Upon initial examination, there was a depression fracture on the left front side of the carapace and small abrasions on the plastron. CROW medical staff noted the clinic took in 108 turtles and tortoises with shell fractures or injuries in 2020 alone.

The location of the depression fracture on the patient's shell led veterinarians to believe that there could



**Patient #21-1683 has a very guarded prognosis due to its puncture fracture on its carapace (left photo) and abrasions on its plastron (right photo)**

photos by Haillie Mesics

be lung damage. X-rays confirmed this belief.

"We did take radiographs, which showed us this patient had no other fractures besides the shell defect," said Dr. Melanie Peel, CROW veterinary intern. "At that time, the patient was very active and would not tolerate being rotated for more views. The defect itself was depressed over the lungs, so we already knew there was lung involvement."

Multiple bandage changes were made to the patient's wounds.

"At first, the bandage changes were



daily until bleeding decreased and the area looked cleaner, then they were extended to every other day," said Dr. Peel.

The cause of injury was deduced to either a predator attack or a vehicle strike. However, veterinarians suspected a predator attack, such as an alligator, based on the puncture fracture and abrasions on the bottom shell.

"It definitely isn't uncommon for us to see evidence of teeth marks on some of these water turtles," Dr. Peel said.

More than two weeks after admittance, the patient is still being

closely monitored. Veterinarians worked with rehabilitation staff to schedule a delicate repair procedure as many factors needed to be considered to ensure success.

"We took this patient to surgery for a feeding tube placement, as she wasn't eating in the hospital last week," said Dr. Peel. "At that time, we also removed the fragments of shell that were depressed over her left lung field. The fragments had devitalized due to decreased blood supply from the fracture; therefore, they were no longer viable."

"Once removed, there was about a 2.5 centimeter by 2 centimeter oval defect in the shell with healthy lung tissue and fluid-filled membrane visible underneath. We will hopefully be able to use a special device called a wound-vacuum, which will pull this membrane up and allow for this area to scar."

The patient remains on a feeding tube and is being closely watched due to its grave condition.

"The patient still has a very guarded prognosis due to the lung involvement, but we are giving her pain medications, antibiotics and a diet through the feeding tube now," said Dr. Peel.

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

## Mound House Outdoor Nature And Education

by Gary Mooney

The Mound House, the oldest standing structure on Fort Myers Beach, is offering an array of outdoor nature and education programs each month.

The following are upcoming programs:

Every Tuesday and Thursday weather permitting at 9 a.m.: Newton Beach Park Guided Beach Walk – All ages, free outdoor nature program. Meet at the thatched hut closest to the beach. Bring sunscreen, shoes to get wet, sunglasses and hat. Newton Beach Park is located at 4650 Estero Boulevard.

Saturday, May 8, 11 a.m. and 1 p.m.; Tuesday, May 11, 10 and 11 a.m.; Thursday, May 13, 11 a.m. and 1 p.m.; Saturday, May 15, 11 a.m. and 1 p.m.: Shell Mound Outside Guided Tour – All ages. Cost: \$5 per person that does not include Mound House admission; Mound House members free.

Thursday, May 6 and Tuesday, May 11, both at 1 p.m.: Latino Outside Guided Tour – All ages. Cost: \$5 per person that does not include Mound House admission.

Friday, May 7, 1 p.m.; Wednesday, May 12, 9 a.m.; Friday, May 14, 9 a.m.: Mangroves by Kayak Tour – Ages 12 and older; weather permitting. Cost: \$45-per-person; Mound House members \$15. Advance reservations necessary; private tours available.

Friday, May 7, at 6:30 p.m.: Sunset Kayak Tour – Ages 12 and older; weather permitting. Cost: \$45 per person; Mound House members \$15, with private tours available

Saturdays, May 8 and 15, both at 9 a.m.: Family Fun Kayak Tour – Ages 6 and older; weather permitting. Cost: \$25 per person age 13 and older; \$15 per person ages 6 to 12; includes all equipment.

Saturdays, May 8 and 15, both at 10 a.m.: Garden Outside Guided Tour – All ages.

Wednesday, May 12, at 1 p.m.: Beginner Kayak Tour – Ages 12 and older; weather permitting. Cost: \$45 per person; Mound House members \$15; includes paddling equipment and instruction; advance registrations.

Thursday, May 13, at 10 a.m.: Family Outside Adventures – Ages 6 and older; weather permitting. Cost: \$2 per person that does not include Mound House admission; Mound House members free.

Friday, May 14, at 1 p.m.: Advanced Kayak Tour – Ages 12 and older; weather permitting; three-hour challenge; Cost: \$55-per-person; Mound House members \$25; includes all paddling and safety equipment. Advance reservations necessary.

CDC and Social Distancing guidelines in place and all participants must wear masks on land.

The Mound House is located at 451 Connecticut Street with overflow parking at 216 Connecticut Street on Fort Myers Beach. For details, reservations, and monthly programs schedule, call 765-0865 or visit [www.moundhouse.org](http://www.moundhouse.org).

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# Tarpon Time Is Here



by Capt.  
Matt Mitchell

So you want to catch a tarpon or be more proficient at it. There are as many ways to catch these game fish as there are ways to loose them. They can require an amazing amount of patience as the frustration level can often be off the charts. With great patience though comes great rewards.

Day in and day out there are more tarpon caught in our area by using the old school style of soaking cut baits. Heavy conventional tackle is usually the go-to rig consisting of a 4/0 reel on an eight-foot boat rod. The reel is loaded with 40- to 80-pound mono along with an 80-pound or larger mono leader.

Cut baits are put on a large 7/0 to 9/0 circle hook. When fishing deeper areas, a twist on a rubber core sinker is a good idea to keep the bait on the bottom. Baits of choice include catfish tails, mullet, ladyfish and mackerel. When you see lots of boats anchored up tarpon fishing, they usually have a spread of multiple rods out.

My personal favorite way to fish tarpon is sight-fishing. Conditions for this method have to be calm enough to see these fish as they roll and gulp air. Moving around these fish on a trolling motor or even a push pole will give you more opportunities. The tackle for this is a large spinning reel, basically a 6,000 series or larger that will hold over 200 yards of 30-pound braided line. A butter smooth drag is critical. For a rod, an eight-foot medium heavy spinning rod will cast a bait a long way. The rig is simple, a float and roughly five feet of 40- to 60-pound fluorocarbon leader along with a 5/0 to 7/0 Trokar circle hook. Sharp hooks should not be over looked. Live baits for this are threadfin herring, pinfish, crabs and large shiners.

Over the past few years, I've really taken to throwing soft plastic baits at these fish when conditions are right. I like a little lighter set-up for this. My go-to is a long-casting, eight-foot medium spinning rod loaded with 20-pound braid. Some favorite plastics for this are the DOA bait buster, 3D plastic mullet and Hoggy's. Look for plastics that are rigged with a single circle hook. They work best along. Tarpon shake their heads so aggressively and have such a hard mouth that they seem to throw almost anything else.

These migrating tarpon have returned to our waters for millions of years and frequent the same areas over and over. Once you find them somewhere, expect to find these fish here again and again. Waters within a mile or so of the passes both in the bay and out on the beaches are a good place to start your search. Keep your eyes peeled as all it takes is seeing rolling fish or even free jumpers to locate them.

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



This juvenile tarpon was caught while snook fishing this week

photo provided

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## Plant Smart

## Doctorbush

by Gerri Reaves

As the common name implies, doctorbush (*Plumbago zeylanica*) has various medicinal uses, including as an abortifacient. This perennial shrub of the tropics and subtropics is the only native plumbago in Florida.

The Institute for Regional Conservation lists this member of the leadwort family as rare in South Florida.

In the wild, it's found in coastal berms and strands, uplands, rockland hammocks and shell mounds.

Its many other common names include wild, Florida, white, Mexican, or summer-snow plumbago; wild, Mexican or Ceylon leadwort; as well as toothwort and devil's-herb.

The form can be erect or vine-like and sprawling, reaching several feet tall with branches a yard or more long.

The evergreen leaves are ovate to elliptical-lanceolate and one to four inches long with pointed tips. There are stalked glands along the ribs.

The white flowers appear on spikes four to five inches long. The rachis, or axis, of the spike is sticky.

Each flower has a long tube, five flaring petals with sharply pointed tips,



**Native doctorbush attracts butterflies, moths and bees, and is the larval food plant for the Cassius blue butterfly**

photos by Gerri Reaves

and blue anthers.

The capsule, which adheres to clothing, hair and fur, contains reddish to dark brown seeds.

This low-maintenance flower blooms year 'round. Give it well-drained soil in full sun to partial shade.



**Spikes of flowers bloom throughout the year**

It has moderate drought tolerance once established, but is not salt tolerant.

It is the larval food plant for the Cassius blue butterfly, a nectar plant for other butterflies, and a moth- and bee-attractor.

Another plumbago species, Cape leadwort (*Plumbago auriculata*) is naturalized in South Florida. While not

native, that blue Florida-friendly plant is used as an ornamental and butterfly attractor, too.

Sources: *Everglades Wildflowers* by Roger L. Hammer, [www.efloras.org](http://www.efloras.org), [www.fnps.org](http://www.fnps.org) and <https://gardeningsolutions.ifas.ufl.edu>.

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

## New Water Quality Insights System Released

The South Florida Water Management District (SFWMD) has released its new DBHydro Insights tool, a map-based application that expands the public's access to water quality and other data used by SFWMD to make water management decisions. The release is part of the district's ongoing efforts to expand transparency, public access and engagement.

DBHydro Insights provides quick access to current levels of major lakes in South Florida as well as flow gauge readings and other data on water control structures, stormwater treatment areas and all other major components of SFWMD's water management and

flood control systems. The database also gives access to current and historical data on watersheds and other sites throughout South Florida.

Key features are as follows:

Easy to find complex sets of data;

Map-based interface that allows users to get information about sites, stations or structures without knowing the name of the site or station;

Summary information for watersheds such as inflows, outflows, average rainfall and key hydrologic and water quality current conditions;

Quick way to see charts and current hydrologic/water quality conditions at all structures within a watershed;

Provisional water quality data;

Several filter parameters/criteria are available to quickly narrow down your selection;

Nutrient load data will be available soon (six to eight weeks); and

Single user interface to access

information from several data sources that are seamlessly integrated.

To sign up for updates on DBHydro Insights, visit the email signup page,

<https://public.govdelivery.com/accounts/FLSFWMD/subscriber/new> and enter your email address and check the DBHydro Insights box.✱

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## New Invasive Reptile Rules Now In Effect

New rules designed to protect Florida from high-risk, nonnative reptiles took effect April 29, and the Florida Fish and Wildlife Conservation Commission (FWC) is helping people who have pet green iguanas and tegus come into compliance.

As part of the new rules, pet owners will have 90 days from the effective date to apply for a no-cost permit and mark their pets with a passive integrated transponder (PIT) tag, also known as a microchip.

Working with a variety of partners, the FWC is holding Tag Your Reptile Day events throughout the state to offer pet owners an opportunity to have their pet green iguanas or tegus microchipped for free. Staff will also be on hand to address questions about the permit application process.

“Just as with cats and dogs, microchipping your green iguana or tegu is one of the simplest and most effective ways to keep them safe while also protecting Florida’s native wildlife,” said Kristen Sommers, leader of the FWC’s Wildlife Impacts Management Section. “We are holding Tag Your Reptile Days throughout the state to help pet owners offset costs for microchipping.”

To date, the FWC has scheduled the



Green iguana

photo by Carol Lyn Parrish

following events, all taking place from 10 a.m. to 4p.m.:

- May 22 – Gulfarium Marine Adventure Park, 1010 Miracle Strip Parkway SE, Fort Walton Beach
- June 5 – Brevard Zoo, 8225 North Wickham Road, Melbourne
- June 12 – University of Florida College of Veterinary Medicine, 2015 SW 16th Avenue, Gainesville
- June 19 – Zoo Tampa at Lowry Park, 1101 West Sligh Avenue, Tampa
- June 26 – South Florida Science Center and Aquarium, 4801 Dreher

Trail North, West Palm Beach

The rule changes to Chapter 68-5, F.A.C. specifically address 16 high-risk invasive reptiles including pythons, tegus and green iguanas that pose a threat to Florida’s ecology, economy and human health and safety.

The new rules also include reporting requirements for permittees, biosecurity requirements to limit escape of these high-risk species, and additional language to clarify limited exceptions for possession of green iguanas and tegus for commercial sales or as pets.

The 90-day grace period ends July 28 and, by that time, all pet green iguanas and tegus must be permanently microchipped and owners must have applied for a permit. All other entities must come into compliance with the new rules by July 28 as well, including entities possessing the regulated species for research, educational exhibition or commercial sale.

Additionally, entities with these species will have 180 days to come into compliance with the new outdoor caging requirements. The 180-day grace period for upgrading outdoor caging ends October 26.

More than 500 nonnative species have been reported in Florida. Approximately 80 percent of these species have been introduced via the live animal trade with more than 130 established in Florida, meaning they are reproducing in the wild.

Since most nonnative fish and wildlife find their way into Florida’s habitats through escape or release from the live animal trade, it is important to create regulations to prevent high-risk nonnative wildlife from becoming introduced or further established in Florida’s environment.

For detailed information on how these new rules will impact pet owners, commercial sellers, exhibitors, trappers and other groups, or to learn more about upcoming Tag Your Reptile Day events, visit [www.myfwc.com/reptilerule](http://www.myfwc.com/reptilerule).

For more information about nonnative species in Florida, visit [www.myfwc.com/nonnatives](http://www.myfwc.com/nonnatives). ✨

## Proposals Sought For High Tunnel Systems Ideas

USDA’s Natural Resources Conservation Service (NRCS) in Florida will invest \$300,000 for conservation innovation grants for high tunnel systems that improve weather resiliency and improve degraded plant conditions. The deadline to submit a proposal is July 12 before noon.

Grants between \$5,000 to \$75,000 will be awarded to applicants matching those funds on a dollar-for-dollar basis from non-federal sources that can include cash or in-kind contributions. U.S.-based non-federal entities and individuals are eligible to apply for projects carried out in Florida.

Up to 10 percent of the funds are for proposals from historically underserved producers, veteran farmers or ranchers, or community-based organizations representing these entities. The funding announcement seeking proposals will be published on [www.grants.gov](http://www.grants.gov).

Conservation innovation grants are competitive grants that drive public and private sector innovation in resource conservation.

CIG projects inspire creative problem-solving that boosts production on farms, ranches and private forests that improve water quality, soil health and wildlife habitat.



Creating a high tunnel system

photo provided

Under the state CIG, public and private grantees develop the tools, technologies and strategies to support next-generation conservation efforts on working lands and develop market-based solutions to resource challenges.

A grant application webinar will be held Thursday, May 27 at 2 p.m. It will explain how to apply for the state conservation innovation grants and

give an overview of NRCS high tunnel systems.

To access the webinar, call 1-844-517-1271 and use access code 962 370 659. Individuals who require special accommodations or materials in an alternative format or language should contact Nina Bhattacharyya at 352-338-9554 by May 13. ✨

## Lee County Utilities Notice

Lee County Utilities is temporarily converting its disinfectant process from chloramines to free chlorine residual. The process is from May 3 through May 24.

This is a routine measure that is common for water utilities using chloramines as its primary disinfectant.

Anyone who uses a kidney dialysis machine at home should contact an equipment supplier so the proper filtering equipment may be installed.

Tropical fish or aquatic animal owners should contact a local tropical fish store for appropriate pretreatment of water before adding water to tanks.

Customers may notice a temporary change in the taste, odor and color of the water, which is not harmful. This is a routine measure to ensure customers of clean, safe potable water.

Customers with questions can call 533-8845 during normal business hours, 8 a.m. to 4:30 p.m. Monday through Friday.

For a video about the disinfectant process, visit <https://youtu.be/MJyMOXnEwGE>.

Lee County Utilities is one of about a dozen public and private utility organizations that serve residents and businesses in Lee County. For service area locations, visit [www.leegov.com/utilities/new-development/service-franchise-area-maps](http://www.leegov.com/utilities/new-development/service-franchise-area-maps). ✨





Film still of Barbara Miluski and Caroline Ryburn from *Now You See Us* photo provided

## Florida Premiere For Comedy Short At Film Festival

Award-winning short film *Now You See Us* will be having its Florida premiere at the 11th annual Fort Myers Film Festival, as part of Comedy Block 1, beginning at 2 p.m. Saturday, May 15.

This 11-minute coming-of-a-certain-age story was directed and adapted for the screen by award-winning director and screenwriter Romina Schwedler, based on the short play *Boombo* by Barbara Miluski, who is also the producer and one of the stars in the film.

*Now You See Us* is a hilarious tale

about a serious topic... women beginning to feel invisible to the world around them after reaching "a certain age," as well as the means in which they are portrayed, stereotyped, patronized, misrepresented and underrepresented in mass media.

The film was shot in black and white, another tool that Schwedler makes beautiful use of to depict these women's off-beat feeling of being "all washed out" as well as having been "grayed-out" by the entertainment industry and their very own society.

The poignant and refreshing piece was brought to life by a 95 percent female-identifying cast and crew of diverse backgrounds, ethnicities, sexual orientations, religions and, of course, ages.

For more information, visit [www.sbdac.com](http://www.sbdac.com)✱

## Funding Passed For Ecosystem Restoration

The Gulf Coast Ecosystem Restoration Council (RESTORE Council) has approved over \$83 million in funding for restoration efforts benefiting Florida.

The funding has been approved as part of the Council-Selected Restoration Component Funded Priorities List (FPL) 3b, developed through collaboration among the RESTORE Council's state and federal members with input from Gulf of Mexico stakeholders. FPL 3b includes 20 activities that will address a range of ecosystem needs.

The \$302 million FPL 3b includes \$69 million for large-scale Florida programs to address water quality and quantity, habitat acquisition and conservation, and coastal resilience. Other approved activities include \$5 million for longleaf pine and hydrology restoration within the Apalachicola watershed, as well as \$9 million for gulf-wide programs that provide multi-state benefits.

"In the wake of an environmental disaster as severe as the BP oil spill, remediation and recovery funding is critical to continuing research and restoration,"

said Florida Department of Environmental Protection Secretary Noah Valenstein. "The gulf is an incredibly interconnected system, and our restoration efforts have been successful because of the many different groups involved. The continued collaboration between state and federal partners will restore economies, ecosystems and way of life in the gulf."

FPL 3b includes \$140,456,250 for ecosystem restoration activities that RESTORE Council members will implement in the near term, and an additional \$161,543,750 budgeted for priority activities that the RESTORE Council will evaluate in the future.

The RESTORE Council was established in 2012 by the Resources and Ecosystems Sustainability, Tourist Opportunities and Revived Economies of the Gulf Coast States Act (RESTORE Act), a federal law enacted in response to the 2010 Deepwater Horizon oil spill. The RESTORE Council consists of the governors of Alabama, Florida, Louisiana, Mississippi and Texas, along with the secretaries of the U.S. departments of agriculture, the Army, commerce, homeland security, the Interior and the administrator of the U.S. Environmental Protection Agency.

For more information on the projects and programs included in FPL 3b, as well as prior FPL activities, visit [www.restorethegulf.gov](http://www.restorethegulf.gov)✱

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## Superior Interiors

Statement Pieces  
For The Perfect  
Focal Point

by Trinette Nelson

The living room is the ideal place for gathering. Even though you might not have as many guests frequenting your space at the moment, you and your immediate family members still

use this area for entertainment, relaxation and sparking conversations after a long day of work or school.

With so much time spent in this area of your home, there's a great opportunity to get creative with decor and design schemes. Whether you follow a comforting theme with neutral tones and fill the room with cozy chairs and a sectional, or you go for something more bold, modern and minimalist with less furniture and more spaciousness, your living space needs a focal point.

The focal point is one of the most fundamental elements in interior design. It's the place your eyes are drawn to the second you walk into the room; a point in the living room that the entire design can be shaped around to emphasize its importance. Typically, the perfect place for the focal point is at eye level as this makes the connection between your eyes and the feature simple and seamless.

If you're in the process of redecorating or redesigning your living space, but you're not sure where to get started, perhaps you can begin with a specific feature that can bring in positive attention.

Whether you have a working fireplace or a stagnant mantel that's used solely for

decorative purposes, this space can be a great focal point on its own. The way you decorate or accessorize this space, however, can make a big difference in how much immediate attention it gets. Painting the fireplace a bold color or layering it with tile or stone can make a major statement.

If you would like to emphasize the space above the fireplace instead, a large, unique piece of artwork can do the trick. You can select a piece that flows with the rest of the design you're planning, or you can create interest and choose one that's more striking and goes against the grain. Either can attract a lot of attention if executed correctly. Remember, the focal point should be near eye level, so placing the artwork too high could make it more difficult to notice at first glance around the room.

Want to make a dramatic statement in the living room? Accent walls using wallpaper, or a bold paint color offer an easy opportunity to create a desirable focal point.

The living room is a place of gathering. It's a space for comfort. A large sectional that takes up majority of the space makes a focal point that will attract you and your family members instantly; the surface area will bring all of you in for coziness and conversation with ease.

An area rug has a way of tying a room together; this accessory makes an ideal piece to complete the living room. Even more, it can make a beautiful focal point with the right color or pattern. We recommend contrasting it against the floor color to make a major statement.

Perfecting your living space with a focal point doesn't have to be difficult. If you're having a hard time settling with one distinct feature in your haven for entertainment and relaxation, consider contacting a design professional for fresh ideas.

*Trinette Nelson is an interior designer on Sanibel/Captiva Islands and can be reached at [trinette@coindceden.com](mailto:trinette@coindceden.com).*✱

New County  
Ordinance For  
Public Roads

The Lee Board of County Commissioners voted recently to adopt an ordinance prohibiting dangerous uses of public roads and rights-of-way within unincorporated Lee County.

Dangerous uses include stopping and standing on a median or engaging in any physical interaction between a pedestrian and an occupant of a motor vehicle within certain areas of unincorporated Lee County.

Increased use of public roads and rights-of-way by pedestrians to solicit drivers has led to heightened concern regarding pedestrian and driver safety within unincorporated Lee County. The Cape Coral-Fort Myers metropolitan area currently ranks 11th in the nation for most dangerous places for pedestrians, according to the 2021 Dangerous by

Design Report issued by Smart Growth America in conjunction with the Centers for Disease Control and Prevention.

The unexpected presence of individuals standing in the medians or interacting with drivers further increases the danger of collisions between pedestrians and motor vehicles.

The Lee County Sheriff's Office intends to educate and raise awareness of the ordinance. Actual enforcement is considered a final step. Violations of the ordinance will be punishable by a fine not to exceed \$500 and/or by imprisonment in the county jail not to exceed 60 days, as provided in Section 125.69, Florida Statutes.

The ordinance will be filed with the Florida secretary of state within days and will become law.

People who are in the right-of-way because they are collecting money for food or basic necessities should call the Lee County Homeless Coalition Coordinated Entry System at 533-7996 to connect to available services.

For more information, visit [www.leegov.com](http://www.leegov.com).✱

Filmmaker To  
Be Honored With  
Lifetime Award

Officials of the Fort Myers

Film Festival will award Southwest Florida filmmaker KC Schulberg with a lifetime achievement award during the awards ceremony on Sunday, May 16 from 5 to 6:30 p.m. The ceremony follows the U.S. premier of the film *The Lost Film of Nuremberg* which screens at the center at 4 p.m. and panel discussion about the importance of film in the Nuremberg trials and its relevance today.



KC Schulberg

Schulberg traces his start in the film business to appearing as an extra at age 5 in his father's and uncle's 1958 movie *Wind Across the Everglades* as well as his start in social activism as the youngest (age 16) marshal serving the Poor People's Campaign & March on Washington in 1968.

Throughout his film career, working on more than 200 films, miniseries and movies for television – many as senior vice president of Hallmark Entertainment – Schulberg has kept his finger on the pulse of social justice issues, helping produce a 1985 benefit

concert for the homeless starring Kid Creole and the Coconuts with poster by Keith Haring at the Roxy in New York City; producing a Peace Concert with Richie Havens marking the 50th anniversary of the bombing of Hiroshima; and organizing countless workshops, marches, screenings and street protests with Collier Freedom locally since 2017.

Schulberg is a third-generation filmmaker. His grandfather ran Paramount Studios from 1927 to 1935, producing hundreds of movies including the first film to win the Oscar – *Wings* (1927). His uncle, Budd Schulberg, wrote the screenplay for the Oscar-winning *On the Waterfront*, starring Marlon Brando. His grandmother, Ad Schulberg, founded the first female-run talent agency in Hollywood. His father directed and produced numerous film and television programs including the closing night movie at this year's festival – *Nuremberg: Its Lesson For Today* – which screens on Sunday, May 16 at 2:30 p.m.

Today, as executive director of local clean water nonprofit Calusa Waterkeeper, Schulberg has combined his dual passions for film and activism by producing and directing three documentaries for Calusa Waterkeeper, including *Eternal Vigilance*, which screens during this year's festival on Friday, May 14 at 1:30 p.m.

Before the awards ceremony there will be a panel, free to the public, that has been organized to discuss the importance and power of filmmaking in addition to truth in storytelling and media coverage.✱

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 9 – City Gate Ministries; 9 a.m. to 1 p.m.; 1735 Jackson Street, Fort Myers

Grace United Methodist Church; 8:30 a.m. to 12:30 p.m.; 13 SE 21st Place, Cape Coral

May 10 – Santa Barbara Professional

Building; 8 a.m. to noon; 224 Santa Barbara Boulevard, Cape Coral

Fifth Third Bank (Del Prado Location); 1 to 4 p.m.; 2724 Del Prado Boulevard, Cape Coral

May 12 – Miromar Outlets; 11 a.m. to 4 p.m.; 10801 Corkscrew Road, Estero

Trauma Awareness Drive; 8 a.m. to 4:30 p.m.; Lee Memorial Hospital, 2776 Cleveland Avenue, Fort Myers

May 13 – Florida Heart Associates; 10 a.m. to 3 p.m.; 1550 Barkley Circle, Fort Myers

The City of Cape Coral Police Dept.; 8 a.m. to 2 p.m.; 1100 Cultural Park Boulevard South, Cape Coral

May 14 – Florida Gulf Coast University; 10 a.m. to 4 p.m.; 10501 FGCU Boulevard South, Fort Myers

May 15 – Bell Tower Shops; 10 a.m. to 4 p.m.; 13499 US 41 SE, Fort Myers

May 16 – Anchor Christian Church; 8:30 a.m. to 12:30 p.m.; 11651 East Terry Street, Bonita Springs

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](http://www.leehealth.org/our-services/blood-centers) to find a location.✱



## Charity Foundation Adds Board Member

Florida Skin Center Chief Executive Officer George Gulisano has joined the board of directors of The Bobby Nichols Fiddlesticks Charity Foundation (BNFCF).



George Gulisano

"My personal mission is to give back in every way possible to my profession and my community, and the BNFCF allows me the privilege of continuing my commitment of helping children in need," said Gulisano. "The Bobby Nichols Foundation's mission to help abused and at-risk children aligns with my passion for working on programs for challenged youth and minority students. It is an honor to be named to the board of this

exceptional organization."

Gulisano is a graduate of the University of Miami and a licensed certified public accountant (CPA) in the State of Florida since 1985. He serves as a trustee and past president of the Florida Institute of Certified Public Accountants Scholarship Foundation. In 2013, he became one of only 25 CPAs statewide who received a named endowment to provide yearly scholarships to Florida accounting students in perpetuity.

The Bobby Nichols Fiddlesticks Charity Foundation, founded in 2002, is a group of Fiddlesticks members, known as Pipers, who volunteer to organize and run an annual celebrity pro-am invitational golf and charity tennis tournament. The mission is to generate funds to return to the community via charitable contributions for abused and at-risk children. The organization also recognizes the contributions and accomplishments of Bobby Nichols, winner of 14 PGA Tour tournaments, including the 1964 PGA Championship and 1974 Canadian Open. Nichols has been a resident of Fiddlesticks since its inception. More than 13.5 million dollars has been donated to local organizations.✱

## Groundbreaking For Corkscrew Road Project

The public is invited to attend an official groundbreaking ceremony for the Corkscrew Road Widening Project at the Pinewoods Water Treatment Plant on Thursday, May 13 at 10 a.m. Attendees should use the east entrance to the plant.

The ceremony will feature brief remarks by Lee County commissioners and other officials. Centers for Disease Control guidelines will be observed.

The widening project is a top-tier transportation priority for the Lee Board of County Commissioners. The first phase will create a six-lane, divided arterial road from Ben Hill Griffin Parkway east to Fire House Lane, and a four-lane divided arterial road from Fire House Lane east to Bella Terra Boulevard. The project also includes the relocation of potable water, reuse and wastewater utilities. The \$23.3 million contract is with Lee County-based Cougar Contracting.

The roadway will include four-foot bike lanes. Sidewalks along the portions in unincorporated areas are part of the project. The Village of Estero has an agreement with Lee County to build shared use paths for the Phase 1 roadway portions within the village boundary after roadway construction. The Village of Estero also will install street lighting and landscaping. The village limits include the south side of Phase 1 and the north side from Ben Hill Griffin to the western boundary of the Wild Blue development.

The Phase 1 widening project is what the county is featuring in the groundbreaking ceremony. The event location is at one of Lee County Utilities' water treatment plants.

Phase 2, which will extend east to Alico Road, will require some land acquisition. Total project costs for both phases, including design, land acquisition, construction and construction inspection is expected to be \$52 million.

The Pinewoods Water Treatment Plant is located at 11950 Corkscrew Road in Estero. For more information on the project, visit [www.corkscrewroadwidening.com](http://www.corkscrewroadwidening.com).✱

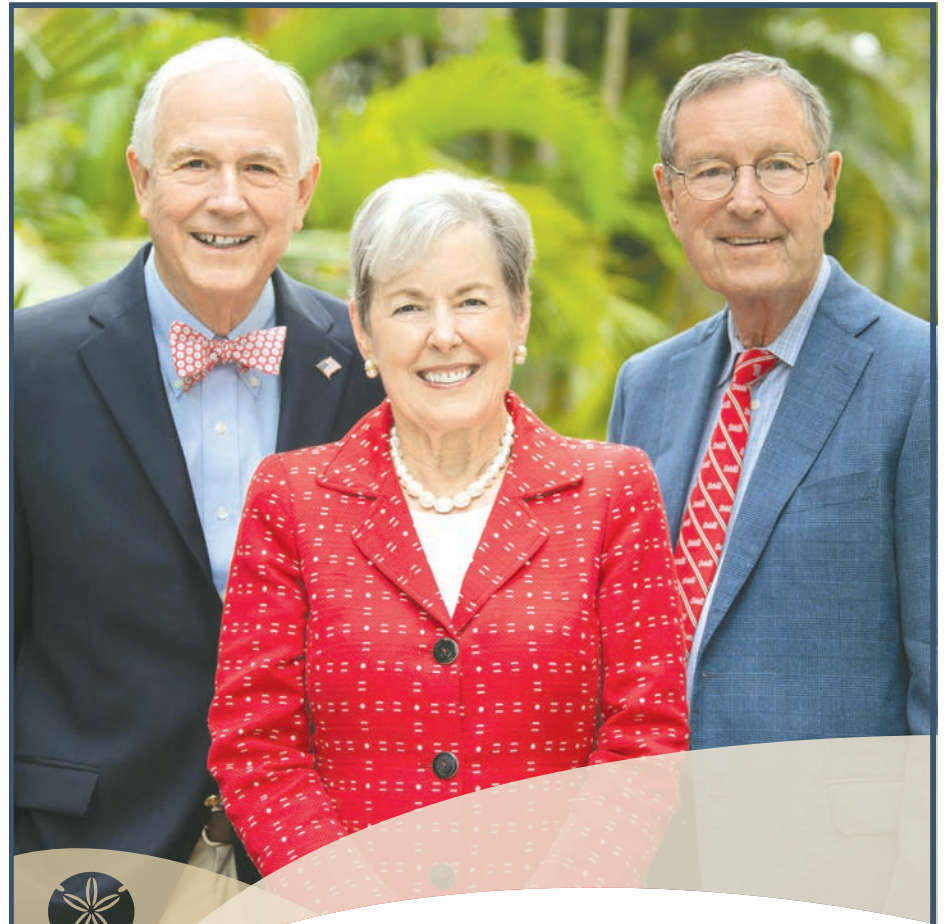
## Airport Reports March Traffic

During March, 1,162,342 passengers traveled through Southwest Florida International Airport in Fort Myers. This was an increase of 35 percent compared to March 2020 and an increase of 60.2 percent increase compared to February 2021. Year-to-date, passenger traffic is down 20.4 percent compared to last year.

The traffic leader in March was Southwest Airlines with 284,606 total passengers. Rounding out the top five airlines were Delta (182,846), United (146,494), American (135,886) and Spirit (127,161).

Southwest Florida International Airport had 11,472 aircraft operations, an increase of 7.5 percent compared to March 2020. Page Field saw 12,794 operations, a 0.6 percent increase compared to March 2020.

Southwest Florida International Airport served nearly six million passengers in 2020 and is one of the top 50 U.S. airports for passenger traffic. No ad valorem (property) taxes are used for airport operation or construction. For more information, visit [www.flylcpa.com](http://www.flylcpa.com) or [www.facebook.com/flylcpa](http://www.facebook.com/flylcpa).✱



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## Book Review

# A Cold Copper Moon



by Di Saggau

**A** Cold Copper Moon by Richard Conrath, is the final book in his trilogy and it answers all our questions about Cooper's missing son Maxie. It's been eight

years since seven-year-old Maxie was kidnapped, and Cooper has been having continuous nightmares about how his son disappeared and envisions where he might be living. His nightmares are so real he actually feels he is following the car his son was taken in.

The book begins with a young woman approaching Cooper saying, "I need you to find someone." Her father Jack Hayward disappeared four days ago on Thanksgiving. Cynthia is a free-lance writer, working on a series about Big Oil in south Florida. Her father was helping her but now he's disappeared. Coop and his crew, Richie Marino, a mob enforcer who uses a baseball bat to persuade; Huxter Crowe, a self-proclaimed third generation Miccosukee Native American with a master's degree who teaches on the reservation; and

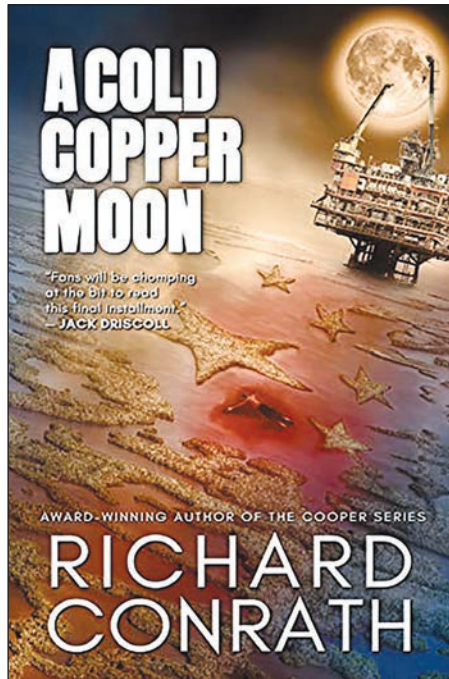


image provided

Louise Delgado, a Miami homicide detective assigned to the Gang Unit, join together to help out.

It isn't long before they come across Jack's body and then branch out to track his killers. This takes them to the Florida Straights where the Zhi Zhu Nu, the world's largest oil rig, run by a Chinese company, is drilling in the Caribbean just a few kilometers from Key West. The name of the rig translates to The Spider Woman. They

feel the answer they are looking for is on the rig, and try to find a way to board it. But it's in Cuban waters and, being a Chinese owned company, it won't be easy. People start shooting at them whenever they draw near.

We start to learn what happened to Maxie, and that really gets our interest. Jillie, Coop's ex-wife, is the first to find out. She contacts Cooper and then some different kind of fireworks begin. Coop and his gang are caught in the

treacherous world of drug runners and Chinese gangs who have set up business in the Florida Straights and the Gulf of Mexico. They end up uncovering illegal drilling in the Everglades and help make one of the biggest drug busts in history. And, most important, Maxie's disappearance is solved. *A Cold Copper Moon* is a satisfying ending to "The Cooper Mystery Series," and it has a twist you won't be expecting.✱

## School Smart



by Shelley M. Greggs, NCSP

**D**ear Shelley, My 5-year-old daughter has trouble transitioning from one activity to another. Often when I ask her to change activities,

she responds by whining, stalling or even having a meltdown. What can I do to ease this situation?

Nicole W, Fort Myers

### Nicole,

Many children struggle with transitions, especially those with attention deficit hyperactivity disorder (ADHD), anxiety, autism and sensory processing concerns. There are some strategies that may be helpful for you, your daughter and all children. It takes some experimentation to find out which strategies work best for each individual child, but once you find a few that work, kids typically respond well and have an easier time moving from one activity to another.

Creating consistent routines and structure for specific activities is an excellent strategy. For example, you can create a morning and bedtime routine with specific steps that you and your child follow daily. A predictable structure and knowing is very reassuring to children.

Another useful strategy is to provide preview and countdown for the activity you want your child to move to. Thus, before each transition, you will state a timeframe and description of what will happen along with countdowns, "in 15 minutes, then 10, then five, it will be time to finish breakfast, get your school gear and walk to the bus stop." This preview and countdown strategy allows children to prepare emotionally for the next event.

Music helps. With younger kids especially, songs can be effective tools to help implement routines and ease transitions. The "clean up" song that is often sung at many preschools is a great example of using song to implement a routine. There are many of these songs that can help younger children with routines.

Lots of children may benefit from visual cues. Make a chart with drawings about what to expect from a particular

transition or the steps involved can help some kids immensely. These types of visual cues are frequently used in primary grade classrooms and could be easily adapted at home.

It's important to connect to your child when you ask them to transition to ensure that you have their attention and that they are listening to you. Making eye contact, sitting next to them, placing your hand on their shoulder, or asking them to repeat back what you have said are great ways to ensure that your child will stop and focus.

Rewards work too. Rewards can be an effective tool for all kinds of kids and issues, but make sure to keep your reward schedule simple and inexpensive. Rewards can be things like stickers, snacks, or extra privileges at home.

Praise good transitioning. Be specific in your praise and follow up with a reward when appropriate. With the right support, children can learn to transition smoothly without whining and tantrums.

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

From page 1

## Urban Farming

freely, with the goal of making Fort Myers and Southwest Florida more sustainable by creating more growers big and small, introducing better food and biodiversity in gardens and fields.

The weekly market is open from 9 a.m. to 1 p.m. every Saturday, rain or shine, with free yoga on the lawn at 9:30 a.m. During these hours, the Alliance for the Arts gallery and gift shop are also open for visitors.

The Alliance campus offers 10 acres of open space, so appropriate social distancing will be maintained. Masks are required inside the Alliance building and gallery and when social distancing is not possible.

Alliance for the Arts is located at 10091 McGregor Boulevard in Fort Myers. For more information, visit [www.artinlee.org](http://www.artinlee.org) or call 939-2787.✱

## EPIC FIRES OF FORT MYERS

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



THOMAS P. HALL  
ROBIN C. TUTTILL, EDITOR

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



## Report From Local College Student Summit

Florida SouthWestern State College (FSW) students recently participated in FutureMakers' first Student Voice Summit focused on college students.

This spring, 61 students shared their perspectives and experiences by completing the Student Voice Summit survey, and 32 students attended the virtual event held in February.

The report shares insights gained from both the survey and feedback gained at the Student Voice Summit.

"It's the first time we have replicated our high school summit with college students, demonstrating it is a replicable process but also allowing us to better understand how college students are experiencing the education system," said Tessa LeSage, FutureMakers Coalition director.

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. Southwest Florida Community Foundation is the backbone organization of the FutureMakers Coalition.

Participants of the collegiate Student Voice Summit were asked to share their thoughts on equity in education, degree completion challenges, and solutions and ideas for change.

Students emphasized appreciation for consistent communication from FSW (faculty, weekly events email, etc.) and stated the desire for regular personalized check-ins from the college staff and faculty.

Mental health was a theme that emerged within each breakout topic, whether the conversation focused on equity, degree completion challenges, solutions, or engagement. Students noted the need for mental health resources.

Another common theme throughout the summit was the importance of community and connection. Students commented that the decrease in on-campus activity and events due to the COVID-19 pandemic is a barrier to engagement. Students miss the dynamics of being in a classroom with their peers and instructor, and desire the

conversation and camaraderie. Students recognized the difficulty in building a sense of community, making friends and connecting to campus with fewer opportunities to interact in person.

Students found meeting with their academic advisors helpful but still noted feeling stressed about selecting a major and program of study.

Students noted the need for help in understanding how many careers are available to them.

One student said, "Understanding different pathways would help me figure out what I want to do."

Another student commented that, "I know what my goal is, but I don't exactly know the path to get there."

Students appreciated the enthusiasm of instructors and connection with college faculty as being key to staying motivated and successful.

When asked about challenges to earning a degree, students noted the increased expectations of college-level coursework, sustainable motivation challenges, working independently and time management – especially in an online learning environment.

Some 82 percent of students agreed and strongly agreed with the statement: I am hopeful for the future throughout the pandemic.

Some 70 percent of students feel supported by FSW, and 59 percent of students feel supported by their community throughout the pandemic.

Students felt the impact of the pandemic across their personal and academic lives with 100 percent of students noted feeling some stress from the pandemic and 78 percent of students felt a lot or some impact on their mental health and wellness.

"It's critically important to hear from students and include them in efforts to understand the impact of our policies and practices as well as their recommendations for improvements that can help them reach their career goals," said Whitney Rhyne, MBA, director of strategic initiatives at FSW. "FSW, a FutureMakers Coalition partner, is committed to our regional goal to transform the workforce of SWFL through education."

The full report can be found at [www.futuremakerscoalition.com/wp-content/uploads/2021/04/Report\\_Student\\_Voice\\_Summit\\_FSW\\_2021.pdf](http://www.futuremakerscoalition.com/wp-content/uploads/2021/04/Report_Student_Voice_Summit_FSW_2021.pdf).

## Council Elects Officers, Woman Of The Year

The Southwest Florida Council of the American Business Women's Association (ABWA) met in-person for the first time in over a year recently. The event was socially-distanced and included speaker, elections and luncheon at Holiday Inn Fort Myers Airport.

Toby Ferrel, currently serving as president of ABWA's Lehigh Acres Charter Chapter, was re-elected board chair. Carolyn Graves, president of the Palms of Edisonia Chapter, has moved from finance officer to vice chair. Moving into the finance officer position is Alexia Martin of the Punta Gorda Charter Chapter. Rounding out the team is Krystle Mabery of the Palms of Edisonia Chapter, who will continue to serve as communications officer.

Erin White of Fort Myers was selected Southwest Florida's American Business Woman of the Year. White is one of the founders of ABWA's Imperial River Chapter and was selected in recognition of her contributions toward the professional development of women in business. She has served ABWA in officer positions at both the chapter and council level. Professionally, White had a long career at JPMorgan Chase and ran Paradise Coast Consulting before joining the development staff at Naples Botanical Garden in November 2020.



Erin White

"I am an ABWA success story," said White. "For me, both personally and professionally, ABWA has been all about the sisterhood; the relationships I've had an opportunity to develop with the women I have met through ABWA. I am grateful every day for these relationships."

The mission of the American Business Women's Association is to bring together business women of diverse occupations and to provide opportunities for them to help themselves and others grow personally and professionally through leadership, education, networking support and national recognition. ✨

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Will Power

# 31 Flavors Makes Choices Difficult



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

In the 1970s, my grandparents owned a men’s clothing store located in Indianapolis’ Westlane Shopping Center at 71st Street and Michigan Road. Next door was a Baskin-Robbins ice cream store. When my mother took me and my sister by the store to visit, if I was lucky, my grandma would give me a dollar to buy us ice cream cones.

One fortunate day, I took my sister by the hand as we raced off to select from the array of colors nesting in the display freezers’ round, cardboard containers. I always liked to ask for a sample before choosing. Cherry vanilla!? Chocolate chunk!? Caramel

swirl!? It was such a difficult choice!

We got our cones, I reached into my pocket to hand the dollar to the teenager behind the counter (she was beautiful but so much older than me!) and led sis back to the store. Exiting Baskin-Robbins, I froze. Not from ice-cream’s prevalent brain-freeze when one takes too big of a bite, rather from red and blue flashing lights that blinded me. Police cruisers, ambulances and fire trucks blocked the parking lot, and a sheriff’s deputy put his hand in front of my face to stop me from entering my grandparents’ store.

“He’s okay!” I heard my grandma shout. “Those are my grandchildren! Please let them in!”

The store was in chaos. My grandpa sat on the floor outside of the swinging, western saloon type doors that led to the backroom where he altered pants and suit jackets. Moments before, grandma, who manned the cash register, was held at gunpoint during a robbery. Grandpa, unaware of the situation, burst through the swinging doors carrying hemmed pants. The ruckus spooked the robber, who turned and fired his gun.

Grandpa crumpled to the ground, grandma screamed, the gunman fled. By the grace of God, the bullet merely skimmed grandpa’s temple, taking some skin with it. He wasn’t seriously harmed.

I dropped my ice cream. My sister, remarkably, continued to eat hers as her 5-year-old eyes watched the aftermath unfold. After things calmed down, my grandpa took me back to Baskin-Robbins to replace my cone. I didn’t feel like eating, but he insisted. I recall that I chose an easy flavor like vanilla just to appease him. Mom came to pick my sis and me up. Trembling, she hugged us, unknowing at the time that we were safely next door when the incident occurred.

These days, as an estate planning attorney, I’m more like the Baskin-Robbins server than like a customer. With adverse tax legislation looming, my clients say they want a “SLAT” (Spousal Lifetime Access Trusts). They’ve heard about them from friends or read about them in the *The Wall Street Journal*. This type of advanced estate planning technique is used to consume one’s federal gift/estate tax exemptions before they are legislated away or expire, yet retain income for a spouse’s lifetime.

Hence the demand, “I want a SLAT!”

What my clients don’t realize is that’s like going into the Baskin-Robbins and declaring that one wants an ice cream cone! What flavor do you want? Without telling your server, he has no idea what to make for you.

Do you want two SLATs, one for you and one for your spouse? The IRS has something known as the “Reciprocal Trust Doctrine” you need to avoid, or the entire transaction won’t work. There are several ways to so avoid the doctrine; which way shall we choose? Do we create SLATs a period of time from one another? Will one SLAT allow for a power of substitution of assets?

Do you want your spouse to be the only beneficiary for her lifetime, or can the trustee sprinkle the trust income or principal among your children and grandchildren?

Will the trust be consumed before your children die, or is it likely to grow for subsequent generations? Should we opt out of the automatic generation-skipping transfer tax allocation or save that for another strategy? Are your children wealthy and how should that answer play into the strategies considered? What other strategies might work to fit your goals – are there any better than SLATs?

Can SLATs result in higher income tax payments? (Answer: Yes) How do we minimize them?

The questions go on and on. Properly strategized, SLATs should not be form documents. Like any other estate planning tool, the advantages and disadvantages of various techniques should be considered before creating and funding this irrevocable instrument.

These questions can freeze you in your tracks. And make it difficult to choose the strategy most appealing to you. An excellent guide will walk you through the process, rather than whip up the flavor of the day.

Especially for those reading this with high net worth, the stakes are enormous. My grandparents were simple haberdashers. They never had to worry about an estate tax, even in the years when the threshold was so much lower than it now stands. Grandma and grandpa worked long, hard hours into their elder years before retiring. Thankfully, they had each other until my grandfather died at age 85. Grandma followed a few years later.

I still miss them.

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## How’s The Market? Ask Ann



Ann Gee  
Broker/Owner

**AMAZING!** Think about it. There are over 7,000 homes and condos on Sanibel, but only 28 homes for sale and just 32 condos. Average year-to-date home sale is \$1,311,032. Condo sales price average is \$866,330. If you are considering selling, talk to me. I believe I can save you money and not require you to sign a six-month listing agreement. Let me keep it simple... 4.5% listing fee and 60-day listing agreement. A considerable portion of my practice consists of past clients and referrals, buyers and sellers of gulf front and bay front homes, many canal homes, near beach homes and golf course properties. I return phone calls promptly, work on getting along with other Realtors and am very aware of respecting the confidentiality of my clients. Feel free to contact me with any real estate questions or comments.

### 12 Closed Sales Going Back One Week: 5 Homes, 6 Condos & 1 Lot

|                                                         |                                                          |
|---------------------------------------------------------|----------------------------------------------------------|
| 760 Sextant Dr. 541 Mariner Pointe - <b>\$515,000</b>   | 2445 W. Gulf Dr. E22 Pointe Santo - <b>\$875,000</b>     |
| 1940 Periwinkle Way - <b>\$565,000</b>                  | 1421 Sand Castle Rd. - <b>\$905,000</b>                  |
| 845 E. Gulf Dr. 842 Sanibel Moorings - <b>\$610,000</b> | 1795 Middle Gulf Dr. 201 Sanddollar - <b>\$1,180,000</b> |
| 6008 White Heron Ln. Vacant Lot - <b>\$810,000</b>      | 2959 W. Gulf Dr. 204 Sanibel Sunset - <b>\$1,247,500</b> |
| 4202 Old Banyon Way - <b>\$848,000</b>                  | 2843 Wulfert Rd. - <b>\$1,295,000</b>                    |
| 5657 Baltusrol 1B Golf Villages - <b>\$850,000</b>      | 1200 Kittiwake Cir. - <b>\$1,500,000</b>                 |

Call or email me with any questions. Stay safe & have a successful year!

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## Boating Safety Class Offered Next Saturday

U.S. Coast Guard Auxiliary is offering the About Boating Safely class at the Pine Ridge Community Center on Saturday, May 15 from 9 a.m. until 4 p.m. This beginner one-day boating class will give the novice recreational boater the knowledge needed to obtain the FWC safety certification. Anyone born on or after January 1, 1988 who operates a vessel powered by 10 horsepower or more must pass an approved boater safety course and be issued with a boating safety education identification card. This ID card must be in his/her possession along with photographic identification.

Recreational boating is fun. However, our waterways can become crowded at times and be a place of chaos and confusion. Not knowing or obeying the

navigation rules or the nautical “Rules of the Road,” drinking alcohol or taking drugs while operating a boat, or choosing not to wear your life jacket, are all examples of human error or a lack of proper judgement.

The class presenters are trained professionals of the US Coast Guard Auxiliary who facilitate the sharing of experiences and relate courseware to our local area. Gerald Durham, the Flotilla Commander of Flotilla 91 stated: “People are very busy today, and this one class can fit easily into most everyone’s calendar. Unlike online classes, this program offers student interaction, shared perspectives, collaboration and local area knowledge.”

Cost is \$45 per person and includes study material. Advance registration is required, by phone 690-6780 (option 1) or visit [www.aux91fmb.org/safeboating](http://www.aux91fmb.org/safeboating).

The Pine Ridge Community Center is located at 15660 Pine Ridge Road in Fort Myers. For more information, visit [www.cgaux.org](http://www.cgaux.org).✴

From page 1

## Film Festival

Center will screen on Saturday, May 15. They include *This Other World*, *The Underwater Senses*, *A Fisher’s Right to Know*, *The Wild Divide*, *Barbara Crites: Snorkeling St John*, *USVI* and *Stay Wild*. Tickets are \$10 and available at the box office at 2000 Cranford Avenue in Fort Myers, or by calling 321-7420. For more information, visit [www.theimag.org](http://www.theimag.org).

Outdoor screenings at the Edison and

Ford Winter Estates will be held on Friday, May 14 at 8 p.m. They include *Edison Silent Picture*, *Sam Galloway Tribute*, *Stay Wild* and *A Greenlander*. Edison and Ford Winter Estates is located at 2350 McGregor Boulevard in Fort Myers. For films and programming, visit [www.edisonfordwinterestates.org](http://www.edisonfordwinterestates.org).

The Fort Myers Film Festival was awarded the prestigious 2015 Chrysalis Award for Cultural Achievement by the Lee County Visitor & Convention Bureau and the Greater Fort Myers Chamber of Commerce Inc.✴



# Frankly Speaking

by Howard Prager



**B**atter up! Last week the Mighty Mussels held a press conference and shared plans, players and managers for interviews for their delayed inaugural season. Due to the pandemic, these players have not

played a game since 2019 and are raring to go. The season is from May 4 through September 19, so it starts and ends a few weeks later than usual. Mussels owner Andy Kaufmann said in a press release, "After a year off, we can't wait to see the great fans of Southwest Florida back at Hammond Stadium to enjoy great baseball and affordable, family fun for everyone. We want the first season of the Mussels to be a memorable one with lots of promotions all summer long." Opening day began this week in Bradenton, Florida on Tuesday May 4.

After significant restructuring throughout baseball, the Mighty Mussels now compete in the Low-A Southeast Region. The new league includes 10 teams, all of which are previous members of the Florida State League. The 2021 season will have 120 games, including 60 home games at Hammond Stadium. Teams will play six-game series on Tuesday through Sunday, with the entire league having off on Mondays. The change is aimed at reducing both travel

and virus risk.

The Mussels home opener is scheduled for Tuesday, May 11 against the Clearwater Threshers (Phillies).

Brian Meyer is the new manager, after Aaron Sutton decided to step away to run a family business March 24. Meyer brings with him 13 years of collegiate coaching experience, reaching the NCAA Tournament with three different programs. Meyer started coaching in Division I in 2010, leading the Wright State Red Raiders to back-to-back Horizon League titles. The now 38-year-old then moved to New Orleans in 2012 for five seasons at Tulane and, in his final two seasons, his teams went 76-46, playing back-to-back NCAA tournaments. Meyer, from Cincinnati, returned to the Midwest in 2017, as an assistant coach at Butler in Indianapolis for three seasons before being hired by the Twins prior to the 2020 season. In all, he has helped tutor 42 All-Conference selections, 17 MLB draft picks and three All-Americans. Meyer currently resides in Cape Coral with his wife and son. He said there is "Heightened excitement with games beginning, and we're ready to play. I'm embracing the fact that we are the first Mighty Mussels team to take the field." He and Sutton talked multiple times throughout the year, but he didn't learn that Sutton was going to resign until he saw it on social media. Asked about the "reduced" second spring training, he said, "The last five weeks we've been trying to swim and keep our heads above water. We were (almost) all together for practice last Saturday. (Co-pitching coach) Carlos Hernandez has some family issues still to clear up in Venezuela. Otherwise, we

are getting to know each other and how we operate." I asked him what were the major differences between NCAA and MLB. "I'm still working primarily with 19- to 22-year-old players (there are a couple of 24s on the roster), helping their growth and development. We had a more limited roster in college, limited hours and a much shorter season – only 60 games. So, this season is like two college seasons combined. Plus the players have more money and more time. And there's added pressure for our first round picks and high prospects."

Who are the top prospects to follow? Aaron Sabato was a 2020 first round pick. "Aaron is very cerebral with a high swing. Our shortstop Keoni Cavaco (who told me earlier he models himself after Javy Baez of the Cubs) has developed a lot." Keoni, one of two players made available for interviews, said he treated last year like he was here. "I worked out a lot. Getting back was weird and different on one hand and felt like we never left on the other." He has plenty of charisma and confidence. Meyer's assessment of his top players continues. "Will Holland is a super athletic kid and can play all the infield positions, something we're stressing with all of our infielders." Charlie Mack was converted from third baseman to catcher. "He's night and day from where he was last year, and it's great to have a left-handed power bat." Pitcher Alerick Solarie is rehabbing on the injury list.

Meyer likes the six-game series and said, "that will give us an opportunity to get all new scouting reports, since what we have is from 2019." Pitching coach Peter

Larson added, "We'll do a lot of self-assessment early and monitor pitch counts and mix the pitching up – start one week, relieve the next." Louie Varland has been already clocked throwing at 100 mph.

Fans should know that GM Judd Loveland was in charge of health and safety for the whole Twins' system during spring training, and ensures a fun and safe experience at Hammond Stadium. "We'll have cashless payments at the point of sale and hand sanitizer everywhere, seating manifests, mask mandates and flexibility to keep all of our fans and team safe." Keoni agreed, saying, "We are all focused on following the COVID protocol and staying safe."

In the 147-year history of the Kentucky Derby, no trainer has won seven times. Trainer Bob Baffert has now set that record winning with Medina Spirit, ridden by jockey John Velazquez. Despite the fact that the tandem won the delayed derby last fall, Medina Spirit had 12-1 odds. I don't think I'd bet against that duo again.

For the good news story of the week, we thank all the major leagues for their generosity during these times. The leader appears to be the NBA where 97 players and the NBA Players Association have donated \$5.5 million to nonprofits. NBAPA matched a number of player donations to assist in pandemic relief. What a great slam dunk that is.

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

## SPORTS QUIZ

1. What African soccer great was the first player to score goals in four different FA Cup final matches?
2. Attorney/politician Joe Robbie and actor/comedian Danny Thomas were the founders of what NFL franchise?
3. What University of Florida Gators offensive tackle did the Detroit Lions select in the first round of the 1985 NFL Draft?
4. With his bronze medal in the 100-meter dash at the 2002 Sydney Olympic Games, Obadele Thompson won the first Olympic medal in the history of what Caribbean nation?
5. *Saturday Night Live's* Kenan Thompson made his motion-picture debut in what 1994 Disney sports comedy sequel?
6. What 1964 U.S. Open winner retired from competitive golf in 1967 and went on to a 35-year career as a lead analyst for CBS Sports?
7. What team won the first three National Collegiate Women's Ice Hockey Championships from 2001-03?

## ANSWERS

1. Didier Drogba 2. The Miami Dolphins 3. Lomas Brown 4. Barbados 5. D2: *The Mighty Ducks* 6. Ken Venturi 7. The Minnesota-Duluth Bulldogs.

## Fishing Open In May For Greater Amberjack

**T**he recreational harvest of greater amberjack will reopen in gulf state and federal waters from May 1 to 31. After an annual season spawning closure in June and July, recreational harvest of gulf greater amberjack is scheduled to reopen again August 1 to October 31.

If you plan to fish for greater amberjack

or certain other reef fish species in gulf or Atlantic state or federal waters from a private recreational vessel (includes anglers over age 65), you must sign up as a state reef fish angler prior to your fishing trip. If you are already a gulf reef fish angler, your gulf designation meets the new statewide requirement until it expires. To learn more about the no-cost designation, visit [www.myfwc.com/srfs](http://www.myfwc.com/srfs). Sign up today at [www.gooutdoorsflorida.com](http://www.gooutdoorsflorida.com). Annual renewal is required.

To learn more about greater amberjack regulations, visit [www.myfwc.com/marine](http://www.myfwc.com/marine) and click on "Recreational Regulations."✱



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# Mighty Mussels Game Day Promotions

The Fort Myers Mighty Mussels will offer a jam-packed promotional schedule in 2021.

The minor league baseball affiliate of the Minnesota Twins is celebrating the return of summer baseball to the region with 13 fireworks shows, 11 free giveaways and more than 20 theme nights. There will also be weekly promotions to give fans special discounts and some new offers.

Individual tickets went on sale April 23. Ticket packages are available by calling 768-4210.

Post-game fireworks will take place after all 10 Friday night home contests, as well as on the home opener (Tuesday, May 11) and Fourth of July weekend (July 2 to 4).

In addition to fireworks on opening night, the Mussels will be giving away magnet schedules while also guaranteeing a win. If the Mussels fail to convert on their promise of a “guaranteed win,” everyone in attendance will receive a free ticket to the following game on Wednesday, May 12.

Later on the season-opening homestand, the Mussels will celebrate FSW Night (May 13) and *Star Wars* Night (May 14). The first 1,000 fans will receive a Mussel Man bobblehead on Saturday, May 15. Plus, the Mussels will honor all first responders on opening weekend. All first responders can get a \$5 ticket for the games on May 14 to 16 by showing their employee ID at the Mussels box office – as a thank you for all they’ve done to keep everyone safe during the past year-plus of uncertainty.

On fan-favorite *The Office* Night, fans will get the chance to meet Meredith (Kate Flannery), who will be doing a meet and greet during the game.



Fireworks at Hammond Stadium

photo provided

During the Independence Day weekend celebration, there will be fireworks following games on Friday, July 2, Saturday, July 3 and Sunday, July 4.

Weekly promotions are as follows:

- 2 for 1 Tuesdays – Fans receive buy one, get one hot dogs, draft beer and soda;
- Humana Mussels Wednesdays/Dollar Dogs – Ticket packages available for seniors (ages 62-plus) plus \$1 hot dogs;
- Thirsty Thursdays – \$1 and \$2 beer specials;
- Fireworks Fridays – Happy hour specials on Wicked Dolphin spirits at the Salty Crab/Wicked Dolphin Bar; post-game fireworks show;
- Giveaway Saturdays – Free giveaway and Bark in the Park (dog-friendly nights);
- Sunday Brunch – All-you-can-eat brunch from 11 a.m. to 1 p.m., kids run the bases.

Hammond Stadium will begin the season allowing approximately 28 percent capacity while following

appropriate social distancing and masking policies. Fans will be required to wear masks in all areas of the stadium, except when eating or drinking in their seats.

The Mussels are set to begin the season in Bradenton at 6:05 p.m. on Tuesday, May 4. First pitch of the Mussels’ home opener at Hammond Stadium is scheduled for 7 p.m. on Tuesday, May 11.

For more information and tickets, visit [www.mightymussels.com](http://www.mightymussels.com). Hammond Stadium at CenturyLink Sports Complex is located at 14100 Six Mile Cypress Parkway in Fort Myers

**Might Mussels Roster**

The 2021 Opening Night Mussels roster features 15 pitchers and 14 position players, highlighted by five of the Twins top-ranked prospects including 2019 No. 1 selection, shortstop Keoni Cavaco, and 2020 No. 1 pick, first baseman Aaron Sabato. They will team up with infielders Will Holland, Yunior Severino and Charles Mack. Mussels players range from age 19 to 24 and will

be guided by first year manager Brian Meyer.

Mussels tickets range from \$9 to \$12. Purchase them online at [www.milb.com](http://www.milb.com), at the box office that opens 60 minutes prior to each game, or by calling 768-4210. Parking fees are \$5 per car. The Mighty Mussels play at Hammond Stadium at the CenturyLink Sports Complex at 14100 Six Mile Cypress Parkway.

**Changes To League Play**

The Mighty Mussels moniker is not the only change fans will notice in 2021. Due to Major League Baseball taking control of its minor league underlings in 2020, MLB officials followed through with their threat and reduced 42 franchises by eliminating the half-season Rookie Leagues and contracting several others, including the former Florida State League (FSL) from 12 to 10 teams by giving death sentences to the Charlotte Stone Crabs and Florida Fire Frogs. In fact, the FSL itself no longer exists, having its 100-year-old title swapped for the Low-A Southeast.

The FSL previously was a High-A league, meaning players formerly at that level were the third closest to the major leagues out of the old six-tier system, but now the “Low-A Southeast” is the second lowest of the new five-division setup.

At season’s start, there is no plan to have an end-of-the-year playoff to determine the league champion, though Major League Baseball may revisit this during the summer.

Rather than the traditional three- or four-game series, teams will play against the same opponent at home or on the road from Tuesday through Sunday, with Monday being a league-wide off-day, to reduce travel and COVID-19 risks this year. Formerly, minor league seasons were 144 games, but 2021 will have just 120 contests, without an All-Star Game. The season will end on September 19 rather than the traditional Sunday prior to Labor Day.\*

# Permits For Hunting And Alligator Harvest

Now is the time to plan for Florida’s upcoming hunting seasons if you’re interested in applying for the Florida Fish and Wildlife Conservation Commission’s (FWC) alligator harvest permits or fall hunts at a Florida wildlife management area or national wildlife refuge.

Florida has a stable and healthy alligator population that allows for sustainable hunt opportunities through the FWC’s Statewide Alligator Harvest Program. To take part in Florida’s August 15 to November 1 alligator season, you’ll need an alligator trapping license, a statewide alligator harvest permit and two hide validation CITES tags. Cost for this is \$272 for Florida residents, \$22 for those with a Florida Resident Persons with Disabilities Hunting and Fishing License, or \$1,022

for nonresidents. The alligator harvest permit allows for the harvest of two alligators in a designated harvest unit or county.

Every year about 7,000 alligator harvest permits are issued through three random drawings and a final leftover phase. The demand for Florida alligator harvest permits is high, and random drawings are used to provide a fair unbiased way to issue them.

This year, the dates to apply for alligator harvest permits are as follows. Remember, all application periods start at 10 a.m. on the first day of the application period and run through 11:59 p.m. on the final day:

- Phase I Applications May 7 to 17
- Phase II Applications May 21 to 31
- Phase III Applications June 4 to 14
- Phase IV Leftovers June 17 until filled or final hunt date.

Anyone who will be age 18 or older by August 15 and has a valid credit card may apply for alligator harvest permits at [www.gooutdoorsflorida.com](http://www.gooutdoorsflorida.com) or in person at a license agent or tax collector’s office. Learn more about the alligator

harvest permit application process by visiting [www.myfwc.com](http://www.myfwc.com) and clicking on “Limited Entry/Quota Hunts” under the “Buy and Apply” drop down menu.

To give yourself the best chance of being issued an alligator harvest permit, make sure you:

- Submit all 12 choices in the application. However, listing the same area/period multiple times will not give you a better chance of being selected for that area.
- Choose areas that offer more permits to increase your odds of being drawn.
- Are willing to hunt every location you select. If you’re successful in the drawing, you’ll be charged the amount for the permit awarded to you.

Be aware the South Florida Water Management District is undertaking major construction projects this year at STA-1W and STA 2 on behalf of their mission to safeguard and restore south Florida’s water resources. The heavy equipment traffic associated with levee/ditch work and vegetation removal means a portion of STA-1W South and all of STA-1W North and STA 2 are

closed to alligator hunting during 2021.

The FWC offers several tools to help you with the application process. Find application worksheets, a harvest unit map and listing, application tips and more by visiting [www.myfwc.com/](http://www.myfwc.com/) alligator and clicking on “Statewide Alligator Harvest Program.”

Interested in hunting deer or wild hog this fall at a Florida wildlife management area or national wildlife refuge? Then make plans to apply for quota hunt permits, special-opportunity fall hunts and national wildlife refuge fall hunts during the phase 1 application period, which begins 10 a.m. on May 15 and runs through 11:59 p.m. on June 15. You can apply for the opportunities outlined below at [www.gooutdoorsflorida.com](http://www.gooutdoorsflorida.com) or in person at a license agent or tax collector’s office.

Florida quota hunts provide access to an array of hunting experiences on select wildlife management areas (WMA) with permits for these opportunities issued via random drawing. You must have a valid Florida management area

continued on page 24



## Entrepreneurial Spirit Program Returns

Since the start of the pandemic, unemployment numbers soared leaving many women without jobs or underemployed. Now back by popular demand, Dress for Success SW Florida will host its Entrepreneurial Spirit Program (E\$P) virtually on Saturday, May 22 from 9 a.m. to noon.

Some of the most successful businesswomen in the region will share their time and wisdom with budding female entrepreneurs in this interactive online program.

"E\$P is one of our most well-attended programs for women and, since the start of the pandemic, the demand for entrepreneurial learning has been high," says Nickole Hendra, executive director of Dress for Success SW Florida. "We are thankful to have these dynamic ladies in business lead our program and give so graciously of their time and talent."

Women looking to start their own businesses can learn from the E\$P panelists, who will cover pertinent topics that will set them up for entrepreneurial success.

The speakers and topics are as follows:

Business accounting presented by Angela Cooley, partner at Markham Norton Mosteller Wright & Company, P.A.;



From left, Angela Cooley, Connie Ramos-Williams, Nickole Hendra and Christina Harris Schwinin at the 2019 Entrepreneurial Spirit Program

photo provided

Understanding the importance of legal formalities, entity formation, copyright, trademarks and personal liability presented by Christina Harris Schwinin, partner at Pavese Law Firm;

Small business loans and financing presented by Barbara Melvin, vice president community relations officer at First Florida Integrity Bank; and

Branding and marketing presented by Connie Ramos-Williams, president and chief marketing officer of CONRIC PR & Marketing.

The event is sponsored by Pavese Law Firm and CONRIC PR & Marketing.

Online registration is required with a suggested donation of \$25 benefitting Dress for Success of Southwest Florida.

A Zoom link will be sent upon registration, and an E\$P certificate will be emailed after course completion.

Dress for Success SW Florida is part of a global movement for change, empowering women to obtain safer and better futures. The Fort Myers location is 12995 South Cleveland Avenue suite 153 in the Pinebrook Plaza.

To register for the seminar or for more information, visit [www.swflorida.dressforsuccess.org](http://www.swflorida.dressforsuccess.org).

## New Nonstop Flights Coming To Fort Myers

The Lee County Port Authority reported that Sun Country Airlines will inaugurate twice weekly nonstop flights between Southwest Florida International Airport in Fort Myers and Duluth International Airport (DLH) in Minnesota, Green Bay Austin Straubel International Airport (GRB) in Wisconsin, Milwaukee Mitchell International Airport (MKE) in Wisconsin and Rochester International Airport (RST) in Minnesota. The addition of these nonstop flights will offer more options to RSW this winter.

Duluth (DLH) – New market for RSW; Service to start December 17; Will operate on Mondays and Fridays.

Green Bay (GRB) – New market for RSW; Service to start December 16; Will operate on Thursdays and Sundays.

Milwaukee (MKE) – Service to start December 15; Will operate on Wednesdays and Saturdays.

Rochester (RST) – New market for RSW; Service to start February 3, 2022; Will operate on Thursdays and Sundays.

For more information or to book a flight, visit [www.suncountry.com](http://www.suncountry.com).

For more information about Southwest Florida International Airport, visit [www.flylcpa.com](http://www.flylcpa.com) or [www.facebook.com/flyrsw](http://www.facebook.com/flyrsw).

## Fort Myers Named Among Best Small Cities

Entrepreneurs can grow and thrive in smaller cities like Fort Myers, WalletHub's pick for the eighth best small city for starting a business. WalletHub compared the business-friendliness of more than 1,300 small cities using a data set of 20 key metrics that looked at average growth in number of small businesses, investor access and labor costs.

Cities with smaller populations can offer a greater chance of success, depending on an entrepreneur's type of business and personal preferences. The best cities can help new businesses survive economic shocks such as the COVID-19 pandemic, which already caused around 100,000 small businesses to close permanently in 2020.

"We've been purposeful in creating a 'City of Possibilities' mindset for those wanting to start a business in the City of Fort Myers," said Saeed Kazemi, city manager. "Reducing building permit fees, creating access to open land and viable commercial corridors, and investing in a regional tech hub has been conducive to our success."

Under Kazemi's leadership, the city entered into a public-private partnership to establish the Collaboratory, a regional tech hub where ideas for

social, economic and sustainable change are launched. The space also serves as a business incubator and flexible workspace, empowering local entrepreneurs with the foundational elements to start a business.

The City of Fort Myers was the only Florida city to break into the top 10. To view the rankings and methodology, visit [www.wallethub.com/edu/best-small-cities-to-start-a-business/20180](http://www.wallethub.com/edu/best-small-cities-to-start-a-business/20180).

## Vaccination Appointments Open For Teens

Anyone age 16 and older can receive a COVID-19 vaccine at Lee Health. The vaccination clinic is open to the community; you do not need to be a Lee Health patient to get the vaccine.

Lee Health recently received a shipment of Pfizer-BioNTech vaccine, which is approved for use in those age 16 and older. To schedule your appointment, visit [www.leehealth.org](http://www.leehealth.org).

Appointments are available as early as next week. A parent or authorized guardian must accompany a minor for vaccination.

A mask is required to enter any Lee Health facility. For more information on COVID-19 vaccines, visit [www.cdc.gov/coronavirus/2019-ncov/vaccines/index.html](http://www.cdc.gov/coronavirus/2019-ncov/vaccines/index.html).

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## Doctor and Dietician

## Eating for Life Requires Preparation



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

Eating healthy and living a long life takes effort. It's not a diet. It takes preparation. If you find yourself reaching for fast-food meals or unhealthy snacks, then it's time to get on the meal prep wagon. Come on, it is fun and a great way to get your creative juices flowing. Food is art. Food is love. Food is medicine.

Working full time, time can be scarce, so we use online grocery shopping to keep our kitchen stocked. We order specific foods from reliable vendors who offer high-quality produce, meat, and other foods. We use Misfit Market for organic produce that helps local farmers sell "misfit" shaped veggies and fruits, Grass Roots Farmer's Co-op for organic meats, Wild Alaskan Seafood Company (as well as local fish markets) for wild-caught salmon and other fish. This is in combination with supplementation from local grocery stores who sell organic. We plan these orders every week, two weeks, or month, depending on our needs. We even use Plonk Wines who offers sustainable, organic wines without pesticides.

Because we stay stocked, we can prepare breakfast, lunch, dinner and snacks from home. Most weekends are spent preparing for the week ahead. A favorite is to roast a variety of vegetables to be used in salads, as sides, or in a main dish. Some of our regulars include eggplant, beets, peppers, squash, zucchini, tomatoes, onions, broccoli, and Brussels sprouts. We also love roasting seasoned chickpeas (our favorite seasoning is smoked paprika).

Speaking of legumes, we will cook up some lentils and/or black beans to have on hand to add to salads or to make lunch or dinner with. They are loaded with fiber and protein, are great in soups and some of our favorite ethnic dishes.

Eggs are one the most nutritious, low-calorie foods available and a great staple to have on hand hard-boiled. You can slice them on top of avocado toast, add them to salads, or eat them as a snack. Sometimes, we whip up some egg salad or tuna salad for the first few lunches of the week and add tasty items such as onion, celery, herbs, apples, shaved carrots or zucchini, sunflower seeds, walnuts, and/or grapes. You can also use leftover chicken. Throw in a little Veganaise, or even pesto, instead of regular mayo.

We also like overnight oats and/or chia seed pudding (or a combination). Get a few Mason jars and add a half cup of raw oats to the jars, add about ½ cup of your favorite milk, then top with berries, nuts, coconut, chia seeds, cinnamon, vanilla, or whatever your favorites are. Then, grab and go for breakfast. Sometimes we make this in small Mason jars to use for snacking.

Speaking of jars, we love making salads in jars – so easy to transport and even eat on the go right out of the jar. Dressing goes in first, then add the harder veggies like carrots, celery, broccoli, etc. then push down some greens, top with the more delicate items such as tomatoes, berries, and the like.

We typically prep Monday's meal on Sunday, and sometimes even Tuesday's meal. When we get home from work, we just heat it up while we sip a little vino and prep a salad. We will also cook some chicken pieces, hamburger, or fish to have at the ready for a quick meal – whether it's salad, stir-fry, Latin, or Indian-inspired dishes.

We have given you a few of our favorite tips – but there are a lot more we could tell you about. We mix it up each week. Even if you are not headed to work but have a busy retirement or life with kids, meal prep and planning help to keep you eating the things that are best for your body. We encourage you to get chopping!

*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@carimgmedical.com.\**

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

The It's All About You program, originally developed at Stanford University Patient Education Research Center, is designed for people age 18 or older with chronic health conditions to help them learn ways to better manage their chronic conditions and the symptoms that often accompany chronic health conditions.

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

## dearRPharmacist

## Four Remarkable Medicinal Uses For Baking Soda



by Suzy  
Cohen, RPh

**Dear Readers:** Everyone has some baking soda in the house and, if not, you should get some. Aside from baking with it, I also use it in my garbage disposal and to brighten my laundry.

Sodium bicarbonate is known more commonly as "baking soda" since it helps make dough rise by producing carbon dioxide. Today, I'll share the most common medicinal uses for baking soda, as well as a few household uses that make it the cheapest, most effective remedy in town.

Consuming excessive baking soda is toxic because it's so high in sodium. So if you're taking it internally for heartburn, do not use it chronically, and do not take too much. See a doctor for proper treatment.

Now, here are the best medicinal uses I can think of using baking soda:

**Freshen Breath** – Adding some baking soda to your mouthwash can instantly freshen breath and improve oral hygiene. I think this is a great addition to anyone's nightly routine and studies even show that it can help your body fight bacteria better by increasing pH in your saliva temporarily. You can make a mouthwash using baking soda, water and essential oils. I have a recipe for this posted on my website if you'd like to try it. Rinse with plain water after you do the baking soda rinse.

**Relieve Itching** – Get relief from itching and minor bug bites or bee stings using a baking soda paste that you make at home. Make a paste that is thick enough to apply to your skin. The amount you use doesn't matter, just pour it into a little dish, and add enough water slowly until it is thick like a paste. Then, apply it to your itchy spots. You can even kick it up a notch medicinally by adding several drops of lavender, frankincense and/or tea tree essential oil.

If your itchy skin is widespread as you might experience with a drug allergy reaction, then take a lukewarm bath and add about two cups to a large bathtub of water, and soak for 15 minutes.

**Smelly Feet** – You can make a little foot bath using one cup of baking soda to a small foot bath of water. I would add a cup of witch hazel to the mix as well as 10 drops of tea tree oil. Soak your feet for five minutes, then rinse and dry off. This might help with toenail fungus too.

**Heartburn or Reflux** – Acid reflux is a very common problem that stems from various different root causes, including cancer, ulcers and obesity. Have a workup before using a baking soda remedy, and only use this for temporarily acute conditions such as the aftereffects of eating a spicy salsa. Baking soda works by neutralizing stomach acid. Dissolve about half to one teaspoon of baking soda in a cold glass of water. Sip it slowly until the heartburn subsides. Do not use this chronically, because it may lead to metabolic alkalosis and electrolyte disturbances that impact your heart and muscles.

*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.\**

From page 22

## Alligator Harvest

permit or a license type that includes one, unless exempt from license requirements, to apply for archery, muzzleloading gun, general gun, wild hog, family (adult and up to two youth), track vehicle and mobility-impaired quota hunts. Also, deer hunts for youth between ages 8 and 15 are offered at Andrews and Camp Blanding WMAs. Applications for the youth quota hunts must be submitted under the child's customer account.

Make sure you check out the fall quota hunt options at the two new WMAs. Orange Hammock WMA, a new 5,777-acre WMA in Sarasota County, offers archery, muzzleloading gun, mobility-impaired general gun and general gun quota hunt opportunities. A new 3,992-acre WMA in Okeechobee County, Everglades Headwaters WMA, Kissimmee Bend Unit, offers archery, muzzleloading gun, general gun and family hunts.

Special-opportunity fall hunts offer large tracts of public land and low hunter quotas at the following WMAs:

Fort Drum, Lake Panasoffkee, Triple N Ranch and Green Swamp West Unit. Fees for these hunts range from \$50 to \$175 per permit, and permits are issued through a random drawing. There is a \$5 non-refundable application fee that must be submitted with each individual application.

There are several fall hunts you can apply for at Lake Woodruff, Lower Suwannee, Loxahatchee, Merritt Island, St. Marks and St. Vincent National Wildlife Refuges. These areas offer unique experiences and well managed habitats. Although the FWC issues permits for refuge hunts, the agency does not manage these hunts. For information about hunting regulations and permit requirements for these hunts, contact the appropriate national wildlife refuge.

For information about individual WMAs, visit [www.myfwc.com/wmabrochures](http://www.myfwc.com/wmabrochures) for access to WMA Finder, an online tool that allows you to search for areas by species, season and location. You also can find application deadlines and worksheets and other limited entry hunt details at [www.myfwc.com/license/limited-entry](http://www.myfwc.com/license/limited-entry). \*

## Chronic Disease Program

Lee Health Solutions, a department of Lee Health, in partnership with many local community agencies and supported in part initially by a grant from the Southwest Florida Community Foundation, is offering a research-based chronic disease self-management program on Tuesdays, beginning May 18 from 9:30 to 11:30



## Health First

Long Haul  
COVID-19by Julie  
Rosenberg, MD

Currently, in the United States, there are more than 32,200,000 reported cases of COVID-19 and, sadly, over 573,275 individuals have succumbed to this disease. The authorized vaccines are highly effective at protecting vaccinated people against symptomatic and severe COVID-19. The widespread availability of vaccinations and the growing number of vaccinated adults in the U.S. gives us great hope as a society. Our lives are slowing beginning to normalize.

Yet, significant concerns remain around those who have been infected with COVID-19 and who experience residual symptoms after the acute phases of the infection. "Long Haul COVID-19" is a range of symptoms that can last weeks or months after first being infected with the virus. These persistent symptoms include, but are

not limited to, brain fog, low-grade fever, shortness of breath, cough, muscle and joint pain, headache, depression, sleep disturbance and severe fatigue.

There are several thousand patients who describe persistent symptoms, many of whom are healthcare workers. However, Long Haul COVID-19 can occur in anyone who has been infected with COVID-19, even if the illness was mild, or even asymptomatic. Some of the affected patients state that they had nearly recovered from the acute illness but developed a plethora of symptoms a few days later that are now persisting. Others describe a cyclical nature to their symptoms; they improve and then worsen every few days.

While the cause of Long Haul COVID-19 is presently unknown, it is recognized that infection with SARS-CoV-2, the virus that causes COVID-19, results in injury to the immune system. Additionally, aging and comorbidities linked to alterations in immune system (obesity, cancer, cardiac disease, diabetes and others) are associated with increased risk to develop disease and increased severity among those who are infected.

A major objective in managing Long Haul COVID-19 is improving and rejuvenating immune function. A growing body of research shows that lifestyle can have a positive impact on

immune function. This applies not only to "Long Haulers" but to all of us.

Following are three lifestyle tips to help optimize your immune function:

- 1) Move – Daily physical activity helps to support immune function. Do what you can. If you can't get back to your pre-COVID-19 level of activity right away, take things slowly. Walk. Stretch. Try some gentle yoga poses. Take breaks when needed.
- 2) Improve your nutritional status – Good nutrition is key for achieving and maintaining a well-functioning immune system. Key nutrients that support immune system function include: vitamins A, C, D and E, zinc, and omega-3 fatty acids. A balanced, whole foods diet should contain sufficient quantities of these nutrients. However, some individuals may also benefit from taking nutritional supplements. Consult your healthcare provider for individual supplement recommendations.
- 3) Get enough sleep – Most adults need seven to eight hours of quality sleep each night. Scientific evidence demonstrates that sleep has powerful effects on immune functioning. For example, during sleep, your immune system releases proteins called cytokines. Cytokines are important in the host defense system and play a critical role in protection against bacterial and viral infections. Sleep deprivation may decrease production of protective cytokines. Chronic sleep deprivation may also lead to an increase in inflammatory cytokines, which

enhances your risk for obesity, diabetes and cardiovascular disease.

Research is under way to prospectively follow patients with persistent COVID-19 symptoms, including studies conducted by the National Institute of Health. Pooling patient data across organizations and institutions, including from patient advocacy groups, will help us better understand the health-related challenges of long haulers. Multidisciplinary care teams are needed to coordinate and deliver care for patients with long-term symptoms after infection.

In parallel to these important studies and therapeutic initiatives, let's take care of ourselves, our loved ones and our communities by getting vaccinated and optimizing our lifestyle choices. There is light. It appears that we are at the beginning of the end of the COVID-19 pandemic.

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

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## Beautifulife:

## Dear Mom



by Kay Casperson

Many times since my mom passed six years ago, I have thought about her and hoped that she knew how special she was to me. I was fortunate enough to be

with her in her final week of life to tell her how special she was to everyone. Although I know that this made an impact, I believe that it is more important to let your mom know how special she is every day.

As most of you already know, we had a close family, and my parents adopted all of us, five in total as babies. They are exceptional individuals with hearts full of love given abundantly. She was a special lady who thought and cared about others even before herself.

I still have some letters that my mom wrote to me when I was young. Especially when I moved from Minnesota to California to explore my dreams, she wrote many times, and I wrote her back. Today, we rarely send letters in the mail. If I could write a letter to my mom in her vibrant years, this is how it would go:

Dear Mom,

You have always been a bright shining star in my world, from your loving arms to hugs that mean everything. I know I dismissed your

advice at times because I thought I knew more, only to find that you were right all along. Regardless of the path I took in life, you were my biggest cheerleader.

I cherish our friendship which is unique to any ever experienced. I love our talks because they are always unfiltered, never judged and completely honest. You always give me your best advice, and no matter what, you have my back.

You have exemplified a beautiful human being who is loving, giving, caring, and willing to go the extra mile for her friends and family. You have opened your home and heart to so many over the years, and I know the impact you have had reaches farther than most can see.

You are a part of my world that makes it both remarkable and complete. And, today, I celebrate all the things that make you the beautiful person you are. Happy Mother's Day, Mom. Thank you for being the perfect example of what motherhood might look like and the sacrifice it takes to be the best mom ever!

Love, Kay

My affirmation for you this week is: "I will cherish the memories I have of my Mom and appreciate her every single day."

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

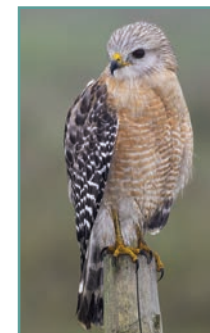
## Help SCCF Bring Back the Barn Owls

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

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

**• brodifacoum • bromailone • difenacoum • difethialone**

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



**SCCF 472-2329 • [www.SCCF.org](http://www.SCCF.org)**



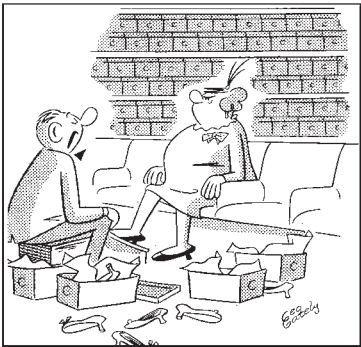


|                                                   |                                                                         |
|---------------------------------------------------|-------------------------------------------------------------------------|
| Emergency                                         | 911                                                                     |
| Lee County Sheriff's Office                       | 477-1200                                                                |
| Florida Marine Patrol                             | 332-6966                                                                |
| Florida Highway Patrol                            | 278-7100                                                                |
| Poison Control                                    | 1-800-282-3171                                                          |
| HealthPark Medical Center                         | 1-800-936-5321                                                          |
| Ft. Myers Chamber of Commerce                     | 332-3624                                                                |
| Foundation for Quality Childcare                  | 425-2685                                                                |
| Fort Myers Beach Chamber of Commerce              | 454-7500                                                                |
| Fort Myers Beach Library                          | 463-9691                                                                |
| Lakes Regional Library                            | 533-4000                                                                |
| Lee County Chamber of Commerce                    | 931-0931                                                                |
| Post Office                                       | 1-800-275-8777                                                          |
| Visitor & Convention Bureau                       | 338-3500                                                                |
| <b>ARTS</b>                                       |                                                                         |
| Alliance for the Arts                             | 939-2787                                                                |
| Arts For ACT Gallery & Studio                     | 337-5050                                                                |
| Art League Of Fort Myers                          | 275-3970                                                                |
| Barbara B. Mann Performing Arts Hall              | 481-4849                                                                |
| BIG ARTS                                          | 395-0900                                                                |
| Broadway Palm Dinner Theatre                      | 278-4422                                                                |
| Cultural Park Theatre                             | 772-5862                                                                |
| Edison Festival of Light                          | 334-2999                                                                |
| Florida Repertory Theatre at the Arcade           | 332-4488                                                                |
| Florida West Arts                                 | 948-4427                                                                |
| Fort Myers Harmonica Band                         | 610-653-7940                                                            |
| Fort Myers Symphonic Mastersingers                | 288-2535                                                                |
| Gulf Coast Symphony                               | 489-1800                                                                |
| Harmony Chorus, Charles Sutter, Pres              | 481-8059                                                                |
| Naples Philharmonic                               | 239-597-1111                                                            |
| The Schoolhouse Theater                           | 472-6862                                                                |
| SW Florida Symphony                               | 418-0996                                                                |
| Theatre Conspiracy                                | 936-3239                                                                |
| Young Artists Awards                              | 574-9321                                                                |
| <b>CLUBS &amp; ORGANIZATIONS</b>                  |                                                                         |
| American Legion Post #38                          | 239-332-1853                                                            |
| Angel Flight                                      | 1-877-4AN-ANGEL                                                         |
| Animal Refuge Center                              | 731-3535                                                                |
| American Business Women Association               | 357-6755                                                                |
| Audubon of SWFL                                   | <a href="https://www.audubonswfl.org/">https://www.audubonswfl.org/</a> |
| Caloosahatchee Chapter DAR                        | 482-1366                                                                |
| Caloosahatchee Folk Society                       | 321-4620                                                                |
| Cape Chorale Barbershop Chorus                    | 1-855-425-3631                                                          |
| Cape Coral Stamp Club                             | 542-9153                                                                |
| duPont Company Retirees                           | 454-1083                                                                |
| Edison Porcelain Artists                          | 415-2484                                                                |
| Embroiderers Guild of America - Sea Grape Chapter | 239-267-1990                                                            |
| FM UDC Chapter 2614                               | 728-3743                                                                |
| Friendship Force Of SW FL                         | 561-9164                                                                |
| Garden Club of Cape Coral                         | 239-257-2654                                                            |
| Horticulture and Tea Society                      | 472-8334                                                                |
| Horticultural Society                             | 472-6940                                                                |
| Lee County Genealogical Society                   | 549-9625                                                                |
| Lee Trust for Historic Preservation               | 939-7278                                                                |
| Navy Seabees Veterans of America                  | 731-1901                                                                |
| Paradise Iowa Club of SWFL                        | 667-1354                                                                |
| Sons of Confederate Veterans                      | 332-2408                                                                |
| Southwest Florida Fencing Academy                 | 939-1338                                                                |
| Southwest Florida Music Association               | 561-2118                                                                |
| Kiwanis Fort Myers Beach                          | 765-4254 or 454-8090                                                    |
| Kiwanis Fort Myers Edison                         | 694-1056                                                                |
| Kiwanis Fort Myers South                          | 691-1405                                                                |
| Iona-McGregor                                     | 482-0869                                                                |
| Lions Club Fort Myers Beach                       | 463-9738                                                                |
| Lions Club Fort Myers High Noon                   | 466-4228                                                                |
| Lions Club Estero/South Fort Myers                | 898-1921                                                                |
| Notre Dame Club of Lee County                     | 768-0417                                                                |
| Organ Transplant Recipients of SW Florida         | 247-3073                                                                |
| POLO Club of Lee County                           | 477-4906                                                                |
| Rotary Club of Fort Myers                         | 332-8158                                                                |
| Sanibel-Captiva Orchid Society                    | 472-6940                                                                |
| United Way of Lee County                          | 433-2000                                                                |
| United Way 211 Helpline (24 hour)                 | 211 or 433-3900                                                         |
| <b>AREA ATTRACTIONS</b>                           |                                                                         |
| Bailey-Matthews National Shell Museum             | 395-2233                                                                |
| Burrough's Home                                   | 337-9505                                                                |
| Calusa Nature Center & Planetarium                | 275-3435                                                                |
| Edison & Ford Winter Estates                      | 334-7419                                                                |
| Fort Myers Skate Park                             | 321-7558                                                                |
| Imaginarium Hands-On Museum & Aquarium            | 321-7420                                                                |
| JN "Ding" Darling National Wildlife Refuge        | 472-1100                                                                |
| Koreshan State Historic Site                      | 239-992-0311                                                            |
| Langford Kingston Home                            | 239-334-2550                                                            |
| Ostego Bay Foundation Marine Science Center       | 765-8101                                                                |
| Skatium                                           | 321-7510                                                                |
| Southwest Florida Historical Society              | 939-4044                                                                |
| Southwest Florida Museum of History               | 321-7430                                                                |
| True Tours                                        | 945-0405                                                                |

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

PUZZLES

Answers on page 31



"\_\_\_\_\_ around a bit and see  
how they feel."

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!

Sediment  
**LEASH** \_\_\_\_\_

Bloom  
**REFLOW** \_\_\_\_\_

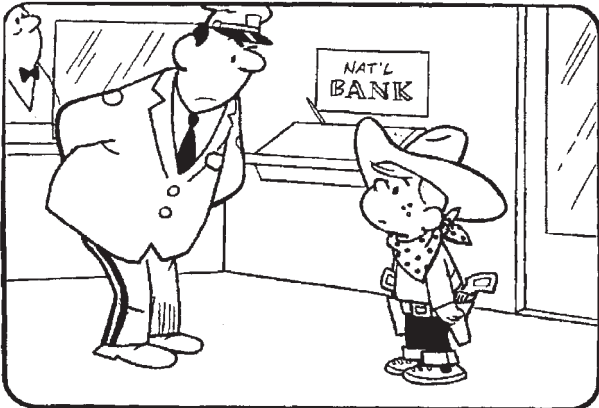
EXIT  
**TRAPED** \_\_\_\_\_

Cover  
**DELISH** \_\_\_\_\_

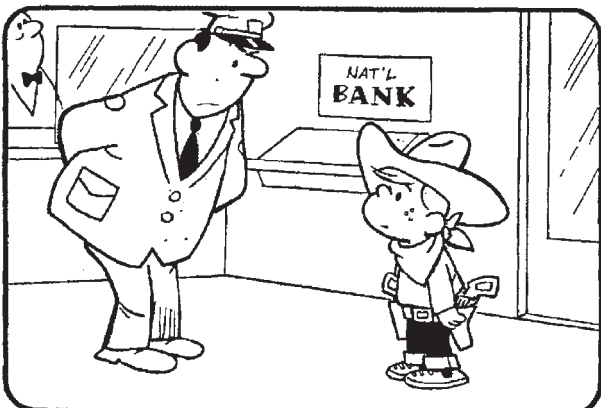
TODAY'S WORD

HOCUS-FOCUS

BY  
HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Sign is different. 2. Badge is missing. 3. Pocket is added. 4. Stripe is missing. 5. Kerchief is different. 6. Pen is missing.

To Play  
Sudoku:

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

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



PUZZLES

Answers on page 31

Super Crossword

GEE,  
THANKS!

- ACROSS**

1 Participated in a PAC

8 Gridlock

15 Muffler, e.g.

20 "Amen to that!"

21 Blank-faced, as a comic

22 Gung-ho

23 Basic items on a canal boat?

25 Auto gear

26 Has it wrong

27 "Who is —?"

28 Day, to Diego

29 One hocking something

30 Nonclerical

31 Niche religion

32 Large-scale swindle?

35 Cubs hero Sammy

36 Hip dwellings

37 Make holy

38 Glowing molten rock?

42 Like acids

43 Rough- — (unfinished)

47 Wintry glaze

48 Dundee denial

49 "How precious!"

50 "John Q." actress Anne
- 51 Place to grow grapes

54 TV program about kings and queens?

58 Settles up

59 Assistant on an iPhone

61 Suffix with hepta-

62 Radius site

63 Granola grain

64 European city famous for post-drinking headaches?

69 In history

72 Pot-au- — (French stew)

73 Poem form

74 "Not so fast!"

75 Makes the decision

79 Press-on nails?

83 "Dream on!"

85 Radiant

86 Gun rights gp.

87 Old Pan Am rival

89 Tutu, e.g.

90 Comic Martha

91 Fill to excess

93 Placards that say "I'm only human"?
- 96 1991 Wimbledon champion Michael

98 Very light

99 Wry grimace

100 Weekly time to play some British football?

104 Chapel part

105 In a funk

108 Hasty glance

109 Mac

110 District

111 Flowing hair

112 Schoolyard retort

113 Spanning structure bought from a catalog?

117 Big name in watches

118 Made fit, as a suit

119 Snobbish behavior

120 When some early risers go to bed

121 Promises

122 Works for seven
- 3 Bush fruit

4 Totes, e.g.

5 Intense anger

6 Visual acuity determiner

7 It may record a fender bender

8 Fateful March day

9 Grown boys

10 Gentle touch

11 Reebok rival

12 Neighbor of Andorra

13 Tongs may be placed in it

14 U.S. nav. officer

15 Auto types

16 Auto-cleaning services

17 Winemaking phase

18 Party hearty

19 Brother, in French

24 Use a couch

29 Boat landing

31 Like dirty chimneys

32 Wii user, e.g.

33 Nutrition fig.

34 Viral illness

35 "Good grief!"

36 Club swingers' gp.
- 38 Abbr. on an invitation

39 Tony winner

40 Refute

41 Drug banned by MLB

42 Title river in a Jolson hit

44 Canyon call

45 "Not so fast!"

46 Pond critter

49 Gung-ho

50 Service song

52 Emmy-winning Ed

53 Cobble together

55 Wetland bird

56 Schoolyard retort

57 Salvors

60 Côte d'— (nation in Afrique)

65 Two or three

66 Writer Buchanan

67 Lunged toward

68 Terrier type, for short

69 At a distance

70 Reciprocal of nano-

71 YOLO part

76 Smug sort

77 Gull relative
- 78 Match parts

80 Loses all one's moolah

81 Alert

82 Tale

84 Topic

88 Lopsided

91 In — (as placed)

92 Prefix with puncture

93 Actress Wasikowska

94 Electrical units

95 Susceptible to being misplaced

97 Magnate

98 Bewildered

100 Gorbachev's wife

101 Perturb

102 "Capeesh?"

103 Software package

104 Have life

105 — Hawkins Day

106 Teen turmoil

107 Judges to be

110 Tallies (up)

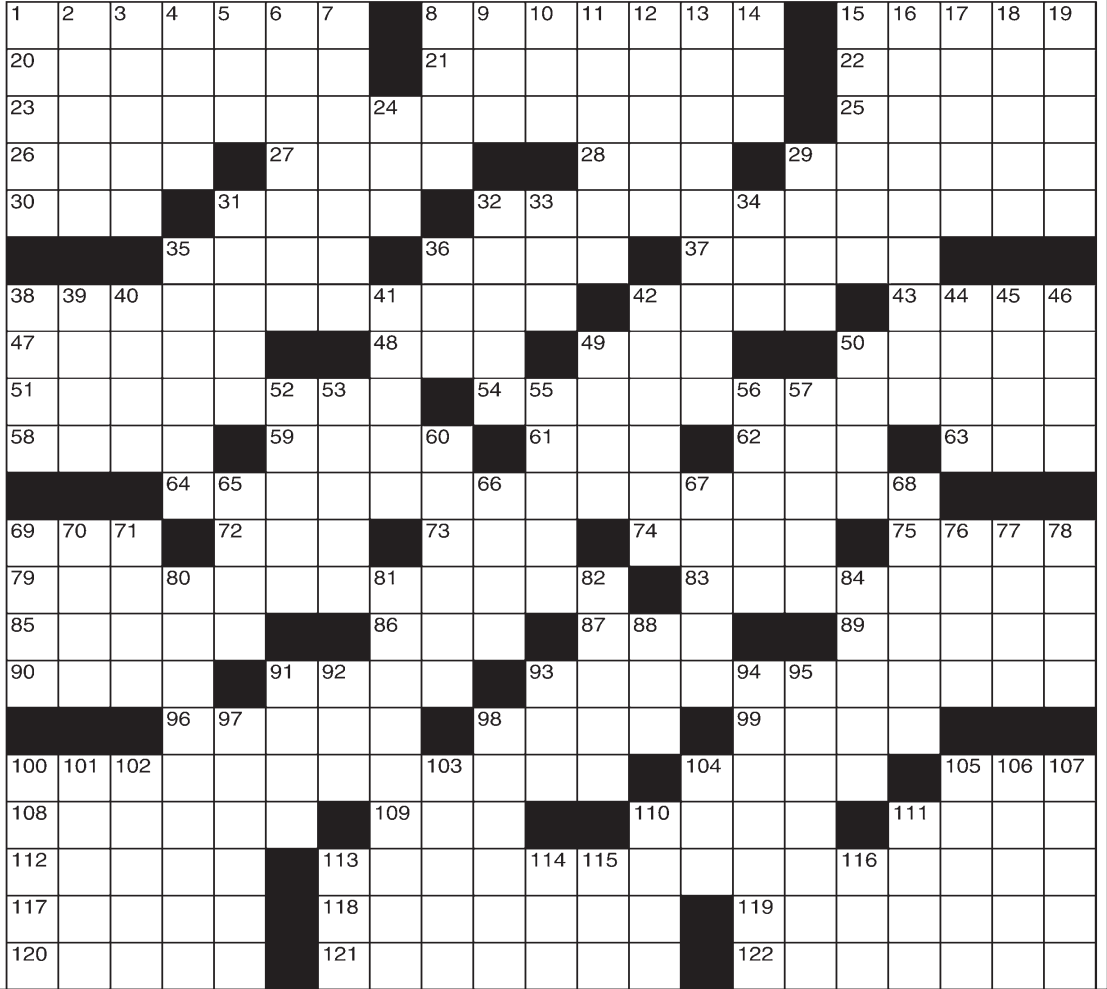
111 Goalie glove

113 GPS graphic

114 Certain URL ending

115 Singer Des'—

116 Lacerate



King Crossword

- ACROSS**

1 Fashion

6 Cougars

11 Copier part

12 Sanford of "The Jeffersons"

14 Sweatshirt variety

15 "The Raven" maiden

16 Off-roader (Abbr.)

17 Burn with steam

19 Khan title

20 "Moonstruck" star

22 — -la-la

23 War god

24 "Praying" singer

26 TV actor

28 Business mag

30 Melancholy

31 Dagwood's lady

35 Chic again

39 Lariat

40 Neither mate

42 Actress de Matteo

43 — -de-France

44 Red Square figure

46 Last (Abbr.)

47 Sister of
- Moses

49 Restaurant fan

51 Sports venues

52 Not as small

53 Admin. aides

54 Plant firmly
- 6 Columns

7 Secondhand

8 Chess piece

9 On the train

10 Composer

11 Crude cabin

13 Rental contract

18 Canine cry

21 Bonn's river

23 Threw in

25 Moreover

27 Corn serving

29 Movie houses

31 Hat edges
- 32 Nabokov novel

33 Puccini works

34 Very long time

36 Plod

37 Counted (on)

38 Western flick

41 Sentry's weapon

44 Cannes milk

45 Linguist

48 Check-cashing

49 Needs

50 Sphere

MAGIC MAZE ● ONE-WORD MUSICALS

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally  
Unlisted clue hint: STORY OF EVA PERÓN

- Amadeus

Annie

Cabaret

Camelot
- Carousel

Cats

Chicago

Copenhagen
- Godspell

Gypsy

Hair

Hamilton
- Oklahoma

Pippin

Rent





Strawberry Parfait



Strawberry Parfait

- 2 cups fresh strawberries, rinsed, hulled and sliced
- 2 tablespoons sugar
- 8 ounces low-fat cream cheese, whipped
- 1/2 cup low-fat vanilla yogurt

photo courtesy Fresh From Florida

- 4 graham crackers, crushed
  - 1 lemon, juiced
  - 4 sprigs fresh mint for garnish
- In a medium-sized mixing bowl combine whipped cream cheese, sugar, and lemon juice. Fold the yogurt into the cream cheese mixture. In four wide-mouth glasses evenly layer cream cheese mixture, strawberries, and crushed graham crackers. Garnish with sprigs of fresh mint, serve chilled.\*

My Stars ★★★★★  
FOR WEEK OF MAY 3, 2021

- Aries** (March 21 to April 19) Temper your typical Aries urge to charge into a situation and demand answers. Instead, let the Lamb's gentler self emerge to deal with a problem that requires delicacy.
- Taurus** (April 20 to May 20) You are aware of what's going on, so continue to stand by your earlier decision, no matter how persuasive the counter-arguments might be. Money pressures will soon ease.
- Gemini** (May 21 to June 20) By all means, have fun and enjoy your newly expanded social life. But don't forget that some people are depending on you to keep promises that are very important to them.
- Cancer** (June 21 to July 22) You need to wait patiently for an answer to a workplace problem and not push for a decision. Remember: Time is on your side. A financial matter needs closer attention.
- Leo** (July 23 to August 22) You now have information that can influence that decision you planned to make. But the clever Cat will consult a trusted friend or family member before making a major move.
- Virgo** (August 23 to September 22) Good news: You're finding that more doors are opening for you to show what

- you can do, and you don't even have to knock very hard to get the attention you're seeking.
- Libra** (September 23 to October 22) Your gift for creating order out of chaos will help you deal with a sudden rush of responsibilities that would threaten someone less able to balance his or her priorities.
- Scorpio** (October 23 to November 21) Congratulations. Your energy levels are coming right back up to normal – just in time to help you tackle some worthwhile challenges and make some important choices.
- Sagittarius** (November 22 to December 21) The sage Sagittarian should demand a full explanation of inconsistencies that might be cropping up in what had seemed to be a straightforward deal.
- Capricorn** (December 22 to January 19) A conflict between obligations to family and to the job can create stressful problems. Best advice: Balance your dual priorities so that one doesn't outweigh the other.
- Aquarius** (January 20 to February 18) Don't guess, speculate or gossip about that so-called mystery situation at the workplace. Bide your time. An explanation will be forthcoming very soon.
- Pisces** (February 19 to March 20)

PETS OF THE WEEK



Fiona ID# A856887 photos provided  
Lee County Domestic Animal Services

Fiona And Chilli

Hello, my name is Fiona. I'm a brown and white 1-year-old female bulldog mix. I'm the queen of the prom and, as such, my adoption fee is waived with an approved application. I love other dogs and would do best in a home where I have a canine companion. My favorite toy is my rope ball, and I will run from one end of the playyard to the other to entertain myself.

Hi, my name is Chilli. I'm a tortie 2-year-old female domestic shorthair. When I first came to Animal Services the volunteers did not think I was very



Chilli ID# A861139

friendly, but they quickly realized that I just wanted to be out and about. You know the saying, "Nobody puts baby in the corner?" Well, when it comes to me, if nobody puts me in a closed cage, I am the friendliest cat around. In fact, I am quite the lap cat! My adoption fee is \$25.

Lee County Domestic Animal Services is located at 5600 Banner Drive in Fort Myers. Adoptions are available by appointment Monday through Saturday from 10:30 a.m. to 3:30 p.m. Visit [www.leelostpets.com](http://www.leelostpets.com) to complete an online application. As always, cats and kittens are adopt one and get a feline friend at no additional charge. For more information, call 533-7387.\*

- Boredom might be creeping in and causing you to lose interest in a repeat project. Deal with it by flipping over your usual routine and finding a new way to do an old task.
- Born This Week:** You can warm the coldest heart with your lyrical voice and bright smile. You find yourself at home, wherever you are.
- MOMENTS IN TIME**
- On May 10, 1869, the presidents of the Union Pacific and Central Pacific railroads meet in Promontory, Utah, and drive a ceremonial last spike into a rail line that connects their railroads. This made transcontinental railroad travel possible for the first time in U.S. history.
  - On May 16, 1929, the first-ever Academy Awards ceremony is held, with some 270 people in attendance. Movies were just making the transition from silent films to "talkies," but all the nominated films were without sound.
  - On May 11, 1934, a massive dust storm sends millions of tons of topsoil flying across the parched Great Plains to the East Coast and as far away as ships 300 miles offshore. Farmers had pushed their fields to the limit, plowing under more and more grassland.
  - On May 15, 1942, Lt. Ronald Reagan, a cavalry officer, applies for

- reassignment to the Army Air Force. As a public relations officer, the actor and future president produced military training, morale and propaganda films.
- On May 12, 1975, the American freighter Mayaguez is captured by communist government forces gunboats in Cambodia. Two days later President Ford ordered the bombing of the Cambodian port where the gunboats had come from. Forty-one Americans died, many in an accidental explosion during the attack.
  - On May 13, 1985, in Philadelphia, police begin evacuating people from their homes in order to prepare for an operation against MOVE, a radical cult group. MOVE had begun assembling a large arsenal and building bunkers in their row house. The government gave \$1.5 million to three survivors of the raid.
  - On May 14, 1999, President Bill Clinton apologizes directly to Chinese President Jiang Zemin on the phone for the accidental NATO bombing of the Chinese embassy in Belgrade, Yugoslavia. China refused Clinton's calls for four days and banned American films and music in protest.
- NOW HERE'S A TIP**
- My family's spring-cleaning checklist is in full effect. Some people dread seasonal
- continued on page 30





**FRIDAY**  
Mostly Sunny  
High: 84 Low: 75



**SATURDAY**  
Mostly Cloudy  
High: 83 Low: 76



**SUNDAY**  
Sunny  
High: 84 Low: 75



**MONDAY**  
Sunny  
High: 83 Low: 76



**TUESDAY**  
Mostly Sunny  
High: 84 Low: 75



**WEDNESDAY**  
Partly Cloudy  
High: 85 Low: 77



**THURSDAY**  
Partly Cloudy  
High: 83 Low: 74

## Redfish Pass Tides

| Day | High     | Low     | High     | Low     |
|-----|----------|---------|----------|---------|
| Fri | 12:02 pm | 5:04 am | None     | 5:53 pm |
| Sat | 12:08 am | 5:33 am | 12:15 pm | 6:32 pm |
| Sun | 1:03 am  | 5:57 am | 12:27 pm | 7:07 pm |
| Mon | 1:52 am  | 6:17 am | 12:40 pm | 7:40 pm |
| Tue | 2:37 am  | 6:33 am | 12:56 pm | 8:13 pm |
| Wed | 3:22 am  | 6:47 am | 1:16 pm  | 8:46 pm |
| Thu | 4:07 am  | 7:00 am | 1:41 pm  | 9:23 pm |

## Point Ybel Tides

| Day | High     | Low     | High     | Low     |
|-----|----------|---------|----------|---------|
| Fri | 11:07 am | 5:06 am | 11:13 pm | 5:55 pm |
| Sat | 11:20 am | 5:35 am | None     | 6:34 pm |
| Sun | 12:08 am | 5:59 am | 11:32 am | 7:09 pm |
| Mon | 12:57 am | 6:19 am | 11:45 am | 7:42 pm |
| Tue | 1:42 am  | 6:35 am | 12:01 pm | 8:15 pm |
| Wed | 2:27 am  | 6:49 am | 12:21 pm | 8:48 pm |
| Thu | 3:12 am  | 7:02 am | 12:46 pm | 9:25 pm |

## Punta Rassa Tides

| Day | High     | Low     | High     | Low     |
|-----|----------|---------|----------|---------|
| Fri | 11:50 am | 5:11 am | 11:44 pm | 5:43 pm |
| Sat | 12:13 pm | 5:51 am | None     | 6:26 pm |
| Sun | 12:28 am | 6:27 am | 12:35 pm | 7:05 pm |
| Mon | 1:04 am  | 6:59 am | 12:55 pm | 7:42 pm |
| Tue | 1:39 am  | 7:26 am | 1:10 pm  | 8:18 pm |
| Wed | 2:15 am  | 7:46 am | 1:19 pm  | 8:57 pm |
| Thu | 2:55 am  | 7:59 am | 1:30 pm  | 9:36 pm |

## Cape Coral Bridge Tides

| Day | High    | Low      | High    | Low      |
|-----|---------|----------|---------|----------|
| Fri | 1:15 am | 8:20 am  | 2:12 pm | 9:09 pm  |
| Sat | 2:18 am | 8:49 am  | 2:25 pm | 9:48 pm  |
| Sun | 3:13 am | 9:13 am  | 2:37 pm | 10:23 pm |
| Mon | 4:02 am | 9:33 am  | 2:50 pm | 10:56 pm |
| Tue | 4:47 am | 9:49 am  | 3:06 pm | 11:29 pm |
| Wed | 5:32 am | 10:03 am | 3:26 pm | None     |
| Thu | 6:17 am | 12:02 am | 3:51 pm | 10:16 am |

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INFO@ISLANDHOMESERVICE.COM  
PHONE: (239) 472-5247 • CELL: (239) 229-6366

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

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✓ Pool area ✓ Decks  
✓ Fences  
Victor Lara (239) 634 0729



From page 28

## Now Here’s A Tip

chores, but I relish the sense of accomplishment that comes from a job well done. With the right planning, and some helpful tips, spring cleaning can be a breeze. Here are some of the best we have to share. – JoAnn

- “Stainless steel appliances are very popular, and in the kitchen, they get plenty of chances to get fingerprinted up. My appliance guy recommended using a light-mist, wax-based aerosol dusting spray once or twice a week to keep my stainless steel appliance fronts looking their best.” – RC in North Carolina

- In the closet, we all want to pare away unused items, but sometimes it seems like you wear clothes that you don’t. Turn all the clothes hangers the opposite way (facing out instead of in). When you use an item and it is returned to the closet, replace the hanger normally. In a few months, if an item has not been worn, it will be apparent.

If it’s not likely to be worn, it should go.

- Spring is a wonderful time to clean the walls inside your house. It clears away hidden dust and really freshens a room. Clean painted walls by dusting them first with a dry mop, then washing with a rag dampened in water. If you need a little extra oomph – say, in the kitchen or bath – add a couple drops of mild dish soap.

- New drapes or even new pillow covers in a fabulous pattern can really jazz up a room. Consider switching smaller furniture accents between common rooms or a fresh furniture arrangement to change it up.

- Keep a bottle of club soda handy for spot stains on carpets or upholstery. It’s good for more than just drinks.

### STRANGE BUT TRUE

- Kim Walker played clique leader Heather Chandler in the movie “Heathers.” Her character was noted for stinging one-liners, one of which – “Did you have a brain tumor for breakfast?” – had a tragic echo. Walker died of a brain tumor 13

years after uttering the line onscreen.

- The fingerprints of a koala are so indistinguishable from humans that they have occasionally been confused at a crime scene.

- Charles VI of France, aka Charles the Mad, believed he was made of glass and could shatter at any moment. One method he used to avoid this dire fate involved ordering his tailors to sew iron rods into his clothing.

- The world record to remove and replace a car engine is 42 seconds.

- Rabbit jumping, shin kicking, toe wrestling, bog snorkeling and aggressive sitting are all actual sports.

- Discarded shoes can take up to 1,000 years to break down.

- Jerry Seinfeld was such a fan of comic book hero Superman that he included a reference to the character in every episode of his eponymous sitcom.

- It only takes 23 people to enter a room to give you an even chance that two of them have the same birthday. Put 75

people in the room and the chances rise to 99 percent.

- Chinese paintings from as far back as 200 BC depict people participating in the sport of mountain climbing.

- The US government trains sea lions to find and retrieve equipment lost at sea and to identify intruders swimming into restricted areas. While they don’t have sonar like dolphins, they do have excellent eyesight.

- In some countries it is not illegal to escape prison as long as no laws are broken.

### THOUGHT FOR THE DAY

“Teachers open the doors, but you must enter by yourself.” – Chinese proverb

### TRIVIA TEST

1. **Geography:** What is Canada’s northernmost territory?
2. **Television:** Which sitcom features a bar named Paddy’s Pub?
3. **Science:** Mycology is the study of

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4/9 ★ TFN

  
**After 9, it's Turtle Time!**  
After 9pm, please:  
Turn off all lights visible from the beach  
Only use amber (red) lights at night  
Fill in any holes on the beach  
Remove all beach furniture

**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



4. **Music:** Which city is mentioned in the Eagles' 1972 song *Take It Easy*?
5. **Measurements:** Which civilization was the first to divide a day into 24 hours?
6. **U.S. States:** How many states border Colorado?
7. **Movies:** *Hedwig's Theme* is the music that marks which movie series?
8. **Literature:** Who wrote the novella *Breakfast at Tiffany's*?
9. **Language:** What does The Magna Carta mean in English?
10. **General Knowledge:** What is the traditional birthstone for June babies?

1. Nunavut 2. *It's Always Sunny in Philadelphia* 3. Fungi 4. Winslow, Arizona
5. Ancient Egyptians 6. Seven: Utah, Arizona, New Mexico, Nebraska, Kansas, Oklahoma and Wyoming 7. *Harry Potter*
8. Truman Capote 9. The Great Charter 10. Pearl

1. Shale 2. Flower;  
3. Depart; 4. Shield

# WADDLE



# PUZZLE ANSWERS

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

A crossword puzzle grid with the following words filled in:

- Across:**
  - 1: HAMILTON
  - 5: CATS
  - 7: PYICAMELOTAP
  - 8: OGACIHC
  - 10: LESUORAC
- Down:**
  - 2: EIKT
  - 3: IPNL
  - 4: RP
  - 6: RNBHD
  - 9: N E G
  - 10: S A U H E N D E M O
  - 11: Y S P I R N B H D G M M O
  - 12: L T

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

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|-----------------------|------------------|------------|----------------|---------------|---------------|----------------|
| Tarpon Bay At Captiva | Captiva          | 2002       | 3,810          | \$4,000,000   | \$3,625,000   | 711            |
| Gulf Ridge Sub        | Sanibel          | 1991       | 3,995          | \$3,395,000   | \$3,050,000   | 388            |
| Rookery Lake          | Bonita Springs   | 1998       | 4,239          | \$2,500,000   | \$2,500,000   | 0              |
| Riverwalk             | Bonita Springs   | 2002       | 4,373          | \$2,200,000   | \$2,100,000   | 3              |
| Hidden Harbor         | Bonita Springs   | 2002       | 4,729          | \$2,199,000   | \$2,000,000   | 179            |
| Gores A M Subd        | Captiva          | 1953       | 1,185          | \$2,389,000   | \$2,000,000   | 322            |
| Glenview              | Fort Myers Beach | 1964       | 2,215          | \$1,975,000   | \$1,975,000   | 0              |
| Galt Island           | St. James City   | 2000       | 5,900          | \$2,499,900   | \$1,875,000   | 44             |
| Useppa Island         | Useppa Island    | 2004       | 3,192          | \$1,998,000   | \$1,825,000   | 240            |
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