



# THE RIVER WEEKLY NEWS

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VOL. 21, No. 2

From the Beaches to the River District downtown Fort Myers

JANUARY 7, 2022

## Polish Orchestra To Perform One Night Only

The Polish Wieniawski Philharmonic Orchestra will perform a one night only performance at Barbara B. Mann Performing Arts Hall on Monday, January 17 at 7:30 p.m. The show is part of the Fort Myers Community Concert Association season.

"The Polish Wieniawski Philharmonic Orchestra is including Fort Myers on its first ever U.S. tour," said Fort Myers Community Concert Association President Mary Lee Mann. "The orchestra has a reputation as one of the best orchestras in Europe. We are so very happy to have them here to perform for us."

The Polish Wieniawski Philharmonic Symphony will perform Brahms' *Variations on a Theme of Haydn*, Chopin's *Piano Concerto No. 2* and Schubert's *Symphony No. 9, The Great Symphony*.

The orchestra was founded in 1944 with numerous chamber and solo concerts given by musicians who, after World War



Polish Wieniawski Philharmonic Orchestra

photo provided

II, established ties within Poland. Today, the orchestra has delivered concerts throughout Europe, performing a large repertoire of compositions from Baroque to contemporary music.

Tickets are \$55 for orchestra seats, \$35 for lower balcony seats and \$25 for

upper balcony seats. Mezzanine seats are sold out. For tickets, call the box office at 481-4849 or visit [www.bbmannyah.com](http://www.bbmannyah.com).

Barbara B. Mann Performing Arts Hall is located on the Florida SouthWestern State College campus at 13350 FSW Parkway in Fort

Myers. For more information on the orchestra, visit [www.camimusic.com/polish-wieniawski-philharmonic-orchestra](http://www.camimusic.com/polish-wieniawski-philharmonic-orchestra).

The concert is the first of five classical performances to be presented this season by the Fort Myers Community Concert Association.\*



From left, Justin Larsche as Joe, Steven Coe as Chris and Ryan Adair as Ansel

photo provided

## Premiere To Open At Lab Theater

The Southwest Florida premiere of *Killer Joe* by Tracy Letts opens at The Laboratory Theater of Florida on Friday, January 14 and runs through Saturday, February 5. *Killer Joe* is a dark comedy that follows a dysfunctional Texas family that hires a hitman to kill a relative with a sizable life insurance policy.

With a plot that is pure *Pulp Fiction*,

the play delivers the raw power of a Tarantino-esque piece while finding the delightful humor in the twisted reality of this family. Letts holds nothing back with his morally bankrupt Texas trailer park family; each family member feeling trapped as the weight of the world closes in on them. They each have their reasons to justify the hiring of an assassin to solve their problems. But they aren't the only ones making plans and pulling strings.

Directed by Nykkie Rizley, the cast

continued on page 12

## Seafood And Music Festival



JP Soars and The Red Hots

photo provided

The 3rd annual Fort Myers Seafood & Music Festival will be held in downtown Fort Myers on Friday, January 7 from 4 p.m. to 10 p.m.; Saturday, January 8 from 11 a.m. to 10 p.m.; and Sunday, January 9 from 11 a.m. to 6 p.m. General admission is free.

Seafood, meat and vegetarians dishes will be cooked fresh on site with a variety of side dishes and desserts. Live musical performances will include Free Fallin' with guest Zack Yoder (funk, blues, rock), Albert Castiglia (blues), Gaslight Gorilla (rock), Thunder Beach (classic dance rock),

22N (rock), David Chastain Band (blues), Damon Fowler (blues), The Whole Band featuring Callie Chappell (Americana, rock, blues), JP Soars and The Red Hots (Americana, roots) and Frank Bang (Chicago blues). There will also be a diverse marketplace of arts, crafts, food items and specialty products.

The event is produced in partnership with the Fort Myers River District Alliance.

The festival headquarters will be located at 1400 Hendry Street in downtown Fort Myers. For more information, visit [www.paragonartevents.com](http://www.paragonartevents.com).\*



Historic Downtown Fort Myers, Then And Now:

# Last Sign Of The Gilded Age



by Gerri Reaves, PhD

This 1950s photo captures a last sliver of downtown’s connection to the Gilded Age, which arrived in Fort Myers with the opening of the Royal Palm Hotel (originally named Fort Myers Hotel) on January 15, 1898. The sign pointing the entrance to the grand hotel was a reminder not only of the elegance it brought to a pioneer town, but of the profound economic influence it exerted by kicking off the high-end tourism industry. Despite unpaved rutted streets and a small modest business district of frame structures, Fort Myers had a hotel equal to Henry Flagler’s Hotel Royal Palm in Miami or Henry B. Plant’s

Tampa Bay Hotel.

In addition to grandeur and an economic boost, the Royal Palm’s arrival helped to establish the first electric service in the town. It should be noted that Thomas Edison’s home, Seminole Lodge, was the first building to have electric lights, but it was private. The 50-room hotel helped fund the first electric plant and became the first building wired for electricity. In turn, that accomplishment helped to initiate the first public electric lights along First Street, which were turned on at dusk on New Year’s Day, 1898. Prosperous years followed until the 1940s, by which time the canary-yellow hotel with gingerbread trim, big porches and cupolas had deteriorated. Demolition was completed in 1948. After that, the hotel with the once-esteemed name was actually located in a three-story circa-1910 building once known as the annex. Efforts to keep the business going included staying open all year long for the first






In the 1950s, the sign (left) for the Royal Palm Hotel remained a tenuous connection to the lost Gilded Age grandeur of the hotel that opened in January 1898. In the distance on the right is the two-lane Edison Bridge opened in 1931. photo courtesy Joanne Iwinski




Only memory points the way to the Royal Palm Hotel today photo by Gerri Reaves

time and inventive advertising. In December 1952, the hotel took a lesson from its own illustrious history and placed advertisements in newspapers of major northern cities, just as it had prior to the grand opening more than half a century before. Working against the historic business’s survival was a veritable explosion in the number of the newfangled motor, or auto courts, today known simply as motels. In fact, in the early 1950s, the modern Palmland Court was built a stone’s throw from the Royal Palm on a strip of land that was part of the grand hotel’s original grounds. But it was Hurricane Donna that decided the hotel’s fate in September 1960. The Fort Myers City Council subsequently ruled the structure unfit for occupancy and condemned it. The last remnant of the historic Royal Palm Hotel was demolished late January 1961. Walk down First Street to the former grounds of a Gilded Age hotel and ponder the complete transformation of the landscape. Then visit the following research centers to learn more about the hotel’s incalculable influence on Fort Myers. The Southwest Florida Historical Society is an all-volunteer, nonprofit organization open Wednesday and 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. Call 332-8778 for the hours or visit [www.leecountyblackhistorysociety.org](http://www.leecountyblackhistorysociety.org). Visit the IMAG History & Science Center at 2000 Cranford Avenue or at [www.theimag.org](http://www.theimag.org). Sources: Archives of the Southwest Florida Historical Society, the Fort Myers Press and The News-Press.✧

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Mary Lynn Rajskub

photos provided

## Comedy Fundraiser To Benefit Pet Shelter

Stand Pup Comedy will present national star and headliner Mary Lynn Rajskub to benefit the Gulf Coast Humane Society's (GCHS) shelter animals at Rusty's Raw Bar on Thursday, March 24. Doors open at 6:30 p.m. for dinner and drinks, and the performance is from 7:30 to 9:30 p.m.

Nationally known comedian Richy Leis is the opening act.

"It is exciting when an artist like Mary Lynn Rajskub comes to the area, and we are very honored she will be helping raise funds for GCHS," said GCHS executive director Gary Willoughby. "We have had great success with Stand Pup Comedy in the past, and this is the biggest comedy show fundraiser yet for GCHS."

Rajskub, who has been a stand-up comedian for the last two decades, is best known for playing Chloe on the Fox drama *24* and Gail the Snail on *It's Always Sunny in Philadelphia*. Her many film roles include the hit comedy *Night School*, alongside Kevin Hart and Tiffany Haddish; *Julie and Julia*; *Little Miss Sunshine*; *Legally Blonde 2*; *Punch Drunk Love*; *Sweet Home Alabama*; *Magnolia*; and *Man on*



Richy Leis

the Moon.

Leis, who started Stand Pup Comedy, has a background in improv and music. His anecdotes are inspired by growing up in a big family, and he has an innate magnetism towards the world's most ridiculous people. Leis has been seen on MTV, VH1 and TMZ, and has worked with some of the biggest names in the business such as Dana Carvey, Jeff Garlin, Kate Walsh, Rajskub, David Koechner and Craig Robinson.

Tickets are \$45, all of which will benefit GCHS. There will be raffle basket tickets, as well as a 50/50 raffle. Sponsorships are still open for the event, and interested parties can contact [events@gulfoasthumanesociety.org](mailto:events@gulfoasthumanesociety.org) or call 332-0364.

Rusty's Raw Bar is located at 4631 SE 10th Place in Cape Coral. For tickets, visit [www.bit.ly/3dw3yGk](http://www.bit.ly/3dw3yGk) or [www.gulfoasthumanesociety.org](http://www.gulfoasthumanesociety.org).\*

## Dean's List

Kelsey Hoffman of Fort Myers and Jeffery Mann of Cape Coral were named to the dean's list for the 2021 fall semester at University of Maryland Global Campus (UMGC).

To be eligible for the honor, a student must complete at least six credits during the term, earned a grade point average (GPA) of at least 3.5 for the term, and maintained a cumulative GPA of 3.5.\*

## Grammy-Winning Artist To Perform At Theater

Popular Grammy-winning artist Billy Dean is making a return engagement to the Players Circle Theatre on Thursday, January 26. The one-night-only performance will begin at 7 p.m.

Dean first gained national attention on TV's *Star Search* in 1990 with host Ed McMahon. He has recorded eight albums (three of which went gold) and has more than 20 hit singles, including 11 top 10 hits. Included among his many awards are 1992 Academy of Country Music (ACM) Top New Male Vocalist, 1992 ACM Song of the Year, 1996 Grammy Winner-Vocalist, 1993 CMA Album of the Year and 2017 Florida Artist Hall of Fame.

Although he's best known for country music, his musical roots are entangled with folk, southern rock, bluegrass and classic country. Dean's finger-style acoustic guitar playing is reminiscent of James Taylor. Some of his biggest hits include *Only Here for a Little While*, *Let Them Be Little*, *Billy the Kid* and



Billy Dean

photo provided

*We Just Disagree*.

Tickets are \$50 to \$150. Parking is free.

The Players Circle Theatre is located within Shell Factory & Nature Park at 16554 North Cleveland Avenue in North Fort Myers. For more information and tickets, visit [www.playerscircletheater.com](http://www.playerscircletheater.com), or call 800-3292.\*



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## Fort Myers Art:

# Artwork Finalists Chosen For Fire Station In Ward 6



by Tom Hall

The City of Fort Myers Public Art Committee has announced that Robert Barnum, Haijing Wu and James Lynxwiler are the finalists for the artwork that is to be

installed at Fire Station 17, which is being constructed in Ward 6 on Six Mile Cypress Parkway. Each artist will receive a \$500 honorarium to design a representational three-dimensional artwork of sufficient size, scale and composition to be visible to passing motorists and pedestrians. The winning design will ultimately be installed adjacent to the flagpole that will be erected in the parking area along Six Mile Cypress.

Barnum, a Michigan resident, creates figure-intensive, figure-driven environments or visual narratives that possess an elongated modernist flair in the tradition of renowned sculptor Alberto Giacometti. He also incorporates into his sculptural designs



A rendering of Fire Station 17, which is being constructed on Six Mile Cypress Parkway

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

visual language through cut words, images and symbols. In essence, viewers do not just see Barnum's figures or landscape-form sculptures. They also read them like organic-shaped pages in a figure form book.

Barnum's letter of interest states that the site selected by the fire department and the architectural firm that has designed the facility, BSSW Architects, is ideal for his figure-intensive sculptures. While a number of his previous sculptures have scaled to more than 25 feet in height, BSSW has placed a 15-foot limit on the height of the installation that will be commissioned for Station 17 in order to preclude the piece from competing

with the height of the flagpole. Barnum envisions an elegant multiple figure homage to the courageous work of the firefighters and EMTs who serve Fort Myers.

Wu, a Washington resident, has been producing public artwork since 1984. While most of his images feature bronze figurative sculptures, he also works in both stainless steel and aluminum. Wu has created more than 100 public artworks in the United States and China. His work emphasizes the marriage of art and architecture, with a focus on works that are both aesthetically meaningful and visually dynamic, specific to the site's location, function and social context.

Wu's letter of interest belies his strong passion for fire service commissions. "Their spirit of courage, accomplishment and sacrifice, which I am called upon to convey, inspires me. I feel a sense of responsibility to pass on that message to future generations through my commemorative artwork and to encourage them to create a legacy of their own." Wu promises to create an artwork which stands on its own artistic merit, content and style; fosters a sense of place, where people can pause for reflection, meditation and commemoration; contributes to our appreciation of our men and women in firefighting; and educates future generations to understand their contribution to the community.

Lynxwiler, from Colorado, is not only a public artist possessing more than 25 years of experience, he is a career firefighter in Fort Collins as well. While he has worked primarily in bronze in the past, increases in the cost of materials post-pandemic coupled with the tight \$50,000 budget for the Station 17 project will probably compel Lynxwiler to embrace either stainless steel or aluminum for this project. Still, he envisions a heroic-size representational artwork, possibly featuring a firefighter fully clad in turn-out gear, SCBA and face piece to represent both male and female members of the fire service. "Dressed out and ready to work symbolizes vigilance and readiness," Lynxwiler added in his letter of interest. Lynxwiler has received regional and national recognition for his work, including Juror's Choice at the Berkeley Art Center National Exhibition, North

American Sculpture Exhibitions in Golden and an honorable mention at Florida National. He is also a Guggenheim Foundation grant finalist and a recipient of an artist grant through the Colorado Council on the Arts.

The finalists were chosen from a field of 68 applicants. Each finalist now has roughly seven weeks to research the site, the facility and the history of the Fort Myers Fire Department and produce a concept for a representational sculpture.

Each finalist will be afforded 30 minutes on February 15 to present their concepts to a selection committee consisting of the public art committee and designees from the Fort Myers Fire Department, BSSW Architects and a member at large from the neighborhoods surrounding the new firehouse. All presentations will be virtual, beginning at 4:15 p.m. The selection committee will meet in city council chambers. The meeting is open to the public and Ward 6 residents, property and business owners; other stakeholders are encouraged to attend.

Station 17 will provide fire and EMS services to all residential developments along Six Mile Cypress Parkway that are located south of Colonial Boulevard and north of Daniels Parkway, as well as the southbound lanes of I-75, responding to calls within the city's six-minute response model 90 percent of the time. The station will house a staff of eight plus the shift captain with an App Bay that has the capacity for six emergency vehicles including a fully advanced life support (ALS) fire engine with a minimum of three personnel, one of which is a paramedic.

Station 17 will be a Missile Level E Essential Facility. As such, it will be equipped with an emergency generator with a 72-hour operating timeframe. During tropical cyclones and other emergency activations (including natural and manmade disasters, disease outbreaks and other public health emergencies), the facility will house overflow and secondary or satellite emergency operations center functions and accommodate other city assets needed in order to manage and coordinate emergency responses. There is also a separate detached storage/multiuse facility with a fuel dispensing station.

Ward 6 is represented by Councilperson Darla Bonk, who is excited about the growing presence of public art that can be experienced locally by her constituents.

For more information on the city's public art collection and art hub initiative, download Otocast, a free mobile phone app that provides narrative, photographs and audio content about many of the 41 outdoor artworks located throughout the City of Fort Myers.

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.✽

## Chavurat Shalom of Southwest Florida Fellowship of Peace

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January 13 - Thursday at 11:00 a.m.

LOUIS SCHMIDT

Official Witness and Interviewer for Steven Spielberg's Shoah Project

January 27 - Thursday at 11:00 a.m.

ROBERT HILLIARD

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## Community-Wide Fundraiser Aids Animal Shelter

During the month of November, Cape Coral Animal Shelter (CCAS) held a community wide fundraiser, called Paws for a Cause. With the help of volunteers, the South Cape Hospitality and Entertainment Associations (SHEA), Arthur Printing and Key West Express, \$9,000 was raised to support the life saving work of the shelter. With the help of a committee, led by Linda Biondi, 48 businesses sold "paws" and displayed them at their places of business. Zak's Jewelry excelled, raising over \$2,000.

"We are still trying to come up with creative ways to raise funds, and this idea was so much fun," said CCAS Executive Director Liz McCauley. "We are very fortunate to have the continued support of this amazing community, and they never disappoint."

McCauley stated that SHEA was particularly helpful and supportive, and plans are in the works to do this fundraiser again in a month. Special thanks go to Key West Express for

donating the prize tickets and Arthur Printing who donated the "paws."

Businesses participating include: 3 Craft Brews & Beer Bar; Better Homes and Gardens Real Estate Pristine; Cape Coral Animal Shelter; Cape Coral Pet Vet; Cape Smoke Shop; Carried Away; Diamond Billiards Sports Bar & Grill; Diamond Daves Creative Jewelry; Dog Days Pet Grooming; Euro Hair Studio; Experimax; Family Hardware; Fins Seafood & Dive Bar; Glamour Paws; Guns 4 Less; Rockstar Harley Davidson; House 2 Home Goods; Kia of Cape Coral; Mercola Market; Paradise Deli; Penny's Coffee Bar; Santa Tobacco; Stevie Tomato's Sports Page; The Looke Champagne Boutique; The Mix; The Zone; Thirsty's Restaurant; Tiki Tails Dog Resort; U Break/ I Fixit; Wicked Dolphin Distillery; Zirilli's; Daniel Allred (individual); Backstreets; Dixie Roadhouse; Good Intentions Uncorked; Gulf Coast Fitness; John Michaels Jewelry; Kimber's Wine & Cigar Lounge; Lehne Burger; Maria's Pizzeria and Italian Restaurant; May-rah-kee Salon; Monkey Bar; Sidecar Treats; Tiki Hut at Dolphin Key Tiki; Trebing Tile; and Zak's Jewelers.

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

## Home And Garden Show This Weekend

The 2022 Semi-Annual Spring Home & Garden Show returns to the Caloosa Sound Convention Center on Saturday, January 8 and Sunday, January 9 from 10 a.m. to 4 p.m.

"We are very excited for the new year and to be returning to the Caloosa Sound Convention Center," said Bill Anderson, president of Expo Management that produces the Home & Garden Shows. "We are looking for this year's show to be will be even bigger and better and another wonderful experience for our vendors and attendees."

Now in its 26th year, the semi-annual Home & Garden Show features more than 80 local and regional companies that display and present products and services to homeowners.

Attendees can experience the newest in-home improvement products and

services inside and out from furnishings, accessories, decorating and remodeling ideas to landscaping and more. Hourly drawings and door prizes will also be given away.

For more information about the Home & Garden Show, contact David Pardi of Expo Management at 205-6139, email [fldave@expomanagementinc.com](mailto:fldave@expomanagementinc.com) or visit [www.expomanagementinc.com](http://www.expomanagementinc.com).✱

## Pancake Breakfast

The Bayside Estates Men's Club will host an all-you-can-eat pancake breakfast in the community recreational hall on Sunday, January 9 from 8 to 11 a.m. The public is invited.

There will be pancakes, scrambled eggs, sausages, coffee and orange juice for the cost of \$8. For only \$2 more, get a made-to-order omelet.

Bayside Estates is located at 17601 San Carlos Boulevard in Fort Myers. For more information, call 466-6322.✱



David Mayfield Parade

photo provided

## Spirited Bluegrass Concert At Art Center

In observance of Bluegrass American roots music, the Sidney and Berne Davis Art Center will present the David Mayfield Parade on Friday, January 28 at 7:30 p.m. Doors open at 6:30 p.m.

Grammy- and Emmy-nominated producer David Mayfield plays guitar, mandolin and vocals. He is accompanied by two-time National Bluegrass Banjo Champion Steven Moore (former member

of The Railsplitters), Christine King on fiddle and vocals, and multi-instrumentalist Andrew Bonnis (former member of Cadillac Sky) on bass and vocals.

The group is known for their boundless energy and enthusiasm for performing music. Together, they parade into town for a light-hearted, fun-filled night of harmony, hot licks and laughs the whole family can experience.

Tickets are \$45 for general admission in advance and \$50 at the door.

The Sidney & Berne Davis Art Center is located at 2301 First Street in downtown Fort Myers. For more information, visit [www.sbdac.com](http://www.sbdac.com) or call 333-1933.✱

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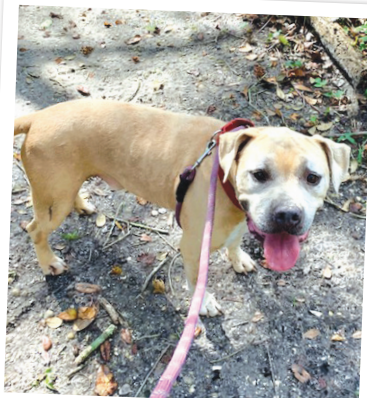
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From left, Adam Crabb, Bill Gaither, Todd Suttles, Wes Hampton and Reggie Smith  
photo provided

## Award-Winning Group To Perform At Local Church

Multi-Grammy Award winning recording artist Bill Gaither will present the Something Good Is About To Happen Tour to 23 cities during the spring of 2022. The Gaither Vocal Band, a multi-award winning group, will perform at The First Assembly of God on Thursday, January 20 at 7 p.m. Gaither's reputation as a performer,

songwriter and mentor for newly discovered artists is known world-wide. His series of homecoming CDs and DVDs continues to top the sales charts and attract an ever-increasing audience. "Now more than ever, people need encouragement," the Gospel Music Hall of Famer and Songwriter of the Century said. "I enjoy leading an audience through an evening that leaves them inspired, encouraged, hopeful – perhaps introducing them to songs or ideas they can hold onto when life gets tough. It is always my goal that a Gaither concert lasts much longer than one evening, but

that it stays with folks long after they walk out the door of the concert venue. They need to be uplifted, and I think our evenings do that."

Taking the stage in 2022 with the Gaither Vocal Band, featuring Wes Hampton, Adam Crabb, Todd Suttles and Reggie Smith, will be popular female vocalist Ladye Love Smith and talented male vocalist Gene McDonald as well as Gaither's musical entourage, comprised of Kevin Williams, Matthew Holt and

Greg Ritchie.

The 2022 Spring Tour affords Gaither the opportunity to introduce the release of the band's latest recording, That's Gospel Brother. One such song is *Something Good Is About To Happen*, the tour's namesake.

The First Assembly of God is located at 4701 Summerlin Road in Fort Myers. For more information, to obtain a complete tour schedule or purchase tickets, visit [www.gaither.com](http://www.gaither.com).✧

## Scholarship Opportunities For Student Musicians

After a two-season hiatus caused by the pandemic, two important music scholarship and awards competitions have been scheduled. The SWFL Symphony Society organizes the auditions for student musicians for the Marilyn Van Sickle Vocal Competition Scholarships and the Jillian Prescott Music Awards.

On Saturday, February 5, student vocalists will audition for two four-year scholarships from the Joseph L. & Marilyn Van Sickle Vocal Music Scholarship Fund. One award of \$3,000, and one award of \$2,000 will be given to the top performers auditioning. Open to high school seniors, college students and graduate students, each vocalist must

prepare a 10-minute selection of music to present. The judges have been selected for their extensive experience in vocal teaching, performing and conducting. Applications must be received by Friday, January 21 to be included in the audition schedule.

Young musicians in keyboard, strings, woodwind and brass, percussion and voice are invited to audition for nearly \$10,000 in cash awards on Saturday, April 16 at the Bower School of Music at Florida Gulf Coast University (FGCU). The Jillian Prescott Memorial Music Fund sponsors this award program that includes the five music disciplines in two age categories. Students age 12 to 17 and age 18 to 22 compete for top place in each category and each age group, with an overall award of \$1,800. Applications for this competition must be received by April 8.

For more information and application forms, visit [www.swflso.org/symphony-society-scholarships-competitions](http://www.swflso.org/symphony-society-scholarships-competitions) or email [symphonysociety@swflso.org](mailto:symphonysociety@swflso.org).✧

## Churches/Temples

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

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

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

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

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

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

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

**CHAVURAT SHALOM**  
Friday Shabbat services every week 7:30 p.m. Other programs on vacation. [ChavuratShalom@gmail.com](mailto:ChavuratShalom@gmail.com).

**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 9 and 11 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.lambofgodchurch.net](http://www.lambofgodchurch.net), 19691 Cypress View Drive, 267-3525.

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

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

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

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

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

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

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

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

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

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

**SAINT NICHOLAS MONASTERY**  
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[ery.org](http://www.ery.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:@islandsunnews.com) or call 395-1213.✧





Bay-rum's exfoliating multicolored bark is its most outstanding ornamental feature

photos by Gerri Reaves

#### Plant Smart

## Bay-Rum Tree

by Gerri Reaves

If you come across the name bay-rum, you most likely associate it with men's cologne.

That's understandable, for the tree's aromatic oil has long been used for cosmetic and medicinal purposes.

The original process of distillation



The aromatic oils in the leaves are the source for the well-known bay-rum men's cologne

of the tree's oil involved crushing the leaves in rum, thus the common name. Another name is West Indian bay tree.

Bay-rum (*Pimenta racemosa*) is tree of the myrtle family and has a native range from the Caribbean to Venezuela. It is closely related to another tree also used for its aromatic oils, allspice (*Pimenta dioica*).

The tree has two outstanding ornamental features: glossy deep green

foliage and smooth exfoliating bark. Gray to pale brown sections on the trunk peel away to reveal lighter colors underneath.

Mature trees can develop rough and furrowed bark, however.

It has an upright form and reaches a height of 13 to 40 feet.

The leaves vary in shape but are generally oval with paler undersides. When crushed, they emit the odor of

cloves and cinnamon.

The fragrant white flowers are bisexual and about a third of an inch across.

Birds eat and disperse the clusters of black oval fruit. The seeds are toxic to humans.

The tree prefers plenty of moisture and bright sun and will tolerate only a little shade.

Sources: [www.cabi.org](http://www.cabi.org), [www.davesgarden.com](http://www.davesgarden.com) and <https://hort.ifas.ufl.edu>.

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

## Spotted Seatrout Season Reopens

On January 1, spotted seatrout reopened to recreational harvest in the Central East Management Region, which includes all state and federal waters from Palm Beach through Volusia counties.

Spotted seatrout are one of Florida's most popular inshore fisheries. This closed season was re-established in 2020 for the Central East Management Region to address declining trends in the stock and benefit spotted seatrout during times when they are particularly vulnerable to harvest.

For more information about spotted seatrout, visit [www.myfwc.com/marine](http://www.myfwc.com/marine) and or download the Fish Rules App at [www.instagram.com/fishrulesapp](https://www.instagram.com/fishrulesapp) or [www.facebook.com/fishrulesapp](https://www.facebook.com/fishrulesapp).✱

## Blue Crab Trap Closure Begins On East Coast River

Recreational and commercial blue crab traps in all waters of the St. Johns River system must be removed from the water before Sunday, January 16, the first day of a 10-day trap closure. This closure will give groups authorized by the Florida Fish and Wildlife Conservation Commission (FWC) the opportunity to identify and retrieve lost and abandoned blue crab traps from the water.

The closure includes all waters of the St. Johns River system and its associated lakes and tributaries from west of the St. Johns River's intersection with the Intracoastal Canal, through and including Lake Hellen Blazes in Brevard County. Traps may

be placed back in the water in this area starting Wednesday, January 26, although closures may be reduced in duration if it is determined that the number of lost and abandoned traps in the region will take less time to remove.

Until the trap season reopens, blue crabs may be harvested with other gear, such as dip nets and fold-up traps. Blue crab harvesters may also use standard blue crab traps during the closure if the traps are attached to a dock or other private property.

The closure is one of three regional, 10-day blue crab trap closures in 2022 on the Atlantic coast of Florida. There are six regional closures total: three in odd-numbered years on the west coast and three in even-numbered years on the east coast.

For more information regarding the FWC's trap-retrieval program, blue crab trap closure dates and regulations and cleanup events, visit [www.fwc.com/marine](http://www.fwc.com/marine).✱

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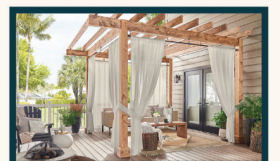
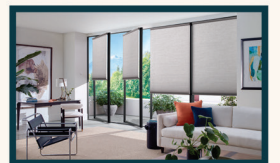
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# Sheepshead Is What's For Dinner



by Capt. Matt Mitchell

Enjoying the warmest December in a long time is great for anglers looking to catch snook, though until this point it hasn't been great for sheepshead.

Many of my winter clients love to target these fish to take home for a fresh fish dinner. This week, it seemed we finally turned the corner and the sheepshead bite became much better. With water temperatures still at a warm 72 degrees, another cold front will really fire this bite up.

Docks and structure in and close to the passes are some of the first places these sheepshead show up as they come in from the gulf to spawn every winter. Look for them on basically any structure that has barnacles on it. Throw in fast-moving current and you are in the right place. All winter long, every dock both around the passes and in deeper water is a pretty good bet to catch them. Some of my favorite places also include deeper mangrove channels with shell and oysters on the bottom.

Another option that will be a lot less pressured are the many deeper creeks in both Matlacha Pass and Pine Island



Sydney from Minnesota with a sheepshead caught while fishing with Capt. Matt Mitchell this week photo provided

Sound. Often the best fishing in these creeks is right in the middle of the channels as the sheepshead are on the bottom eating shells and crustaceans. The many deep entrances into St. James Creek and on the Sword Point side of Matlacha Pass, while hard to access, can be amazing sheepshead fishing.

Most of my sheepshead fishing is done on a little lighter tackle, I prefer 10-pound braid with a 20-pound fluorocarbon leader. A rod at six foot, six inches or seven feet with eight to 15-pound medium-light action and with a 2500 series spinning reel makes catching these fish a battle. Chunks of fresh shrimp threaded on

a quarter-ounce jig head give you the most feel of this quick bite and make it harder for them to steal the bait. These fish are difficult to hook as they have a mouthful of teeth and gnaw on a bait like we eat a chicken wing. I tell clients to gradually lift the rod as the fish nibbles until you feel the weight of the fish load the rod tip. While the rod tip is loaded, make one quick strike straight up and pop it again while the rod is still bent. This usually ensures the barb gets in the mouth.

Sheepshead offer some of the mildest firmest meat of any of our fish. The trick to filleting them is to start the tip of the knife in the groove that the dorsal fins fold down into. Once you get through the skin, let the tip of the knife do the work. I always avoid cutting through the rib cage bones as there is no meat over the ribs. For the size of the fish, there is not as much yield as you would expect, which is why we don't keep any less than 14 inches even though the regulations are 12 inch minimum. The more of these fish you fillet, the better you will get at it.

Although sheepshead are not one of our more glamorous species, there is something I really enjoy about catching them each winter. Not only do these fish require patience, it's a totally different technique than we use for any other fish. Once you get this bite dialed in, they pull hard and taste even better.

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).✱

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## Preserve To Close Temporarily

Powell Creek Preserve, located at 15601 Hart Road in North Fort Myers, will close Monday, January 10 through Friday, January 21, for crews to perform maintenance on the public trails.

The preserve is expected to re-open at dawn Saturday, January 22, in time for weekend hikers and birdwatchers to use the site. Visit [www.leeparks.org/preserves](http://www.leeparks.org/preserves) for the latest updates.✱

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Dave Doane with his co-worker Jesse



## CROW Case Of The Week:

## Kemp's Ridley



by Bob Petcher

The Kemp's ridley (*Lepidochelys kempii*) is the world's most endangered species of sea turtle as well as the smallest and rarest of the seven sea turtles in the world.

The marine reptile has a triangular-shaped head and a slightly hooked beak. Its carapace is uniform in shape, making its upper shell almost circular in appearance.

The Kemp's ridley is unique from other species because it nests during the day and nests in group events called "arribadas," which means "arrival" in Spanish. They are primarily found in gulf waters but can also be seen in the Atlantic Ocean.

The Kemp's ridley is named after Key West fisherman Richard M. Kemp, who is the first person known to submit the species for identification in 1906.

At CROW, a juvenile Kemp's ridley sea turtle was admitted from the Sanibel Lighthouse fishing pier after it was hooked by an angler. Upon initial examination, veterinarians found a monofilament line protruding from its mouth. X-rays were taken and a hook was found lodged in



Patient #21-6362 needed surgery to remove an embedded hook photo by Allie Newhart

the turtle's stomach. There were no other obvious abnormalities. Veterinarians scheduled an endoscopy to remove the hook, but instead performed surgery to extract it.

"We actually did not perform endoscopy but attempted to remove the hook by feeding a tube over the fishing line attached to the hook until it covers the hook – which we check placement by x-ray – then pulling back on the tube and line together to remove the hook," said Dr. Charlotte Cournoyer, CROW veterinary intern. "This was going well until the hook became lodged in the esophagus. This is a common issue

both with this technique and endoscopy because the esophagus of sea turtles is lined with many papillae, or finger-like projections, that like to grab onto things such as a hook. This is why we then removed the hook surgically.

The difference between the two procedures was defined.

"Endoscopy is using a special camera to visualize inside the esophagus and stomach then feeding a grabber down that camera tube to grab the hook," said Dr. Cournoyer. "Surgery involves incising into the esophagus with a blade, removing the hook manually, then suturing shut the incision."

Once the hook was extracted, the sea turtle received further treatment.

"We treated with antibiotics, pain medications, nutritional support and monitored bloodwork," said Dr. Cournoyer. "Once the patient was alert following surgery, after ensuring the incision still looked good, we placed the patient in a deep tub to assess swimming capabilities. We have been monitoring swimming abilities for several days, and the patient is swimming well."

The Kemp's ridley's recovery was successful, and it was released early Tuesday morning. Anglers are reminded to practice safe fishing protocols to reduce the harmful impacts of monofilament and other fishing gear.

"We always encourage fishers to remove all hooks and lines from the beach and water when they leave. Any gear left behind has the potential to impose significant damage to the health of wildlife, even death," said Dr. Cournoyer. "Please visit [www.mindyourline.org](http://www.mindyourline.org) for more information about how to safely remove your gear from wildlife if they are entangled and please always feel free to contact CROW if you think an entangled animal could need medical assistance."

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).

## Murder Mystery Show Fundraiser For Shelter Dogs

Help save the Gulf Coast Humane Society (GCHS) shelter dogs from the evil Cruella and her devious plans during the 101 Shelter Dogs interactive murder mystery and dinner show at the Holiday Inn Airport Towncenter on Saturday, January 22 from 6:30 to 9:30 p.m.

This fun and unique GCHS fundraiser features Cruella setting her sights on innocent shelter dogs. But before she can put her evil plans into motion, an unexpected murder turns things upside down. Can you solve the crime and save the 101 shelter dogs before it's too late?"

Sleuths will be offered a choice of dinner, drinks, a reception and a silent auction to benefit the GCHS shelter animals.

"This will be a fundraiser which is very unique and fun," said GCHS Executive Director Gary Willoughby. "The production is interactive, making it an enjoyable evening, which the best part – it's all for the shelter animals."

Sponsorship packages are still available, with all proceeds benefiting GCHS. To become a sponsor, email [events@gulfcoasthumanesociety.org](mailto:events@gulfcoasthumanesociety.org).

Holiday Inn Airport Towncenter is located at 9931 Interstate Commerce Drive in Fort Myers. For tickets, visit [www.bit.ly/3lb3aLA](http://www.bit.ly/3lb3aLA).

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# Hope Clubhouse Mental Health Luncheon

Faces of Hope, an annual luncheon to benefit mental health services in Southwest Florida, will be held at Broadway Palm Dinner Theatre on Thursday, March 10 from 11 a.m. to 1 p.m.

With a theme of Power of the Past – Focus on the Future, the Hope Clubhouse event will feature lunch and a program on how to become a face of hope for people in need and create a brighter future together. Proceeds from the event will support the expansion of Hope Clubhouse, a nonprofit that changes lives by focusing on adults with mental health challenges and sharing resources to help them grow, recover and thrive.

The keynote address will be presented by Joshua Seidman, PhD,

chief research and knowledge officer with Fountain House, a national organization that spearheaded the Clubhouse movement. The Clubhouse movement is a social practice model being implemented in clubhouses across the world that connects physical clubhouses with access to support, housing and care management for mental health support.

Seidman will speak about the history of the Clubhouse movement, how it intersects with public health and why that’s important. The keynote will be followed by a panel discussion with Seidman, Ryan Benefiel, a member of the board of directors for Hope Clubhouse, and Damini Parkhi, a community youth mental health advocate. The panel will be moderated by Andryanna Sheppard, consumer investigative reporter for WINK News.

Hope Clubhouse is a healing and mentoring environment for those who have had their lives drastically disrupted by mental illness and need support from

others who believe that recovery is possible.

“Our programs have helped nearly 700 individuals in the past 10 years, yet the need is greater than ever,” said Erin Broussard, CEO of Hope Clubhouse. “Funds raised during the Faces of Hope event will support Hope Clubhouse in expanding our 2,700-square-foot building into a 10,000-square-foot facility that can better serve our growing membership.”

Faces of Hope tickets are \$75 for adults and \$25 for students. Guests can also attend virtually for

\$15. Sponsorship opportunities are available for the event, including Title sponsorship at \$10,000, Impact sponsorships at \$5,000, Aspire sponsorships at \$2,500, Hope sponsorships at \$1,000, Table sponsorships at \$500 and Friend sponsorships at \$300.

Broadway Palm Dinner Theatre is located at 1380 Colonial Boulevard in Fort Myers.

For more information, visit [www.hopeclubhouse.org/luncheon](http://www.hopeclubhouse.org/luncheon), email [erin@hopeclubhouse.org](mailto:erin@hopeclubhouse.org) or call 267-1777.\*

# Mound House Anthropology Lecture

The 2022 Mound House Lecture Series with Dr. Uzi Baram titled Archaeology of the Network to Freedom on Florida’s Gulf Coast will be held at the Mound House on Tuesday, January 11 from 5:30 to 7 p.m.

Dr. Baram, a professor of anthropology and director of the New College Public Archaeology Laboratory at the New College of Florida, will offer the results from the January 2020 Manatee Mineral Spring excavation that revealed the multifaceted daily lives of the Maroons, the self-emancipated Florida Gulf Coast peoples of African heritage and free Blacks from the Apalachicola, Suwannee Manatee River areas from the 1770s through 1821.

This legacy of Spanish La Florida was a haven of freedom as the southern route of the Underground Railroad.

The program begins with a 30-minute outdoor reception at 5:30 p.m. followed by the indoor lecture at 6 p.m. Due to the limited indoor space, the Mound House requires advance reservations at 765-0865, with masks necessary. Cost is \$12 per person with Mound House members \$7 per person.

The Town of Fort Myers Beach operates the Mound House as a museum complex and cultural and environmental learning center that offers numerous monthly educational programs, including for kids.

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



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# Partnership To Cultivate Talent

FutureMakers has announced a new partnership with Hertz. The multi-year commitment will include a \$75,000 donation from Hertz over the next three years to support the coalition’s work.

FutureMakers Coalition aims to transform Southwest Florida’s workforce by increasing the proportion of working age adults with college degrees, workforce certificates, industry certifications and other high-quality credentials to 55 percent. The coalition has grown to over 140 cross-sector partner organizations and 250 FutureMakers representing business, education, government, nonprofits, philanthropy, residents and students across Glades, Hendry, Collier, Lee and Charlotte counties.

Today, 41.5 percent of Southwest Floridians have the education and training that employers need, leaving good jobs unfilled every year.

Hertz’s multi-year commitment will further FutureMakers Coalition’s goal of transforming Southwest Florida’s workforce by increasing the percentage of working age adults (age 25 to 64) who hold post-high school credentials to 55 percent by 2025.

“This funding that supports the backbone of FutureMakers’ efforts

and the work that goes into aligning organizations around our goal to move regional outcomes is so vital,” said Tessa LeSage, FutureMakers Coalition director at the Collaboratory. “It’s very exciting to have Hertz at the table alongside us working to solve the region’s workforce challenges for the betterment of our community for years to come.”

Two out of every three jobs in Florida will require a credential beyond a high school diploma by the year 2025. Regional data also illustrates the equity imperative in the FutureMakers’ work, as education and workforce achievement gaps are reinforced by policies, practices and beliefs that perpetuate inequitable outcomes for people of color, particularly Black and Latinx.

To help underserved communities in the region prosper, the FutureMakers Coalition has put a significant focus on its untapped workforce, adults (age 25 to 64) without the post-high school credentials needed to fill in-demand jobs. More than 37,000 credentialed Southwest Floridians were added to the workforce since 2013.

FutureMakers Coalition is a regional collective impact initiative that has been designated a Talent Hub by Lumina Foundation in partnership with The Kresge Foundation to support local efforts to increase educational attainment. For more information, visit [www.futuremakerscoalition.com](http://www.futuremakerscoalition.com) or email LeSage at [tlsage@collaboratory.org](mailto:tlsage@collaboratory.org).\*



# DOC FORD'S

RUM BAR & GRILLE

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SUN-DESIROUS ALIKE,  
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Book Review

Rock Paper Scissors



by Di Saggau

Alice Feeney lives up to her reputation in the page-turner *Rock Paper Scissors*. Adam and Amelia Wright have had a troubled marriage for a long time. After 10 years of marriage and secrets, they will have an anniversary they will never forget. Every anniversary they exchange traditional gifts and each year Amelia writes Adam a letter that she never lets him read. Winning a weekend away to Scotland might be just what their marriage needs, but they didn't randomly win this trip. One of them is lying, and someone doesn't want them to live happily ever after.

Adam is a workaholic, a screenwriter who lives for his job and is obsessed with his role as the screenwriter for TV adaptations of crime novels. He has lived with face blindness his whole life. He can't recognize friends or family or even his own wife. Amanda hopes the weekend away in a refurbished ancient chapel will rekindle their relationship. When they get there, things take a dark

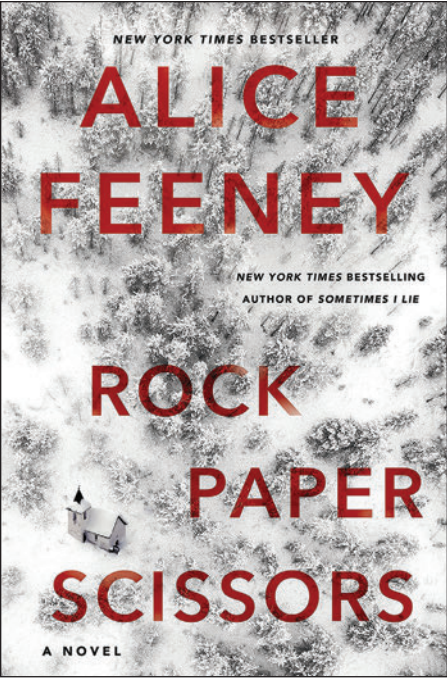


image provided

and dangerous turn. Does someone have it out for Mr. and Mrs. Wright? The question isn't just whether their marriage will survive another year, but whether the couple will live to see their next anniversary.

Feeney is a master of character development, and she doles out unexpected pieces of information throughout that eventually reveal the true nature of both protagonists. She adds numerous shocking twists and

revelations, resulting in a story that becomes increasingly strange, sinister and engrossing.

The letters written by Amanda for Adam are sprinkled throughout the main narrative and add an intriguing back-story

to their relationship. *Rock Paper Scissors* delivers strong entertainment, shocking twists and suspense about the ties that bind. A must-read for anyone loving stories that delve into the darkest corners of relationships.✧

School Smart



by Shelley M. Gregg, NCSP

**D**ear Readers,

To start off the new year, I will post a two-part series on the stress of the second semester of junior year of high school. Junior year is well known for its demands on students and often can make teens anxious. It is an important year for students, but there are ways to make plans, organize and reduce the stress for students.

The major stressors facing students in junior year include heavy course loads, lots of extracurricular activities, standardized testing, maintaining a healthy social life and their looming post high school future. The big question of how, when and where will they go to college begins to feel real and can produce lots of tension for both students and their parents. There's lot to manage and it's difficult to balance all of this and still enjoy life.

Brittany Maschal, Ed D, educational consultant, says, "The key to having a manageable junior year is planning and organization. "Junior year is a busy one, but it doesn't have to be too stressful. Planning ahead and knowing that the college process is a marathon, not a sprint, can save both students and their parents a lot of time and energy along the way.

"One of the biggest mistakes teens make junior year is overextending. You cannot do all things and do them all well. Focus on academics first and your top two or three extracurricular activities. Do not add on clubs to pad your resume or skip giving yourself time to just relax."

The college process begins in earnest now. Academic issues from freshman or sophomore years are not usually a cause for too much concern but a dip in

junior year grades can be problematic, especially if your student is applying early decision or early action to college. Remember that colleges look for upward trends in grades and confirmation that students are willing to stretch intellectually and academically in core subjects.

It is natural for parents to want to step in and help their children through the college process, but as much as parents may want to take control, it really is up to the teen to lead the search. Kate Roberts, PhD advises, "At this age, teens want to create more independence from their parents and may have a hard time asking for help because they want to feel and appear independent." They may also worry about disappointing their parents – not getting good enough grades, not getting in to their parents alma mater."



Christine K. VanDeVelde, co-author of the book *College Admission: From Application to Acceptance*, explains, "Parents should set the stage for an ongoing discussion of grades, activities and college applications, but they should not attempt to control the agenda. In other words, follow the student's lead. The main role of parents of juniors is to be a support system."

Parents need to be supportive and encouraging. Help your children take care of themselves by praising their efforts, validating their feelings, providing healthy meals and family structure. Rules still apply but allow for their need to be independent. Roberts reminds parents, "A person's life is not defined by their high school success. It's defined by the way they approach tasks and their character development."

Shelley Gregg is former faculty at Florida South Western 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. To contact her, email [smgreggs@gmail.com](mailto:smgreggs@gmail.com) or visit [www.schoolconsultationservices.com](http://www.schoolconsultationservices.com).✧

# EPIC FIRES OF FORT MYERS

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



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THOMAS P. HALL  
ROBIN C. TUTHILL, EDITOR

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

From page 1

Lab Theater

features Justin Larsche as Joe, Steven Coe as Chris, Adrial McCloud as Dottie, Heather Johnson as Sharla and Ryan Adair making his Southwest Florida debut as Ansel.

Rizley said, "Killer Joe is ripe with humor, sexuality, dysfunction, sweat and grit, and creepy uneasiness... all of the things I love about dissecting the underbelly of humanity."

Artistic Director Annette Trossbach added, "Slick, dirty, awkwardly hilarious and lovingly directed by Nykkie Rizley, *Killer Joe* is a delicious roller coaster of poor decisions. Lab Theater veterans

Steven Coe and Justin Larsche are beautifully matched by Lab Theater newcomer Ryan Adair, who plays the dim father-figure, Ansel. And Heather Johnson and Adrial McCloud round out this talented cast. In a show with this much stage combat, trust and teamwork are imperative – our whole team here at Lab Theater is delighted to participate in and share this wild journey."

Tickets are \$30; \$10 for students with valid student ID. Seating is socially distant and limited for safety. Masks are required when inside the theater.

The Laboratory Theater of Florida is located at 1634 Woodford Avenue in Fort Myers. For tickets, call the box office at 218-0481 or visit [www.laboratorytheaterflorida.com](http://www.laboratorytheaterflorida.com).✧





Alvin and Zelda Dubin

photo provided

# Donation Match For Debilitating Illnesses

Twenty six years ago, Zelda Dubin made a generous donation to ensure there would be a local resource center for families of individuals living with dementia in Southwest Florida. To continue her legacy, the Dubin Fund announced a \$30,000 Match Challenge. This means that your gift will be matched, up to a total of \$30,000, to help the center continue to fulfill its mission to achieve caregiver health, strength and resilience. There has never been a better time to give.

The 24th annual A Light to Remember will be held at Bell Tower on Thursday, January 27 at 5 p.m. Family and friends will come out to honor those who have suffered from dementia. Luminaries will be lit up at center court where family and friends will have the opportunity to celebrate lives lived and lost due to dementia. This event is hosted by Ellie Fox in memory of her

husband, Ed Fox, of Fox Electronics. Call the center for more information at 437-3007.

There are an estimated 25,000 families caring for an individual living with dementia in Lee County alone. These matching gifts will support teaching caregivers programs such as Savvy Caregiver and Dealing with Dementia, which help families understand the disease and how to handle the behaviors that come with a diagnosis of dementia while developing habits of self-care and stress management to avoid caregiver burnout and keep the caregiver healthy.

Anyone can get caregiver stress, but the National Alliance for Caregiving says women are more susceptible than men. Those who are responsible for helping someone with Alzheimer's disease, dementia or a debilitating illness are also at a high risk of developing their own medical issues. These responsibilities can affect the quality of caregivers' sleep and impede their ability to relax and unwind.

To donate, visit [www.dubincenter.com/match-donation](http://www.dubincenter.com/match-donation). For more information, visit [www.dubincenter.com](http://www.dubincenter.com) or call 437-3007.✱

# Public Defender To Receive Esteemed Award

Kathleen Smith, public defender for the 20th Judicial Circuit, has been named the recipient of the Fort Myers Republican Women's Club's (FMRWC) GEM award, which will be presented during a luncheon meeting at The Helm Club in The Landings Yacht, Golf & Tennis Club on Tuesday, January 18. A social hour begins at 11:15 a.m. The noon lunch will be followed by the program. The meeting is open to the public.

The GEM award represents great leadership, excellent programs and policies and major contribution of time and effort in the community. Smith serves as the current president of the FMRWC. She also serves the citizens

of Charlotte, Hendry, Glades and Lee counties as a public defender.

Former Republican Women's Club President Carole Green will install the 2022 officers, which include President Kathleen Smith; First Vice President Erin Casey; Second Vice President Sally Jackson; Recording Secretary Diane Kinse; Corresponding Secretary Claudia Zambor; Treasurer Nancy Campbell; and Assistant Treasurer Tina Laurie.

Luncheon cost is \$20 per person. Reservations are required by Thursday, January 13, and may be made by contacting Diane Kinser at social.lady79@gmail.com or Laurie at 489-4701.

FMRWC membership for 2022 is available at \$25 per person. Associate members (men) may join at \$15 per person. Checks may be paid at the luncheon meeting or sent to Tina Laurie at 5260 South Landings Drive, Unit 407, Fort Myers, FL 33919.✱



BAILEY-MATTHEWS

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## 2022 NEW EXHIBITS AND PROGRAMS



### NEW EXHIBITS

**RED, BLUE, GREEN:**  
*An Introduction to Water Quality in Southwest Florida*  
January 15-June 10

**BLACKWATER MOMENTS:**  
*Nocturnal Photography of Open-Ocean Mollusks*  
December 10-May 30

Photo by Andrew West/The News-Press

### LECTURES

**Jan. 21:** Environmental writer **CYNTHIA BARNETT**

**Feb. 1:** *The Soul of An Octopus* author **SY MONTGOMERY** (pictured)

**Feb. 16:** Metropolitan Museum of Art curator **BRADLEY STRAUCHEN-SCHERER**

**Mar. 15:** Diver and photographer **LINDA IANNIELLO**

**Apr. 6:** News-Press visual journalist **ANDREW WEST**



### CLASSES

**Feb. 10:** Fantastic Shells and Where to Find Them

**Mar. 2:** San Carlos Bay / Bunche Beach Marine Biology and Field Lab

**Mar. 17:** Biodiversity and Taxonomy of Mollusks

**Mar. 31:** Drawing & Illustrating Shells

**Apr. 13:** Shell Morphology: Understanding Shell Descriptions

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Will Power

## Seeing What Isn't There



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

Last November, we lost Aaron T. Beck, a psychiatrist who was a professor in the department of psychiatry at University of Pennsylvania. He is regarded as the father of cognitive behavioral therapy. Dr. Beck discovered it through his work at the depression research clinic he founded at Penn. There, he detected a pattern among his patients in the way that they interpreted events. They did so in negative ways that were damaging to their self-respect, and fatalistic. It was as if they had thought themselves into a condition that one of Dr. Beck's most brilliant disciples, Martin Seligman, was later to call "learned

helplessness." Essentially, they kept telling themselves, "I am a failure. Nothing I try ever succeeds. I am useless. Things will never change."

As an estate planning attorney, I want to get to know who my client's loved ones are through my client's eyes. This is important when crafting a plan that will work for the family. It's surprisingly often that I hear of an adult child who possesses these traits. How do these individuals continue to create this thinking that often becomes self-fulfilling prophecies?

Here, we turn again to one of Dr. Beck's students, David Burns, who points out seven attributes of fatalistic thinking. The first is *all-or-nothing thinking*. Everything is either black or white, good or bad, easy or impossible. When there is no middle ground, achievement appears to be out of reach.

Another is *negative filtering*. The subject discounts the positives as being insignificant; the focus is almost exclusively on the negative. The human brain is wired to seek out danger, and to discount good times. This is a trait necessary for survival, more so in prehistoric times but still useful. Noting this, it's important to celebrate achievements and be grateful for those things in which we're blessed.

A third is *catastrophizing*, expecting disaster to strike, no matter what. One of my colleagues would continually do this. Whenever something mildly negative occurred,

his brain immediately went to the worst-case scenario, and that is what he expected to happen. It never did.

A fourth is *mind reading*. We assume we know what other people are thinking, when usually we are completely wrong because we are jumping to conclusions about them based on our own feelings, not theirs. I've been guilty of this in the past. The older I get, the more I understand that it's nearly impossible to gauge another's mindset, as we haven't lived her life. We don't know how events are framed because we don't have her frame of reference.

A fifth is *inability to disconfirm*. Here, the person rejects any evidence or argument that might contradict negative thoughts. I've seen this with one of my daughters. She was convinced that she wouldn't get into a graduate program despite her stellar grades, excellent aptitude score and full resumé. She was accepted and excelled.

A sixth is *emotional reasoning*. This is letting one's feelings, rather than careful deliberation, dictate thinking. We are not fully rational animals and can make momentous mistakes if we think we are. We have a limbic system, an emotional brain. And we also have an extremely powerful set of reactions to potential danger, located in the amygdala, that lead us to freeze, fight or flee. Generally, the non-rational parts of our brain are acting faster and more powerfully than the rational ones. Freud taught us that beneath the surface of apparently orderly lives, were swiftly running currents of unconscious fears and drives. Nevertheless, recognizing this, we can filter out the most powerful emotions when making choices.

A seventh is *blame*. The subject accuses someone else of being responsible for our predicament instead of accepting responsibility ourselves. It's a victim's mentality that I've personally witnessed countless times, and have stopped myself from feeling this way. Everyone on earth is a victim of circumstance at one time or another, and we've all heard the retort that it's not what happens to you, but how you react that makes the difference.

In reading Burns' seven traits, it's easy to identify the root causes of a loved one's fatalistic thinking. Unfortunately, when these factors are present in an adult, it will be up to them to recognize themselves, and make the determination that they need treatment. I hope that today's column gives you something to share which might trigger the epiphany needed to take that first step.

©2022 Craig R. Hersch. Learn more at [www.floridaestateplanning.com](http://www.floridaestateplanning.com).✴

## Medical Society Board Leader Elected

Dr. Tracy Vo, internal medicine physician with Physicians' Primary Care of Southwest Florida, has been elected president of the Lee County Medical Society (LCMS) for 2022.



Tracy Vo, D.O.

Dr. Vo opened her private practice in Cape Coral in 2002 and joined Physicians' Primary Care in 2014. She is a graduate of the Temple University in Philadelphia, and received her doctorate in osteopathic medicine from the Philadelphia College of Osteopathic Medicine. She then received an internship in osteopathic medicine at St. Luke's Hospital in Bethlehem, Pennsylvania, and a residency in internal medicine at Sun Coast Hospital in Largo, Florida.

Upon finishing her residency, she moved to Southwest Florida where she was in private practice for three years before opening her own internal medicine office.

Dr. Vo has hospital privileges at Cape Coral Hospital, Lee Memorial Hospital, Health Park Medical Center and Gulf Coast Hospital. She is board-certified by the American Osteopathic Board of Internal Medicine and is a member of the American Osteopathic Association, the American College of Osteopathic

Internists, the Florida Medical Association and the Florida Osteopathic Medical Association.

Dr. Vo's charitable activities include Woman Builders for Habitat for Humanity, The Heights Foundation and Community Cooperative.

Besides Dr. Vo, the 2022 LCMS Board of Directors Executive Committee is President-Elect Ryan Lundquist, MD; Treasurer Scott Caesar, MD; Secretary Gamini Soori, MD, MBA; Past President Elizabeth Cosmai, MD; and Secretary-elect Arie Dosoretz, MD.

The 2022 directors and members-at-large for Lee Health include Avra Carpousis-Bowers, MD; Janette Gaw, MD; Harmindar Gill, MD; Danielle Matta, MD; Ramon Pabalan, MD; and ex officio members Stuart Bobman, MD and Shane Geffe, MD. Also assisting the board is Executive Director Julie Ramirez, CAE.

The 2022 Board Installation will be held at Lexington Country Club on Saturday, January 22 in conjunction with the 10th annual Physician Medical Service Awards dinner.

Lee County Medical Society is a professional organization of over 800 physician members practicing in Lee County. For more information, visit [www.lcmsfl.org](http://www.lcmsfl.org).✴

## Gain Employee Retention Advice At Luncheon

Even with companies offering more incentives than ever before, it's challenging to find employees and even harder to retain them.

Above Board Chamber of Florida

is stepping in to help businesses learn more about how to create a work culture that will spark success in recruiting and retaining employees in 2022. A panel of business experts from across Southwest Florida will be speaking at a luncheon at Crowne Plaza Bell Tower on Thursday, January 13 from 11:30 a.m. to 1 p.m.

Business owners say now more than ever it's important to find ways to get people to want to work for you and to keep them on your payroll. Bill Daubmann, CEO/founder of My Shower Door, is a sponsor and one of the event panelists.

"You have to be clever and be aware of what to look for," he said. "You have to be aware of what else is out there, and what you can offer that they can't get someplace else."

Tips will be shared about making your company the place that people want to work by creating a fun environment, one with growth potential and one that has a positive attitude.

Besides Daubmann, Fort Myers panelists include: Gary Tasman, chief executive officer/principal broker of Cushman & Wakefield Commercial Property Southwest Florida; Jennifer Thayer, workforce planning and development program manager of human resource at Lee Health; and Williams M. Blevins, president/CEO of Gulf Coast Business Bank.

Emcee will be Joseph DeSena, private wealth advisor and managing director of Siena Wealth Advisory Group.

Cost before Monday, January 10 is \$37 for members and \$42 for non-members. After January 10, it is \$40 for members and \$45 for non-members. Lunch is included. To register for the luncheon, visit [www.aboveboardchamber.com](http://www.aboveboardchamber.com).

com or call 910-7426.

Crowne Plaza Bell Tower is located at 13950 Bell Tower Drive in Fort Myers. For more information, call CEO Jeanne Sweeney at 910-7426 or visit [www.aboveboardchamber.com](http://www.aboveboardchamber.com).✴

## Record-Breaking Traffic At Airport

During November, a record-breaking 986,908 passengers traveled through Southwest Florida International Airport (RSW) in Fort Myers. This was an increase of 97 percent compared to November 2020, and 13 percent more than the passenger traffic in November 2019. Year-to-date, passenger traffic is up 73 percent compared to last year. This is the seventh consecutive month that RSW has reported record-breaking passenger traffic.

The traffic leader in November was Southwest with 198,737 total passengers. Rounding out the top five airlines were Delta (166,206), American (154,068), United (147,482) and Spirit (100,597).

Southwest Florida International Airport had 9,219 aircraft operations, an increase of 30 percent compared to November 2020. Page Field saw 12,793 operations, a 33 percent increase compared to November 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 [flylcpa.com](http://flylcpa.com) or [facebook.com/flyrsw](http://facebook.com/flyrsw).✴



## Superior Interiors

## Why Should I Own An Area Rug?



by Trinetta Nelson

**H**ave you ever finished decorating a room in your home and it still seems like something's missing?

As if there's one final piece of decor that could potentially

bring the room together, but you can't quite put your finger on it? Here's a hint... look down. If your hardwood or fully carpeted floors seem dull or too exposed, perhaps an area rug is the finishing touch you need.

Not sure if the investment is worth it? Here are four reasons you should own an area rug:

To tie everything together – You can easily address that “something's missing” feeling you have after decorating your space by placing an area rug in the room. This piece of decor can tie the room together by bringing furniture ends to a common meeting point, and by creating an overall cozy feeling to the environment.

To add a new element of style – Does your room seem dull and lacking in style? With an area rug, you can

make a statement where it matters most. If you're not interested in going big and bold with wall colors, furniture, or lighting fixtures, make it happen with a colorful area rug. This piece of decor can help bring out your wild and creative side.

To bring comfort to the space – While hardwood floors are timeless when it comes to style, they can fall flat in the comfort department. An area rug can help make your guests feel more comfortable on a cold winter's day, and more relaxed when you want to spend the night in, curled up on the couch.

To make a change without going permanent – Perhaps you're looking for a simple way to make a big statement in your home without committing to any serious renovations. Investing in a fully carpeted living room may transform the space, but it's going to take a lot of time, effort and funds to achieve. By purchasing a stylish area rug instead, you can still make a statement in your home, and it doesn't have to cost you nearly as much. Additionally, it's not a permanent change.

Area rugs can be moved around a space, or even to a different room in the future. Plus, you can even take them with you if you move into a different home. All of these reasons make it a worthy, versatile investment in the long run.

While it may come across as a simple piece of decor, choosing the perfect area rug can be an intimidating venture. If you need help finding one that fits

your space, get in touch with a design professional to evaluate the room's size, style and character to provide area rug recommendations.

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

## Lee Health Reinstates Free Telehealth Care

**D**ue to the recent Omicron surge in COVID-19 cases throughout Southwest Florida, Lee Health is once again offering free urgent care telehealth visits through Lee TeleHealth.

Lee Health is making this service free for community members so they can utilize urgent care telehealth services from the comfort of their homes. This option allows anyone with non-life-threatening COVID-19 symptoms to avoid long COVID-19 testing lines, Lee Convenient Care locations and the emergency department.

Lee Health emergency departments are not designated COVID-19 testing locations.

The normal cost of a visit is \$49.

Lee TeleHealth is an on-demand medical service that connects patients directly with a physician or advanced provider and is available 24/7. All you need to use Lee TeleHealth is a smartphone, tablet or a computer with a webcam.

If you have COVID-like symptoms,

the provider will be able to evaluate the severity of your symptoms and make recommendations for testing, isolation and symptom management. They are also able to write prescriptions and make additional referrals as necessary. Anyone experiencing severe COVID-19 symptoms, including difficulty breathing, should seek emergency care immediately.

Patients using the telehealth service can seek treatment and receive a prescription for a variety of conditions, including cold and flu; sinus infections; rashes; pink eye; headaches; urinary tract infections; allergies; cough; and sprains and strains.

Lee TeleHealth is safe and secure. Every visit is encrypted to protect private information, and patients can expect the same level of care they would receive in a traditional doctor's office. For current Lee Health patients, telehealth visits are added to their health record to ensure continuity of care.

Lee TeleHealth can be accessed in the following convenient ways:

1. From the Lee Health Mobile App.
2. Downloading the Lee TeleHealth app on your smartphone or tablet.
3. Visiting [www.leehealth.org](http://www.leehealth.org) from a computer.

Learn more at [www.leehealth.org](http://www.leehealth.org).✱

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Frankly Speaking



by Howard Prager  
Let's talk about college football bowl games. In 1970, there were only 11 bowl games, mostly on New Year's Eve and day. This year, 44 (although five were cancelled due to lack of players

from injuries, players withdrawing to stay healthy for the draft and COVID). The only three games that count are the two semifinals (yawn) and championship. The games that were truly interesting? Many of the "meaningless" bowl games. Don't you agree? Many that were highly entertaining with the outcome uncertain until the final minute. We had some high scoring shootouts (Music City and Rose Bowl with five scores in about 2:30 minutes) and some amazing comebacks and missed comebacks (sorry Notre Dame, Iowa, et.al.) I watched more games than I thought because they were fun to see.  
It seems to me that more players hoping for a good NFL draft are sitting out. That's a shame, although understandable with the paychecks that are at play. I hope some of the standout "replacement" players get a big NFL look from playing. What about coaches leaving suddenly, like Brian Kelly and Lincoln

Riley? Just be honest to your players, the fans and alumni who so strongly supported your program. You owe them.  
How can bowl games have greater meaning? Next week, the NCAA sits down once again to discuss a larger playoff (an eight- or 12-team) field. That will help, although until anyone can come close to the SEC besides Ohio State, I still see the result being an all SEC Championship. They are that much better than everyone else.  
Here's some food for thought. What if the bowl games became either a) first of the season games or b) two larger championships, the traditional and a non-Bowl Championship Series conference, much like the NIT is with basketball? Let's raise the stakes with two playoff systems, one with the 12 "best" teams and one with the 12 "also-ran" teams. Two brackets with the best 24 teams, leading to 12 bowl games in round one, six bowl games in round two and three bowl games in round three during mid-December, around January 1 and the week after. Round three: would have the top two teams in each bracket play each other (No. 1 vs. No. 2). The third team in the BCS bracket plays the third team in the new non-BCS bracket. Voila! One national champion, one "NIT" champion, and one interconference championship. I'd name it after Walter Camp who is credited with creating college football. From Wikipedia: "In the 1880s a great rugby player from Yale, Walter Camp, pioneered rules changes that slowly transformed rugby into the new game of

American Football."  
That still leaves another 24 bowl games. Make these other bowl games first of the season games, much like Northwestern and Nebraska are doing next year in Dublin. It can add some additional meaning to the first game of the season, fans can enjoy more moderate weather in New York (Pinstripe) Boston (Fenway) and Detroit (Motor City) and other northern cities that don't attract in December. Everyone wins. And neither the Cornhuskers or Wildcats were in bowl games this year, so these preseason bowls just have to have a fan base.

What's not a pipedream is the good news story of the week. It's the Allstate AFCA Good Works Team, and I'm quoting from their website. "The Allstate AFCA Good Works Team recognizes college football athletes for their unwavering commitment to community service and their "good works" off the field. Allstate is pledging \$1 million in financial support to the players and their charitable causes for the first time in the program's 30-year history. This is one in a series of commitments from Allstate to create positive, societal change by driving financial equity now and into the future." Some highlights from this year's team. "Honorary Captain is Georgia Junior linebacker Nakobe Dean, who helped develop Dawgs for Pups to directly affect the lives of local youth in Athens County. In its first eight months, the program raised more than \$200,000 to help youth in the community. Dean spearheaded a drive that raised about \$100,000 for Wi-Fi hotspots for local children. With remote schooling, he secured more than 27,000 pounds of food donations for area children and assisted a multi-team effort that collected 437 new or gently used coats for local youth with the assistance of the Boys & Girls Club of Athens. Dean also read stories at the local elementary school. After football practice, Dean visits with individuals with developmental disabilities through his work with Extra Special People." And he finds time for practice and academics? Wow.

"Pittsburgh senior long snapper Cal Adomitis aided in pandemic relief efforts by donating his football student-athlete

per diem so that city youth football teams would have resources to purchase bottled water for practices and games. He's attended Pittsburgh Public Schools' 'Bring Your Father to School' day numerous times, where he was paired with students who did not have someone to attend with. Adomitis has raised money for the Leukemia & Lymphoma Society, Make-A-Wish Foundation and families who are without home heating during the winter months. Adomitis has also worked on behalf of the 'Voting Matters' campaign to promote voter registration, voter education and voter participation in the community."

"Minot State redshirt freshman Philip Green started a podcast called 'Mental Game' with a teammate. The podcast is centered on bringing awareness of mental health issues among student-athletes that offers them a platform and resource. He discusses topics and issues in college athletics like mental checks and days, lack of sleep, burnout, balancing the load, counselors for teams, the importance of women coaches in sports and advocating or supporting mental health. Green has coordinated multiple fundraisers for mental health awareness, and volunteers in getting student pledges against drunk driving, raising money for Make-A-Wish Foundation and as a date for Miss Amazing North Dakota, which is a pageant for girls with disabilities."

"USC redshirt senior quarterback Mo Hasan models what it means to have a servant's heart through purchasing a FedEx truck from Craigslist, which he repurposed and named the Hunger Relief Mobile to aid in distributing food to the homeless on behalf of his nonprofit, Second Spoon. He founded Second Spoon after discovering how much food was being thrown out in college dining halls and wasted in our country."

There are many more worthy athletes and one coach recognized in this program. Great to see these efforts off the field. They make us all proud. Happy New Year.

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 to [press@islandsunnews.com](mailto:press@islandsunnews.com).✱

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SPORTS QUIZ

1. How many points did Ernie Nevers score in the Chicago Cardinals' 40-6 victory over the Chicago Bears in November 1929?
2. After refusing a trade to the Philadelphia Phillies, what St. Louis Cardinals outfielder filed a lawsuit against Major League Baseball that was decided by the U.S. Supreme Court in 1972?
3. What Hockey Hall of Fame goaltender, who won two Stanley Cups for the Montreal Canadiens from 1910-25, had his career – and eventually his life – cut short by tuberculosis?
4. What West German tennis player stunned Martina Navratilova in the 1982 Avon Championships WTA finals match at New York City's Madison Square Garden?
5. In 1985, Lynette Woodard became the first female player in the history of what famous basketball team?
6. In how many consecutive matches did Leicester City striker Jamie Vardy score to set the English Premier League record during the 2015-16 season?
7. A football trick play in which the quarterback fakes a pass while handing the ball off to a runner is named after what national landmark?

ANSWERS

1. 40. 2. Curt Flood. 3. Georges Vezina. 4. Sylvia Hanika. 5. The Harlem Globetrotters. 6. 11. 7. The Statue of Liberty.



## Doctor and Dietician

## Healthy Meal Prep Ideas For The New Year



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

As you know, we try to eat healthy, home-cooked meals every night for dinner. Eating together is not only healthier, but it also brings the family together, causes you to slow down, talk to each other and stay connected. If you do not have family dinners together, why not consider making that a goal for 2022? You may say that you are too busy, or you hate to cook, or you do not know what to make. As we are learning, sometimes our minds are our own worst enemies, and they can convince us to listen to the negative thoughts instead of forging ahead to try new things.

To help with making healthy meals, consider some of these ideas that we recently read from one of the healthy lifestyle e-newsletters we receive. We like to meal prep on the weekend prior to the busy upcoming week. This typically lasts us through Wednesday. However, making some healthy “freezer meals” is another way you can just grab and throw into your slow cooker. We are going to use this idea starting in January because our parents will be staying with us for four months, and we want to make sure we have some ready-meals available.

Here are tips to help get you started:  
1. Make a list. Decide what recipes you want to make, then print them out or save the files on your computer or Pinterest. Typically, the meals that freeze the best include things like soups,

stews, meatloaves and casseroles. We try to ensure that every dish includes whole grains, vegetables and some protein. 2. Next, plan. Do you want to prep for an entire day, so you have a lot of meals ready? Or would you prefer to have two meals per week in the freezer for the upcoming week? 3. Assess your supplies. Take inventory of what you have in your fridge and pantry, and make a list of what you need to purchase. 4. Consider dusting off your crock pot. Slow cookers are a wonderful way to reduce the cooking workload plus you get to smell the lovely aroma of a meal cooking when you get home. 5. Double up. Why not make a double batch of something so that you do not have to make it twice? Choose your favorites and make a double batch.

Here is one of our favorite recipes: Tuscan Bean Soup, a great crock pot meal that freezes well. Ingredients: 2 tsp olive oil; 1 medium onion, diced; 1 14 oz can full-fat coconut milk (or use cow's milk); 3 cloves garlic, minced; ¼ cup sundried tomatoes, drained; 1 tbsp Italian seasoning (or use fresh herbs or both); 1 28-oz can diced tomatoes with Italian seasoning; 1 19-oz can white beans, drained and rinsed; 3 cups vegetable broth; 2 cups chopped fresh spinach; 1 cup rotini pasta (GF); salt and pepper to taste. Directions: Sauté onion in oil for a few minutes. Meanwhile, blend coconut milk, garlic, sundried tomatoes, Italian seasoning and salt in blender until smooth. Add onion and milk mixture to the slow cooker with the rest of the ingredients except the pasta and fresh spinach and cook for four to six hours on low, then two hours on high. With one hour left, add dry pasta and stir. Add spinach after one hour, season with salt and pepper, serve with fresh grated parmesan cheese and fresh basil. Cool and freeze in zip lock bags or Tupperware if you like. Enjoy. More recipes to come.

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

## dearRPharmacist

## Five Incredibly Fast-Acting Sore Throat Remedies



by Suzy Cohen, RPh

**Dear Readers:** When your throat hurts, it's because it has been irritated which can happen for many reasons. Among the most common

are post-nasal drip, chronic allergies, pollution, or cold/flu. The discomfort is usually mild and self-limited, however sometimes a sore throat gets so bad that you need more than a Popsicle.

My focus today is just to relieve the symptom of a non-serious sore throat. See your doctor if yours is accompanied by other symptoms because it is an early symptom of Omicron.

Here are five incredibly fast-acting ways to soothe your sore throat:

1. Salt Water Gargle – Gargling with saltwater is a well-known remedy to help with throat pain. Saltwater helps by reducing inflammation and pain in the area. It can drive out some pathogens in the tissue simply by making your throat less hospitable to them. Here's a recipe that's even better than salt water.

Recipe for salt water gargle:

8 oz. cool water

1 tsp. baking soda

1 tsp. sea salt (or Real salt if you have)

Combine about five drops of essential oils into the salt water using any of these: eucalyptus, peppermint, thyme, On Guard or Thieves or even lemon.

Stir together and gargle with this every three to four hours.

2. Lozenges – The lozenge you choose is entirely up to you, but most of them contain menthol, benzocaine, dyclonine, honey, or eucalyptus. Each ingredient does something slightly different, but they're all similar in that they act to anesthetize your throat for a

few minutes so you swallow better and find more comfort. Lozenges are not generally curative, they're mainly for symptomatic relief, although eucalyptus does have some 'kill' action.

3. Big Spoon of Honey – For adults, a spoonful of honey is soothing to a scratchy, sore throat especially if it is accompanied by a cough. Raw honey contains natural antibacterial agents such as bee pollen and bee propolis. Do not give honey to babies younger than a year or two.

4. Sip Herbal Teas – You can have it iced or warm. The temperature of the tea is completely your preference. Even when my throat is sore, I still prefer warm herbal tea, over iced tea. There are commercial tea bags made specifically for sore throats or make your own spearmint and slippery elm bark tea. Add some dried orange peel for vitamin C.

5. Ibuprofen or Acetaminophen – These analgesics listed here are great antipyretics, that's why they're useful for both fever and pain. These reduce swelling which affords you temporary relief so you can take in nourishment and food.

In closing, if you develop a high fever, chills or see a buildup of puss near your tonsils, or any other symptoms that are indicative of infection, please see your practitioner and get proper anti-viral or antibiotic treatment. If you would like to read a longer version of this article, please sign up for my newsletter at [www.suzycohen.com](http://www.suzycohen.com) and I'll email it to you.

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

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

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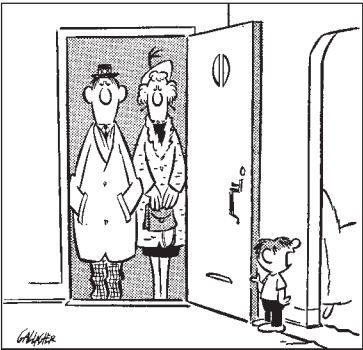


Emergency	911
Lee County Sheriff's Office	477-1200
Florida Marine Patrol	332-6966
Florida Highway Patrol	278-7100
Poison Control	1-800-282-3171
HealthPark Medical Center	1-800-936-5321
Ft. Myers Chamber of Commerce	332-3624
Foundation for Quality Childcare	425-2685
Fort Myers Beach Chamber of Commerce	454-7500
Fort Myers Beach Library	463-9691
Lakes Regional Library	533-4000
Lee County Chamber of Commerce	931-0931
Post Office	1-800-275-8777
Visitor & Convention Bureau	338-3500
<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 23



"It's the ones you were  
it would be."

SCRAMBLERS

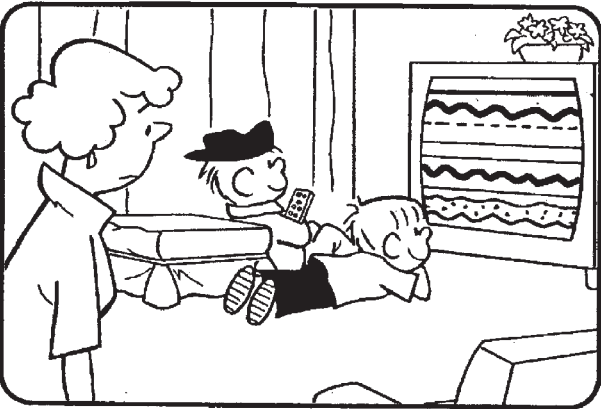
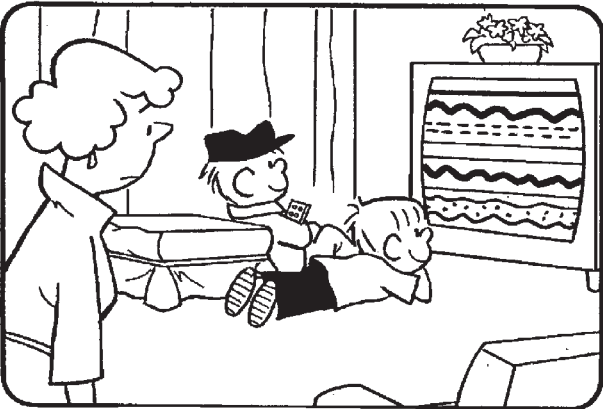
Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Later  
TERAF  
Fervent  
RANTED  
Blanket  
EARLY  
Temple  
SHINER

TODAY'S WORD

HOCUS-FOCUS

BY  
HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Plant is missing. 2. Remote is bigger. 3. Cap is reversed. 4. Belt is missing. 5. Screen is different. 6. Sleeve is shorter.

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

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.



PUZZLES

Answers on page 23

Super Crossword

OFF DUTY

- ACROSS**

1 Pillager

7 Branch of Buddhism

10 Mosque minister

14 Stallone role

19 Large lizard

20 Shirt-pocket audio player

22 Wine coolers

23 Gasohol, e.g.

25 Italy's largest port

26 Apartment, e.g.: Abbr.

27 Sculling need

28 That, in Spanish

29 America's Cup sport

31 Passed-on value system, say

36 Ever and —

38 "The Fresh Prince of — -Air"

39 Volkswagen hatchback

40 Ellipsis bit

41 Serious moral offense

45 Big Apple airport code

48 Superbright colors

52 "Relax, Gil!"

53 — Kippur
- 54 Song of thanksgiving

56 Drink sample

57 Tattoos and piercings

59 Journalistic profession

63 Childbirth assistant

66 Two-spinoff CBS series

67 Quit sleeping

68 Very manly

72 Like gross profits ... or how the ends of eight answers in this puzzle might appear

75 Digital greeting

76 Illicit love affairs

78 Helen's city

79 4-point Scrabble piece

81 Events to move merchandise for charity

84 Redgrave of film

89 Ending for Canton

90 Leg bone

91 Pro hoops gp.

94 Tested the weight of by lifting
- 95 Take hold

98 Flanders on "The Simpsons"

99 Bucolic byway

101 Here-there linkup

103 Madam's partner

105 Plains tribe

106 Shady giants

107 Earnings not allocated for necessary items

115 Very brave

116 Adam's partner

117 Suffix with northwest

118 Provided with a meal

121 Razor-honing band

122 It may be trespassed on

127 Move around like a baby

128 Bristlecone, for one

129 "Tru" subject

130 Made of turf

131 River through Flanders

132 37-Down part: Abbr.

133 Neighbor on "Seinfeld"
- DOWN**

1 Perjurer, e.g.

2 Leer at

3 Earned more points than

4 — Bo (fitness system)

5 Register, to a Brit

6 Rushed toward

7 Pimple

8 Start for dermis

9 Many a fiction book

10 Newborn

11 Egyptian — (certain cat)

12 In the blink of —

13 Grinding tooth

14 "You said it!"

15 Transparency film

16 "MIB" part

17 Ride to bust

18 Plains tribe

21 Fashion

24 Caribbean isle

30 "El —" (1961 epic film)

32 Oct. 24 observance

33 Count (on)

34 Besides that

35 Boisterous merriment
- 36 Hail — (yell "Taxi!")

37 Western mil. alliance

42 Dancer Duncan

43 Roman despot

44 Global financial gp.

46 Reaches

47 Jacuzzi sigh

49 Honshu port

50 Saltpeter

51 Fork out

54 Purple-brown

55 School lobby gp.

58 Soaking spot

60 One way to serve ham or pastrami

61 "It's Pat" star

62 Tic-toe linkup

64 Leaves alone

65 "Yes, sorry to say"

68 Former fillies

69 Entertain (with)

70 Tailed orbiter

71 Engine noise

73 Dancing girl in "Return of the Jedi"

74 VII times II

77 Boss of a cpl.

80 Actor Bert of "The Wizard of Oz"

82 A, to Wilhelm
- 83 — -cone (frozen treat)

85 Actor — Zimbalist Jr.

86 Robbed

87 Stitched line

88 Counts up

92 Wave-tossed bobber

93 Voting "no"

96 Exclusive group of people

97 Lack of a response

99 Fancy tie

100 Copier ink

102 Agent, for short

104 "The nerve!"

107 Wafers, e.g.

108 Prelim

109 Fine fiddle

110 Prone to tilt

111 "The Wire" actor Elba

112 Trendy again

113 Earthen pot

114 Comparable (with)

119 Feminizing suffix

120 Batik artisan

123 Feminizing suffix

124 Ending for cannon

125 Cribbage pin

126 Green-minded gp.

King Crossword

- ACROSS**

1 Steal from

4 Highlander

8 Streamlet

12 Historic period

13 String

14 Tom Joad, for one

15 Bridgetown's island

17 "It's — real!"

18 Intends

19 Tropical fruit

20 Jazz genre

22 Piece of work

24 Priests' garments

25 "Excellent work!"

29 Espionage org.

30 Spectrum creator

31 Ms. Thurman

32 Wavering

34 Twain hero

35 Sharp tooth

36 Clearheaded

37 Cream-filled pastries

40 Arrive

41 Jai —

42 Chocolatey frozen treat

46 Give up

47 Carry on

48 Citrus drink

49 Crystal gazer

50 Eye part
- 51 U.K. fliers

Schreiber

33 Not as certain

11 Sultry Horne

34 Seethe

16 Life stories

36 Theater boxes

19 Site of Apra Harbor

37 Campaign-funding gps.

20 "Coffee Cantata" composer

38 Fonda's bee-keeper role

21 Writer Wiesel

39 Lose color

22 Rubber gas-ket

40 406, in Roman numerals

23 Nuisance

42 Calendar abbr.

25 Mom's mom

26 Place to get a fruit smoothie

43 Eg. and Syr. once

27 Hotel chain

44 Oklahoma city

28 Combo

45 Ump

30 School orgs.
- DOWN**

1 Civil War soldier

2 Man-mouse link

3 Whom Pilate pardoned

4 Rascal

5 Atlantic catches

6 Granada gold

7 QB stats

8 Harty

9 Furniture brand

10 Actor

MAGIC MAZE • EASTERN WORDS

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

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

- Abreast

Beast

Beastie

Breastbone
- Eastman

Eastmost

Eastside

Eastward
- Eastwood

Feast

Least

Mideast
- Nor'easter

Oleaster

Southeast





Peanut and Chocolate Popcorn Balls

photo courtesy Fresh From Florida



**Peanut and Chocolate Popcorn Balls**

- 1 cup salted peanuts
  - 16 cups popped popcorn
  - ½ cup peanut butter (smooth)
  - 4 cups miniature marshmallows
  - 1 ½ cups chocolate chips (use any combination of milk, dark, white, peanut butter or toffee chips)
  - 4 tablespoons unsalted butter
  - 1 teaspoon natural vanilla extract
  - Pinch of salt to taste
  - 1 cup chocolate melting wafers or chips (for melting and drizzling on the completed popcorn balls)
- In a medium sauce pan, add butter and melt over medium-low heat. When butter is melted, add mini marshmallows. Continue cooking marshmallow and butter mixture while stirring. When most of the marshmallows have melted, add

peanut butter, vanilla and small pinch of salt. Stir ingredients until completely smooth, and remove from heat. In a large mixing bowl, add popped popcorn and peanuts. Carefully add melted marshmallow mixture to the mixing bowl with popcorn and peanuts. Stir popcorn mixture until evenly mixed. When popcorn mixture has cooled to room temperature, add chocolate chips and stir ingredients until evenly combined. Line a cookie sheet with wax or parchment paper. Form popcorn and peanut balls using your hands. You should be able to make at least 12 three-inch balls placing them on the lined cookie sheet when done. In a small sauce pot, add 3 cups of water and bring to a simmer over medium heat. Use a glass bowl that will fit over the top of the small sauce pot to make a double boiler. Add melting chocolate to the glass bowl and let melt while occasionally stirring. When the chocolate is melted and smooth, use a spoon to have fun drizzling the chocolate over the completed popcorn balls. Chill slightly and serve.\*

**PETS OF THE WEEK**



Kiser ID# A612646 photos provided Lee County Domestic Animal Services

**Kiser And Cosmos**

Hello, my name is Kiser. I'm a black 10-year-old male pit bull mix. The name origin of Kiser means Emperor. Pretty fancy title for an older talkative guy that the volunteers have come to love. They think I'm about 10 years old but don't tell me that – I race after a tennis ball, can outwalk, outtalk and outsmart even the youngest pup on the adoption floor. I've been agreeable with every dog and human I've encountered here. I love my cozy bed and treats. My adoption fee is \$25.

Hi, my name is Cosmos. I'm a black and white 2-year-old domestic shorthair. Cosmos is a term for an orderly or harmonious universe. I, however, do not



Cosmos ID# A827308

care for things to be orderly. Give me a few toys and I will play with them from one end of the room to the other. I'm more of a 'fly by the seat of my pants' kind of guy. No time to snuggle? No problem. I will amuse myself playing until you are ready. My adoption fee is \$10, and you can adopt a feline friend for me at no additional charge.

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

**My Stars ★★★★★**  
**FOR WEEK OF JANUARY 3, 2022**

- Aries** (March 21 to April 19) The New Year brings challenges that can change many things in your life. You need to be prepared not only to confront them, but also to deal with what happens afterward.
- Taurus** (April 20 to May 20) You have what it takes to set your goals quite a bit higher this year. Learn what you need to know and put what you learn into your efforts. A partner offers loving support.
- Gemini** (May 21 to June 20) In true Gemini Twin fashion, you're conflicted about a decision you know you'll have to make in this New Year. Best advice: Get the facts before you make any commitment.
- Cancer** (June 21 to July 22) A friend offers you an exciting opportunity for the New Year. Although your positive aspects are strong in most respects, caution is advised. Investigate before you invest.
- Leo** (July 23 to August 22) You can make this New Year a roaring success. Start by readjusting your goals to reflect

- the changes in the economy. Your den-mate offers both wise and loving support.
- Virgo** (August 23 to September 22) The New Year brings new opportunities for change. But you need to be ready to move from the comfortable status quo to the challenging unknown. It's up to you.
- Libra** (September 23 to October 22) Your most important New Year's resolution should be to work out problems with a family member in order to avoid continued misunderstandings. Do it soon, for both of your sakes.
- Scorpio** (October 23 to November 21) The New Year has much to offer the intensely determined Scorpion, who isn't afraid to take on challenges and stay with them until they surrender their rewards.
- Sagittarius** (November 22 to December 21) You'll have many fine opportunities in this New Year. But be warned: Reject offers of "help." You work best when you're free to be your own creative self.
- Capricorn** (December 22 to January 19) The New Year offers changes that you might feel you're not quite ready for. Best advice: Deal with

- them one step at a time, until you've built up your self-confidence.
- Aquarius** (January 20 to February 18) Travel is a dominant aspect of the New Year. This could mean relocating to another city (or even another country) in connection with your education or your career.
- Pisces** (February 19 to March 20) This New Year brings news about a change you've been anticipating. You might have a problem persuading a loved one about your new plans, but he or she will soon go along with them.
- Born This Week:** You have a gift for making people feel safe and protected. You would make an excellent youth counselor.

**MOMENTS IN TIME**

- On January 14, 1639, in Hartford, Connecticut, the first constitution in the American colonies, the "Fundamental Orders," is adopted. The Fundamental Orders declared that "the foundation of authority is in the free consent of the people."
- On January 13, 1842, a British army doctor reaches the British sentry post at Jalalabad, Afghanistan, the lone survivor of a 16,000-strong

- Anglo-Indian expeditionary force that was slaughtered in its retreat from Kabul. He told of a terrible massacre in which the Afghans killed 4,500 soldiers and 12,000 camp followers.
- On January 14, 1875, Nobel Prize-winning physician Albert Schweitzer is born in Upper-Alsace, Germany. Schweitzer's philosophy revolved around what he called "reverence for life," the idea that all life must be respected and loved.
  - On January 16, 1919, the 18th Amendment to the U.S. Constitution, prohibiting the "manufacture, sale, or transportation of intoxicating liquors for beverage purposes," is ratified and becomes law. Large-scale distribution of alcoholic beverages and organized crime flourished anyway.
  - On January 11, 1937, nearly two weeks into a sit-down strike by General Motors auto workers at the Fisher Body Plant in Flint, Michigan, a riot breaks out when police try to prevent food deliveries to the strikers from supporters on the outside. The melee was later nicknamed the "Battle of the Running Bulls."
  - On January 10, 1946, the first





**FRIDAY**  
Mostly Cloudy  
High: 76 Low: 65



**SATURDAY**  
Mostly Cloudy  
High: 77 Low: 67



**SUNDAY**  
Partly Cloudy  
High: 80 Low: 69



**MONDAY**  
Mostly Cloudy  
High: 77 Low: 68



**TUESDAY**  
Sunny  
High: 76 Low: 65



**WEDNESDAY**  
Mostly Cloudy  
High: 75 Low: 66



**THURSDAY**  
Few Showers  
High: 74 Low: 63

**Redfish Pass Tides**

Day	High	Low	High	Low
Fri	3:26 am	10:40 am	5:48 pm	10:31 pm
Sat	4:36 am	11:15 am	6:15 pm	None
Sun	6:04 am	12:04 am	6:46 pm	11:48 am
Mon	7:55 am	1:31 am	7:19 pm	12:22 pm
Tue	9:53 am	2:44 am	7:54 pm	12:57 pm
Wed	11:36 am	3:43 am	8:33 pm	1:35 pm
Thu	9:13 pm	4:34 am	None	None

**Point Ybel Tides**

Day	High	Low	High	Low
Fri	2:31 am	10:42 am	4:53 pm	10:33 pm
Sat	3:41 am	11:17 am	5:20 pm	None
Sun	5:09 am	12:06 am	5:51 pm	11:50 am
Mon	7:00 am	1:33 am	6:24 pm	12:24 pm
Tue	8:58 am	2:46 am	6:59 pm	12:59 pm
Wed	10:41 am	3:45 am	7:38 pm	1:37 pm
Thu	8:18 pm	4:36 am	None	None

**Punta Rassa Tides**

Day	High	Low	High	Low
Fri	3:49 am	10:38 am	5:21 pm	11:00 pm
Sat	4:58 am	11:21 am	6:06 pm	None
Sun	6:11 am	12:23 am	6:49 pm	12:15 pm
Mon	7:24 am	1:38 am	7:31 pm	1:16 pm
Tue	8:33 am	2:34 am	8:12 pm	2:09 pm
Wed	9:57 am	3:24 am	8:54 pm	2:55 pm
Thu	11:13 am	4:13 am	9:42 pm	3:40 pm

**Cape Coral Bridge Tides**

Day	High	Low	High	Low
Fri	5:36 am	12:16 am	7:58 pm	1:56 pm
Sat	6:46 am	1:47 am	8:25 pm	2:31 pm
Sun	8:14 am	3:20 am	8:56 pm	3:04 pm
Mon	10:05 am	4:47 am	9:29 pm	3:38 pm
Tue	12:03 pm	6:00 am	10:04 pm	4:13 pm
Wed	1:46 pm	6:59 am	10:43 pm	4:51 pm
Thu	11:23 pm	7:50 am	None	None

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OF SOUTHWEST FLORIDA



# Start The New Year With A New Pet

Consider beginning 2022 with the adoption of a pet from Lee County Domestic Animal Services. Let a pup help with your New Year's resolution to walk and be more healthy, or welcome a cat to comfort and cuddle. Through January 31, the county will reduce adoption fees on adult dogs to \$25 and adult cats to \$10 with an approved application. The adoption package includes spay or neuter, microchip, up-to-date vaccinations, county license and a 10-day health guarantee. The package is valued at \$500. Volunteers and staff are waiting to introduce a new member of the family. The adoption center is open 10:30 a.m. to 3:30 p.m. Monday through Saturday at 5600 Banner Drive in Fort Myers. Visit [www.leelostpets.com](http://www.leelostpets.com) to view all pets currently available and to complete an online adoption application.✧

# Blood Donors Needed

Lee Health is seeking blood donations to help replenish supply levels. 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. All blood donated at Lee Health stays within the health system to care for

patients in Southwest Florida. 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).✧

From page 20

# Moments In Time

General Assembly of the United Nations, comprising 51 nations, convenes in London. Then, on January 24, the General Assembly adopted its first resolution, a measure calling for the peaceful uses of atomic energy and the elimination of atomic and other weapons of mass destruction.

- On January 12, 1981, prime-time ABC soap opera *Dynasty* debuts. The show's elaborately melodramatic plot lines resembled those of the daytime soap operas (kidnappings, amnesia, characters returning from the dead), and its style fit perfectly with the over-the-top excesses of the 1980s.

**NOW HERE'S A TIP**

- To save a pot of burning soup, remove from the burner and do not stir. Pour the unburned contents into a new pot, while trying not to disturb the burned-on bottom of the pot.
- Experts say that those who keep track of their nutrition and exercise are more likely to keep it up. This can be as simple as a pencil and notebook paired with a calorie guidebook, or one of the many great apps for your smartphone. In any case, set yourself up for success this year. You deserve it.
- After-Christmas sales are a great time to buy not only gift wrap (look for solid colors that you can use all year long), holiday cards and decorations, but also next season's winter wear. Things

like scarves and gloves can be great bargains. And even coats can go on sale. Take advantage – especially if you have kids – and buy up.

- AK in Tennessee
- Want to include more produce in your diet? Sources say prep is the step that makes it work. Clean, chop, slice and otherwise prepare all your produce choices for the week on the day you shop. When it's ready and waiting, you're less likely to skip it in favor of something more convenient (and likely less nutritious).
- "A pinch of salt tossed in the coffee grounds will cut the bitterness in lower-quality coffee. This is especially useful if you get a good deal on a can of coffee that's not your normal brand."
- PL in New Jersey

# STRANGE BUT TRUE

- If all the stars in the Milky Way were grains of salt, they'd fill an Olympic-size swimming pool.
- The Louvre museum in Paris was originally built as a fortress to repel Vikings.
- In 1887, a group of men added Susanna Madora Salter of Argonia, Kansas, to a mayoral ballot as a prank intended to embarrass and curtail the influence of the Women's Christian Temperance Union, of which she was an officer. Instead, she won over 60 percent of the vote and became America's first female mayor.
- Olympic medalist Mark Spitz was famed for his large mustache in an era when swimmers shaved their bodies to become more hydrodynamic. He once joked to the Russian team's coach that his mustache helped him swim faster by deflecting water from his mouth and

making him more bullet-shaped. The following year, a mustache was sported by every member of the male Russian team.

- Despite their humps, camels have straight spines.
- The first use of the word "Superbowl," credited to a Chinese writer named Lom Ba Di, dates to the third century.
- In 2008, Chile minted 1.5 million 50-peso coins with a spelling error, only noticing a year later they'd spelled "CHIE" instead of "CHILE."
- Honeybee venom has been found to destroy some types of cancer cells.
- There's a Google map for Mercury, Venus, Earth's moon, Mars, Pluto, three out of four of Jupiter's moons, and all but one of the round Saturnian moons.
- Juan Ponce de Leon brought cattle when he landed at Charlotte Harbor in 1521, his second trip to La Florida. When he came under attack, four of his heifers and a bull fled into the scrub, thus introducing cows to America.

# THOUGHT FOR THE DAY

"What matters most is how well you walk through the fire."  
– Charles Bukowski

# TRIVIA TEST

1. **Geography:** What is the largest island in Africa?
2. **Language:** What does "Auld Lang Syne" mean?
3. **Movies:** How many spirits visit Ebenezer Scrooge in *A Christmas Carol*?
4. **Theater:** On which opera is the rock musical *Rent* based?
5. **Food & Drink:** What is marmite?
6. **Games:** How many weapons are

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1/7 ✧ 1/14

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12/17 ✧ 1/7

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11/19 ✧ TFN



- available in the original board game *Clue*?
7. **Television:** What is Jean-Luc Picard's catchphrase as captain in *Star Trek: The Next Generation*?
  8. **Literature:** Which Victor Hugo novel was made into an animated Disney movie in the 1990s?
  9. **General Knowledge:** When was the first Times Square Ball Drop on New Year's Eve?
  10. **Science:** What is it called when a gas changes into a liquid?

## TRIVIA ANSWERS

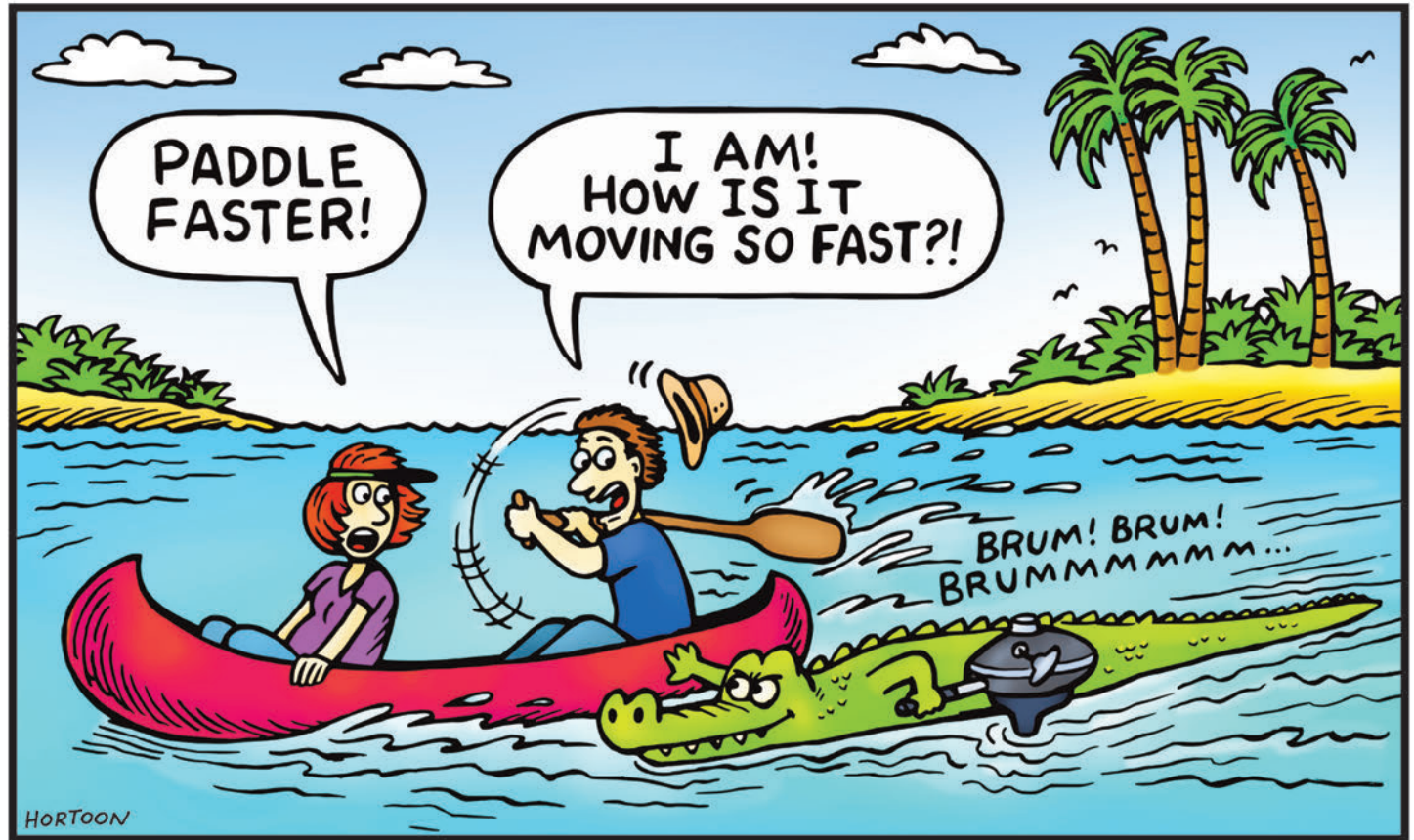
1. Madagascar 2. Times long past 3. Four, including Jacob Marley and the spirits of past, present and future 4. *La Bohème* 5. A savory food spread that is the byproduct of beer brewing 6. Six – revolver, wrench, knife, lead pipe, candlestick and rope 7. "Make it so." 8. *The Hunchback of Notre Dame* 9. 1907 10. Condensation

## SCRAMBLERS ANSWER

1. After 2. Ardent;  
3. Layer; 4. Shrine

*Today's Word*  
**AFRAID**

# HORTOONS



# PUZZLE ANSWERS

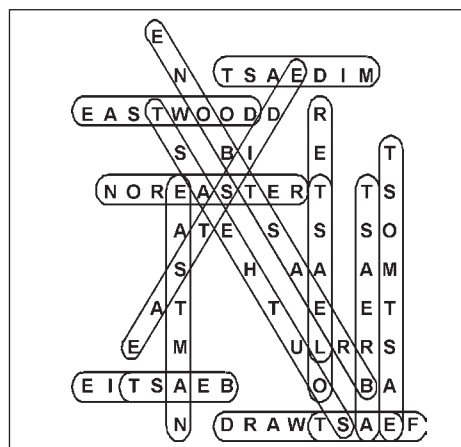
SUPER CROSSWORD

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## KING CROSSWORD

R	O	B		S	C	O	T		R	I	L	L
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			A	I	M	S			G	U	A	V
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## MAGIC MAZE



## SUDOKU

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

## Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Gores A M Subdivision	Captiva	1975	4,383	\$6,250,000	\$6,190,000	84
Turtle Walk	Fort Myers Beach	2015	3,978	\$4,700,000	\$5,150,000	5
Jose's Hideaway	Upper Captiva	2011	5,886	\$4,795,000	\$4,300,000	10
Crescent Beach	Fort Myers Beach	2017	2,722	\$3,790,000	\$3,790,000	1,226
Shell Harbor	Sanibel	1971	3,479	\$2,999,999	\$2,900,000	235
Cassina	Miromar Lakes	2017	3,565	\$2,750,000	\$2,700,000	7
Southport On The Bay	Bonita Springs	2000	5,053	\$2,479,000	\$2,400,000	4
Cape Coral	Cape Coral	2017	2,941	\$2,280,000	\$2,280,000	80
Shell Harbor	Sanibel	1971	2,444	\$2,295,000	\$2,150,000	6
Cape Coral	Cape Coral	2002	4,124	\$1,945,000	\$1,908,500	73

Courtesy of Royal Shell Real Estate





# The Brunson Foundation is pleased to announce the 2022 "WOMEN IN ACTION HONOREES"

The criteria set by the Director of Institutional Advancement, McKinley Williams, was approved by Dr. Chanetta Campbell-Brunson as a benchmark to identify a high degree of servitude, ethics and conservatism displayed by these Women of Great Character.

These nine women have exceeded the criteria and displayed the values of Servant Leadership in Lee County.

- They honored others before themselves • They inspired vision before setting the course
- They chose ethics before profit • They empowered others before personal gain
- They privilege people before task • They balance focus with flexibility before making decisions • They served with humility



TERESE EVERLY

Therese Everly is a powerful woman who understands that everything is a process. She worked her way up the ladder by dedicating her heart and soul over the past 32 years in various capacities in Health Care. She has excelled in enhancing primary care, secondary care, tertiary care as well as public health for the citizens of Lee County. Therese is a member of Alzheimer's Association, Lee County Homeless Coalition, Florida's 20th Judicial Circuit Elderly Abuse Fatality Review Team, and several other boards.



KATHY DUPUY BRUNO

The General Counsel for Lee County School Board and proud Delta Sigma Theta Member graduated from "The Washington College of Law," which is one of the top law schools in the country. She is responsible for keeping Lee County School System within the parameters of the law. A devout Christian...Kathy does everything in a meek, humble, professional manner. The broad spectrum of law she has practiced allows her to navigate federal, state, constitutional matters - and YES - even the Pandemic.



BETSY VAUGHN

Betsy dedicated more than four decades of her life as a classroom teacher. Betsy's love for educating our future leaders of tomorrow allowed her to ponder methods and policy that could enhance the quality of the education for our kids. She understands more than anyone how schoolboard policy has a direct impact on teachers and students. Her passion to educate the "TOTAL CHILD" and provide direction, support, and guidance our educators need is paramount in every decision she makes.



LINDA DOGGETT

Lee County Clerk of Court & Comptroller is the lifeblood of Florida's 20th Circuit Court. Linda launched Turbo Court which allows citizens to file court cases. Linda also integrated paperless processes to make her office more efficient. She saved millions of taxpayers dollars by switching from the Internal Audit Department to an accredited Inspector General. This monumental shift reduced waste, fraud, and abuse in Lee County. Linda announced her retirement effective Feb.18th 2022 after 37.5 years of service & building a clerk's office that has become a model of excellence Nationwide.



GLORIA RASO TATE

Gloria is a member of Cape Coral's Pioneering Family who arrived in 1960. Gloria and her family's fingerprint is on everything in Cape Coral: The Italian American Club, The Royal Tee Golf Club, The Cape Coral Historical Society & Museum, Cape Coral Animal Shelter, Cape Coral CRA, and The Charter School Board. She even continues to run the family business "Raso Realty." Gloria has a deep network of people because of her dedication to enhance the quality of life in Cape Coral. In short, Gloria is the "Queen Bee" of Cape Coral.



LAURA BETHEL

Laura Bethel is an entrepreneur par excellence. She has owned Mateo Graphics since 1993. Laura is a USF graduate whose bilingual skills expanded the network of client relationships that developed into deep friendships throughout Lee County. She ALWAYS overextends herself to help those she comes into contact with. Business owners and those who have experienced tremendous growth in their business attribute their success to the quality, efficiency, and creativeness of Mateo Graphics.



AMIRA FOX

Amira Fox is the State Attorney for Charlotte, Hendry, Glades, Collier, and Lee County. She also serves as the Secretary of the Florida Prosecuting Attorney's Association, former Chief of the Homicide and Economic Crime Units, former Chief Assistant State Attorney overseeing the day to day legal and administrative functions of the office and grand jury operations in the 20th Circuit. Amira relentlessly serves every chance she gets even outside the office. She serves the Ft. Myers Rotary Club, the shelter for Abused Women and Children, the Foundation for Lee Public Schools, Pace Center for Girls, and of course her husband "Big Mike."



AUDREA ANDERSON

Audrea has served on the Florida Board of Regents that governs the State University System where she focused on increased access for the underserved through admission policies and scholarships. She is a pillar for social justice in Lee County. Audrea continually appears before elected officials, fights for inclusion, and enlightens the community through her monthly column in *The Community Press*. Audrea's latest battle was pushing Lee County Commission to choose a redistricting map that doesn't gerrymander Dunbar.



TERESA WATKINS-BROWN

Teresa is a native of Ft. Myers and everything concerning the city engulfs her full attention. Councilwoman Brown is the President of the Florida League of Cities, and was even a past professor of Berean Christian College & Seminary. Teresa is always on the frontline for all citizens of Ft. Myers albeit she was elected to Ward 1. She is truly a champion for the people. "Misses Ecetera" should be her nickname because her involvement on various boards and wise counsel she gives to decision makers is too long to list.