



A Memorable Theatrical Experience

by Di Saggau

The *Colored Museum* by George C. Wolfe is now playing at Theatre Conspiracy, directed by Sonya McCarter. It is a feast of 11 vignettes performed everywhere except inside the Foulds Theatre. I enjoyed all 11 of the sketches, and I'll share some of them with you.

The first sketch has the audience on board a flight dubbed the *Celebrity Slave Ship*, headed to Savannah from the Ivory Coast. The flight attendant (Veronica Barber) calls our attention to the flashing sign that says "Fasten Shackles" and proceeds to tell us how to attach them. There is also a "No Drums" rule on the plane. From there, we are transported through the next 300 years of African American history.

Cookin' with Aunt Ethel has a celebrity chef (Mattie Johnson) throwing ingredients into a cauldron to teach the audience how to cook a perfect "batch of

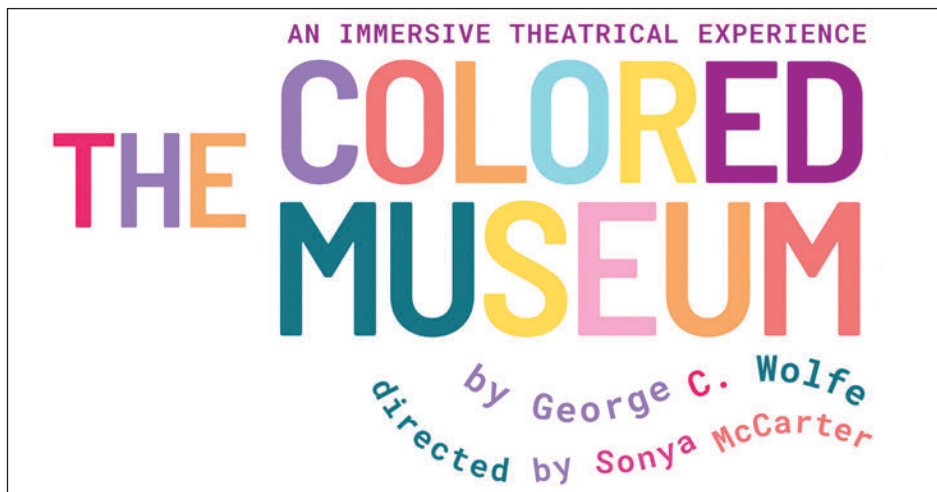


image provided

Negros." Included is survival, humor and blues, along with other African American stereotypes.

The Gospel According to Miss Roj is about a transgender woman named Miss Roj (Derek Lively), who gives us an account of her life of racial discrimination and anti-gay prejudice.

The Hairpiece presents a woman (Delisa Smith) who freaks out when her two talking wigs tell her which wig she

should wear to tell her boyfriend it's all over. Renee Freeman and Tijuana Clemons play the Afro wig and a long flowing wig that explore the complex role hair plays in the female African American identity.

Last Mama-on-the-Couch has a cast of five – Cicero McCarter, Monicke Clark, Tijuana Clemons, Elvis Mortley and Chantel Rhodes – in a stereotypical domestic drama played out with the

guidance of a narrator. A coveted acting award is passed between the actors as each delivers their emotional performance. It ends up with a hilarious musical number.

Symbiosis has a well-dressed black man (Cicero McCarter) throwing objects from his early life into a trash can. The Kid (Antwon Lindsey), a manifestation of the man's former self, is determined not to let him throw away his most valuable possessions.

The final exhibit, *The Party*, has a wild narrator, Topsy (Ruthgena Faraco), dancing and singing up a storm at an imaginary party filled with famous African Americans from history. Other characters from past sketches eventually join her as they sing the final song of the play.

The Colored Museum explores a multitude of themes to confront the audience with wit, satire, irony and humor. It's a show that will stay with me for a long time. Others in the cast are Delisa Smith, Julian Foster, Cantrella Canady and Jayden Davis. Don't miss this one. It plays through January 30 at Foulds Theatre at Alliance for the Arts, located at 10091 McGregor Boulevard in Fort Myers. For tickets, call 939-2787 or visit www.artinlee.org/theatre.



Trace Meier as Wilfred and Carolyn England as Cissy in *Quartet*

photo provided

Bittersweet Comedy At New Phoenix Theatre

by Di Saggau

Now showing at New Phoenix Theatre is a delightful play titled *Quartet*. It's funny and touching, and full of saucy humor about growing old. Three former opera singers, Reginald (Ken Bryant), Cissy (Carolyn England) and Wilfred (Trace Meier), live in a home

for retired musicians. Their existence is harmonious until Reggie's ex-wife, Jean Horton (Brenda Kensler), arrives. The grande dame's operatic success is past history. She feels ashamed to have ended up in the retirement home. Painful memories are revealed of her all-too-brief marriage to Reggie. They all discuss memories of personal and professional glories, and also reveal other sides of themselves.

One thing they have in common is a chance to be the final act of a special annual Verdi birthday celebration. The

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Empty Bowls Fundraiser Returns



Supporters with their ceramic bowls at a previous event

photo provided

The Empty Bowls fundraiser, presented by FineMark National Bank & Trust, is returning to Alliance for the Arts on Saturday, February 26 from 11 a.m. to 3 p.m.

Sanibel Pottery will be collaborating this year to raise hunger awareness through art. One-of-a-kind, handcrafted ceramic bowls made by Lee County school children and artisans will be available for purchase as a reminder of those who go

hungry in Lee County.

This year's fundraiser will feature a soup cook-off and soup sampling from local restaurants, vendor area with local artisans, silent auctions, food trucks, family-friendly activities, and dance and music performances by local schools and organizations.

Proceeds support Community Cooperative's emergency food programs

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Historic Downtown Fort Myers, Then And Now:

Memories Of The Bradford



by Gerri Reaves, PhD

Memorabilia like the bookmark and menu shown here have a way of connecting us to everyday history in a way formal documents often fail to do.

Pictured here are two items that figure in the long history of the historic Bradford Hotel at First and Hendry, which opened in November 1905.

The bookmark gives us a glimpse of the hotel's earliest years, when IA Phillips became the new manager of the dining room in April 1907.

The Gibson Girl-like image on the front of the bookmark firmly dates the object as turn of the 20th century, while its reverse advertises the hotel's modernity: electric lights, call bells, and private and public baths. There's even "the Tabard Inn Library" for the comfort of guests.

As for that shiny laminated breakfast menu from the hotel's final years in the 1970s, one can only wonder what Manager Phillips would have thought of it.

For one thing, there are the prices, which are simultaneously exorbitant for the 1907 pocketbook but oh-so-low for the 2022 one.

The most expensive of the "Bradford Club Breakfasts" costs a whopping \$1.65 and includes a cream waffle with two eggs, ham or bacon, juice and coffee.

If you wanted to live it up, for an extra 10 cents you could have added sausage.

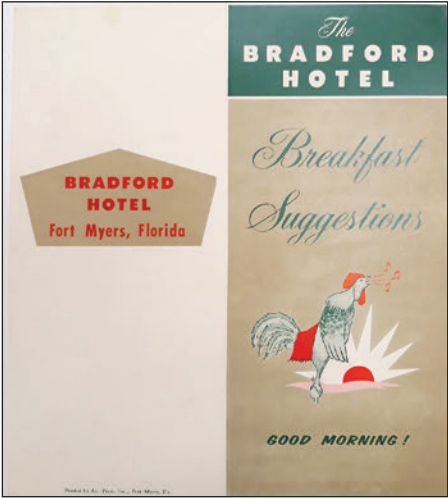
Although the Bradford ceased operating as a hotel or a restaurant in 1979, it has remained a vital part of the business district for more than 116 years. Named for the deceased son of Fort Myers benefactor Tootie McGregor, it was built by the legendary Harvie E. Heitman with McGregor's financial backing. She also backed him in two subsequent hotel expansions within five years.



The Bradford Hotel at First and Hendry soon after construction in 1905
photo courtesy SWFL Historical Society



Bookmarks advertising the Bradford date to around 1907
photos provided



This menu from the Bradford's restaurant might have been its last. The hotel closed in June 1979 and the contents were auctioned off before redevelopment.
Memorabilia, Archives of the SWFL Historical Society, photo by Gerri Reaves

The original, three-story, 67-by-105-foot building on the northeast corner opened under the management of Charles G. Day, with 41 rooms, 37 of them "outside" rooms.

In those pre-air-conditioned days, access to fresh air and a river breeze was an especially desirable amenity. Note the second-floor railed balcony visible in the historic photo.

The street-level storefronts had already opened in April 1905 and were immediately occupied.

Over the next decade or so, Heitman developed the entire "Bradford Block," closing the gap between his 1898 Heitman Building at Jackson and the 1905 Bradford.

When the hotel closed in June 1979, its contents were auctioned off over several days. The buyer of the property, Bill Smith, planned to redevelop the property.

Auction items ranged from the restaurant's grand antique chandelier, cutlery and dishes, to a stuffed tarpon, framed prints, televisions and armchairs.

Pieces of the historic hotel dispersed throughout Fort Myers.

Today, the former hotel rooms are apartments and the storefronts continue to be prime commercial locations.

Walk down to First and Hendry to see one of the town's first modern hotels.

Then visit the following research centers to learn more about the significance of the Bradford in Fort Myers history.

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.

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

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

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Thomas Heins, left, with Machinist's Mate 3rd Class Antonia Avila of Olathe, Kansas
photo by Mass Communication Specialist 2nd Class Wesley Richardson

Local Works Aboard Warship

Machinist's Mate Fireman Thomas Heins of Fort Myers is shown working aboard the amphibious assault ship *USS Essex* (LHD 2), a U.S. Navy warship, on January 8. *Essex*,

flagship of the Essex Amphibious Ready Group (ARG), along with the 11th Marine Expeditionary Unit (MEU), is operating in the U.S. 7th Fleet area of operations to enhance interoperability with alliances and partners and serve as a ready response force to ensure maritime security and a free and open Indo-Pacific region.✱

Coastal Expo At Civic Center

Southwest Florida's Nautical Mile Publications, Inc. will hold the 2022 Coastal Expo at the Lee Civic Center on February 4, 5 and 6. Show hours are 9 a.m. to 5 p.m. on Friday and Saturday, and 9 a.m. to 4 p.m. on Sunday.

The expo will use the facility's entire 52,000-square-foot building plus several acres outdoors around lakes that will be lined with coastal exhibitors who come from all over Florida to display art, clothing and coastal gadgets. Show-goers will have the opportunity to meet world famous nautical artists including Steve Whitlock and Douglas Snidely, plus watch fly-tying demonstrations, experience a wildlife exhibit up close, including an indoor alligator pit, fishing seminars on the hour, a live swimming mermaid in a 16-foot glass tank who retrieves shells for children, axe throwing, a national K9 dock-jumping competition and a sexy-guy beard contest. You can also play Knockerball, browse exotic art and woodwork, nautical jewelry, furniture and

outdoor sportswear.

This year's expo will also be the host of Southwest Florida's first \$10,000 Winner-Take-All Food Truck Showdown where attendees can vote for their favorite food vendor.

Expo attendees can get a photo with a 12-foot python and pet a live alligator while 11-year-old Sophie McKee educates people about Southwest Florida's wildlife.

General admission is \$12, re-entry is free all weekend. To encourage Southwest Florida's coastal environment in youth, kids younger than age 18 can attend for free. Active police officers are invited to attend as a guest of the show.

Expo proceeds will benefit the Make-A-Wish Foundation of Southern Florida with 25 percent of event sponsorships and 100 percent of an impressive prize raffle onsite during the three-day expo.

A "baggage-claim" system has been incorporated so shoppers can have items waiting for them at the exit while they listen to live music and visit full bars under a pair of 80-foot tents.

The Lee Civic Center is located at 11831 Bayshore Road in North Fort Myers. For more information, visit www.nauticalmilemagazine.com.✱

Pilot Club Participates In Veterans Event

Three Pilot Club members from Fort Myers participated in the annual Wreaths Across America program at Gulf Pines Memorial Park in Englewood on December 18. Fran D'Alessandro, MaryAnn Kaveski and Jody Van Cooney represented the Fort Myers Pilot Club. Kaveski is a Gold Star family member and was presented with a U.S. flag.

Wreaths Across America is a national event honoring veterans and is held on either the second or third Saturday in December with wreaths being laid on every state, Puerto Rico and 24 overseas cemeteries. The event originated in 1992 when wreaths were laid on veterans' graves at Arlington National Cemetery. The goal of covering Arlington National Cemetery was met in 2014 with the placement of 226,525 wreaths. Wreaths Across America has a network of over 600,000 volunteers who help perform the annual placement.

The U.S. Congress unanimously voted in 2008 to name the day in December as



From left, Jody Van Cooney, MaryAnn Kaveski and Fran D'Alessandro
photo provided

Wreaths Across America Day.

The focus of the Pilot Club of Fort Myers is helping organizations seeking to improve the quality of life for individuals with brain-related disorders through volunteer activities, education and financial support. For more information, contact D'Alessandro at 332-1140.✱



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Fort Myers Art:

Long-Awaited Opening Of Tony Winner



by Tom Hall

The *Curious Incident of the Dog in the Night-Time* was set to open at Players Circle Theatre on March 20, 2020... with discounted previews from March 17 to 19. But after

months of rehearsals and untold hours spent logging the hundreds of complex lighting cues required for the production, Players Circle was forced to shutter its doors and illuminate its ghost light on an empty stage by the COVID-19 pandemic after a single preview performance.

As Players Circle founder and Artistic Director Bob Cacioppo has proven on numerous occasions and under myriad circumstances, he's resilient and determined when targeted by the slings and arrows of outrageous fortune. And so it is that Players Circle will finally bring *The Curious Incident of the Dog in the Night-Time* to the stage from February 16 to 27.

Winner of five Tonys, including Best Play, *Curious Incident* tells the story



A scene from *The Curious Incident of the Dog in the Night-Time*

photo courtesy www.artswfl.com

of 15-year-old Christopher Boone who has an extraordinary mind but is out of sync with the world. When he falls under suspicion for killing his neighbor's dog, he sets out in the tradition of Sherlock Holmes on a life-changing journey to find the true culprit. Along the way, he uncovers deep, dark family secrets that turn his world upside down.

The play is an adaptation by Simon Stephens of the original novel by Mark Haddon. Published in 2003, the novel quickly became a huge success. Haddon approached Stephens to adapt the book

for the stage. Stephens used the dialogue from the novel as the driving force for the adaptation. He felt that its popularity was due to the play being a story about family and bravery.

Many readers have concluded that Christopher likely has Asperger's syndrome. However, Haddon did very little research into the subject of autism in preparation for the book and neither autism nor Asperger's is mentioned directly in either the novel or the play.

The play was first staged in 2012 at the National Theatre. After proving very

popular with the audiences who saw it, *The Curious Incident of the Dog in the Night-Time* took London's West End and Broadway by storm – and now it will do the same in Southwest Florida.

Based upon the show's final dress rehearsal 22 long months ago and presented in the round, *Curious Incident* will be an unequivocal theatrical triumph when it finally sees the Players Circle stage. As there are a limited number of performance dates and seats, it's best to secure tickets early.

Tickets are available at the box office or by calling 800-3292.

Players Circle Theatre is located within The Shell Factory at 16554 North Cleveland Avenue in North Fort Myers. For more information, visit www.playerscircletheater.com.

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.✴

President's List

Andie Ring of North Fort Myers was named to the president's list for the fall 2021 semester at Kennesaw State University in Kennesaw, Georgia.

A criminal justice major, Ring was among more than 5,100 undergraduate students that achieved a 4.0 grade point average and completed a minimum of nine credit hours.✴



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Demolition, an American professional wrestling tag team photo provided

Comic Con Vendors Sought For Next Show

The SW-FloridaCon, a collectors mecca convention, is seeking vendors for its upcoming March 6 comic and pop culture event at Crowne Plaza Fort Myers at Bell Tower Shops.

SW-FloridaCon features fandoms of multiple genres including comic books, toys, pop culture, wrestling, gaming, cosplay, animation, sci-fi and fantasy.

The show will have over 100 exhibitors and a roster of comic industry professionals and fandom-related

celebrities in attendance for attendees to meet and greet.

Crowne Plaza Fort Myers at Bell Tower Shops is located at 13051 Bell Tower Drive in Fort Myers. To book table space, visit <https://form.jotform.com/73256843422255>.

Free Movie In The Park

There will be a free movie under the stars at Estero Park on Saturday, January 22 at 6 p.m.

Sponsored by Pet Dental Center and Lee County Parks & Recreation, the PG-rated fantasy adventure *Harry Potter and the Sorcerer's Stone* will be the main feature to celebrate the movie's 20th anniversary. The movie is an adaption of the first of JK Rowling's novels about Harry Potter, a boy who learns on his 11th birthday that he is the orphaned son of two powerful wizards and possesses unique magical powers of his own. He is summoned from his life as an unwanted child to an English boarding school for wizards.

Guests are encouraged to bring blankets, chairs and snacks to this rain or shine event. Southern Sno Balls will be available for purchase.

Estero Park is located at 9200 Corkscrew Palms Boulevard in Estero. For more information, call the center at 533-1470.

Chicago Alumnus To Perform In Benefit Concert

The Fort Myers Beach Community Foundation will hold a benefit concert featuring Jeff Coffey (formerly of Chicago) accompanied by Back to Chicago, Florida's premier Chicago tribute band, at Fish-Tale Marina on Thursday, January 27 at 7 p.m. Gates open at 6 p.m.

The concert is part of #WeAreFMBLive! special event series that is being held in partnership with Fish-Tale Marina.

Coffey is the former lead tenor vocalist and bassist for Chicago, a Rock 'n' Roll Hall of Fame inducted band. He released his fourth solo studio album entitled *This Time Around* and will perform songs from the album along with many of Chicago's multi-decade hits. Back to Chicago has been performing the hits of the band Chicago throughout Florida.

Tickets are \$30 and non-refundable. In the event of inclement weather, this show will be held in Fish-Tale Marina's Propeller Lounge.

Future #WeAreFMB Live! events include The Caribbean Chillers (a Jimmy Buffet tribute band) on February 24 and The Atlantic City Boys (a Frankie Valli and the Four Seasons tribute band) on March 24. All events will be held at Fish-Tale Marina and will benefit Fort

Myers Beach Community Foundation. Fish-Tale Marina is located at 7225 Estero Boulevard on Fort Myers Beach. For more information and tickets, visit www.fmbcommunityfoundation.com.

Cabaret Show

A three-day cabaret-style show will be held at the Players Circle Performing Arts Center from January 28 to 30. Led by piano maestro Brian Gurl, the musical features the music of Billy Joel, Barry Manilow and The Beatles.

Tickets are \$25 for general seating and \$35 for VIP seating. Parking is free. Box Office hours are Monday through Saturday from 10 a.m. to 2 p.m. All other times, leave a message at 800-3292.

The Players Circle Performing Arts Center is located within the Shell Factory at 16554 North Cleveland Avenue in North Fort Myers. For tickets, visit www.playerscircletheater.com or call 800-3292.

Dean's List

Ethan Craddock of Fort Myers has been named to dean's list for the fall 2021 semester at Bob Jones University in Greenville, South Carolina. Craddock is a freshman business administration major.

The dean's list recognizes students who earn a 3.00 to 3.74 grade point average during the semester.



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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

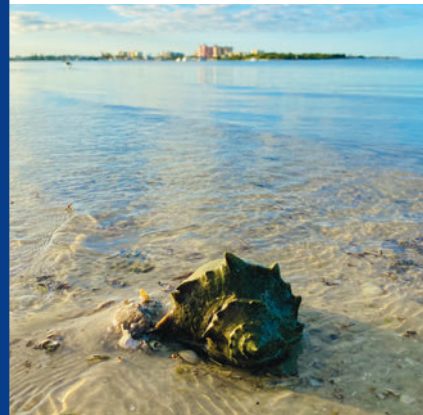
Jan. 21: Environmental writer CYNTHIA BARNETT

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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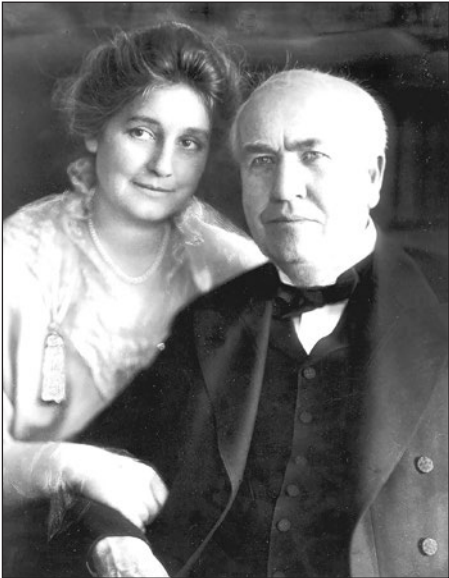
(239) 395-2233
Open Daily, 10-5

ShellMuseum.org



Mrs. Edison’s Hymn Sing To Help Feed Hungry

Celebrate the Edison Festival of Light and help feed the hungry by attending Mrs. Edison’s Hymn Sing at First Presbyterian Church on Tuesday, February 8. Because of the overwhelming popularity of the event, two performances are planned at 1 p.m. and 7 p.m. The doors will open 30 minutes prior to each performance. The 32nd anniversary hymn sing, is sponsored by the Galloway Family of Dealerships. Admission is free, but because of the increased need for food for the hungry, organizers are requesting that those who attend bring cans of non-perishable food and a voluntary cash donation, if possible, to benefit Sam’s Community Kitchen & Cafe of Community Cooperative. “We need to help The Soup Kitchen by donating as much canned goods and cash as we can to help families who most need it in our community,” said Rev. Dr. Paul deJong of First Presbyterian Church. Community Cooperative provides more than 22,000 meals each month through its Community Cafés, Meals on Wheels programs and school programs, distributes more than 750,000 pounds of groceries through its mobile food pantries and serves 9,000 individuals and families with homeless and



Mina and Thomas Edison photo provided

comprehensive case management services through its Social & Education Resource Centers. Mrs. Edison’s Hymn Sing was founded by the late Sam Galloway, Jr., who made feeding the hungry part of his life’s work and was one of the founders of Community Cooperative. “On this 32nd anniversary of the Mrs. Edison’s Hymn Sing that Sam founded, it seems only appropriate that we dedicate this year’s performance in his memory,” said First Presbyterian Pastor Dr. Paul deJong. Cash donations are especially needed because Community Cooperative can

buy five times as much food for the same amount of money that residents spend at local grocery stores. This year’s event will feature the First Presbyterian Sanctuary Choir and many other singers, along with a piano-organ combination. In addition to Mrs. Edison’s Hymn Sing, First Presbyterian Church annually presents the very popular Christmas Carol Sing in December. Both events benefit Sam’s Community Kitchen & Café of Community Cooperative. First Presbyterian Church is located at 2438 Second Street in Fort Myers. For more information, call 334-2261 or visit www.fpcfortmyers.org.✱

Continental Women’s Club

The Continental Women’s Club will hold a luncheon meeting at The Hideaway Country Club on Thursday, February 3 at 11:30 a.m. The program will feature Chris Jordan with ECHO Global Farm – Hope Against Hunger. ECHO has been equipping and empowering hungry families for over 30 years and impacting millions of lives by teaching small-scale, sustainable farming worldwide. Cost to attend the luncheon is \$24. The Hideaway Country Club is located at 5670 Trailwinds Drive in Fort Myers. Call Liz Paul at 691-7561 for more information or to make a reservation.✱

Candidates For Superintendent Of Lee Schools

The School Board of Lee County approved five candidates as semi-finalists for the next superintendent of the School District of Lee County. The five semi-finalists are Christopher Bernier; Michael Gaal; Randy Mahlerwein; Charlie Perry; and Michael Ramirez. The resume and information on each candidate can be found at www.leeschools.net/leadership/school_board/superintendent_search. The five candidates were interviewed virtually by the school board on January 18 and 19. The interviews are posted at www.youtube.com/c/leeschoolstv. Parents and community members are encouraged to watch the interviews and share any feedback they have through the comment section at www.leeschools.net/leadership/school_board/superintendent_search. The name of the candidate should be included in the subject line to help organize the feedback. The board will hold a briefing on Monday, January 24 to narrow the candidate field to three, and will vote on the three finalists at the action meeting on Tuesday, January 25. More information about the process for the finalist interviews will be shared after the finalists are approved.✱

Churches/Temples

ALL FAITHS UNITARIAN CONGREGATION
Service 9, and 11 a.m. Children’s RE, Adult Education Forum 10 a.m., www.allfaiths-uc.org, 2756 McGregor Boulevard, 226-0900.
ALL SAINTS BYZANTINE RITE CATHOLIC
Sunday 10:30 a.m., 10291 Bayshore Road, 599-4023.
ANNUNCIATION GREEK ORTHODOX
Sunday 9 and 10 a.m., www.annunciation.flgoarch.org, 8210 Cypress Lake Drive, 481-2099.
BETH YESHUA MESSIANIC SYNAGOGUE
Saturday 11 a.m. 15675 McGregor Boulevard, 437-3171.
BIBLESHARE
10 a.m. Sunday and 7 p.m. Tuesday, www.simplysimpleworship.com, 7050 Winkler Road, Suite 121, 437-8835.
CHABAD LUBAVITCH ORTHODOX
Friday 6:30 p.m., www.chabadswf.org, 5620 Winkler Road, 433-7708.
CHAPEL OF CYPRESS COVE
Sunday 10 a.m., www.revtedalthouse@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.
CHURCH OF THE CROSS
Sunday 9:15 and 10:45 a.m. 13500 Freshman Lane, 768-2188.
COVENANT PRESBYTERIAN
Sunday 10 a.m. 2439 McGregor Boulevard, 334-8937.
CROWN OF LIFE LUTHERAN CHURCH AND CHRISTIAN ACADEMY
Sunday 8 and 10:45 a.m. Jan 1 – Easter; 9 a.m. after Easter – Dec 31. www.crownoflifelutheran.com. 5820 Daniels

Pkwy, 482-2315.
REDEEMER CHURCH
Sunday 9:45 and 11 a.m., 7 p.m.; Wednesday 6:30 p.m. 8400 Cypress Lake Drive, 481-5442.
CYPRESS LAKE PRESBYTERIAN
Sunday 9 and 11 a.m. English, 10 a.m. Spanish. 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, 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.fpcfortmyers.org, 2438 Second Street, 239-334-2261
IONA-HOPE EPISCOPAL CONGREGATION
Saturday 5 p.m.; Sunday 8 a.m. and 9:30 a.m.; Tuesday 9:30 a.m.; Wednesday 9:30 a.m., 9650 Gladiolus Drive, 454-4778.
JESUS THE WORKER CATHOLIC
Friday and Saturday, 7 p.m.; Sunday 8, 10 a.m. and 6 p.m., 881 Nuna Avenue, 481-1143.
LAMB OF GOD

Sunday 7:45 and 10 a.m., www.lambofgodchurch.net, 19691 Cypress View Drive, 267-3525.
NEW HOPE PRESBYTERIAN
Sunday 8, 9:30 and 11 a.m., www.newhopefortmyers.org, 10051 Plantation Road, 274-1230.
PEACE COMMUNITY
Sunday 10:30 a.m. www.peacecommunitychurch.com, 17671 Pine Ridge Road, 267-7400.
PEACE LUTHERAN
Sunday 8 and 10 a.m., www.peaceftmyers.com, peace@peaceftmyers.com. 15840 McGregor Boulevard, 437-2599.
REDEEMER LUTHERAN
Sunday 8:15 and 10:15 a.m. 3950 Winkler Ext., 274-0143.
RIVER OF LIFE ASSEMBLY OF GOD
8, 9:45 and 11:30 a.m., 21580 River Ranch Road, 495-0400.
SAMUDRABADRA BUDDHIST CENTER
Meditation classes. www.MeditationInFortMyers.org, 567-9739.
SAINT COLUMBKILLE CATHOLIC
Monday through Saturday 8 a.m.; Saturday 3 and 5 p.m.; Sunday 7, 9 and 11 a.m., 5:30 p.m., 12171 Iona Road, 489-3973.
ST. FRANCIS XAVIER CATHOLIC
Monday through Thursday 6:45 a.m.; Friday 6:45 and 11 a.m.; Saturday 4 p.m.; Sunday 6:45, 9:30 and 11 a.m., 2157 Cleveland Avenue, 334-2161.
SAINT JOHN THE APOSTLE METROPOLITAN
Sunday 10 a.m., 3049 McGregor Boulevard, 344-0012.
SAINT MICHAEL LUTHERAN
Saturday 5:30 p.m.; Sunday 8 and 10:45 a.m., 3595 Broadway, 939-1218.
SAINT NICHOLAS MONASTERY
Sunday 9:30 a.m., www.saintnicholasmonastery.org, 111 Evergreen Road, 997-2847.

ST. VINCENT DE PAUL CATHOLIC
Tuesday through Friday 9 a.m.; Saturday 4 p.m.; Sunday 9 and 11 a.m., 13031 Palm Beach Boulevard, 693-0818.
SOUTHWEST BAPTIST
Sunday 11 a.m.; Wednesday 6 p.m., 16940 McGregor Boulevard, 454-3336.
TEMPLE BETH EL SYNAGOGUE
Friday Shabbat 7:30 p.m.; Torah Saturday 9 a.m.; Religious School Wednesday 5:30 p.m. and Sunday 9:30 a.m., www.templebethel.com, 16225 Winkler Road, 433-0018.
TEMPLE JUDEA (CONSERVATIVE)
Friday 6:30 p.m. and Saturday 9 a.m., www.tjswfl.org, 14486 A&W Bulb Road, 433-0201.
THE FAITH CENTER
Sunday 9 and 10:30 a.m., Thursday 7:15 p.m., 17650 South Tamiami Trail, Suite 212, 278-3638.
THOMAS A. EDISON CONGREGATIONAL
Sunday 10:30 a.m., www.taecc.com, 1619 Llewellyn Drive, 334-4978.
UNITARIAN UNIVERSALIST
Sunday 10:30 a.m., www.uucfm.org, 13411 Shire Lane, 561-2700.
UNITY OF FORT MYERS
Sunday 10 a.m., www.unityoffortmyers.org, 11120 Ranchette Road, 278-1511.
WESTMINSTER PRESBYTERIAN CHURCH
Sunday 9:30 and 10:45 a.m., 9065 Ligon Court, 481-2125.
WORD OF LIFE
Sunday 10 a.m., Wednesday 7 p.m., 2120 Collier Avenue, 274-8881.
ZION LUTHERAN
Saturday 5 p.m.; Sunday 8, 9:30 and 11 a.m., www.zionfm.org, 7401 Winkler Road, 481-4040.
Email changes to press@islandsunnews.com or call 395-1213.✱



Native rosy camphorweed attracts butterflies and other pollinators photo by Gerri Reaves

Plant Smart

Rosy Camphorweed

by Gerri Reaves

Rosy camphorweed (*Pluchea baccharis*) is a native wildflower found throughout the state in marshes, ditches, flatwoods, swamps, pond edges and disturbed sites.

This member of the aster family is a good choice for a butterfly or natural garden because the nectar attracts a variety of pollinators and small butterflies, such as hairstreaks, crescents, blues and skippers.

It can grow up to three feet tall but is usually much shorter.

The alternate toothed leaves are gray-green, coarse-textured and about one to three inches long.

Varying in shape from oblong to obovate, they are covered in short fine erect hairs.

When crushed, they emit a camphor odor, thus the common name. Another common name, marsh fleabane, derives from the practice of pioneers in the southeastern U.S. of putting the aromatic leaves in bedding to deter fleas.

The rose-pink to purplish disk flowers bloom all year long in flat compact fuzzy flowerheads. Fading blooms appear brownish pink.

This wildflower is a moderate to fast grower and prefers full sun. It readily

reseeds, so if it volunteers in your yard, you might want to keep it for the pollinators.

It is also salt tolerant, but not of prolonged saltwater inundation.

While not usually available in plant nurseries, it is cultivated by native plant enthusiasts.

Sources: *Complete Guide to Florida Wildflowers* by Roger L. Hammer, *The Guide to Florida Wildflowers* by Walter Kingsley Taylor, *Native Florida Plants* by Robert G. Haehle and Joan Brookwell, *Wildflowers of Florida Field Guide* by Jaret C. Daniels and Stan Tekiela, <http://floranorthamerica.org>, and www.regionalconservation.org.

Plant Smart explores the diverse flora of South Florida.✽

State Parks Photo Contest

Florida's 175 state parks, trails and historic sites offer beautiful backdrops for recreational and nature-based photos. In collaboration with its retail and reservation management provider, Florida State Parks is launching this year's annual photo contest titled Explore Florida State Parks.

"We have had extraordinary attendance at our parks, and we know along with that comes an increasing number of incredible images of our beaches, inland waterways,

forests and trails," said Chuck Hatcher, acting director of Florida State Parks. "To entice more interest in our longstanding photo contest, we have upgraded our prizes and will add an honorable mention for each photo category. I'm excited to see the special memories created while

exploring our beautiful parks."

The contest is open to all Florida State Parks visitors, and the submission period will run from through March 10.

For more information and to submit photos, visit <https://photocontest.floridastateparks.org/2022>.✽

'Ding' Darling Photo Contest Deadline Nears

February 15 marks the deadline for the 9th annual "Ding" Darling-Theodore Cross High School Photography Contest, which invites high school students in Lee, Collier, Charlotte, Glades and Hendry counties to compete for prizes that include a Canon digital SLR camera package, photography opportunities, and copies of *Waterbirds: Portraits and Anecdotes from Birding Adventures* by contest namesake, the late Theodore Cross.

Digital image entries can be shot from any outdoor venue in Florida. A writing component to the contest requires entrants grades nine through 12 to submit a 100-word description of the "moment" captured and how it reflects what nature and wildlife mean to the photographer.

All entries and personal information must be submitted in digital format by email to: ddhsphotocontest@gmail.com. Only digital images are accepted and may be taken with any camera, including smartphones. Each participant may enter

up to two photos but is eligible to win only one award.

Entry rules, guidelines and prize information are posted at www.dingdarlingsociety.org/articles/photo-contests. Call DDWS at 472-1100 ext. 4 for more information.✽

Phi Kappa Phi Induction

Kimberlai Jordan of Fort Myers was recently initiated into The Honor Society of Phi Kappa Phi, the nation's oldest and most selective all-discipline collegiate honor society. Jordan was initiated at University of Florida.

Jordan is among approximately 25,000 students, faculty, professional staff and alumni to be initiated into Phi Kappa Phi each year. Membership is by invitation only and requires nomination and approval by a chapter. Only the top 10 percent of seniors and 7.5 percent of juniors are eligible for membership. Graduate students in the top 10 percent of the number of candidates for graduate degrees may also qualify, as do faculty, professional staff and alumni who have achieved scholarly distinction.✽

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Winter Arrives



by Capt.
Matt Mitchell

Winter was announced this weekend when a strong line of thunderstorms associated with a major cold front crashed through. After what has been

a relatively mild winter so far, it's now time to break out the cold weather gear and the shrimp if you plan on being on the water.

Many of our clients this time of year are from much colder places than here and show up to fish in all that can be described as beach attire. It's always better to have too much clothing than not enough when heading out on the water. It's a good idea to bring layers of clothing to insure that you will be comfortable when making runs across the open bay. Once tucked away and out of the wind, you can take it off and enjoy the sun.

This seasonal change of weather will drop water temperatures drastically and will put the fish where they should be this time of year. With such amazing weather until now, water temperatures have stayed warm and the fish have been a little scattered. Falling water temperatures will give us a big push of spawning sheepshead moving in from the gulf.

Shrimp are the must have bait during our cold water periods. They are



Nick Little experienced some snook action right before the cold front while fishing with Capt. Matt Mitchell photo provided

extremely versatile and can be fished an endless amount of ways. Better yet, they are easy to get at just about any bait/tackle store. Keeping them alive is as

simple as using a bubbler in a bucket. At the end of a day's trip, I even save my leftover shrimp and put them in a ziplock bag on ice and use them the following

day as chunks of bait.

All varieties of fish eat shrimp. When targeting snook fishing, I either freeline them or hook them through the head on a jig and slowly bounce them across the bottom. During the coldest periods, low and slow against the bottom will be most productive. Use live shrimp under a popping cork both out on the flats for trout or up against the mangroves for redfish. During the coldest temperatures, the go-to bait for me is a chunk of shrimp threaded onto a quarter ounce jig head.

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.✪

From page 1

Comedy

quartet plans to reprise their famous roles in *Rigoletto*, in which they all starred in their past lives. Problem is, the talent they once had is missing. So they devise a plan.

There are some very good laugh lines from all of the characters. Reggie goes ballistic whenever he sees the woman who denies him his breakfast marmalade. Cissy falls asleep in the middle of a sentence. Will is enjoyably lewd as an old reprobate, and Jean hangs onto her diva persona in fine fashion.

The last scene shows the characters preparing for their performance and, when they move stage front for the ending, while it was no surprise, it was a glorious way to end the show. The audience responded with a loud, much-deserved ovation.

The quartet of actors does a fine job tapping into the humor of their characters as well as the pain of old age and the effect it has on artists who are down on their luck. I was also impressed by the set with its classic furniture and magnificent antiques. *Quartet* plays through Sunday, January 23. It's a show that leaves you chuckling because it's thoroughly enjoyable.

New Phoenix Theatre is located at 13211 McGregor Boulevard in Fort Myers. For tickets, call 284-5214 or visit www.newphoenixtheatrefortmyers.org/boxoffice.✪

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Dave Doane with his co-worker Jesse

CROW Case Of The Week:

Red-Bellied Woodpecker



by Bob Petcher

The red-bellied woodpecker (*Melanerpes carolinus*) is usually heard before it is seen. These vocal birds with prominent black, barred backs are known to alert other birds with quick chatter when approaching a bird

feeder and are quite entertaining with their quirky actions around feeders.

While it is called a red-bellied woodpecker, its red head and nape are more apparent. Do not confuse it with the red-headed woodpecker, a rarer bird who sports a full red head and neck.

Red-bellied woodpeckers are also known for their undulating flight pattern, which can be called erratic and abrupt in direction change. They do so to be evasive, especially around the aggressive European starling, which tends to invade woodpecker nests.

At CROW, an adult red-bellied woodpecker was admitted after the finder presumed it had been hit by a car. Upon initial examination, veterinarians found puncture wounds on the bird's body.

"The puncture wounds are located on the sides of the body and in the left armpit



Patient #22-86 is being monitored after an apparent cat attack

photo by Allie Newhart

area," said Dr. Laura Kellow, CROW veterinary intern. "When the woodpecker was presented, it was lying on its sternum but alert, active and very vocal during triage."

Based on the woodpecker's wounds, veterinarians suspect the bird was actually the victim of a cat attack.

"We do not know where the woodpecker was when it was attacked, whether it was grounded or in a tree," said Dr. Kellow. "However, it is concerning that whether the cat climbed a tree or was able to grab the woodpecker on the ground or in flight, that the patient was caught at all – this can sometimes indicate

underlying illness. The patient had a complete blood count performed and is being closely monitored for other signs of underlying illness."

The woodpecker was given antibiotics, and x-rays were taken.

"The wounds were cleaned and flushed as per our usual sterile procedure, but do not need bandaging at this time," said Dr. Kellow. "X-rays revealed evidence of pulmonary contusions, which is bruising of the lungs, consistent with the trauma from the puncture wounds. Luckily, there is no evidence of fractures of the long bones."

The patient will continue to be monitored under supportive care for cat

attack injuries.

"Cat bites track bacteria into the muscle and into the blood stream. One of the major concerns that we have, other than the direct trauma to the tissues, is often sepsis – bacteria in the bloodstream," said Dr. Kellow. "We monitor the patient's bloodwork, monitor the wounds and the patient's overall status – perching, appetite, mentation."

A week after admittance, it is not known if the woodpecker will have flight problems moving forward.

"The patient has not had a flight test yet, given the punctures and the internal trauma," said Dr. Kellow. "We will carefully monitor the patient's ability to fly, particularly given the puncture in the left axilla – armpit – since that puncture can affect important nerve and muscle function."

The woodpecker will need more healing time at the clinic before any further assessment.

"The patient is receiving antibiotics and pain medications at this time and, while eating well, still requires more time in the hospital before attempting flight tests," said Dr. Kellow. "It is likely that this patient may need flight conditioning prior to release."

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.

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New Health Center At Shell Point Completed

The Larsen Health Center at Shell Point Retirement Community is now complete. The \$78 million, 200,000-square-foot facility brings together all of Shell Point's healthcare services, including a comprehensive medical center, behavioral health suite, rehabilitation center, dental offices, pharmacy and a 180-bed skilled nursing facility with private rooms.

"Very few CCRCs (continuing care retirement communities) are making investments in skilled nursing, but we're bullish on it," said Shell Point President and CEO Martin Schappell. "Locating all medical services within one facility accelerates access to care, enhances collaboration in treatment, and hastens the healing and restorative process. Shell Point made the financial commitment to this project because our residents deserve excellent clinical care, private rooms and a hospitality-driven experience."

Shell Point's skilled nursing has received national recognition, including five out of five-star ratings for overall service, quality measures and staffing from The Centers for Medicare & Medicaid Services.

Within Larsen Health Center, a medical center includes exam and procedure rooms, on site imaging services, and offices for Shell Point's



From left, Dr. Carol Clark; Dr. Gary Goforth; Dr. David Nesselroade; Rachel Zellers, director of long term care; Jeff Cory, Legacy Foundation executive director; Christy Skinner, vice president of healthcare; Karen Anderson, vice president of human resources; resident Dorothy Larsen; Adam Hinds, vice president of operations; Martin Shappell, president and CEO; Burke Rainey, vice president of finance; Lindsey Bryant, director of nursing; and Jason Smith, senior director of amenities

medical staff and specialty physicians. A therapy center offers inpatient and outpatient rehabilitation services in an open-gym concept, along with an occupational therapy home suite, a state-of-the-art aqua therapy pool and private treatment rooms. A dental clinic, full-service pharmacy, chapel, meeting space and cafe complete the first floor.

Floors two through six offer 162 private and nine companion skilled nursing rooms with 10-foot ceilings, expansive windows and bathrooms

with walk-in showers. Dining rooms and sunrooms feature floor-to-ceiling windows showcasing water and nature preserve views. Each self-contained residential neighborhood accommodates 20 residents and offers a living room, activity room, lounge area and a family conference room.

"Neighborhood spaces create a nurturing environment for socializing and activities and reflect Shell Point's personalized approach to care," said Christy Skinner, vice president of

healthcare. "Here, our healthcare staff, volunteers and caregivers have the tools and technology they need to provide our residents with the best possible care."

A full-service salon for residents, an employee cafeteria and administrative offices are located on the second floor.

Interiors were completed by Wegman Design Group. The Larsen Health Center project team includes RDG Planning & Design, The Weitz Company, Johnson Engineering, Stantec Consulting Services, and Fiber Solutions.✪

Pro-Am Golf And Tennis Fundraiser

Sponsorship opportunities are now available for the Bobby Nichols Fiddlesticks Charity Foundation's 20th annual Nichols Cup Pro-Am Golf & Tennis Tournaments, a charity event to benefit local causes supporting abused and at-risk children.

The four-day event, held at Fiddlesticks Country Club from February 18 to 21, will feature golf and tennis tournaments, a gala event, and live and silent auctions. Funds raised through the event, sponsorships and auctions will be disseminated by the foundation to four local children's charities.

The foundation is seeking community support for the 2022 event and has announced a variety of sponsorship levels ranging from \$500 to \$100,000. Select sponsorship levels also include player registration for the tournaments. A variety of sponsorships and benefits are available at www.nicholscup.org.

"The PGA recognizes the Nichols Cup Golf Tournament as one of the most successful community sponsored Pro-Ams in the United States, and numerous professionals and sports celebrities participate to offer their support for this important mission," said Mike Lancellot, president of the board of directors for the Bobby Nichols Fiddlesticks Charity Foundation. "Over the years, we have seen government funding go down and the number of children needing assistance

go up. We are proud of our 20-year history made possible by the generosity of our community, sponsors and donors. We know that our efforts are making a difference and so we continue our mission to fight for these children."

Beneficiaries of the Nichols Cup include Children's Advocacy Center of Southwest Florida, Abuse Counseling & Treatment, Blessings in a Backpack and Liberty Youth Ranch. To date, the annual tournament has raised more than \$13.5 million for these local children's charities in support of their efforts to support abused and at-risk children.

"Our sponsors range from individual families to local and national companies," said Lancellot. "Many of our sponsors have ties to the golf community as well as a strong desire to support charities serving children. Additionally, you do not need to play in the golf tournament to make a meaningful sponsorship contribution. Together, we can make a difference in the lives of so many children and families in our greater community."

Fiddlesticks Country Club is located at 15391 Canongate Drive in Fort Myers. For more information, email sponsor@nicholscup.org, call 633-4579 or visit www.nicholscup.org.✪

College Graduate

Cassandra Balzano of Fort Myers recently graduated from Georgia College in Milledgeville, Georgia.✪

Credit Union Approves Grants For School District

The School District of Lee County has received nearly \$270,000 in grants for the 2021-22 school year from the Suncoast Credit Union Foundation to support students and teachers. There are 13 different programs or events that will receive financial support as a result of this generous donation.

"We have greatly benefited from a partnership with Suncoast Credit Union for many years," said Dr. Terri Kinsey, assistant director for grants and program development. "These programs being funded provide direct educational support to students and teachers and align with school district goals as well as the goals of the Suncoast Credit Union Foundation."

The Suncoast Credit Union Foundation's has donated more than \$1.2 million to the school district since 2015, funding impactful programs supporting students and teachers.

"We were originally founded as a teacher's credit union," said Cindy Helton, executive director of the Suncoast Credit Union Foundation. "Though our membership has grown beyond just educators, our commitment to education remains as strong as ever, especially in Lee County where many of our members live and work."

"We know this support will allow Lee

County Schools to provide important learning opportunities that help develop students into leaders and enrich their lives through new experiences."✪

Dean's List Honorees

Michael Schuhler and Allison Downing, both of Fort Myers, have been named to the dean's list for the fall 2021 semester at Southern New Hampshire University.

Full-time undergraduate students who have earned a minimum grade-point average of 3.500 to 3.699 at Southern New Hampshire University are named to the dean's list.

Liam McKinney of Fort Myers has been named to the dean's list for the fall 2021 semester at Wisconsin Lutheran College in Milwaukee, Wisconsin. The senior is a graduate of Southwest Florida Christian Academy.

To be eligible for dean's list at Wisconsin Lutheran College, a student must carry a semester grade-point average of 3.6 or higher.

Mark Sheme of Fort Myers has been named to the dean's list for the fall 2021 semester at Valdosta State University in Valdosta, Georgia.

To qualify for dean's list at Valdosta State University, students must achieve a semester grade point average of 3.50 or higher on nine or more semester hours with an institutional grade point average of 3.00 or higher.✪

Climate Series To Feature New Perspectives

Growing Climate Solutions: Path to Positive Southwest Florida will feature four new voices for its speaker series addressing climate change's impacts and potential solutions that can be implemented throughout the region.

The SWFL Climate Compass Series will feature nationally recognized speakers and highlight key aspects of climate change, including changes in ocean systems, as well as how the seafood and auto industries are tackling the challenges. The 2022 series is free to attend and will be a three-part virtual event at 4 p.m. on the following dates:

February 16 – Sustainable Pescatarians: Ensuring the Seafood Industry has Responsible Practices will be presented by Chef Rick Moonen, master development chef for Perry's Restaurants.

March 16 – Unequivocal & Unprecedented: Climate Change in the Ocean will be presented by Dr. Sarah Cooley, director of climate science at Ocean Conservancy, and Jon Paul (JP) Brooker, Florida director for the Ocean Conservancy.

April 13 – Leading the Electrification Revolution will be presented by Cynthia Williams, global director of sustainability, homologation and compliance at Ford Motor Company.



Chef Rick Moonen



Dr. Sarah Cooley

"Empowering citizens and leaders to initiate change, building climate literacy, protecting natural assets and ensuring a prosperous and healthy community are the principles for Growing Climate Solutions and the goals for the SWFL Climate Compass Series," said Ana Puszkun-Chevlin, PhD, regional director for Growing Climate Solutions. "By increasing public understanding of how our oceans and their ecosystems are affected by warming temperatures and carbon concentrations, we can develop technology and policy responses. By understanding and supporting innovation in private industry, like those in the transportation sector, we can accelerate solutions and their adoption by consumers. Our speaker series dives deeper into these topics as we hear from leading authorities in very different industries who share a common goal of advancing solutions for climate change."

Growing Climate Solutions formed in 2019 as a partnership between the



JP Brooker



Cynthia Williams

Community Foundation of Collier County, Collaboratory (formerly Southwest Florida Community Foundation), Florida Gulf Coast University and Conservancy of Southwest Florida. It has since expanded to include community leaders from the business, health, civic, faith and nonprofit sectors across the five-county region that work to engage stakeholders in climate education and projects to advance resilience.

Each of the Climate Compass speakers brings a unique expertise to the virtual conversations.

Known as the "Godfather of Sustainability," Moonen is an early adopter of sustainable fishing practices, educating audiences on solutions to prevent illegally caught and sourced seafood. The American seafood celebrity chef shares the best practices for "sea-to-table" cooking and serves up plenty of tips for sustainable seafood dishes.

Cooley combines science and communication skills to educate

decision-makers about ocean acidification, showing that the issue is relevant and impacting communities, cultures and livelihoods.

By combining his deep experience on federal fisheries in Southeastern United States and on Capitol Hill, Brooker uses his expertise in coastal and conservation issues to help protect Florida, the state he was born and raised in. Together, the two will educate on the climate issues happening in Florida's backyard, as well as what citizens and communities can do to help.

Williams is responsible for sustainable business plans, environmental negotiations with regulatory bodies around the world, reporting on the company's environmental and social performance and engaging with non-government organizations and other external stakeholders. In 2021, Ford Motor company announced sweeping commitments to production of electric automobiles, investing more than \$30 billion in electric vehicles through 2025. Within 24 months, Ford will have the global capacity to produce 600,000 battery electric vehicles annually. Williams will explain Ford's commitment to fighting climate change, its goal to be carbon neutral worldwide no later than 2050, and how it's working to accelerate progress and ensure that no one is left behind.

The SWFL Climate Compass Series is supported by media sponsors WGPU and Naples Daily/The News-Press/Local1Q.

To registration for the three-part virtual event, visit www.growingclimatesolutions.org/events.✱

Hertz To Sponsor Teaching Academies

The Hertz Corporation is donating \$10,000 to sponsor the School District of Lee County's high school teaching academies. The sponsorship supports the academies by providing funds for teacher resources, curriculum, industry certification preparation materials and exam vouchers to assist with preparing future educators.

"These academies nurture a passion for education as they help to prepare future educators for the classroom," said Rita Davis, director of adult and career education. "We continue to be grateful

for business partners such as The Hertz Corporation who see the tremendous value in investing in high school career and technical education programs."

Six high schools – East Lee County, Lehigh Senior, Riverdale, Estero, Fort Myers and Ida S. Baker – offer the Education and Training Career Academy. The program offers students educational opportunities, training services and related learning support with an emphasis on improving public education services. The schools involved are

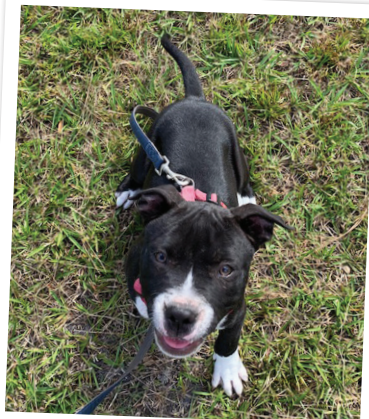
Teaching Academy graduates are given a talent reservation with the School District of Lee County Recruitment Department. The talent reservation recognizes them as entering the education field and leaves a door open to them for future employment.✱



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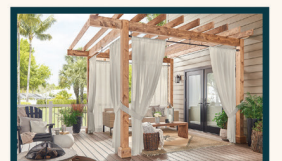
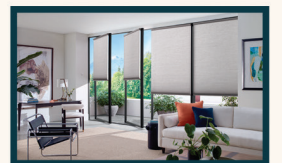
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Book Review

The People We Keep



by Di Saggau
The People We Keep by Allison Larkin is about a young songwriter longing to find a home in the world. It's 1994 and 16-year-old April Sawicki is living in a motorless motorhome in Little

River, New York. Her father won it in a poker game. She's failing at school, and working shifts at Margo's diner, fending for herself in a town where she's never quite felt at home. After performing at an open mic night, she yearns for a much bigger life and later, after a fight with her dad, she packs up and leaves for good, setting off on a journey for a new life.

Author Chris Bohjalian said, "I loved everything about *The People We Keep*. Allison Larkin has given us a heroine who is raw and real, a young person capable of breaking your heart one moment and lifting it up the next."

As April moves through the world meeting new people, she feels more at home. She chronicles her life in the songs she writes and finds out that she has a right to be who she wants to

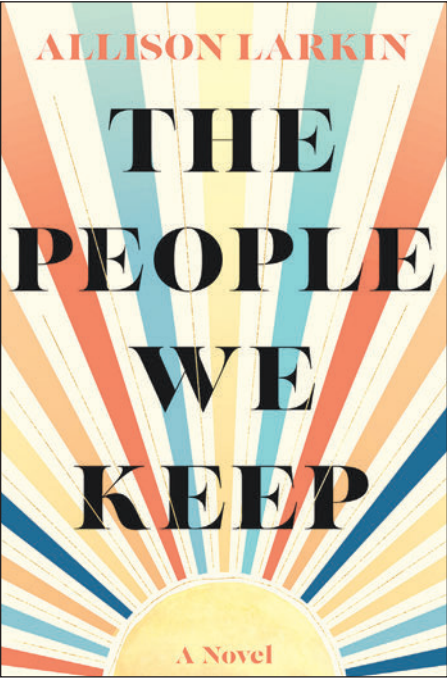


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be. The family she finds and her love of music keep her fighting even when others won't stop throwing punches.

This is a beautiful novel divided into three parts, as we follow April forging ahead to make a new life for herself. In some ways, she is wise, in others she's naïve. She may not always behave as we'd like, but she is still endearing and lovable. Playing her guitar and writing songs are when she is most herself.

There is a wide cast of characters,

each memorable, and we easily see how they fit into April's life for better or worse. *The People We Keep* is an accurate title for a book that you may want to read over again.✪

School Smart



by Shelley M. Greggs, NCSP
Dear Readers, To prepare your kids for the future, teach them to cook. It's a critical life skill, and kids need to learn how to cook. It's a great way to

teach them about nutrition, planning and making choices, gain independence, increase creativity, contribute to their family and learn to use their math skills in a practical manner.

Preschoolers (age 3 to 5) love to help in the kitchen. They do need supervision of course. They can begin to learn knife skills by cutting soft foods with a butter or plastic knife, choose and place toppings on toast and pizza, mix wet and dry ingredients together, and set and clear the table. Include some math for setting the table by asking about the number of utensils each diner needs and using one-to-one correspondence when taking the utensils out of the drawer. Remember to make sure the cooking area fits. You

may need a lower table or step stool for your kids to work comfortably.

Early elementary aged children (age 6 to 8) can begin to handle more complex kitchen tasks as their fine motor skills further develop. Using measuring cups and spoons to measure ingredients can help build math skills. This is a good time to get them started with making and packing their own lunch. Instruction on kitchen safety is important now, and they can learn how to turn on/off the stove and microwave. Begin discussions on food presentation as well. Let them help to arrange a platter of fruit to serve. Read recipes together and evaluate them regarding your own family's needs. Let them write out the grocery list.



As children mature, (age 8 to 12-plus) continue to give them increasingly involved cooking tasks. You will want to tailor these to the child's maturity level. Preteens enjoy feeling independent in the kitchen and will be able to perform many cooking tasks independently. This is the time to teach them sharp knife use and safety skills, food safety rules, and meal planning and shopping. Make a list of your family's favorite foods and include some of them in meal planning. Talk about their nutritional impact and teach your kids how to read the nutritional labels on food packages. Let them plan a few meals each week.

Teaching children to cook while time consuming, provides a learning experience that goes well beyond kitchen skills. By including them in the kitchen with substantial tasks, you are telling your children that you have confidence in their abilities and that you value their contributions to the family. You are making some great memories together as well. Children who know how to cook understand what goes into meal planning and food preparation. They are learning to take control of their own well-being now and in the future.

Shelley Greggs is former faculty at Florida SouthWestern State College, where she taught psychology and education courses. She is also a nationally certified school psychologist and consultant for School Consultation Services, a private educational consulting company. To contact her, email smgreggs@gmail.com or visit www.schoolconsultationservices.com.✪

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THOMAS P. HALL
ROBIN C. TUTHILL, EDITOR

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Beach Art Group Garage Sale

Fort Myers Beach Art Association (FMBAA) will be hosting an indoor garage sale of all art-related items on Saturday, January 22. The sale is open to the public from 10 a.m. to 3 p.m.

The donated items from FMBAA members include many new and slightly used tubes of watercolor, acrylic and oil paints, brushes, boards, worktable and chair, Ott floor lamp, clamp on lamp, frames, books and paper. All items are bargain priced.

FMBAA is located at 3030 Shell Mound Boulevard on Fort Myers Beach. For more information, call 463-3909 or email publicity@fortmyersbeachart.com.✪

Nonprofit For Teen Moms Kicks Off Campaign

Our Mother's Home is kicking off a capital campaign to help generations to come. The Building for Future Generations Capital Campaign hopes to raise \$1.75 million to support the purchase and renovation of a building that will allow for the consolidation and growth of its mentored living programs and allow for more space for transitional living. This project will move the current residence for teen mothers and their babies, located in San Carlos Park, to a new location that's ideally closer to the downtown Fort Myers area.

The agency's capital campaign, complete with the rebranding of a new logo and updated mission statement, will be officially unveiled at the kickoff event and chamber ribbon cutting at the Broadway Palm Dinner Theatre on Wednesday, January 12 from 4 to 6 p.m. With the agency's new leadership in place and an almost completely new board of directors, they are poised for significant changes in the coming months.

Since 2000, Our Mother's Home has been providing a safe and nurturing environment for young moms and their babies. These mothers are between age 11 and 21 and are in the foster care system. The latest statistics show that there are more than 2,500 children in the foster care system in Southwest Florida and, since its inception, Our Mother's Home has provided residence for over 200 teenage mothers. Based on national statistics, by age 21, 71 percent of young women in foster care were pregnant at some point, compared with 34 percent of their peers nationwide.

To address the number of teenage girls aging out of the foster care system, Our Mother's Home aims to offer additional transitional living space for young women ages 18 to 21. They also plan to incorporate an educational center and

an early childhood learning center into their new renovation plans. Studio+, a local architecture and interior design firm, donated their time to design renderings of key spaces for the new facility.

"Meeting the needs of the Southwest Florida community in our current space is an ever-increasing challenge," said Executive Director Alicia Miller. "Due to the physical limitation of our current residence, we are unable to provide support for our teen mothers who age out of the foster care system, as they are no longer able to share a space with any of our other residents. We have been in pursuit of a new building and location that can adequately serve this essential group of young mothers and their babies."

The campaign is structured so that the community can contribute to one or more specific target areas of their choice through naming and recognition opportunities.

"The generosity of our community continues to amaze us," Miller added.

Our Mother's Home relies on individual donors, grants and foundations. Financial pledges have been received, but much more is needed to reach the goal.

For a complete informational packet about this project or to donate, visit www.ourmothershome.org or contact Miller at alicia@ourmothershome.org.✱

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.✱

Coalition Hires Manager

Antoine Williams has joined FutureMakers Coalition as partnership manager.



Antoine Williams

The full-time position was helped made possible by a \$300,000 grant from Bank of America and was created and funded by the bank's multi-year commitment to further FutureMakers Coalition's goal of transforming Southwest Florida's workforce by increasing the percentage of working age (25 to 64 years old) adults who hold post-high school credentials to 55 percent by 2025.

As partnership manager, Williams will develop and support partnerships with the goal of securing additional revenue and funding opportunities to grow the coalition's impact and manage its network. That network is comprised of over 250 active FutureMakers representing various sectors in Glades, Hendry, Collier, Lee, and Charlotte counties. Through collaboration, partners identify system gaps and use existing assets to pilot and measure the success of its programs, which are replicated across

the region.

Williams most recently served as deputy director for the City of Fort Myers Community Redevelopment Agency. He has six years experience in county/municipal planning, business and economic development and previously served 10 years with the City of Sanibel Police Department. He earned associates degrees in business studies and criminal justice technologies from Florida Southwestern State College and a bachelor's of arts degree in political science from Florida Gulf Coast University.

Recently, Bank of America announced its expanded \$1.25 billion, five-year commitment to help advance racial equality and economic opportunity. The bank's support of organizations like FutureMakers is a direct result of this commitment, which focuses on direct action in communities of color where systemic, long-term gaps have existed, and significant change is required to achieve sustainable progress.

Southwest Florida is a Talent Hub by Lumina Foundation in partnership with The Kresge Foundation.

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 or email Tessa LeSage at tlesage@collaboratory.org.✱

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Listen, Really Listen



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

I was in a client meeting not too long ago, and I asked “Brent” and “Linda” sitting across the conference room table from me a typical opening question, “What do we want to accomplish today with your estate plan?”

Brent launched into a soliloquy of how entitled his adult children were. While he wanted to provide for Linda and make sure that their accumulated wealth would be used for her retirement and care after his passing, he preferred to leave a considerable amount to charity, leaving little for his children and grandchildren.

Brent described observing his children’s spendthrift tendencies, such as the large homes they lived in, expensive vacations

they enjoyed and luxury cars they leased. He even lamented that his son-in-law gave continuous financial assistance to his parents. Brent worried that Linda, following his death, would change the estate plan and leave more, if not everything to the children. “My hard-earned savings might end up with my son-in-law’s parents!” he cried.

Linda sat patiently through her husband’s discourse. When he finished, she looked at him and softly said, “Have you not **listened** to what your children have been through over the past several years?” She went on to describe how her children and their spouses were hard workers, successful in their careers, yet good parents.

The grandchildren excelled in school, except one was autistic, needing special education and services. The immigrant parents of their son-in-law worked difficult jobs for many years so that he could attend college. He sent dollars home because his parents were no longer capable of the back-breaking labor that earned their living. They had

sacrificed much so he could enjoy the life he and their daughter made for themselves and for their family.

“If you listened, really listened to the conversations we’ve had when we’re together,” Linda gently chided Brent, “you’d look past what your eyes see. I’m proud of what our children have become.”

Our eyes tend to deceive us. Consider that in the English language, virtually all our words for understanding or intellect are governed by the metaphor of sight. We speak of hindsight, insight, foresight, vision and imagination. We speak of people being perceptive, of making an observation, of adopting a perspective. We say, “It appears that...” When we understand something, we say, “I see.” These are all legacies of the philosophers of ancient Greece, the supreme example of a visual culture.

But our eyes only see part of the truth. What we see, as I pointed out in the story of my clients’ conversations, is not always what is. To get the complete picture, we must listen. While the other person is talking, do you not start thinking about what your response will be? Should you instead focus on what is being said, and how it is being said? Do you feel the emotions behind the words?

Listening is a profoundly personal act. It is comfortable not to have to listen, not to be challenged, not to be moved outside of our comfort zone. Today, because of Google filters, Facebook feeds and the precise targeting of individuals made possible by social media, it’s easy to live in an echo chamber in which we only read and see those who agree with us. We no longer need to listen to one another because those views don’t matter.

When you say that someone “hears” you, you are giving them the highest compliment. Everyone wants to be heard. Much conflict can be resolved if we simply spend the time to listen to one another. When someone feels heard, then he is more likely to reciprocate. This is a win-win proposition.

Listening is a life-changing idea. It is the greatest gift we can give another human being. I know that I can improve my listening skills and, in 2022, resolve to do so.

©2022 Craig R. Hersch. Learn more at www.floridaestateplanning.com.✧

Bank Promotes Officer To President

Sanibel Captiva Community Bank has promoted Kyle DeCicco to bank president and board director. A member of the bank’s executive management team since January 2020, DeCicco was previously executive vice president.



Kyle DeCicco

In his new position, DeCicco oversees management and operations, while continuing his responsibilities as senior loan officer. He succeeds Craig Albert, who has served as president and CEO since the bank opened in 2003. Albert will continue to serve as CEO and will remain on the board of directors.

“This key promotion gives SanCap Bank a highly energized leader who is committed to driving responsible growth through our second decade of business,” said Albert. “It is my privilege to serve alongside Kyle and our entire SanCap Bank team to continue to meet the needs of our customers, employees and community.”

DeCicco joined the bank in 2016 as vice president and commercial loan officer, focusing on commercial real estate lending and relationship development with local businesses and investors. He was instrumental in leading the bank’s efforts in administering the Small Business Administration Paycheck Protection Program in 2020 and 2021. Under his direction, the bank successfully secured over 1,100 loans totaling nearly \$106 million, helping save nearly 10,000 Southwest Florida jobs in the wake of the COVID-19 pandemic.

With over 15 years of banking experience, DeCicco has worked in commercial real estate and lending, credit analysis, performing and nonperforming loan portfolio management and management of FDIC insured loss-share assets. His efforts have resulted in the bank closing nearly \$300 million in commercial loans in six years, the majority of which support local individuals and businesses seeking to launch a business, grow operations or purchase real estate.

DeCicco is a graduate of Florida Bankers Association – Florida School of Banking and holds a bachelor’s degree in business administration from Florida Atlantic University. With the bank’s continued support, he is in his final year of the American Bankers Association Stonier Graduate School of Banking at Wharton School of the University of Pennsylvania and will graduate in June.

A Southwest Florida native, DeCicco serves as a board member and treasurer of The Foundation for Lee County Public Schools and is a member of the foundation’s grant selection committee. He also serves on the Heights Elementary Student Advisory Committee and is a captain-level Keel Club member of United Way of Lee, Hendry, Glades and Okeechobee Counties, among other volunteer efforts.✧

Site Open For Tornado Victims

Lee County has opened a drop-off site for residents of south Fort Myers who were impacted by Sunday’s tornado.

Lee County Solid Waste staff will be at a county site at 14790 A & W Bulb Road to receive construction, demolition and horticultural debris from residents. The site will be open 9 a.m. to 6 p.m. into the weekend.

The county asks that only residents from the storm-affected area bring debris.

No contractors or commercial drivers will be allowed.

This site is designed to help residents who want to begin clearing their properties. This is in addition to the regular curb-side service provided by the county’s contracted haulers.

For updates related to the storm and further debris updates, visit www.leegov.com/storm. Residents are asked to also sign up for general updates from Lee County information by visiting www.leegov.com/resources/newsletters.✧

Marketing Firm Adds Content Strategist

Experienced marketing professional and longtime journalist Katie Egan has joined CONRIC PR & Marketing as a content marketing strategist. In her role, she will be working closely with clients and the digital marketing



Katie Egan

team to develop innovative strategies and creative content that effectively connect people with products and services in a unique and impactful way across multiple integrated media channels.

As a longtime Southwest Florida journalist, strategist and copywriter, Egan will also work alongside clients to produce compelling and engaging content for their social media platforms, websites, blogs, videos and newsletters.

“I’m excited to join CONRIC where I can work with a diverse portfolio of clients in multiple industries and utilize my skills and experience to elevate their

business success,” Egan said.

Egan obtained a bachelor’s degree in communication with a minor in journalism from Florida Gulf Coast University. She has worked for the *Naples Daily News* and the *Naples Herald* and is a longtime freelancer with the *Cape Coral Breeze*.✧

Bank Hires Teller

Tracey Lentz has joined Sanibel Captiva Community Bank as a teller at its Gateway Branch, located at 11691 Gateway Boulevard. She is responsible for assisting customers with personal and business banking transactions.



Tracey Lentz

A seasoned banking professional, Lentz has over three decades of experience in the banking industry. She has worked as a teller and customer service representative for various community, regional and national financial institutions.✧

From page 1

Empty Bowls

that include Sam’s Community Café & Kitchen, Community Market and Mobile Food Pantries.

There is no admission charge for children. Admission for adults over age 18 is \$10 and includes a ceramic bowl (while supplies last) and soup tasting.

Contact Tim Smith at sanibelpottery@hotmail.com to become a sponsor.

Alliance for the Arts is located at 10091 McGregor Boulevard in Fort Myers. For more information, visit www.communitycooperative.com.✧

Superior Interiors

Important Areas You're Forgetting To Decorate



by Katie Frederick

Do you have a room in your home that feels incomplete even after dedicating time to decorating each space? Perhaps you've spent too much effort focused on the focal points

of the living space and neglected to fill the areas that you don't frequent nearly as much. This is a common occurrence among homeowners... forgetting to decorate those nooks and corners that tend to be out of sight, which often results in becoming out of mind as well.

Home design is all about bringing a room together. With the right pieces of decor, color scheme and accessories, you can transform a room from corner to corner. Yes, this includes that spot you've accidentally left in the shadows for years.

Here are a few important areas in your home you're forgetting to decorate, and how to shape them up:

Head to the staircase and walk up the stairs. How do you feel about the decor when you reach the top? The stair landing is one of the common areas of the home that's neglected, but it's a very simple space to fill. Place artwork along the wall as well as a bench or chaise lounge for resting. It can also be used as a place to store and retrieve items you grab on the way out, saving space in the entryway.

An often-neglected space is the foot of the bed. This is a great space to place a bench for sitting while putting your shoes on in the morning. It can also be used as a place to put the comforter or extra pillows at night when not in use.

You likely spend a lot of time here, so there's no reason to let the laundry room remain an eyesore. Have fun and be creative so you can start getting excited about a usually mundane chore. Give this space some character by decorating with accessories, colors and patterns. Think beyond the basic utilitarian machines and add pretty accessories or art, styled floating shelves (with all the necessities and supplies), prettier lighting or even a beautiful, patterned floor.

A fireplace can be gorgeous on its own, even when it's out of service or rarely used. This is also a great place to get creative. An arrangement of candles, rocks, coral or shells, succulents or other living plants can take this beautiful

feature to new heights. Use the rest of the living space to inspire the pieces that will complete the fireplace.

Why wait to shape up that living space that's always been missing something? Don't worry, not everyone has the mindset of an interior designer. That's why we recommend contacting a design professional. During the

consultation, you can discuss your own personal ideas, ideal colors and themes, and any other details to execute the perfect scheme for your room in need of some TLC.

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

Lee County Tourism The Topic At Luncheon

The Greater Fort Myers Chamber of Commerce will hold a luncheon to provide valuable insight on tourism in Lee County at Embassy Suites by Hilton Fort Myers-Estero on Thursday, January 27 from 11:30 a.m. to 1:15 p.m.



Tamara Pigott

Lee County Visitor & Convention Bureau (VCB) Executive Director Tamara Pigott will provide an update on the current state of tourism and latest data, and share a behind-the-scenes look into how the VCB markets the region as a must-see destination. Pigott will also showcase the VCB's new campaign,

website, visitor guide and branding for 2022.

Pigott oversees the promotion of Lee County as a travel destination to targeted domestic and international visitors, including vacationers and business travelers. She is responsible for the strategic planning of the domestic and international sales and marketing efforts, overseeing the day-to-day operations of the VCB's local staff and international consultants, with representation in Washington, D.C., the Midwest, the United Kingdom, Canada, Germany and France. A graduate of Florida State University, Pigott holds a bachelor of science degree in economics and political science, and a master of science degree in political science.

Admission is \$25 for chamber members and \$35 for future members. Limited seating is available, and attendees must register in advance.

Embassy Suites by Hilton Fort Myers-Estero is located at 10450 Corkscrew Commons Drive in Estero. To learn more or to register, visit www.fortmyers.org or call 332-2930.✱

Women Voters To Hold Event On Child Wellbeing

Pathways and Possibilities for Lee County's Children will be held at the Collaboratory on Saturday, February 5 from 9:30 to 11 a.m. via zoom and in-person. The League of Women Voters of Lee County (LWVLee) event will feature speakers presenting issues, resources, unmet needs and future plans followed by discussion of next steps toward collaborative efforts to improve outcomes for children and their families in Lee County.

Panelists include Norin Dollard, senior policy analyst and director of Kids Count Florida Policy Institute; Therese Everly, executive director of Lee County Homeless Coalition and vice president of Lee Memorial Health System board; Tessa LeSage, director of Future Makers at the Collaboratory; and Jeannine Joy, president and CEO of United Way of Lee, Hendry, & Glades Counties.

To register, visit www.eventbrite.com/e/pathways-and-possibilities-for-lee-countys-children-tickets-229928250587, email reservations@lwvlee.org or call 278-1032.

The League of Women Voters has a long history of concern and action to promote social and economic justice, equity and quality education. Effective prevention and intervention are proven to strengthen families and communities,

ensure children are healthy, safe, prepared to learn and to have viable life choices. For more information, visit www.lwv.org, www.lwvfl.org, www.lwvlee.org or call 278-1032.✱

Donate Cold Weather Supplies

Lee County Government and its partners are seeking cold weather supplies for severe weather outreach teams to assist individuals and families experiencing homelessness. Blankets, gloves, socks, hand-warmers and hats can be dropped off at the following locations between January 24 and January 28:

Lee County Parks and Recreation locations. For operating hours, visit www.leegov.com/parks/centers

Lee County Sheriff's Office Outreach Centers. For hours, visit www.sheriffleefl.org/community-outreach-centers-2

Brotherhood of Heros, 4522 Del Prado Boulevard South, Cape Coral Edison Mall, 4125 Cleveland Avenue, Suite 1930, Fort Myers

Miromar Outlets, 10801 Corkscrew Road, Unit 190, Estero

Bell Tower, 13499 South Cleveland Avenue, Suite 151, Fort Myers

Teams provide cold weather items, coffee and access to transportation to enter into one of the participating shelters. The Department of Human & Veteran Services' coordinated entry phone line is 533-7996.✱

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Frankly Speaking



by Howard Prager
The first female manager in all of baseball, is coming to town. Rachel Balkovec was named manager of the Tampa Bay Tarpons who play in the Mighty Mussels' low-A Southeast league.

That means you'll have a chance to see her first hand this season, which I learned is on track despite the MLB lockout, because the minor leagues are not part of the MLB contract. She becomes the second woman to break a glass ceiling in baseball, after Daisy Ng became general manager of the Marlins last year. Balkovec has spent 10-plus years in professional baseball as a hitting and strength and conditioning coach. She played softball at the University of Mexico, where she earned a bachelor's degree in kinesiology and exercise science in 2009, and got a master's degree in sports administration from Louisiana State University in 2011, while also serving as a graduate assistant strength and conditioning coach. She was an intern with the Cardinals in 2012 and the White Sox in 2013-14. She returned to the Cardinals taking on the strength and conditioning coordinator for two years and moved to the Astros where she

spent three seasons doing the same role for their Latin American organization, Rookie-level and Double-A teams. Prior to joining the Yankees, Balkovec served as an apprentice hitting coach for the Netherlands National Baseball and Softball programs while earning a master's degree in biomechanics at Vrije Universiteit Amsterdam from 2018 to 19. During that time, Balkovec conducted research in eye-tracking for hitters at Driveline Baseball, a high-tech performance training center outside of Seattle, Washington. She joined the Yankees organization in November 2019 as a minor league hitting coach, becoming the first woman to be named to that role in the history of professional baseball (she was followed a few days later by Rachel Folden of the Chicago Cubs organization). She was a 2020 hitting coach with the Sydney Blue Sox of the Australian Baseball League. Balkovec represents the new breed of sports coaches that has studied and coached strengthening, conditioning and the science of hitting. She is bilingual, certainly an advantage in communicating directly with Latino ballplayers who make up 25 percent of all players. It's a bold move not because she's a woman, but because managing or coaching game time situations does not appear to be in her background. In business, we'd call her a technical specialist versus a manager. She was a catcher in college, so she has some game-handling experience. We'll see how that experience can translate to managing on a day-to-day basis throughout the

season, and wish her the best of luck. The sports world is changing in many ways, with star athletes getting away with bad behavior. One who didn't was Novak Djokovic. He did not have permission to enter Australia because he was not vaccinated, which is Australia's entry requirements. But in the NFL where stars flaunt the rules such as Aaron Rodgers and Antonio Brown, they get a slap on the wrist at most. And Houston Astros shortstop Carlos Correa is supposedly one of the leaders of the sign stealing saga, yet is one of the most highly coveted shortstop free agents of the off season. As long as teams and leagues turn a blind eye, this behavior will continue.

The NFL is becoming more like the NHL in the playoffs, where 14 teams made the playoffs this year. Was lowering the bar the cause of so many blowouts the first weekend? Just three games provided the highlights for wildcard weekend. The Bengals stopped the Raiders with an interception in the closing seconds of their game and won their first playoff game in 31 years. Cowboys QB Dak Prescott, upset at not getting a last play off to try and win the game as time expired, was in the news for saying it's OK for Cowboy fans to throw trash at the refs. Not cool Dak, and even your coach doesn't agree. And the Buffalo Bills did something that no offense in NFL history had ever done. In their first seven drives, they scored seven touchdowns. They're the first team to accomplish this feat in NFL playoff history, and broke the record on their first six drives. The Bills became the first team in NFL history to go an entire game without punting, turning the ball over, or kicking a field goal on offense, according to Jeff Kerr of CBS Sports. The only time they didn't score was on their last drive of the game, when they took a knee. Josh Allen was the first quarterback in NFL history to have 300-plus passing yards, five-plus passing touchdowns, and 60-plus rushing yards in a single playoff game. His four career playoff games of 250-plus passing yards and 50-plus rushing yards are already the most in NFL history.

From the Good New Network, we hear more about "Santa Shaq." "Shaqille O'Neil is a walking bundle of good deeds waiting to slam dunk on unsuspecting people. The basketball star revealed on a podcast with Gary Vaynerchuk that he had bought 1,000 Playstation 5s,

another 1,000 Nintendo Switches and an unspecified number of bicycles, and delivered them to school children in Georgia. "My father was a drill sergeant, my mother just was a hard-working woman," he said on air. "They had little, but they taught me the value of giving back. They taught me the value of helping those in need." He joined representatives from Tonka, Pepsi Stronger Together and others to rain down gifts and cheer to schools in Las Vegas, where the Shaquille O'Neal Foundation provided toys, laptops and lunch for even more children - as well as opening a brand-new basketball court where kids can try on Shaq's shoes for fun. We ask a lot from our star athletes. But when they're done playing, it's great to see their values and actions continue.

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.*

Artificial Reef Grant Accepted

The Lee Board of County Commissioners voted Tuesday to accept a \$120,000 grant from the Florida Fish and Wildlife Conservation Commission for the construction of an artificial reef.

The Federal Aid in Sportfish Restoration grant allocates the funds for at least 1,000 tons of clean, repurposed concrete to be placed within the Chris Koepfer's ARC reef site. The reef site is located about 15 miles off the coast of Lee County, will create habitat for marine life and be an additional destination for anglers and scuba divers.

The project is expected to be completed by September. Lee County has had an active artificial reef program since the early 1990s. Grants from federal, state and private sources help create a range of recreational opportunities from inshore to the deep water of the Gulf of Mexico. Chris Koepfer's ARC reef site is named in memory of the pioneer of Lee County's artificial reef program. For a video on Lee County artificial reefs, visit www.youtube.com/watch?v=b2rHEAB9gQM.*

SPORTS QUIZ

- 1. What U.S. track and field star, a winner of nine Olympic gold medals, recorded songs *Break It Up* and *Lovers Don't Talk* for his 1987 album *Modern Man*?
- 2. Name the Baseball Hall of Famer who in 1984 became the first manager to win the World Series in both the AL and the NL.
- 3. What member of the World Golf Hall of Fame is No. 1 on the LPGA Tour career wins list with 88?
- 4. A January 2018 high-speed car crash in Los Angeles claimed the life of what 2002 NBA Draft pick from La Salle University?
- 5. The KFC Yum! Center is a college basketball arena located in what U.S. city?
- 6. The Ashes is the name of a Test cricket series contested between what two countries?
- 7. An anthropomorphic pepper named Cayenne was the unofficial mascot of what Sun Belt Conference university's athletic teams from 2000-2010?

ANSWERS

1. Carl Lewis. 2. Sparky Anderson (1975-6 Cincinnati Reds, 1984 Detroit Tigers). 3. Kathy Whitworth. 4. Rasual Butler. 5. Louisville, Kentucky. 6. England and Australia. 7. The Louisiana Ragin' Cajuns.

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Doctor and Dietician

What Is Pelvic Tilt And What You Can Do About It



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

Pelvic tilt is a common condition that can lead to issues with stability, posture and movement. If your pelvis is not in proper position, it can affect many other musculoskeletal functions including that of the hips, back, pubis, groin, knees and hamstrings. Much of pelvic tilt is related to muscle imbalances, but it is also related to spinal instability and abnormal spinal curves.

Having sustained a terrible bicycle crash on San-Cap Road over two years ago, Marion understands this well. Having gone from having a broken pelvis plus a myriad of other injuries to being back on the bicycle and running, she understands the process personally.

Anterior pelvic tilt occurs when the pelvis rotates forward and the back of the pelvis rotates up – people may know this as “a sway back.” Sitting position may also worsen this condition. As you know from our prior articles, “sitting is the new smoking!” Excessive sitting can lead to tight hip flexors, which leads to improper positioning of the pelvis. If the hip flexors take over spinal stability, pelvic malalignment may result. This commonly occurs in pregnancy, as well as with people who sit a lot.

This muscle imbalance coincides with weak abdominal and gluteus maximus muscles. In this case, we can refer to it as pelvic crossed syndrome. Working on strengthening these weak muscles is key to complete resolution, in combination with a curve correction program and, at times, regenerative medicine injections to address the spinal instability issues. Marion is working with Dr. Scott Gray from Back in Motion on these issues because of her bike crash, in addition to some prolotherapy treatments, and the use of a McKenzie roll on her desk chair

that promotes better posture.

Posterior pelvic tilt develops opposite of anterior pelvic tilt where the front of the pelvis tilts up and back, while the bottom of the pelvis rotates under the body. This puts the spine in a compromised position and would also benefit from corrective exercise. Tight hamstrings are one of the biggest contributors to posterior pelvic tilt issues.

Lateral pelvic tilt is a unique scenario. A lateral pelvic tilt occurs when the pelvis shifts side to side, so much that one hip is higher than the other. This leads to unilateral muscle imbalances throughout the body. The erector spinae muscle group often affects this tilt and should always be addressed in this situation. To allow our lumbar spine to be in a neutral position, the pelvis should line up with the shoulders not one higher than the other.

Pelvic tilts do not just happen spontaneously – they develop due to certain activities as well as inactivity. Finding these imbalances and knowing how they affect the body is key to understanding how to avoid these issues in the first place. Some of the common causes are tight hip flexor muscles, often because of prolonged sitting and

poor posture that typically occurs while lounging around and playing on your cell phones, right? Another reason to put down the phone. Tight hamstrings and gluts will pull the bottom of the pelvis, so it tilts up and back. Typically, the person has weak back muscles resulting in the opposite tilt.

Our patients at Caring Medical benefit from a comprehensive approach to improving their pelvic healing. Working on proper posture, reducing the number of hours spent sitting, correcting your curve with OrthoDynamic Curve Correction program, and finally, utilizing regenerative medicine treatments should the initial therapies and lifestyle modifications not result in complete healing. So, sit up straight, pull in your abdominal muscles, stand up, put down the phone, walk around and see your favorite musculoskeletal medicine providers if needed.

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

dearPharmacist

D Dimer And Six Strategies To Reduce It



by Suzy Cohen, RPh

Dear Readers: D dimer is a blood test that evaluates levels of a protein fragment when there's a clot hanging around in the bloodstream. If this level is elevated,

it's often a tip-off that there was a tiny blood clot formed in your body and now you're breaking it down.

Now that people can self-order their own blood work at many places around town, you might want to evaluate your own D dimer level. I must caution you that if it's elevated, you need to alert your physician and find out if you need anticoagulant therapy and what other measures you can be doing. Blood clots are dangerous so you don't want to ignore an elevated D dimer level.

In the hospital setting, a D dimer blood test will be ordered if you have bronchitis or pneumonia in order to assess risk for respiratory failure, pulmonary embolism, stroke, deep vein thrombosis (DVT) and a number of other blood-clotting disorders.

Fibrin isn't the bad guy. Fibrin is an insoluble protein formed from fibrinogen when your blood forms a clot. That's okay and healthy because if you bleed from

a paper cut, you want that to happen. The scab that forms is part of the normal hemostatic response. Healthy fibrin levels means your blood moves through your vessels freely, and comfortably, without sticking to capillary walls and impeding blood flow. That's important because a healthy fibrin level means that oxygen and nutrients get delivered to all your organs.

Sometimes a blood clot is not present, but the D dimer is high. This is a shortcoming of the test because it causes unnecessary alarm. For example, pregnancy, liver disease or a recent surgery can raise D dimer in the absence of a blood clot.

Since the D dimer is an evaluation of clotting and a blood clot requires fibrin to form, you should think of natural, easy ways to protect your blood, keep it healthy and keep your fibrin levels down in the normal range. Here are some nutritional considerations; please ask your doctor if it's right for you:

1. Grape seed extract
2. Bromelain
3. Ginkgo biloba
4. Nattokinase
5. Lumbrokinase
6. Garlic

I know many of you will self-order this test. If it's not in the normal range, be sure to consult a qualified physician, especially if your blood pressure is high or you have heart disease. If you'd like to read my longer, more comprehensive article, sign up for my newsletter at www.suzycohen.com

This information is not intended to treat, cure or diagnose your condition. Suzy Cohen is the author of The 24-Hour Pharmacist and is a registered pharmacist. To contact her, visit www.suzycohen.com.✪

Beautifulife:

Life Lesson



by Kay Casperson

Irecently had dinner with dear friends and was told a story that has been shared by many people over the years. I was so impressed that my 92-year-old friend remembered this story so well and began to realize the importance of it for all of us. This story is definitely a takeaway from company inspiration to giving life lessons to upcoming graduates. A gentle reminder for us all to put things into perspective and to prioritize what is essential.

The story goes like this:

A professor stood before his philosophy class and had some items in front of him. When the class began, wordlessly, he picked up a large, empty mayonnaise jar and filled it with golf balls. He then asked the students if the jar was full. They agreed that it was.

The professor then picked up a box of pebbles and poured it into the jar. He shook the jar lightly, and the pebbles rolled into the open areas between the golf balls. He then asked the students again if the jar was full. They agreed it was.

The professor next picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else. He asked once more if the jar was full. The students responded with a unanimous “Yes.” The professor then produced two cups of coffee from under the table and poured the entire contents into the jar, filling the empty space between the sand.

The students laughed.

“Now,” said the professor, as the laughter subsided, “I want you to recognize that this jar represents your life. The golf balls are the important things – God, family, children, health, friends and favorite passions. Things that if everything else was lost and only they remained, your life would still be full. The pebbles are the things that matter, like your job, house and car. The sand is everything else – the small stuff,” he said. “If you put the sand into the jar first,” he continued, “There is no room for the pebbles or the golf balls. The same goes for life. If you spend all your time and energy on the small stuff, you will never have room for the things that are important to you.”

Pay attention to the things that are critical to your happiness. Pray, spend time with your family, get medical checkups, have date nights with your spouse, and play another 18 holes of golf. There will always be time to do random jobs, so take care of the golf balls first – the things that really matter. Set your priorities, and the rest is just sand.

One of the students raised her hand and asked what the coffee represented. The professor smiled and said, “I’m glad you asked. It just goes to show you that no matter how full your life may seem, there’s always room for a couple of cups of coffee with a friend.”

My affirmation for you this week is:

“I will continue to prioritize my life with what is important first and will never sweat the small stuff.”

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

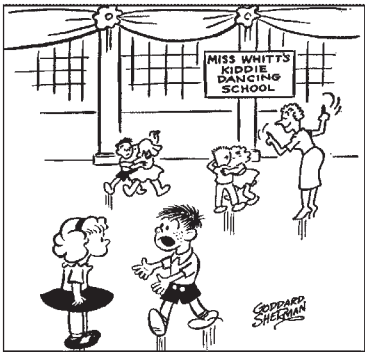


Emergency	911
Lee County Sheriff's Office	477-1200
Florida Marine Patrol	332-6966
Florida Highway Patrol	278-7100
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Fort Myers Beach Chamber of Commerce	454-7500
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Lakes Regional Library	533-4000
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ARTS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

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

PUZZLES

Answers on page 23



"May I have this _____?"

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!

Pang

WETING

Wander

WAKES

Joyful

DETALE

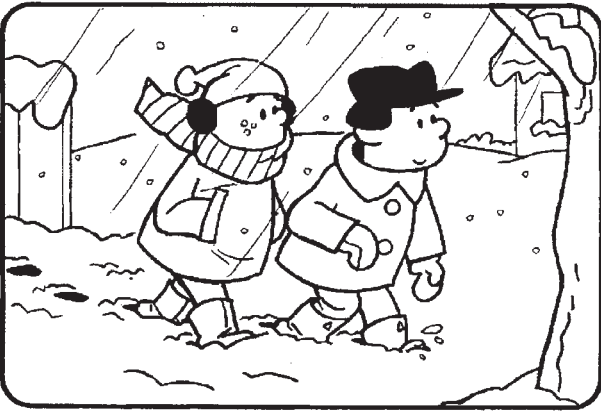
Haven

FIGURE

TODAY'S WORD

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Fence is different. 2. Scarf is shorter. 3. Cap is different. 4. Collar is different. 5. Arm is moved. 6. Window is smaller.

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

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

TURNABOUT

- ACROSS

1 Cries noisily

5 Stuff in steel

9 Horse cousin

12 Often-smoked food

15 U.K. neighbor

18 "As above," in citations

19 Extremely deep sleep

20 Pavarotti of opera

22 U.S. neighbor

23 Make every effort to be obliging

26 Vivacity

27 Mosaic work

28 — -TURN (road sign)

29 — Mason (asset management firm)

30 BLT offerer

31 To any extent

32 Revolution of Triton with respect to Neptune

36 Author Anaïs

37 Twosome

39 Not tidy

40 Two-pip card

41 Pressing it moves a cursor to the previous character
- 46 Shorelines

47 Off the shore

48 Justice Sotomayor

49 Program using ".doc" files, for short

52 Mu — pork

54 Horace Greeley's advice for American expansion

60 Huge aid

64 In base eight

65 She's a star

66 Palme — (Cannes film award)

67 Bus driver's order

73 Ship like Capt. Nemo's

74 To — (exactly)

76 Marisa with an Oscar

77 Cadences

79 Irritate

85 Suffix with hell

86 More pasty

87 Horse opera

89 Arthur of tennis

93 Singers Idol and Ocean

96 Sticker message on a rented VCR tape
- 99 At full speed, old-style

100 A deadly sin

103 "Patience — virtue"

104 Pro vote

105 Do a 180, say

110 Rapper with the album "Press Play"

112 Old Italian stage actress Eleonora

113 1953 Leslie Caron film

114 "— always say ..."

115 Jeopardy

116 "— my fault"

117 Parent's mind game with a child (or what you have to use to solve this puzzle?)

122 Even score

123 Guys rowing

124 Smartphone downloads

125 Suffix with well

126 States, informally

127 Singular of "Mmes."

128 Beltway VIP

129 Watery castle protector

130 Once, in olden days
- DOWN

1 Bro's kin

2 Strange things

3 Former Fed head Ben

4 Little

5 "Ugh"—worthy

6 Bird of myth

7 Muscat resident

8 Honcho

9 Lager cousin

10 Nissan Rogue, e.g.

11 Bawls out

12 Irritable from being ravenous, slangily

13 Lay — (really fail)

14 Wild crowd

15 Stimulus

16 Vote in for a another term

17 Lapses

21 Notions

24 Ralph — Emerson

25 1921 Karel Capek play

30 Feared a lot

31 Author Seton

32 Bull in a ring

33 Cockney's residence

34 Often-smoked food

35 Stenches

38 Actress Address

42 Do laundry

43 Jillian of TV

44 Spanish aunt

45 Relatives, informally

46 Light bed

49 Mixed breed

50 Zest or Ivory

51 "Ben-Hur" director William

53 The woman

55 "Understood"

56 S.Sgt., e.g.

57 Yearn (for)

58 Female cell

59 Talks idly

60 Yrly. gift-giving time

61 Greek "I"

62 Heightened

63 — dish (bio lab item)

68 T. — Price

69 The "E" of EMT: Abbr.

70 Snide

71 Sixths snicker

71 Sixths doubled

72 Method: Abbr.

75 "Liberté, —, fraternité" (France's motto)

78 Bangkok citizen

80 "Bye Bye Bye" band

81 Exclamations of surprise

82 "Sk8er —" (2002 hit)

83 Assembly line labor org.

84 Tpk., e.g.

88 Actor Idle

90 Parachute user

91 Unmindful

92 Online bidding site

93 Roving robbers

94 "Gotta go"

95 — faire

96 '50s prez

97 Not pos.

98 "Raider" Ralph

100 Previous convictions

101 Little brooks

102 Tough-to-translate phrases

106 Composer Edward

107 Opposite of 104-Across

108 Tea-growing Indian state

109 River giant, for short

111 Dunne of film

115 Covert "Hey!"

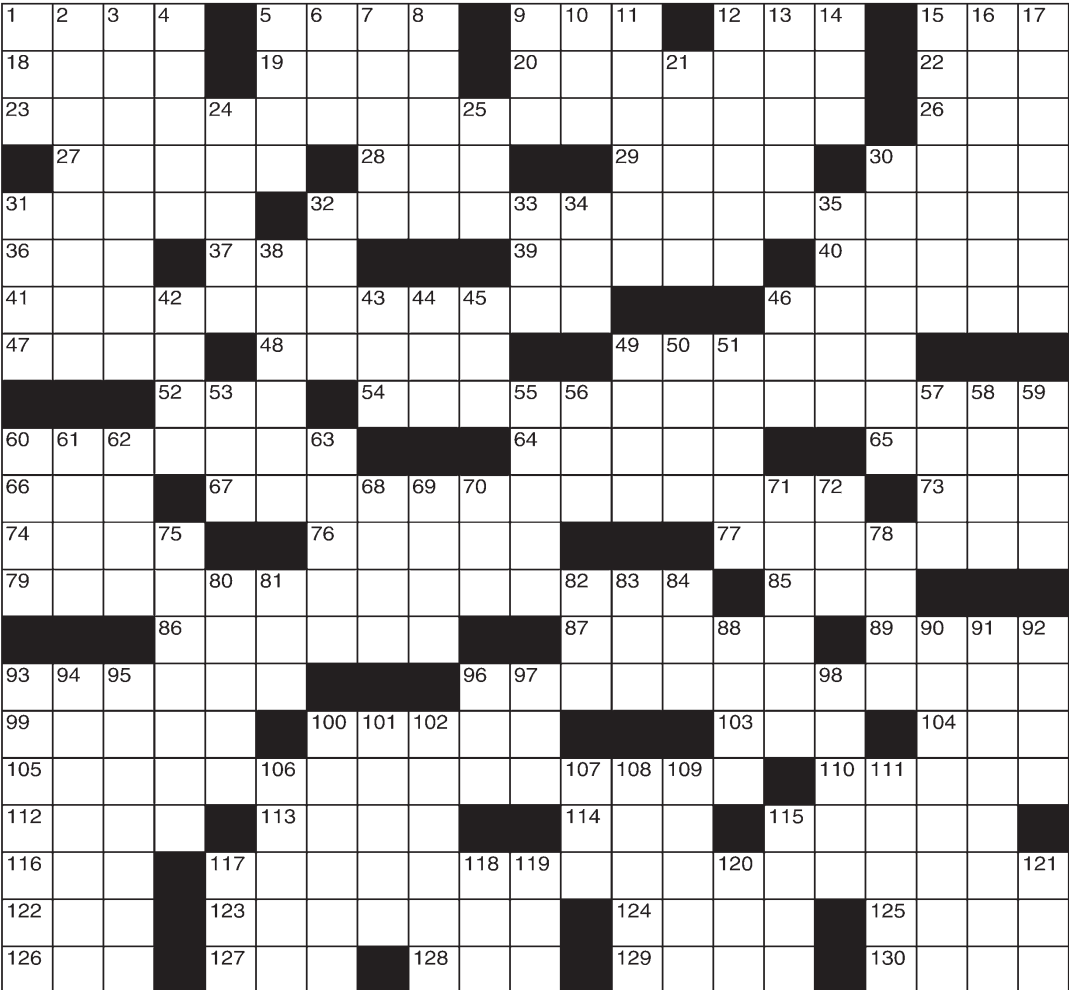
117 — Kippur War

118 Half of a bray

119 Wolf Blitzler's channel

120 Clean air gp.

121 Q-U linkup



King Crossword

- ACROSS

1 Even

5 Apply cream

8 "The Good Earth" heroine

12 "Please go ahead"

14 Fork prong

15 The National Pastime

16 Circus structure

17 Cacophony

18 Scalawags

20 Basilica areas

23 Diving duck

24 Soccer leg-end

25 Brewing gizmo

28 Greek letter

29 Not — out of place

30 Skull need

32 Kook

34 Ordered

35 Skin breakout

36 Notorious

37 Port city of Poland

40 Former Mideast org.

41 Pealed

42 Pitcher's tactic

47 "American —" little

48 Consume too little

49 Lion's pride?

50 Meadow

51 Sciences'
- 10 Green Gables girl

11 Tennis barriers

13 Baseball stats

19 Cornhusker's st.

20 iPhone download

21 Mexican money

22 Lost traction

23 Black Panthers leader Bobby

25 Appreciative

26 Rich soil

27 Stow cargo

29 Grade-school
- 31 Flushed

33 Hang loose?

34 Diva

36 Streisand

37 Kismet

37 Bleak

38 Baby's father (Abbr.)

39 Unsigned

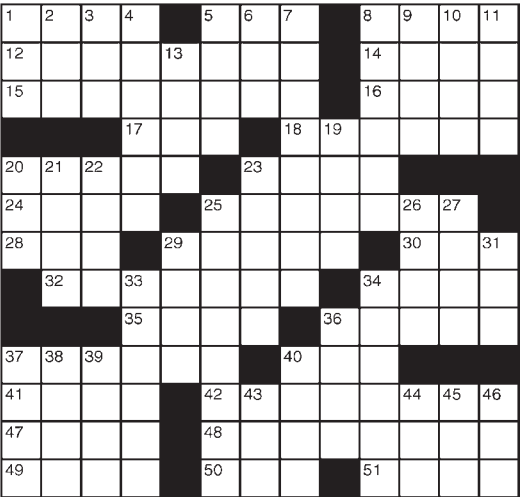
40 Fed. food inspector

43 Chemical suffix

44 — Lingus

45 Back muscle, briefly

46 USN officers



MAGIC MAZE ● ROCK BANDS OF THE '70s

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

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

- Blondie

Caravan

Deep Purple

Faust
- Genesis

Grateful Dead

Kiss

Led Zeppelin
- Pink Floyd

Rainbow

Rush

Steely Dan
- The Cars

The Who

Yes



Broccoli and Chicken Casserole

photo courtesy Fresh From Florida



Broccoli and Chicken Casserole

- 2 (6-ounce) chicken breasts, diced
- 3 cups broccoli florets, blanched
- 2 tablespoons unsalted butter
- 1 tablespoon of all-purpose seasoning
- 2 tablespoons all-purpose flour
- 1 cup milk
- 1 cup heavy cream
- 2 ½ cups shredded cheese (your favorite)
- 4 ounces cream cheese, softened
- Dash of hot sauce

Squeeze of lemon juice
Salt and pepper
Preheat oven to 350 degrees.
Preheat large skillet over medium heat. Melt butter in skillet. Season chicken with all-purpose seasoning and cook for 2 to 3 minutes. Add broccoli and cook for another 2 minutes. Sprinkle with all-purpose flour and stir. Cook to mix. Slowly add in heavy cream and milk. Season with salt and pepper. Bring to a boil for 1 minute. Reduce to simmer and add 2 cups shredded cheese and cream cheese. Add hot sauce and lemon juice. Stir and pour into 8-inch square baking dish. Cover with tin foil and bake for 20 minutes. Uncover and add ½ cup of shredded cheese and bake an additional 10 minutes.*

PETS OF THE WEEK



Sookie ID# A903436 photos provided

Lee County Domestic Animal Services

Sookie And Lady

Hello, my name is Sookie. I'm a blue 6-year-old female Australian cattle dog mix. I'm a shy and gentle soul whose looks are a bit deceiving. At first glance, one would think I'm a senior pet, but I'm a mere 6 years old. My cattle dog markings give me a look of wisdom. I love everyone I meet and dare you to not fall in love with my kind eyes and spirit. My adoption fee is \$25.

Hi, my name is Lady. I'm a calico 2-year-old domestic shorthair. I'm currently single and loving it, so I prefer



Lady ID# A894664

a home with no other felines please. I have your typical calico personality and will play when I want to and give you affection on my terms. My markings are stunning, so I can get away with my spirited attitude. My adoption fee is \$10.

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My Stars ★★★★★
FOR WEEK OF JANUARY 17, 2022

- Aries** (March 21 to April 19) Your batteries should be fully recharged by now, making you more than eager to get back into the swing of things full time. Try to stay focused so that you don't dissipate your energies.
- Taurus** (April 20 to May 20) You're eager to charge straight ahead into your new responsibilities. But you'll have to paw the ground a little longer, until a surprise complication is worked out.
- Gemini** (May 21 to June 20) Rival factions are pressuring you to take a stand favoring one side or the other. But this isn't the time to play judge. Bow out as gracefully as possible, without committing yourself to any position.
- Cancer** (June 21 to July 22) Reassure a longtime, trusted confidante that you appreciate his or her words of advice. But at this time, you need to act on what you perceive to be your own sense of self-interest.
- Leo** (July 23 to August 22) You need to let your warm Leonine heart fire up that new relationship if you hope to see it move from the "just friends" level to one








- that will be as romantic as you could hope for.
- Virgo** (August 23 to September 22) There's still time to repair a misunderstanding with an honest explanation and a heartfelt apology. The sooner you do, the sooner you can get on with other matters.
- Libra** (September 23 to October 22) Expect a temporary setback as you progress toward your goal. Use this time to re-examine your plans and see where you might need to make some significant changes.
- Scorpio** (October 23 to November 21) Some missteps are revealed as the cause of current problems in a personal or professional partnership. Make the necessary adjustments and then move on.
- Sagittarius** (November 22 to December 21) Jupiter's influence helps you work through a pesky problem, allowing your naturally jovial attitude to re-emerge stronger than ever. Enjoy your success.
- Capricorn** (December 22 to January 19) Set aside your usual reluctance to change, and consider reassessing your financial situation so that you can build on its strengths and minimize its weaknesses.
- Aquarius** (January 20 to February 18)

- Some recently acquired information helps open up a dark part of the past. Resolve to put what you've learned to good use. Travel plans continue to be favored.
- Pisces** (February 19 to March 20) Act on your own keen instincts. Your strong Piscean backbone will support you as someone attempts to pressure you into a decision you're not ready to make.
- Born This Week:** You embody a love for traditional values combined with an appreciation of what's new and challenging.

MOMENTS IN TIME

- On January 26, 1788, Capt. Arthur Phillip guides a fleet of 11 British ships carrying convicts to the colony of New South Wales, effectively founding Australia. The date eventually became commemorated as Australia Day.
- On January 25, 1905, at the Premier Mine in Pretoria, South Africa, a 3,106-carat diamond is discovered. Weighing 1.33 pounds and christened the "Cullinan," it was the largest diamond ever found.
- On January 24, 1935, canned beer makes its debut. In partnership with the American Can Company, the Gottfried Krueger Brewing Company delivered

- 2,000 cans of beer to faithful Krueger drinkers in Richmond, Virginia. Some 91% of the drinkers approved of the canned beer.
- On January 30, 1943, the British Royal Air Force begins a bombing campaign in Berlin that coincides with the 10th anniversary of Hitler's accession to power. Two days later, a massive surrender of German troops occurred at Stalingrad.
- On January 27, 1967, a fire on the launch pad during Apollo 1 program tests at Cape Canaveral, Florida, kills astronauts Virgil "Gus" Grissom, Edward H. White II and Roger B. Chaffee. An investigation implicated a faulty electrical wire inside the command module as the probable cause.
- On January 29, 1979, Brenda Spencer, 16, kills two men and wounds nine children as they enter an elementary school in San Diego, blasting away with a rifle from her home across the street. Despite drug abuse and anger issues, her father had given her a .22 rifle and 500 rounds of ammunition as a Christmas gift.
- On January 28, 1985, dozens of pop stars gather to lay down tracks for *We Are the World*, under the direction of Quincy Jones. The song would go on to sell more

 FRIDAY Cloudy High: 74 Low: 62	 SATURDAY Cloudy High: 71 Low: 61	 SUNDAY Cloudy High: 66 Low: 54	 MONDAY Sunny High: 65 Low: 55	 TUESDAY Mostly Cloudy High: 66 Low: 54	 WEDNESDAY Mostly Cloudy High: 70 Low: 60	 THURSDAY Cloudy High: 68 Low: 56
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Redfish Pass Tides					Point Ybel Tides					Punta Rassa Tides					Cape Coral Bridge Tides				
Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low
Fri	2:05 am	9:16 am	4:04 pm	8:35 pm	Fri	1:10 am	9:18 am	3:09 pm	8:37 pm	Fri	1:28 am	9:26 am	4:00 pm	9:04 pm	Fri	4:15 am	12:32 pm	6:14 pm	11:51 pm
Sat	2:55 am	9:47 am	4:28 pm	9:41 pm	Sat	2:00 am	9:49 am	3:33 pm	9:43 pm	Sat	2:22 am	9:54 am	4:29 pm	9:56 pm	Sat	5:05 am	1:03 pm	6:38 pm	None
Sun	3:53 am	10:18 am	4:56 pm	10:55 pm	Sun	2:58 am	10:20 am	4:01 pm	10:57 pm	Sun	3:38 am	10:22 am	4:52 pm	10:58 pm	Sun	6:03 am	12:57 am	7:06 pm	1:34 pm
Mon	5:05 am	10:50 am	5:29 pm	None	Mon	4:10 am	10:52 am	4:34 pm	None	Mon	5:09 am	10:50 am	5:11 pm	None	Mon	7:15 am	2:11 am	7:39 pm	2:06 pm
Tue	6:44 am	12:16 am	6:07 pm	11:20 am	Tue	5:49 am	12:18 am	5:12 pm	11:22 am	Tue	6:47 am	12:29 am	5:39 pm	11:24 am	Tue	8:54 am	3:32 am	8:17 pm	2:36 pm
Wed	9:09 am	1:42 am	6:53 pm	11:45 am	Wed	8:14 am	1:44 am	5:58 pm	11:47 am	Wed	8:12 am	1:48 am	6:26 pm	12:38 pm	Wed	11:19 am	4:58 am	9:03 pm	3:01 pm
Thu	7:48 pm	3:04 am	None	None	Thu	6:53 pm	3:06 am	None	None	Thu	9:43 am	2:52 am	7:29 pm	1:59 pm	Thu	9:58 pm	6:20 am	None	None

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 **THE RIVER**
WEEKLY NEWS
FROM THE BEACHES TO DOWNTOWN FORT MYERS
 **Harry Chapin Food Bank**
OF SOUTHWEST FLORIDA

Pay Off Holiday Credit Card Debt

The financial impact from the holidays is likely to add extra strain in the new year for the 36 percent of individuals who took on debt to pay for gifts, decorations and more in 2021, according to LendingTree.

Michael Sullivan, a personal financial consultant with Take Charge America, a nonprofit credit counseling and debt management agency, shares six tips to help you pay off your holiday debt:

Stop using credit cards – To start, you must stop incurring new debt. Stop using your credit cards as you work to pay off your balances.

Eliminate (or minimize) expenses – To free up additional cash for debt payments, scour your budget or online bank ledger for expenses you can eliminate or minimize. Is there a subscription you can pause or cancel? Try negotiating a lower rate for your phone or cable bills, or switch service plans or providers to save.

Explore gig work – The quickest way to pay off debt is with more income. Consider gig work like food delivery with DoorDash or Postmates, driving for Uber or Lyft, or part-time remote work on sites like FlexJobs or UpWork. Apply your gig earnings toward your debt.

Pause non-essential savings – Have you been saving for a new car, vacation or home? Consider hitting pause temporarily and redirecting those funds to your holiday debt.

Use holiday gifts – It’s not as exciting as buying new clothes, but using cash gifts you received can help put a dent in your

holiday debt. Consider a balance transfer – Explore a balance transfer to save on interest charges. Many card issuers offer zero percent interest on balance transfers for a period between 12 and 18 months. Remember to factor in the transfer fee, which usually is a percentage of the balance being transferred.

For more debt help, consider a free credit counseling session from Take Charge America. To learn more, visit www.takechargeamerica.org or call 1-888-822-9193.✱

From page 20

Moments In Time

than seven million copies and raise more than \$60 million for African famine relief. Participants were told: “Check your egos at the door.”

NOW HERE’S A TIP

- Freshen stuffed animals by securing a few in a pillowcase and adding a fabric softener sheet. Put in the dryer on low heat for 20 minutes, then remove and brush out the fur, if necessary, while still warm.
- “Keep a quart container in the freezer and whenever you have a small amount of leftovers, chop them up and add it to your container. When it’s full, thaw it. Add some of your favorite soup beans, pizza sauce, milk and cheese, and you have a unique and delicious soup.” – M. from Pennsylvania
- If you’ve been decluttering as a part of your New Year’s resolutions, and you came across old pairs of eyeglasses, know that you can donate them to any Lion’s Club in your area. They redistribute the glasses to

those who cannot afford them. You don’t have to know the prescription, and they take reading glasses, too.

- How can you keep snow and ice off your windshield? Some say a solution of three parts vinegar to one-part water sprayed on the windshield each night can cut your ice-scraping time in half or better. (Use caution to avoid your paint job.) Also, try covering your wipers with an old pair of long socks so they don’t freeze to the glass!
- “For pastry cooking, try grating frozen butter into the flour. It cuts in better and will stay cool longer. This helps when I’m making shortbread, as the flour and butter need to be combined. I don’t end up having to put it in the fridge to cool it back down.” – CS in South Carolina

STRANGE BUT TRUE

- Pinball was banned in most major cities from the early 1940s to the mid-1970s because it was considered a game of chance and, therefore, gambling.
- Oysters can change genders back and forth.
- The Zildjian Company was founded in 1623 by Avedis Zildjian, an Armenian alchemist who ended up making a cymbal instead.
- Tobacco companies spend the most money on advertising in January, when many people make a New Year’s resolution to quit smoking, but the largest increase in new smokers actually occurs in the summer.
- There’s a national pillow-fighting tournament in Japan.
- A 43,000-square-foot room beneath the Lincoln Memorial that was forgotten about until 1974 is filled with concrete columns and has its own plant life and

- ecosystem, as well as graffiti from the original workers.
- Humans are comprised of about 30 of the 118 elements on the periodic table. Their iPhones, however, are made up of about 75 elements.
 - Intelligent people have more traces of copper and zinc in their hair.
 - The manchineel tree is one of the most toxic trees in the world. Its sap causes blisters, eating its apples can be potentially fatal, and the smoke from a burning manchineel can cause blindness.
 - Pythagoras, of Pythagorean Theorem fame, ran a commune that was forbidden to wear wool, forced to put their right sandal on before their left, and believed that beans could contain the souls of the dead, so even crushing a bean was considered murder.
 - Every day, around 18 acres of pizza are eaten in America.
 - At the U.S. Open and other U.S.-based tennis tournaments, the men play with the slower, heavy-duty felt balls while the women play with the faster, regular-duty felt version.

THOUGHT FOR THE DAY

“Everyone knows something I do not; therefore, everyone is my teacher.”
– Unknown

TRIVIA TEST

1. **Literature:** What was the title of Stephen King’s first published novel?
2. **Advertising Slogans:** Which restaurant chain has the advertising slogan, “Have it your way”?
3. **U.S. Presidents:** Who was the first president whose likeness appeared on a U.S. coin?

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1/14 ✱ 1/21

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1/21 ✱ 1/21

- 4. **Television:** What is the family's last name in the *Family Ties* sitcom?
- 5. **Language:** What does the Latin phrase "lupus in fabula" mean?
- 6. **Geography:** What did the city of Mumbai, India, used to be called?
- 7. **Movies:** Which movie features a character called Rooster Cogburn?
- 8. **Literature:** Which 20th-century novel features a type of language called "newspeak"?
- 9. **Science:** What temperature is the same on the Celsius and Fahrenheit scales?
- 10. **Food & Drink:** Where was Coca-Cola first sold?

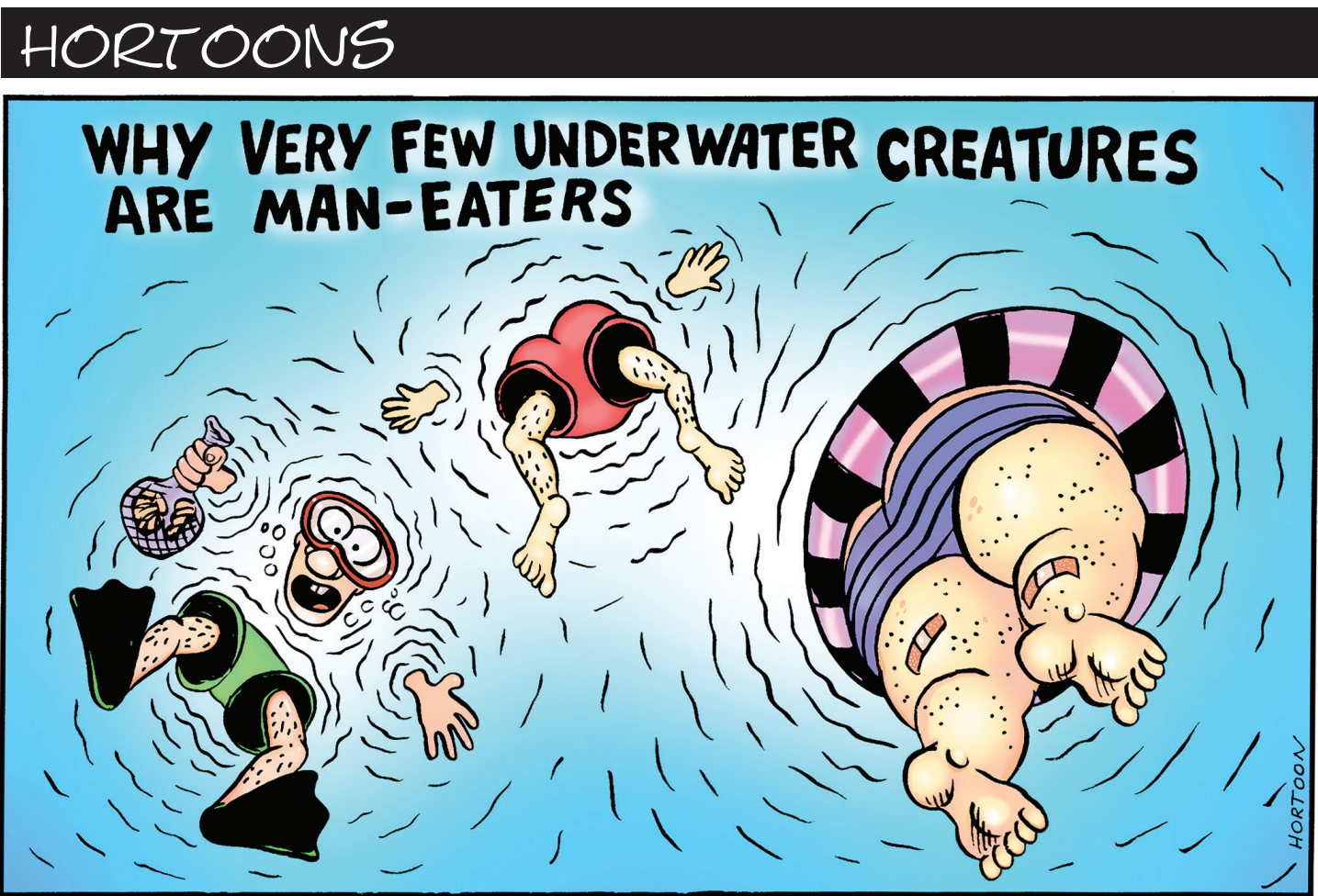
TRIVIA ANSWERS

- 1. Carrie 2. Burger King 3. Abraham Lincoln 4. Keaton 5. The wolf in the story Eighty-Four by George Orwell 9. -40 degrees C and -40 degrees F 10. Atlanta

SCRAMBLERS ANSWER

- 1. Twinge 2. Askew; 3. Elated; 4. Refuge

Today's Word
STRUGGLE



PUZZLE ANSWERS

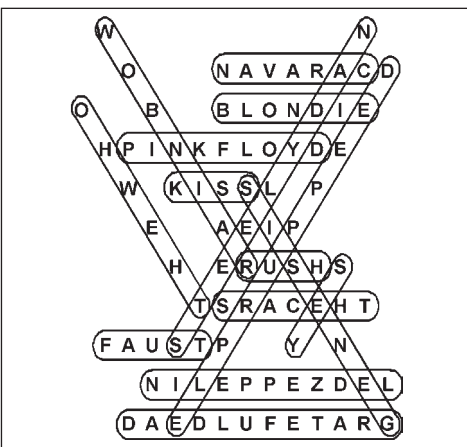
SUPER CROSSWORD

S	O	B	S	I	R	O	N	A	S	S	H	A	M	I	R	E
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S	E	Z		M	R	S		S	E	N		M	O	A	T	

KING CROSSWORD

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	O	D	D	B	A	L	L		B	A	D	E	
			A	C	N	E		F	A	M	E	D	
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MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Savona	Cape Coral	2006	3,414	\$2,725,000	\$2,400,000	23
Anchors Aweigh	Sanibel	1986	3,010	\$2,395,000	\$2,395,000	2
Verona Lago	Miromar Lakes	2007	3,824	\$2,250,000	\$2,250,000	0
Navona	Miromar Lakes	2015	2,974	\$2,250,000	\$2,250,000	8
Orchid Ridge	Estero	2003	4,366	\$1,999,900	\$2,007,777	4
Cape Coral	Cape Coral	1978	3,846	\$1,995,000	\$1,875,000	50
Terabella	Fort Myers	2004	5,494	\$1,889,000	\$1,825,000	5
Cape Harbour	Cape Coral	2008	4,694	\$2,350,000	\$1,800,000	18
Dunes At Sanibel Island	Sanibel	1987	2,721	\$1,650,000	\$1,526,000	52
Shell Mound Park	Fort Myers Beach	1970	1,590	\$1,500,000	\$1,450,000	6



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